



**Presents...**

## **The Mind Movie Creation Process**

Note: The following document assumes that you are fairly comfortable downloading, installing and tinkering with new software. If not, I would strongly recommend you purchase the Mind Movie Creation Kit that goes into much greater detail with step-by-step video instructions on how to put your movie together from start to finish. For more information, you can go to the Mind Movies website below:

<http://www.mindswithoutlimits.com/mindmovies>

# The Mind Movie Creation Process

Before you start searching for pictures and putting your mind movie together, here are a few suggestions on what you should do first:

1. Before all else, sit down and get clear about all the things you *truly* desire. Put your list in writing, then go back over it and cross out anything that isn't really all that important to you. You will have more success attracting things if you can attach emotion, or a strong desire towards them.
2. Don't just list material objects. Write down things you'd like to accomplish and the traits or characteristics of the person you aspire to become, as well.
3. Find or create some strong affirmations that you truly believe are attainable. Unfortunately, if you pick affirmations that your subconscious mind strongly opposes, you may end up attracting more of the things you don't want instead of what you do.
4. Combine what you wrote down in steps 2 and 3, and decide how you might organize these onto text slides as part of your presentation. Be sure to also include the things that you are already grateful for and that put you in a positive frame of mind. eg. friends, family, pets, career, etc.
5. Order your "slides" by numbering them in a logical sequence, that is, the order you wish to display them in your movie.

This will form the basis of your mind movie presentation. You can add text directly onto your pictures, but because the words can sometimes be difficult to read this way, I would suggest putting your text directly onto a black background as slides that you can alternate with your pictures.

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Now that you've prepared your "script", you can begin to assemble your movie:

1. Create your actual text slides. I would recommend Powerpoint (or KeyNote for Mac Users) if you have access to it on your computer, (you can download my Powerpoint template [http://www.mindswithoutlimits.com/MM\\_Freebie2.html](http://www.mindswithoutlimits.com/MM_Freebie2.html) as a guide to get you started). If you don't have Powerpoint, you can also create them in programs like Paint that come with most versions of Windows (white text on a black background works best). Note: If you choose to use my template, I would be very appreciative if you would be willing to leave the blue intro and closing slides in place, particularly if you decide to post your mind movie on YouTube or some other video sharing service. That way, others viewing your video will have the opportunity to join our website and learn how to make their own mind movies.
2. Now, go to <http://images.google.ca/imghp?hl=en&tab=wi> and look for pictures which display/convey the objects/concepts you wish to acquire/aspire to and save them to a folder on your hard drive. Note: Most of what you find in a Google image search is of public domain, but if you use any other website, beware of using copyrighted material. Be sure to give photo credits as well as music credits at the end of your presentation if you do decide to use pictures and/or music that is copyrighted.
3. Choose your music and convert it to MP3 format, if necessary. There are several different programs out there enabling you to convert your CDs to MP3 format. You can find one such program here: [http://download.cnet.com/Switch-Sound-File-Converter/3000-2140\\_4-10327491.html](http://download.cnet.com/Switch-Sound-File-Converter/3000-2140_4-10327491.html)
4. Export your Powerpoint/Paint slides to a folder on your computer (perhaps the same folder you saved your pictures to), saving them in GIF or JPEG format.
5. Download MemoriesOnWeb [http://download.cnet.com/MemoriesOnWeb/3000-12511\\_4-10598456.html?tag=mncol](http://download.cnet.com/MemoriesOnWeb/3000-12511_4-10598456.html?tag=mncol) (or you can use iMovie if you own a Mac). Either of these programs will enable you to compose your mind movie. MemoriesOnWeb is actually very powerful (especially for a free program) allowing you to use all kinds of zoom and transition effects, delay settings, etc. Experiment and have fun with it. I recommend using the zoom effect to bring the objects closer to you, as if attracting them towards you. You will import your slides, pictures and MP3s into the program, assemble and edit your video and then export your movie in all its glory to be watched whenever you like. To get the most benefit, I would suggest watching your mind movie at least twice a day, once when you wake up and once before going to sleep at night.
6. Another handy little program you may be interested in downloading is called Double Vision [http://download.cnet.com/Double-Vision/3000-2356\\_4-10907952.html?tag=mncol](http://download.cnet.com/Double-Vision/3000-2356_4-10907952.html?tag=mncol). This program allows you to watch your mind movie transparently in the background while working away at your computer, quite cool actually.
7. If you wish, you can also sign up at Youtube.com or any other video sharing website and upload your movie for the whole world to see.
8. Lastly, have fun and enjoy your creation!