# Creative Visualization: 5 Tips to Help You Manifest with Clarity

The art of manifesting your desires through creative visualization requires you to place your request with the Universe with sharp specificity. However, if you are like many people, you might not be able to see your desire clearly in your mind. Fortunately, there are some things that you can do to help you clear your energy fields and sharpen your visualization skills. Here are five tips that you can implement today to start manifesting with clarity.

**Try Visualizing Before You Go to Sleep or After Meditating**

You need to get your brain into what is known as the Alpha frequency if you want to place your request to the Universe. When we become relaxed, are sleepy, or have just finished meditating, our minds are ripe for imprinting. So, you need to slow down, take deep breaths and surrender to your mind’s eye the things that you want to manifest. When you are in this state, you’ll notice how much clearer your imagination becomes.

**Declutter Your Environment**

Our work and home environments are often a reflection of our inner state, as well as the vibrations that we are offering to the Universe. By decluttering your space, you end up clearing out the old to make way for the new. Essentially, this means that when you can clear up space in your environment and life in general, it opens that space for something new to fill.

**Actively Imprint Your Subconscious**

When you get into a state of ALPHA, like during meditation, and you immerse yourself in the ritual of repetition for consecutive days, the Universe will hear your vibrations. Your vibrations will begin to shift, and you will start to see evidence of your desires begin to manifest within a matter of weeks.

**Create a Vision Board to Be a Work of Art**

Twice a year, take the time to create a vision board that contains inspirational images that can help you manifest your greatest desires and achieve your goals. Don't just flip through magazines and hastily place the photos you find on a board and call it good. You need to create something that you can be proud of and that you can hang in a prominent place in your home.

**Gather Sacred Trinkets and Reminders**

By surrounding yourself with items that can act as "manifesting mementos" is an excellent way to activate your energy, as well as the energy of the Universe. Whatever you decide, make sure that it sparks joy in your soul.

With the power of creative visualization, you can manifest all of your heart's desires. With these five tips, you can practice your creative visualization with even more clarity.