

How To Raise Your Manifesting Vibration!™

**The Universal Secrets To
Receiving Unlimited Success**

**By Jafree Ozwald
& Margot Zaher**

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Receiving Unlimited Success*

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*You Are About To Skyrocket Your Ability to
Manifest Everything Your Heart Desires!*

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Experiencing Inner Peace Creates World Peace

Introduction

*Imagine what you would manifest in the next 90 days
if you knew you could not fail.*

Get ready, you are about to experience the most incredible life imaginable. There are many techniques, secrets and manifesting tools contained within this manual, which over the next 90 days will awaken the most powerful forces in the Universe inside you. An unlimited source of energy has been dormant up until now, “sleeping”, waiting for the right moment in time to rise up magnificently throughout your being and ignite miracles in your life. Opening up this cosmic energy is not as difficult as you may think, yet is a metaphysical exploration that is more satisfying, loving and empowering than anything you could imagine.

Manifesting may appear to be an eccentric mystical path for only the magical elite few, yet it is truly a hidden gift we EACH contain inside. All that is needed is the devotion to unwrap it! In the following chapters you will be learning how to do this. There are exercises, habits, techniques, and ideas that will help you take this gift out of your box and re-awaken your natural manifesting abilities! When your manifesting vibration has been re-ignited and raised to a particular level, you will naturally attract everything you want with effortless ease.

This is a practical guidebook that will teach you how to be inwardly fulfilled AND outwardly successful at the same time. It follows the ancient Universal principle that your thoughts and feelings create your reality, and that you are already the ultimate design artist behind each experience you have. While reading, you may

be tempted to skip around to different chapters depending on your mood. Go for it! This book is to be used as a reference guide and is truly an encyclopedia on manifesting. It was designed in an ebook format so you can click on a topic in the “bookmark” section (on the left side of this page) and be instantly transported to the specific exercise or information you wanted to know! If you want to read this manual from beginning to end, you will find yourself on a deep and enlightening journey of deep spiritual growth where each chapter’s exercises and experiences build on the last. You will also discover a variety of PDF downloads and inspirational websites found hidden in the text.

Even if you know a lot about manifesting, you can always fine tune your manifesting abilities. Just reading this ebook one time will raise your Manifesting Vibration, and the more frequent you fill your mind with ideas about manifesting, the stronger your manifesting vibration will grow! This information has an enlightening tangent to it, and will assist your life in more ways than you may realize. It will help you master this experience called life and teach you how to reach your full potentiality.

My wife and I have found that most people experience greater results by studying this manual frequently, rather than sporadically. We recommend that you open this ebook as often as you can. It is best to read a little of this material everyday instead of a lot every other day. This will create a type of energetic momentum which will be essential for breaking through your negative programming and conditioning. A significant amount of energy is required to propel you into the manifesting state of consciousness. To consistently read this manual everyday will quickly show you how high your manifesting vibration can grow!

If you start to surf randomly through this manual, you will see that there are many quotes and awakening gems spread throughout the text. Each is an essential piece to the puzzle that solves the mystery of manifesting, and will inspire the spiritual growth of the manifesting master within you. We realize that the mental understanding of manifesting is not sufficient to create tangible results. Therefore, in order to strengthen and sharpen your manifesting skills, we have developed many exercises, habits and manifesting techniques to practice for the next 90 days.

Right now, the mind is untrained. It is like a herd of wild horses that are trapped in a very small pasture. You may have noticed that your horses have been galloping incessantly around the same circles everyday for YEARS. They want to play in a bigger field! To help them you must regain control over their reigns and show them the way out. This is done by devoting your time to doing the 8 habits

manifesting routine (Chapter 9) for the next 90 days. When you have fully understood, practiced and experienced the life enhancing benefits of this routine, your wild horses will no longer need to be controlled or trained. They will joyfully follow you wherever you go!

To truly master any horse does NOT happen by trying to dominate, control, or manipulate the reigns, yet occurs naturally from knowing how to hold them gently and with confidence. In 90 days it is proven that new habits are formed and old habits die. By working together as a team, you will master the reigns on these wild beasts, and teach them how to jump over the fences blocking you from your life's dream! This is the ultimate process of self discovery. Get ready, in 90 days you will know how to access unlimited manifesting power and be totally in love and free!

How to Raise your Vibration While Reading

Start with adopting a slow relaxed reading pace rather than skimming through this information quickly. By reading each sentence deliberately, you will be more present and can integrate the manifesting knowledge on a deeper cellular level. Ultimately, you will increase your vibration by actually doing the exercises in this manual. However, while you are reading how to do the exercises, imagine yourself integrating and implementing them into your life and daily schedule. Don't just read from the eyes and head, read from your heart and belly. Feel the words and you see them. Your body is a much bigger and more effective instrument than your head is at raising your vibration. When you are FEELING yourself implementing this program into tomorrow morning, next week, and the next 3 months, you will effortlessly carry out the action steps in the manifesting routine. Only by taking inspired action will you transform the vibration within every cell in your body!

Another reading tip is to deliberately make the experience of "reading" an exercise in raising your consciousness. How does one do this? Explore how present you can be to THIS experience called reading. Notice how your eyes move across the words of each sentence. Observe what you are thinking about as these words are being read by your mind. Be aware of who (or what) is reading this manual and making these assessments and observations. The more present you can be to this divine consciousness that is here now, the higher your vibration will grow!

It is very important as you scroll through these pages to practice relaxing your body so that it is loose and absorbent like a sponge. Release any stress or tension that you may be holding inside right now. Reading in a restful and relaxing

way allows you to soak in each message as deeply as possible. A deeply relaxed body allows the mind's rigid belief systems to expand so that you can fully embrace and experience the amazing power inside you. How deeply you can relax as you read is often the determining factor as to how well you can absorb the magical manifesting mindset.

If your focus starts to drift at anytime and you miss something you have just read, then immediately stop reading. Take a break and just breathe for a few moments, then return to the last sentence you remember. If a drifting habit continues to occur, get up and engage in an activity that inspires you until you are excited again about learning how to raise your manifesting vibration! Perhaps change the time or location you choose to read. Eventually, you will find a reading "groove" where you will feel the manifesting vibration seeping into you energetically at a cellular level.

*"Deal with the faults of others
as gently as your own." ~Chinese Proverb*

Throughout this manual you may encounter a few "mistakes". We invite you to explore these errors as opportunities for personal growth. Normally you may have a tendency to have a judgment about these imperfections, and want to correct them. Instead, pretend that any creative new words, grammatical misfits, typos, or misspellings that you find in the text were intentionally placed there to tighten the reigns and stop your mind in its tracks. Since the mind will wander wherever and whenever it can, use each flaw you find as a catalyst to refocus and awaken you to a higher level of awareness inside.

The mind tends to be a critical genius at finding mistakes in other people, yourself, and the world. You might even find yourself operating under the assumption that EVERYTHING in your life is off track. If you are constantly finding faults, shortcomings, and problems in others and yourself, it is time to explore a new dimension to your being. What if all the issues and defects you see inside and outside yourself right now are there to purposely force you into a smaller view of Reality, so that you could eventually "wake up" and experience a bigger picture? Perhaps your negativity and criticism is only there to push you deeper inside yourself to discover feelings of acceptance, love and approval of yourself. What would your life be like if every negative thing you encountered brought you into a deeper experience of appreciation? I invite you to see that the mistakes you find are along the path are not road blocks, but building blocks to developing life mastery.

Success at raising your vibration comes easily to those who are clear about their desires and goals in life. You will find that you achieve more results by knowing the real reasons why you are reading this material. In order to gain more clarity and direction, we've devised three questions for you to answer. Please let each of these marinate in the background of your brain before you continue reading.

- **What do you wish to manifest from doing the exercises in this manual?**
- **What are you 100% committed to and devoted to in your life?**
- **What are you afraid of that will stop you from manifesting your dreams?**

Exploring these questions is a determining factor in the depth and speed at which you will raise your vibration and learn how to manifest. When you discover the answers to these questions, write them down! They will be interesting to look at in 10 years from now, for all things change with time. By discovering what is truly motivating you and stopping you in life will raise your consciousness and help you break through ANY inertia caused by old destructive behavior and thinking patterns you find bubbling up along the way.

Starting Your Manifesting Journey

*“What the caterpillar calls the end of the world,
the master calls a butterfly.” ~Richard Bach*

So are you ready to start your manifesting journey? Let's hear a BIG YES!! What should you be expecting? Imagine what it would feel like if you were about to embark on a 90 day adventure across the Himalayas. How would you mentally and emotionally prepare for this long, amazing and intense journey? What kind of attitude would you bring with you? The Buddha once said, “The wisest beings are those who are fearless, silent and loving.” To follow these words on your journey will have everlasting value. The key to remaining aligned with all three qualities comes by conquering your fear. How does one do this? Choose to experience fear as excitement in disguise! When you encounter a challenging piece of terrain think about how good it will feel to climb over it and reach the other side. Imagine right now what will it feel like to finally summit the most challenging peak in your life and see the view for miles around? Embrace your fears by diving into them and doing them! When you can do what you fear you will feel a sense of life mastery sprouting from every crack and crevice in your being.

If approaching your fears does not come easily, you may be holding onto a doubt that says you are not connected to an all-powerful Source that enables you to create what you want. Take a deep breath right now and relax. The negative thinker and skeptical analyst inside you are ready to retire! You have given them attention and credibility for far too long! We will be using them as fuel for the fire that will burn away any future negativity that gets in your way. Doubt doesn't have a chance when you have integrated the manifesting principles and routines into your life. You will eventually see a change in perspective from feeling disconnected, tired, and dull, into a constant vibration of love, high energy, and synchronistic manifestations in your everyday world.

Mastering your mind will be the greatest challenge of this journey. To climb this mountain in 90 days or less will sometimes feel like an impossible feat to accomplish. Yet, when you become an active participant in the morning ritual of the manifesting routine, you will see a significant increase in your energy, and ability to stay positive! That Everest in front of you will feel like a small green grassy hill because you connected with manifesting whatever you want to BE, DO, HAVE and EXPERIENCE! Every morning you experiment with this NEW habit, you are actually shifting OUT of your old habits and behaviors. This helps you to see there are many paths to take which ALL reach the peak. Some will be faster and easier than others for you at developing the most effective and empowering approach towards achieving your goal. Each path is personal, so trust the path that feels right for you. Trusting yourself is a MONUMENTAL achievement in the manifesting process. If it has already worked for thousands of people, it will work for you!

It may interest you to know that before Jafree started writing this manifesting manual, his life was sinking into a quicksand of defeat and despair that felt like it was going to destroy him. If you are battling any difficult situations in your life, here is a short story about his experience which may lighten your load before embarking on your manifesting journey.

Before I started my own manifesting journey, I was completely lost. My business was a battle to get anywhere, my relationships did not work, and I struggled with everything from addiction to incessant laziness. I was so depressed I felt life was a continuous toilet bowl pulling me down into more and more stuckness. Then my father committed suicide, causing me to think this was a way out. I was so low I could not even imagine what it would be like to be in a new space.

I was near the very bottom of this eternal pit of despair struggling to get out, when a miraculous moment occurred. I realized that I was being pulled down because I

was fighting my own mind. I was constantly resisting the many heavy thoughts I was having and was afraid to simply trust and experience this negativity inside. The day I surrendered to experiencing what was truly inside me, something amazing happened. The struggling part of me stopped, and I discovered that it had grown wings! I felt like I could leave this tight dark place in any moment, and I did! A new awareness blossomed inside me and a more empowered state of being took shape. I realized that a divine creative energy was always flowing through me and I used it to create the life I wanted to live.

Several weeks later however, I noticed that this awakening did not have enough momentum behind it to sustain this peak vibration I had reached. So I started to experiment and explore what ultimately raises and sustains a higher vibration and consciousness. I tried a variety of spiritual avenues, meditations, yoga practices, and manifesting techniques. After many months of trial and error, I discovered the 8 habits routine which sustained this peak vibration. The Universe “told me” to write down these manifesting meditations, habits, and techniques that would support the people of this world in raising their vibration.

After practicing the 8 habits for a few months, I noticed that everything about my life had drastically changed. I found a deep source of peace inside, fell in love, married my amazing wife, and for the first time was motivated to contribute my vision to the world. I felt unstoppable! As a result, my business tripled in volume and my wife became so inspired that she joined me in practicing this routine. Several weeks later she began to see dramatic results in her own life and business. She was so convinced of the power behind these techniques that she started to teach her own manifesting class! From this, we decided to incorporate both our manifesting knowledge and experience into one resource. The manifesting manual was conceived at this time.

Although we may occasionally still pass through small valleys, they are now contributing to a deeper spiritual awakening instead of pulling us into a toilet bowl of fear and despair. The good news is that you too will soon develop this same empowering attitude towards the lowlands you encounter. This manifesting manual will serve as your faithful guide through these valleys as well as rough and desolate terrain. As you continue to travel down the manifesting road, you will discover the true power of this manual, and see how it assists you in navigating through every challenging step along the way.

Perhaps you already have an encyclopedia of knowledge about manifesting, yet something backfired along the way, and you are still not able to instantly manifest what you want. Relax, you are not lacking anything. All the information you need

is already contained within your being. Like magical seeds buried deep underground, they are waiting to be watered, fertilized, and sprout within you! This manual has been designed to nourish those lost or forgotten seeds with divine influence and inspiration! The manifesting routine will teach you how to tend your inner garden and allow miracles to effortlessly appear in your life again.

It is important to note that amazing things have happened to people in just a short time after applying this material. Many, who were devoted to doing the manifesting routine for just 3 weeks, experienced miraculous changes in their lives. Depending on their degree of enthusiasm, curiosity, and dedication to the program, their desires began manifesting right out of nowhere!

*“Don't try to force anything. Let life be a deep let-go.
See God opening millions of flowers everyday
without forcing the buds.” ~Osho*

Just in case nobody has told you, the effects of having a higher manifesting vibration are very contagious. Sure, other people may become negative, doubtful, jealous, and not accept you for stepping beyond their limited paradigm. Do not worry! In time they will be joining you, especially when they see a HUGE smile on your face from manifesting what you have desired all of these years! We have found that it is best to NOT convert anyone into this program, unless they are ready and willing to learn. It is like trying to teach a horse how to swim, when he will not be lead to the stream even for a drink of water! The day they see your own increased joy, success, and love for life, you will turn the greatest skeptics into devotees with effortless ease. You will get their attention when you start having more fun in one month than they had in an entire year!

As with reaching any great achievement in life, you will need an open mind and a devoted spirit. We know that after several weeks on this program, it may seem like you are in a spiritual boot camp. Your ego may gasp in horror at the exercises we ask you to do, or even feel that certain information is repeatedly drilled into your brain. Please do not take this personally. We know you are very brilliant, powerful, and wise. Yet, we also understand that the mind works much like a sieve. It only holds onto that which is deemed truly important and necessary for survival. With the proper training, your vibration will SOAR and you will be able to manifest anything!

Think about this manifesting program as doing million dollar spiritual pushups for your mind, body, and soul. Doing this 90 day workout will strengthen and expand

your vibration, connecting you to the direct experience of pure Universal energy. It is as if you are about to turn on a thousand watt light bulb! We must prepare your body to be able to handle this amount of energy. When these manifesting channels are wide open, a new consciousness will arise inside you, and your entire life will transform. Everything will become a sacred experience, and you will feel more connected to a loving, all-powerful, Universal God-source of intelligence and abundance than EVER before. Please note that our purpose is not to convert you to some “manifesting religion”. Our mission is to re-awaken that divine consciousness already within you so that you are effortlessly and joyfully manifesting your greatest visions and dreams!

Most mystics and gurus will tell you that if you are trying to fulfill your physical wants and desires, you are missing the source of happiness that is already inside you now. This is true, yet what they often side-step is the fact that you CAN have the best of both worlds. This means you can have a spiritual connection with your Source, AND have lots of fun in this material world co-creating and receiving your heart’s desires. The unification of the material and spiritual worlds is the missing link to the world of manifesting. Although these two worlds may seem like polar opposites, they are not. This illusion has been created by the mind to stretch you, and allow more room for growth and maturity.

If you believe fulfilling desires is the only way to find happiness, watch out! Staying on the manifesting journey requires an open-mind that is continuously realizing that great joy is always available right here and now. Yes, it is fantastic to fulfill your desires and GO for what you want, yet remember that there is more satisfaction currently inside your being than you may know. We believe manifesting your every desire is like the frosting you find on a birthday cake. It is not necessary to enjoy the cake, but it sure makes the experience of tasting it a whole lot sweeter! So go manifest that dream house, become financially free, travel the world, marry your soul mate, and live in a super fit body! Just make sure that you remember to celebrate each step along the journey, instead of waiting until you have arrived at your desired destination.

Along your manifesting journey, see yourself as a brilliant artist creating a masterpiece from an enormous knotted tree trunk. Sometimes you may hit a knot, freeze up, and feel stuck inside. Other times, thick layers will fall off, leaving you feeling free, proud, and accomplished. You may even become so absorbed in your artwork that you think you will never finish this masterpiece. We encourage you to notice when your mind becomes too busy chiseling away at perfecting the details, or rushing to get it done on time. In the moments when you forget to enjoy the evolving beauty of this project, step back from your masterpiece and see that

YOU are already a great work of art. Your life today is a culmination of many years (and lifetimes) of sculpting yourself. So sit back, relax, grab a cup of tea, and enjoy the creative process yet to come!

CHAPTER 1

DISCOVERING WHAT YOU REALLY WANT

"Open your eyes and look within. Are you satisfied with the life you're living?" ~Bob Marley, Exodus

How to Reveal Your Heart's Deepest Desires

In order to become a magnetic manifesting being, you must first have a clear and specific idea of what you want to manifest. So what do you madly truly deeply want in life? If you know or do not know right now, stop and sit for 10-20 minutes and meditate on any one or all of the following questions below. The investigation and journey is worth more than finding out the answers. For every minute you sit, dive deeper into the questioning mindset that says, "What do I really really want?" Here are some specific questions to get you started.

What will my LIFE be like when I am living my ultimate dream?

What will my relationships, job, income, and health be like?

What will my spiritual connection with the Universe be like?

What will my vacations look like?

Who is it that I most want to be like?

If I had had all the money I needed, what would I purchase with it?

If I had everything I wanted, what would I be doing with my time?

What do I want my life to look like in 10 years from now?

So, how will you know you've discovered what you truly want? What are the signs and signals? Your body will feel excited and relieved at the same time. How can this happen? First your heart opens with joy, as your mind either relaxes into it or starts dreaming about more joy! When you know what you want, your blood feels like it is really pumping, causing all your senses to be awake, alive and open. You feel a deeper connection to your current surroundings and situation.

The moment you start looking for what you really want in life, something magical happens. The Universe opens new doors of possibility for you to walk through.

You start to live in a passionate state of loving life, and excitement about what you are creating! All inhibitions will at first rise, then drop away when you find out and stick to what you truly want. There are many synchronistic signs from the Universe that will say you are on the right track. It may seem like your day is one big YES!! This may take the form of a successive line of green lights while driving or perfect parking spaces open up for you immediately. However it occurs of you, the Universe will open miracles to you when you seek out and define what you really really want today!

*"The winds of grace are always blowing,
but you have to raise the sail." ~Ramakrishna*

Let's imagine right now, that you just inherited an enormous amount of money from an uncle you never knew you had. You are now incredibly wealthy, beyond your wildest dreams. You have all the money you could ever need, all the time you need to spend it, all the energy you need, and an unlimited supply of creativity. Now imagine several years go by and you are still a multi-billionaire. You have already purchased everything you wanted, traveled the entire world and seen everything, donated all the money to support all your favorite organizations, created the most fulfilling relationships, and manifested the perfect physical body. Now what are you going to do with your life in the next 90 days to make a contribution to the world?

This is such a big question. If you need some "original" ideas about what you want in life, think back to your childhood. Your desires are already inside you, you do not have to make them up. They are what make YOU up. Have you ever tried to create a desire for something? Like eating chocolate cake, going for a relaxing drive, or reading a good book, your desire to do those things arises on its own. You don't choose to want to feel like having cake for breakfast do you? Desires are embedded in us, and naturally rise at the perfect time and place. If we want to know what they are we simply need to get quiet inside and listen.

To get really silent inside, sit in a comfortable position and become a statue for 5-7 minutes. First tell the mind you are going to quiet it down for a few minutes, then focus on becoming VERY still and silent, like a stone. Don't move a muscle! Sure the body will breathe on its own accord, yet you are not doing the breathing. Imagine that you are frozen in time, trapped in a state of timelessness. As your mind becomes quieter, you will automatically dive deeper inside. When you feel everything is really quiet, you will see, feel or hear your greatest life desires bubbling up from the core of your being.

*"The first problem for all of us is not to learn,
but to unlearn." ~Gloria Steinham*

How to Eliminate Limiting Beliefs

How often have you felt stopped in life to go after what you really wanted because somebody said you could not or should not? Have you been allowing people to hold you back from your dreams? Every single one of us has been blocked by our societal programming. Right now on some inner level you are fighting negative beliefs about yourself and the world. These thoughts and beliefs are the energetic blocks which keep you from dreaming and manifesting your ultimate dream life.

As a society it has become common for us to be afraid to go for what we want. There were most likely thousands of messages you as a child about not going after your dreams. Some may have sounded like, "Oh, they are just a day-dreamer, who will never amount to anything in life. Be realistic, dreams don't put food on your table". Hearing this kind of programming over and over is what has created our limiting beliefs about ourselves and the world.

What are some of the limiting beliefs that plague you and your mind? Get out a piece of paper and write them down. That way you will know what they are and what to watch out for. Some of the limiting beliefs that people often have are, "I am not worthy, I am not good enough, I am too lazy to succeed, I need to focus on others instead of me." Realize that ALL these limiting beliefs are simply thoughts that you can stop choosing. You can choose to think outside the box and envision what you truly want! This may be easier said than done, yet your conscious choice maker is always available and ready, right here, right now.

The reason it feels so difficult to change our negative habits and programming is because we have developed an inner defense mechanism that stops us from believing and dreaming. This is the development of an energy we can call your inner cynic, skeptic and judge. Are you ready to find out who your inner saboteur really is? If it had a face what face would it look like? What does he or she feel like being around them? Do they have certain smell or aroma to them? What are the messages they constantly tell you? What messages have you believed were true?

Whatever this negative energy is, it is NOT YOU. It is your inner GREMLIN! You may notice every time you begin to dream about what you want, the Gremlin appears and tells you to get your butt in gear and stop wasting time! Who runs

your reality, you or your Gremlin? We invite you to take time and notice when your Gremlin is present this week by following this 3 step process.

Eliminating the Gremlin Exercise

1. Separate yourself from the Gremlin

The negative energy inside of you that is full of doubt and frustration is not the true you! This is your programming, which are ideas borrowed from society and others. Each time you identify with this energy, you reinforce negativity. Saying things like, “I can’t do this, “It will never work”, or “I am hopeless” will keep you identified with this negative place. You can only experience your authentic powerful self when you separate yourself 100% from this energy. This gives you back your power, and allows you to harness your positive creative nature.

Distinguish yourself from this negative thought or energy by seeing it far away in the corner of some white room. It is at a healthy distance from you and your mind. Create a visual in your mind of exactly what it looks like, and then give him or her a name. The easiest way to create a detailed visual is to notice what your Gremlin is wearing, the expression on their face, their hairstyle, and if they are wearing makeup. If you cannot think of a name, you can use some of my favorite Gremlin names like, “Judge Judy”, “Skeptical Sam”, “Doubting Denise”, “Pessimistic Paul” and “Cynical Susie”.

2. Acknowledge and Validate the Gremlin

The number one rule for dealing with this saboteur is: Do not try to resist or fight your Gremlin! What happens when you fight off any energy? It grows stronger. Whatever you resist persists. What happens when you pretend a negative feeling is not there and try to put on a good face? It will sabotage you, and grow even nastier. Start by talking with your Gremlin in a more sensitive loving manner. Use messages such as, “I hear what you are thinking”, “I understand what you mean” “Yes, I understand you”.

3. Create a Gremlin Melting Mantra

Once you’ve validated your inner Gremlin, the next step is to shift your energy by focusing upon an empowering phrase that you feel eliminates your Gremlin immediately. Some examples of these Gremlin melting mantras could be:

**I have the power to accomplish anything my heart desires!
I am truly unstoppable in creating my dreams!
I can easily and effortlessly achieve any dream!
I know exactly what my heart most desires!**

"Life's up and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as stepping stones to build the life you want." ~Marsha Sinetar

You want to state the mantra out loud to the Universe and not at your Gremlin. Just ignore that nasty little beast. That is ultimately how it will dissolve completely from your life. If you feel you MUST deal with your Gremlin directly, speak to it as if it were a small innocent child. Start with acknowledging what it has been doing that you DON'T like, add in the word "AND", the follow with your Gremlin melting mantra. Here are some examples. "I sensed that you are feeling scared wanted to stop me AND I have the right to do anything my heart desires!", or "I understand that you don't believe I can achieve this goal AND I now know I have the power to manifest anything I want!"

The more often you use this simple 3 step process the easier you will be able to see what it is your heart truly desires. As the heart naturally opens you will be able to trust yourself on a deeper level and someday realize that all your Gremlins are perfect exactly as they are. Each one designed to make you stronger, and inspire you to create the life you are here to live.

"Life is a great big canvas, and you should throw all the paint on it you can." ~Danny Kaye

Your Future Is a Blank Canvas

Sometimes people are stopped from knowing what they really want in life because they are afraid if they decide on something, they MUST do that thing tomorrow or become this kind of person, and their life will become rigid and stuck beyond recovery. If this feels like you, you are operating under the false illusion that you are without free will and the future is set in stone. The truth is right now your future is bright, flawless and free! It is just like a blank canvas. It is NOT tainted by who you were in the past or present. It contains ALL possibilities. It is virgin-like, free from any concept, experience or belief about who you were or are. These are the natural inherent qualities of your personal future and the future of this world.

The instant you realize that the experiences you could have tomorrow are limitless you stop trying to control them and start to enjoy them! Living with this blank canvas has a way of empowering you, so you can fully explore your heart is longing to experience in the physical world. The more you can feel this freedom that you can be ANYONE for the remainder of today and tomorrow, the greater your manifesting vibration will rise within inside you.

The images you have already painted in your mind about who you were in the past, who you are today, and who you will be tomorrow, are your current design on the canvas. This is all a creative expression of your mind's dream. It is divine a perfect the way it is, AND you can change it all in an instant. You have permission to reinvent your past by creating a new perception/interpretation of it, and decide who you will be tomorrow is new, fresh and FREE!

If you stop to notice, the mind has this tendency of constantly painting new pictures on the canvas, and yet there is always room for more! Without you even realizing it, it is creating, designing and following out some map or plan right now. You may have been taught to believe the past creates the future, yet what if the future creates the past? What if who you will be tomorrow is NOT a product of who you thought yourself to be yesterday? In order to become a conscious manifestor, you must be constantly choosing the pictures you want to paint, instead of leaving it up to the whimsical design from the past. When the mind is truly free from ANY limiting thoughts or beliefs, you realize that ANYTHING in the whole Universe is possible for you.

As you paint your canvas with your dreams, it is important to realize how to live as if it were blank. By trusting the future and its infinite possibilities, something miraculous happens. Stress leaves your body, you instantly relax, and you start experiencing MUCH more energy than you realized was there. Trusting life's unfolding process is the foundation for a powerful manifesting vibration. Something powerful, awesome and divine ignites deeper inside you once you release all attachment to those illusions of past, present and future.

When you live your life like a blank canvas, your constant struggle for what you want becomes a big letting-go-game. The canvas borders disappear, and you realize your canvas is vast and unlimited. Now life is about embracing the hidden dimensions within your being, and unlimited ideas come for you to paint on the canvas.

The mind will always be up ahead of you, getting attached to battles with your thoughts to attain your desires. The mind loves to think it is in charge of everything. Yet in fact the more efforting it does, the more struggles you experience, and the less creativity flows through. To truly discover what you really want, no struggle is needed. It only requires a deep relaxation into the realization of the Infinite awareness you already are.

The mind cannot grasp this, and demands for strategies, tools and techniques. It wants to know HOW to discover what you truly want, as if there were a magical formula to do so. It will always SEARCH for something substantial that will assist it in climbing to the top of this magnificent dream. This search is exactly what gets in the way of the dream happening to you. So let's free the mind from its craving and give it the divine information it has been searching lifetimes for. Let's start out this inner journey by exploring a proven technique which expands your ability to dream!

*"Be creative. Use unconventional thinking.
And have the guts to carry it out." ~ Lee Iacocca*

Opening Your Dream Gate

In order for you to discover what you truly want, it is important for you to know how to open up your Dream Gate and enter the garden of your greatest fantasies. Have you ever noticed how blocked your mind becomes when you are feeling down and depressed? All you can think about is how things are not working instead of what you can create. To get out of this dungeon, put your attention on the energy inside your heart. Your heart is where all your passions and dreams abide! The golden key to opening your Dream Gate is JOY! Ask your heart if it can handle any more joy right now? Is this possible? Of course it is! Your heart is the greatest love pumping valve there is! It is designed to continuously let in the goodies, and release out the not-so-goodies.

As you open your Dream Gate, you will start to notice certain "coincidences" throughout your life that you just can't explain. These synchronistic events are glimpses of your hidden "peak states" from your highest manifesting vibration coming through. An amazing relationship, situation, person, income or thing will appear and re-appear into your life, simply because the mind is clear and aligned with that higher dream and vibration. When you see something as being synchronistic, it is the Universe (and yourself) telling you that you are WAKING UP and tuned into the unlimited being you truly are

If you know you would like more JOY in your life, and are open to experiencing the unending pleasures life has to offer, just say YES! And ask your heart to open to more joy than it ever has in your entire LIFE!! Give yourself permission to explore. You have not had this experience yet. The more joy and pleasure you let in, the more creativity and passion the Dream Gate will allow through. Just start by setting the intention and asking for JOY right now! Imagine what this will feel like, and soon it will happen! The following exercise will open up your Dream Gate and give you more dream energy.

*"It is not easy to find happiness in ourselves,
and it is not possible to find it elsewhere." ~ Agnes Repplier*

The Dream Gate Meditation

Relax your mindbody by taking a few deep breaths.
Allow your body to let go of any tension it has and your mind
to release all concerns. Next, start by sending your Gremlin away.
Toss him in an incinerator or send him to his room.

Now focus on the energy of your heart. Imagine you are stepping
inside the center of your heart. What does your heart feel like? As you look
around you notice there is a lever that has the words
"Dream Gate" on it. Is it set on low, medium, high or super high?

Slowly open the valve so that you are letting in more and more dream energy!
Allow it to flow into your heart. What does that feel like?
Watch it rise from medium to maximum! As you feel the dream energy increase
imagine it becomes so powerful it starts radiating
out of every cell in your body.

Now that your Dream Gate is open, imagine your dreams are inside
tiny little bubbles that are floating up from your heart into your brain.
More and more dream bubbles are coming up with each breath.

Notice that one bubble seems to be growing bigger and brighter!
It is your ultimate dream and fantasy! As this dream enters
your brain, it expands to fit your whole body, and you step right into it!

Notice what its like to be inside your dream?

What do you notice about your surroundings?
What are you experiencing? What are you doing?
Who is part of your dream? How do you feel?
How does your body feel?

Notice that you and your dream are becoming one.
The dream is a part of you now. You feel how it is to be living this dream.
When you are ready, slowly come back to the room.

Once you have done this meditation, you will have amassed a few nuggets of what your heart desires. Now start putting a few specific ideas in writing! Take those EXCITING feelings that you WANT more of in your life, and imagine they are coming from real life situations! Write them as if you were seeing them on videotape! The more video-like you can get about what it is you truly want to BE, DO, HAVE and EXPERIENCE in your life...the better! What does your dream life really FEEL like when you are living in it? Is it possible to do next month? Is there one important action you could take next week to create it OR just more happiness, joy, and feelings of bliss in your body-mind?

CHAPTER 2

DESIGNING THE ROADMAP TO YOUR DREAMS

"You are successful the moment you start moving toward a worthwhile goal." ~Charles Carlson

Inventing Your Ultimate Fantasy Day

Now that you have opened your Dream Gate you are ready to use it! Get ready to dive into your inner Fantasy Land! One of the most powerful things we have ever done to raise our manifesting vibration is to imagine how our ideal day would look and feel. Experiencing your greatest fantasy day coming true gives your life direction and purpose. It also enables you to know exactly when your dream life has arrived.

Get out a piece of paper and pen (do this now) and start writing down EVERY detail you can imagine. Imagine the BEST day of your FANTASY LIFE as if it happened yesterday. Describe every detail about it with pizzazz and vigor! You

have full permission to go for those really amazing and exotic experiences! Start as early as you want in the morning and go to as late as you want in the evening. You can stay up ALL night if you wish, just write down every small possible detail you experienced throughout the day.

So what happened on this incredible day? Where were you? Were you near the ocean, in the mountains, or the green grassy plains? What did you do? What was your house like? How much money did you make that day? What did you do to earn that cash flow? How was your health, energy, mental and emotional states throughout the day? What did you do for fun that day? What was the weather like? How did the people treat you? How did you interact with these people? If this is the most PERFECT day of your life in every imaginable way, how are you going to feel at the end of it?

"I find it fascinating that most people plan their vacations with better care than they plan their lives. Perhaps it is because escape is easier than change." ~Jim Rohn

Creating Your Manifesting Agenda

Studies have shown that 97% of our population do not set well defined goals and write them down. It is also noted that about 97% of people do not achieve their dreams. Could this exact same percentage be a coincidence? We don't think so!! In 1953 a study was done on the graduates of Yale University. After they graduated only 3% had clear defined goals of what they desired. Twenty years later in 1973 they interviewed the surviving graduates again, and found that the same 3% were worth more monetarily than the other entire 97% combined! This 3% also reported that they were happier in their relationships and overall healthier than the other 97%. So do you want to settle for a mediocre life like the 97% OR map out your dreams by writing down your goals?

You probably spend a good hour or two planning out a vacation or a social gathering right? Doesn't it make sense to spend at LEAST that amount of time and more planning out your entire LIFE? We definitely think so! This is YOUR LIFE we are talking about!! In order to be a successful manifestor, it is IMPERATIVE that you dedicate at least one hour of your life to dreaming up and writing down your manifesting agenda!

What is this Manifesting Agenda? It is a short list of your personal goals, dreams and desires written in THE PAST TENSE, as if they have already occurred. For

example your 1 Year goal you could be, "I made \$150,000 this year with joy and effortless ease selling real estate." Or you could write for your 6 month goal, "I just met this loving man who I KNOW is my soul mate!" The more realistic the goal and time frame, the easier it will be for you to FEEL it has manifested for you. These feelings are the fuel for attracting your dreams to you.

"The energy born of love is creative - it makes everything it touches new. To see how passionate you are, look around at what you have created." ~Deepak Chopra

The objective of this exercise is to get SUPER specific about what you WANT and WHEN you want it! Who do you want to BE? What do you want to be DOING? What do you want to EXPERIENCE? What do you want to HAVE manifested? You are a powerful manifestor so be careful what you write down! Your desire is 1000 times more likely to manifest just by doing this exercise.

Create **S.M.A.R.T.** goals which are **Specific, Measurable, Actionable, Reaching, and on a Timetable**

Specific and Measurable Goals: When goals are specific and measurable, you will get measurable specific results. Even if they are not exactly what you asked for, you are still receiving detailed feedback from the Universe about where to direct the sails, instead of continuing to drift being lost at sea. Vague goals produce vague results, and specific goals produce specific results.

Actionable Goals: It's important that the goal you create is something that you personally can take action upon. Avoid at all costs goals that are dependant upon other people's actions, integrity and behavior. For instance, you would not include a goal like, "My husband is has made \$100,000 this year, I am financially free!" Do you notice how little power you have in your life with this kind of goal? Actionable goals are based on you taking pro-active steps towards achieving your dreams.

"The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach." ~Benjamin Mays

Reaching Goals: You want a goal that makes you reach for something greater in life. If a goal does not cause you to stretch past your comfort zone, it might as well be called a chore. Bigger goals are about bigger challenges, yet also result in greater feelings of success. Smaller goals are easier challenges, and create less feelings of success. There is no such thing as a goal that is TOO BIG. There are

only unrealistic expectations about the amount of time it will take to achieve it. Make your goals as big as you can dream, yet give yourself ample time to get there. You can achieve ANYTHING with enough time, commitment and creativity.

Timetable Goals: Always put the DATE and YEAR next to when you want to manifest your goal. A goal without a time agenda is like baking bread without yeast. It comes out pretty flat, hard and there's not much activity going on inside. If it is a really short term goal include the actual hour of the day it will be manifested by. Sometimes we are amazed at how accurate and attentive the Universe is when we set an exact time with a solid intention. I (Jafree) have told people I will be at their house at 3:00pm and to my complete amazement, the moment I arrive and take my keys out of the car, the clock moves from 2:59 to 3:00!! How is this possible? It is living proof that the Universe is very attentive to our every desire.

It is important that you ONLY write down goals that produce feelings of exhilaration and deep satisfaction. You will know a goal is right for you when it creates a BUZZ in your body each time you think about it! If your goal is too small it is not going to be very risk-worthy and will make you think you are not an amazing all-powerful manifestor.

In the list of 8 life arenas below, which areas do you want to see the most improvement in your life? Pick at least 3 (or more) of these categories and use them for EACH of the 7 time zones below. This will be the start of your Manifesting Agenda for the next 5 years, so make your goals S.M.A.R.T. and FUN! Prioritize your goals by defining which of the 8 areas are most important to you and write those goals down first.

- 1. Physical Health (Exercise, Diet/Food, Free from Toxic Substances)**
- 2. Emotional Health (Daily Positive Attitude, Good Feelings, Worthiness)**
- 3. Mental Health (Visualization, Habitual Thoughts, Affirmations)**
- 4. Spiritual Connection (Meditation, Prayer Times, Inner Peace level)**
- 5. Relationships (Intimate, Family, Friends, at Work)**
- 6. Career (Daily Actions, Location, Level of Satisfaction)**
- 7. Finances (Income per month, Savings, Passive Income Streams)**
- 8. Personal (Education, Recreation, Travel, other FUN stuff)**

Now it is time to design your Manifesting Agenda! If you don't know exactly what you really want to manifest, just write down as many desires, dreams and goals as you can. Don't feel trapped by the timetables given below. You are free to make 60 day, 6 month, 2 year and 5 year goals too! Just write them down immediately

when they surface. When you feel the urge to want something BIG, write down what it might be. You are 99% more likely to manifest it when the desire is ON PAPER.

A fresh Manifesting Agenda can be downloaded at the following website address: http://www.EnlightenedBeings.com/pdf/manifesting_agenda.pdf We recommend printing it out on a piece of very sacred paper and start writing with your favorite pen! This is your chance to start designing the ultimate life of your DREAMS!! Now we are talking about some real FUN here! You will thank yourself that you did this many years in the future, we guarantee it! Take your time with this assignment and ENJOY the creative exploration!

*"I am a little pencil in the hand of a writing God
who is sending a love letter to the world." ~Mother Teresa*

My Manifesting Agenda

Name _____ Today's Date _____

What I have manifested in my life in...

30 days from now:

90 days from now:

1 Year from now:

3 Years from now:

5 Years from now:

"Genius = Do what you like best, and do it to the very best of your ability." ~ David Hawkins

How To Create A Manifesting Dream Board!

Now it is time to create a visual representation of the goals and dreams on your Manifesting Agenda! A Dream Board is an amazing tool to design the roadmap to your dreams and keep your attention focused on exactly what you want to manifest! Your Manifesting Dream Board contains cut outs of pictures, words, scenes and things you want to experience or manifest that are glued to a large piece of cardboard. The purpose of your board is to continually resurface your visual and kinesthetic ideas of what you want in your life. The more you can hold your attention on what you want, the faster it manifests!

To start, find some magazines, newspapers, or advertisements and cut out at least 50 to 75 pictures (and words) that represent the goals and dreams on your Manifesting Agenda. We recommend surfing www.google.com for the images you cannot find anywhere and printing them out. Lay them onto your blank board which is approximately 3 ft X 3 ft or whatever size works for you. This is a colorfully alive representation of what your dream life will be like!

The color you choose for this background is somewhat important yet not so critical that you delay this project another moment. White is for purity and clarification, green is for nature and healing, blue is for relaxation and emotional healing, yellow is for money and power, pink is also very healing, red is for love and passion, and purple is for spiritual wisdom. For those of you who love black it can create an intense experience around attracting the dreams on your board. We recommend you pick a color that love or one that vibrates with your dream!

Next step is to glue all the pictures and words you want to manifest all over your board! Make sure you paste a photo of yourself in a very special place next to a picture of a high spiritual being on that you love to bless your dreams. Create a relationship corner, money corner, career corner, health corner, travel section and a spiritual area. You can create any category you wish, yet for the subconscious mind it is good to have your general dream themes in specific organized areas. The MOST important thing is that you paste the #1 thing you MOST want to manifest in the middle of the board!

Make sure between your pictures you paste in (or write) words that represent what you want. Choose words that are empowering like the words Peace, Harmony, Bliss, Love, Confidence, Wealth, Abundance, Happiness etc... It is best to write print them out on your computer with your favorite font style or write them very big and clearly with a thick pen! The more honest you are about what you need and want, the better your Dream Board will work for you.

The key to activating your Manifesting Dream Board is to post it some place where you will look at it everyday. The more often you meditate on it, the more aligned you become with manifesting your dreams. This is why you made your dream board in the first place! It will remind you of the direction your life is heading, and help you to conjure up new exciting feelings around your dreams. When you are feeling the sensations your fantasy pictures have for you, you are creating the vibration of that experience in your body and attracting it directly into your life!

After your Dream Board is complete, take an overall look at it. How it will FEEL to have EVERYTHING on your Dream Board manifested? What does it feel like to have the job you have always wanted, to be in the relationship you thought you could never have, to have received the income you have always wanted (its already in your bank), and to live in an energetically fit body that you thought only others had? The most important thing of all is to have fun while you are creating your board, and to continue cutting and pasting your greatest desires on it until it is done!!

*"Your imagination is your preview
of life's coming attractions." ~Albert Einstein*

Inventing your Dream Dialog

A very important tool to fully activate your Manifesting Dream Board is to practicing the art of Dream Dialoging. What is a Dream Dialog? Dream Dialoging is the science of harnessing your imagination to act and feel as if you have already accomplished one of your dreams. The basic principle is that dialoging creates an energetic blueprint in the body that magnetizes your dreams into physical reality. The more you can feel in your body how you actually achieved your goal, the easier it is for you to receive it.

To have a Dream Dialog involves having a conversation with someone (or yourself) out loud where you are talking about what you most want to manifest as if it has already happened. You speak about your dream coming true in the PAST

TENSE while letting in authentic feelings of EXCITEMENT, RELIEF and JOY! We practiced this before we manifested our hot tub spa. Many times we laughed and had so much fun saying to each other, "It is sooooo wonderful sitting in this warm bubbling therapeutic water looking up at all the stars at night! I just LOVE the feeling of these powerful jets massaging my back and feet! It was sooooo easy to save the money for this and pay for it all in cash!" In less than 3 months we were sitting in an \$8000 hot tub that was completely paid for.

Practicing your Dream Dialog is one of the most powerful techniques you can use to manifest your dreams. Several of my coaching clients rant and rave about how quickly their Dream Dialog has helped them manifest their heart's desires. After just a few weeks of acting out their Dream Dialog, they manifested phone calls from Hollywood Producers, sold a house that had been on the market for three months in 10 days, and even made \$70,000 in one day!

"The energy born of love is creative - it makes everything it touches new. To see how passionate you are, look around at what you have created." ~Deepak Chopra

The 6 Ingredients to an Effective Dream Dialog

1. Work with a Partner or Team. Dialoging with a friend, spouse, neighbor, or several colleagues is much more powerful than dialoging alone. Train your partner on how to communicate with you and how to ask you the appropriate questions. These questions elicit detail from the Dream Dialog such as, "And then what happened?", "So how did that feel for you?", "How exciting! Tell me more!", and "Who was with you?" With 2 or 3 other people Dream Dialoging with you, it becomes a conversation where everyone's fantasies come true. You can also use an imaginary partner if a physical one is not available.

2. Speak out loud. From the time you were a small child, you have been conditioned through the words that you say. Every word that you verbalize acts like a megaphone making announcements to your body. When you say out loud, "I just manifested \$5000", the words are magnified into every cell in your body, and you automatically switch into excitement mode. Speaking out loud also keeps you from running the risk of getting caught up in your head with old thinking patterns that your mind is often whispering to you internally.

3. Talk about how you feel. It is vital to tap into your emotional body and project feelings into your voice as you act out your Dream Dialog. The most effective way

of doing this is to proclaim how you are feeling. Saying, “I felt so rich spending that \$5000!” will trigger any hidden emotions around letting in abundance. Be specific about what you are feeling as you are dialoging. For instance, you might say, “I felt so free and exotic when I purchased my tickets for my round-the-world tour. “

4. Be specific. Use adjectives and details. The more you can use specific details, the more excited and pumped up your vibration becomes. For instance, what it is like for you to think vaguely about having an afternoon snack? Now observe how you feel when you imagine eating a bowl full of red luscious juicy fresh strawberries. Did you notice when you were thinking generally you had almost no feeling about it? That’s because there was no image to get emotional about. On the other hand, what happened to your mouth when you thought about fresh juicy strawberries? We bet your saliva glands noticed the difference.

5. Use only positive words. Refrain from dialoging about what you didn’t want to happen, only dialog what you did want. Keep away from double negative statements such as, “I was no longer in debt” and “I was not struggling with my relationship anymore”. Replace these phrases with positive statements like, “Life was so easy and money came freely” and “It was so simple to manifest that new job!” Stay clear of weak words like “probably”, “tried”, “maybe”, “could”, “should” etc... and use power words like, “was able”, “accomplished” and “effortlessly”.

6. Speak in the past tense as if it has already occurred. Practicing your Dream Dialog in the past tense helps relax your body about achieving your future dream because the body thinks it has accomplished it. This emotional mixture of excitement and relief raises your manifesting vibration and attracts your dream faster into the physical form.

The present tense is useful for affirming what is already here, yet will NEVER be as powerful as experiencing the feeling that you have ALREADY manifested your desire. If you said, “I am now making \$5000 a week”, your mind will be continually trying and efforting to make it so. If you say, “I just made \$5000 last week!” your mind is allowing for sensations to occur, and you are already feeling and vibrating on that higher level.

The ironic thing about affirming something to be here now is that the mind cannot even stay in the now. The moment the mind is in the now, it’s gone! Try this for yourself and see. You will notice there are thoughts passing through, yet no apparent thinking mechanism that is separate from you. With no mind, your energy flows freely. You become the river of thoughts, who does not cling to the

river banks in any way. After many days of being free from your mind, you will see how you can become the most amazing manifestor on this planet.

"You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through to the end." ~Sidney A. Friedman

How Dream Dialoging Actually Works

The Universe is a mysteriously alive intelligent energy that is connected to everyone and everything. It actually FEELS along with what you are feeling! If you truly feel you have already manifested something, it wants to follow through with the actual PHYSICAL manifestation of it. So when you are ranting and raving about how you just made five thousand dollars yesterday, your body and other peoples' bodies get excited about the idea, and the entire Universe starts to respond accordingly! There is always a perfect balance between thoughts you are having, and the physical objects and situations you encounter.

How dialoging can change your current life situation is that the Universe does not know the difference between what your body feels as real, and that which is imaginary. If you walk around town talking about how you just made \$5000 yesterday, you will either be approached by someone who has something for you to spend your money on, or people curious to know how you made it.

*"A soul without a high aim is like
a ship without a rudder." ~Eileen Caddy*

You can have a dialog around more than one thing at once. If something or someone is bothering you in your life, start creating a new future with them by dialoging. Start explaining how they have changed, and how they are NOW so very supportive. Remember to use explicit details. The motto is, if you don't like something, dream up a new experience instead of focusing on what isn't working.

The amount of time, emotion and creative energy you spend acting out your Dream Dialog is DIRECTLY proportional to how fast and accurate it shows up in the physical world. Like a rocket shooting towards your dreams, whether you use rocket fuel or regular gasoline will determine the speed and power of your MENTAL and EMOTIONAL thrusters. What kind of fuel do you want propelling your rocket ship today?

We highly suggest you focus your energy on a few specific Dream Dialogs rather than on a large variety. The amount of time allotted to practicing the feelings that you have arrived at those few dreams, will have greater magnetism than working here or there on dozens of dreams. Imagine that each day you are given one new gallon of water to create your dream garden, and that this gallon contains exactly 86,400 drops of water (each drop is one second of time). If you dump 80,000 droplets on a few of your favorite plants you will start to see them grow. If you randomly spray water through the whole field, you will mostly water the weeds and your dreams will be dry up. When you stay focused only on a few plants (and save the others dream seeds for later), you will begin harvesting your dreams in a matter of weeks!

Remember, you can practice acting out your Dream Dialog anywhere! You can dialog alone while driving in the car, showering, making food, doing dishes and laundry, standing in line, and out PowerWalking. We suggest consciously using the time your mind normally wanders around to intentionally imagine anything on your Manifesting Agenda. The key phrase again is “as if it has already happened”. Doing so, you will soon start thinking, feeling, and ATTRACTING your desires into your life that were once far off future fantasies.

Now it's time to practice your personal Dream Dialog! Take the goal in your Manifesting Agenda that you most want to manifest this month. Start by telling your friend a story about how this goal just came true! Share with him/her in detail what happened on this amazing day in your life. Get emotional about it! Where were you? Who were you with? To whom were you speaking? What were people saying to you? What steps did you take to get there? What were you wearing? You just accomplished a huge dream, you must be REALLY excited! This is your opportunity to have some REAL FUN and get as energetically wild as you can!

CHAPTER 3

THE MANIFESTING PRINCIPLES

“Every moment of your life is infinitely creative and the Universe is endlessly bountiful. Just put a clear enough request, and everything your heart desires must come to you.” ~Shakti Gawain

Your Natural Power of Manifesting

Manifesting is our natural ability to have any thought physically materialize instantly and effortlessly into the physical world. If you are a human being, you have the power to manifest anything...instantly! The key words here are instantly and effortlessly. The experience of instantaneous manifestation occurs when we have released all of our internal blocks and resistances to having what we want, and feel as if our desire is already manifested here now. This may seem impossible, amazing, or miraculous, yet it is as natural as the warmth from the sunshine above. We were all born with this innate ability to materialize thoughts into physical form by learning how to harness the power of the mind. All that is needed to do this is hold a constant positive focus of our energy into an image and feeling of what we want to manifest, as if it is ALREADY HERE NOW!

The most ironic thing about learning how to manifest is that you already are a powerful manifestor! If you have a mind and a body, you are a manifesting machine. No matter what you do, think or believe, you can never turn off the manifesting valve while you are alive. The manifesting power is something you cannot lose, create or develop. It is your essential nature. Once you understand that you cannot NOT manifest, you will surrender to the manifesting master buried within you. After you have integrated the understanding that you cannot stop from manifesting something, amazing synchronicities will start happening to you. Somebody will suddenly call you with the right piece of information you were JUST looking for, or you will meet that perfect person who introduces you to that group of people you were dreaming of connecting with. Your life will become a living synchronistic event for you to enjoy!

Although we are not always aware of it, whatever you are thinking about is what is being manifested. Wherever your attention flows, energy goes! You are always manifesting something, whether it is a compulsive worrying habit, a very intimate hot relationship, your next meal, or a large bank account. Whatever you think

about will grow, and will become what you experience more frequently down the road. Have you ever had one of those days where you kept hearing the same message from the Universe everywhere you went? As if every advertisement and person was pointing you in the same direction. Some part of your mind was holding onto some idea, and that is what you manifested all around you.

We want to emphasize again that manifesting is natural. It is so natural that many may refer to it being “super-natural”. Sure it can be viewed as a delightful mystical by-product from working out your manifesting muscles, yet is probably something you have taken for granted everyday. How did you create those shoes on your feet, the house you live in, or the shape of your body? Every aspect of you and everything around you, are physical representations of the previous thoughts you agreed to accept and define as your “reality”. At one point in time they were just ideas passing through your mind. Everything you see and feel was once an idea, desire or thought in someone’s mind. Even the thoughts you are having about yourself right now are manifesting in your life in some way.

No matter whether you are experiencing great struggle in getting rid of something that you DON’T want, or effortless joy and ease in attaining what you DO want, you are always manifesting something with your thoughts. If you struggle each month just to pay your bills, you are probably repeating thoughts in your head that say something negative like, “I am just not able to pay my bills” or “I have to work hard to make ends meet.” If it is easy to pay your bills you may thank the Universe each month that you have enough for next months rent. Whatever you are manifesting, you are living under some beliefs and thoughts about your reality. Yet it is always up to you whether you focus on the negative or the positive aspects of each moment. You always have the choice where to direct the flow of your attention, on what you want or don’t want.

*“Your mind is like a parachute,
it only works when open.” ~Unknown*

You may have realized that your mind is a tremendous gift, as well as a horrible curse. It is responsible for creating everything you don’t want to experience, as well as exactly what you DO want. The mind is a mechanical imagination machine, designing its experience of everything and everyone to form its version of Reality all the time. It is what splashes the paint on life’s blank canvas, and generates what you have and do not have in your life today.

The secrets to painting this masterpiece on your canvas are found by practicing the manifesting techniques, meditations and principles in the following chapters. However, for these techniques to work effectively you will need to learn how to control and focus your mind. To begin training those wild horses in your mind, slow your life down and learn to relax more deeply inside. As you unlearn your stressful ways of living, your manifesting vibration will soar!

Controlling the mind comes from slowing the mind down until you reach total silence, inner peace or stillness. From this place we can easily direct, focus, and control the mind in whatever way we choose. The thoroughly trained mind is then willing to deliberately focus on what you want to manifest in your world. Even if you can focus the mind to have one hundred positive thoughts in a row towards the direction of your dreams, you will soon see your dreams become reality!

The deeper you dive into this stillness, the more obvious it is that each thought is generating your experience of reality. If you are thinking negatively you will only see what is not right with the world. Stop your mind! Refocus on positive thoughts and feelings about your life until you feel a shift in your body! By constantly feeling and imagining that your greatest dreams and desires have manifested in front of your eyes, you create a magnetic high-frequency energy that turns those negative life destructive thoughts into positive visions and dreams! After several weeks of practice, you will find the mind more easily complies with what you want to create and experience in the world around you.

No matter what level of vibration your mindbody currently possess, you have the ability to raise your manifesting vibration and create anything! Even though you were born a manifesting machine, you may have acquired beliefs that say you are missing this gift. Do not fret or worry, the entire book is all about how to open up your manifesting valves! You just have some lazy manifesting muscles that have not been regularly exercised. All that you need is a daily positive energy workout (the 8 habits manifesting routine) and you will soon feel the strength, endurance and power to fly up the next Mount Everest ahead! Just like going to the gym, when you consistently exercise your manifesting muscles, you and others will notice that you have a stronger presence in this world.

The average mindbody normally holds an incredible amount of subtle tension and stress of which it is not aware 95% of the time. This physical tension is caused from a disconnection between you and the Infinite Source. When the mind gets attached to limiting thoughts, beliefs and desires it forces the body to contract with tension. Your body's tension blocks the flow of your natural manifesting vibration, which creates an energetic wall that builds up even more stress and eventually a

dis-ease! If you want to manifest something in your life and are meeting major resistance or blocks, RELAX DEEPLY! You are not seeing that an infinite supply of energy is already always in you. Truly living day by day from this place of deep relaxation and inner peace is the key to unlocking your super-natural manifesting vibration.

"How many ideas have there been in history that were unthinkable ten years before they appeared." ~Fyodor Dostoyevsky

So how does one begin to realize this Infinite Source inside and the new reality that you are already an infinitely powerful manifesting being? Start by taking a sincere look at EVERYTHING you have accomplished and created in your past thus far. Where did it all come from? How did it come to be in your life? Your clothes, your haircut, your money in your bank account (or lack of), your education, your job, your house, and the food in the fridge are there because you manifested them! You made the choices that brought these things into form. You thought at one time you wanted THIS instead of THAT, so that is what you created. Your mindbody is an insanely powerful machine!

Now you may think that this is not manifesting, and you are partially right. We would not consider calling the pizza guy on the phone and having your pizza appear at the door in 20 minutes manifesting. What does make it manifesting however is the inspired frequency your body was vibrating at when you decided to call them for the Deluxe Veggie Combo! Whether you think you are a manifestor or not, it is ultimately more empowering to see how EACH choice you make eventually results in EVERYTHING that is a part of your life today. Every time you acknowledge yourself as a magical manifesting being will impact your ability to attract what you want into your life. The more often you can realize and accept this, the more your manifesting vibration will grow! We invite you to explore this as your own secret "reality" experiment and take a few days/weeks to check it out!

In the mind and life of the enlightened manifestor, nothing is by chance. All coincidences you experience are delusional fabrications of the mind. Everything in this Universe is synchronistic and divinely perfect. You are always responsible for creating your destiny each moment along the way. Your future is this BIG blank canvas and you have all the paints, brushes and creative ability to design it as you wish. The depth to this creativity is ENDLESS. Whatever you think it is not possible or not does not matter. In this Infinite Universe EVERYTHING is possible!

What we have found in the world of manifesting and society's so-called "rules" for finding ones spiritual path is that if you can imagine it, then it is possible. Yes, you are the ultimate designer of your life! There is only one thing that separates you from knowing that you are already a natural manifesting being. This is the belief system that you are separate from God. This massive collection of beliefs, opinions, and ideas about who you are is your EGO. The acronym E.G.O. really stands for Excluding God's Omnipresence.

The Ego is the most fantastically designed illusion there ever will be. The Ego is who (or what) you THINK you are, which is not even remotely close to who and what you REALLY are! Whatever you think you are is always going to be a concept, a limiting thought, a belief, or a smaller version of reality. The vast expansive eternal soul you truly are is the REAL reality. Your thoughts will always be limited concepts, even if it is a thought about infinity or eternity, it is still a concept of it. Your Ego consists of thoughts, is wrapped up in thought, and is creating these beliefs which tie you up in thinking (instead of knowing) you are an all powerful manifesting being.

So what is the purpose of an Ego? You signed up for an experience of separation from the God-Source so you can have the experience of returning back to it. It is only through separation that you can experience this re-unification, and know your true infinite nature. You need a limited illusionary self, to explore the real you that is unlimited and absolutely divine! Without an Ego, there is nobody to call you. Without a sense of identity you would not be able to be "someone" who returns back to the God-source.

However many times we may attempt to eliminate or banter the Ego, it is not the source of the problem. It is our attachment to this over-identified thinking habit that creates this constant ignorance of who we really are. When you identify with ANYTHING, whether it is personality, feeling, thought or even a dog, you become the experience of that. You are ALWAYS flowing attention and energy that is continually focusing on something. With an Ego, there is someone to direct this flow of attention. Where ever you decide to direct your thoughts, is exactly what begins to manifest. You are always painting some experience as you are thinking about it. The compilation of your life is that which expands and grows out of where you focus your attention.

We would like you to set the intention right now that you will soon know that you are an amazing magical manifesting being. If God is everywhere and you are always somewhere, then you must be a God-Being! Thus you already have this power to focus on ANYTHING you want and keep your focus on it! By holding this

intention you will find that life presents only opportunities to you. This is the magical mindset and it is available right now, just imagine what it is like and its YOURS to keep! You are already 100% free to experience anything!

“Cease trying to work everything out with your minds, it will get you nowhere. Live instead by intuition and inspiration, let your whole life become a revelation.” ~Eileen Caddy

So if you were born a magical manifestor, why have not you learned how to master it by now? The main reason you have forgotten this God empowered ability is that you have accepted (consciously or unconsciously) negative thoughts and limitations about the world, other human beings, and especially yourself as the truth. These limitations halt the unlimited natural expansion of your being. Your manifesting vibration is measured by the amount of unlimited thoughts and thinking you have. So what’s the purpose of this negativity? It serves to motivate and inspire you to get out of the dumpster and back to painting the picture of that amazing life you love.

Yes, these limiting past beliefs are like billions of dust particles that have been clouding your natural manifesting ability for FAR too long! It has just been way too many lifetimes for you to NOT do something about this unfulfilling EGO existence again! Although your core belief systems may seem impossible to change or get rid of, that is not your purpose here. It is to follow them so deeply that they reach the core of you! Let them try to push and pull you so much that you transcend the limitations they contain. Only then will you expand out into experiencing this all-powerful Cosmic being you really are who can create the rules instead of feeling stuck by them! It is time you learned how to remove this dust cloud and start seeing that amazing things are happening everywhere you are!

“There is only one success – to be able to spend your life in your own way.” ~ Christopher Morley

A majestic river of inner peace and power spontaneous flows inside you when you are walking, breathing and living under the notion that you are not your mind, nor your thoughts, nor your feelings, or your body. When you see that you are also not your name, your income, your job title, or what your friends’ think of you there is even MORE freedom! Now your Ego will feel a bit lost at first because this was who you were, and what gave you direction and dimension. Finding peace with your Ego is the way to create everything you want. It is always much more

empowering and fulfilling than being trapped for years in some future fantasy or fear.

The Truth is that you are the Ocean of existence, a flawless state of perfection. The only reason you don't experience this Oceanic bliss everywhere you go is because your mind is making opinions and judgments which you are buying as "your reality" all along the way. Thoughts, physical things and feelings are part of the world of illusion. They are all transitory, changeable, and can be destroyed. The only thing that is real is your spiritual nature that within all people and things. The core of your being is an infinite being, which is this aspect of pure awareness; this CANNOT suffer. It knows only bliss. The next question is of course, "How to maintain this bliss?"

You may notice the Ego likes to push certain thoughts into your mind. Gently bring your awareness back off the thoughts, and back on to observing the observer who's watching those thoughts. Practice witnessing the witnesser. Place your awareness on THAT which is watching you observe yourself observing! This transcending suffering technique uses a gentle turning inwards towards your awareness-ness. What is that? It is the ONLY thing necessary to awaken completely and transcend all suffering.

Practicing turning inwards to this divine presence that you are, NO MATTER WHAT the mind thinks is more important. This is the other golden key. Don't get caught in being attached to any results or anything happening. Just notice the Ego and it is unceasing desiring and craving mind. By being aware of your thoughts, as they arise without getting caught in them is the direct path to finding and developing the bandwidth of your manifesting vibration.

"God is always dancing... always." ~Adyashanti

Why Are We Manifesting Beings?

Manifesting is a spiritual path that enables you to discover the truth about who (and what) you really are. We are each here to awaken a hidden part of ourselves, which naturally wants to explore the Universe and experience how AMAZING life is! We were all given the power of manifesting so we can celebrate our spiritual existence through an out-flowing of our infinite creative cosmic energy. We get to learn how to express this Love (that is our soul) in the world and physically PLAY with it! This is the power of manifesting! It is the most natural creative expression of the essential God we each are.

The Divine Being that YOU ALREADY ARE wants to experience the joy of seeing it is own creativity in form and action. We love to see our thoughts materialize into the physical world; it makes us FEEL powerful! Yet manifesting is all done through love, for love, and from the core of love. It is how we experience more love in this world! Manifesting is divine love in action, expressing itself through the physical form. What shows up in your world is the sacred “physical evidence” of where you were focusing this divine Source of energy you already are.

Manifesting is your divine natural birthright. It cannot be lost, destroyed or ever taken away. Realizing this will create a VERY exciting feeling in your life. You will want to adventure out further into the world, deeper into yourself, and share this divine loving existence with everyone! We invite you to say YES to this AWESOME manifestor that you already are and reveal all your God powers to the world everyday.

To acknowledge, accept and appreciate the reality that you are already more POWERFUL than you are currently aware of, start with acknowledging it. Recognize that you are the ultimate designer of your destiny and already have a completely amazing bright flawless future ahead of you! It is a lot easier to get out of bed in the mornings with this thought in place. Imagine what it would be like to realize you are a God-Being who KNOWS somewhere inside that it is easy to experience those exquisite things you have been waiting lifetimes to explore.

*"We should take care not to make the intellect our God;
it has, of course, powerful muscles, but no personality."*

~Albert Einstein

The 5 Steps to Realizing “I Am A Powerful Manifesting Being!”

These 5 steps below have been designed to help you shift into truly knowing that you are a manifesting being. Each step contains an affirmation which forms a building block to support your new foundation as a manifesting being. You will notice that they have a natural order to them. The first leads you to the second and so on. We suggest you read them everyday to heighten your awareness of the sleeping manifestor in you!

1. Acknowledging: There is a powerful intelligent creative energy that exists in all things, so it must also exist in me!

2. Acceptance: I realize I am responsible for manifesting my entire life up to now. I accept full responsibility for manifesting every situation I get into and am in now.

3. Appreciation: I thank the Universe for giving me the power to create ANY life I desire. I am grateful to have the freedom of choice, to choose the thoughts that empowering and responsible for manifesting my experience.

4. Surrendering: I realize I will always be a powerful manifesting being no matter what! There is nothing I can do to change the fact that my thoughts will always manifest my reality.

5. Relaxing: I am relaxed and confident knowing I am a powerful manifesting being in this Universe. The laws of manifesting are Universal Laws my soul has chosen to participate and play with and cannot change.

By repeating these affirmations in the mirror, you will be bathing in the truth and knowledge that you are indeed a powerful manifesting machine! This will prepare you to apply and undertake many of the techniques and secrets found later in this manifesting manual. A deep acceptance of these statements above is what makes manifesting inevitable. Now that you know you are a manifesting being, let's crank ahead to the nuts and bolts of manifesting!

"The big challenge is to become all that you have the possibility of becoming. You cannot believe what it does to the human spirit to maximize your human potential and stretch yourself to the limit." Jim Rohn

The 4 Universal Laws of Manifesting

The Universe abides by a set of laws that govern itself and keep all the chaos in perfect order. Some examples of nature's laws are gravity as well as light and heat from the sun, which are constant and never change how they affect our experience. There are many laws in nature and also laws of manifesting, yet we have discovered that there are 4 rudimentary laws necessary for the evolution of the mindbody towards a higher vibration and manifesting ability.

While some laws were made to be bent and broken, others are here for us to abide by and grow from since they facilitate the awakening of this higher consciousness inside. Any law that you discover in life that opens you, expands you, relaxes you

and makes your mind quieter, will give you more access to that infinite manifesting potential hidden within you. These are the hidden agreements we already have with the Universe, and are found by connecting with the Universe on a more personal conscious level. The result from following these Laws even for a day is a shift in your energy and vibration which will attract more of what you want, and less of what you don't want! Here are the 4 Universal Laws of Manifesting!

"Like attracts like. Whatever the conscious mind thinks and believes, the subconscious mind identically creates." ~Brian Adams

1. The Law of Attraction

Yes, like attracts like is the name of the game. The more often you focus on something the faster it shows up physically. These energetic vibrations that you are constantly sending out into the world are called thoughts and feelings. They are always being reflected back by the Universe to YOU, producing results that show up in your experience of reality. What you send out is what you attract back exactly! This is the Universal Law of Attraction! If you send out thoughts and feelings all day long that say, "I am financially successful, I am a multi-millionaire", you will soon attract situations and people that will treat you like one. The day you actually FEEL like a multi-millionaire, you will magnetize a physical opportunity to become one.

The formula for how fast you attract what you want into your life is directly proportionate to the amount of time you can hold your attention on the experience of your desired outcome. For instance, if you are able to hold your attention on the positive thought, "I am now making \$200,000 a year", and stay within this expanding thought-feeling-experience for 2 minutes instead of 1 minute, it will manifest into your life twice as fast.

Your ability to hold your focus on what you want determines the speed and intensity of your manifesting vibration. The more inner peace, calmness, and centered you are at your core, the longer you can concentrate your attention on what you want, and the faster you can attract the thing or experience you want to manifest. When there is a constant flow of positive thoughts through your mind you will really be manifesting! When you let 1000 positive thoughts flow in a row, the world around you will change before your very eyes, and you will go light years beyond whatever limitations were once generated by your mind.

2. The Law of Intention

Often our thoughts are scattered which means we are sending a weak signal of what we want to the Universe. It is like a radio signal that jumps between several stations, causing the message to be distorted. When you send out a strong focused intention to the Universe, the reception is loud and clear and the Universe can hear exactly what you want. With ANY clear request, the Universe will listen to and obey your every intention and thought command.

3. The Law of Celebration

When you are playing the victim game, living in the slums of an emotional dumpster-ville, your vibration is weak because your mind is focusing on what you don't want. On the other side of the tracks, when you are constantly celebrating your life as it is, you become a manifesting magnet from emitting a super-high frequency. The more you embrace life as a celebration of this multifaceted Existence, the more powerful of a manifestor you become!

4. The Law of Receptivity

By your very nature, you are a receiving machine. You have been born with sensitive receptors that are to receive MUCH abundance from the Universe. However when you close down your receptors (desensitizing yourself) your manifesting valves shut down and the Universal Energy can only come in as a trickle. When you open yourself up and allow the Universe to support you, your vibration expands and flows majestically through! Living as though there are ONLY blessings from this Universe for you to explore and savor, you begin to truly trust the Universe and your manifesting vibration skyrockets!

"Being open to life is our natural state." Deepak Chopra

We invite you to start applying these 4 laws everyday of your life until they are totally soaked into you, and marinating in the background of your mind 24 hours a day. This will allow them to seep deep into your subconscious and really start impacting the way you live your life. What would this week be like if you applied just one of these laws to what you are already doing?

Each law has a different purpose, which will energetically lay the foundation to prepare your body to receive the highest manifesting vibrations and consciousness. Marinate your mind and body with as much enlightening positive and awakening information as possible. Let the Universal knowledge just SOAK in! These specific laws, however, will help to blow away the negativity that is continuously trying to gather upon your mind. When you actually begin to apply these to your life, you will have begun to digest them. By taking immediate

inspired action on them, you will experience the transformational affects they have on your vibration and your life!

The key to turning on this instant manifesting vibration mode is to act immediately, spontaneously, pro-actively and with inspired action only! Print several copies of these colorful inspiration signs and put them up in several places around your house. Great places like your bathroom mirror, by your bed, in your car, near your computer monitor, desk and everywhere you will look at it. They will remind you to be living in inspired action 16 hours a day and remember to live a life without fear, doubt, or regret. If you are living from inspiration, you are living in spirit! Here is a gift from the Universe to you, for purchasing this Ebook. Click on this link to download your Affirmation Signs printout!

http://www.EnlightenedBeings.com/pdf/affirmation_signs.pdf

"In the human experience of life, its not what happens to you that matters-its what you do about it that counts."

~Author Unknown

These Universal laws will keep your personal train of thought each day on raising your manifesting vibration instead of lowering it. The results are undeniable; they were designed by the Universe to keep your train on the right tracks! If you find yourself somehow de-railed and stuck on your old train again, pick yourself up gently and look at how you can apply them to what is happening right now in your life. A moment by moment application will steer your life back into a self-empowering manifesting direction. You will see your dreams manifest more quickly and easily when you use this softer approach to disciplining yourself and your life.

It will help you to integrate these Laws by knowing there is a collective super-train of awakening manifestors moving across the world, picking up momentum with each person that jumps on board. So, are you going to be one of the first or last beings to jump on board? Decide quickly you might forget this is happening and miss the caboose! You know, because you are reading this book right now, it is a VERY good sign that you are totally ready and prepared to jump on the train today!

"Receiving is evidence you have given consistently." ~Tony Robbins

The 3 Step Manifesting Formula

The following is an easy 3 step formula based on the Universal laws of manifesting. You can use these proven practical techniques to create anything you want BE, DO, HAVE or EXPERIENCE.

Step 1: Set a strong specific intention in your heart on what you want to manifest. The more specific your desire is the more specific your results will be. Vague goals create wishy-washy results. A powerful intention consists of a true desire that comes from the heart and is free from any “shoulds” or “have to’s”. It feels empowering and freeing to focus on this outcome and you can visualize it manifesting for you. To set a strong intention, make a declaration to the Universe out loud that THIS is what you are manifesting!

STEP 2: Detach from the outcome and allow yourself to receive what you want or something better. This step can be the most difficult trap in manifesting since the trick is to use less effort and more trust. Imagine your desire is like a baby bird sitting in the palm of your hand. You don’t want to squeeze it too tightly or it will die, nor do you want to hold it too loosely or it will try to fly away. With the right amount of love and attention it will find its home within you.

Detaching is basically setting your Ego (who you think you are) aside and trusting the Universe completely. How do you focus on what you want without getting attached to results and trying to make it happen? The secret is in learning how to release expectations (they are fear-based projections of the mind) and trusting the Universe is already providing the perfect avenue for its manifestation. The real magic happens the very moment you give the Universe full permission to make your specific desires become manifested! The manifesting process just happens when you are a living and breathing ball of trust. This opens you as a receiver to let the thing or experience come to you!

STEP 3: Hold onto that exciting and empowering feeling that what you want to manifest is already here now! This is more like a balancing act between being non-attached to the outcome, and exploring the FEELING of the desired result as if it has already happened. The longer you can hold onto the feeling, the faster it will show up in your life. Your manifested dream will fall right in your lap when you least expect it. Sounds easy? It is!

"All things are created twice. There's a mental or first creation, and a physical or second creation to all things. Begin with the end in mind." ~Stephen R. Covey

So do you want some practice? Pick something you really want to manifest. What do you want to feel, experience, be, do or have manifested in one year from today? Simply make up your mind today, don't wait anymore!! Pick something, and hold it as an intention for 10 seconds. Then, you will get a bit more excited and soon be dancing in the idea of it for 60-90 seconds! Then, bathing in it for 2 minutes and so on...That is how you get it to show up in your life!

Now, what can you do to allow yourself to feel MORE EXCITED in your life today? Jump up and down! Turn up the volume on that feeling! If you want ANYTHING or any experience to be manifesting into your life, you must get very clear on what you want, and GET EXCITED ABOUT IT! This is unlimited success for the rest of your LIFE that is being offered to you. Do you get this? The ability to manifest what you want is tremendous! It may feel huge or very serious...it is not. It is our very nature to do this. So just relax and let it come to you. You will know when you are about to manifest something because you will be so insanely excited about it for days or weeks on end.

"Every desire contains the necessary mechanics for the fulfillment of that desire." ~Deepak Chopra

The Metaphysical Science of Manifesting

Our natural ability to manifest what we want, when we want it, is not just a magical mystical occurrence, it is a scientific phenomenon. Science has proven that wherever a thought goes, a molecule flows. Every single thought you are having now is impacting all other atoms in the Universe. Like billiard balls, when one hits another, they instantly bounce off each other creating a massive chain reaction of events. Everything you see, manmade or not, started from one single thought. Thoughts, like numbers, will multiply.

Manifesting is a natural by-product from our constant atomic communication with the Universe. The advancement of Quantum physics has proven now that your physical body is made up of trillions of vibrating atoms that are connected sub-atomically with (can you believe it?) EVERY ATOM in the entire Universe! Our minds are in constant atomic connection and communication with the Universe in

each moment. This means that what you choose to think and feel is being felt and heard in each instant by the Universe.

The choices you make each day affect your life and yes, the entire Universe. When you let yourself marinate in those thoughts and feelings that relax you, open you up to trust and make you feel EXCITED about your life, the Universal Body's physical atoms increase with excitement in vibration about YOU. This increases your ability to attract that which you most desire. This shift in thinking to, "I am a powerful manifesting being", affects our body's overall energy, and creates a change in the Universe's "vibrational memory" of who we are. This ignites the Universal power within us and raises the effectiveness of each intention we create. Employ this vigilant choice-maker full time and you will see how amazing your life can become.

*"The game of life is the game of boomerangs.
Our thoughts, deeds and words return to us sooner or later,
with astounding accuracy." ~Florence Shinn*

In the world of today's quantum physicists, there is a very rational scientific explanation that proves miracles, and mind over matter. They call it the super-string theory. In short, everything is connected through these sub-atomic energy strings that have an intelligent vibration! Science has done experiments that show when they separate two electrons by any amount of distance, and spin one electron a certain way, it INSTANTLY affects the sister electron miles away which starts spinning differently. We also think our bodies are separated from each other, yet it is ALL interconnected strings of energy!

Thoughts are things! Whenever a thought shows, an atom goes, and energy flows! Every time someone thinks a thought, molecules start moving and hitting other molecules instantly, impacting the entire Universe. Yet, you may be asking, "Why don't I manifest something every time I think about it?" The secret is you can when you get emotionally excited about it and maintain that flow of feeling! Sure you can repeat any thought and never get results. It is like you are pretending to do pushups while you are actually watching them on TV. Yes, thoughts really DO have physical power in the Universe, yet their juice comes from having an emotional charge behind them. This explains healing at a distance, as well as any physical miracle or unexplainable phenomena of mind over matter. Anything you might deem as impossible is possible in this magical world because thoughts are actually powerful things!

*"If you hear a voice within you saying "You are not a painter,"
then by all means paint and that voice will be silenced."
~Vincent Van Gogh*

What are you generally thinking about your life? Notice how you have manifested your entire life the way it is, through these thoughts you are thinking right now. Now what kind of future do you want instead? What kinds of thoughts are needed to create this experience? Your thoughts about yourself, the world, and certain people, are already tainted with a subtle or massive negative emotional charge. This is programming that has built up from an hour ago, yesterday, the past year, and past lifetimes. If you are not a brand new soul (which many of us today are not) your past lives are real, and they are the deepest layers of conditioning.

Every thought you have about others contains the same exact words, phrases and statements you heard at some time in your past. Many of them slipped in when we were not looking, and downloaded from family, school, friends and the media. Our minds are like these mechanical computer that only know how to take in the input, and spit out the output. Any thought we believe is new or original is not. Our thoughts are not private by any standard. The subconscious mind is like a giant radio tower that is always tuned into all the other radios and their stations; all happening at once! Yet, your attention, however, can only be tuned into one radio station at a time (thank The Universe or we would really get confused!).

There is a way to consciously harness the power of this giant radio station which will exponentially increase your ability to manifest. The secret is learning how to tap into your Quantum Vibration. This next chapter contains the keys to opening up this hidden power within.

*"Nothing splendid has ever been achieved except by those who dared
believe that something inside them was superior to circumstances."
~Bruce Barton*

Unleashing Your Quantum Vibration

21st Century science has affirmed that we are energy, intelligence, and consciousness wrapped up into a seemingly material physical body. It appears that we are separate from the World and Universe around us, yet in reality we are not. We are humans composed of flesh, bones, and blood, yet we are also energetically, consciously and vibrationally connected to everything in the entire

Universe! This may seem unbelievable, yet this ever-present connection of divine intelligent energy through everything is an unchangeable phenomena that has been found in every country around the world!

Scientists have now proven that each one of us has a specific measurable Quantum Vibration which is being created by trillions of atoms and subatomic particles vibrating inside our mindbody in each moment. The frequency of your Quantum Vibration can be defined by the speed, accuracy, and ease at which your desires are manifesting into the physical world. There is finally a sub-atomic explanation for how we have a manifesting vibration!

An extremely high Quantum Vibration will only take a few seconds to manifest something miraculous like a diamond ring, while a lower vibration may take years or decades before it is actually in your hands. It all depends on how connected you are to the Universal Quantum Vibration and how open minded you are. Perhaps your belief system is somewhere in the middle and says that you will need to save \$100 a month for 3 months to purchase it from your local jewelry store. Or perhaps you may believe you are one of these “lucky” people who will see a lost ring walking down the sidewalk, or that you will win it in a contest. If you are truly tapped into the Universal Quantum vibration, you will (believe it or not) be able to allow that diamond ring to literally appear in your hands out of the thin air. The secret is to first raise your bodymind’s Quantum Vibration by increasing the energy of the trillions of atoms in your body while holding the thought of the diamond ring with your mind!

*"The quantum mechanical body is just a doorway back to Nature...
the sad fact is that the intellect, going against Nature,
has done such a good job at blocking the door." ~Deepak Chopra*

You can measure your body’s vibration with highly sensitive bioelectric devices that act like an Aura Geiger Counter. These highly sensitive instruments measure the bio-electric and magnetic fields emanating from your body, and calculate the various frequencies from it. For example the body of Christ or Buddha may have had a Quantum Vibration around 1000, while laying a guilt trip on yourself (or someone else), could toss you down to around 10 or 15! Anytime you get SUPER excited about that one thing you really want to BE, DO and HAVE, your vibration immediately doubles and can even triple in that instant!

Depending on what your attention and intention is focused on, the vibration you have right now is the outcome of what you have been focused on, and is

determining your current state of well being. It reflects your mental, emotional, and physical health. It also is creating your level of income this month, your joy in your relationships, your effectiveness at work, your connection to The Source, and your overall love for life!

This moment represents your mindbody's current Quantum Vibration. It has been impacted by thoughts and feelings generated from circumstances and situations in your past that have appeared to be "beyond your control". If you are constantly worried about something from your imaginary past or future your Quantum Vibration drops insanely fast and eventually plateaus. If you continue to dig your mental and emotional grave deeper, it will affect you physically, causing symptoms of "dis-ease" to appear.

Here's the good news! Although your mindbody may be vibrating at a very high, medium, or super low frequency right now, it does not matter! The atoms in your mindbody are already specifically arranged in a divine order. This means that even if you have been vibrating for YEARS on a lower frequency, you have a divine quantum blueprint inside your DNA that keeps you on the path towards reaching your highest Quantum Vibration. You can access your blueprint by shifting where you focus the mind's attention.

"There are basically two movements of consciousness: Love and Fear. Love is allowing what is and fear is resisting it." ~Nirmala

Perhaps you have had a tendency to focus your attention on the negative thoughts, moods and feelings of others, automatically lowering your Quantum Vibration. Given this weak minded tendency, your Quantum Vibration has been extremely susceptible to being increased and decreased by the media, your friends, and family with their opinions, emotional outbursts and negative attitudes...until now!

You can reach a new level of inner stability and confidence by directing your awareness inwards and focusing on the peaceful core of stillness at the center of your being. The longer your attention remains fixated on this center, the higher your Quantum Vibration increases, making you as bright and powerful as the Sun. Just as our Sun is self-sufficient with its own infinite source of energy, you also have a source of infinite light and consciousness and everything you need inside you to thrive!

The more positive feelings you can let yourself have, the more easily and effortlessly those physical and non-physical manifestations you desire will miraculously occur. When you actually look at what your thoughts and feelings consist of, atomically we can also see that they are indeed physical in nature. Wherever a love thought flows, thousands of excited nerves are firing electricity through the body. Modern science knows you send an electron through your brain starting a chain reaction that gives a sensation of love, as well as pain, fun, boredom, freedom, or mental slavery. Every positive thoughts, feelings (vibrations) your bodymind emanates is being registered and heard by the entire Universe. They will return to you in many ways, through everyone and everything. The Universe is one big quantum soup of energy we are always tapped into and channeling through! The real trick here is learning how to maintain that positive focus of thought and generate a fun-loving loop of experiences forever!

*"When we see problems as opportunities for growth,
we tap a source of knowledge within ourselves
which carries us through." ~Marsha Sinetar*

Let's experiment with this new way of being. Imagine that you are walking into a room of people that you feel uncomfortable around. In your mind, they are blasting nasty names behind your back, judging you silently, and talking about you as if you were a complete failure. In the midst of all this negativity, your attention flows inwards going past the mind and reaching the Source of your being. You feel calm and silent inside, knowing everything is a blessing and a teacher. As you remain here feeling safe and protected, you do not waiver. Within a few moments you will feel totally at peace with yourself exactly as you are. Where in your life would you like to apply this new way of being? What would it feel like to experiment with this at least one time this week? So are you committed? You better be...your vibration depends on it!

By directing your attention onto the Infinite Source of consciousness that YOU ARE, you are raising your consciousness and deepening your spiritual connection inside. By holding your attention on what is Infinite, you access your highest possible Quantum Vibration and your manifesting vibration skyrockets beyond the stars. As your Quantum Vibration rises, you will start to see many shifts in perspective in the outer world. The "world" will give you many signs, messages, signals, and information to show that you are progressing! A bus may drive by with that one message that speaks directly to your soul, letting you know the next step to take with your life.

The Universe is your ultimate guru, listen closely to it. It may talk to you through people, books, tapes, signs, or just in your own mind. The Universe is ALWAYS educating you in its own secret way to raise your Quantum Vibration. The keys are to quiet the mind, expand your consciousness, and relax into this experience. You will soon manifest what you want at will! Just pay attention, stop the obsessive attachment to your mind's past and future illusions, relax and listen!

CHAPTER 4

HARNESSING THE MAGICAL MINDSET

"All the faces in the world are mirrors. What kind of reflections do you see in the faces of the people you meet?" ~Japanese Folktale

Your Mind is a Mirror

The Magical Mindset is an inner knowing that you can manifest anything you want, at anytime you desire. It is developed through the awareness that you are a magical being, with a deep connection to a Universal Infinite Source of creativity and power. When you are living with a magical mind, it is an open and positive mind, which is ready to see the solution without demanding that it show up. It sees the good in the worst of situations, sees everyone around you as your personal enlightenment teacher, and truly believes that ANYTHING is possible.

With this magical mind the Universe will immediately start opening new doors that were once closed to you. By changing the way you look at life, your thoughts, who you are, and the world around you, is by far the MOST effective and efficient way to get out of that old negative rut and raise your manifesting vibration. Magical thinking is the most powerful way to start your day, develop your manifesting muscles, and make you into an incredible manifesting machine!

There is an ancient secret that is the key to harnessing this magical mindset. It has been passed on down through many generations of wise masters and teachers. This secret comes in the form of an analogy so it can be digested on the deepest of levels. If you constantly apply this understanding to the situations in your life, it will empower you wherever you are in your journey.

The analogy is that your mind is a flawless mirror, and YOU are the light shining through it. There is a Divine Reality that we have not been able to clearly see or

experience due to many years' (or past lifetimes) of negative conditioning and karmic DUST gathered on the mirror's surface. This Dust is caused by your energetic attachment to your thoughts, feelings or to things of the outer world. Your Dust particles are those personal thoughts, belief systems, opinions and mind games that you are currently hooked into. . Just like dust, your thoughts are small and easily overlooked, yet they are VERY powerful things!

*“There are two ways of spreading light: to be the candle,
or to be the mirror that reflects it.” ~Edith Wharton*

In our most relaxed and natural state of being, we are seeing life through a dust-free mirror. The smooth natural surface of the mirror perfectly reflects this perfect Divine Reality exactly as it is, without tainting what is seen. The Light (your Soul or Spiritual body) is shining like the Sun, eternally bright and beautiful, forming your experience of Reality around you. The Light never fades in brightness or intensity, yet your perception and experience of it can be clouded by the mind's attachment to the past or future, causing thick dust piles to form.

If you have done some internal cleaning (meditation) and your dust is scattered thin, your experience of reality will mostly feel expansive, freeing and full of wonder. If your mind is playing games with you all day long, your dust is most likely very thick, and you will experience major blocks to manifesting, confusion, and much suffering since only a small portion of your mirror is dust-free to let the Divine Reality shine through.

Do you remember any experiences in your life where everything appeared crystal clear around you and the world felt magical and alive? Your mirror may have been shaken and so the dust fell off temporarily. Or perhaps it shifted angles (you changed perspectives) and the Light of your consciousness blasted through momentarily. The greatest thing is that there are always a few dust-free spots on the mirror, so we can have an enlightening experience at anytime. All That is needed is a change of the angle of the mirror's dangle, and the world is experienced in a new light.

On my first visit to India in 1995, I (Jafree) met a spiritual teacher named H.W.L. Poonja, who helped me blast my mirror clean from every last dust particle on there. I finally experienced the entire Universe in perfect clarity, and this incredible lucidity occurred no matter what situation I was in. My old illusions of the world were shattered, and I started experiencing every being I met from a new intelligence and perspective. I saw there truly was a flawless divine perfection in

every person and situation I encountered, and I could feel a sacred synchronistic order to everything in the entire Existence. I knew there were no coincidences ever! Everything I felt, thought, noticed or experienced was part of this grand alignment and greater purpose. Powerful enlightening messages were continuously being downloaded from an Intelligent Universe in even the most trivial of encounters. These “downloads” were the sparks needed to bring this manifesting manual to life! Throughout this book you will find these metaphysical “downloads” scattered everywhere.

From this enlightening experience I discovered that this is our natural state of being, and is available to everyone when the mind is freed from its dust. Our moments of clarity are usually short lived because another dust particle will float by at sometime and as soon as you become identified with it, it sticks to your mirror! The instant any identification happens, the dust falls and feels stuck to you like super glue! As you may know, dust will naturally gather around your home if you don't get out the dust broom for a month or two. The world is full of dust and it is totally unavoidable (and not your fault) that you should acquire a layer or two along the way.

Be at peace and see a clear pattern and plan running through all your lives. Nothing is by chance." ~Eileen Caddy

How Your Mirror Got Smudged

From a very early age you were unconsciously tricked into believing a lie. The lie is that you are not able to think something, and it will manifest for you instantly. Many people on the planet deeply believe they have no real manifesting powers because when they were growing up, they were tricked too. You might be one of these people. At some time, we all have been over-identified with the dust on our parents' minds and became Xerox copies of their versions of what is true and not true about reality. This does not mean you have to be a digital copy forever!

For many generations and millennia we have been trying as a species to wake up from this grand delusion. Our minds have constantly fallen into the trap of “this is what everybody thinks, so is the reality”. We were conditioned to believe all sort of ridiculous things in a desperate attempt to find our way back to The Universe. We were continuously fed information that fueled the experience that we were limited, unworthy beings disconnected from our Infinite Source. Our parents tried to pave a way for us by teaching us their beliefs that saved them in some way. What they

did not know is the more locked in the belief, the greater the dust got stuck to the mirror.

Just growing up in a society with billions of other delusional and contagiously dusty mirrors tends to rub off on a fresh clean mirror. The day you met your family they already had layers of dust on their mirrors and were busy smudging you with the "right" beliefs about life, religion, friends, job, spouse, political background and that THIS WAS the way the world was!. You of course automatically thought this was how you should be too, and so the dust began to cling. At an age before you were even aware of what awareness was, you took the hook, line and sinker and got caught in their programmed illusions about Reality. Now the bigger question is, how to pull this massive hook out of your mouth?

*"If you take the responsibility for your life you can start changing it!
Drop the fear. You took up fear in your childhood, unconsciously.
Now consciously drop it and be mature. Then the life can be a light
which goes on deepening as you go on growing." ~Osho*

Do you remember those childhood days where your life was easy, effortless, and you just played in a state of wonder all day long? What type of mindset did you have? Was it magical? You were basically living moment to moment in a state of in-spiration (in-spirit). You were living in a state of wonder about everything you saw. Even when bad things happened, you soon forgot about them and life continued to be an exploration and wondrous ride! The dust was mostly non-existent on your mirror and the light reflected through to everything you thought, felt and experienced.

So how did your mirror get so smudged? Somewhere along the way, around age 7, you started thinking more like those around you and began identifying with the dust particles. Maybe you wanted chocolate instead of vanilla flavored ice cream. You got upset and formed your own opinion about it, mimicking mom or dad who demonstrated this reaction to you. As you kept gathering more ideas and opinions about yourself, others, and the world, more dust began to accumulate. Your Ego became very stubborn about certain things and at times you became negative about the world, yourself, and other people. You started separating yourself from the Universe, and the mirror got thickened with ideas about who you thought you were.

*"You are not a human being in search of spiritual experience.
You are a spiritual being immersed in a human experience."
~Pierre Teilhard de Chardin*

Growing up you probably never met a single soul who was totally dust-free, so who was going to show you that you had dust or even how to remove it? All those teachers, friends and schools were layered themselves and did not know any better than to toss gobs of dust all over you! It is really amazing you are alive and conscious today. You probably learned a few coping skills such as compensating for negative experiences by thinking positively and not to get too close to super dusty sticky people. You learned how to somehow think positively and had a feeling of possibility, or you probably would not be alive today.

*"The world is a great mirror. It reflects back to you what
you are. If you are loving, if you are friendly, if you are helpful,
the world will prove loving and friendly and helpful to you.
The world is what you are." ~Thomas Dreier*

Why There Is So Much Dust

With all this dust, you may be wondering if your life is completely messed up and if you are a total failure? Absolutely NOT! Your soul signed up for this dusty journey for the same divine reason we all did; so that we could have this wonderful experience of transcending it! The more dust you have, the brighter the experience of the Divine reflection will be once it is removed. Before our souls came back to try "human" again, we accepted the divine delusion of separation from our Infinite Source just so that we could learn some incredible lessons, experience growth and have the sensation of an AMAZING return trip home!

Yes, we are each here to experience the world as a place of flawless divine energy, intelligence, love and complete abundance. The Universe created dust to give us contrast, comparison, and similarities so that we could make choices. Without choice there would be no free will, and without free will, well...what is the point of life? You get to choose what you want to manifest, see, and experience everyday, so get used to it! You will have choices to make every moment of every day for the rest of your life!

There is one choice however that will always open your magical manifesting mindset. If you continuously make this choice, it will transform your life completely

in a matter of days. This is the choice to be free from all dust in each moment, and to realize you are this Infinite Divine Presence here and now.

Let me put it to you this way. Will it be the Ego centered, anal-controlled, hurried, attached world that is worried about money, the future, your image, and has fear based opinions of everything? Or will it be the relaxed, trusting, free flowing lifestyle that feels connected to everyone, is the energy of love itself, and can manifest anything? You can make this decision now, yet remember that this is a choice that you will get to make again and again and again!

"Vision is not enough. It must be combined with venture. It is not enough to stare up the steps, we must step up the stairs."

~Vaclav Havel

The problem with making this decision everyday is that you may not truly see that the choice is here now. There are many many layers of dust in the way, and we must warn you it is super-thick in some places. This muck of thick dust comes from all of your attempts to become someone or do something significant to become that important "somebody". You have tried to become this special someone because you have forgotten your Divine Nature and connection to this Infinite Presence. This is your greatest ignorance of all. It is also what is causing your instant manifesting ability and magical mindset to become so clogged and scattered that they may seem completely non-existent.

Now your Ego is probably not going to like this statement about your ignorance. Yet exactly how true is it? Do you live each moment free to explore and experience your divinity through everyone and everything? Every time you forget you can be free from all thoughts, you have stopped thinking magically and limiting belief systems start to sneak in. The more you focus on the dust, the thicker it becomes and soon it is ALL that you see!

If we told you over and over that you were this infinite presence of divine energy and awareness, over and over you would forget it. This is something that cannot be digested through the intellect. The mind is too small of a container to hold this vast God presence. We have spent too many years (and lifetimes) over-identifying with our important dust particles, and are deeply conditioned to believe we can THINK our way out. The intellect is of no use in trying to figure out a permanent solution to this dusty situation. To free yourself from the dust takes a very persistent and courageous spirit to go deeper inside, through the layers of thought (dust), into the pure "beingness" of your heart, and remain present and open. Your

divine essence will automatically reveal itself when you are solitary, quiet, and have a solid intention to contact it. In this space you will harness the amazing power of the magical mindset.

"To see your drama clearly is to be liberated from it." ~Ken Keyes

Owning Your Dust

For creating a magical mindset, it can be a quantum leap just to start acknowledging the dust you have and start taking responsibility for it. Everyone has a dusty dark side no matter how bright they appear. The more you can own it, the more you illuminate the darkness and it disappears! So how do you start owning it? You must first acknowledge which dust particles are stuck to your mirror. Start by noticing what thoughts and beliefs you tend to cling to. What thought brings more tension to your body instead of a release? Which thoughts make you feel as if you are carrying a 50 lb pack on your back? Most of your thoughts are just dead ideas resurfacing again and again for no reason at all. Like a broken record that forgot it has an OFF switch, your mind is building piles of dust out of old unconscious habits, causing you to feel everything else but alive and inspired with joy!

When you truly own your deepest dirt and dust, you see you are responsible for creating it. Sure it was an unconscious habit created by past conditioning, yet you did make the decisions to think the way you did! At this point you start to think, feel and experience life as being the grand designer of your reality, resulting in the use of some new neurons! The definition of insanity is to think the same thing over and over expecting different results each time. By owning your dust you have the option to choose a different thought process next time instead!

Perhaps you have been looking and cannot find any dust on your mirror. Or maybe you do not even know what the heck we are talking about when we refer to a "dusty mirror". If this is you, then take a look at the judgments you continue to make about yourself, others and this world. This is the most evident dust. Where do you feel righteousness and "wrongness" about your life? What is that one thing you most criticize yourself about? If this negative judgment about yourself feels like the truth, yet only makes you feel more stuck and powerless every time you think it, then what is the benefit of thinking it again? There are no real benefits to narrow minded thinking other than to keep you feeling small and irresponsible for your infinite potentiality. It is the effects of the lazy saboteur running the show and your life!

"The world is a great mirror. It reflects back to you what you are. If you are loving, if you are friendly, if you are helpful, the world will prove loving and friendly and helpful to you. The world is what you are." ~Thomas Dreier

There was a time in my life where I (Jafree) would see how many hours a day I could lay out in the sun and avoid all responsibilities and possible work. Back then, WORK was a 4-letter word that meant Wasted Opportunity to Relax my Karma. I did not see the empowerment I would later feel from jumping on the playing field of my life. Now WORK has transformed into a different 4-letter word called PLAY! I just play all day long with people, taking Inspired Actions Only and responding to people from my divine passion to empower and awaken the world. By owning my dust I've created a new response-ability to working, and beaten my saboteur at his own game!

To triumph over your dusty mindset is to nail it down and own it! When your body feels contracted and tight, notice what frame of mind you are in. Is it expansive and magical? Observe your body and explore what is there. It will be telling you if it enjoys what your mind is focused on or not, ALL THE TIME! When your body closes down it is not because it is angry at you. The main purpose of a contracted state of being is to push you deeper inside, to get in touch with the divine presence at your core. Contracted states also have the later purpose of pushing the pendulum of life to swing you back into those positive experiences so you truly appreciate life again! As long as we are asleep to this God we truly are, there will be some saboteur inside us, pushing us into more creativity, expressive energy, and discovering the positive experiences we want to have.

"Be outrageous! People who achieve mastery have the ability to be outrageous." ~Gita Bellin

These body contracting thoughts are the leftovers of your Gremlin-Saboteur who loves to create piles of dust. These piles of dust cause even more negativity to gather in your life, and keep your head busy dreaming about the past and future, instead living here now doing exciting inspired actions! Own your dirt this week instead of watching T.V and sweeping more piles under the carpet! Take responsibility for your magical manifesting power and get off your butt and start doing things from your heart that you LOVE! Decide right now to make a conscious breakthrough with your lazy saboteur every time it tries to avoid this

awesome new response ability! How would your day be different if you took more responsibility for creating an unstoppable life that you loved?

The more challenging part in owning your dust is not getting identified with what you see inside yourself. Breathe! Release the illusions you see! Use the breath to keep you centered and you will transcend it completely. If there is one thing certain with owning your dust, you will get frustrated with yourself! When this happens, it is a great signal for you to practice more gentleness. You are always making more progress than you can realize. Clearing the dust from you mirror is like climbing a huge mountain and if you constantly look back at the parking lot below, it will seem as if you have gone nowhere! When in fact you have risen thousands of feet above from where you were.

When your mirror is free from dust you will be at the top of the mountain peak. Here you can see farther, and new heightened perspectives arise much easier than ever before. The distance between where you were and where you are is much clearer seen. A broader vision of your life can be experienced here in such a way that you can simply allow the mind to be negative or positive, and it doesn't matter! All thoughts simply become catalysts to push you higher into the next peak of experiencing more conscious awareness, and you welcome ALL in!

The reality is the experiences life brings you cannot be stopped, nor do you want to stop them. The dust will continue to fall on your mirror forever and that is O.K. You can change your mirror angle and the dust will fall to the floor. You have the power to choose if you want to stay identified with your dust or not. You can always create a new response to your thoughts, which will alter the field of energy around you, and thus shift the kinds of situations and people you tend to attract.

When you own what dust is already on your mirror, the Magical Mindset has an opportunity to come alive. It is born out of the new perceptions you create about you! The instant you see yourself differently, the energy changes immediately inside you and shifts the way you perceive others. How you see yourself and the world is what molds and shapes your vibration. If you believed everyone was a Buddha in disguise, you would think, feel and behave differently around them. Your body would naturally heighten its frequency to align with your perception of the enlightened being lying down in your bedroom.

*“People are not disturbed by things that happen,
but by their opinion of things that happen.” ~Epictetus*

The Infamous Dusty Ego

Over time without any house cleaning, your Dust particles build up and leave heavy impressions on the mind, which over years form a complex conglomerate identity. This massive over-identification with our dust is what creates attachment to The Ego, which subsequently lowers your manifesting vibration. The Magical Mindset shows up when there is a deep realization of what your Ego is and you constantly choose to be free from it. The Ego (who you think you are) believes it is in control of your life and is under the false impression it knows what is best for you.

Really the Ego has no clue how to remove the dust from your mirror. It believes it can clean up your attitude and energy, improving everything in one day. All that happens is a weak short term commitment to your goal which dies quickly, and is soon followed by strong feelings of failure and overwhelm. The pile of dust that was on the right side of the mirror is now swept over to the left pile, and our clean up crew is now out getting drunk at the next happy hour!

The Ego cannot help you truly heal your life or clean up anything. It tries to analyze and fix everything, thinking it can organize the “chaos” perceived to be in your life. It is blind to your divine infinite existence. It creates all kinds of illusions and stories about what’s happening, which makes your life a complicated, confusing and seemingly unending mess. Your Ego tries to think its way out of the maze and find the answers alone. It believes it is separate from an omniscient, all powerful Infinite Source. This lone ranger syndrome creates all the suffering and stuckness in your life and the illusion that you have no natural manifesting ability.

Every problem and inner conflict that you manifest is from an over-identification with your Ego trip. After many years these once innocent and lightly scattered dust particles have turned into piles of mud and dirt. You find yourself living 7 days a week up in your head, being a think-aholic who is constantly tormented by it is own criticisms, judgments and opinions.

This over-identification has developed a kind of schizophrenia between your mind and body. You no longer experience life through a mindbody or a mindbody. You are either up in your mind or trying to get into your body. The voices become so loud up in the head that the love in your heart and the emotions in your belly cannot be felt or experienced. Since the controlling Ego is afraid to relax and explore your emotions below, a great wall is created between you and your feelings. Your manifesting powers cannot flow without your e-motion (energy in motion) and your desires become blocked. This wall of fear inside you results in

incessant neediness and a struggle to survive, instead of flowing with the adventurous God who feels everything and thrives!

“Man has falsely identified himself with the pseudo-soul or Ego. When he transfers his sense of identity to his true being, the immortal Soul, he discovers that all pain is unreal. He no longer can even imagine a state of suffering.” ~Paramahansa Yogananda

We are afraid to let go of the Ego, so instead we try to maintain it. Maintaining an Ego is a 24-hour job, and doing so will distract your attention from your Infinite Source and will drain your manifesting power. It is extremely exhausting trying to keep a positive self-image UP or a negative image DOWN all the time. The key to handling your Ego in a healthy way is to always to be curious, present, and conscious about each experience that arises. With this magic formula you cannot go into avoidance or get attached to ANY positive or negative thoughts about yourself or the world. Really, what is there to get attached to? They are just thoughts and ideas zinging about in your head! There is not much fulfillment in them. The real pleasure is being present to The Universe, who is always and ONLY here and now. Immersed in the present moment, your own divine presence will become incredibly ALIVE, and you will pleasantly discover a spotless mirror completely free from the contracted Ego trip you were on.

You may also find that clearing the dust off your mirror can become an unending perfectionist project. The Ego builds itself up, constructing a great amazing sense of self, then finds that it must tear itself down to find the real Truth. The true YOU, however, is not anywhere in the building. You are more like a curious, observing bystander who is watching this great massive construction go up and down, and up and down ...everyday!

Change is a scary thing for every Ego. It always wants what is safe, secure and predictable. Did you notice that LIFE was not set up to be this way? There is a thing called Death at the end of it, which ultimately shows the Ego the real Truth. However, the Ego loves to be in control, and will continue to think it is the General Manager of The Universe. It tries to run the show by sweeping up your dust (and other people's dust), creating dramatic little scenarios where a solution MUST be found OR ELSE!!! The Ego's locked-in belief systems cause residual tension to hold in your body, blocking the flow of your manifesting vibration. When you realize you already have the greatest intelligence and power in the Universe inside you, there is no need for an Ego!

The Ego has no effective way of removing this dust since it is made of dust! It can only create temporary answers to its unending problems. The only thing that can wipe our mirror permanently clean is the heat from the Infinite Light we let into our hearts that bounces off our mirror into the world. When we hold our awareness on the light of our own consciousness, we soon see that everything is flawlessly perfect and on purpose. We realize that the dust and dirt is there to have fun making mud pies with! We resist nothing and play with everything, knowing our higher Source can clean up the WORST of messes in an instant. We feel more and think less because we understand that something is divinely guiding us in each moment to help us realize that we ARE already a channel for the highest source of Light energy and vibration. We trust the dust removal process and get out of its way as much as we can!

The greatest thing that you can do to eliminate attachment to your Ego is choose peace RIGHT NOW. No matter how many dust particles are on your mirror today, inner peace always a moment to moment choice. It becomes an easier choice when you have acknowledged that you are this Light of pure consciousness and are allowing it to shine through. The mind/mirror will always play tricks on you, creating illusions and delusions, saying this is right and that is wrong, then change its decision the very next day. It only has one main purpose, which is to reflect this perfect Divine Reality for you to enjoy and realize that YOU are creating it all.

Whether you can see this or not, it does not matter, help is on it is way! The loving Universe has designed billions of other mirrors out there to always reflect back what is going on inside you. Watch them very closely. Listen to what they are telling you about yourself if you really want to break free from your Ego's hypnotic illusion.

*"I have not failed, I just found 100,000 ways
that don't work." ~Albert Einstein*

The Ultimate Dust Vacuum

Who you really are is a permanent, timeless, eternal awareness, temporarily abiding in this mindbody vehicle. You are the Infinite Presence of Light in the form of love that shines forever like the Sun. No matter how frightening, amazing, or real your mind's limiting beliefs may appear, they are still dusty strings of THOUGHTS which cannot touch the ever-present permanent energy of presence you already are.

Awareness is being aware of what is. It acts like a super high tech vacuum cleaner that can run on automatic, continuously wiping your mirror spotless! Eventually after many hours of cleaning, your vacuum will get more powerful and be able to clear away lifetimes of heavy dust AND keep all future dust from gathering again! With permanent awareness your mind will eventually reach the point of being completely spotless and magical, which will cause your manifesting vibration to grow immensely! This is the exciting part. When you are continuously in tune with the positive current of energy flowing through you, you start to SEE your desires take form!

The more often you practice awareness of what is, the brighter your light becomes, burning away old dust, and impeding new dust from clinging! Your limited belief systems get sucked into this powerful vacuum and wiped away! Your dust did its job, which was to give you an experience of being someone. This someone was perhaps important or worthless, happy or sad, rich or poor, powerless or powerful etc. That way you could someday have the FREEING unlimited experience of being vast, undefined and God-like!

The more aware you become, the easier it will get in touch with the quiet presence at the core of your being. In order to fully experience awareness, you must quiet the mind. A quiet mind enables you to hear messages from the Universe on how to live a magical life. When you continuously practice being quiet inside, eventually the rock concert in your head will subside and you break into the magical mindset.

As you teach your mind to be quiet through meditation, awareness will grow and the Light will begin to reflect fully off your mirror. You will start to see the world as it is in its Divine Perfection, which opens the magical mindset. When miraculous things begin occurring in your life, the skeptics will say you got lucky, or that it was a coincidence. However, in the world of manifesting there is no such thing. You are a manifesting being, always creating everything around you. When something “lucky” happens, it is really just the Universe letting you know that it is intimately involved with your life.

Practicing awareness for only a few hours you will awaken from many years of dust, and be liberated from their hypnotic trance! You will see far beyond those repetitive negative thought patterns which tell you things like, “I am not good enough, not rich enough, not thin enough, not fun enough, not smart enough, and I am never going to get all the love I need!” Those “knots” have become “knots” in your energy and have caused a leak in your manifesting vibration. With present

moment awareness, those voices that negate you will seem as far away and distant as small as a mouse at the bottom of your Everest.

“The day on which we come to know the supreme consciousness within us, then the outside world also will appear to us like the expanse of the supreme consciousness.” ~Osho

Let's start some major vacuuming by sucking a BIG chunk of dirt off your mirror which will raise your manifesting vibration! This is your opportunity to let go of a past issue with someone you know and try on a new version of reality. Use your awareness to notice all your negative judgments someone special in this world that really frustrates you. Imagine they are in the room with you now. Look them in the eyes and simply experience the judgments that arise. Notice what is creating the judgment. Where is your judgment really coming from? Is it from them or YOU? Give yourself permission to fully experience your Inner Judge, and simply allow it to be. What if this person, situation and your judgment is perfect as it is, teaching you something truly amazing about yourself?

The truth is the world is PERFECT exactly as it is. It is completely flawless and divine with all the billions of people and things happening on it. Everything is right, fair and balanced in the world, exactly as it is. Just look at Earth from space! Do you see all the beautiful blue oceans, green plants, and city lights with the tremendous variety of people having billions of wild and amazing experiences? This picture is not just good, it is absolutely AMAZING!

Imagining that the world is already perfect as it is, will help the surface of your mirror be exactly as you wish it to be. This does not mean that you will stop giving money to the homeless or give up recycling plastic. In fact, just the opposite is true. You will have more love and respect for the planet than ever before. You will be tuned into what this world truly consists of and more appreciative of they way it is now.

It may be tricky to see the world in a new light, yet how you experience the world is how you experience your Self. There is no difference. You want to change yourself in an instant, choose a new way of seeing the world. Just as the mind is your mirror, when dust begins to fall away you will see how the world around you is also your mirror. The dust-less mind sees its own mirror reflecting everywhere it goes!

"Why fear death? The greatest fear is the unlived life." ~Unknown

Releasing the Last Layers of Dust

When the final layers of dust and dirt are being washed from your mirror, a very interesting thing happens. The Ego starts to cling to you more than ever, and digs up even deeper issues, worries, and problems that you thought you had already dealt with years ago. It feels as if your Ego is starting a mud fight inside you making your mirror dirtier than ever! The important thing to remember is that your issues are not resurfacing to be reborn. Their purpose is to reveal their totality so that they may be fully bathed, purified and released from your life.

As those last dirt particles are being swept away, your mind's attachment will intensify to those ideas of who you used to be. Remember, staying identified with your old issues and problems is not in ANY WAY helping you to see the divine presence that is here now. Your issues are old memories of who you were, which are leading you farther away from the truth of who truly are now. The instant they arise, notice the message they are communicating to you. Ask them what they are trying to teach you about YOU! Breathe slowly and deeply to stay in your body. This will help ground yourself as your mind will try to pull you back with it in time. The more you can stay present (in the body) and acknowledge that the mind is trapped in an illusion, the faster and easier it will be to break free from it.

The Ego is always holding onto ideas of who you are out of fear. The Ego hates being in the unknown, not knowing who or what you are. The more your attachment to your ideas about yourself dissolves away, the greater the magical mind becomes in you. Do not let other peoples ideas of who you are (or should be) force you to live in a box for another moment of your life! All these memories do not define even a fraction of who you are. They simply are a lightly scattered layer of dust, stopping the brilliant light from shining through and illuminating the real you!

There are a few other things to do to move swiftly through these final layers. One secret is to move directly and consciously into your dirt. Stop resisting the experience! Whatever we resist persists, so surrender to exploring that dirty part of you! The second thing is to focus on how amazing you are by feeling all your accomplishments, successes, joys, etc... In realizing your BIGNESS, you gain perspective on the smallness of these last clinging dust mites. Once you gain a bigger perspective you can relax about your nagging issues, and start using your mind to focus on what you really WANT instead! You can turn up the heat by

focusing all your energy on what will make you feel empowered today! Take a risk, and go into the unknown, and then go for what you really want! NO MATTER WHAT!! The greatest risk you will ever take in your life, is not taking one.

*"Don't sweat the small stuff,
it is all small stuff." ~Dr. Robert Elliot PhD.*

One of the most common ways people have tried to get rid of their nagging negative mindset is to cover it up with positive thinking. Positive or spiritual thinking can become a slippery dirty trap that can form a dusty layer of spiritual conditioning. If your life MUST be a certain way for you to be happy, you become attached to the THOUGHT of happiness instead of being at peace with what is. Dust particles always come in disguise, and that is how they start sticking to the mind. They can come in positive or negative thoughts and both stick just as easy to your mirror. Yet, since positive experiences are usually easier to integrate, they are not so easily seen as those gooey blotches of negative feelings and experiences that get smeared all over your mirror.

Have you ever tried to battle negative thoughts by reversing them with positive thoughts? The only problem with this technique is that when you throw a positive thought over that negative thought, it appears that we have effectively wiped away the dust. The truth is that the positive thought particles hook into the negative ones, which ultimately create more dust on the mirror.

Anytime you are busy clearing negative beliefs with positive beliefs, the Ego starts emotionally feeding off your NEW positive charged energy, creating another short lived FALSE IDENTIFICATION. Without your positive beliefs to support who you are, then who are you? This can be the most confrontational and confusing concept for the Ego to digest. It's important to realize that developing positive beliefs are a vital tool in raising your manifesting vibration, because what your Ego focuses on grows! However, you don't need any beliefs to be free or happy, and any attachment to a belief will drag your vibration downhill. So go ahead and develop a positive belief, just don't get attached to it or use it to cover up what is really going on inside. Your true identity is the pure freedom and expression of whatever is here now. Check it out for yourself and see.

The ultimate goal, paradoxically, is not to destroy ALL your dust or keep it from falling on your mirror ever again. While you may think this sounds totally wrong and absurd, your job is not to work on yourself sooooo much that you are a squeaky clean soul. That would drive you insane! Rather, your mission is to be so

relaxed inside that you become completely present to the Light, the mirror, and the dust that is here now. When you do this, all your dust becomes inconsequential, insignificant and trivial which is what allows the Light to start shining straight through! The Light gets really bright when you accept EVERYTHING that you are. You are the dust, the mirror and the Light in the end. See this is the first step to breaking all of your old patterns and being free from issues completely!

Now you may be thinking, why should go through the trouble of dusting my mirror at all if the goal is to not clean it away? If you don't sweep what you can off your mirror, your awareness is so clouded by the years of dirt and filth, that it is very difficult to realize you are this Light of awareness. However, the goal is not to focus on getting rid of the dust because your consciousness becomes completely absorbed in the dusty energy itself. The only way you can totally transcend the last layers of dust is to stop focusing on the DUST!

Keep your attention focused on the Source of The Universe that is here now. Be aware that the divine Universe is right here right now. The mirror of your mind will reflect even brighter whatever it is focused upon. You will see that you are naturally an open channel to the intelligence and energy that flows through all things. Notice that your own consciousness is always present, always here now witnessing something, whether it is a thought in your imagination or this experience of now. By relaxing your focus without ANY efforting at all in THIS now moment, you will soon see that there is not a speck of dust anywhere to be found! In fact all of the dust you think is on your mirror was ALL an illusion of your mind.

*"The snow goose need not bathe to make itself white.
Neither need you do anything but be yourself." ~Lao-Tse*

With enough vigilant awareness, you can achieve a dust-free mirror. The MOST important question to ask yourself is, "What is my mind like when there is no dust on my mirror?" Be curious about this question. It will help clear away layers and piles of dirt on there right now. Imagine a state of mind that is TOTALLY FREE from all concerns, worries and problems. What is that like? Hold that feeling and experience for as long as you can! This is the Magical Mindset! What would it be like to live in this mindset for one hour of your life? How about one day or one week? Heck lets' go for a month or a year! Remember, your thoughts create your reality and whatever you focus on grows. How long can you hold your attention on the vibration of a clear present mind? If there are 10,000 states of mind to choose from, which one would you MOST like to be in right now?

If you keep encountering a chaotic mind, be patient! This happens to everyone and is part of the process of awakening the magical mind. Be gentle with yourself, you are an amazing multi-dimensional being. You are the light, the mirror, and the reflection in it. You are living in an intelligent conscious Universe that absolutely loves YOU and all your parts exactly as they are! There is more power and wisdom available here now than you could ever imagine. To discover this, stop everything, be quiet, be aware and listen!

CHAPTER 5

THE POWER OF THE NOW

“Our life is what our thoughts make it.” ~Marcus Aurelius

How Manifesting Techniques Really Work

Manifesting happens because we are being a channel for the inexhaustible levels of pure energy found in the present moment of now. With a consistent relaxed yet focused awareness on what you want (instead of what you don't want) you will naturally and continuously manifest amazing things. The more present you are, the more your body opens, and the richer your experience of life becomes!

The following are 3 components that make manifesting techniques function. Choose to experiment with one or all, what matters most is that you dive in and explore for many days and weeks on end.

- 1. Feeling very connected to the Universe in this present moment. There's not much chit-chat going on up in the head.**
- 2. A strong desire and directed intention for what you want to manifest into the Universe.**
- 3. A belief that says THIS is a magical mindbody and Universe around me in which I can create ANYTHING I consistently dream of.**

The moment you stop being 100% engaged in what your NOW experience is by getting up in the head about a past or future event, then life loses its juicy flavor, direction and energy since you are coming from a less conscious space. With an open centered energy your manifesting vibration flows and grows exponentially! Your thoughts manifest from your core self and create your life!

"You cannot step into the same river twice." ~ Heraclitus

You can't step into the same moment even ONCE! Some say the moment goes by so quickly that even proposing that we can step into the same river ONCE can be disputable. The moment moves and flows much faster than the mind. The mind can never ever catch the present moment. When it actually does catch up, the Mind is no longer there. You reach a state of no-mind or Nirvana!

Once you continuously stay in the present moment (for hours or days), you will have a shift in consciousness and your life will never be the same. A dynamic transformation will unfold through you. Miraculous synchronistic events will occur as if they were your "everyday" events. A sense of inner peace will prevail. There will only be time for you to shine, so there can be more truth, vision, purpose and meaning to your life. Everything you want is contained within this moment. Why would you look any place else? There is more manifesting energy in the now-here to use, than you ever could use. The present moment, is more amazing than ANYTHING and is the only place the manifesting power exists.

We are always learning growing and evolving. There is no stopping it. If a manifesting technique loses it is power or slows down, you can revive it. If it dies on you at a critical time, it doesn't mean it will never work for you again. The moment you bring full intention, awareness and your whole presence to the experience (with great gratitude), you break through that past or future block, step into the Now, and it starts to work again like a charm. The Now is where you create your own reality all the time!

"Make each day useful and cheerful and prove that you know the worth of time by employing it well. Then youth will be happy, old age without regret and life a beautiful success." ~Louisa May Alcott

If you feel like your life is stuck in a rut, or spiraling down a negative thinking toilet bowl, it probably is. All stuckness means you are refusing to get curious about your life and are avoiding a possible confrontational situation because you are not willing to go deeper inside yourself. Living in denial and avoidance seems like a good escape, yet is always the harder, heavier path to tread down the long road ahead. Eventually we all get fed up with our stuckness and thus manifest a breakthrough into a lighter way of being. That is what stuckness is for!

The more empowering and transformational path is to meet our fears as they arise and take advantage of the confrontational situations as opportunities for growing our courage, love and compassion. With this attitude, the Universe (in its all-loving and all-powerful ways) assists us into creating an enlightening and uplifting experience helping us see through to the other side. Although the light can be painfully bright on the outside of any cave, eventually our eyes adjust to enjoy the brand new spectacular view!

Raising your manifesting vibration through BEING HERE NOW can feel like you are transforming a Model T Ford car from the 1920's into a high tech 21st Century Luxury Sporty Lamborghini Limousine! Your life just functions more luxuriously, and you are actually more effective with your time, energy and money compensation! It is all about the pure JOY to travel towards your endless destination. You can feel the abundance of freedom with each new moment in the back seat knowing you can relax and trust the chauffeur will safely deliver you home with ease. Everything runs smoother with a higher manifesting vibration. Your health, relationships, finances and spiritual connection are better than ever before.

*“Life is a mystery to be lived,
not a problem to be solved.” ~Osho*

Being versus Thinking

Many people get stuck along the path in trying to figure their life out. They spend countless hours pondering situations, experiences and possible outcomes in some analytical conquest to reach some imaginary goal or right answer. Many of us have spent a majority of our time in a type of mental masturbation and continual mental grind. Why do we do this? We were programmed by everyone in society to think it was better (or safer) to think about life rather than to experience and feel it!

Manifesting is not something to be “figured out” because it is not a head trip. It is a whole body experience. Your body is your base for experiencing life, and keeps you connected to the earth and the Universe. It is the bodymind together that will ultimately satisfy your being, the head alone cannot. The head is your biggest distraction to manifesting. We must transcend our mental games, dramas and traumas in order to truly be here now and tap into the Universal vibration. To attract what you really want to manifest takes an unlearning of abiding up in the control tower of the mind. By training yourself to live your life from your heart and being in within a bodymind, you will experience a fresh new dimension to life. You

will feel as if everything you experience that is negative is not so threatening, and life becomes a constant moment-to-moment exploration to enjoy!

Manifesting naturally starts occurring when you become more of a human being, than a human doing or thinking. This means letting go of going into automatic mode from 9 to 5, and becoming so present you stop being a react-aholic and a think-aholic. How can you become more conscious and present? Start by following your breath with your awareness as it naturally breathes life into the heart and belly. The more often you do this, the more you will get out of your head. Soon you will de-automatize and begin transcending old programs and moving into a more conscious way of living.

Each time you respond consciously to life (instead of react to it), you are coming from a higher vibrational place in your body, and thus increasing your manifesting ability. The purpose of your life is NOT to be successful by collecting truckloads of material possessions through great accomplishments and then die. You cannot take these things with you so why be so possessed? Your journey is about raising your consciousness by BEING constantly present to what experience is here now. This will increase your overall vibration to connect on deeper levels with others, your higher Self, and The Universe.

The greatest thing about BEING more and THINKING less is that you realize how intimately connected you already are with the Universe. You start to really relax inside your physical body and feel a sense of freedom to experience anything! There is no more fear to be resisted and whatever energy and desire that wants to come through can. In being a human BEING, you have more freedom to respond to life the way you want to, and there is a confidence that the Universe and all its power is supporting you. From this space it is MUCH easier to release any doubts, worries or fears you have that may occupy your mind much of the time. Being free from worry, your desires can energetically come through! With practice you will find that you are manifesting things faster and easier since those negative thoughts are no longer distracting you from allowing the Universal manifesting energy to move through you.

"When the mind talks, the body listens. We literally talk ourselves into and out of every victory or defeat in the game of life."

~Dr. Denis Waitley

We would like you to try an little experiment now. Think of something you really want to manifest that is really near and dear to your heart! Choose something

emotional and BIG!! Now imagine you were just told that YOU ARE GOING to receive this in 3 days from now!! As the BIG day draws nearer, notice how your body is responding. Did you notice how your body created anticipation and excitement as well as an underlying tension? It may have felt as though you were preparing for a terrifying yet victorious battle.

So exactly what happened inside your body? Did you have any feelings of expectation and anticipation arising inside? How does your body react to having these kinds of BIG thoughts? Did you notice some kind of emotional or energetic block stopping you from experiencing this exercise? What does that block feel like? Is it O.K to have this block? Who would you be without it? The more you explore this, the more you will notice how your body tightens and contracts each time you have any negative thought.

The reason you have any contractive response is because you have forgotten how to distinguish the difference between imagination and reality. Let me explain. When you are thinking about doing (or saying) something in the future, your body already has a programmed reaction to how it thinks it should respond. Yet when it comes time for you to actually physically experience doing (or saying the thing you were planning), the previously programmed reaction comes up as the automatic response. This robotic reaction stops you from having an authentic open-minded response to the situation when it actually occurs. When you are thinking verses being present to the now, you are not fully experiencing life's situations as they occur.

A higher manifesting vibration is NOT about getting rid of your automatic programmed reactions to life, it is about surrendering to the experience as it arises. It's about exploring THIS experience (whatever it is) so that your head is forced to stop running the show. When you are in the body, you are not wrapped up in your thoughts, and therefore any negative thought cannot manipulate or control you. The only time we get in negative ruts is when we are thinking verses being. There is a BIG difference between thinking about your life and experiencing life! Noticing this difference is the first step towards relaxing into this moment and being more present in your body which will raise your vibration dramatically.

*"Disillusionment with yourself
must precede Enlightenment." ~ Vernon Howard*

A great sign that you are stepping into a higher manifesting vibration is that you feel safe enough in your body to have ANY experience that arises. We mean ANY

experience whether it be good, bad, mad, sad, or glad. Whatever arises in you, let it arise! This of course does not include expressing ridiculous negative opinions and judgments about others whenever they float by. You can have a narrow minded judgment and let it go, without anyone having to know about it. What we are talking about is the FREEDOM to have ANY experience without suppressing or resisting ANYTHING at all. The simple amazing freedom to allow your body to have and embrace EACH experience the Universe offers it. This is the ultimate way to live your life.

In each moment you can choose to unplug from the zombie land of negative programming. The mind is making up LOTS of stories in the background right now. In fact it is making it ALL up! Where are you in all this? Are you drowning in the mind chattering about dramas which only distract you from the blissful Source of your Being. We want you to think about something...

*Thinking Creates Unconsciousness,
Being Allows for More Consciousness.*

Let's explain this in more detail. Raising your manifesting vibration is about raising your consciousness and expanding your energy. When you are "Being" instead of "Thinking", you are allowing more time or space to be experienced. Being more present to the NOW expands you and makes you BIGGER, helping you to live more consciously everyday. You will be more present to the Universe that is only here and now, instead of being seduced by constant thoughts generated by the intellect.

When you are in a pure state of being, you are free. Sure the mind will think, have opinions and create amazing dreams, yet YOU will no longer be attached or caught up in its illusions. The thoughts are like rubber ducks floating down the river. You are not the ducks, you are the river of consciousness running beneath them. You begin to realize your BEING is so BIG and FREE you can use the infinite toolbox of imagination, concepts and thoughts for pleasure without the attachments of expectations which cause pain.

When you are "being", you are in touch with your true essence, a higher Source that has a purpose, path, and eternal vision for you. It has written your destiny, yet you get to shape and mold it as you choose to live it. Life gives you the clay, and you get to work with it exactly as you please.

“The Atman (soul) remains forever outside the power of thought-waves, it is eternally pure, enlightened and free - the only true, unchanging happiness. ~Patanjali

As you start having more moments of just being, a shift in consciousness will begin sprouting in you. You will be able to explore thoughts like, “I am now experiencing life free from illusion.” This is an awesome awareness to have. When you have this, you will no longer get caught up in powerless delusional thoughts! Your mind will be your servant instead of the master. This is a HUGE shift to have. As you learn how to maintain this pure state of being for several hours in a row, the manifesting jets turn on, and a flood of Universal connecting energy comes pouring through!

What would one day of your life look like if you were so present to your natural state of being that you never got stuck in your head for a single moment? Who would you be if you were so present that you dropped your thinking habit for good? You cannot afford the vibration caused by being stuck in your HEAD another day!! I challenge you to explore what it would be like to experience BEING for 3 minutes without having to DO something or getting up in your head about your life? When you can truly be alone and relax into yourself, you will empty yourself of everything. It is unavoidable. Allowing this to unfold is quite easy and completely effortless. Give it a shot. Let effortlessness take over for a few minutes here and let thinking come to a stop. Give your being-ness a chance to take over. Did you do it? If so, you are now plugged into the unbounded and unlimited potential that is naturally available to you beyond the thoughts in your mind. If you didn't, can you make a commitment to experiencing your being-ness at sometime later today?

Watch out for when you are avoiding your being and getting lost back in the mind! When you are void of thought, completely empty of the mind, it stretches your soul and takes you beyond the familiar. This will always wipe the mirror perfectly clean. However, to try and be empty is still an efforting approach, and you will still not BE empty of everything. Efforting (still struggling in some way) appears in the most subtle and undetectable forms. Our mind is efforting all the time (if you have noticed) to be successful, loved, appreciated, experience Oneness, and/or healed from an old wound.

Bliss is revealed when the mind is at ease. Don't try to stop the mind, instead simply rest in the silence between its thoughts. This is the main purpose of practicing BEING, which is the highway to Nirvana. You will experience total fulfillment and bliss 24-7 when YOU are in between each thought. Then you will

feel at ONE with everything. The moment your mind stops and finds this “gap”, it will slowly stop searching for what it thinks will satisfy it. Then your life becomes an unbelievably effortless playful abundant manifesting joyride! This gap is such an effortless place of “just being” that we often overlook it.

The biggest obstacle to experiencing your Being, is our habitual tendency to rush around getting things done. What is your rush all about? Rushing is a form of violence towards your self. Take it EASY on yourself! You will miss this eternal moment of now every time you speed ahead, racing against the clock. Drop into your Being-ness by slowing down and merging with EACH new thought and experience you are having. Allow yourself to fully savor all the flavors and dimensions of each new experience, each human interaction, and each new moment of your life. Make a commitment to yourself to slow down everyday and experience what is here completely! If you are having trouble with experiencing your Being-ness, below is a great technique to drop into meditation or get to sleep at night. Enjoy!

*"We were born before the wind, also younger than the sun...
let your souls and spirits fly into the mystic." ~Van Morrison*

The Pure Being Meditation

Throughout this inner journey it is good to know you are a divine being who will be safe and protected. You are free to explore as much as you wish, knowing you will soon return unharmed and full of peace and pure being.

Imagine that a light blue cord is attached to the top of your head and runs millions of miles straight up In the sky above your head.

It starts to pull you up as you rise out through the roof of your house, above the city, above your country and finally above the entire world! You continue to go higher and higher until the Earth is the size of a basketball beneath your feet.

You notice all the billions of stars around you that are still millions of miles away. You look to the right and the moon is there the size of grapefruit. Directly in front of you is the Sun which is also

the size of a basketball. The other planets are like colorful marbles off in the distance.

Floating here in outer space, you notice one by one the stars in the sky are all disappearing. Now the planets have disappeared and the moon and earth are gone! Now finally the sun has disappeared and there is nothing but a deep black emptiness!

Now become aware of your body slowly disappearing until it has faded away. Then notice your thoughts are slowing down and your mind has vanished completely. Notice what is left.

Be aware of this pure consciousness that you are. Stay here as long as you wish. When you are ready, Simply say "return home" and everything will reappear. You will be transported back to your home on Earth easily and effortlessly, remembering everything you experienced on this journey.

"We can't fear the past. Fear is a future thing. And since the future's all in our heads, fear must be a head thing." ~ Tom Payne

The Future Is A Dream

Your mind has this habitual tendency to escape into the future and avoid that which is here now. What is here now is exactly what will raise your vibration and bring you a deeper fulfillment in life. So why do you continue to think about anything other than what is here now? Escaping into the future is not a conscious thing you try to do, it just happens because you are programmed to believe that dealing with what is here now is much more painful than pleasant. Once you stop the mind and truly surrender, you will experience what is really here now and wake up from the dream.

When you continuously recognize the seductive dream the mind is in, you have begun the waking process. Those entertaining thoughts of the future are not as hypnotizing as before. When the dreaming mind is realized as an unfulfilling experience, you become reconnected with the divine Source within the body.

The body is where you will find your home. It is where you can relax, and let go of that efforting part of you that is always trying to get to the END or some place that is "better". Part of you is giving up your dreams and desires because you think that you will "get somewhere" in life by giving up something you want. This is the biggest lie of all. You have been led astray because you have forgotten that there is an Infinite Source of success and love inside you available right now.

*"The miracle isn't that some people wake up out of this dream,
the miracle is that people don't." ~Adyashanti*

Sure the future is entertaining, yet when the movie is over you are still sitting right smack in the middle of your life as it was before the movie started. Think about how empty and purposeless you feel about your life after watching hours of movies or T.V. The Ego-mind LOVES to be entertained and stimulated, yet this will NEVER leave you fulfilled or raise your manifesting vibration.

Everything outside this essence (center) called YOU is considered to be your Ego. It is not bad or wrong, it just causes suffering when you become overly identified or attached to it. Thoughts about the world will always captivate the mind and try to enrapture you with its drama. These include illusionary thoughts and objects are good for one use only...YOUR entertainment. Stay in your center and you will enjoy the show a whole lot more.

The mind will always make you think that the grass is greener somewhere else. It will say, "Come over here and think about this very important thing in your life. Come repeat these same old thoughts again with me!" You are all wrapped up in these future ideas that you feel you always need to be doing something! You feel you can never relax. Even if you have nothing to do, you feel you must fill your time with something. The future is waiting, something needs to get done! When the mind gets anxious, don't pay any attention to it. Relax the tightened muscles in your face and body and rest as deep as you can into the center of your innermost being.

Whenever you become sad, lonely or feel empty, it is your imagined LACK of someone or something in your life. It is the idea of an empty future that creates the pain you are experiencing right now. The mind is providing you lots of pain, can you feel it? Why not choose to transcend it by being here now? The Now is the only thing that unconditionally gives us love, feelings of fulfillment, deep pleasure and excitement. The now is where you magical mindbody is, and can open up your vibration to attract anything you can dream of.

Yes the mind's ability to create a future imagined reality is AMAZING, yet nowhere close to the power and magic found in the now. The mind can only exist if it is in the future or the past. The mind is nowhere to be seen when you are immersed in the now. Where there is no attachment to an imagined future, there is simply a deep love for your life EXACTLY the way it is.

You have wasted countless hours avoiding your pain and seeking future pleasure by daydreaming, rather than embracing the magical being inside you now. Perhaps you have been caught in this trap for years (or lifetimes), and are still unconsciously avoiding your present situation in life by worrying or daydreaming about possible future outcomes. It may seem worse dealing with your deeper feelings about what is currently happening now, so you become lured into wishful and worry-full thinking.

For example, let's imagine you hate your job and have this boring project at work to finish. As you watch the clock, your eyes slowly drift towards the window, and you start daydreaming about what you wish you were doing instead. Then you start worrying about getting your project done on time and frantically race against the clock to beat your deadline. While you may feel good in future dreamland for a few minutes, you are soon sucked back into your current situation at work which now feels even worse. The old dreadful feelings are there, like leftovers in the back of your fridge molding away.

"Worrying about the future is like trying to eat the hole in a doughnut. It is munching on what isn't." ~Barry Neil Kaufman

We are not saying to avoid the future, or that it is "wrong" to think about the future. All we are saying is it will NEVER fully satisfy. When the mind is at ease, quiet and undisturbed, you will find that which does satisfy and will never be trapped in this illusion again. Once you see this, you will abstain from entertaining your mind with it.

You may be wondering what the difference is between daydreaming and practicing Dream Dialoging. The BIG difference is how conscious you are when you do it. In Dream Dialoging you are using powerful intentions to take a desired outcome and feel as if it has already happened in the past. Daydreaming is wishful thinking which is characterized by wish-washy thoughts about the future. It is hoping that some miraculous thing outside you will materialize your dream for you. While in Dream Dialoging you are speaking out loud and in detail about how you have

taken action to manifest your dream. This gives your body the energetic blueprint to follow through with the manifestation of it. In fact Dream Dialoging is an amazing way to become more conscious when your mind tries to wander back into the future.

How to release your mind's compulsive obsession about the future? There are a few other tools along with Dream Dialoging that will release you from this future obsessive mindset. One is to imagine a BIG RED STOP SIGN anytime you find yourself wandering in the future. Just say, "STOP" out loud and you will be thrown right back into the present moment.

The second technique is to consciously examine what part of you is efforting to get to some "better" future end result. Ask yourself, "What really is my motivation?" Where is your motivation coming from? Is your goal bigger and better than the divine presence of your infinite being? We each have a very frustrated Ego who always thinks the future is better than the now. Remember, those thoughts about the future are still just thoughts, images, and illusions. They are not the BIG jackpot! The Divine Cosmic Universal Abundant Reality found here now is the winning lottery ticket!

Another amazing tool for awakening your mind to the present moment is to take three slow deep breathes into your belly and say the magic words, "What is happening now?" Notice what you are feeling and experiencing! This simple exercise will instantly shift you out of the head and into the magical mindbody. The more you practice this exercise, the more you will realize that your past, present, and future are perfect exactly as they are.

The final technique for you is to focus on what is truly divine in THIS moment. Whether it is a flower blooming, a sunset or a couple walking by holding hands, when your attention is on the divine, you are fully surrendered to the now. This is where the real fun begins. The moment you are tapped into that which is divine, you see how your ideas about the future are insignificant mind games, and you find yourself on the cosmic playing field of LIFE with an unlimited supply of energy, love, and divine presence to share with everyone.

There is one thing you must remember about your future. This is very very important. The future is never written in stone. The God-being you truly are would not have set it up any other way. What would be the fun of a totally pre-destined life? So when you become stuck worrying about those unwanted things that "might occur" in your life, you can now choose to remember that you are the

creator of your destiny. You are in charge of deciding of where to focus your energy and attract what you truly want

"If we wait for the moment when everything, absolutely everything is ready, we shall never begin." ~Ivan Turgenev

Revealing the Real World

What is real? In the world of manifesting it is necessary to know what is real and what is not. When your attention is settled upon that which is real, it expands your manifesting vibration to the next level. If your mind becomes fixated on anything else, it simply procrastinates your growth and spiritual awakening. Finding what is real is how you discover you path in life, and access the true "you".

What is real is closer to you than anything you can touch, taste, see or smell. It is real because it is unchangeable, and permanent. Your body, Ego, mind, and everything else will change with time. Give it 100 years or 10,000 years, it will be different than it is right now, guaranteed. When you look towards that which NEVER changes, you are finding that which is real. That which is real is permanent, 100% indestructible and found at center of your being. In this Universe we have discovered that there are only two things that are REAL:

The eternal experience of THIS now moment.

Pure consciousness, which is at the center of each experience.

These two are of course one in the same, and cannot exist without each other. If you think about anything else in this Universe, it can be destroyed, lost, misplaced, shredded, burned into ashes, decayed, moved, or changed in some way or form; which makes it LESS real. Whether we are talking about the thoughts rising and falling in your mind, or emotions and sensations in your body, they will always change like the wind. Their purpose is to be impermanent, and actually give you the ability to discover what is permanent.

"I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances." ~Martha Washington

If you are wondering how to have a glimpse of this “Real World”, you may be surprised to hear it is something that everybody has tasted at some time in their life. Some common moments of having REAL experiences happen when you are making love with someone, staring at the clouds in the sky, or are just deeply relaxed and at peace with your life as it is. How do you know you are experiencing that which is real? Experiencing what is REAL heightens your senses, quiets your mind and opens your being.

Continuously realizing what is REAL right now strengthens your manifesting vibration. Over attachment to the illusions in your mind are what causes your vibration to sink and get stuck. Your vibration is always determined by where you place your focus. There will always be better and new improved things to want, or more tantalizing thoughts portrayed in your mind. By keeping your mind focused on what is REAL, a more enlightened well trained mind will result, and your manifesting vibration will skyrocket!

A magical mindbody is always centered on what is real. It is aware when it is getting caught in illusions of future and past, and thus doesn't get caught in them. It is constantly present, always awake, seeing what is. Knowing that which is truly eternal, infinite and permanently magnificent is on the inside. You will become the center of the cyclone and can find inner peace in any situation that arises!

*"Self-realization is real religion, all the rest is only preparation."
~Swami Vivekandanda*

The ultimate realization comes from accepting that you are a spiritual being living in an unreal world. This means that each experience you have is viewed as a unique spiritual experience. Those ordinary everyday life situations are TRANSFORMED into deep spiritual lessons that inspire and empower you. Everywhere you go, there are experiences of oneness, and inner peace.

This spiritual aspect to you is that invisible energy that allows for FORM and SHAPE to exist as your life. It is that energy and consciousness which connects us to each atom and subatomic particle/wave. When you completely stop everything and really look inside, you see you are beyond the world of atoms and 3rd dimensional life. You are beyond form, and revealing that spiritual you, who is the REAL YOU! Your spiritual body is this Pure Consciousness, which is real and beyond the physical world. The mind cannot comprehend this, just like it cannot grasp infinity, or timelessness. Yet, we will make a bold attempt to explain your infinite nature to you anyway.

This Universe we live in is contained within an infinite field of time and space. If you look up in the night sky, you may notice that there is a whole lot of nothingness out there. There is an infinite amount of space which has no end. Every star or “point” you can see in this infinite space also contains the absolute center of this infinite field. You are also one of these “points” in the Universe. Scientifically speaking, since an infinite Universe exists EVERYWHERE, wherever you go, you are the center of it all!

When you spatially realize that YOU are the center of an infinite field of space, you actually get off your Ego trip. You start to see that EVERYTHING has a message intended JUST for YOU! The mind will judge this as egotistical, self-centered or conceited. Yet, it is just the opposite since everyone is also the center of their Universe too. Self-centeredness is soul-centeredness, and is an amazingly enlightening perspective to have. It is what assists you in realizing that your spiritual self is infinite and eternal, and can direct your manifesting powers at will.

When you have transcended your mind, you will notice many aspects to your true infinite nature. You will realize that there is a death and rebirth of each new moment as well as each physical body. This process is happening on both microcosmic and macrocosmic levels. Millions of cells in your body are dying and new ones are being created each moment. The divine Universe needs to destroy the old to make room for the new. The same process is happening within your Ego. While an old part of you is always dying, a new facet is being born. To discover the REAL you, notice who is observing both of these processes, and you will find complete freedom from everything.

When we let go of our usual thinking about who we are and adventure out to explore what is truly real, we discover the bigger truth, and access a powerful spiritual part of ourselves. We feel lighter and things flow easier in our lives. We invite you to stop and notice if you have redefined who you are right now. What do you think would occur in your life if you tapped into your infinite nature? When you live from this space of pure freedom, those things you always wanted to manifest simply show up!

CHAPTER 6

YOUR GOLDEN MANIFESTING TOOLBOX

“For peace of mind, we must resign as the general manager of the Universe.” ~ Debbie Ford

The Art of Detachment

We are about to uncover a treasure chest of information that will take your manifesting vibration to the next level. This toolbox will support you in deeply integrating the manifesting power when it begins to surge into your life. The concepts you are about to learn are essential in manifesting a joy-filled life that you love.

The wise Buddha once said, “Attachment leads to suffering.” This is by far the most valuable goldmine that will keep your manifesting vibration continually growing. To increase your manifesting vibration over many years requires some form of mastery of this law. What the Buddha meant, is that attachment is based on fear of your goal not manifesting, and if you are detached from your goal, you are allowing and trusting the Universe to create it through you.

Attachment is always based on fear. The fear that what you desire will NOT show up in your life because you don't have the power to manifest it. The instant you are attached to something, your body creates tension around the thought of HAVING to have it, causing your happiness to be determined by an external event. Depending on the outer world for your joy is a sure way to block your energy and positive vibrational flow. A mind that becomes attached to a certain thought (for pleasure or security) is an enslaved mind that has forgotten its divine connection to the Divine Infinite Source inside. The mind has been misguided to believe that success feeling comes from attaining a certain outcome. Watch out for this societal symptom, it is the reason why your mind may fall into the trap of attachment.

“The law of detachment means that in order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean you give up your intention to create your desire. You don't give up the intention, and you don't give up the desire. You give up your attachment to the result.” ~Deepak Chopra

How do we become attached? Our Ego is always searching. It is searching for security, success, power, fame and anything that will give it instant gratification. The Ego believes these items will provide fulfillment and through hard work and exhausting efforts it will someday arrive. What the Ego constantly forgets is it is already connected directly to a Source of infinite power and energy. This is the ONLY place it can find true everlasting security. Yet the Ego is the cling-master, and ultimate skeptic who is always afraid it will be duped. The Ego thinks this Universal power is not real, permanent and trustworthy, which is why it clings to life everyday out of fear. It feels it cannot trust the Universe will provide all its needs, so it continues working harder and harder until it can retire and die.

Releasing all attachment in your life opens your mind to see what is truly available. You become free from the Ego and trust everything is perfect as it is. Attachment will always keep you blind to seeing this perfection here now. It forces you to become caught up in our thoughts, instead of living totally in this divine moment! If you get overly attached to the idea of having the perfect job or mate, you may miss talking with the amazing person sitting right next to you, or possibly fail to hear that new job you always wanted is being discussed with the person right behind you at the store. When your eyes and ears remain open to the Universe you are non-attached to the thoughts passing through your mind.

“Life is either a daring adventure, or nothing.” ~Helen Keller

The energy of attachment is very subtle and often hard to see. If there are any subtle mental or emotional attachment to ANY projected future outcome, it will act like first like a few sticks and brush caught in the manifesting river flow. Over time other sticks, logs and debris will congest the area and form a dam, essentially blocking your entire manifesting vibration from flowing through! Anytime the mind gets attached to (or avoids) a thought, feeling, or person, it begins to take YOU down the road towards the suffering experience.

If attachment is so subtle, how do you recognize an attachment you may be having? Attachment is present every time you feel tense, stressed, out of sorts, and grumpy. When you feel like you are swimming against the current or trying to force something to happen, you are probably caught up in an attachment. Whenever you recognize these low vibrational feelings, just ask yourself this question, “What outcome am I attached to?” Many little attachments are running your life. The more you become aware of these attachments, the freer you will be to consciously manifest your desires.

“Challenges are what make life interesting; overcoming them is what makes life meaningful.” ~ Joshua J. Marine

You may be wondering by now how you can be committed to manifesting a goal and non-attached to it at the same time. This is a great question, here's the golden secret. Commitment is the key to keeping your energy focused in a specific direction. Without it we tend to wander in our life and we become too scattered to manifest our desires. Having too many commitments we become overwhelmed, our integrity drops and we are unable to follow through with everything we say we will do. This of course is the sign of someone who is struggling with their manifesting vibration. The right amount of commitment feels as if you are excited about following through on your intention, and not feeling emotionally stuck in attaining the end result. This is where non-attachment begins to work its magic!

The difference between being attached to an outcome and visualizing it happening to you is defined by how immersed in the NOW you truly are. The head will always try to get in your way and control the situation until your mirror is dust-free. For example, if we are diligently trying to manifest a new convertible car after doing four straight weeks of manifesting techniques, and are energetically attached to the expectation of HOW we think it should come to us, it may be four years by the time we actually own it. However, if we are simply visualizing driving our new green Mustang convertible roaring down the road with the wind in our hair, listening to our favorite song, and pleasantly enjoying the hum and feel of it, then we are attracting the vibration of that physical car into our own hands!

If we are in any way hoping, wishing, or desperate for our dream car to be in our garage one day, then we are really not feeling the joy of driving it and are actually feeling stuck to a dry idealistic mental outcome. Once we switch to relaxing into the feeling and visualization, as if the car were delivered yesterday, we feel relieved and no part feels desperate anymore. By Dream Dialoging and visualizing what you really want you can stay with it for hours, days and weeks on end until it just shows up! Whatever you are focusing on is where energy flows. Eventually the vibration will be built up enough to hit its threshold point and instantly manifest it through your life!

Know that in time you WILL manifest the things and experiences you want, and the actual result will most likely NOT arrive exactly the way you imagined it (thank the Universe, otherwise life would be predictable and boring). Too much certainty leads to a very dull existence. The Universe wants us to have FUN, and has

generously agreed to support us in having a much richer experience by giving us both certainty and uncertainty, which together produces an exciting yet peacefully balanced life.

So what is it that you are so attached to having, being or doing? What is that one thought that is causing you the most distraction from remaining excited about what is on your Manifesting Agenda? Behind every distraction is a saboteur, and an attachment lurking beneath it. I recommend you take 5 minutes now to write down the everything you THINK you are attached to in your life! This is a GREAT exercise and can actually be a lot of fun to do.

“Have in your mind that which would constitute a miracle for you. Get the vision. Suspend disbelief and skepticism. Allow yourself to take the journey toward real magic.” ~Wayne Dyer

Releasing Attachment Exercise

So what’s the fastest way to become non-attached to something you know you need to let go of? To get off the detachment roller-coaster ride, start with simply making the conscious choice to identify the thought (or thing) you are attached to and just choose to release it. It’s that simple.

The Red Balloon Technique

In your right hand is a deflated red balloon, which is attached to a string. Put the string in your left hand and start blowing all your attachments, problems, issues, worries into the big red balloon. You have a magical breath that can breathe the thing (or thought) you are attached to right out of your body! The more attachments you put in, the lighter the balloon becomes. When you have emptied yourself completely, the balloon automatically closes its valve and you let go of the string! It begins to float straight up into the sky. Watch it move far away from your life. In the areas of your body where you released the attachments, breathe in a warm golden light. Feel the sense of relief and lightness in your body now that it is free from all attachments, worries and concerns. Remember you are a powerful manifesting being who can have anything you desire!

Burning Your Attachments Away

Create or buy a physical representation of your attachment. If you are attached to money, take a dollar bill. If you are attached to a new car, buy a model of that car. If you are attached to a perfect husband, find a picture of what that perfect

husband looks like. Now you have the choice to bury or burn this physical object as a symbolic way of letting it go. If you've decided to burn the object, throw it into the fire and say out loud, "I now let go this attachment!" If you want to bury your object, put it in a special box and state out loud, "I let this attachment go" as you are burying it beneath the ground, or any place that feels right for you.

Daily Detachment Mantra

State your commitment to being "detached" out loud every morning when you wake up. Create an affirmation or mantra that reminds you of your commitment to being detached. Here are some ideas: "I resign as General Manager of the Universe" (created by Debbie Ford), "I embrace detachment now and in every moment of my life", "I am easily flowing with the river of life", "All outcomes are perfect as they are", and "All is well in my world."

*"Perfect kindness acts without
thinking of perfect kindness." ~Lao-Tse*

The Appreciation Vibration

Manifesting also includes our so called "non-physical" desires, such as feeling approved, appreciated, and accepted in the world. The experience of giving and receiving appreciation is one of THE fastest ways to double and TRIPLE your manifesting vibration! Giving away that unnecessary extra comment of appreciation to that special someone is an amazing way to bless yourself and the world. It is a great way to exercise your love valve, and gives you the experience of being loved and loving another.

In the world of manifesting, giving equals getting. If you want something from the Universe, experiment with giving it away. The gifts we can GIVE others (and ourselves) are what continue to uplift our manifesting vibration! Giving away appreciation to anyone or anything, provides you with feelings of safety, self-worth, deservingness, creativity, inspiration, and trust. These are the true prizes in life we ALL deserve to have.

A continuous appreciation for yourself is the super highway to opening your cosmic energy channels and tapping into the HIGHEST manifesting vibrations in the Universe. When you totally open up this appreciation valve (and keep it open) miracles can happen overnight! Appreciation for yourself can include gratitude for everything you created. Giving appreciation to anything you see, touch, taste,

smell and hear is a highly effective way to become the master of your destiny. When you are thankful for something you want to manifest, you communicate to the Universe that you trust in its power and believe that it will help you manifest what you desire. When you find that appreciation feeling, stay with it! To stay in appreciation 24 hours a day is the ultimate goal of life.

"In my heart lives God, and God is love." ~Veeresh

Whenever you look into the mirror, practice just looking and accepting what you see and feel. Just be with what is. Appreciation and approval will come later. First accept what is there, inside you and outside your being. This is not just an exercise to do every morning; this is a way of being with yourself and others. Noticing what you love about yourself takes practice. Yet a nurturing and healing will grow inside you, making the channel of energy you are much wider and expansive. Paying attention to what you appreciate and approve about yourself are magical seeds in the most fertile enlightening magical energies available in the Universe. There is such an expansive feeling of freedom within this self-acceptance that will harness a new way of experiencing a whole dimension of what is truly possible with your life.

Your entire experience of reality will shift when you start to accept that (even a moment ago) you were in a very small fishbowl of understanding, and are devoted to diving in heart first, and totally naked, into the limitless ocean of existence. Your body will immediately start breathing deeper and feeling bigger. A more expansive vibration will start to enter your mindbody. A new understanding of life will naturally occur when we stop the busy mind, and open to the entire Universe that is really in this moment.

The first step to remaining in an appreciation vibration is being aware of when you are going into repetitive stuck thinking patterns. Even if you are thinking about a great memory like "the good old days", it is still not as powerful a way to spend your time as appreciating what is here now. If your mind incessantly continues to go back to a certain memory, ask the Universe sincerely, "What do I need to learn from this situation?" Then start finding what you can appreciate about this memory, and let it go! Dwelling on the way your life WAS is just a subtle way of stating a complaint to the Universe about the way your life IS. It is like saying that the Universe is not amazing and perfect as it is right now.

*"The richest person is the one who is contented
with what he has." ~Robert C. Savage*

We challenge you to see that there is NOTHING you cannot appreciate. You are an incredibly creative being and can make up any reason to appreciate anything! We recommend exploring the feeling of appreciation as often as possible. If you are feeling upset about something, or down in the dumpsters you are forgetting what you are appreciative of! The most orgasmic energies in the Universe are available right here right NOW. It's just about you appreciating them.

With focus, patience, and persistence, you will harness the power of appreciation. One important step to take is to integrate appreciation into your daily language, relationships, and lifestyle. Give yourself permission to appreciate your family and friends as they are now. At this level of their current vibration and life journey, they are perfect! Consciously incorporate the energy of appreciation into all of your daily dialogues. Look for places where you can authentically give a verbal appreciation to your friends, colleagues, spouse, and neighbors. When was the last time you told someone, "I appreciate you"?

Your Ego will always have an opinion about what it thinks you should have. The more things you are appreciating, the more abundant you feel in the present. This abundance takes your vibration HIGHER AND HIGHER! Be thankful for this moment and experience! It is divine! Enjoy!

*"To be upset over what you don't have,
is to waste what you do have." ~Ken Keyes JR.*

Appreciation Exercises

Practicing appreciation lifts your manifesting vibration to its unlimited potential. If you have done appreciation exercises before, don't think you have reached a PHD level and can no longer benefit from doing them. Being appreciative is such a JOY to do and a pleasure to experience again and again! You are only going to feel better about your life by practicing appreciation instead of being a stubborn done-it-all, and know-it-all.

5 Minutes of Appreciation

Do you want to enjoy life more? Well, than start a daily practice of being grateful to the Universe for everything that is in your life already!! In the middle of the most chaotic day of busy-ness, take 5-7 minutes to relax deeper inside yourself and appreciate everything. What is it like to be deeply appreciative of everything that is

ALREADY here now? Appreciate what is working and not working in your life! When you do this exercise notice that your body starts to let go and relax. Let it relax more! Let go of any tension and dive into those feelings of your ultimate deepest appreciation. Explore those great feelings that you have never felt before! The pure discipline of practicing appreciation will refocus all your energy onto joy for your day. This exercise alone can change the rest of your life.

"Joy is what happens to us when we allow ourselves to recognize how good things really are." ~Marianne Williamson

Start an Appreciation List

We recommend starting an unending list of what you love and appreciate about yourself, others, the world, and your LIFE. If you get stuck not knowing what to put on your list, ask other people about what they appreciate about you and their lives. You will be surprised by how great of friends you become in one day! Think outside the ordinary, think extraordinary! You will get better ideas the further you extend your list! Make a few sacred copies and place them everywhere!

Create an Appreciation Circle

One of the most powerful bonding experiences we have ever done is participating in Appreciation Circles. Every time we have done this, we have experienced immense gratitude and deep love for each other, even if we were in a nasty mood just minutes before! To start your own circle, invite 4 to 8 people to participate in this group with you. Choose one person to focus the group's appreciation on at a time. This person sits in the center of the circle, and directs their attention to being present and fully taking in the gratitude.

Everyone else takes turns stating what they personally love and appreciate about their friend in the middle. Each person can say as many things as they want. It is important to say these words with as much sincerity and feeling as possible while looking into the other person's eyes. If you can't find anything to appreciate about them, notice what you appreciate about yourself that they help you see, and tell them how they supported you. The challenge for you is to let yourself fully feel appreciated.

"Experience life in all possible ways...good-bad, bitter-sweet, dark-light, summer-winter. Experience all the dualities. Don't be afraid of experience because the more experience you have, the more mature you become." ~Osho

The Power of Celebrating Life

A close relative of appreciation is her cousin “celebration” who definitely needs to be acknowledged. Celebration contains a frequency of energy that ignites amazing transformational experiences in people’s lives. This state is powerful because it forces you to completely let go of your normal, perhaps even rigid ways of operating in the world. The celebration of life gives you permission to be free and fully alive, so your mind and heart can expand and allow your higher manifesting energies to flow through.

Many of us have been conditioned from our childhood to believe that it is wrong to really enjoy ourselves. We were brought up to think that we have to deprive ourselves in the short term to get what we want in the long run, or that there is only suffering happening in the world today, and for us to be joyous is unethical and even rude. If you are the type who feels guilty for being exuberantly happy or believes that working hard and struggling is necessary to make a living, then you are missing out on your soul’s purpose here on Earth. A major aspect of your mission is to explore the divine presence that is available in each moment along the way.

“Joy is not in things; it is in us.” ~Charles Wagner

The World of Manifesting is not about deprivation, holding back or lacking abundance in any way. It’s about celebrating this experience of life and whatever shows up in it. The joy comes from your freedom to allow every single life experience to be explored, both the good and the bad. This is a true celebration of life. Explore all life offers you! Who knows what you have to learn! Life will always deliver both extremes of the spectrum of experience, causing you to mature, whether it be a profound conversation, being lost and cold, getting fired by your boss, receiving a bigger paycheck, having an amazing orgasm, losing a loved one, or a scoop of double chocolate chip ice cream.

When your Ego labels an experience as all wrong or bad, it is forgetting that there is always something beneficial or educational about the bigger picture you can celebrate. You don’t need permission from anyone, a certificate, a “Fun” degree or healing your past to let the joy vibration in right now. All that is required is an open heart and mind. You are capable of opening yourself to GREAT joy at this moment in your life. Right now you can choose to celebrate Existence! What are you waiting for?

What if you don't need a reason to celebrate life? What if being in this magical mindbody is enough? Whatever that thought is that is stopping you from celebrating your life EXACTLY AS IT IS right now, is not worth it! Let it go!! You are free to choose ANY thought you want to think right now! Your limiting thoughts only have ONE purpose. This is to push you so deeply into the muck and negativity that you are forced to spring back in the opposite direction towards dreaming and creating a more joy-filled life that you will love!

"There are forces in you untried. They are yours to be used as you find them." ~John and Lyn St-Clair-Thomas

What would one day of your life look like if you were in a true celebration mode all day long? We are talking about a pure celebration where you don't need alcohol or drugs to let go of your mind chatter to experience joy. This is a deeper connection with Source where you are constantly tuned into gratitude and love for LIFE! What would be the first thing you could do to celebrate your life today?

Let go of ANY deprivation, depression or suppression and allow in the juiciest joy filled experiences imaginable, whatever they are! What new thoughts you will be thinking in bed tonight after you do this? Can you commit to being free from any guilt or fear that arises and surrender to the JOY vibration 16 hours of your day? It is never too late to give yourself permission! Experiment with this today! A strong manifesting vibration comes from maintaining a continual commitment to keeping your celebration valve open as much as possible AND experiencing the results of this everyday without judgment. Just this daily commitment to yourself will raise your vibration more than you know.

"Man has lost one quality, the quality of zestfulness. And without zest, what is life? Just waiting for death? It cannot be anything else. Only with zest you live; otherwise you vegetate."
~Osho

The Joy Valve Exercise

Opening your joy valve is as natural as a flower opening its petal to the sun. To discover the feelings of joy in your life start by imaging you are like this flower, opening yourself up to what you think is joyful! The joy vibration is certainly not created from feeling needy or like you are missing out on anything pleasurable outside yourself. Your innermost essence contains the most fulfilling divine energy

you could ever wish for. You don't have to go anywhere to find this. It is right here beneath your mind chatter at the silent core of your being. There is more joy here than you could ever know what to do with.

We want you to play a little fantasy game here and let yourself truly feel as if this is real. Imagine that just yesterday something amazing happened to your life. Miraculously you squeezed over 25 extra years of work into a few hours of time, and finally manifested that amazing situation or experience you have always wanted! Suddenly it came true, just like you imagined it would! You got a telephone call and received even more great news! You spent last night telling everyone you knew, about your incredible manifestation! Everyone is so excited for you! After you hung up the phone you were so excited you screamed, "Oh God! This is so AMAZING! I can't believe this is happening to ME!!"

So how did you feel imagining this? Did your body get excited? What would it feel like if it really were full of joy? Is there resistance to feeling what this is like? Any resistance you have to feeling joyful about your dream is the same energy blocking you from materializing it. Just notice your body's response when you are visualizing that your desires have already been manifested. Does it expand or contract? How does imagining that your desire is manifested alter your ability to be joyful compare to thinking that you are going to manifest something in the future? Check it out and see for yourself.

Right now, we want you to set a deep intention to open your heart to feeling more JOY this week than EVER before. Set the intention and your energy will begin to shift! Setting a strong intention is 50% of the battle to making it happen. Give yourself FULL permission to feel all the deepest states of pleasure and inner peace, as well as all the orgasmic experiences you can handle! Choose this daily! This will expand yourself and your energy! By simply following through with this exercise, you will massively expand your manifesting vibration in just a few hours.

"It is the stretched soul that makes the music." ~Osho

Meeting the Enlightened Being Within You

It's time limber up your manifesting muscles! Let's start by stretching your vibration! Did you know that by visualizing a loving all-powerful being, you tap into the highest frequencies in the Universe? When you can feel this being is present with you now, it is no longer a concept in your head, and an expansive new energy starts flowing in.

To bring an enlightened being into your life, it helps immensely to visualize the person as if they are in the room with you now. This is a FANTASTIC exercise to do in the mornings, before you begin your day, for it will take your afternoon and evening to a higher level of focus, energy and manifesting vibration. Spend anywhere from 5-10 minutes to practice and play with this visualization.

The Enlightened Being Exercise

Imagine the most powerful, loving, and trustworthy being you can fathom has just arrived at your front door in a white robe, radiating golden light, yet in the physical form. This person is like a Christ, a Buddha, a real Saint, or Divine Mother who you can feel is real.

Ask this person to enter your home as you sit down in your reading chair. As you are sitting in your chair (still reading this exercise), the Enlightened Being is standing right behind you. They put their hands on your shoulders and

exactly where you need the most love, and healing.

They turn up the volume and are sending exquisite amounts of healing energy into every cell in your body and mind right now.

Imagine you are totally filled with this lightness and everything about you is completely healed! Let yourself truly bathe and relax in this vibrant energy for as long as you wish.

If you had difficulty inviting this enlightened being into your life, for whatever reasons, relax and let go! There are many amazing beings in the past 10,000 years to choose from. If you would like to explore more, here is a web link to a few enlightened masters and avatars you can introduce yourself to. The more enlightened masters you can call upon, the higher your manifesting vibration will become. http://www.enlightenedbeings.com/enlightened_beings.html

"You can't shake hands with a clenched fist." ~Indira Gandhi

Doing this visualization is just like training yourself to lose weight or get in shape. If you didn't lose 20 lbs your first day at the gym did you quit? No way! Take your time with this visualization, and be very patient with yourself as you learn the art of creating inner imagery. If it is really hard for you to stay focused, then practice it for 30 seconds everyday the first week, then 1 minute everyday the next week, then 2 minutes and so on. The longer you can hold your focus, the longer you can remain in the most loving source of energy inside you. This length of time you can hold a solid focus empowers you to attract what you want to manifest.

The more you hang out with your inner enlightened friends, the easier it will be to acknowledge your own enlightened aspects. Seeing these lighter parts of yourself, engage the body to lift and expand your vibration. Enjoy!

“Oh lovers, where are you going? Who are you looking for? Your beloved is right here... Cease looking for flowers, there blooms a garden in your own home. While you go looking for trinkets, your treasure house awaits you in your own being. There is no need for suffering, God is here!” ~Rumi

You Are the Treasure

Manifesting techniques and meditations for increasing your vibration can work miracles in creating what you want. They can work for you so well that you might start thinking it was the technique that changed your life, instead of yourself. We often get caught into believing forces outside ourselves are more powerful than the images and feelings we are responsible for creating inside. The Ego-mind may say that “THEY” produced the results you wanted in your world easier and faster. If you fall into this trap of giving credit to the TECHNIQUE instead of yourself, let go! It's time to take some responsibility and give credit where the credit is due!

The mind will believe ANY technique is the treasure, or that THIS person made me feel this way and did this transformation to me. The mind may deny its own true power, and forget the technique was only a map to get you there. Once you find the treasure there is no need for your muscles, the shovel, or the map! Remember that whenever a technique works for you, your BEING is the treasure, the jewels and the GOLD!

While using any manifesting technique it is important to remember that you are creating everything! The instant you decided to dig inside yourself to find the gold,

you took a risk by stepping away from the T.V. or whatever comfort zone you were in and explore the unknown! You wanted to experience something new, so you did. The manifestation you will see in the world around you happened because you were open to revealing something totally new!

CHAPTER 7

THE SECRETS TO PERFECT MEDITATION

*"Know that the Self is the rider, and the body the chariot;
that the intellect is the charioteer, and the mind the reins.*

*The senses, say the wise, are the horses; the roads they
travel are the mazes of desire. The wise call the Self the enjoyer
when it is united with the body, the senses and the mind."*

~ The Bhagavad Gita

The Enlightening Path Is Within

The constantly chattering mind is what causes tension in the body and lowers your manifesting vibration. A ridged mindset actually causes you to worry and wander into thoughts you don't appreciate instead of living from a fountain of bliss and wonderment available inside. It is the narrowing of the mind that creates stress and tension in the body. Depending on what you are doing, concentration may be needed or not. Driving, cooking and accounting are perfect examples of when we actually need the mind and its focusing ability. The mind is not useful for things like making love, laughing, enjoying life, or meditation.

As you may have noticed, the untrained mind wanders incessantly. It will want to think about anything except what is most important to your evolution. Because it is always thinking about something, it is actually preventing you from diving into a meditative state of being. To really train this wild beast takes an enormous amount of persistence, patience and compassion. It is worth exploring all the many different meditation techniques out there and trying everything at least once to see what works best for you.

What is Meditation? It is the golden key to transcending the mind with the mind. When you create a daily practice of meditation, you are also getting your manifesting muscles in shape! The trained and disciplined mind is one that is more present to the now and thus is connected with the vast Universal power and

its infinite manifesting energy. When a mind has had enough training, the Universe becomes your playground. Daily meditation is the key to being in harmony with the Universal Source so that you are a bigger channel for the manifesting vibration flowing through you.

There is a tremendous power behind every thought you have. This power is not actually in the thought itself, yet is in the "gap" between your thoughts. This gap is what holds your infinite manifesting potentiality. This silent space contains pure unlimited energy. The longer you can maintain it, the greater your manifesting vibration will grow!

This gap is a timeless, spacious place where you "hang out" between thoughts in a place called meditation. By abiding in this pure potential energy long enough, you will start having the sensations that you are able to create anything. It will show you an unending source of creativity. The gap contains a deep quietness and is actually the fuel line which provides more than enough manifesting power to bring ANY intention, BIG or small, into this physical reality. As you abide in this gap you will find yourself easily able to select the thoughts you want to think, which will ultimately form the world around you.

Meditation provides an awesome feeling that overcomes your entire being when you are truly relaxed into this gap. You reveal the truth of who you are. You discover the constant witnesser inside, who is the source of pure consciousness. You may call it the Light, God, Universe, Christ Consciousness, Soul, Atman, Life Force, Awakened Chi...whatever name you give it does not matter, it remains the same. It is the source of your divine essence. Meditation is what allows you to quiet your mind so that you can truly SEE and EXPERIENCE the DIVINE within you. A daily practice of meditation leads to acknowledging, accepting and knowing that YOU are this Source of divine consciousness. When the mind is no longer there, we are able to fully experience the divine presence of our infinite being.

"Where all concepts disappear is the place we are much closer to the truth." ~Adyashanti

The mind is like some entertainment cruise ship at sea, and your consciousness is the vast ocean beyond. It holds your boat afloat and provides the foundation for all its experiences. Your consciousness is also the source that changes the weather, blows the wind through your sails, and decides ultimately which island of paradise you are headed towards. Meditation is what fuels the gas to the engines, feeds your crew, throws in the anchor, and lets everybody on shore when you arrive at

paradise. The essential goal of meditation is to not be attached to the mind or what it does, yet to always have your inner sails open so the breeze can blow you towards your next destination.

Through meditation, there is an infinite degree to which you can reach higher states of awareness, greater manifesting power, and peace with the world. The Universe sets no boundaries, anything is possible for you. Meditation is the gateway to a peaceful vibration across the world because it provides an eternal river of inner bliss that naturally unfolds a contagious successful feeling within everything you do. Meditation is truly an amazing practice. It will help you find the most direct route to your goals in life, and assist you in being able to relax and enjoy your ride getting there.

“Meditation is not chanting, repeating mantras or affirmations or even channeling. It cannot even be qualified as an experience. A meditative mind is an expansive, spontaneous, playful and alert witnessing consciousness and not a narrowed focus of attention on some object - internal or external.” ~Osho

How to Experience True Meditation

Have you ever tried to stop thinking? It is like running up a mountain of warm butter, you only slip on it and sink deeper into the thoughts as you try to get rid of them. This is the same as “trying” to keep the mind in the present moment. This moment is so fast that the mind cannot catch it. It is like trying to catch a hummingbird that moves so quickly and freely that it FLYS off to the next tree before you can even see where it’s at now. When the mind relaxes completely and becomes one with the present moment, this is true meditation. When there is no mind present what’s left is the observer, who watches the thoughts drift by like passing clouds.

Although you may think of meditation as concentration, focusing, or a type of visualization, true meditation is actually the opposite. Concentrating and visualizing is good for manifesting since it engages the mind to stay focused ON what it wants, and OFF of what it doesn’t want. True meditation is an absence of mind and a stopping of the constant Ego-mind program we are trapped within. True meditation starts the moment the mind stops.

A practice of true meditation is characterized by having no thoughts, no focus, no mental imagery, and no inner commentary. It strengthens you mentally, emotionally and even physically. It allows you to bring more energy and power into manifesting your desired goal, as well as staying focused on your desired outcome without being attached to how it comes your way. True meditation liberates our being so that we have more clarity, energy and drive to visualize! We are either the slave or master of the mind in each moment, and if you cannot stop your mind from thinking you are the slave to it. True meditation is mandatory if you want to free your mind and learn how to really raise your manifesting vibration.

"The whole world is a cyclone. But once you have found the center the cyclone disappears. This nothingness is the ultimate peak of consciousness." ~Osho

The more often and longer you discover this total stillness and silence inside, the more you will master your mind. You will find the greatest truths in your own stillness, which may be like sitting in the center of a great cyclone. From this very center of your being, no chaotic situation in life can upset you. Look inside yourself, there is already a deep silence within you! There is always this subtle gap of quietness between each of your thoughts. Find the gap and you have mastered this moment right now. This silence is the place where you are the commander who controls the direction of your life. In those moments of absolute stillness your magical paradise is readily available.

During true meditation, you may think you are sitting silently doing nothing, and absolutely nothing is happening. There are actually trillions of things happening inside and outside your body. Just sitting doing totally nothing is quite an amazing feat. You are balancing in between your inner and outer worlds, non-attached to every experience you have, and discovering you are the center of the entire Universe. Your "non-doing" naturally taps into the entire Universe and everything within it! This expansiveness is what allows you to be prepared to open your highest manifesting energy channels in the Universe. When you are truly doing nothing, the mind relaxes, and you channel the God-force through the core of your being.

"Just possess yourself & you have possessed all. Be the master of yourself & you have become the master of all." ~Osho

How do you know you are practicing true meditation? Many people have experienced a meditative state while driving down a long stretch of highway. At

the wheel you start to drift into a trance as you watch the dotted lines pass along side the car. All of a sudden a few miles have elapsed without you realizing it. If your mind was blank and you were present to the experience of driving, you were in a true meditative state. Many athletes experience these meditative states spontaneously. For instance, after the 3rd mile or so, runners often get this “high” feeling. As they push their body to an extreme, they go into a state of “oneness” with their breath, heartbeat, and the sound of pounding shoes on the pavement. Their mind shuts off and there is only the experience of what is now.

As you may know, there are many meditation techniques. Most involve concentrating on something, whether it is a candle flame, your breath or the sound of AUUM. Each technique will bring the mind eventually to stillness and absorption with your divine presence. It takes a strong mind to be able to maintain complete relaxation, while being totally unfocused, and attain an expansive cosmic state of being. Whatever technique you use to train the mind will eventually take you to the thought-less place of resting in your infinite cosmic self. Don't worry about which is the “right” technique to use, what is most important is how often you meditate and the duration of time you spend doing it.

A meditative mind is always available in each moment of life. With awareness and consciousness, anything you do can become a true meditation. Walking, talking, eating, biking, driving, and hiking, yes anything! What makes it truly meditative is when you are present to the activity fully. By using all your senses you drop the mind and life becomes savory, real, and alive! Meditation can be experienced through listening, seeing, smelling, feeling, tasting and intuiting the present moment fully. By being immersed completely into the experience you are having now, whatever it is, you let go of your self and merge with the master manifestor within you.

Meditation is the bridge to quieting the mind, so that you can hear your heart's needs and desires as they bubble up inside you. It is what makes you more conscious, aware, awake, and easily able to manifest exactly what your Ego wants. Meditation helps you to manifest what you want, as well as keep you non-attached to the demanding Ego that thinks these things will provide total fulfillment. It is your insurance policy that allows for more happiness, money, success, love, and health than you may feel you deserve.

*"No one ever gets far unless he accomplished.
the impossible at least once a day." ~Albert Hubbard*

If you have tried meditation before and it has left you feeling frustrated or like a failure at stopping your mind, relax. Experiencing a true meditative state takes time to master. You have been deeply conditioned by society and a subtle form of insanity has happened to you. The mind has become wild like a herd of wild stallions galloping through the wilderness. Do you think you could catch them or even tame them all in one day? Your mind has never had a harness, saddle, or bridle put on it. It will even get crazier, wilder and more bewildered each time you reign it in. Every new attempt to stop it, improve it, or control it will at first only terrorize the mind. This is why it is imperative that you are gentle with yourself. Your inner wild horses will respect you more and begin to follow your every lead.

If you think you don't have time to meditate then perhaps you are one of those "on the go" types who is always racing around the horse track. If you feel uncomfortable sitting down to enjoy a good cup of tea, yet slam one down while riding 80 mph while talking on the cell phone, it may be time to learn how to slow down and really enjoy life again. The buzzing mind dripping with adrenaline has been your #1 choice of drugs, yet does not provide fulfillment. With a daily meditation you will reign in your horses and happily canter throughout your day. You will be so high on life and on purpose, people will start vibrating higher just hanging out with you.

On the other side of the coin, maybe you have become like a paranoid lone ranger who feels afraid to leave the ranch and farmhouse. The fences around your property protect you and yet may also imprison you. If you continue to hide from the world you are also hiding from all the new experiences life is offering you. A meditation practice will open your gates and set you free! Even after a few days you will discover that you have a little more courage to step outside, grab your favorite saddle, get on your trusty horse, and ride off to lasso your dreams! When you give up your lone ranger syndrome, and start focusing back on what you really WANT, it is easier to accept yourself as the divine being you already are. By touching the center of your being for brief moments at a time, you will be more capable of directing your mind, adventuring out and exploring the unknown. Here is a great meditation to enhance your mindbody connection and awaken the divine genius within you!

Meditation to Dramatically Improve Brain Functioning

With your spine vertical yet relaxed,
sit silently for 5-7 minutes and do nothing.
Do absolutely nothing. Just be still and present
to experiencing each moment that arises.

Then imagine a golden web of light
is starting to grow inside the very center of your brain.
The web consists of super thin strands of golden light
energy in a very tight weave of complex configurations
and perfect geometric patterns.

It may look like a condensed ball of thousands
of golden cobwebs intertwined within each other.

With each in-breath, the golden strands of energy grow
stronger and brighter inside your brain.

As you feel how connected they are to each other,
the thousands of strands expand into millions, and spread
very slowly to every area of your brain.

The key is to allow this spreading to happen very slowly.

Next, imagine the golden web spreading down your spine,
into your chest, organs, and entire body.

Take several minutes to visualize it
filling every area of your body.

During your day, imagine and feel the golden weave
connected throughout your body and brain.

Revisit the golden web image
and feeling as often as you can.

It may take several days or weeks doing this everyday for 10-15 minutes a day to
see and feel dramatic results. Stick with it! You may even feel the difference in
ONE day! Your body will begin to vibrate at a higher level with this increased
connectivity inside. The more frequent you practice this meditation the greater
your mindbody connection will become. You will achieve faster results while doing
the meditation and listening to this music. <http://www.centerpointe.com>

*“Hold fast to dreams, for if dreams die, life is a broken-winged
bird that cannot fly.” ~Langston Hughes*

The Secrets to a Perfect Meditation Every Time

Although there are hundreds of different techniques and tricks to meditating, they are all vehicles to assist you in relaxing your body which will slow down and eventually stop your mind chatter. Through many years of studying and practicing meditation, we have found a few basic directions that guarantee you will have a PERFECT sitting meditation every time. To dive into the most amazing meditative state, practice these 3 secrets each time.

- 1. Sit with the back vertical, spine and neck are centered. The spine is straight, but loose and at ease.**
- 2. Use your first 5-7 minutes to consciously relax every little muscle in your face, jaw, eyes, shoulders, back, stomach, buttocks, arms, hands, legs, and feet. Relax every cell in your entire mindbody. Let everything inside you be completely and totally at ease.**
- 3. Remain unfocused experiencing the divine presence. Relax your mind, resting your attention on what is. Simply be with what is, instead of trying to create, change, fix or improve anything by engaging the mind.**

"I am the source and it is servant." ~Adyashanti

The biggest challenge to finding the perfect meditation practice is finding your own personal posture that allows you to be comfortable for long stretches at a time. You may be asking why in the world anyone would want to sit forever and experience nothing. When you discover what true meditation is for yourself, you will want to remain in that space forever. It is totally blissful and amazingly divine. You are connecting with your God-Source on the deepest levels. There are many amazing experiences just waiting for you on the inside. Learning how to sit and discover this divine Source within is such an enormous accomplishment that it is the final frontier for the evolution of the entire human race.

So in order to discover the posture that works best for your body, we recommend starting by sitting on the floor with your back against your bed or wall. If your body is in good physical shape, you can sit without the back support. We don't advise using a chair because you may fall off of it, which will block you from going deeper inside. So by all means, get your body in shape so you can sit safely on the floor. A daily yoga practice is a great way to stretch the body and get it physically, emotionally and mentally prepared to sit for many hours on end.

Gently lean your spine against your favorite wall or the foot of your bed, and sit cross-legged with pillows under your knees. The propped up pillows will keep your feet from falling asleep. Find a position where your feet are getting substantial blood flow. Every non-experienced meditator has had to go through the pain and agony of bringing their dead legs and feet back to life. Ouch! Pain is not necessary for a perfect meditation and we don't recommend it.

If you cannot sit cross-legged, first get on your knees then sit back on top of a few big pillows. This creates less pressure on the legs which will keep blood flowing to your feet. Just experiment with your legs until you find a way to sit so they are freed from all pressure. You will want to sit quietly for hours without any tension in the body. With practice your body will begin to radiate and vibrate on a higher dimension of energy. Most meditation stores online carry meditation pillows or you can engineer one at home for low cost. You can also visit online the website www.huggermugger.com to purchase one. Any monetary investment you put into your meditation practice will raise the vibration around your meditation practice.

You may also sit in full-lotus posture (if you are divinely limber) yet the key is to get your body comfortable into a relaxed vertical sitting position. It really doesn't matter where your legs go, as long as your back and neck are at ease and vertically aligned. Imagine your spine is a stack of golden coins that you want to keep balanced! This vertical alignment will help the manifesting energies move up your spine and keep you in the present moment. If you try meditation lying down, keep your elbow bent at a 90 degree angle and your hand up in the air. It will hit the ground if you fall asleep. It may be difficult to meditate with a horizontally positioned body since the dreaming mind tends to take over and let your mind wander everywhere.

After your spine and neck are vertically centered, scan through your body for any tension, and breathe relaxation energy into any areas that contain tension. If you don't know how to consciously relax certain body parts, you can visualize a warm healing light permeating through them. Relax your face, eyes and jaw first, then shoulders, back, neck, arms, hands, fingers, torso, and all the way down to your butt! Remember to relax your knees, legs and feet too! Release all the tension in your body from head to toe. Notice places where you hold subtle tension that is barely noticeable. Look in places like the eyes, jaw, hands, stomach, and buttocks.

Finding the perfect meditation position that gives you inner bliss is by far one of the greatest discoveries you can make as a devoted meditator. The secret is a very

relaxed posture where you can actually be void of feeling like you even have a body. With the right depth and length to the flow of your in-breath and out-breath, your experience will soon be one of the divine.

"The greatest mistake you can make in life is to be continually fearing you will make one." ~Elbert Hubbard

Practical Meditation Tips

1. Always Be a Beginner

It may take years or lifetimes for some who lacks curiosity and courage to completely master one's mind. So be patient and easy with yourself. Think of a 1st grade student trying to get all the answers correct on a college exam. You can almost expect to fail miserably your first time meditating. It's important to always sit as if you are a beginner. If you have meditated for 30 years, its even more important! Believing you have mastered something stops you from fully experiencing and exploring what may arise. With much practice and persistence, you will come to tame the wild mind.

2. Meditate in the mornings.

Meditation in the morning purifies your mind-Ego, so it can relax into afternoon and evening. When you practice meditation in the morning before going off to work, it makes it a priority so other tasks and responsibilities cannot interfere. The mind is also more effective and efficient at work when you have found the stillness in the mind. Meditation will accelerate your ability to sense when you are unconsciously judging life and defining yourself.

3. Create a sacred spot to sit in.

If you are finding your meditation practice is extremely challenging, it may be very good for you to change spots where you meditate. Randomly sit at a variety of different places throughout your week and observe the different energy inside as you sit and use whatever technique you feel.

4. Use a sound or mantra to first quiet the mind.

Whenever doing any meditation it is very important to find peace in the body and quiet the mind. Just repeating a sound or a work over and over does wonders to quieting the chattering mind. When your mind finds stillness, your heart will automatically open and your being will relax spontaneously. A quiet mind is a relaxed body and vice-versa. Eventually with enough repetition of the mantra/sound, there will be an "opening" in your being. This is where the highest manifesting frequencies are going to be downloaded into your mindbody.

5. Practice Being With What Is.

Be aware as the mind gets caught up in trying to get the technique "right" or judging yourself for not being able to start having the experience you think you "should" be having. Be with the experience you are having now, it contains the divine experience. Your meditation will change with practice, and the experience you are having now is always the right experience.

6. Explore each experience that arises.

Meditation is by itself the most powerful life changing practice you can do. It will help you to know and understand the power of your innermost being. The most important thing of all to remember is that each experience you have, is always the right experience, so investigate what IS happening now (in your experience) and you will open your life to a new dimension of Being.

7. Learn the art of surrender.

The more a person has skepticism, fear, or doubt, the more their mind will tend to resist those bliss filled meditation experiences. Often people will think they are not experiencing what you should be experiencing, yet once they accept and embrace each experience as it arises, they slip into a vast expansive space that permeates their being. Only by surrendering yourself to the meditation practice will you see and experience results. It may take as long as 3 weeks to notice any change at all, so be patient and continue to DIVE deeper!

8. Your Manifesting Vibration is sustained through the breath.

Using the mindbody to breathe slow and deep into the belly will increase your vibration and help sustain a higher level of consciousness. When you do this enough, your awareness will naturally remain low in the belly throughout the day, creating blissful sensations in each situation and encounter. As your breathing stays relaxed, slow, and easy, you will significantly increase energy and health levels as well as mental clarity and confidence in the world

The Money Mudra

A mudra is a position you hold your hands in as you are meditating. There are many mudras, and each one has a different function and can assist you in maintaining a quieter mind in your sitting experience. The key with using any mudra is keeping your hands relaxed and at ease.

In the money mudra, start with your left palm facing up towards the sky, open to the Universe in receiving mode. The right fingers are touching the earth, floor, or

whatever is beneath you. The energy flows through the right hand, grounding out down the fingers and into the planet. Visualize receiving great amounts of money through your left hand, and letting that energy move up into your heart, then down your right hand and into your earthly checking account!

“Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals.” ~Jim Rohn

Minding Your Inner Mantra

A mantra is any word or sound that you repeat out loud or in your head to bring you into the meditative state. It is an amazing tool for people whose thoughts are very loud in their head or have a lot of gibberish going on upstairs and cannot find quietness for even 30 seconds.

A mantra works lot like a taxi service whose job is to take you directly to the divine meditation state. It is your ride to Fantasy Island! Make sure that when you arrive you get off! The purpose of the mantra is to leave it behind you when you have arrived in bliss. Any mantra you believe in will deliver you to a powerful inner experience, yet there are 3 things necessary for any mantra to work effectively. There are:

- 1. Conscious repetition. Being present to the mantra as it is repeated.**
- 2. A heart devotional energy to the meaning or message behind the mantra.**
- 3. Letting go of the mantra once you have arrived in a blissful (no-mind-chatter) state.**

We’ve found the easiest way to slip into an amazing meditative state is repeating a mantra slowly, in harmony with the breath while holding the attention on the 3rd eye (middle of forehead). Let yourself relax into silent pause or gap between each mantra repetition. The mantra is very powerful so trust it and surrender to it. In 10-15 minutes it can over-power all mind chatter and quiet everything inside. The mantra is a quick way to access the Infinite Source inside so it can shine through.

Chanting consistently for many hours straight is focused powerful mind mastery work, and is beneficial for the soul to advance its consciousness. Anytime you are chanting a mantra for an extended period of time, it is ESSENTIAL that you stop

chanting at some point and sit in the stillness it is creating inside. This may sound difficult, yet it is best that you sit in total silence close to the same amount of time that you chant. Chanting your mantra is like working in your own garden. You are planting new seeds, watering, fertilizing, pulling weeds and shining the Sun's light on it all. The silence is how you harvest all the juicy fruits of your labor.

Before chanting (or doing any meditation) we advise that you take the first 3-5 minutes to consciously relax every part of your body. This gives the mind something to do that is helpful, and also quiets the mind since ALL tension in your body is created by the mind chattering about this and that. Expecting xyz to happen, or holding onto something someone said to you. The mind is continually regurgitating information ALL the time! The deeper you relax, the more alert, awake, aware and silent the mind becomes.

Is there a wrong way to chant a mantra? No and Yes. Simply repeating empty words without having a strong positive emotional feeling can create more mental distraction or a negative "why am I doing this" irritated sense of purposelessness. This lack of devotion and love of your life is what will dull your mind, not the mantra. If you attach a devotion to opening your joy valve with any mantra, look out...wow...life changing vibrations! Strong emotionally focused energy towards more of what you WANT! Opens your manifesting valves BIG TIME!

If you don't know which is the right phrase, sound or word to chant then start thinking about things that are more basic and meaningless to the mind. One that we like to use is based on the natural sound the breath makes with each inhalation and exhalation. We highly recommend reading Swami Muktananda's book, "Kundalini: The Secret To Life", where he talks about this amazing power and the "Ham-sa" mantra. He says the sound "Ham" is always being made as we take an in-breath, while the sound "Sa" naturally occurs on the out-breath. The mantra is a devotion to one of the Gods of the Hindu religion (Shiva) who's purpose is help us quiet (or kill off) the mind and bring the body to a profound God-sourced realized state inside.

If a lack of devotion even remotely happens to you while chanting, immediately start focusing on a higher energy, an enlightened being, or towards what you WANT! Devotion to your vision is truly the key to effective chanting. And yes doing it with deep sensual emotional gusto can awaken that Manifesting powers in you! Chanting with devotion has A TON of power behind it and can awaken your manifesting vibration much quicker than anything we've covered thus far.

Chanting is amazingly effective when your heart is open and you are 100% engaged in THIS now experience, giving love, excitement and devotion to the Source of your greatest visions and dreams. The most important thing is to stay present to what your experience is and not get stuck in some dulling mind trip. Have fun chanting and opening your heart and soul to feelings of love, joy and freedom!!

*“The quieter you become,
the more you are able to hear.” ~Zen Saying*

Discipline Leads To Freedom

The best advice I (Jafree) was given in my life was to become really quiet inside and listen. There were many days where I tried to meditate, focus my mind, and everything just got noisier. I remember trying every meditation technique in the book, searching for that magical solution that would “fix” me. After many months of trial and error, I realized that nothing worked except for one thing, consistency! When I meditated daily I noticed that it did not matter what technique I used, it was the continuous practice and discipline of the mind that was the technique itself. My life began to unfold in many magical ways. All I needed was a little self-discipline!

Discipline is a way to rebel against the mundane world and break through the lazy norm. In order to make discipline a solid long-term habit, it is important to adopt a healthy state of rebelliousness and a solid sense of responsibility towards your dreams. Examine the thoughts you are repetitively thinking that you feel a need to rebel against. Amazing things occur when you are conscious and radical enough to break through fear-based patterns that arise, and responsible for taking action steps to actualize your desires! Even if it may take 10,000 baby steps to get there, that’s what it takes, and is worth every moment of the journey. It is practicing your rebelliousness and response-ability to your life that takes your vibration higher to achieving your dreams.

Have you ever noticed that people who are struggling with their lives, or are a walking complaint factory have ZERO discipline? They cannot shut off their minds or their mouths for even 10 seconds! They let their wild horses drag them in and out of the pigpens everyday, creating a mess and stink for everyone! Most of these people are not even conscious that they are being negative. They think life is a constant struggle and that is exactly what they create!

If you are not experiencing a positive state of mind every morning and throughout the day, your mind is not disciplined yet. When your wild horses have gone

through 90 days of training to remain in the here and now, you will have achieved a great level of mind mastery. As this happens, you are freed from your mind's obsessive chattering, incessant analyzing, dissecting, and chomping on trivial information. The more you train the mind the easier it becomes to realize that the disciplined mind is the freed mind.

Through the years people have given me many excuses for not meditating daily. All of these excuses are based on fear, and exemplify a lack of focus and commitment to manifesting the ultimate dream life. A few of these excuses sound like, "I cannot meditate alone", "I tried it many times and it didn't work", "I am not sure if I am doing it right", "I cannot sit still for 5 minutes", "I'm too old or out of shape to sit on the floor", and "I don't like to sit and do nothing!" An excuse is a proclamation of your lack of power. Drop it! Fill that empty hole with a curiosity, courage and decision to create any reality you want. By holding onto your excuses, you just create more difficulty in awakening the manifesting magnet in you!

When your mind is disciplined to be here now, you will be able to remain focused on what you want and you will experience less suffering and resistance in life. If you think discipline is hard for you, think about how much more painful it is to NOT achieve your dreams! If you absolutely cringe when you hear the word discipline, it is time to explore the secrets that will help you transcend it and even love this powerful force.

The first secret is to turn all discipline into devotion! What if the act of being disciplined was more like making love, and you simply were excited about what you were doing and devoted to experiencing it no matter what distractions happened? Olympic athletes are a prime example of what a devoted mind can create. Their love for winning the gold medal is much bigger than the painful discipline of their training routine. Their motivation is coming from a place of love for their life dream which makes them devoted to doing their best!

The second secret is to acknowledge where you are already disciplined, and how that creates freedom in your life. Think about what mindset you accessed when you manifested the three greatest accomplishments of your life. What motivated you to achieve those experiences and what actions did you take to physically accomplish them? Disciplined actions are the foundation for a strong successful mindset. They are the roots which provide nourishment for your wings to take flight.

Discipline will not lead to freedom unless you decide that you are choosing to follow through with your intentions based on your free will. Why do you want to be disciplined? Just because someone said you should? That won't work in the long run! Think about all the benefits you will receive from this discipline. What will your life be like in 3 years from maintaining this practice? Perhaps the reason you seek discipline is to be the master of your life instead of being at the whim of every cold breeze that blows your way. Explore your motivation for staying committed to your manifesting agenda. It is your turn to get excited and see what you are about to manifest!

The third secret to disciplining yourself is to call upon the power of your inner enforcer. This is that part of you that naturally pushes and encourages you to do things. It is your will power. Your enforcer is deeply in touch with those feelings around reaching your desire. There is a BURNING DESIRE inside your enforcer to achieve your dream! Sometimes it is hard access your enforcer when you have been unmotivated and undisciplined for many months and years. If this sounds like you, your enforcer may be out of shape and require a new workout. By employing your enforcer frequently, it will gain momentum and create many results in your world. Here is a meditation that will awaken your inner enforcer and help get you motivated to create a life that you LOVE!

The Enforcer Meditation

Take three deep breaths into your belly
and ask the Universe to support you in getting in touch
with your Inner Enforcer.

Imagine that in front of you there is a door leading to
a magical place where you will meet your Enforcer.

What does your door look like?

You slowly find the doorknob,
open the door and walk into the enforcer's home.

What do you notice is in this room?

What do you see on the walls?

Now call out to your enforcer.

Notice that there is a figure walking towards you now.

It's your inner enforcer! What does he/she look like?

Look at their feet, what are they wearing?

Notice their legs, and what they are wearing on the rest of their body.

Observe the expressions on his/her face.

Do they have anything in their hands?
If they did have something, what would it be?

Your Enforcer has a gift for you.
Notice what it is for and how it will help you.
It is a gift that will help you get in touch with your will power.
Thank your enforcer for the gift, and keep it close to your heart.

Now ask your enforcer to support you in achieving
and realizing the goals on your manifesting agenda.
Just say to your enforcer, "Please guide me to take action
when I am wavering or stuck." Listen to his or her response.
Did you hear a resounding yes?

Listen to how your enforcer speaks to you.
How does he/she motivate you?
What sorts of things does he/she tell you to do?
Notice the empowering messages he/she is saying to you
and the energy he/she gives you.

Perhaps you hear them saying, "You can do it!
Go for it! I believe in you! Just go do it! It is time to have some
real fun in your life, so get off your butt and make it happen now!"

Use your inner enforcer to push you out of bed when you need it, and to help you
complete projects in your life that are left unfinished.
Communicate with your enforcer as frequently as you like.
You can call upon him/her anytime you need
to get motivated yet feel something holding you back.

Notice how it feels to have this powerful support in your life.
Give gratitude to yourself for being open to new guidance and help to
get your life moving in a positive pro-active direction.

CHAPTER 8

THE MANIFESTING MEDITATIONS

“No pressure, no diamonds.” ~ Mary Case

The Blue Room Manifesting Technique

The Blue Room Meditation is by far the most powerful manifesting technique for developing effective relationships with people. Specifically, with this technique you can create a partner in your life, meet someone you want to know, or even improve your relationship with someone you wish you had never met. If you want better relationships with your spouse, parent, friend, or just better ways of connecting with people in your business, meet them in the blue room.

You can also increase the effectiveness of business deals in the blue room. For instance, you can manifest new contracts, gain a promotion, close agreements, obtain new clients, make a BIG sale, and sell a home. You can organize events or plan out projected expansions with a merging corporate company. Any business deal you want to manifest can be easily attained by first visiting the blue room.

What is the Blue Room? It is an etheric cobalt blue room where souls meet to work out their issues back here on Earth. The blue room is a place that has access the highest vibrations in the Universe. It is filled with tremendous light and power. It is reached through experiencing the visualization and meditation (below) that will take you into a conscious dream-like state where you actually step into your blue room. You may meet with one or many souls to discuss real life agreements which you want to manifest back on Earth. The energy of the blue room improves your current life situation by manifesting results which are for the highest good of all concerned.

The blue room can be used to actualize as many possibilities as your imagination allows. You may release old personal issues and experience feelings of safety, empowerment and protection here. You may resolve financial and emotional discrepancies in a matter of minutes, and create a new relationship that works for you! Conversations can happen in the blue room that will clear up any unfortunate misunderstandings in your life. You may also create a new agreement between you and another. It could look like a contract which both parties sign, a heart agreement, a verbal yes, a nod of the head, or whatever works best for you.

To invite a guest into your personal blue room, it is good to ask them to appear in the room before you arrive. They may come as a voice, energy, light or a presence. You may see, feel, hear or intuit them. No matter how they show up for you, do not get attached to how you think they “should” look. As long as you know in your heart that this is the person you intended to meet, the meditation will work for you.

You can revisit your blue room as often as you wish. This may be for reconfirming any agreements you have previously made, add an extra addendum to your current contract, or just to visit and say “hello”. If you feel super positive about your first Blue Room meeting, it is also O.K. to just let your agreement stand as it is. Do whatever creates the most trust, peace of mind and confidence within you. Now get ready....here is your guided visualization to take you into your Blue Room!!

"Be a light onto yourself." ~Buddha

The Blue Room Meditation

Sitting comfortably with your back resting
against a wall or chair, imagine a large clear tube has just
dropped down from the sky above and formed around your body.
It extends very HIGH into the sky above you.

Inside this tube is a golden string of light that comes
down and penetrates the top of your head, and starts pulling you
up and out of your physical body. You quickly ascend straight up into the tube,
sailing up above the clouds and earth,
and are now thousands of miles away in outer space.
You are so far away, you can no longer see the earth, moon and sun.

As you are floating in empty space,
a cobalt blue door appears in front of you.
You reach for the handle and walk through it into
a beautiful shimmering blue room which
has a powerful blue light-energy radiating from the ceiling and walls.
The floor consists of actual solid gold that is 3 feet thick!
It is warm and you feel incredibly rich just stepping onto it!

There is an ascended master, angel, or personal guide standing

in each corner of the room. They are sending their loving peaceful powerful energy into you and everyone present in the room.

You look over and now see the person(s) you want to make the new contract, agreement or relationship with. They stand up to greet you and you shake hands (or hug) and see they are shining with joy to see.

On the table is the new agreement that your guides have already provided for you! You all sit down at the warm table and comfortable chairs to read through the contract.

You have a short conversation with them about the new agreement. You both read and sign the written contract, which states EXACTLY what YOU want to occur back on Earth.

After you are finished and satisfied, through your heart, eyes and smile, you send them your deepest gratitude and appreciation for signing the agreement with you. Then you lovingly say good-bye in a way that feels complete for you, as you walk out the door, and float on down the clear tube back to your body.

Once you are back in your body, take a deep breath and integrate what you have just experienced. Allow for the solidity and realness of the new agreement to be felt INSIDE your body now.

Breathe this new agreement into every cell and atom in your body and enjoy it. The more you can trust your experience, the more likely miraculous and magical things are destined to occur.

“All that a man achieves and all that he fails to achieve is the direct result of his own thoughts.” ~James Allen

After you return to your physical body from visiting your blue room we suggest you take immediate massive action with the knowledge of your new agreement in place. By knowing that the new agreement is in place, you can miraculously watch your relationships change. The people you had problems with before will begin to relax and lighten up, and real miracles start to take form in your everyday life!

The greatest key there is to seeing physical results from your Blue Room meditations is holding onto your intentions in your daily life back on Earth. As if you would hold a baby bird in your hand, gently and lovingly, always keeping an eye on it and its survival. From your experience in the Blue Room, the intention you want to manifest is already heightened in vibration and just needs a consistent positive intent to become grounded in the physical world.

If you experience difficulty visualizing or experiencing your blue room, your bodymind is not yet completely relaxed. The more relaxed you are, the clearer the images are seen, felt and heard. Most likely you are accustomed to depending on one of your 6 senses more than the rest, to have an experience in your inner world. Perhaps you are more auditory than visual, or more kinesthetic and feel the person's presence. You may even rely on using your smell to guide the way. The realness of your inner experience relies on all of your possible modalities of sensory perception. Stretching your imagination muscles is a major part of opening up your manifesting energy channels, and allowing for a higher dimension of consciousness to occur.

As always, the secret to having more lucid visualizations stems from deepening this relaxed free-flowing feeling within your mindbody. The more relaxed AND alert your mindbody becomes, the clearer your mental movies are! When you are visualizing something and encounter vague or blurry images, take a deep breath and relax more into your core.

One great relaxation technique is to take in and release 10 deep breaths, and imagine on each in-breath thousands of golden points of light (like mini stars) are entering your body, and on each out-breath you are releasing the tension held in every cell of your body. The pictures of these tensions leaving your body can continue playing for longer durations of time when you are relaxing into the images you see. An effective visualizer will trust the images he or she sees and allow each inner scene to unfold on its own. Together, trusting, relaxing and being alert will immensely help you to attract what you want to manifest.

*"If I create from the heart, nearly everything works;
if from the head, almost nothing." ~Marc Chagall*

The Magic Mantra

The mantra you are about to receive is absolutely incredible. We call it “Magical” because it has an instantaneous uplifting effect on your manifesting vibration. It is highly effective at calming and centering your mind in the most stressful and challenging of situations. Many have even found this mantra to be a life-saving tool when dealing with potentially dangerous situations where they needed to remain calm and focused. Unlike other mantras that may take time to see results, this one works instantly.

It is best described as a “Body Mantra” because it brings your consciousness into the body, rather than into the mind. This mantra used correctly will activate and open the 3 main energy centers or Chakras (wheels of energy) in your body within a matter of minutes and prepare you to receive the highest manifesting energy in the Universe. Practice it whenever you feel like it. The mantra is:

QUIET MIND

OPEN HEART

RELAXED BEING

How to use this body mantra is very simple. Before you begin, start by placing your awareness on the energy in your head, heart and belly. Notice the energy each area contains. Next, hold your awareness on the energy of your head and say out loud (or to yourself) the words Quiet Mind. Imagine the infinite sky above your head and all the silence it contains. As you say the words “Quiet Mind”, take in and release a breath of air. Next, place your attention on your heart center and say Open Heart, and imagine a lotus flower opening its petals to the warm rays of the Sun. Take in another breath of fresh air and release it. Finally say the words, Relaxed Being, and bring your awareness down into your belly. Here you imagine a deep ocean or lake that is calm peaceful and full of healing life energy, as you inhale and release your third breath of air.

The images you visualize will give you a feeling and sensation of letting go, while the three verbal messages will be deeply absorbed through your bodymind. After you have gone through the head, heart and belly cycle once, repeat it again! Do this cycle at least 3-5 minutes. We recommend you start with the head and work down to the belly in the specific order mentioned above.

It is important to inhale and exhale slowly, as well as verbalize the words in a relaxing way. Take your time on the head, heart and belly cycle by pausing for a few moments to let the mantra sink in before going on to the next energy center. Do whatever feels most natural, easy and light to you. Repeating your magic mantra slowly and deeply will provide more effective results than saying it quickly. The more often you practice and play with it, the easier it will be to discover how it works best for you.

*"Life is full and overflowing with the new.
But it is necessary to empty out the old to make room
for the new to enter." ~Eileen Caddy*

As long as your attention is directed and held in the HEAD, HEART and BELLY, you will awaken and balance the energies in each center. The internal cosmic manifesting energy flows up and down your spine and radiates through these main energy centers. When you hold your awareness on each body location while saying your mantra and visualizing the image in your mind, it immediately activates and awakens that main energy valve, cranking up your manifesting vibration immensely.

If you have trouble holding your focus on each body part while visualizing, remember that the more relaxed you are, the easier this meditation will be. A strained focus can result in a frantic mind, which will cause the mind to wander more. You will be able to hold your awareness on each body part simply by slowing down and practicing a relaxation exercise first.

Don't get attached to how your visualizations should look, just be creative with your imagination and explore what feels right for you. Perhaps in your wild imagination your head is opening up and letting in the deep silence behind the many stars in the sky, while your heart is spreading its petals like a golden lotus flower to the Sun's warm loving rays, and your belly is rooted down through your legs and feet to the center of the Earth. The best images are those which release the most tension inside you.

*"Learn to be silent. Let your quiet
mind listen and absorb." Pythagorus*

A powerful relaxed state of being can flow through you even after repeating this mantra even once! You may practice this technique anytime throughout your day. You can do it anywhere! Practice this technique while you are stuck in traffic, in the middle of a stressful meeting, or waiting in line at the grocery store. You are breathing and thinking anyway so why not use this time to raise your vibration! Do it as often as you can. The instant you feel stressed about anything, use the mantra until your mindbody becomes quiet and centered. As long as you are following the instructions above, you can use your magic mantra as much as you desire. Be sure to take time to relax and rest into any experiences of openness, freedom or spaciousness that may arise within you.

The ultimate goal of the magic mantra is of course to sharpen the mind to stay in this present moment experience. If you find that your mind is wandering while you are just repeating the words without being present to your body, STOP! Take a deep breath and refocus! It is very important to use your mantra correctly the first few months. This will train your mind to relax instantly upon using it down the road. To remind you to use your mantra, there is a free charka printout of the Magic Mantra at http://www.EnlightenedBeings.com/pdf/quiet_mind.pdf for you to post beside your sacred mediation spot. If you wish to download a printout of all the meditations found in this book, you may do so at this link: ENJOY! <http://www.EnlightenedBeings.com/pdf/meditations.pdf>

“A mind that has been stretched by a new experience can never go back to its old dimensions.” ~Oliver Wendell Holmes

The Breath of Life

The breath is your life force. It is one of the most powerful, yet overlooked avenues for increasing our manifesting vibration. Any breathing meditation will flood your body with oxygen and life energy; tapping you into an abundance of energy waiting at the core of your being. It is normally automatic and effortless to breathe, yet a conscious connection with your breath will allow you to channel more energy and be more focused. Following the breath with your awareness creates a non-inhibited state of energy throughout your body. This is like discovering an eternal inner fountain of abundant energy and bliss inside!

Start right now by letting your attention gently follow your breath as you are reading. See how close you can watch your breath. Let your breathing happen naturally and in an easy relaxed way. You will find that you naturally breathe in the lower area of your body, filling your belly like a balloon. Don't try to manipulate or

control your breath! Follow the natural rise and fall of it inside you. Just doing this can send loads of energy up your spine. Notice how your body expands and releases the breath on its own accord as you observe how it naturally occurs for you. It is always automatically letting air in and out of your body. It is as if the body is breathing for you! Watch your breath without trying to change it in any way.

Do not resist any thoughts that arise, but rather GENTLY return your awareness to your breath. You may need to bring the mind back 10-20 times (or more) before it will give in and relax into the silence within. When you start to notice that the mind is wandering off to create images and feelings, look down around the belly. Pull your attention downward to get yourself out of your head!

We recommend using a 1:4:2: breath ratio for flooding your body full of manifesting fuel. For instance, you would breathe in for five counts, hold your breath for 20 counts, and exhale for 10 counts. Importantly, you can choose any numbers that fit with the above ratio (4:16:8). This focused breath meditation will strengthen your mind, increase your energy, and awaken your manifesting vibration.

*“Some days there won't be a song in your heart.
Sing anyway.” ~ Emory Austin*

The Humming Vibration Meditation

We are able to tap into our manifesting vibration in a variety of ways. One method to open up these energetic channels is through the power of sound. Inside everyone and everything there exists a deep low humming tone that sounds like the vibration of distant electrical wires or a large bee hive buzzing. This gentle yet powerful sound is the Universal Hum of vibrating energy within all of the trillions of atoms and molecules that are everywhere. It is a VERY subtle sound, and therefore to actually hear it you must become extremely quiet inside for a solid period of time.

To get in touch with this Universal sound start with the physical act of making a long deep humming noise. This generates an affect which connects your body and its frequency to this Universal Hum. Humming for several minutes will activate enough “white noise” to quiet the Ego mind chatter immensely so that you easily find the pure silence inside you. This experience will energetically connect you with a deeper level of your Universal manifesting vibration.

Keep humming for the first 5-10 minutes of this meditation. Take very deep breaths of air on the inhale, and on your exhale HUM gently with your lips closed so that the sound vibrates throughout your head and down into the throat, chest and even your belly. Do not make this an effortful or strenuous project in any way. Just listen to the sound and let the air pass through your vocal chords as a vibration in a very relaxing lengthy way.

Your body is sitting up straight, spine vertical and everything is relaxed. If your body starts to sway or move, allow for it. Let yourself get into the groove of it and tap into what feels good! Keep your focus on the sound as well as relaxing into the sound deeper.

Start with humming for 5-10 minutes minimum, then you can lengthen the time as much as you like. Each time you are finished humming sit in total stillness and silence for at least 15-20 minutes. This is where you can feel/hear the subtle Universal HUM. Notice how your body is vibrating and simply remain observant and unfocused on anything in particular. Just be present to the sensations and experiences of the body without getting caught in them. This will stretch your ability to remain unfocused, which is a very important component in training the mind to be focused. A completely unfocused mind creates a deeper receptivity in the body, which opens unused channels of energy for your manifesting vibration to flow through.

If after you are done humming and the mind is still endlessly wandering, it is helpful to meditate on the meaning behind these specific words a few times, "Unfocusedness Experiencing Presence." Repeating this combination of words may seem bizarre to you, yet you will soon discover it is a direct path to having a profound meditative experience. Watch out for the mind's tricky focusing agenda. Be aware of it, yet don't focus on it. It will annoyingly try to focus on anything and everything, even on how NOT to focus! Each time it strays away (which it will do often), gently and lovingly bring your attention back to this effortless experience of your divine presence.

The Humming Vibration Meditation will clear away the dust and cobwebs on your mirror. Remaining unfocused and present to your experience will help in emptying your mind of trivial distractions and attachments. The meditation will stimulate all the energy centers in your body, raising the general frequency that you vibrate at, and thus attract everything you have on your manifesting agenda with effortless ease.

*"How simple it is to see that we can only be happy now,
and that there will never be a time
when it is not now." ~Gerald Jampolsky*

The Golden Shower Meditation

Sitting comfortably, start by bringing your awareness INSIDE to the stillness at the core of your being. Allow the mind to quiet and the body to soften. Relax EVERY muscle and cell in your body to the point of becoming very silent and still. From this stillness, imagine that at the base of your spine there is a golden light and energy that feels like a warm flowing river of love. It slowly moves up the base of your spine, and flows out the top of your head. You become a healing fountain of golden goodness! It showers your skin, and seeps into your muscles and all the organs inside, bringing a divine healing energy to every cell in your body.

Your breath is the "pump" for your golden shower. Use each inhale to SLOWLY pull the energy up the spine and on the exhale let it fountain out your head and cascade down over your body. Slow long easy deep breaths are the biggest key to effective showering. If the energy becomes too powerful for you during the meditation, simply imagine the brightness and intensity of the light is dimming in your mind. It is a VERY powerful technique that will clean you completely of any low vibrations hiding inside you, and raise your entire vibration to attract what you want. This meditation acts like an inner healing and outer purifying river for your mindbody vehicle. This eternal flow of energy is a healing fountain of golden goodness!

When you practice this technique many times, you will come to a point where you will feel the golden healing energy automatically starts radiating outwards in every direction, from every cell in your body. The energy which usually flows up your spine is now pouring out of your skin, and from every cell in your body. It is as if you have become the sun, FULL of light, shining 360 degrees in every direction.

Bathe in your golden shower anytime you need energy, self-love, money or healing. We recommend doing a minimum of 20 minutes a day, yet it is also good to do 30 second mini-showers randomly during your day when needed. By experiencing this meditation, you will have a positive impact on your day no matter what you do. It can even influence whether you get hired at a job, rid of a flu you have had for weeks, or perhaps attract the person of your dreams to you. The golden light is a rich, powerful and abundant energy that helps us to reconnect with

our own natural abundance and reminds us that we are all amazing manifesting beings living in this infinite Universe.

CHAPTER 9

THE 8 HABITS MANIFESTING ROUTINE

*"You are what you repeatedly do.
Excellence is not an event - it is a habit." ~Aristotle*

What Are The 8 Habits?

The 8 habits are the metaphysical boot camp and training ground to tame the wild (and lazy) horses in your mind that have been running your life into the ravine for way too long! They consist of several different stages that build off the energy created in the previous stage. Doing the routine everyday creates an energetic momentum of energy that automatically moves you closer towards the goals on your manifesting agenda.

By doing this program, you are guaranteed a wide range of rich conscious enhancing experiences. They may swing from the vast and expansive to the small and contracted, yet the overall outcome is for you to deeply connect with the permanent flow of manifesting energy inside you. There is a power sleeping inside each of us that opens your being to its unlimited manifesting capability. The treasure you will uncover from weaving them into your life will be a bright flawless abundant experience of reality.

The 8 habits will open up the highest and strongest vibrational frequencies available within your mindbody. They are the backbone of this manifesting program and the structure which keeps you continually increasing your manifesting vibration. By actually doing the 8 habits everyday, you will create a whole new way of being in the world, and tap into that infinite potentiality inside of you! Depending on how much energy and intention you put into this program, it can take 3 days to 3 months until you start to see any real results. The fact is that these habits do work and will take your life to a higher level than you dreamed possible. The habits focus energy in these 8 areas of your life.

1. **MENTAL and FINANCIAL**
2. **PHYSICAL and ENERGETIC**
3. **SPIRITUAL and MEDITATION**
4. **SOCIAL and INSPIRATIONAL**
5. **EMOTIONAL and SENSUAL**
6. **POWER FOODS and EATING**
7. **DETOX and PURIFICATION**
8. **RELAXATION and SLEEP**

Results from Experiencing the 8 Habits

Personally we have found that the greatest result from consistently doing the 8 Habits Manifesting Routine is an increased awareness and confidence that we can manifest anything we want into our lives with effortless ease. The 8 habits will also improve your health and physical vitality, boost your mental focus and emotional clarity, increase your self-love and level of acceptance, and open you to a boundless source of energy that is in touch with the highest powers in the Universe! The habits will also magnify your will power, dramatically improve your relationships, increase financial prosperity, mold you into a perfectly fit and healthy body, and create a powerful new way of looking at LIFE!! If you want all of these things, stick to this routine consistently for 90 days and amazing things will unfold.

Remember that a loving open-minded approach to life each day is of course the GREATEST habit we can develop. Yet the true secret to creating an unstoppable manifesting vibration stems from your devotion to experiencing your higher Self and allowing that part to effortlessly manifest your dreams for you! We have found that this one commitment to yourself is a key factor that can determine how inwardly and outwardly successful you become in the future.

Integrating the 8 Habits

The first step to integrating these new habits is to drop ANY past belief or negative thought which may identify you as someone who has bad habits. Proclaim to the Universe that this old you is dead, and is no longer serving your highest good. For example, if you don't think of yourself as someone who is a morning person, you will always miss out on the fresh morning air, sunrises, and birds singing to greet you everyday. Start thinking about how awesome it feels to take time for yourself every morning to explore your inner self, and experience this wondrous Universe you live in. Focusing on the positive aspects of the morning times for even a few minutes will nudge you to get out of bed earlier and soon you will say, "I love

getting up in the mornings!” This is an example of how with patience and practice you can replace bad habits with good ones.

Perhaps you are already doing several of these 8 habits everyday. Fantastic! This means you already are ahead of the program! However a much more solid vibrational foundation is headed your way. If your old morning routine generally leaves you feeling energized and excited, then keep doing it! It is important to trust yourself and find what habits you are lacking in your life that will increase your vibration.

The 8 habits are not a “quick fix” or cure for anything. We have personally found that even after 3 weeks on this routine, we started manifesting several goals on both of our manifesting agendas in the most effortless and magical ways. Integrating the 8 Habits into your current lifestyle (whatever it may be) is about creating balance. This is NOT a strict mandatory “you have to or else” routine. It is simply a guideline to keep you growing and creating the highest vibrations in your life. The routine is designed to stir up energy, keep you in excitement mode about your dreams, and relaxed about seeing them show up in a life that you love.

The specific order of the routine is important, yet if you have difficulty with complying to a new structure or system, its best to devise a creative way to implement than not at all. The key is to be creative and integrate the general idea of each habit into EACH day in anyway you can. If for some reason any habit is absolutely impossible for you to fit into your schedule, create a time later in the day which works better for you. Play with your schedule and experiment with where you can fit them in. A great way to create more time for yourself is go to bed earlier and get up earlier! You may need to re-prioritize how you are spending your time if your plate is too full. Remember, time is what your life is made of, so use it wisely! A flexible mindset is the key to finding where they will fit perfectly into your life.

*“Dost thou love life? Then do not squander time,
for that the stuff life is made of.” ~Benjamin Franklin*

If you are the type who jumps in a new routine with full force only to burn out quickly you may have a power issue. Instead of trying to “run the show” or be the commander in control over your experience, let the experience guide you. Do not try to lead your experience, instead let your experience lead you. Be gentle when you slip and fall back into your old patterns, this is expected. Eventually with enough self-love you will imprint a new program in your energy and thinking!

By using this manifesting routine over time, a true sense of personal power, and effortless manifestations will prevail. What is it worth to feel totally FREE everyday, worthy of your dreams and feeling great about everything? Perhaps a better question is what is it costing you to NOT improve your lifestyle? You are missing out on experiencing the life you've dreamed of. Just 45 minutes of this daily discipline over 90-days will transform your life into a boundless manifesting adventure. There is no need to resist this anymore. Yes there will be a point where you will have dropped the old you, and created a new way of being in the world. This happens usually around the third or fourth week of the routine. If you keep an open mind and stick to it for 90 days I guarantee you will be blown away at what your life has become!

The 8 Habits Manifesting Routine

*"Whatever the mind of man can conceive and believe,
the mind of man can achieve." ~Napoleon Hill*

1. MENTAL and FINANCIAL ROUTINE

The very instant you wake up in the morning, it is time to grab the reigns on the mind's wild horses! Use the first 4 minutes you are awake to relax deeply inside and reconnect with the divine presence within you. After you feel connected to the Source, start feeling (through visualizing) the top 3-5 things on your manifesting agenda as if they have already happened!

Post your Manifesting Agenda and Dream Dialog by your bed so you can read them (if needed) and remind yourself EXACTLY what is on there. You can download a special Morning Manifesting Agenda printout and fill in your 3-5 goals at this link. http://www.EnlightenedBeings.com/pdf/morning_agenda.pdf Be sure to write each statement in the PAST tense and put a date/time next to each goal. You can put copies of this agenda strategically in places where you will read them throughout your day.

If you have ANY difficulty imagining and feeling what you want, imagine a large screen plasma TV in front of you. Notice around the edge of the screen is a magical golden light which helps you to feel and see yourself doing the things you most want to on the screen! See the movie of your ideal dream life happening on

the screen! Rewind the movie, pause it, and re-play your ideal situation over and over. When you can feel yourself IN THE MOVIE as the amazing successful being you already are, relax deeper into your body with the feeling. Know that THIS experience or better will be soon happening to you in an enjoyable and effortless way.

If you wake up feeling down about your life, you are simply focusing on what you don't want which creates resistance to embracing Life the way it is. If this is you, start repeating the word "YES" out loud or in your mind, saying the word "YES" to yourself and about your life as it is. We recommend thinking or speaking this word in reference to your life every morning no matter what! It is positive life enforcing energy that will echo all throughout your day. It is a very powerful and magical manifesting word.

Think about your current situation, your past, future, your body, family, friends, lover, home, planet, everything and say "YES" over and over out loud or in your mind. If you are worried or miserable about something in your past or potential future and say YES as a way of accepting and releasing it, you will stop attracting and repeating it. Whatever we resist persists, and saying YES to your whole life exactly the way it is will empower you to transcend it and create something new!

Saying YES to yourself is a way to let go of your current attachment to the way you think your life is. Practice on your money situation and you will SEE something amazing blossom you out of it. Pretend you made a bold financial breakthrough and a miraculous thing just happened! Feel the excitement of having more than enough money to spend. Feel how EASY and FUN it is to pay all your bills and have LOTS left over! Financial freedom is best felt, visualized and manifested in the morning. You are naturally in a half-dreaming, half-awake space when you wake up. Ask yourself, what does it feel like to be financially abundant and free? Give your body full permission to explore the sensations of DOING, BEING, and HAVING more money and abundance than you have ever had in your entire life! The key to the actualization of your future dreams is allowing your body to indulge in the FEELINGS that your dreams have already manifested!

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do." ~Eleanor Roosevelt

Always prepare your mind the night before by setting the intention about what you are going to get so excited about the next morning. This morning manifesting

routine is key to forming the ingrained habit of affirming what you want, as if it is already here. Once you have experienced this habit every morning for 30 days, your subconscious mind will have completely and deeply accepted your suggestion! You can always add new things to your manifesting agenda, and create a “new and improved” version of your affirmations about yourself. Say to yourself, “I am a powerful manifesting being. I am the Infinite Source of love, money, perfect relationships, and health in my life.” This is a very magical phrase to repeat. We invite you to say it religiously out loud three times and proclaiming it to the entire Universe while looking at yourself in the mirror. Then whisper it to yourself three times in your mind as quietly as possible. Put a FEW of your own affirmation statements on your mirror which say something in the positive such as:

I now have the most amazing loving relationships in my life!
I’ve plenty of money coming in!
I am financially free and abundant!
I feel absolutely alive everyday!
I am in perfect health!
I am FULL of joyful thoughts and ideas everyday!
I absolutely LOVE my life!

You can also post these affirmations by your bed, in the car, and at the office. Here are a few magical signs for you to download. Print and cut them out to put anywhere you want, like the steering wheel of your car. Here is the link again to download your affirmation signs if you missed them in Chapter 3!
http://www.EnlightenedBeings.com/pdf/affirmation_signs.pdf

"Man can alter his life by altering his thinking." ~William James

2. PHYSICAL and ENERGETIC ROUTINE

After your 4 minute mental and financial focus for the day, put on your exercise shoes and clothes! Have a small drink of water; stretch your body for a few minutes and then start jumping up and down. Yes jump, hands stretching high into the air, leaping with joy and excitement about your life! You are so excited because your desires are being manifested! Let yourself feel really EXCITED!!! Yell as loud as you can, “I AM EXCITED! I AM EXCITED! I AM EXCITED!” You are flying up into the air as high as you possibly can, stretching your arms high into the sky, and screaming with joy!

This action is mandatory for the manifesting routine to work. Do this for at least 15 seconds (or as long as you can) EVERY morning 6 days a week. Even after just 3

weeks of jumping with joy you will notice a dynamic shift and increase in your manifesting vibration. Now this is something to get excited about!

So how does jumping with excitement work? Your physiology matches your psychology; meaning that the moment you win the Lottery, jumping up and down is exactly the action you will be doing. So start with experiencing the end result first! If you start your day in the same OLD way, nothing will change. If your body is usually a bit slumped over with your head hanging down, and eyes on the ground, you are probably as happy as a slug in the Sahara desert. It is 10 times more difficult to snap into a high manifesting vibration in that slumping posture, so START jumping up and down! Jump with joy in your heart. We want to hear your excitement all the way down the street!

*"The more you praise and celebrate your life,
the more there is in life to celebrate." ~Oprah Winfrey*

If you are in a situation where you absolutely cannot be outrageously loud, then just imagine that you are yelling, "I AM EXCITED!" so that it echoes throughout the Universe as well as every cell in your entire body and mind. Focus on feeling rather than getting caught up in thinking about what you are excited about. Imagine that everything you wanted on your Manifesting Agenda has already occurred. Yelling quietly in your mind what you want to manifest is a magical way to communicate your deepest desires with the Universe.

If you can't find anything to jump up and down about in life, go read your Manifesting Dream Dialog out loud. If you have trouble getting excited, just fake it until you make it, or pretend it until you transcend it. Just start by imagining what you really want to have manifested. Your fantasy just came true! You just got a phone call and they had the greatest news for you. Notice how your life has changes for the better! It is sooooo amazing right now! You are grinning from ear to ear.

Exercising, PowerWalks, and Dream Dialoging

The next step of this routine is to move your body and do positive programming at the same time. It is not important what type of exercise movement you do. You can go PowerWalking, workout at the gym, ride a bike, jog, do the stair master, or lift weights. You can also stay at home and do push-ups, sit-ups, jumping jacks, dance, or an exercise video. Do anything that you will enjoy doing for 20 minutes! Stick to doing 20 minutes first thing in the morning, 6 days a week. The main key to this manifesting routine is to get your heart and breath rate up and your body

has a good sweat! Exercising in the morning is better than afternoons or evenings. Studies show people who exercise in the morning have an easier time staying trim (and losing weight) because their metabolism is higher throughout the day. When you exercise in the morning, you will have more energy throughout the day than usual.

Whatever type of workout you are doing, push your body to its limit for 15-60 seconds each time you exercise. This can look like 15, 30, 45, and 60 second spikes of extra effort and energy during your 20 minute routine. For instance if you are jogging for 20 minutes, you would sprint for 30 seconds a few times during the workout. If you can't hear yourself breathing you are not really exercising. On a side note, heart problems are always the body's way of telling you are not really letting love in.

Reaching for your threshold helps your bodymind vibration break through old habits of thinking and feeling that are prohibiting your manifesting energy from growing. These bursts of extra energy will stretch your mindbody free from its old energy limitations. If you do not ever push yourself, you eventually flatten out and stagnate your manifesting potentiality. Is having a life you absolutely LOVE worth 30 seconds here and there of extra intense effort to you? Check it out! Spiking is very powerful and the results are for real.

If you ever feel faint, dizzy, or severe pain when exercising, it is your body's way of telling you to STOP relax and slow down. Walk around or even sit down for a few minutes and rest, then start up again. The purpose of exercise is to get your energy moving towards its peak, not to push yourself off the edge. Life is more energizing when you stay focused on the journey, not some future destination. Remember in the broad view of life, there is no finish line so there's no need to hurry up to get there. The journey is our real destination...

We suggest NOT getting on some super strict, "I have to run on Monday Wednesday Friday schedule", but really listening to what exercise your body needs each day. These locked in "have to" routines usually only last a few moons and then we are feeling stuck again. Most of us LOVE variety in life, and want something other than doing the same exercise over and over for months and years at a time. We humans are MUCH healthier with the right amount of variety in our lives. So we recommend starting with 5 different exercises that you could learn to enjoy, and alternating them as much as possible. "Change is the spice of life", a wise gas station attendant once told me as he was handing me back \$1.17 in change. It is amazing how the Universe teaches you amazing things if you are open to it.

If you are like many people and have difficulty even getting motivated to put on any kind of running shoe, you might think about what are the consequences of how you will feel at the end of the day if you don't do any exercise at all, as opposed to if you did? We are not suggesting getting on some strict, "I have to do this schedule", but really listening to what KIND of exercise your body is WANTING with each new day. It may be different EVERY day. Pay attention, do what your body really wants. Not what your Ego wants (which is a couch and a pint of ice cream) find out what you'd like to feel like after the day is done.

Start now by saying NO to any excuse that will postpone you from cheating yourself out of creating this perfectly fit body that you will love! Exercise is MANDATORY for raising your vibration. It is bar none, one of the best energy lifters and stress relievers there are. It will clear out the cobwebs in the mind and free you from worry and anxiety. This is why we recommend that you exercise BEFORE you meditate. It will also release emotional tensions held in your chest, back, shoulders, and belly. By boosting your physical vibration it raises your over all receptivity to the higher manifesting vibrations.

If you are really sick and tired of the body you are living in, and would like to totally transform your body into something else, there are some amazing pictures you must see. Check out the "before and after" pictures on Bill Phillip's website: www.bodyforlife.com. There are also some free download sheets to give structure to your workout routine as well as a million dollar give-a-way for the most transformed body in 90 days! If you are happy with your body as it is, we still recommend that you at least go check out this website and see what is actually possible for your body 3 months from now. It is pretty amazing.

You don't need to have a super-duper Olympic athletic body to be a powerful manifesting being. Yet, a fit and trim body is less prone to being tired, lazy, and unmotivated. Also, a fit body tends to have a higher manifesting vibration because it has more energy than an overweight one. The main purpose of this exercise routine is not to get you prepared for the next decathlon, it is to get the cobwebs out of your mind, and prepare your emotional body to relax deeply inside your physical body. When the circulation speed of your body's blood and breath rate are accelerated, you raise your body's bioelectric energetic output, thus boosting your overall manifesting energy.

The Manifesting Component

While you are doing your favorite exercise, integrate Dream Dialoging or some type of life-affirming technique into this physical routine. This will increase the effectiveness of the dialoging or vibration raising technique. The more physical you are while Dream Dialoging, the deeper the messages are registered in your body as cellular memory. Exercise will also boost your energy level, and make you more excited about your dreams, which improves the quality of your Dream Dialoging.

You always have plenty of time to think while you exercise. So instead of thinking about how hard it is to exercise, you can use your mind to increase your manifesting vibration. Here are some ways you can integrate the manifesting component into your morning exercise routine.

- 1. Do Dream Dialoging out loud to yourself while you PowerWalk, jog, workout at the gym, hike, bike, roller-blade, or are doing yoga.**
- 2. Record a tape of your Dream Dialog or positive affirmations, and listen to it while you exercise.**
- 3. Read an inspirational or empowering book while working out on your favorite exercise equipment.**
- 4. Do any of the manifesting meditations while working out on your favorite exercise equipment.**

Dialoging PowerWalks

It's important to create a manifesting exercise routine that fits you. However, for many people the best place to start is with a Dream Dialog PowerWalk. What is a Dream Dialog PowerWalk? This technique involves you walking powerfully as if nothing could stop you, swinging your arms at a 90 degree angle, and moving your legs triumphantly! To increase the aerobic workout, hold 3lbs to 5 lbs weights or full water bottles in your hands while bending your arms from a 90 degree angle to a 45 degree angle. Practice Dream Dialoging as you walk around the block, through a park, or on a trail. Just get out of your house and move your body powerfully, as if you are worth a zillion dollars.

To raise your manifesting vibration, find (or manifest) a Dream Dialoging partner to do your PowerWalks with. It is incredible what a Dream Dialoging partner can do for your vibration, and every amazing manifestor has someone that supports them

in making their vision feel real. During your PowerWalks, you and your partner are both walking confidently forward, taking 10-15 minutes each to talk out loud about your greatest dreams as if they just happened last night! Always talk about your manifestations in the past tense as if they just happened last week, yesterday, or 10 minutes ago! Whatever you do, STAY OUT of the future tense with this exercise. We want the body to relax into the feeling of the end result. Thinking about your goals manifesting in the future will make your body tense and less of a manifesting machine.

Here's an example of a powerful dialog around a weight loss goal. "It is soooo great to be back to my original weight of 125 lbs! The last two months were incredible because it was easy and fun to let go of that extra 25 lbs! Yesterday an old friend of mine saw me at the store and she could not believe her eyes! She said that I looked like a movie star! I felt really proud of myself! My husband was so excited to see me last night he could not keep his hands off of me! Thank you Universe! My life is sooooo AMAZING!!"

Your partner's job is to be agreeing with everything you say and to be excited for you! Their role is to entice the Dialogor to dive deeper into their fantasy by asking for specific details about the experience. Your Dream Dialoging partner asks questions and makes comments like, "So how was it?", "You got the job? How awesome!", "I am sooooo excited for you!", and "What was your favorite part about that experience?" Your partner's job is also to monitor the Dream Dialogor's language, making sure they are using the past tense.

If your partner is on vacation, you can Dream Dialog to yourself. Doing it quietly in your head doesn't work as well as verbally out loud. Just let yourself go deep into the land of make-believe, and imagine you are telling your Dialoging Partner all the amazing new things that have occurred in your life! Act as if you won the lottery and entered your personal Disneyland for adults.

If it is too cold to get outside and breathe in the crisp fresh air, do some form of exercise inside and dialog away! Do whatever you feel like doing...just move the body. Some form of exercise is mandatory at least 6 days a week to raise your vibration. The exception is if you have a job that involves 6-8 hours of intense physical labor a day. Do anything that will move your body and get your heart-rate and breath-rate up for at least 20 minutes.

Another method of incorporating the manifesting component into your daily exercise routine is to listen to self-help audio tapes or inspirational music. This can be a tremendous asset for reprogramming your mind and making it enjoyable for

years and years. We recommend listening to music that contains ONLY positive, celebrative, joyful or inspirational lyrics. There are MANY groups out there who don't produce conscious uplifting music, yet with persistence you will eventually find a few that resonate with you. Here is an artist we feel has some of the most positive affirming messages we have ever heard put to music that you can actually PowerWalk, dance and jog to. The Love Meditation we discovered at this website was especially tantalizing: <http://www.humaniversity.nl/music.htm> yet all our most favorite music comes from <http://www.mitendevapremal.com>

"Take into account that great love and great achievements involve great risk." ~The Dalai Lama

3. SPIRITUAL and MEDITATION ROUTINE

The biggest cornerstone in the 8 habits routine is creating a relationship with the divine all-powerful manifesting being within you. This connection is made by doing manifesting meditation techniques and through quieting the mind in True Meditation. This daily habit is your personal one-on-one time with the Divine presence. The purpose is to discover the amazing spiritual energy inside all things and consciously contact the cosmic source within you. It is a sacred time for you to acknowledge, appreciate, feel connected to, and explore a higher all-loving intelligence which is inside everything and everyone (including yourself)! Meditation is vital to increasing your manifesting ability since your vibration is dependant on how you think and where your thoughts are focused.

For six days a week, practice a 20 minute (minimum) daily meditation each morning, preferably after exercising. In the mornings, a quiet focused mind is much easier to attain AFTER a good exercise workout than before one. After working out the body, the mind is naturally tired and will have a tendency to let go, allowing you to sink to a deeper level of relaxation. To solidify your manifesting vibration for each day, it is mandatory that you also spend at least 20 minutes in meditation each evening before going to bed. Meditate at a time in the evenings when you have the most energy and alertness. This is usually between an hour after dinner and an hour before bedtime. If you are a beginner, it will probably take you 20 minutes to quiet the mind, so be patient with yourself and this habit. You WILL improve with practice!

You are free to choose any meditation that you feel is right for you. Trust your instincts and go with what feels best for you each day. As long as your attention is

focused inwards, the meditation you choose will be effective. Meditation is how we rest deeply in our being in a conscious way, which in turn clears the mind to open up to those higher manifesting vibrations! The mind will become even MORE creative and able to stay focused when it has had weeks of meditation behind it.

Practicing True Meditation (as described in Chapter 7) is by far the most effective way to raise your manifesting vibration. To master a True Meditative state, you may need many hours of visualizations and breathing techniques to strengthen the mind. The True Meditative state is VERY powerful, and will lead to instant manifestations. Simply by having no mind chatter enables you to fully access the infinite manifesting intelligence and power already within the core of your being. The key to mastering meditation is consistency. Sitting in silence, being deeply relaxed the body, and moving closer into the present moment is totally amazing. It is something you will want to enjoy twice a day at least 6 days a week.

“The whole science of meditation is nothing but centering, moving towards the center, getting rooted there, abiding there. And from there the whole perspective changes.” ~Osho

While you are entering the home stretch of your 20 minute workout routine, prep yourself mentally and emotionally to dive into your meditation for the morning. Walk for at least 3-5 minutes at the end, as if you were down shifting the gears on a car to come to a stop. During these minutes think about which meditation feels most appealing for that day. Get ready to let go of EVERYTHING and dive into the meditation technique you have chosen! This is a way to start priming your inner engines! Just as you need to pump the gas pedal on an old car before you start it, you are priming your mindbody to drop into a profound meditative space. This works extremely well for reaching your optimal depth and creating an expansive experience. By doing this, you will find that the mind will stop chattering and immediately relax when you do sit down to begin your meditation practice. This prep stage is highly effective to dropping into deep meditation with effortless ease.

After your prep stage, take off your shoes and head straight to the location that you have made into your sacred manifesting meditation space. Sit as if you were going to remain there for the next 10-12 hours. Now start practicing your meditation! The key is to experience a super-relaxed body and vigilantly awake consciousness. The technique serves only as a vehicle to transport you to a blissful state of being. Like a taxi ride, you leave the cab when you arrive at your destination. You will know you have arrived when there is a deep silence at the core of your bodymind. Getting there happens when you let go of your mind,

surrender control, and totally rest in your being. If you are on a strict time schedule, set a timer since this can help you relax and let go of watching the clock. Do anything you can to have a worry-free timeless, spacious experience for yourself and enjoy your inner exploration.

"You need not leave your room. Remain sitting at your table and listen. You need not even listen, simply wait. You need not even wait, just learn to become quiet, still and solitary. The world will freely offer itself to you to be unmasked. It has no choice. It will roll in ecstasy at your feet." ~Franz Kafka

Whatever quiets your mind is what works for you! We have given you different vehicles to use if you get bored taking the same taxicab to the palace of pure unlimited potentiality. You will find like anything you practice and stick with continuously, you will get better at it the more frequent you use it. Once you find the silence space using one technique, we recommend staying with it for at least 30-45 days and perfecting it so you can learn how to drop into a meditative state of being with total confidence and amazing speed.

Arriving at a powerful centered inner experience may take you minutes, hours, days, weeks, months or years, depending on 3 factors. The first factor is how many toxic thoughts, feelings and substances you already have swirling around inside your mindbody. The second factor is how curious and courageous you are in exploring the unknown realms of meditation and mindbody mastery. The third is what level of motivation and commitment you have to manifesting an empowered life that you love. No matter where you are in your inner journey, the most important key is consistency and persistence. Taming the wild horses of your mind takes vigilance and devotion, and is yet is attainable with enough patience and time.

Chances are high that your mind will wander to an intense degree unless you are already a profound meditation expert. It may seem to be very busy inside your mind. This is not to be of any concern. A fantastic way to get your mind educated how to reach a state of meditation is by reading, "Breath Sweeps Mind" by Jean Smith. By absorbing a little bit about meditation everyday, you will start thinking about practicing it, which of course will lead to doing it! This is by far the most important thing of all to raise your vibration and consciousness.

As you get into the habit of meditating, you will learn how to relax more into your body's current vibration which allows any blocked energies inside to disappear

rather than grow! The key is to release all judgments about your meditation experience and trust whatever arises. The manifesting power comes from being at peace with everything inside you. In this practice of allowing, you will find the deepest passion, joy and excitement for your life!

"Change happens when the pain of holding on becomes greater than the fear of letting go." ~ Spencer Johnson

4. SOCIAL and INSPIRATIONAL ROUTINE

At least 5-10 minutes everyday, flood your consciousness with material that is positive, uplifting, and inspirational. Take in information that will enhance your experience of inner peace and well-being on the planet. Reading and/or listening to almost anything you would find in the self-help section of the bookstore will help keep you focused on the positive. Listen only to positive affirmation messages, self-improvement audios, and/or resources of enlightened information that you feel opens and expands your being. We have created an extensive reading list of the most enlightening materials that you can purchase over the internet. Check it out at the Enlightened Beings Bookstore which is located at this link: <http://www.EnlightenedBeings.com/bookstore.html>

Reading daily inspirational material will generate a flow of positive thinking about reality and help you believe you can manifest the life you want. If you have no clue where to begin, two life transformational manifesting books we recommend starting with are, "Creative Visualization" by Shakti Gawain, and "Excuse Me, Your Life Is Waiting" by Lynn Grabhorn. Just reading 5 minutes a day will stimulate and re-awaken that part of you that may feel dead or asleep.

Taking control of your mind is about choosing which thoughts you allow yourself to play with and dive into. If you tune into only positive inspirational material consistently for 90 days, you will form more positive experiences and become less resistant to allowing "good things" to occur. Just see what happens in your experiences by allowing the only input into your mind to be from positive sources!

Your attitude is 90% responsible for the success you experience in your life. Because we are already such sensitive impressionable beings, if you wish to have a positive outlook and attitude each day, tune into that same energy on the outer world! You can have a positive attitude about your life everyday NO MATTER WHAT happens! The secret is to remember that everything matters AND nothing

matters. You can have any attitude you want at anytime AND it is easier to create when you are consistently being impregnated by positive information and inspirational energy.

Record an Affirmation Tape

A tremendously powerful technique for raising your consciousness and increasing your vibration is to make your own affirmation and self-appreciation tape. How does one do this? First, write down all the attributes you think others may appreciate about you, along with what YOU appreciate about you. Include everything you want to affirm within yourself that will create a powerful loving life that you love. If you cannot find anything worthy, then make something up that feels good when you read it! Next write down the most important affirmations in the PRESENT TENSE describing who you want to be, do, have and experience. While recording, read each statement with confidence and love in your voice, in the first, second and third person. For example:

**I am a powerful manifesting being.
You are a powerful manifesting being Margot.
Margot is a powerful manifesting being.**

Record your affirmations in a slow relaxing voice (it sinks into your subconscious mind easier) and it does help if you have a genuine smile on your face while reading. Before you start, get yourself in a truly joyful state of being! Meditate on how powerful it will be to truly manifest and be living in sync with everything on your tape! When you are in a happy fun loving energy, that attitude and emotional information gets recorded too, and it becomes something inspirational that you will enjoy listening to again and again.

Make your tape in a way that brings a sense of lightness and creativity into your being, and feels FUN! The most important thing is to listen to it again and again until you are living it! We recommend reading, listening to, and feeling these affirmations for at least 40 consecutive days in order to reinforce these powerful life enhancing messages. You will find that they will bubble back up to be enjoyed when you least expect it! Spend any extra time you have in your car listening to your tape. This is the most effective and efficient way to reprogram years of negative thinking.

If you want to experience a variety of mind expansive affirmations, there is an extensive list in my Ebook, "Daily Affirmations for Manifesting a Powerfully Magical Earth Loving Life". You can download this Ebook at the link: <http://www.ManifestingVibration.com/affirmations.html> Containing over 200

enlightening, mind opening and life transformational thoughts, it is focused on giving you the best experience here on Earth! Here are a few affirmations the Ebook that will help you find inner peace and relax deeper inside yourself.

I am at peace with myself, the world and everyone in it.

The Universe is a safe and loving place.

I choose only thoughts that give me peace.

"To some extent, conformity is insanity."

~ John Nash "A Beautiful Mind"

Retire Your T.V. Watching television will weaken your mind's imagination and creativity muscles, which ultimately will deaden your manifesting powers. Do you really want to learn how to manifest? Unplug your TV for the next 90 days or more! When the outer TV goes off, your magical inner visualization TV goes on! Even the background noise of having it on drains you from staying centered and dialoging your Manifesting Dream Agenda. Those commercials make you think happiness is attained from acquiring something in the outer world, while your poor inner world is left dry and unfulfilled. Have you ever notice how dead and empty you feel after watching hours of TV? Turn it off! It is time to get off your butt, take inspired actions, and start manifesting your life dream!

Of course there are a few TV programs that are truly uplifting, inspirational, and educational. Yet, the time you spend focused on their message is time taken away from visualizing YOUR dream life manifesting into reality! Isn't the reward of manifesting your BIG dream worth much more than seeing your favorite show again? You are wasting your life being entertained by other people's dreams and illusions! Prioritize! Focus your energy ONLY on your Dream Dialog and you will see it come to life! It actually is quite soothing to be free from the buzzing mind sucking television. Who knows, you might really enjoy hanging out with yourself.

"The greatest gifts in life are the friends you have." ~Veeresh

Your Ideal Social Agenda

When we live with a healthy balance of time spent within our own cave and out socializing in the world, something magical happens with our energy. We start to

experience quantum leaps in our vibration and intimately learn about ourselves, our Ego trip, and what an amazing being we truly are! It is important to connect with other beings intimately and have a social life. People are our greatest mirrors, and reflect back what most need to see, understand, and learn about ourselves. The following is the optimum structure for allocating your time spent connecting and socializing with other people. Ideally everyday you will want to spend 1/3 of your time alone, 1/3 with another, and 1/3 with a group of 2 or more. We say “ideally” since it may be unrealistic and pure torture to try and meet these requirements exactly to the minute everyday, yet it is a fantastic social formula to shoot towards to create an amazing inner and outer balance in your life.

Spending 1/3 Time Alone

Create a sacred time for yourself to be alone everyday. Alone time is for you to meditate, read, write and explore who you are more intimately. This will bring an awesome state of inner peace to your life. Early mornings and evenings can be the best times since many people are not awake yet. Practice exploring feelings inside your body, sensations of pain, openness, tightness or warmth. This is a time for you to connect with, heal, and give love to yourself! It is good to consciously take a look back into your past and remember all the experiences you have had. What are the experiences you feel are important and make up who you are? Be curious and conscious as you explore yourself. Find a profound acceptance for who you are and what your life has been about so far.

Alone time is sacred when you are fully experiencing whatever it is you are doing. It can consist of doing anything alone. If you are washing dishes, feel the warm water and slippery soap gliding through your hands. Listen to the sounds the water makes. Be present to your experience, whatever it is. The more present you can be, the greater you will naturally raise your manifesting frequency. It is good to keep your mind quiet when alone. An open heart and a relaxed body is MUCH easier when you are IN your body doing whatever activity you are doing, instead up in your head.

Being relaxed and present will connect you to the infinite Source of who you are which cannot experience loneliness. If you have difficulty being alone then it is one of the best things you can do for yourself. Consciously choose to make time to connect with your inner self. Break through the fear and go spend time alone! Loneliness only happens when the mind is obsessively thinking about the “other”, attached to some imaginary past or future thought, or wishing things were different than the way they are now. Longing for someone or dreaming about the good old days is a way of saying that the infinite loving Universal Source is not here now. If

you are thinking life used to be better than it is now, you are missing out on your life and all the amazing opportunities that are happening in this moment!

Spending 1/3 Time with Another

Choose to connect with and be socially intimate with one special person in your life everyday. It may be the same person everyday for many weeks, months, and years, or perhaps a fresh new person everyday. Do whatever feels right for you! Just reach out and connect with someone you feel there is a connection with. It is good to meet with people who have those qualities that you would like to cultivate more fully within you. Those who are generally positive, fun-loving, and have a sense of humor will be easier to connect with and more naturally excited about life. If you do not know someone who fits this description, it is time to get out and swim around a bit in your social fishbowl! We challenge you to stir up a new conversation with someone you already think you know, and open yourself up to create a more intimate, honest, and authentic connection with them.

We have found that the fastest way to make new friends is to ask them sincere questions about their lives and be genuinely interested in what they are all about. In time they will return that same interest in you. If they don't, and can only talk about themselves, tell them what you are experiencing with them. If they are still stuck on themselves, refuse to soften, and open up with you, just let them go from your life. There are many other animals in the ocean to play with. If you feel an imbalance in their ratio of talking versus listening, gently bring it to their attention. This radical honesty approach will do more for you long term than hiding and pretending you are enjoying the relationship. A large part of feeling successful as a human being is having honest relationships, and practicing your natural ability to create an amazing relationship with anyone you meet. This is described in more detail in Chapter 11 on Manifesting Amazing Relationships.

If you are with someone who is stuck on being a complain-a-holic or insanely negative about everything, ask them gently to focus on what they want instead of what they don't want. If they cannot keep this commitment, then let them go from your life! There is a reason why there are billions of other people on this planet to choose from. Choose your friends based on how they treat you and others. Are they the kind of people you want to be like? Your vibration depends on having healthy boundaries with yourself and others! Your job is not to be an energetic doormat for people to wipe their feet upon. We have found that the attitudes and energetic vibrations of those we choose to associate with greatly impact each of our manifesting vibrations. So open your heart wide and let in all those positive

thinking enlightening beings out there in this world!! If you have trouble meeting a high vibrational being it's because your energy is wrapped up in some negativity about your life. Raise your frequency and you will attract someone on this higher vibration. There are more enlightening people in your community than you may know.

Spending 1/3 Time with a Group

The group energy is a VERY powerful tool for raising your vibration, especially when the common agreement is made that each individual is accepted as they are, and feel free to express themselves as needed. This means you don't take responsibility for anyone's emotions. If someone is having a bad day, let them experience their thoughts and emotions so that they can take responsibility for the experience they are creating. There may soon come a time when you have a bad day and need the quiet loving support of others to help you look inside yourself.

Meeting as a group will strengthen your vibration collectively as well as support the overall vibration of the individual. It creates more mental and emotional stability for you to take your manifesting vibration to the next level. It is vitally important that there is no judgment of any individuals in your group and everyone is supportive of each others awakening journey. It is a time to be FREE to explore you with others and express yourself as the kind of person you want to be!

The group dynamic is there for you to explore all the many parts of yourself and allow you to impact the world energetically with your inspirational presence. Groups are to challenge you, engage you, and inspire you to be totally outgoing in this world so that you can also be inwardly focused, quiet and introspective. The practice of these polar opposites creates more maturity, a deeper dimension to your being, and as well as keeping psychological doctors far away. This may feel like embodying a combination of a Zorba the Greek (a wild party animal) and the Enlightened Buddha.

Create your own Manifesting Meditation Group

Make the commitment to create your own weekly manifesting group! This is an AMAZING way to increase everybody's vibration!! The group will be devoted to getting together once or twice a week with 2 or more people who are open to raising their consciousness and manifesting vibration. The main purpose for meeting is to practice Dream Dialoging, quieting the mind through meditation, and connecting with people to deepen empowering and supportive relationships.

When picking your groups members, choose wisely for they may be with you for a long time. We recommend choosing people who are the most genuine, light-

hearted, open-minded, and devoted to their spiritual growth. Choose those who excite you and are also relaxing for you to be around. Pick people who are more likely to become inspirational rather than critical, and will create more enthusiasm than lethargy in the group. With this honest open supportive group dynamic everyone will experience an increase in their energy and vibration.

Start off the group with a “sharing circle” where each person has a chance to share what is going on in their life. Place a candle in the center of the circle with a rock or talking stick (symbol) next to it. Whoever picks up and is holding the symbol is the ONLY person who gets to speak about their life for the next 3-5 minutes. Silence is an amazing healer for the speaker and listening to others talk can be just as enlightening as sharing. Like a mini weather report, this is a time for each person to check inside and share what is going on. When each person is finished speaking, they place the symbol back into the center for the next person to pick up when they feel moved to speak. This silent (no feedback) format allows you to find those real answers inside yourself instead of being bombarded by everyone giving unwanted advice to you.

After the sharing circle is completed, it is time for the weekly appointed leader to start the Dream Dialoging session. Allow for at least 7 minutes per person to talk about their Dream, while everyone jumps in spontaneously with questions and catalyzing comments. After everyone has had a turn Dream Dialoging, the leader gets to lead the meditation of their choice. The meditation could be as simple as sitting silently “being with what is” or anything that brings the mind into the present moment such as dancing, chanting a mantra, or focusing on the breath. We have even done meditations on the experience of “impermanence”, which after 15 minutes leaves you feeling an absolute reverence for everything that is here now.

We recommend changing leaders each week so that EVERYONE gets a chance to facilitate whatever meditation they want. We rotate alphabetically on a first name basis to keep it easy. This changing of leadership creates an alive dynamic energy in the group that can keep the group alive for years! Otherwise the group energy can become imbalanced and stifled. If one person is always leading, they can experience too much pressure to perform and never have the chance to fully relax into the meditations. Furthermore, the members can also feel a lack of control, become bored, stop actively participating, or become lazy. Rotating leadership in alphabetical order on a first name basis is a great solution to knowing who gets to lead the group next week.

If you are accustomed to feeling lost, out of place, or disconnected in a group of people, start focusing on how grateful you are to be able to connect with other

people about this experience called life. Your fear of opening up yourself and speaking in front of many people will fade with time. Just be yourself. You will eventually feel a sense of freedom, pleasure, and peacefulness inside. The group consciousness always has a way of supporting each member with what they need to experience even when we do not agree with what is happening. Like being in a school of fish, let the group guide everyone in the direction it most wants to go. It has a life of its own!

*"To be a warrior is to learn to be genuine
in every moment of your life." ~ Chogyam Trungpa*

5. EMOTIONAL and SENSUAL ROUTINE

Emotion is the vibrational energy and actual power behind your manifesting vibration. Just look at the word E-motion, it stands for Energy in motion! Thoughts and emotions arise within us simultaneously, and when we allow for ourselves to FEEL what we are experiencing (whatever it may be) it takes our vibration to a whole new level. Experience = Thought + Feeling. If you hold back on the feeling, you detract from your overall experience! Diving into and fully exploring each experience is the greatest way to open up and enhance your entire bodymind vibration.

Make the commitment to start feeling the emotions you do not allow yourself to feel! Those who cry hard, laugh hard. If you hold back from feeling something deeply negative, it becomes equally difficult to experience great joy, love or bliss. Take the risk and experience your LIFE fully. Let go of being in control of your feelings all the time! This will open up your bodymind's energy valves and expand your overall energetic state. Of course, this does not mean verbally expressing every single negative feeling that arises to other people. Like a boomerang, what you throw out always comes back. There is a much more enlightened way of dealing with our inner junk. Here's how you go about it.

*"For every minute you are angry, you lose
sixty seconds of happiness." ~ Ralph Waldo Emerson*

When a situation triggers you emotionally, allow yourself to experience the feelings that arise and just sit with them. Consciously breathe and relax into them. Ask yourself if this is something you would like someone else to throw back onto you? If yes, then express it. If not, breathe deeper into it and feel where it is physically registering in your body. Notice the sensations that are present and breathe into

this place. Be aware of the thoughts, judgments and images related to this feeling, let them go, and stick to feeling the feeling! If you feel like a volcano that is ready to burst and cannot contain your emotions, take 10 deep breaths and imagine that you are taking 3 giant steps back from the situation until you feel safe and calm. Visualize anything that makes you feel at peace or will enhance your inner calm. If you are in a highly charged situation, it is also good to physically walk away. This allows you to detach from expressing your feelings and opens up the space to experience them.

When relating with people at home or work, take time to feel and connect with them. Be open and connected with the people you live, work, and commute with, including those who sell you food at your local supermarket! Break out of any tight, cold, emotionally protected patterns you may be in. Take the risk to express yourself emotionally with everyone from a centered conscious place. It will melt your Ego's walls and keep your Ego from defending itself against illusionary enemies (judgments) which it has invented in the outer world. This opens up your manifesting vibration in enormous ways!

Let yourself physically and emotionally touch others and be touched by others. Give and receive more physical contact with other human beings in 3 months than you have in your entire life! Gently touch each person randomly while talking with them. Let them know through your touch that you are listening and that you care. Always connect with people by looking them in the eyes when in dialog.

Give and receive 3 hugs everyday minimum! Give hugs generously and spontaneously. When you meet someone for the first time, we invite you to open your arms and give them a warm welcoming hug! Drop that heavy societal mask that is afraid of embracing other people out of fear for what they will think. Everyone needs a hug. Give a gentle soothing hug to those people you truly love everyday such as your kids, your mate, a new friend, old friend, distant family, close family, mom, dad, co-workers, and even your boss! Hugging your boss will really break you out of that cold distant frozen world you are used to living in. Most importantly of all, remember to allow yourself to receive a hug each time you give one.

*“The smile on your face is the light in the window
that tells people you are at home.” ~ Author Unknown*

When you are on the phone or talking in person with someone, allow for an inner and outer SMILE to form. Send out many uplifting, empowering enthusiastic

comments to the person you are speaking with. We challenge you to even practice this with that marketing guy who calls you late at night and does not listen to you at all. Give him an ounce of compassion and a smile! Take the risk everyday that others may brand you as being a ridiculously happy person. The more love and happiness you transmit to others, the more your body experiences it on the way out. Generously giving joy and love irregardless of WHO the person is will raise your vibration to the highest levels!

This joy giving technique opens the heart Chakra and turns ON the manifesting juice! Practice connecting with others openly with your heart. Focus on what you like about them, instead of what you don't like or want to change about them. Imagine your heart and theirs are two radiating spheres of golden light, connecting through a flowing river of warm soothing golden goodness. Relax and enjoy being with them, whoever they are. When connecting with others, be open to their opinions and suggestions about things, while also remaining independent and free in your thinking.

Greet each person you meet with love, and share your excitement with them about your life. Be real with them. Don't hide or withhold yourself in fear of stepping on their belief systems. If people get upset by something you say or do, that is THEIR issue that THEY get to deal with. Be curious about what they are experiencing and be open to exploring what your body is feeling when they are upset or triggered. Empowering others means you are letting them be responsible for every feeling and experience that arises inside their mindbody no matter what! Do not create a wall or try to shield yourself from any experience. This would just make you feel cut off from the Universe and your vibration. Be like a flute, allow every emotion to play through you.

One of the most major and often over-looked secret ingredients to awakening your manifesting powers has to do with your sexual energy. Allow yourself to experience yourself as an alive sensual and sexual being all day long. Try it! Be radical and brave. An absolute requirement for your highest manifesting vibration to awaken is that at anytime you can allow yourself to feel a deep sensual flow of energy throughout your entire body. By letting yourself explore these sensual and sexual feelings anytime they arise, in any circumstance or situation, you gain the ultimate sense of freedom. This does not mean being uncontrollably sexuality excited and overly aroused upon seeing another to the point of becoming an unconscious sex animal.

Sexual freedom is a state of permission, trust, and relaxation about this natural energy, which has been insanely suppressed in the world. When you choose to be

sensually alive there is an inner openness that includes an enjoyable and safe exploration of your entire body. Make the life enhancing commitment today to be sensually free to experience the sexual being you already are! This vibration-raising energy will create more health, wealth and joy in your life and others.

If you are not comfortable experiencing those pleasurable sexual sensations, you are strangling your energy channels and thus your desires have difficulty manifesting. When you are experiencing those exotic erotic feelings within you, the manifesting floodgates are opened. Your body's 6 senses of touch, taste, smell, sight, hearing, and intuitive perception function more effectively when you are sexually alive. The more you allow yourself the freedom to FEEL life through your senses, the more connected you become with the Universe and profound your manifesting powers will be. Remember always, you are a sexual being and it is wonderful to experience this energy inside. Give yourself permission to sensually walk, talk, eat and drive. The more often you do this, the faster your body will remember how to naturally manifest its greatest desires and dreams.

“Better keep yourself clean and bright; you are the window through which you must see the world.” ~George Bernard Shaw

6. POWER FOODS and EATING ROUTINE

If there is one quick-fix to raising your manifesting vibration it is changing what you put in your mouth. Make the commitment right now that 70% of your diet is raw foods that are organic vegetables, fruits and "alive" water based (did it grow?) POWER FOODS. We believe that since the human body is made of 70% water it also requires 70% of its diet to consist of water based foods. Stick to this for six days a week and you will notice a HUGE difference in mental clarity and energy. Yes, we recommend giving yourself that ONE vacation day each week where you can eat ANYTHING YOU WANT! This “free day” allows your bodymind to relax deeper inside AND stay disciplined on a 70% raw food diet for years.

So what about the other 30% of your eating routine? We follow the 70-10-10-10 rule, which is 10% fish and other sea creatures, 10% all organic free roaming red meats, eggs, and chicken, 10% all-natural rice, nuts and grains. We recommend getting calcium from dark green veggies instead of milk products, yet you do have your one day each week if you're a big cheese lover! It is VERY important to only buy products that are organic, all-natural and free roaming. Studies have shown that the diet, living conditions and the way animals are killed in captivity reflects the negative or positive effects that meat will have on your bodymind. We have

personally noticed a SURGE in anger and negative emotions whenever we ate any meat that was not 100% free roaming and organic. If you don't believe us, check it out and see for yourself.

Everyone's body is different and has unique needs, so the ideal eating routine will slightly vary for each person. You may be deficient in specific nutrients that others are not, so listen closely to your body! Pay attention to what your body (not your tongue) is craving to eat! If you do not have a clue, sit with the food for a few minutes, feel it, smell it and again imagine what you feel like in a half hour after you have snarfed it down. When you stop and FEEL what the food will do to you, you will only purchase foods which you KNOW will make you stronger, lighter, and an increased sensation of natural health! A veggie-only "vegan" diet is great, yet can stress the body over the years and be difficult to maintain 100% total health. Fish and meats provide a grounded feeling for the bodymind which you'll need for deepening your vibration through the next level. After several months on this 70-10-10-10 eating routine you will stop craving toxic junk foods, substances, and even refrain from having negative thoughts and emotions. Eventually you will rid your body of all the excess toxins stored in cellular memory and fat that has been there for years.

There is sooooo much information out there on what you should or shouldn't eat that the simple act of eating can be quite overwhelming. When choosing what substances you put into your mouth, remember the most important is how your whole body responds 20-30 minutes after its consumed and digested. Your body is your manifesting machine, and to reach its optimum performance requires the right fuel. The foods that please your taste buds may be their best friends, yet your body's worst enemy. If your body feels tired or has an allergic reaction after eating something your taste buds LOVE, (like candy, and cookies) its about time to tame your ego and give them up. You'll feel more energy, a quieter mind and a deeper mindbody connection without this as one of your 5-6 meals. Listen to your body and what it needs. Respect the body and the response it has, stay away from foods that cause any uncomfortable feelings, emotional imbalance, or physical pain such as indigestion and you'll see your vibration grow higher than ever before.

There is some truth to most diet programs, such as choosing foods based on your blood type, low fat, low carbohydrate and high protein diets. If you're having trouble touching your toes and feel its time to lose that extra weight you've been lugging around, it all boils down to the amount of total calories you eat and burn off through exercise. Having extra physical weight can be very heavy on the mind,

and cause your manifesting vibration to stagnate in its potential unlimited growth. The easiest weight loss diet is to cut down on the amount of food you eat in each sitting, which will shrink the size of your stomach (and hunger) over time.

By becoming very quiet inside, you can learn to distinguish between what your taste buds want and what your body truly needs. Ask your body before you put anything in it, "Is this healthy for me?" and listen for a very subtle response of expansion or contraction inside. If your body feels more open and relaxed, take it as a big YES. A NO response is when your body contracts. If you cannot hear anything your mind is probably too busy chattering about other issues. After about 3 weeks of consistently quieting the mind for 20 minutes every morning and evening, you will be able to hear the difference easily. If you are having trouble deciphering your body's signals, we suggest visiting an Applied Kinesiology expert or someone who does muscle testing. They will "ask" your body through testing your muscle strength what you need to eat more of and can't have another bite of. This test can be vital to your health, and could even save your life.

What you put in your mouth GREATLY affects the kind of thoughts and feelings that rise from within you. If you don't have a clue as to what to eat, a good rule of thumb is eat foods that are simple, basic and easy. These include items that are primarily fresh such as fruit, vegetables, nuts and an occasional fish. Create a list of all the wholesome raw or "alive" foods you love to eat and stick with them! It is best limit your dairy intake and get your calcium from fresh leafy green vegetables such as spinach and kale. If you buy processed foods for your day off, read the label! If the ingredients are LONG and have many complicated un-natural words you cannot understand, put it back on the shelf!

We are not saying to never eat chocolate cheesecake again. It is important that you discipline yourself 95% of the time with what you eat and occasionally let yourself have that dark chocolate here and there. The desires we suppress will eventually need to get expressed in some other way. Have you ever noticed that when you constantly resist eating something, your mind obsesses about it and your body CRAVES it? It is best to give yourself permission to dive into your desires ever so often and consciously experience them.

For most people the biggest obstacle to mastering this section of the 8 habits routine is their unhealthy relationship to food which may even take the form of a food addiction. To transcend food addictions, let yourself REALLY taste and experience each bite of that "double chocolate cake" (or whatever it is you cannot have) and eat it SLOWLY! Soon you will notice that even a small amount will satisfy that craving. If you have the old habit of not tasting each bite and are

gobbling down everything like a starving pig, STOP and practice being CONSCIOUS! Start savoring each bite! Food is here to be enjoyed and if you inhale your food your body does not have time to register feelings of satisfaction. Chew each bite at least 17 times before you swallow. Sit and take at least 15 minutes to consciously eat each meal. The key to getting more energy and nutrients out of your food is in the time spent chewing. Let yourself enjoy the experience, smells, tastes and sensations and your diet will become VERY fulfilling! You will eat less, have better digestion, more energy and feel a wave of HIGH vibrations for the next few hours or even days.

The second step is to eliminate any negative thoughts and feelings you have about food, and start to REALLY enjoy eating! This may sound contradictory, yet when food is not enjoyed it is resisted and will lower your vibration just thinking about it! Food is a fun part of being alive! What is that perfect relationship with FOOD that you most want to have? Think about the qualities of a healthy, balanced, and honoring personal relationship. How would you like food to assimilate and relate with your bodymind? Eliminate obsessive thoughts and feelings of being desperate or needy, that just represents a lack of letting in love in your life. Choose feelings of being empowered, respected, and free!

The 3rd step to improving your relationship with food is to meet the basic nutritional requirements of your body. Your body goes into a demanding craving mode when it lacks any critical nutrients, and junk food is often the most available food around. Un-natural processed junk foods may be greatly Ego-satisfying, yet they keep your body from truly relaxing and your thoughts and emotions will tend to be contracted and fear based. It is much easier to think and feel deeply positive about yourself when you have satisfied your body's nutritional needs.

The fourth step to letting go of a food addiction is to explore why you have an on-going desire for more food. What emotional needs are these foods "satisfying"? Many people use food to fill up a feeling of emptiness or lack of love inside their soul. If this is the case for you, implementing a regular meditation routine will fill up this negative state of emptiness once and for all! Food is an illusory quick fix, and will never provide you with deep love and inner satisfaction.

How much should you eat everyday? Studies show your body actually creates a higher metabolism (more manifesting energy) if you eat ONE fist sized portion of food at 5-6 times a day. This means you'll be having a one hand size healthy snack (fruits, nuts, veggies etc) every 3-4 hours. This habit will help you lose extra fat (if you have any) and eliminate feelings of being too full nor sloth-like after a meal. Frequent eating keeps your metabolism up so it is actually difficult to gain

fat. Observe your body's signals when it is hungry and when it is too full. Be careful to never overeat. Overeating causes you to be lethargic, lazy, and lowers your manifesting vibration and higher thinking abilities. Make a commitment right now to never stuff yourself.

"The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge." ~Martin Luther King Jr.

Your body needs a certain amount of nutrients every 24 hours to sustain optimum energy and power. Research has shown that malnutrition is the leading cause of lack of energy, focus, and a major cause of dis-eases contracted within your mindbody. The older you become, the less food your body needs. Studies have shown that if you eat the same amount every year and don't increase your exercise, you will gain 5 pounds every year!! They've also found that with aging process you body will be using more and need more vital nutrients. This means minerals, vitamins, enzymes, etc... A quick remedy to this problem is to take vitamins everyday no matter what. However, most vitamin pills you'll find out there do not become 100% absorbed into your body. A majority of the vitamins on the market have at best a 20% to 40% absorption rate into your bloodstream. The best vitamin source is in liquid form, which will allow your cells to absorb up to 98% of the nutrients. We discovered this in the year 2000 and since then, liquid nutrition is the first thing we put into our bodies every morning. We both have noticed a HUGE difference in our energy, alertness, and a greater mental and emotional balance throughout the day.

There are many liquid vitamins to choose from. The one we found that works most effectively is a 100% natural organic whole food combination of cold pressed Aloe Vera extract and a variety of 9 different sea kelps or "veggies from the sea". Seaweed and Sea Kelp are bar none the BEST foods you can put in your body. We found one company that also chooses to cut its kelp from the most pure and pristine oceans in the northern pacific. They are also ecologically aware and very environmental about how they cut their kelp only from the tops.

This product we've discovered is called Body Balance and is made by a family owned California based company called Life Force International. Body Balance is the most amazing product, which over 5000 doctors have recommended drinking it to maintain a healthy constitution. The variety of sea veggies contains 120 vitamins, minerals, micro-minerals, enzymes, amino acids and other micronutrients that keep your body nutrient-rich and support you in remaining energetic, healthy

and dis-ease free. It also has a touch of black cherry which actually makes it taste delicious. You can order Body Balance via the internet by clicking on his link: <https://lifeforce-intl.com/index.asp?rpin=20420994>

You will be amazed at how your manifesting vibration skyrockets by implementing this health conscious eating program. It will decrease the number of times your body gets sick each year, feels stressed, or even contracts a major disease that would eventually kill you. So if you want to enjoy your life more fully, make a commitment to implement a healthy eating routine today! If you would like further information on food and nutrition, we recommend exploring a website called <http://www.westonaprice.org>. Weston Price was the founder of this organization many years ago and was way ahead of his time. His information is "priceless" since he spent the majority of his existence learning about food, farming, and the healing arts. Enjoy!

*"Who so loves believes the impossible."
~ Elisabeth Barrett Browning*

7. DETOXIFICATION and PURIFICATION ROUTINE

Just from living in society your body is dealing with toxins from polluted air, water, food, substances, media, people's emotions, and mental jargon. Toxic substances lower and retard your manifesting vibration. Your body has to spend energy eliminating toxins instead of being able to tap into its vital inner resources and increase its overall vibration. Even the occasional weekend drinker or smoker will struggle with manifesting their dream life since they will have to rebuild their vibration back up each week always starting where they left off. The drug induced high from cigarettes, alcohol, or any drug creates a hazy lazy vibratory level which takes anywhere from 5 to 30 days to get rid of completely. One crazy night out once in a while can be good to loosen up the mind, yet repetitive use turns easy into addictive dependency on nicotine, alcohol and drugs which will always dampen your connection with your spiritual source of real power.

If you are an occasional drinker or smoker who thinks nicotine or alcohol is not THAT bad for you, think again! Your brain has been altered and deeply hypnotized by the affects of these drugs. There are so many negative side-effects for months (& even years) down the road if you saw the list it'd truly terrify you. As far as raising your Manifesting Vibration, toxic substances weaken your natural psychic energy shields that protect you from many of the emotionally disturbing energies found in society. They create a general blurry focused mindset that has a

significant impact on actual results forming from doing your manifesting routine. They leave you feeling emotionally vacant, empty and needy. How many alcoholics or drug addicts do you know that are fulfilled on the inside, are amazing manifestors, and are engaged in healthy relationships that they love?

You may be wondering how anyone could be addicted to something that only causes harm? The chemical substances from using any drug create a “traffic jam” in the brain, which induces a temporary connection to our Source since we have momentarily stopped the mind from its normal ego desiring and chattering. The repercussion is of course the “hangover” where you come down even lower than before off ANY drug. This painful stage is caused because your bodymind has to tighten to squeeze out the toxicity. The over-tightening causes a lot of stress inside, and a bodymind without relaxation will create a lack of energy, an inability to focus, and a dis-connection to your infinite spiritual Source.

If these toxic substances are repetitively leaned on for temporary “ego freedom” a major congestion of energy happens in one’s bodymind. This is like a 100 mile traffic jam which creates such a dense roadblock for any energy you may feel permanently cut off from your flow of connection to your divine Source. Repetitive use will lead to the manifestation of a physical illness or disease if the freeway is not unplugged. When your system is cleared, it feels like a free flowing highway where there is no traffic and seemingly no cars on the road.

To raise your manifesting vibration, eliminate toxic substances completely from your life (beer/alcohol, soda/caffeine, cigarettes/nicotine, drugs) and replace them with healthy substances such as herbal teas, 100% juice, water, and air! Start your day by making a cup of herbal tea (instead of coffee) and picking up that inspirational book instead of the emotionally toxic newspaper or T.V. Carry a liter of water EVERYWHERE you go, you’ll be amazed how thirsty you actually are! Drink purified water constantly throughout your day. It is more likely that you are drinking too little water than too much right now. Water will detoxify your body and mind, which helps you to stay focused.

Eliminating the toxic substances in your life includes the negative thoughts and emotions you have about yourself and others. When a negative thought arises, dive into the experience of it, release it, and replace it with a positive life affirming statement. For example, if you think “I am scared to meet new people, they are judgmental and uncaring”, feel what it is like to be scared, breathe it out of your body, and on the in-breath replace it with “I am excited to talk with new people, there are friendly people out there who are really fun to be with”.

One of the fastest ways we have discovered to purify the body, quiet the mind and access a divine connection to Source is through doing a vegetable juice and/or fruit juice fast. As long as you are in good physical health, giving your colon and digestive system a vacation will provide you with more energy and mental clarity. It is important to make sure that your body has a rich supply of vitamins, nutrients, and minerals before and during any fasting cleanse. Consult your doctor about doing a fast if you are diabetic, have an illness, or are taking medications.

If this is your first time choosing to not eat food, we recommend starting with a 36 hour fast. You can build up to 72 hours the next go around. This can lead to an experience of a high vibrational state of consciousness and immense clarity. Food is a substance that keeps you grounded in your body. When you are without it, you may feel as if you are floating on air. It is important that you abstain from working, driving any vehicles, or doing hard manual labor while fasting. This is a time to rest, relax and cleanse out your entire bodymind.

Prepare for your fast by purchasing your vegetable and fruit juices beforehand. Start in the evening with a light dinner, such as a salad or vegetable plate, and for breakfast the next morning begin drinking only vegetable juice and/or fruit juice! We recommend taking liquid vitamins while fasting. For lunch and dinner continue with this liquid diet until the following morning when you break your fast with eating a piece of fruit. It is best to plan on a light lunch and dinner that day. Good light foods can include salad, soups, or rice and vegetables.

If you are not used to fasting, you will notice that your Ego (mind) will initially be very loud with complaints, problems, and issues that can make you feel insane. This friction is where the greatest inner growth is possible. Be gentle with yourself and constantly redirect your focus on your connection to the divine Universal Source flowing within you. Remember to breathe deeply and drink as much as you want. This is NOT about starving your body of nutrients. This is about getting in touch with the ever demanding Ego and showing it who is in charge! If you really want to see a truly AMAZING shift in your vibration and consciousness, do a 36 hour fast once a week for the next 90 days! This will really show the Ego who is in charge and provide you with more energy, insight and life clarity than ever before.

During your fast go for a walk, read or listen to a chapter in an enlightening book, sit and meditate, talk with a friend, relax, and just enjoy your day. Do nothing! This can be very difficult for the Ego, yet again there are great rewards to being disciplined. Fasting is a great way to push the Ego aside, clean out the mind of its clutter, and start a fresh new way of vibrating in the world. An incredible clarity and

feeling of ease will come to you during this Ego-training. Always make the main intention of your fast to connect on a deeper more intimate level with yourself and the Universal Divine Source. Stay away from parties, restaurants, or social situations where you will be tempted with food. Have fun exploring your inner world and remember you will soon eat again!

"It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change." ~Charles Darwin

8. SLEEPING AND DREAMING ROUTINE

A full night's sleep is a key pillar in the foundation for a strong manifesting vibration. The old saying, "Early to bed, early to rise, makes you healthy, wealthy and wise" has a lot of truth in it. Getting up with the sunrise is a significant part in taming your Ego and increasing your manifesting energy available to you. Those HIGH vibrational blissful feelings and thoughts are more easily attainable when there is more energy accessible. Getting up earlier so you have plenty of time to experience the entire morning manifesting routine is a HUGE factor to helping your manifesting techniques to work. It is amazing how a little energy put into a commitment and devotion to one's morning will go a long way.

How does one experience a perfect night's sleep? The first step is to learn how to relax deeply inside your body. Meditation is great for learning this art of inner relaxation. The ability to relax into your physical body comes from feeling safe, protected and nourished by this conscious loving alive Universe. Perfect physical, emotional, and mental health are the results of trusting the Universe enough to let go deeply and truly relax.

"It is not enough to be busy, so are the ants. The question is: what are we busy about?" ~Henry David Thoreau

Why do you need sleep? Is it just important that you "recharge" your batteries so that your manifesting vibration can reach its peak potential? No. There is more to it. Restful sleep is a gateway to your ultimate state of imagination. Sleeping is your chance to explore the Universe and the many dimensions of your own being. The world of dreaming is a door to experience your unlimited potentiality and higher consciousness!

How much sleep do you need each night? Some enlightened masters who live in a constant state with their higher connection to Source don't actually fall asleep at

night. Their body's energy and vibration is in a deep connection with the Universe Source throughout the day, which replaces any need for sleep completely. You actually do not need sleep if your mind is in a continual state of non-resistance and flowing with every experience that arises. Almost 90% of your dreams at night are simply processing out the barrage of information and emotional garbage accumulated in the subconscious mind throughout the day.

For the average individual, everybody's sleeping needs are different. Most people agree that 8 hours a night is ideal. However, a full night's rest may be anywhere from 4 to 9 hours depending on many factors. A few of these include your weight, age, what you ate, drank, what time you last ate or drank, how many hours of sleep you had before midnight, how much you slept the night before, and basically your previous mental/emotional conditioning around sleeping. It is important to know that the hours you sleep before midnight are many times more restful than the hours slept after midnight. Therefore it is most beneficial to get to bed as early as possible, so you can get up early and start your manifesting routine!

If you have trouble just sleeping, it is truly because you have not realized YOU are the master of your mind. Once you learn how to meditate and control your mind, you will never have to worry about getting enough sleep again. You will be able to tell your body to fall asleep when you desire, and graciously discover that just 20 minutes of deep meditation is worth an hour or more of sleep! Also when you practice shutting off the mind chatter throughout the day, and experiencing the body sensations from your Magic Mantra, you will have a MUCH easier time falling asleep.

When you exercise daily and push your body to its limit, you will fall asleep easier than if you do nothing physically active. Things like caffeine, spicy foods, drugs or anything that causes more activity in the mind are best left in the cupboard. Manifesting is all about mind control. When your mind is overly active and controlling you due to some substance being processed in your body, it is much trickier to completely stop the inner gibber-jabber. If everything fails and you are still unable to sleep at night, here are some visualization techniques that will work for you.

The Warm Fuzzy Heart

While in bed, focus on the energy around and inside your heart and give it permission to rest, relax, and slow down. Allow it to be at peace. Hold a gentle focus on your heart center for as long as can. This is an amazing healing technique if you have heart troubles as well. Let yourself drift deeper inside, into a gradual self-loving warmth and relax into a sense of being safe and cozy. If you

have trouble doing this, imagine a warm and fuzzy familiar place that gives you a cozy nest-like feeling. You can use your creativity to invent this, or this place can come from a past childhood memory when you were free from worry, fear, and heavy responsibilities. Let yourself feel free from EVERYTHING and allow your heart to let go and relax.

Deep Sleep Self-Hypnosis

After you are in bed, move very SLOWLY into the physical position you often fall asleep in. Move at the speed of a snail. As this is happening repeat the thoughts, "I am getting very sleepy.... I am falling asleep. I am sleeping now." Repeat this mantra many times. It will hypnotize you into a deep sleep. We do not recommend this technique if you want to learn how to lucid dream at night, yet its great for learning the art of self-hypnosis.

Rewinding your Day

Visualize your whole day in reverse. Rewind your day from end to beginning. As if you hit the "rewind" button on a video player, watch each scene unfold throughout your entire day. Go back and re-experience every detail you can remember having during your day. Start with getting into bed, brushing your teeth, and backing up all the way to waking up and doing your morning manifesting routine. Rewinding will give you a sense of completion within yourself and help you to relax deeper inside. If you make it back to the beginning of your day and are still awake, rewind the tape again and look for more details. Play it back twice as slow this time.

"We sleep but the loom of life never stops and the pattern which was weaving when the sun went down is weaving when sun comes up tomorrow" ~Henry Ward Beecher

Cocoon of White Light

Start with visualizing a white healing cocoon of energy around you. Imagine that you are protected and recharged deeply by this energy and that it gives you everything you need to feel safe and loved. This will quiet down a majority of your mind chatter. The cocoon surrounds your body anywhere from 3 to 6 inches to 3 to 6 feet, depending on how relaxed you are. The more you relax, the bigger your cocoon will become, and the easier it will be to fall fast asleep.

Healing Hands of Light

The sleeping technique we both like to use is to lie on our back and visualize two (or more) powerful healing hands resting gently on our chests. These may be the hands of some ascended master like a Christ, Buddha, Mother Mary or just a Divine Presence. With each inhalation and exhalation, the amount of healing energy and depth of relaxation through these hands grows and expands. Imagine that these hands are radiating a soothing blue light into every cell of your body. You feel a deep sense of trust for the universe, and for yourself growing inside you. Slowly breathe into your body and relax into the healing sensations. It is best to allow this healing energy to enter your body in a slow, gentle and sensitive manner. Let the healing energy soothe and relieve every aspect of your being.

Entering the Black Void

While lying down in bed, visualize 10 feet in front of you a large black empty hole. Slowly approach the black space and notice how it becomes bigger as you enter it. There is a sense of true nothingness in the void. All thoughts, worries, concerns, and memories are absent. Notice how relaxing this place is and how there may be a feeling of floating in empty space. Focus your mind on the infinite deep blackness and profound emptiness. Your mind will quickly drift off to sleep since there is nothing to hold its attention.

"Reach high, for the stars lie hidden in your soul. Dream deep, for every dream precedes the goal." ~Pamela Vaull Starr

Perhaps you are a night owl and think you need to stay up late to really get the most out of your life. If you have this belief or are working long hours into the night, schedule in a 15 minute Power Nap everyday. A great empowering affirmation we use for this is "The more naps I take, the more money I make!" You can actually make more money and become a greater success by taking time for yourself to consciously relax and enjoy a Power Nap every day. Some people swear by it! Napping is the perfect time to practice raising your consciousness by simply relaxing deeper into your body, letting go of all concerns, and trusting this experience called life.

When you take a Power Nap at midday or lie down to sleep at night, you can practice a very life enriching technique called lucid dreaming. Lucid dreaming is waking up in your dream and consciously creating and choosing scenes in your dream where you can experience ANYTHING you desire. You are so conscious during your dream that when you actually physically wake up you can remember everything you experienced as if it was REAL!

Lucid dreaming is often even more real than actual reality since you are vibrantly alert, full of amazing energy, and feel magical! Experiencing a lucid dream is not difficult unless you have already decided that it is. Then, it may take some positive re-programming before you can allow it to occur. Practicing lucid dreaming every night will undoubtedly take your mindbody up and beyond its ordinary manifesting potential.

Experiencing even one lucid dream will take your mindbody into a new dimension of thinking and feeling. When you are in the middle of a lucid dream, you KNOW that you can do, be, have and experience ANYTHING you want, and actually do it instantaneously! There are no limits, so you explore every experience you have been longing for! It is utter freedom and bliss! Imagine waking up tomorrow morning and you just experienced your ultimate fantasy during your lucid dream. How do you feel? Notice there is a feeling of joy and unlimited possibility as you start out your day.

Why is Lucid Dreaming so important to manifesting? If you can dream it, you can create it! To be conscious in a dream means you recognize on some level that you have the power to create your experience of reality. Our physical world is impacted by the thoughts projected from our inner world. When you have the ability to experience your desires manifesting themselves in a dream state, you are more likely to vibrate at that same level of frequency when you awaken to the physical world. Eventually with enough lucid dreaming, you will break down all the boundaries of what you believe is possible and impossible in the physical world. You will start to see and experience miracles manifesting in your life! This is when life gets REALLY interesting. Learning to lucid dream is a major step on the path to total awakening and creating quantum leaps in your manifesting vibration. When we realize the inner and outer world yield and mold to our every thought command, we let go of the constant efforting and struggling to achieve, and reconnect with the power of the Universe!

So how do you actually lucid dream? Mastering the ability to lucid dream comes through implementing a few basic techniques. Start asking yourself many times during the day, "Am I dreaming? Is this real?" When this thought is repeated enough it will bubble back up while dreaming in the middle of the night, and ignite your consciousness to jump into a lucid dream! The thought may need repeating for several days or weeks before seeing any results, so don't give up! You can remind yourself to do this by writing a "D" on your hand to remind you that this is all a Dream. As you are going to bed, in the last moments before you feel yourself drifting off to sleep, set a strong intention that you will wake up within your dream

and start choosing what you want to experience instantly. A great book we recommend reading to learn this ancient art is called, "Lucid Dreaming in 30 Days" by Keith Harary and Pamela Weintraub. The program basically guides you step by step for 30 days towards "creative sleeping".

*"There are only two ways to live your life.
One is as though nothing is a miracle. The other is as
though everything is a miracle." ~Albert Einstein*

Even if you not talented at falling asleep or lucid dreaming, the most important thing is to master the last 4 minutes before you fall asleep. How you choose to focus your thinking during these moments reflect on the thoughts you will wake up thinking. If you watch your mind closely, it starts up exactly in the morning at the last thought you had at night. When you resonate with a powerful enlightening thought sensation while drifting off to sleep, you are assured to start your day on a powerful vibration.

During these 4 minutes, set the intention to awaken the next morning FULL of energy and excitement about your life! Imagine you are waking up overflowing with so much energy, abundance, and aliveness that you LOVE and APPRECIATE everything and everyone who comes your way! See yourself waking up exactly at the time you desire, and starting your morning YES routine with pizzazz! Then, visualize jumping out of bed because you are sooooo excited about Dream Dialoging your manifesting agenda! You easily start your exercise routine in an energetic body, and see yourself connecting to your infinite source while meditating. Imagine yourself feeling peaceful and powerful after practicing your entire morning routine. The more you practice visualizing, feeling and exploring the manifesting routine, the more you will actually enjoy it and start manifesting the LIFE you desire!!

There is a lot you can experience in 4 minutes, so we also recommend that you use this time to focus on love and gratitude. You can think about what you are thankful for in your life, what is on your manifesting agenda, and acknowledge the powerfully magical manifesting being you truly are. Let yourself experience sensations of feeling connected to the divine Universe Source, a space of power, love, and being filled with an infinite consciousness and light! Practice the feeling of knowing the truth behind these statements below. Set the intention now to explore these experiences tonight a few moments before you fall asleep.

**I am the healing presence and power
of an infinite loving Light!**

**I am naturally a manifesting being,
deeply connected to this powerful Infinite Universe.**

THE 8 HABITS 90 DAY MANIFESTING ROUTINE! (SHORTENED VERSION)

1. MENTAL and FINANCIAL ROUTINE

- The first 4 minutes you are awake, visualize & feel that everything on your 90 Day Manifesting Agenda has just manifested!!
- Imagine you already have everything you need. Let in the feelings of being secure, provided for, safe, healthy, happy and financially free!
- While in bed think the word “YES” to yourself, to your life and your future! Take a few seconds and absorb everything there is about this existence and say YES to it all!

2. PHYSICAL and ENERGETIC ROUTINE

- First movement is to naturally stretch and do a little Yoga for your body. Be like a cat waking up! Make time each morning to stretch and relax into this amazing manifesting vehicle you LIVE IN!
- While still focusing on your dreams have just manifested, start jumping up and down, either internally or externally, and yell “I’m Excited!” “I’m Excited!” “I’m Excited!” at least three times then say, “Whooooohooooo!!” with total joy in your heart! Do this every day!! Get excited about your greatest dreams and desires have just manifested!!
- Exercise your body for 20 minutes a day at 5-6 days a week, preferably first thing every morning. Do cardio workouts often. Practice Dream Dialoging with a friend while you exercise! PowerWalk and talk about your vision just came true!!

3. SPIRITUAL and MEDITATION ROUTINE

- After exercising, stretch some more, then sit silently for 20 minutes of pure stillness, silence and inner relaxation. Make time daily for a meditation practice 10-20 minutes once or twice a day.
- Before meditation and randomly throughout the day practice the Magic Body Mantra... *Quiet Mind - Open Heart - Relaxed Being*
- Be freely loving and appreciating everyone in your world. Be devoted to exploring your spiritual journey

4. SOCIAL and INSPIRATIONAL ROUTINE

- Listen to or read inspirational material at least for 5 minutes a day, 6 days a week. Make time to realize that the life you have right here is to be celebrated!
- During the waking hours every week; spend 1/3 of your time alone, 1/3 intimately with one other person, and 1/3 with a group of 2 or more.
- Start a Dream Dialoging Team! Have weekly or nightly meetings! Create a supportive group of people around you where you can share your life openly and honestly with everyone.

5. EMOTIONAL and SENSUAL ROUTINE

- Give yourself space to experience each emotion and experience that arises in your life.
- Be a sensually alive being! Give yourself permission to be an erotically alive sexual being. It's O.K. to be sexually aroused everyday!
- Let yourself become MORE in physical contact with human beings than ever before! Give and receive as many hugs as you can everyday.

6. POWER FOODS and EATING ROUTINE

- 70% of your diet is water based foods (did it grow?) for 6 days a week. Stick to organic and all natural foods that may feel more “alive”. One day every week allow yourself to eat anything you desire.
- Eat slowly, chomping each bite of food completely (around 17 times) to help digestion and increase energy. Breathe and taste your food...enjoy it!

7. DETOXIFICATION and PURIFICATION ROUTINE

- Eliminate ALL toxic substances from your life! Say NO to Alcohol, nicotine, caffeine, drugs etc. Free yourself from all the negative things and thoughts about yourself and your life.
- Drink lots of fresh purified water everyday to keep your system running clean.
- Stop eating for 36 hours and do a vegetable juice and/or fruit juice fast. It will help you think more clearly. Do it at least 3 to 4 times every year!

8. SLEEPING AND DREAMING ROUTINE

- Make sure you go to bed early so you can get up early... and jump on your life! Preferable sleeping before 10:30pm, rising before 7pm. Close everyday with what you are thankful for in your life. Acknowledge the powerfully magical manifesting being you truly are!
- During the last 4 minutes before you falling asleep, set the intention every night to wake up in the morning well-rested, 100% healed, and excited to manifest! Imagine having even more fun tomorrow morning, visualize yourself doing your morning manifesting routine!
- Practice remembering your dreams, writing them down and practicing controlling them. Practice lucid dreaming your ideal fantasy life every night before you go to sleep.

We highly recommend that you post your 3-5 goals from your Manifesting Agenda by your bedside and keep the a short version of the manifesting routine easily accessible. You can download this essential printout at this link:
http://www.EnlightenedBeings.com/pdf/manifesting_routine.pdf

CHAPTER 10

HOW TO BECOME A MONEY MAGNET

*“Money is freedom... freedom to live out your dreams;
freedom to travel this beautiful world wherever
and whenever you choose.” ~Jim Rohn*

The Word Money and Its Vibration

We have found that one of the greatest hidden blocks people have about becoming a money magnet is the belief that money and making money is not spiritual. There is a deep belief in our society that anything man-made cannot be spiritual or connected to the God Source. We have been hypnotized to believe that cars, buildings, pavement and street signs are un-spiritual things. How can you experience the world as perfect and divine if most of the objects around you are not perceived as spiritual? The truth is EVERYTHING contains the divine presence including all the things we humans have built and invented, yes especially money. The moment you realize that money is just another form of energy, and that this is the same energy that comes from the divine Source, you will stop separating it from your life. With this new belief, you will have a much easier time allowing money to fill up your bank account.

The word money carries a very unique vibration in our society. Of course the vibration it has for you will depend on your personal interpretation of it. Your current vibration around money is a by-product of the beliefs you collected growing up. Think of the experiences that you have had in the past with money. What are the belief systems have you generated from these experiences? For many people, the word “money” is one of the most highly charged words in their lives. Many feelings arise when they hear or say the word money. What happens to you when you say the word money? How do you start to feel? What happens to your body’s vibration? Do you feel anxious, upset, worried, frustrated, relieved, secure, or excited? If you are still holding onto any negative feelings around the word money, you are magnetizing a negative financial situation. This may show up as an experience of debt, theft, loss, a habitually low bank balance or continually struggling to pay the bills.

On the other hand when you focus on the joy of having a steady cash flow, creating more money, and feeling like you deserve more wealth, you will

automatically start to manifest more abundance in your life! When you associate ONLY positive feelings with money, the checks start flowing in! Have you ever noticed how money attracts more money? Someone who is rich tends to get richer while someone who is poor tends to get poorer. This is due to the habitual feelings each group associates with the word money. Your association with the word money is created over time by the thoughts and feelings you have repeatedly had about it.

*"Nothing stops the man who desires to achieve.
Every obstacle is simply a course to develop his
achievement muscle." ~Thomas Carlyle*

The first step in becoming a money magnet is to shift your habitual thinking patterns from scarcity to abundance. This begins by noticing your limiting beliefs. What negative thoughts do you have about money right now? Are you thinking thoughts such as:

I will never get out of debt.

I need to work hard to pay my bills.

We cannot afford that.

Am I going to have enough to pay my rent?

It is all because of the bad economy.

We need to save now not spend.

Each time you hear yourself think a limiting thought about money, we invite you to do the following. Cancel out the thought immediately! Say, "Cancel, Cancel" out loud or imagine making a huge red X slashing through the negative thought. Then start practicing your Manifesting Dream Dialog around money! Talk about how much money you DO have and think about how MORE money is on its way! For instance you can proclaim, "Oh it feels so good to have that extra \$700 to pay my bills. It is amazing how the Universe provides money for me right when I need it! I was opening my mail yesterday and there was this HUGE check for me! It was exactly \$700!" We recommend that you stop reading right now, and take 5 minutes to practice dialoging out loud a few new expansive thoughts and beliefs around money. Write down the thoughts that truly make you feel good!

"Often the difference between a successful man and a failure is not one's better abilities or ideas, but the courage that one has to bet on his ideas, to take a calculated risk and to act." ~Dr. Maxwell Maltz

The Money Magnet Exercises

One of the best techniques to manifest more money in your life is to create tangible fun ways of feeling rich. The more ways you can feel, touch, taste and smell money or experience luxurious objects the greater your money vibration grows. Something that will raise your money vibration is to visit a car dealership and test drive your brand new dream vehicle and cruise through a neighborhood that has million dollar homes. Pretend you are a millionaire driving back home from your local spa treatment. Just being around people with money will help the wealth vibration to grow inside you. Here are a few more exercises that will create a tangible connection to wealth.

Create a Money Magnet Treasure Chest

In our society, we have become detached from physical money due to the technology of credit cards and bank accounts where your money is stored as an electronic binary code in a computer. We have very little tangible connection to physical money. This gives us the false impression that we do not have any money, simply because it is not in our physical paws. So let's get some money in your paws!

Create a small sacred box that can be like your private treasure chest. Decorate it in ways that make you feel abundant just looking at it. Everyday or every week put some money in it! It can be a quarter, dollar, or hundred dollar bill, just make a habitual routine of doing it. Also in your treasure chest, put an actual physical magnet. The magnet will help the money in your box magnetize more money to it! Every time you feel a little poor, go to your private treasure chest and touch, feel and play with ALL your money! So how much money are you committed to putting in your treasure chest everyday?

Take a Communal Money Shower

Get 3 or 4 fun friends together and have each person bring over 100 one dollar bills. Then have everyone throw all their bills into the air and scream, WE ARE RICH!! Take a mental photograph of the moment, holding the image for at least 30 seconds in your mind. Put your favorite celebration music on and watch the bills falling from the sky! Let go and play! Grab as much money as you can on the floor, jump up in the air and shower yourself again! Notice what it feels like as the bills are gliding over your face, head, shoulders and body. Feel the abundance all around you. Continue to shower yourself with these bills while doing your millionaire money dance!

Next, take turns having each person lie on their back as everyone else sprinkles money over them. Everybody chants to the person on the floor many times, "YOU ARE RICH!" Ask them how it feels to be showered with money and take a picture of them laughing and rolling around in all this money.

Could you imagine being showered by 500 one dollar bills, or better yet 500 one hundred dollar bills? As your manifesting vibration increases, we invite you to use bills with higher denominations. We did this exercise with \$20,000 and took a picture of each other and put it on our Manifesting Dream Boards. After we did this exercise our income increased by 200% the following month!

Purchase Something Expensive

When you buy yourself something of greater value than you think you are worth or can afford, it shifts your financial perception of yourself, or how much you esteem your worth to be. When you look or use this possession daily you automatically vibrate at a higher abundance frequency. Just think about it. When you are sitting in a Limousine or super expensive home, you feel like you are worth more or have more to offer the world. Imagine walking around town in a \$2,000 outfit and wearing \$500 shoes! You will experience a higher vibration no matter what, we guarantee it! Some other ideas include purchasing an expensive pen, buying an expensive wallet, watch, or jewelry you love. Acquiring objects that you know only rich people can afford, can make you feel super abundant.

Now you may be asking if you should go into debt or stretch your credit cards out just to feel like a millionaire. Absolutely not! Unless of course you are committed 100% to feeling rich EVERY TIME you use your object and never feel how much debt it created for you. You can use debt as a motivator to get off your butt and inspire you to be a better person. The imagination is a super powerful thing that can work for or against you. If your bank account is a big zero or a negative, we recommend employing your imagination full time to you make-believe you're wearing an Armani, Rolex and driving a Mercedes Benz. Do what you feel is best, it all depends on how much you believe in yourself.

Law of Abundance Check

Take a blank check out of your checkbook and on the date line write down January 28th. This is national abundance day! Make the check out to yourself for the amount of money you wish to manifest. Make it a very large amount yet not too much that you cannot imagine the feeling of receiving it. Sign the check "Gift from The Universe" and in the memo area write "Just for being YOU". Put the check in your wallet and carry it around with you wherever you go. It will instantly start to

attract more money to you. This exercise has worked wonders for my mother-in-law, and some of her acquaintances. They attracted more clients to their business, and received miraculous monetary gifts.

"There is no better opportunity to receive more than to be thankful for what you already have. Thanksgiving opens the windows of opportunity for ideas to flow your way." ~Jim Rohn

Exercise to Eliminate Poverty Consciousness

This is a very simple yet powerful way to transform any part of you that may be feeling trapped in poverty thinking. Get out a blank piece of paper and draw a line down the center of it. On the left side write all the negative thoughts, beliefs, ideas, and assumptions you have about money. Take at least 15 minutes to do this as to pull out the worst of the worst from the deepest places inside. Then on the right side, invert the statement and write out the positive affirmations for EACH thought on the left side. For example if you wrote, "I am unable to make the minimum payments on my bills each month" you would write, "I am capable of having extra money left over after I easily pay for all my bills each month!"

We find it is more effective and empowering to use positive creative goal affirming words in your affirmations, than just inverting the negative statements. Meaning it is more powerful to say, "I am capable of easily paying my bills and have extra money at the end of the month" than saying, "I am capable of paying my bills each month." We want to re-program your subconscious with the most IDEAL situation exactly as you would like life to be.

After you have completed this exercise, read through each negative belief following it immediately with its counterpart affirmation. Take a moment after you read the affirmation to breathe and imagine this new thought is sinking deeply into every cell of your body! Feel this new empowered way of being in the world. Imagine what new actions you will be taking this week as you are implementing this new affirmation into your life. See and feel yourself in this financially empowered way throughout the rest of the month and year and take as many inspired actions as you can on these feelings!

Poverty consciousness is very common in this world and "never having enough money" is an accepted and often expected way of thinking. Just know that you may have been programmed on the deepest levels to believe this is not an abundant all-sufficient loving Universe. Since you will find this "lackful" way of

being everywhere you go, it will take the most warrior-like mindset to break through your own fears around money. If you want to completely eliminate poverty consciousness from your life forever, we recommend that you read (and stop to feel) your affirmations, while looking into your eyes in the mirror, everyday for 90 days. Everyday practice being generous with your money out in the world, and live as if you will always have enough. With enough practice, you will create a solid foundation for dealing with any scarcity from anyone you encounter.

Meditations for Manifesting Major Amounts of Money

If one of your main goals on your manifesting agenda is to become financially independent and free, we recommend weaving the Manifesting Abundance Mantra below into your morning routine. As you read each line, feel the joy of proclaiming this message directly to the Universe and everyone in it. Visualize that the statements you are reading are happening to you right now! The secret is to FEEL that an abundance of money is surrounding you right now. Spend 5-10 minutes on this exercise every day and you will see AMAZING results occur in your life!

Manifesting Abundance Mantra

Thank you Universe for being so generous with me!
I am ready to accept all the abundance and riches I now deserve!

I see large amounts of money falling from the sky above.
Money is coming from my left, right, in front and behind me right now.
Beneath my feet the ground is thick with gold and exotic jewels.
I am surrounded on every side with riches! I am so wealthy and abundant!

I am truly RICH! Every atom of my body, mind,
and spirit is filled with total abundance.
Infinite riches are flowing freely into my life everyday in the easiest ways!
I give myself permission to allow in more money than I deserve!
I bless everyone in the Universe to feel this great abundance today.
Thank you Universe, and so it is!

*"Success usually comes to those who are too busy
to be looking for it." ~Henry David Thoreau*

Meeting your Enlightened Inner Financial Guru

While you are sitting in a comfortable position take a trip to your personal the Blue Room. When you walk in the door, immediately notice the feeling the 3 foot thick solid gold floor feels beneath your feet. Touching it with your hands you notice it is warm, as this incredible abundance sensation fills your entire bodymind.

As you slowly look up, you see your financial guru approaching you. Notice how he or she is dressed. Their outfit must be worth at least \$8000! This person has more than enough money to spend on anything he/she desires, and is O.K. with allowing you to see all the wealth they have.

Ask your financial guru to sit with you and if they will answer your questions. Notice the big smile and, "Yes, of course" they say to you. As you are sitting together, let yourself really FEEL the questions as you are asking them. Listen closely to what they say. (It's O.K. to take notes while doing this exercise)

Take a few moments to let their financial guidance and deep wisdom enter every cell of your bodymind. Breathe their powerful intelligent energy into every cell in your bodymind.

After you are finished asking questions, give them a big hug and notice how they are energetically sending a golden financial healing light into your body. Let yourself fill up with this golden energy in that area of your body where you feel your lack of abundance. Bathe and relax in this abundance energy for as long as you wish.

Now channel this energy into the area of your life where you need the most abundance and healing.

Your financial guru will turn up the abundance volume as high as you are willing to go! Just ask for more if you want it!

As you walk out of your blue room, take your golden financial healing with you, and overflow into every area of your life. Notice that your inner financial guru is always there, ready to assist you in the future ANYTIME you are in need.

"Do the thing and you will have the power." ~Ralph Waldo Emerson

Manifesting Millions of Dollars Easily and Effortlessly

You may have purchased this book just to acquire this next manifesting technique. It can be used for attracting anything you want or just increasing your financial situation beyond what you have dreamed was possible. An old friend of mine used this technique and created \$10,000 in 3 days! A client of mine manifested \$75,000 with it in a few weeks, and another client was offered \$3 million for his new business. This entire meditation should be at least 15 minutes long, and be done everyday if you wish to reap profound results in attracting financial prosperity.

The Billion Dollar Meditation

Start with relaxing every muscle in your entire body. Imagine a warm healing energy and light caressing and entering every single cell inside you.

When you are deeply relaxed, repeat the sound "Ahhhhhhh" out loud or in your mind.

This is the same sound you would make if you had a big epiphany or were watching the most exquisite sunset. Let the sound come out effortlessly, releasing and relaxing your being deep inside.

Let the sound flow gently and naturally out of your lungs and vocal chords. Don't force it out, let it relax you deeper. Then imagine a golden liquid light running from

the base of your spine, up through your heart,
and showering out the top of your head.

As it fountains out the crown of your head,
the liquid light cascades down over your entire body.
You become a fountain of energy,
bathing in golden vibrant goodness.

With each in-breath the energy flows up your spine
to the top of your head. With each out-breath it flows
out your crown, cascades down around your body, and seeps
your skin, muscles, bones and cells with warm
golden healing energy.

After 7 minutes of bathing in your golden shower, take the remaining time to
imagine that hundreds of millions of dollars (in \$100 bills) are floating down
from the clouds above, dumping all over your neighborhood,
entering your house, and filling up your room!

Visualize yourself swimming through the money,
touching the billions of dollars all around you!
Look outside your window and see how EXCITED and EXTATIC
everyone is! It is raining millions of dollars in everybody's home!
There is more than enough for everyone.

Let yourself experience this abundance and the feeling
that you have more money than you could ever spend or ask for.
Experience the feelings of JOY, SECURITY, and EXCITEMENT
this money brings to you.

Allow these feeling of being infinitely rich to sink
to the core of your heart, mind and soul!
Know that you are a God-Being, and you deserve it!

The more you can relax into your body during this visualization, the easier it will be
to experience feelings of abundance, and actually attract more funds into your
bank account. Receiving this increased abundance is also about releasing the
attachment to your fear of poverty and financial failure. This fear dissolves when
know in your heart that the Universe will always provide for you. This feeling of
deep sufficiency occurs when you realize that you are a God-Being and every cell
in your body is vibrating with the Universe's abundance!

In order to fully maximize the power of this meditation, set a strong intention to maintain this abundant feeling and vibration all day long. It just feels good to bathe in these feelings of abundance all the time, so consciously refocus your energy on these feelings whenever your mind strays back to poverty thinking. The instant a fear arises, breathe through it, and IMMEDIATELY return to complete 100% sufficiency and abundance! Start walking, talking and acting as if you have already attained that ultimate goal you wanted to manifest. This is an exercise in trusting the intelligent Universe, yourself, and the natural manifesting process. So take your time and be patient with yourself. You will learn as you practice it.

*“The Universal force expects you to be loveable.
When you accept this with your heart,
you become a shower of love for the other,
and this Earth that needs our love.” ~Veeresh*

How to Manifest a Specific Amount of Money

We have found the key to manifesting an exact amount of money is both in SEEING and FEELING that amount coming into your life. Being specific about how much you money want does not necessarily mean you are limiting yourself. The more specific you can be on the amount, the more likely your results will match your request. If you ask for \$3450 and you receive a check for that exact amount, you have more proof that you are an amazing manifestor.

Be sure to proclaim the exact amount OR GREATER is now coming your way. It is important to visualize this amount, yet not become overly attached to it since this will inhibit the Universe’s ability to give you more than what you asked for. Attachment is based on fear, and is much different than trust and the feeling of connection to that exact amount. Remember, any attachment constricts your manifesting vibration, acting like a vise grip clenching down on a water hose, restricting the flow of water to its destination. We recommend you do the meditation below for at least 20 minutes or more to experience the full effects.

Meditation for Manifesting a Specific Dollar Amount

Start by relaxing every muscle in your entire body.
Visualize a warm healing energy and light caressing
every single muscle, organ and cell inside you.

Imagine that a ball of golden light has formed above your head and is moving down into your brain. It is connected to an infinite Source of Energy.

This golden energy is moving down into your body, and is forming into an 8 inch diameter column of light from the head down into your solar plexus and stomach.

After 3 to 5 minutes of collecting energy here, using your Breath to pull the energy down, relax for a few moments and enjoy the high vibrations inside you. This is 100% pure manifesting potentiality!

From the space, focus on a spot about the size of a penny between your eyebrows, and let the golden stream of light pour out to create a movie screen about 10-20 feet in front of you, Notice it is filled with light and see the sparkling edges around it.

On the screen is a short movie clip of you receiving the EXACT amount of money you wanted! You see yourself physically holding the money in your hands in the form of a check, cash or bank deposit slip. Then you watch yourself carrying out the actions and experiences that you have always imagined doing with it!

Now at the MOST exciting part of the movie, hit the pause button! Perhaps it is that moment when you bought your dream house, sun-bathing on your private beach in Hawaii, or driving down an exotic coastline in your new Mercedes.

Notice the pleasure and excitement on your face in this scene, and tap into this joy to the point that you are jumping up and down on the inside as you watch it!

Replay this scene and your feelings associated with it over and over in your mindbody. Notice how your feelings grow stronger and deepen each time you watch the scene.

Every time you do this meditation, open up your Dream Gate even wider and give yourself permission to fully realize your most unimaginable dreams coming true.

The number of minutes you collect the golden light in your forehead determines how amazing and real your movie becomes! The more light you can collect, the more powerful the movie becomes. If you find that you have stopped watching your movie, and have merged into the scene, give yourself permission to fully explore what it is like to be living your dream! Instead of trying to force or control your dream scene, we recommend that you relax into the images that manifest and allow them to flow through you. Also it is good to know that you can use this golden column of light inside you to create ANY movie you want. You can manifest ANYTHING with this technique, it is easy and amazingly effective.

"Let the beauty of what we love be what we do." - Rumi

Manifesting the Career of your Dreams

The first thing to remember is that you are an amazing channel of creative energy that has come to this planet with a life purpose, mission and many gifts to contribute. Sometimes your career direction, life purpose, and job description can feel either too vague and non-existent, or too enormous to pinpoint exactly what you are here to do. You know how the sky may sometimes appear to be covered with clouds, yet there is always a clear and infinite Universe beyond it. Any cloudiness that you are experiencing on your inner world is being caused by judgments you are putting on yourself. This judgmental state may even become so thick, potent and real that you forget how to think clearly at all! To make it out of this mess, you get to swim through it. Here is how you do it!

Clearing the Path for Your Life Purpose and Career

Sit in a comfortable spot with a piece of paper and pen beside you.

Start with becoming still like a stone statue for 5-7 minutes.

(refer to Chapter One for a refresher)

When your mind has found a place of stillness,

Bring your attention deeper inside

towards your heart center and belly.

Ask these areas what inspires and excites
you to get up every morning.

If you do not receive anything, keep sitting

and asking the question with more emotion
and real desire to know.

When you start to receive words or ideas,
immediately write them down.
You may write down random words, phrases,
actions, people, memories, job descriptions or anything
that feels inspirational or exciting to you.

By taking quiet time alone to look inside, you will slowly start to remember and feel what IT IS that truly makes you excited! By allowing this exciting feeling to enter your body, you will eventually uncover what area of work you feel is aligned with your true life purpose and mission. If you are having difficulty making a list of inspirational or exciting ideas, you may have squashed your childhood dreams in favor of embracing a career that was traditionally viewed as stable or successful.

If you ever take a job just to make money to pay your bills and survive, you have lost sight of the powerful manifesting being you are. No matter how broke you are, the excuse for not living a life you love is NEVER enough. Sure money is one fantastic by product from working, yet that reason alone will never fully satisfy. Your work is an opportunity for bringing about change in your inner and outer world. It is a vehicle for feeling connected to the world, finding out what your talents and gifts are, developing them, and sharing them with others to assist their lives. No matter what career you choose you will be in the “helping people” profession. Every job contributes to the life of another in some way shape or form. Often the most satisfying career is the one you feel appreciated, empowered, loved, and part of a community attaining a specific goal. The key is choose your career from your heart, and not your head. For whatever you do with your life does not define who you are, yet rather defines what you are passionate to contribute to the world at this time.

*"There is no scarcity of opportunity to make a living
at what you love; there is only a scarcity of resolve
to make it happen." ~Wayne Dyer*

Manifesting the Career of your Dreams Exercise

Pull out your exhaustive list of ideas
from the exercise above, and turn the page over.

Write at the top of the page,
“100 things I enjoy doing that can make money!”
and start making up your list! If you make it to

100 things great! If you only get to 20 great! Just take at least 45 minutes to write down EVERYTHING you can think of. Put down anything from the most unrealistic, to the very easily attainable.

Your job is to only write those things that you ENJOY doing! It does not matter if you believe that you can or cannot make money doing any of these items! Let's just see if you can reach 100 items on your list!

Include every fantasy career you have as well as the down-to-Earth practical jobs that you might be interested in doing.

When you feel you have worked on this list long enough, put it away in a safe place. Wait 24 hours then read through it again and see if there is something else you missed!

If any new ideas come to you during this 24 hour time period, write them down on a separate sheet of paper and add them to your list later. Repeat the cycle the following 24 hours.

Take no longer than one week to complete your list. You will know you are finished with it either when you have 100 exciting items or have reached the 7th day of doing this exercise.

Now for the fun part!
Choose the TOP 10 most enjoyable items on your list! Imagine and visualize yourself doing each one these 10 items for at least 1-2 minutes each, then circle the top 3 that you feel most energetically aligned with and excited about!

Now make another list of what you can do to get one of these careers going!

Take action immediately on ONE or ALL 3 of these dreams.

Make as many phone calls as you can,
asking everyone you know who THEY
know that can point you towards
creating a career of your dreams!

With patience and persistence,
one of these eggs will soon hatch.
The career that manifests for you is
THE ONE that you are “supposed” to have for now...
Have FUN and enjoy it while it lasts!

To manifest the career of your dreams, start looking at what truly inspires and excites you! Continuously ask yourself the question, “What do I enjoy doing?” While making this extensive list you may be surprised that you can do anything and get paid for it! Even if your favorite experience is watching T.V., there are people who receive big bucks to watch T.V. commercials and evaluate them! You can make money doing ANTHING you really enjoy doing. The first real step is to get off the couch and go apply for that amazing job you have dreamed of having, especially if you do not have the credentials. This will increase your vibration big time!

After you have done the exercise above and are ready to take massive action be aware that you will probably hit some form of resistance. This is the same energy that has been holding you back all this time. Do not fight it! Instead let it push you to creatively explore the deeper depths of why you are here and what you are here to contribute to the planet. Your job is to creatively explore what you love doing and then go DO IT! If you don't you will lose enthusiasm for being alive and eventually die. You will eventually die anyway, that much is guaranteed, so make the decision today to live your life fully and decide that you CAN GET PAID for doing anything you love doing. This way you are destined to enjoy the journey of life, all along the way!

Once you have even the slightest notion of why you are here, your job is to take action on it immediately! Do not hesitate! It is never too late or too early to contribute to the lives of others. If you wait and waffle, watch out! The Universe wants you to be a vibrant ball of joy and the only way to do this is to meet new people whose lives you can contribute to. So stop hiding your light and being a hermit! Get out and meet some new people! Find some people over the internet and call them on the PHONE! Otherwise, if you continue to hide your brilliance

and think you don't have any, life will become even more stagnant and challenging in ways you feel you cannot handle.

*“The object of your investment is serenity.
It can only be achieved by the avoidance of anxiety.
To avoid anxiety means to know who you are,
and what you are doing.” ~Linheart Sterns*

If there was one thing stopping you from manifesting the career of your dreams it is the saboteur of hesitation, procrastination and fear. If you think that a lack of education, time, money, information, or energy is the block, you are hiding behind an excuse. Those people who feel they are powerless, and are unable to step out from behind their excuse, will start dying beneath it. They are also forgetting one essential and vital clue. That ANYTHING is possible! Step back and realize that you are a powerful manifesting machine! Do not let your excuses stop you from going for what you want! Whatever you are afraid to do, is only there to give you direction. Your fears are there to motivate you as well as look deeper inside yourself. Fear is your main accomplice to discovering the career we most want to have.

It is important to know that fear will take on many disguises. It may appear as laziness, apathy, unworthiness, or even hopeful-wishful thinking. Many people have asked us if they can manifest a million dollars just by sitting in their house and waiting for it to appear. You may sense a slight bit of laziness here. The truth is this very possible and will miraculously happen to you when you can maintain that vibration of feeling like a million dollars without wavering. However, if you are coming from fear, a poor place of disconnection to your Source or lacking abundance inside, that is all you will manifest and find.

How to Enjoy The Job You Currently Have

No matter what you are doing with your life to make money there is always the possibility that you can enjoy what you are doing. This does not mean that you need to stay in a job that you have hated for years until you enjoy it. You can transcend your mind and its judgments, connect with your Source, and truly enjoy the time spent at your current job. By opening up your mind, you will understand how to manifest a career you LOVE! Once we see how we are responsible for creating a negative experience, we can learn how to manage and change them.

If you are not open to the belief that you can enjoy the job you are currently doing, then your work will always be something you “have to” do and never come from a “get to” place of opportunity and gratitude. If you have had this job for a while, look back to the days when you did enjoy working. What made you smile, laugh and enjoy being at work? Was it connecting with people or something you created? Think about other times in your life where you were just ENJOYING your life. You can integrate weave that feeling into ANY situation just by drawing upon that memory. Soon you will find that feeling showing up at the job you are at today!

If you stay in a job you hate over an extended period of time, you will acquire an attitude of drudgery will lower your ability to manifest more money. If you WANT TO enjoy the job you currently have a little longer, it is crucial that you immediately shift to a positive attitude about your current job situation. This will ultimately help raise your vibration to start manifesting more feelings of abundance so you can attract the career of your dreams.

Perhaps you do not know what you want to do? The first step is to ask yourself the following questions to gain more clarity:

- Is it possible to enjoy what I am doing?
- What one thought is stopping me from enjoying my job today?
- What can I do to release that negative thought?
- What positive thought can I replace that thought with?
- Who would I be at work without any negative thoughts?

One of the most common reasons people hate their job is from judging (and feeling judged) by co-workers or the boss. Take each judgment you have about other people at work and notice how they are all judgments that reflect insecurities about yourself. Ask yourself one amazing question, “If I were the boss, how would I like to be treated?” When you find out what this answer is, start treating everyone at work (especially your boss) THIS same way. Do this for 2 weeks in a row and see what happens. More people have received promotions, new sales, an upgraded new car and not to mention LOVED going to work again, from this one exercise. Remember to have fun and keep an open mind with this one.

*“Your work is to discover your work,
and then with all your heart to give yourself to it.” ~Buddha*

How to Manifest a Completely New Career

It may be exciting to know that the average person goes through approximately 7 different careers in ONE lifetime. If you have felt stuck doing one thing for 10-20 years, it may be time to try out something new! This brainstorming exercise above will help you immensely to rekindle that fire within you. Who knows, you may be so ready for a change that you manifest a FUN new career that pays TWICE as much by this time NEXT WEEK!! Keep your mind open, and remember always that anything is possible.

The most effective method we have discovered for manifesting a totally new career, is to start consistently expressing your creativity and passion to the world everywhere you go. Then, write down a vision of what you would like this creativity to manifest into 6 months down the road. After you can FEEL what you want it to look like, write out a short action plan, and TADA!! You are on your way! If you are worried about making this transition financially, remember that the Universe is generous to those who can give to themselves. You will start to see and receive the monetary compensation you need when you start taking daily action steps and grow in your belief about your dream.

The greatest epiphany I (Jafree) have ever had about finding my coaching career was the day I shifted my focus to what I really WANTED to be doing instead of what I was “supposed to” be doing! If there is one thing certain about creating a new career, it is that it will change. As you grow, so will your career. It will transform to become more of what you are, when you can relax into who you are.

If you are “unemployed” and cannot “find” a job, you are just not tapping your divine creativity. You are a manifesting being! It has NOTHING to do with the economy, your education, your past, your dad, nothing! There must not be enough excitement inside or pressure on you to get creative and manifest something fun. Being unemployed is another excuse and “proof” for your Ego that you are not connected to an infinite God-source of intelligence, creativity and power. Give it up!! The easier you can say that you are “in between” jobs and are currently manifesting the career of your dreams, the faster the Universe will support you in doing it!

For those of you who have had the same job for...forever, and cannot imagine stepping out into the job market, remember one thing. No matter how over-identified you may have become with your work, you are NOT your job or your title, for these things can and will change in time. Who you truly are is that soul that remains when the job, title, and position is no longer here. It is vitally important to

your physical health and the remainder of your time at work to keep this perspective in mind.

If you have become too attached to the illusion of how much money you make determines how great or important you are, watch out! This identification only creates more suffering since each paycheck will either feel more than you deserve or never quite enough. Once you are centered and aware of who you are, it does not matter at all how much money you make OR what you are doing to make it. What matters most is WHO you are being while you are working. As long as you are fully putting your heart into the experience at work, you will learn some great lessons, and help raise the vibration of everyone around you.

CHAPTER 11

MANIFESTING AMAZING RELATIONSHIPS

*"The more you depend on forces outside yourself,
the more you are dominated by them." ~Harold Sherman*

The 6 Secrets to Manifesting Amazing Relationships

The Universe is really quite brilliant in more ways than you can imagine. It is constantly teaching you the life lessons you are here to learn. Your relationships are your ULTIMATE teachers, especially the deep and intimate relationships you allow to come into your life. Relationships act as a vehicle for opening the heart center and new doorways to your infinite being, as well as assisting you in reaching higher levels of your manifesting vibration.

Without intimacy (into-me-you-see) there is no place truly safe to reveal one's heart as your soul struggles to evolve, learn and grow. Intimate relationships are the greatest way to free your life from fear, loneliness and feelings of separation. To create an intimate loving connection with someone else, you must first establish one with yourself. How can you stabilize an amazing outer connection until you have already experienced one within you? If your agenda is more sacred than your relationship with yourself, something needs to be shifted. The intimacy of knowing oneself is by far THE most crucial step in your evolution towards becoming a powerful manifesting being.

Getting to truly know yourself can be TRULY terrifying and uncomfortable for the Ego, since it implies that you have been a failure at connecting with yourself up until now. However which is worse, exploring a deeper intimate connection with yourself, or pretending you have already created this connection, and being forced to retreat and hide out when others become close? The Ego is a fanatic at being pretentious in order to avoid intimacy. The experience of deceiving oneself is often for those who choose not to raise their consciousness. These people would rather be right about their old relationship with themselves, rather than make a courageous new inner shift and grow.

Creating a more intimate relationship with yourself happens by looking deeper inside yourself than ever before, and allowing whatever part of you that shows up to be fully revealed and accepted as it is. This intimate relationship with yourself is the foundation of every flourishing manifesting vibration. The more intimate you can become with YOU, the easier it becomes to materialize those far off desires you wished could be actualized. The total acceptance of every aspect of yourself that has been previously shunned or rejected creates a healing which soaks into the very roots of your being.

*"Tis better to have loved and lost than never
to have loved at all." ~Alfred Lord Tennyson (1809-1892)*

In every moment you are alive on this planet, there is always one life changing choice to be made. You can hide out in the mind and continue hallucinating in this somewhat half-comfortable Ego-trip, or take the risk to expand every dimension of your consciousness, be intimate and loving with yourself, and share that love with other people. The choice to experience and express this love is always here now. The more love you can let out into the world, the stronger your love for yourself will manifest and grow! Think of your Ego as an Arctic igloo made of ice. It is cold, hard, and consistently shields you from the outer world. It tries to protect you from those painful situations, yet filters out the pleasurable experiences as well. Beyond this Ego-shell is a source of love, which is like the heat and light of the magnificent Sun. It is so powerful that it can melt your frigid Ego igloo in just a few seconds.

How do you find this blazing inner heat of the Sun? It is always present at the core of your being. The masters say that YOU do not love, but that YOU are the Source of love itself. Once you stop identifying with the mind and the idea that you are separate from everyone, you become radiant and alive like the glorious Sun! So take the risk to melt your igloo and love everyone! Let your Ego melt into the

ocean of existence by experiencing your unconditional acceptance of yourself. This creates an inner warmth and love that will naturally radiate outward to everyone.

Love is by far the greatest and most powerful force in the entire Universe. It is the source of energy, creativity, and consciousness which fuels your bodymind's manifesting vibration. It is the God Source. Without it you would shrivel up and die. If you have not manifested an intimate loving relationship with someone else, you are blinded by past negative programming, and thus do not see or feel that the connection you are seeking is already within YOU! Dive into the divine intimacy with yourself! It is by far the biggest risk your Ego can take, and your reward is the ability to make that connection with ANYONE in the outer world.

*"Accept you are a genius and say what you think."
~Ralph Waldo Emerson*

The following 6 suggestions are the greatest secrets we have found to tapping into the Source of this love, and create amazing relationships everywhere you go. The remainder of this chapter will be devoted to deepening your understanding of these principles, and assist you in applying them to your life. When you integrate these secrets into your daily experiences, you will manifest a divine and powerful relationship with each person you meet, no matter what!

- 1. Always accept, appreciate, and approve of yourself.** It is easier to connect with other people when you do. Practice seeing that your imperfections and perfections are all divine. Love yourself exactly as you are.
- 2. Constantly focus on what you LIKE or LOVE about other people.** Do this instead of trying to change them or think about how you could make them better.
- 3. Remember that no one has the power over you to MAKE YOU FEEL anything!** You are responsible for what you are feeling right now. You can always choose peace, joy, laughter, lightness or freedom.
- 4. Always speak what is most authentic in each moment.** Practice revealing yourself fully without hesitation in an exuberant state of creative joy.
- 5. Be grateful for the relationship you have right now.** Like all things, it will change in time. This person is just today's reflection in your mirror.

6. Let everything other people say awaken and enlighten you. The people you relate to daily are the Great Messengers who have volunteered to awaken you. If they upset you or squash your Ego, be compassionate and loving to them and yourself.

“When there is love in your heart then everything outside of you also becomes lovable” ~Veeresh

The Magic of Self-love

If you have not found a relationship with the infinite source of your being, you will be on an endless unsatisfying search for love outside yourself. One of the biggest misconceptions people have is believing that when they find the right person that will love them, they will finally feel truly loved! The fact is that even if you should find that special person today, you may not be able to feel loved since you are not practiced at letting love in and loving yourself. For example, when you were young, did someone ever tell you how wonderful you were or give you a sincere compliment, yet you did not believe them because you did not see or accept that aspect about yourself? Perhaps they said, “You have such a beautiful smile”, and you thought to yourself, “What do they mean by that? What do they really want from me?” If there was even a hint of self-love at that moment, you would have smiled even bigger and allowed in some feelings of love, acceptance and appreciation.

“I don't know the key to success, but the key to failure is trying to please everybody.” ~ Bill Cosby

Anytime we are caught in the experience of a lack of self-love, it will always lead to creating dependant, desperate, and needy relationships. These are basically a clingy attachment to and need for the love that is being given by the person you are in relationship with. This is much different than receiving love from a place where you already feel complete inside and loved. This is a rich, generous and giving space where love from the outer world just magnifies the overflowing abundance of love being felt on the inner world.

If you are lacking a solid inner relationship, will be experiencing BIG highs and lows in your outer relationships. Without self-love present, there is no base or foundation. Your ship's rudder and sails are thrown to the winds, beyond your control. Your relationships will change like the wind, and in an instant you will experience your partner transforming in your mind from Dr. Jeckle to Mr. Hyde,

then back again. Everything will be glorious one moment, then traumatic the next moment. You may see them as being ruthless and manipulating, and in the next instant they are your ideal soul mate. Going from sweet to ruthless, and back again can even occur within a 30 second time frame!

The inner self is where ALL love stems from and is found. Love increases your ability to relax deeply inside, which eliminates those stuck energetic blocks in your body that are stopping you from manifesting. To really be able to accept yourself exactly as you are, for the pure pleasure of it, is one of the greatest experiences there is. A life without self-love is often missing deep connecting relationships. After you have established an authentic loving connection with yourself, you have become like rich fertile soil for sowing the relationship of your dreams. With self-love, the other has something rich and inviting to dive into!

“No Rain, No Rainbows.” ~Old Maui Saying

The Self-Love Mirror Exercise

In front of a mirror, gaze
directly and gently into your eyes.
Focus on a very soft, open and authentically loving warm
Energy inside your body. voice,

Whisper out loud, speaking from your heart,
genuine loving appreciative messages to yourself.
Imagine your beloved is whispering into your ear
exactly what you MOST needed to feel and hear.
If you cannot think of what you most need
to hear, use these messages below.

I really appreciate you.
You are truly an amazing person.
You are beautiful on the inside and outside.
You are a special and unique to me.
I love spending time with you.
I feel so fortunate to know you.
I love you exactly the way you are

After you say each statement, pause for a few moments and let your body feel and absorb the message deeply. If there is a part of your physical body that you

particularly dislike, shift that negative feeling by using a few positive self-loving statements. For instance, “Your hips, butt and stomach are beautiful, just the way they are!” “I love your body just the way it is.”

We recommend that you do this mirror meditation daily for at least 5 minutes, 30 days in a row. You may notice when you first start using this technique that you feel funny, strange or even wrong saying these statements to yourself. This is just because you are not used to self-love. It is important to just continue to do these exercises daily. After the 3rd or 4th day, this exercise will feel more comfortable and authentic than the day you started. We also suggest that you practice telling yourself these loving messages when there is a blank space in your day, such as standing in line at the grocery store, driving your car, on your PowerWalk, and in the shower.

“Be realistic, plan for a miracle.” ~Osho

Creating the Ultimate Connection with Someone

Part of your main purpose here on the planet is to manifest enlightened heart centered connections and relationships with everyone you meet. Your job as a human being is to learn how to love other people exactly as they are, without feeling any urge to change them. It is your highest duty to learn how to accept, honor, and appreciate each person as a divine being of the Universe. As you remember that this is your purpose, you will create the ultimate relationship and connection with everyone you meet.

People have asked me the secrets to growing more in love with my wife year after year. They cannot believe that we are married and are still deeply in love. The first secret we have found is to continuously look for and focus upon what you love and appreciate about your partner, instead of what you DON'T LIKE about them. It is that simple and powerful.

If you can keep your attention upon that which is pleasurable, enjoyable, positive, lovable and uplifting about someone, your energetic state and relationship to them shifts in the most expansive and loving ways. If you cannot find ANYTHING you like, get curious about what you are not seeing. This person is a divine God or Goddess! Investigate where you are judging them as being wrong, stupid, or lacking in some way, and realize that this is just a small part of them that you are focusing on. Here is a great exercise for learning how to focus on what you love about somebody.

1. Make a list of the qualities you love about this person. Everybody has some great qualities no matter who they are. Consciously appreciate these qualities every day.

2. Do some Dream Dialoging about this person. What do you want to see them doing? How do you want them to treat you? What do you want them to say to you? How do you want them to feel about you? Talk about it as if it has already occurred.

3. Assume that they have already shifted their behavior. Act and speak as if they are this new person. For instance, “I know you are great at making money.” I believe you really have what it takes”. “Yes, I know that you are someone I can count on.” “Thanks for being so devoted to keeping the house clean and doing the dishes.”

Whatever you place your attention on expands and grows, so why not wonder about what is sweet rather than sour? By implementing this practice, your daily interactions with your partner will become powerful soul shifting moments! Anytime your mind is wrapped up in the negative, there is a part of you suffering along with it inside. Your mind is either wanting love or wanting to change them into your ideal love.

The mind has this tricky way of secretly judging others for not being what they “should” be, so watch out for it! The entire Universe is exactly the way it should be, so everyone in it must be too! Realize this, and you will manifest the ultimate connection with people at all times. Resist this, and you will continue fighting and struggling to create the relationships you desire. Once you start practicing and living this truth, you have just become more enlightened.

“Everything happens for you, not to you.” ~Byron Katie

The second secret in creating this ultimate connection is to NOT buy into their victim stories. Everybody has a negative story about themselves or someone they know that they like to refer to. For example you may hear them say, “Everything is going wrong in my life! I couldn’t make it to our meeting because I got one of those terrible headaches again.”

As a society we have been trained to buy into people’s stories by offering them sympathy. For instance, someone says, “I have the worst husband” and you respond, “Oh you poor thing”. What does sympathy really do? It gives people permission to focus on what they don’t want, and play the victim game. It is O.K.

to validate they are having an experience of feeling victimized, yet DO NOT play along with their belief that they ARE a victim. Focus instead upon helping them see how powerful they truly are. Some great phrases to use are:

I know you will figure this out.

I believe that you will find the right answer soon!

What would you like to be doing instead of this?

I know you can start focusing on what you really want to!

"A loving person lives in a loving world. A hostile person lives in a hostile world. Everyone you meet is your mirror." ~Ken Keyes, JR.

Seeing the Mirror in your Relationship

Another major piece in manifesting an amazing relationship is realizing how people are always reflecting different parts of you. Your relationships are always a reflection of your state of inner health. The world is your mirror, and the relationships you have are your reflections in it. Discovering this mirror is amazing for creating more peace and understanding in any relationship.

Everything is being reflected back to you in the mirror. If you only have generous loving thoughts, then heart-warming and caring relationships are reflected back to you. These positive projections create more conscious connections with everyone! For most people, their mirror is not yet 100% dust-free. They are still trapped in the negative projection game. The mind is like a movie projector that projects our negative visions and vibrations OUT onto others, negatively infecting our relationships. Many of us have spent many hours, week-ends, and possibly years mastering the art of seeing what is wrong with other people. We thought other people were the cause of our feelings of stress and dis-harmony. In your mind they were responsible for your feelings, and you were the victim. However, this lack of harmony is of our own creation. We were only in disharmony within ourselves.

Sometimes it is tricky to see this mirror in action when you are upset or your relationship has heated up. In these situations, the Ego often does not want to its reflection in the mirror, and believes that what it is seeing belongs to the other person. How do recognize that this mirror phenomenon is happening? Breathe, and be curious about what this relationship is showing you about yourself.

Relationships are your ticket to seeing yourself, and that is why the universe created billions of other people on the planet that you have the opportunity of

interacting with. Relationships bring ALL your hidden parts out of old closets so that you get to know ALL of YOU. This helps you see the dust on your mirror, and as well as all the beauty you are contributing to this world.

Remember that it doesn't matter whether your mirror ever becomes 100% dust-free. What is important is to focus on the clear part of the mirror instead of the dust. Just become aware of the amazing light bouncing off the mirror, and your reflection in it.

*"The fragrance always stays in the hand
that gives the rose." ~Author Unknown*

How to Drop All Judgments

All the things we judge in ourselves and in others as being “wrong” or not the way they should be, simply tighten and contract our mindbody which lowers your manifesting vibration. The day you relax about the shortcomings of others, you will also stop focusing on and finding faults within yourself. As you learn how to stop hammering yourself for what “should not be”, you are creating a new space inside you to increase your vibration and experience yourself as the amazing manifesting being you truly are.

Judging, labeling, or putting someone in a box is what destroys your connection in intimate relationships. When you spend time judging others, you are not able to see the divine nature of your partner. Where do judgments come from? They are born from childhood programming and conditioning about others and ourselves. In fact, they stem from us rejecting parts of ourselves that we see in others. When you feel emotionally upset at someone due to being locked into a judgment, look inside and remember that “It takes one to know one”. You cannot feel, see or experience something in someone else UNLESS it is also inside you! Anytime someone upsets you, they are reflecting that part you don't like about YOU! What you see as revolting or wrong about them is coming from your judgment of them and FEAR of becoming just like them. There is always a mirror to be seen.

Free your mind from that inner judge and find what is lovable. You can only judge another if you have not accepted this same part fully about yourself. So what is it that needs loving in you right now? This part corresponds exactly to how you think others are lacking or wrong in some way. As you become more intimate with your partner, the more he or she mirrors back to you those hidden and rejected aspects of yourself which can result in an increase in judgments about your partner.

To overcome your judgments, notice what you judge about others and listen for what your partner is teaching you about yourself. What are the lessons you need to learn about love, connection, and the magnificent Truth of who you are? Thus, the first secret to dropping your judgments is to learning how to break out of the old habits of “shoulding” on your partner. The exercise below is especially designed to help you stop the old habit of judging others in your relationships.

How to Stop “Shoulding” on your Partner

1. Uncover the “shoulds” in your relationship. What “shoulds” are in your present relationships? Become aware of your “shoulds” and the power you are giving them. Every time you feel angry or upset at somebody, a “should” is running the show.

Here are some common “shoulds” in intimate relationships:

- He should be more loving.
- He should make more money.
- He should love me more.
- He should be more intimate.
- He should work harder around the house.

2. Make a list of all the “shoulds” you have about this person. After you have an EXTENSIVE list of all the shoulds, go through each one and see how they are all about you! Notice that every “should”, which is directed towards your partner, is disguised as a part of your life your “should” be improving yet are avoiding. Really look at yourself. This is the most profound and the hardest work in this exercise. Notice that anytime you “should” on someone it is ALWAYS about YOU!

3. Change the wording in the “should” statement. Take each “should” statement from the list, and change “they should” to “I want to” “I will” or “I am going to”. For example if your judgment is, “He should be more loving”, ask yourself the question, “How can I be more loving?” and write down the new empowered commitment, behavior and attitude you want to implement in your life beside it. For instance, “Every time I start judging how my husband avoids cleaning the house, I will send him light and love.”

If you are plagued by many strong judgments, your negative programming may be a bigger block than you realize. It is stopping you from seeing what is truly divine about your partner, and is caused by a weakened heart-love connection with your

partner. To remove the shield from your heart chakra is the best thing you can ever do for your life. It will allow you to become increasingly aware of the divine being that they truly are even in the most difficult of moments. Below is the exercise for opening the heart and removing the walls that block you from this divine intimacy. It is guaranteed to create an ever-deepen loving connection with your partner forever.

The Enlightened Heart Chakra Meditation

Sit on the floor with your partner.
Holding hands, sit so that your legs are touching
in any way that is comfortable and intimate for each other.
Look gently and lovingly into each others eyes.

As you are being present with each other, start thinking
Of everything you love about them. Randomly between
the variety of appreciative thoughts and loving memories of them,
imagine a golden stream of light is flowing between your hearts.

On the out-breath, breathe this loving light into your partner's heart.
On the in-breath, receive their loving light into your heart.
Do this meditation for at least 15 minutes or more!
If you have severe past problems with your relationship
We recommend you do this at least
3 times a week for 90 days in a row.

As you do this heart chakra exercise daily, you will realize that your mate is an aspect of your Divine Self, and will naturally start to love and appreciate them as they are. On those days when they reflect those nasty dark dramatic parts back to you, there will be a sense of gratitude and appreciation for them because they are showing you where you still have globs of dirt stuck to your mirror. Those darker parts of ourselves really want to come out of hiding and into healing, so they will persistently come out to be seen! Do not ignore or deny them. They are the greatest teachers in this game of life whose goal is to ultimately bring you home to the cosmically divine being you already are.

Why do we really have judgment in our life? The positive aspect of judgments is that the moment it leaves your body, there is a feeling of expansion and relief. This creates a space for great epiphanies, and realizations to occur. The mindbody acts like a pendulum that will swing wildly from a tightly contracted body when you are in judgment, to a relaxed body when you are in acceptance. This

swinging will stop when you see the divine perfection that actually exists in our relationships right now. By witnessing the swing of the pendulum and all of the feelings associated with it, you will begin to detach from your judging saboteur.

"Heaven is to find devotion." ~Steve Perry, Journey

Stopping the Blame Shame Game

One of the biggest habits that may be keeping you trapped in unfulfilling relationships is not taking responsibility for how you feel. You are always responsible for what you are feeling. Nobody else can MAKE YOU feel anything you do not want to experience. You always have the opportunity to choose a feeling of inner peace, joy, love, and bliss!

Blaming is a way of denying your power to create your every experience. It is a deeply ingrained habit that you may do on such a subtle level that you may not even realize you are doing it. Start by taking 100% responsibility for your actions and how you feel. If you do not possess exactly what you want in life, it is because of your vibration, and is not due to what somebody else has said or done to you. Only when you take responsibility for creating your feelings, can you truly be empowered, and take proactive steps to create changes in your life.

Every time you blame someone, there will be shame involved. You may eventually feel ashamed of your judgmental behavior or the other person may allow in the feelings of being wrong, and thus feel shameful. Shame and guilt are the lowest vibrations on the planet. They both are self-hatred in disguise, and will only decrease your ability to manifest what you want. Here are a few examples of messages people use when they are playing the blame shame game.

It's not my fault. You're the one who didn't do what you said you would do.
I wouldn't react this way if my parents hadn't been such control freaks!
I was never a success because my father was never around.
Oh, I can't go to the party because of my husband's late night schedule.
My life wouldn't be so boring if my partner would make more money.

Did you recognize any of these? The easiest way to identify that you are playing the blame game is a feeling of powerlessness inside. The fastest technique to transcending the blame game is asking yourself, "How can I take responsibility for creating what I am feeling?" and, "What can I do differently about it?" For example, if you are frustrated at your partner for not making enough money, you

would look at what demands and judgments about your partner are causing the frustration, and what actions you could take to create more money!

The greatest secret to overcoming the shame game is having both forgiveness and compassion for yourself, and the other person. Starting a new habit is the only sure-fire way of completely destroying an old one. Commit today to start sending out lightness and love from your heart when others are blaming you. Realize that whatever you are feeling guilty or ashamed of is a judgment stemming from your perception, and can be adjusted instantly by a good healthy dose of warm compassion.

“Peace of mind comes from not wanting to change others, but by simply accepting them as they are. True acceptance is always without demands and expectations.” ~Gerald G. Jampolsky

Become a Hollow Flute or Invincible Shield

There are two ways to effectively deal with negativity thrown on you from the outer world. The preferred technique is to become non-defensive, resist nothing, and let the negative energy play through you like a hollow flute. If you put up any resistance to the situation, it is like throwing gasoline on a burning fire which escalates and intensifies the situation. By becoming a hollow flute you are actually inviting the negativity to flow in and through your bodymind. When you practice this, you remain centered and at peace with yourself. No actual harm will come to you since YOU are hollow, neither defending nor attacking. You as the flute may hear a few sour notes, yet harmonious melodies are always playing inside you beneath the surface.

The hollow flute technique works well when you are not attached to nor over-identified with your Ego. If you are unable to be hollow and flute-like, don't just stand there and let the other person's negativity penetrate into you and cause pain. When they are intensely emotional, perhaps yelling with insane anger or rage, or throwing every judgment in the book upon you, it is best to put up an impenetrable shield of light. Imagine that you are completely surrounded by a shield of white light that is 3 to 4 feet thick. Nothing can enter this protective barrier. No thoughts, emotions, energy or actions can penetrate its power. See their negative words and feelings bounce off of your shield, and become absorbed into the earth below. Look at the other person's eyes with compassion and love. If they continue to become more and more negative, simply walk away. If you can communicate from your heart, and feel safe behind your shield, you will rarely have to flee any

situation. The energy of love is so powerful that the other will naturally be absorbed into it and completely transformed.

Another technique in handling negative people is having healthy verbal boundaries. This is probably one of the most important tools you can have to stay empowered and establish supportive loving relationships. When people become upset with you, speak your truth in a confident loving manner. Some good phrases are:

I will not spend time with you if you continue to be angry with me.

I cannot be with you until you can speak to me in a loving supportive way.

If you continue to criticize me, I will leave the room.

It is not o.k. with me that you are always arriving late to our meetings.

People with negative energy will disappear from your life once you set healthy boundaries and refuse to be a doormat for them. When you stop taking on other people's problems, worries, and negativity, your vibration will automatically grow to the next level. People can sense if you are the type of person who will engage with them at lower vibrational levels or not. When you are committed to using healthy communication with others, you will naturally attract amazing relationships and people that support you.

*"Falling in love you remain a child; rising in love you mature.
By and by love becomes not a relationship, it becomes a state of your
being. Not that you are in love - now you are love." ~Osho*

Magnetizing "The One"

If there is one thing that will help you grow as a human being and expand your ability to manifest, it is being in an intimate personal relationship. When we say that you can manifest a relationship, we are not speaking about forcing that person to fall in love with you by doing some sort of manipulative love magic. Love is not love unless it is authentic and free! What we are talking about is bringing your vibration up so high that you become magnetic, and naturally pull that perfect compatible person into your energy field and home!

People often ask me if it is possible to sit in a room alone, vibrate at a high joyful loving frequency, and soon get a knock on the door from their soul mate. This is possible and has been done before, yet it takes an incredible amount of will power and belief in your Universal connection. Also, in order for this to work, your future

soul mate must be a highly intuitive being that can feel your presence, and has the courage and initiative to knock on a stranger's door! It takes a HUGE self-loving vibration that is free from the Ego to manifest at this level.

*"The teacher you need is the person you are living with.
Are you listening?" ~Byron Katie*

The more practical way to attract "The One" into your home is a combination of daily inspired actions that explore who is out there, and a continuous stream of inner peace, self-love, and self-appreciation. Your soul mate will show up when you can truly enjoy being with yourself and appreciate ALL the parts of you, including all the unwanted and wacky parts. When you stop criticizing yourself, living in guilt, regretting your past mistakes, and harboring resentment, you are giving yourself space to appreciate who you are now. This harmonious inner space creates an energetic opening in your life to receive Mr. or Miss Wonderful!

Many people sabotage their ability to manifest their ideal mate because they are too attached to a fixed idea of the "perfect" one, and cannot FEEL what it is like to connect with them. The moment that you let go of your attachment to the idea of there being a perfect soul mate, you have just opened up your manifesting channels to let "The One" into your life. We each have many soul mates and only one is right for you at THIS moment of your journey. This is the one that will show up at the right time. They may not necessarily fit your idea of the perfect person, yet they will be the ideal life-long teacher to take you deeper inside. If you are having trouble meeting the one, use the following manifesting technique to attract the right kind of person to you.

*"The best relationship is one in which your love for each other
exceeds your need for each other." ~Dalai Lama*

Manifesting "The One" Meditation

1. Make a list of the top 25 qualities you would like your ideal person to possess. Think about how you want them to treat you, talk to you, and look at you. Also write down how you want to feel when you are around them.
2. Sit in a comfortable position, close your eyes, take a few deep breaths, relax your bodymind and take a trip to the Blue Room! (see chapter 8)

3. When you arrive in the Blue Room, imagine there are strongly charged energy particles in the air around you. They are bright, shiny, and gold. Breathe in these particles and feel them going into your heart center. Imagine these particles are creating a gold energy field in your heart area. Notice how vibrant and alive your heart energy is. Now envision this energy taking on magnetic qualities. This is your special magnetizing energy!

4. Your heart center is now a powerful love magnet, and attracts your ideal person towards you automatically. Visualize that your ideal person is now walking over to meet you. What they are wearing? Notice what they look like in detail, the expression on their face, and how they carry themselves. Notice that they are incredibly interested in you and that they are looking at you with eyes of adoration and love. How do you feel when you look at them?

5. Imagine that both your hearts are connected by a channel of golden light. This is a sacred loving bond, filled with trust and deep intimacy. At this moment, ask them to be a part of your life. See them smiling, nodding and saying, "YES!" Notice what it feels like to welcome them into your life.

6. Thank the universe for providing this person, give them a big hug, and agree to meet them back on earth in physical form very soon. Let go of any attachment you might have about how or when they should appear. On Earth, go out and meet as many people as you can, and know that you will recognize them by the heart connection you instantly have.

CHAPTER 12

OVERCOMING BLOCKS TO MANIFESTING

“Go lightly, simply. Too much seriousness clouds the soul. Just go, and follow the flowing moment. Try not to cling to any experience. The depths of wonder open up themselves.” ~Osho

Seriousness: A Serious Disease to Manifesting

Transforming the blocks and challenges inside us into opportunities and exciting adventures is something that can be both a nasty and beautiful process. Many do not know that for the caterpillar to become a butterfly, it must eat its own excrement for the FULL inner and outer transformation to occur. Metaphorically speaking of course, we must completely digest our own inner “shit” to have a massive awakening and metamorphosis with our lives. Change is something that happens slowly, then out of nowhere comes an instant awakening at the speed of light.

One of the most challenging blocks to manifesting is the unconscious addiction to a serious attitude. When you are being too serious about ANYTHING it means that you are not open, relaxed, and trusting that the Universe will handle the details. It also means that you are not exercising confidence in your natural manifesting abilities. Seriousness is a fear based reaction that comes from past conditioning. It is based upon the belief that the harder you push to get what you want, the more progress you will make. Serious people believe in the illusion that they are separate from a divine source of infinite energy and power, and thus must really EFFORT to achieve their dream. If there is any one cause for all the trauma, drama and disease on this planet, seriousness is the culprit. Seriousness is a disease to your soul.

When you become trapped in a dramatic mental, emotional, or even physically disempowering situation, you may tend to become very serious about escaping it. This reaction cuts off your manifesting valves even more, and creates greater feelings of desperation and neediness inside. Desperation is not an aphrodisiac, meaning you are less of a manifesting magnet when you are coming from a place of lack. Being too serious about your life is like throwing yourself in a dungeon of hungry tigers and throwing away the key! To release yourself from this dungeon, re-focus your mind on thoughts that inspire and enlighten you. Your serious

energy may try to push you back down into this powerless ravine, yet this is the place where serious shifts in consciousness can happen! Explore being more playful, forgiving, patient, and gentle with yourself. If your mind does not obey you, laugh at it! This practice will instantly make you the master of your mind so you can see that the true purpose of your life is to enjoy it!

*"You don't stop laughing because you grow old,
you grow old because you stop laughing." ~Author Unknown*

So how do you know you when you are being TOO serious about something? Check your face and body. Are you wearing a frown or a smile? Are your eyes tense, and your brow heavy and stern? Does your heart feel a heavy pressure to succeed at something? Do you feel that it takes an incredible effort just to get out of bed and accomplish a few goals each day? If you really want to see a major vibrational shift and start manifesting, you will need to kick your Mr. or Ms. Seriousness' butt big time!

Start right now by making a list of EVERYTHING you are serious about in your life. Perhaps you are serious about your lack of money, getting a new job, keeping your house clean, doing the manifesting exercises perfectly, sticking to your diet, or having to look a certain way. After you have finished this extensive list, rip it up and burn it! As it is burning, proclaim out loud to the Universe, "I am letting go of seriousness and making room in my life for laughter, fun and play!" Then, go and do something SUPER fun! Do something completely useless! You can watch a funny movie, go play with the kids next door, dance in the rain, paint whiskers on your best friend's face, have a whip cream fight, or pull out the squirt guns! If you have a serious complex, you will have a stern look on your face just thinking about these things. Commit to doing something FUN every day of the week for the next 3 months of your life! Your life depends on it! The experiences you have will enlighten your life (and everyone else's) for years to come.

*"If you will laugh about it later, why not
laugh about it now?" ~Author Unknown*

When you explore and uncover what is beneath a serious human being, you will find that their seriousness is an illusion. People over-identify with serious feelings, thoughts, and energy, yet their soul is still ultimately free. They get hooked on acting serious because there is some attachment to a future goal that says, "Once I arrive at XYZ, THEN I will be happy and free!" They do not realize that being serious now, only accumulates to more seriousness tomorrow. These people

DESPARATELY WANT to be happy, yet their feelings of joy are always off in the distance, never to be felt in the here and now. There is a false illusion that your seriousness will deliver you to the promised-land called happiness.

“Take hold of your own life. See that the whole existence is celebrating. These trees are not serious... these birds are not serious. The rivers and the oceans are wild, and everywhere there is fun, everywhere there is joy and delight. Watch existence, listen to the existence and become part of it.” ~Osho

The mind will always create more serious situations and stories. Do not buy into them! If you have adopted a habit of being serious about your life, then take some time to ask yourself these questions:

Right now would I rather be serious or happy?

What do I get out of being serious?

Do my actions need to be this serious in order to reach my final goal?

What is more important to me, the journey towards the goal or achieving my goal?

Once I achieve my serious goal, how will it make me feel?

Isn't my goal to feel more light, happy, and free?

Serious thinkers do not yet realize that life is a comedy. Life is one big game! Are you ready to get out of the somber stands and onto the playing field of your life? Pondering questions like these will deepen your awareness about what is keeping you stuck in the stands, frigid and tense with sternness. Then you will realize that the Universe is your playground! It would love for you to get off your butt, get on the playing field, and have fun on your way to making your next touchdown! Remember that whatever you want, already wants you! To whatever degree you are seriously pushing to get what you want, you are forcing that very thing away from you. So relax, trust the process, and enjoy your journey on the way there!

*“Life is not a tragedy, it is a comedy.
To be alive means to have a sense of humor.” ~Osho*

If you think your serious Gremlin is stopping you from stepping across the goal line, then stop and visualize your inner Fun Coach in your mind's eye. What does your Fun Coach look like? What is he or she wearing? Listen! Can you hear them whispering in your ear, “You are an amazing being! You can have fun AND achieve your goals! Let go, and relax. You will easily attain your dream!” The

more you can tune into these messages, the faster you will reach your goals with effortless ease. Your Fun Coach is always available inside you right now, ready to coach you! Listen to these messages at least 3 times a day, you will soon find out how EASY it is to create what you want.

Now ask your Fun Coach to help you visualize your goal has already manifested in your life. Imagine the achievement of this goal in great detail. Pretend that it happened to you 5 minutes ago and then 5 days ago. It is already a done deal! Do you feel the relief? Where did all your seriousness go? If you feel like you did not experience anything, you are still holding onto some seriousness here.

Let's say that you are just too serious about everything and feel super stuck visualizing or feeling what FUN may be like. When you are serious, you are focused on what you do not want. Forget about everything you do not want, and focus on what you DO want. This commitment to yourself will only bring success and amazing experiences your way. Manifesting is all about letting go, and allowing a higher power to flow through you. When you let go of having to be in control of everything, it becomes impossible to be serious anymore! By allowing this commitment to become a permanent aspect of your life, you will fulfill your dreams as easily as your desires arise through you.

What is the purpose of life if you are not enjoying it? If you are not laughing everyday, you do not get the cosmic joke. The joke is that you are a divine being who thinks he/she has problems and concerns. Your thoughts create your reality, so whatever you are focusing on is what you are creating. You may not believe this, yet you can instantly choose to redirect your emotional state at will. Even if you are stuck in deep seriousness for years, you can decide to focus onto a more playful emotional state like laughter. Laughter is the healing nectar of the Gods. Below is an exercise that will help you to taste this nectar. Practicing it daily will strengthen your ability to lighten up and create any state you wish at will.

*"Laughter has always brought me
out of unhappy situations." ~Red Skelton*

The Laughing Exercise

For 15 minutes, sitting on the floor alone or with a group of people, start laughing out loud.

If you cannot think of anything to laugh about, jumpstart the process of laughing

by saying, “Ha ha ha ha!”

Fake the sound of laughing for a few minutes.
Eventually you will naturally start to laugh.
Let the laughter come from deep in your belly.
Allow your entire body to let go!
Notice how good it feels to laugh.

“What worries you, masters you.” ~Haddon W. Robinson

Replacing Worry with Wonder

Worry and seriousness are like Siamese twins. Where ever there is seriousness, worry has to follow. Worry stems from not trusting your personal connection to the Universe. It is created from being attached to the idea that a future situation will not happen the way you think it should. When you are worried, you have stopped appreciating what is, and are focusing on the negative aspects of what might or could occur. Worrying is living in a “what if” state of mind that is visualizing on what you DON’T want to experience, instead of what you DO! When the mind gets stuck on a negative thought, it automatically shifts into high gear and tries to fix the situation. If this does not work, the mind will change topics, start a different conversation to distract it and try to avoid the negative thought. It will then start worrying about the fact that it is worrying about something, and try to avoid thinking about the situation completely. Do you notice the insanity here?

How often do you worry about your future? The act of worrying is a HUGE drain on your manifesting vibration. Just like the TV, the worried mindset will pull you in and entertain you for hours, days, years, and yes even lifetimes! Worrying is exactly how you manifest what you don’t want. If you are always hoping and praying for what you DON’T want to happen, how much energy is left to meditate on what you DO want? Worry is from a lack of mental discipline and focus. The reigns on the mind are too loose, and those wild horses just trample all over you! If you have been practicing the fine art of worrying for years, you may have become a worry-zombie, and are completely numb to passion and great pleasure! Step out of the zombie-zone by pulling back on your reins! Steer those crazy horses back to your pleasure pastures by staying focused on the positive outcome you really want!

If you have a mindbody and live in this world, you have probably been subjected to worrying about something. The purpose of worry is to recognize a negative

attachment in the mind, so that we can swing back to the opposite polarity. We can more fully know appreciation, wonder and love from having the experiences of worry and concern. However, the most important detail to recognize is that you do not have to continue swinging in and out of worry once you know what the experience of worry is like. In each moment you can choose whether you will continue worrying, or drop this addiction completely. The choice is always here to live in a state of wonder about this amazing existence.

The obsessive worry-wart within you can be a very a sneaky saboteur. It may even attach itself to the belief that says, "It is good to be thinking about the future, and concerned about XYZ. If I am not concerned about XYZ something terrible might occur. If I don't care, then I'm a terrible person." This nasty saboteur may even try to convince you that some issues are IMPORTANT life or death situations, and your life (or theirs) is at stake if you are not worried.

There is often a LARGE amount of societal pressure around giving into worry. The worrier within you does not want others to label you as a non-caring person, so you choose instead to continue worrying about the situation, and go along with everyone else to avoid their criticism. How often have you given up your positive trusting state of mind so that someone else will not feel negative inside?

"If you want to test how well worry works, try to recall what you were worrying about one year ago today." ~Author Unknown

If you want to step out of your worry mode today, the first step is take an honest look at what your personal worry issues are often around. Why are you so attached to THESE issues and not the other issues? Get curious about the subtleties of this attachment and simply notice how it feels to be attached. The next step is SAYING NO to worry! When you say no, always replace worry with wonder. To feel a sense of wonder inside, focus your mind on being curious. Get curious about what will happen next! Each time you worry, it will automatically be replaced with wonder. Implement this simple switch the instant you begin worrying, and your life will become absolutely wonder-full!

The most important aspect to eliminating any worry addiction is learning how to realize when you are in it. The instant worry happens, your energy moves into the head and a subtle TENSION manifests in your body. The longer you are worrying, the greater the tension becomes! At this point the pain can get so in-tense that you may ignore the feeling being registered in your body. This is what causes worrying to become an unconscious addiction. Any worry that is not felt becomes

trapped in your bodymind memory. Without a way to release it consciously, it tries to escape by expressing concern about everything and anything it can.

Release worry from your life by staying out of your head, and being present to the tension in your body. Breathe through your belly and let yourself feel the fear trapped inside. Direct your breath into any location your body is holding onto and say:

ALL IS WELL IN MY WORLD

EVERYTHING IS PERFECT EXACTLY AS IT IS

I AM SAFE, THE ESSENCE IS AT EASE

You will release and relax these parts of your body just by breathing these messages into them. You may notice that this worry tension is held near your solar plexus, back, shoulders or your butt muscles. These areas are where we cling onto life out of fear of losing control over it. This subtle gripping energy causes more problems than you know. Command these areas to **RELEASE** and open up to **RECEIVE** love! Your energy channels may resist this greatly at first, yet stay focused. Trust your body. It is the guide that will deliver you out of worry into the land of freedom.

The more trusting your body is while dealing with worry filled or stressful situations, the more you will discover there is an expansive power readily available in you! You are the master of my mind! Tell yourself this anytime you feel out of control or freaked out about anything. No worry is worth what you lose in a moment of panic. Something magical becomes awakened with each moment of trust. You start to enter a new peak in consciousness, and can live your daily life from this powerful peace-filled inner space. Soon your worry muscles will begin to weaken and your mind will refuse to create negative illusions.

Start now by making a commitment to yourself and the Universe to eliminate worry and live tension free every day. Always release worry and replace it with wonder! With continuous practice, you will experience a synchronicity with your dreams and desires, attracting them to you at the speed of light!

"Curiosity is a delicate little plant which, aside from stimulation, stands mainly in roots of freedom." ~Albert Einstein

The Curiosity Commitment

Whenever you feel yourself falling back into your same old negative thought patterns again and again....STOP EVERYTHING!! Do not let another moment pass where you do not explore this stuckness. Investigate! Be curious about it. When did this happen before? How many times have you done this before? Possibly how many lifetimes has this been reoccurring? The answers do not matter! It is much more important that you remain in the state of curiosity rather than finding out what caused your neurosis in the first place.

Being truly curious (non-judgmental) about each experience means staying open, receptive, willing, and loving with your life. Curiosity is our very nature. Only when your mind gets in the way do you tend to complain, nag, judge, label, and criticize the way things are. When you adopt an attitude of curiosity, you explore each of life's experiences with a sense of wonder and awe. You are truly fascinated by every experience that arises, without being attached to the mind's judgment of it being good or bad. The mind stops its fixation on the past and future, and begins to savor the juicy moment of now.

When curiosity is truly present in your moment-to-moment reality, you open up your manifesting vibration WIDE! A genuine sense of curiosity is what allows you to break free from all patterns and redefine yourself. The usual states of suffering, which you normally just tolerate on any a given day, become windows into an exotic new world. In this new realty, each experience is fresh, and unfolds through you instead of you having to control it. In this place you can see an unlimited number of possibilities which broadens the scope of your manifesting vibration.

It takes a considerable amount of awareness to process out your deepest negative programming and childhood conditioned beliefs about people, the world and yourself. The speed at which this inner shift happens depends on your ability to remain in curious mode. To release your attachment to each thought-sensation-experience when it arises takes tremendous vigilance, which only a curious mind is equipped to do. It is as simple as letting go, trusting the releasing process, and remaining curious.

*"Do what you can, with what you have,
where you are." ~Theodore Roosevelt*

Stepping Out of the Velvet Rut

Studies show that on average 90% of the 60,000 thoughts you think today will be the same thoughts you had yesterday. If you are thinking 90% of the same thoughts EVERYDAY for months and years, no wonder you may start to feel stuck! Without consistent awareness training, the mind tends to be obsessive, neurotic, and even borderline insane. It chews and spits out the SAME information again and again, just repeating itself constantly until it gets into a rut and is forced to find its way out. Then, it obsesses about getting out of the rut, which digs an even deeper ravine. The wild horses of the mind will always have a tendency to frequent their old stomping grounds (old habits) until you grab the reins, and consciously direct them to follow a new path.

The flip side of this repetitive way of thinking is that life can seem very stable, unchanging and even trustworthy when you are under its influence. In this place, you know how people will respond, and feel as if you can foresee the outcome of many routine situations. You believe you will have the same predictable experiences tomorrow that you have enjoyed for the last 20 years. However, these habitual thought patterns, reactions and experiences can become so comforting that it may be challenging to do or think anything differently. When these repetitive cozy neuron pathways in your brain are used too frequently, you can fall into the trap of a velvet rut.

How do you know if you are in a velvet rut? You can tell you are in a velvet rut when you are comfortable in life, have everything you need, and still feel this vague sense of being unhappy. A velvet rut is created by being too lazy about your life purpose, and not taking inspired actions or following your passions. You know you have dug yourself a nice grave if you are too tired or comfortable to stand up and hop out of it. If this is you, it is time to do something radical! Today, start a new way of thinking and experiment with a few unusual life experiences just for fun.

Take a trip to some place you have never been before. It does not have to be a 3 month excursion to Antarctica. It may be to your neighbor's living room, a walk in a new park or mall, or a restaurant in a part of town you would NEVER enter. The level of risk you take needs to be comparable in energy to the depth of your stuckness. Meaning, if you have been in a velvet rut for years, and take actions which barely push you out of your comfort zone, nothing will change.

If you want to realize how magical of a manifesting being you are, first find out where you are stuck! The mind fears change, yet like a pond without new water

flowing into it, you will soon become stagnant and clogged. Remember, all stuckness is impermanent. EVERYTHING is temporary, everything except your very soul. You are a spiritual being who will never really die, you will only change forms. So what is there to be afraid of? You are guaranteed eternal life! Sure there will be pain, suffering, and disillusionment in this bodymind. These so called negative experiences are what propels you to grow throughout your lifetime.

Everybody gets stuck in a velvet rut at some point in their life journey. Even those who have lifted themselves out of the deepest ravines can slip and slide back in. However, there exists a group of individuals who may wobble here and there, yet will never completely fall into a rut. They all have one thing in common; a relentless courage to feel and experience the stuckness and move through it, especially if it gets worse. Their ultimate goal is to become more conscious, awake and alive human beings no matter what it takes. This elite group also sees the opportunity in every problem. If you tell them they have 90% of the same thoughts as yesterday, they will reply with, "Wow, that means I have a 10% chance of having a NEW thought today!" This type of zealous optimistic energy can be a HUGE ally in pulling you out of any velvet rut.

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

~ Michelangelo

Breaking Through Resistance and Laziness

If you look at history, nobody has ever accomplished anything totally amazing without hitting massive resistance and obstacles along the way. If you are experiencing ongoing challenges with manifesting the items on your agenda, this is a good sign! You are stepping out of a comfortable velvet rut and have the opportunity to make a tremendous breakthrough in your life. The thicker the wall you hit, the more spectacular your experience is of breaking through it. If the resistance to attaining any goal is extreme, it causes you to streamline your focus and energy on what you want to manifest instead of on what you don't want. The moment you do hold your attention on what you want, you break through your stuckness, and experience the success you have been striving for.

"I do not believe in failure. It is not failure if you enjoyed the process." ~Oprah Winfrey

One of the most challenging symptoms of resistance is laziness. The energy of laziness actually stems from having too many wild horses running rampant in your mind. Even though your mind may feel exhausted and drained, its neural pathways are still chaotic and congested with "have to's" and "shoulds". The incessant accumulation of insignificant information that your mind absorbs from radio, T.V, emails, newspapers, gossip, and other distracted minds will overload any clear functioning mindset. All of this bombardment of information can cause the Ego to retreat into a lethargic zone of overwhelm. The cure for this state is completely emptying out the mind.

The first step towards emptying your mind is to practice being unfocused and experience your pure essence. Depending on how much inner chatter you have built up, you will empty the mind and clean out all its closets of clutter after several days, weeks, or months. This new empty space is very refreshing and contains a pure potentiality that is truly energizing. When you tap into this pure emptiness, a creative spark is re-ignited and there is a revitalized sense of excitement and genuine motivation throughout your day.

One thing to observe is that your laziness and resistance is sending you a strong message to do nothing, so truly do that! Do nothing, absolutely nothing. Even reading, watching T.V. or goofing off is too much effort and you will not refuel your system. Simply be still and rest in the divine essence of your being. Your body contains the greatest energy in the entire Universe. Even if you feel you should be doing something while you are doing nothing, it can continue to drain your energy. Relax and let your energy surrender and merge with everything. You will find your laziness is replaced by a true passion for living that you may never have experienced before. The following exercise will help you burn through any resistance or laziness that is deeply trapped in your bodymind.

The Laziness Exercise

Sit or lounge in the most lazy
lethargic position you can muster.
Let this posture take over your body,
so that your body is communicating and
radiating absolute laziness to the world.

Be lazy! Let every cell in your body be
filled with lazy non-efforting energy.
Notice how this feels.
If you start to get caught in a negative thought,

judgment or feeling, do nothing!
Meet it with complete laziness and return
your attention to the lazy posture and attitude.

Consciously relax into this space for 5-10 minutes
or until you feel an incredible URGE
to take some inspired action in your life.
If this happens, check inside and see
if you can muster any more laziness.
You are finished with this exercise when you
absolutely cannot find any more laziness inside.

This exercise is extremely revealing and can bring up many other buried issues inside you. If you have trouble experiencing authentic laziness, think about the last time you felt a lack of excitement or motivation about your life. What was that like? The key is not to try and be lazy, but to consciously allow your genuine lazy feelings to surface. Any issue you meet with awareness in this exercise will immediately begin releasing from your mindbody as long as you experience it and do not resist it.

If your issue is more about resistance than laziness, the key to dissolving the resistance wall is surrendering to the experience of it. Resistance can ONLY continue to perpetuate if you struggle against it. If you meet resistance with more resistance, it will only grow stronger inside. Surrendering is a way of embracing your resistance, allowing you to release your attachment to it, and see the perfection in each moment.

By surrendering, you are not giving up on your dreams; rather you are ending your life-long battle with trying to overcome resistance and laziness. This type of surrender is a profound acceptance for what is. Acceptance always leads to higher states of realization and manifesting power. Through deep acceptance, you gain the energy to start moving pro-actively towards your dreams again.

If you feel it is impossible to surrender to a negative experience you are having, then just relax and hang out with it. Whatever you do, do not avoid it by trying to stay busy doing something else. Just feel it, experience it, and DO NOT buy into its victim story. The saboteur will coax you to make you believe the most negative things about yourself. Practice breathing into where the feeling is located in your body for 5-10 minutes. This will take you into it energetically until you transcend through it.

The feelings of resistance in your life can have many layers. The moment that you believe you have defeated your resistance monster, another layer will resurface mysteriously from the deep. Be patient, this is natural. Life is a process of revealing one's true self, and like an onion, we have many thin and subtle layers to explore.

After continuously peeling back the endless layers of resistance, there will come a time when you will automatically stop working at surrendering, experience a natural freedom from resistance and laziness, and tap into the core of your being. At your core, there exists a highly motivated energy that dissolves any lazy cow-like attitude about your life which may resurface from the deep. In this motivated state, you are free to focus on what you want to manifest, and will adopt a lifestyle that overflowing with exciting circumstances and inspired actions. All of your surrender "work" will have given birth to a flexible adventurous part of you who can experiment with new ways of experiencing life and enjoy every situation that arises.

*"The journey of a thousand miles begins with a single step,
or a broken fan belt and a leaky tire." ~ New Chinese Proverb*

Sometimes layers of resistance and laziness can feel too thick to pierce through with surrender, and require a more aggressive method to puncture them. This is where sheer will power, determination, and jumping up and down yelling "I'M EXCITED" are needed. Breaking through by means of pure will power is done by accessing one of your heart's most burning desires. Perhaps it's the desire to succeed, to stop failing, to provide for your family, or to prove to your father that you are not a screw up. Any deep burning desire you have contains a VERY powerful force that will temporarily eliminate the resistance or lazy saboteur energy. The true purpose of this more aggressive method is to breakthrough your resistance so that you can realize how to let in and RECEIVE the manifestation you are yearning to have.

There is nothing wrong with tremendous EFFORTING to achieve results. However, over time this strategy becomes exhausting, addictive, and hinders your manifesting abilities. If you feel that at this stage in your journey you want to utilize this aggressive means to break through your laziness, here is a gem of a technique for you. Discover your own inner Inspiration Coach! This part of you is SUPER EXCITED about what is on your Manifesting Agenda, and wants to support you in accomplishing your life dreams!

Just as a man may play the role of husband, father, employee, co-worker, friend, and son in one day, you also may access different inner parts of yourself at anytime. If you think that this motivated part may not exist inside of you, remember a time in your past when you were excited about something. Perhaps it was your 8th birthday and you received your first bike, or maybe you got an A+ on an exam at school, or even experienced your first romantic kiss! Remembering these moments will help you re-awaken the energy that fuels the Inspiration Coach within. Here is a meditation that will help this hidden part of you feel more real.

The Inspiration Coach Meditation

Sit on the edge of your chair as if you were about to meet the most exciting, empowering, and motivating person on the planet! This is one of the most influential people in the world that you respect and adore. As you close your eyes, get ready to meet them!

Imagine they just walked into the room.
What do you notice about them? What are they wearing?
What is the expression like on their face?
As they move towards you, physically stand up, get out of your chair, and receive the big powerful hug they give you (actually wrap your arms around yourself as if they were hugging you).
Feel their body's vibrant alive energy radiating into you.

While in this deep embrace, imagine that a golden light full of inspirational energy is emanating from their heart. The energy is so powerful that it enters and fills your entire heart region.

This inspirational golden energy absorbs into your heart, and spreads throughout your torso, back, legs, arms, and head.
Feelings of motivation and inspiration are overflowing throughout your entire body.

When you have fully experienced these feelings, release the embrace, and sit back down in your chair. Ask them any important questions you have about your life. You may hear them speak out loud or even psychically communicate with you in feelings, words, memories, or metaphors.

When your interaction feels complete, thank them for transmitting their inspiration vibration to you and taking the time to meet with you.

Notice that your Inspiration Coach was honored to support you in raising your vibration. They tell you that they are happy to come visit you ANY time that you call upon them in the future.

This exercise is even more powerful when you meet with your Inspiration Coach in the blue room! After any visualization, it is always important to take a few minutes to absorb what you experienced, and then spring into action! The more frequently you use this inspiration energy, the easier it is to access and the stronger it grows! With time and practice, the actions you take from this space will provide you with sensations of joy, being in love, utter freedom, and having extra cash in your bank account! By taking only inspired actions, your life purpose will be revealed to you, and you will experience a divine sense of being on the right path! Have fun and be playful with your Inspiration Coach.

"Trying provides two excuses... one for not doing, and one for not having " ~Unknown

Trying To Manifest

If you have worked on yourself for years, and you are still searching for fulfillment, then this next section is dedicated to you. When you think you have tried everything and nothing works, you are much closer to transcending this stage than you realize. Being tired of the self-help section of the bookstore may signal that you are trying too hard to reach your dreams.

Right now, release ANY neediness inside of you. Let go of your need to become better, richer, healthier, more pure, powerful, loving, organized, loved, or more spiritual. It is time to stop trying to become someone better and start BEING the God-being you already are! Your trying and efforting just stirs up more dust and clouds, covering up your already perfect light and mirror. Trying to be someone or something other than who you are is just another unfulfilling program that gets to be unlearned. Transcend your conditioning and do something totally new! Let go of all efforting this week, and let the effortless flow of your divine energy live its life through you!

If you check out the word “trying”, you will find that it has two definitions. The first implies that you have a weak commitment to doing something, while the second definition means you are somewhat willing to explore a new experience. Either way, trying creates a separation between you and your experience. Therefore, to fully step into your manifesting vibration, it is necessary that you drop all trying!

Perhaps you are thinking that if you stop TRYING completely, you will never have a new experience, and may become even more stuck and lazy. We are not recommending that you stop sampling new experiences. Rather, we want you to fully explore every possible experience that arises instead of participating in them half-heartedly or just tasting them. An example of how trying can create separation in your life is obvious in the arena of relationships. Troubles start occurring when one person has one foot in the relationship, and the other foot out instead of diving fully into it. When you remain at this halfway house too long, both partners will start feeling distant from each other and abandoned.

Trying is one of those empty words that will always create feelings of lack and struggle. Just notice how lazy the word TRY really is. It means that you are not 100% committed to following through. Trying represents an attitude that signifies that you are not devoted to achieving your dreams. In this state, you do not trust that an all-powerful Universe is supporting the manifestation of your every desire. Every moment you try, the Universe responds accordingly with almost giving you what you want. We cannot manifest anything until we eliminate the trying energy and replace it with pure joy and effortless ease.

The word “trying” also means that you are truly not enjoying your experience. When you TRY to accomplish anything, you are holding back from LOVING the experience you are having, and dwelling in anticipation of some “better” situation in your future. Think about TRYING to get out of bed and face your life each morning. How does that feel verses jumping out of bed and seizing the day? Trying to get out of bed is based on the preconceived conclusion and judgment that your life sucks the big waazoo! This is NOT true! Cancel, cancel, and cancel that thought! Your life is amazing. How do we know this? You are a divine manifesting being, and can create miracles the moment you stop trying and start knowing the infinite abundance of bliss within your being.

It is your “trying energy” that is causing all the blocks and dis-harmony in your life. Why is it so hard to let go of this habit? Trying is an energy we were taught at a very early age that says if we work hard and continue to persist, we will eventually achieve success. This deep societal fear-based programming says, “You have got to work HARD and really EFFORT to make anything happen, and if you don’t, you

will DIE!” Perhaps in the prehistoric days this was the natural way of life. People had to build a fire, catch or kill their meal, and make their weapons by hand, just to survive. The problem is that the survival saboteur is still deeply embedded in your programming, and keeps you from living like a manifesting magnet.

Command the mind to let this habit go! Drop surviving and start THRIVING! It is so easy to release this program when you stop the mind in its tracks, and realize that there is an infinite source of energy and creativity available inside you RIGHT NOW! The moment you drop this belief forever, you will stop procrastinating the experience of absolute divine JOY at the core of your BEING, and realize your natural manifesting powers are for real.

*"Try not. Do... or do not.
There is no try." ~Yoda, Star Wars*

When you compare the lazy “trying” saboteur to your unlimited potentiality, you will see that trying is an old habit and mind game. Drop the game and you will find that you are divinely capable of doing and achieving ANYTHING once you set your mind to it. The trying game works in conjunction with your excuse factory, which causes you to live in fear. Excuses stem from not knowing your own source of power. The excuses you use for not manifesting what you want contain the same energy that causes you to struggle towards your goals. Observe and be curious about the excuses that habitually arise, and you will be one step closer to breaking your trying addiction.

The next step in stopping the trying game is to eliminate the word “try” and its attitude from your vocabulary and emotional body. Notice when you tend to use the words “I’ll try”. These are the weak links in your manifesting vibration. Stop saying the words, “I’ll try” for even one week, and you will see a HUGE shift in your manifesting abilities. Always replace “I’ll try” with an empowering statement like, “I will, I can, I am going to, I get to, or I want to.” How does it feel to eliminate and replace the words, “I’ll try”? Remember that the word “try” is energetically weak, wimpy, and pathetic. The more you use “try”, the lower your vibration gets. The simple practice of eliminating “try” from your vocabulary will instill you with a higher level of self-confidence since you will be accomplishing more of what you set out to do.

When you give up repeating the words and energies of trying, wishing, and hoping, you are truly stepping onto the manifestor’s playing field. This is where the real magic of manifesting comes in. The instant you give up those frail strategies, you

adopt a new attitude that creates only win-win scenarios. This entails having more trust, operating out of inspired actions, and gaining a deep knowingness that you will succeed. Immediately you become more confident than your average bear, and find yourself instantly manifesting what you were trying to achieve.

"Cease trying to work everything out with your minds, it will get you nowhere. Live by intuition and inspiration and let your whole life be a Revelation." ~Eileen Caddy

You might have noticed that this TRYING issue is HUGE! Just look inside, it is always there. It is that part of you which is still efforting to get somewhere in life. What do you ultimately want to achieve anyway? All this trying and efforting is to get you to experience what? Its goal is to have you stop and get really curious about the subtle efforting programs inside you, and discover your true life mission. The greatest epiphany of your life will happen the instant you stop and unravel this relentless saboteur. Experiment with relaxing into the experience that you are presently having instead of struggling. You will find that the path of effortlessness is much more satisfying, and a million times more powerful at manifesting what you want.

In your ultimate manifesting state of existence there is no more "trying" to do anything or become anyone other than who you are. You realize you are a God-Being who has taken off your disguise, and are always manifesting your thoughts instantaneously. In this state you ARE inspired action in action all the time. The excuses you used to live your life by are long GONE, and you are taking 100% responsibility for every thought, action and feeling you are creating. In this enlightening state, there is truly nothing you can experience that does not contain the feelings of freedom and bliss in some way.

"You cannot depend on your eyes when your imagination is out of focus." ~Mark Twain

The Spiritual Trap in Negativity

When you realize you are a spiritual being connected to the God-Source, you know, see and feel the spiritual energy within all things. A deep experience of Oneness arises within you. This Oneness wipes your mirror clean, dissolves away the Ego in a flash, and leaves you experiencing Divine energy everywhere you go. However, while you are making progress in raising your manifesting vibration, you

may randomly encounter intense battles with your old negative mindset. As you are feeling overwhelmed with negative thoughts, you may attempt to personally fight them or transcend them with a strategy such as denying their existence. This illusive behavior can become a “spiritual trap”, causing your manifesting vibration to stagnate and even drop ferociously. The trap will sneak up on you the instant something grossly negative and personal happens to you and you cannot see the negativity as a blessing in disguise.

This type of spiritual mindset will fight off ANY negative thoughts, experiences or judgments, desperately trying NOT to have an “unspiritual” thought or reaction against it. Inside you, twinges of anger, rage, disappointment or fear will arise, only to be pushed away and cast aside. Doing so, you do not realize you are suppressing a natural expression of pain. If you had allowed yourself to fully experience these feelings, then you would have transformed this turmoil into a deeper connection with your Source.

*"The fastest way to freedom
is to feel your feelings." ~Gita Bellin*

The mind is programmed to automatically see life in shades of black and white. It only knows polarity and comparisons. If you buy into its story, the mind will twist your perception until the situation is deemed right or wrong. The mind feels unresolved about life unless it can categorize an experience. The really interesting thing about this is that when you do get caught on one side of this perception swing, there is one thing which will always take you beyond it. All negative and positive experiences contain a thread of consciousness running through them. This thread is connected to a divine Source of pure conscious intelligence that accepts both opposite extremes. This thread is always here, no matter how non-existent it may seem, and will always help you transcend the judgmental mindset. The question you may have now is, “How do I maintain my connection with this thread of consciousness and transcend the judgments of my mind?”

Your heart is the Master at transcending the mind and keeping the window open to allow this breeze of divine conscious energy to flow through. The heart responds to life much like this 5000 year old Yin and Yang symbol (above). It contains perfect balance within itself. It automatically lets in the positive and the negative, and does not get stuck on one polarity. The mind however will become trapped by the illusion portrayed on one side of the spectrum. As a result it will erect a wall around your heart, making a fortress to protect you from the perceived evil. The

challenge then is staying in touch with your heart, and maintaining the balance that stems from seeing and feeling the BIGGER picture.

If you discover something inside yourself or someone else that you perceive as negative, wrong, or even evil, take a big deep breath and relax! When you hit a any wall, give yourself full permission to experience and explore it. A good question to ask is, "What's the actual negative experience I am not allowing me to have?" The next question you will ask is, "What's that positive experience I am not allowing myself to have?" Then, visualize yourself taking a step back from the situation energetically and re-focus on how this aspect fits perfectly into the bigger picture of the world and Universe. Remember that there is nothing 100% purely evil in this Universe. All energy and beings contain negative and positive aspects.

Life is an infinite mystery of polar opposites, and we are the explorers of the balance of these polarities. No matter what you do, the pendulum of your mind will swing incessantly between two opposite extremes. The mind can ONLY think in terms of black or white, right or wrong, that you are truly amazing, or not much of anything. It is always forgetting that YOU are connected to an infinite spiritual river at the core of yours being. This is where you want to trust your divine essence.

To live in balance within this wild and extreme world, a healthy agreement with your mind must be established. The secret to this agreement is finding the middle road. This happens by seeing the truth and the non-truth in both polar opposites, and staying present to the empty canvas of infinite possibility. Relaxing into and embracing the true "unknown" allows you to adopt a magical attitude, especially when life throws nasty curve balls your way. This is the secret to living in harmony and having inner peace at all times, which is the foundation beneath all powerful manifesting vibrations. As your inner foundation strengthens, your manifesting powers heighten, and you continue to expand your perspective to the point where anything or anyone becomes a spiritual experience.

"Would you rather be a spiritual being having an occasional human experience, or a human being having an occasional spiritual experience?" ~Dr. Wayne Dyer

The Art of Transcending Suffering

One of the most debilitating mental, emotional and physical blocks people experience on a daily basis stems from a belief that they must tolerate their daily suffering. What is suffering and how do we create it? Suffering happens each

moment the mind becomes the master, and you its slave. The mind's thoughts can appear very real, yet the truth is absolute bliss starts the moment you drop the mind completely.

Suffering is our attachment to an idea of how things should be, and a lack of acceptance and love for the way life truly is. Anytime you are “shoulding” on life or yourself, suffering will automatically occur. Your Ego is that demanding aspect of you that wants to control, direct, manage, and change everyone and everything in the world. It is the “should-a-holic” who thinks the Universe should always refer to its wants and immediate agenda, and thus ultimately causes suffering.

The ego may also create a coping strategy that turns the “should-a-holic” into a “tolerate-a-holic”. When in the face of a major issue in life, a deeper belief arises that says you are powerless to change your situation and thus must tolerate it. This stuck feeling only grows stronger if there is no immediate conscious response or action to eliminate it. The problem is that the strategy of toleration only works temporarily. Over the years, a pothole of pain is created from repeatedly running over your true feelings and needs. The more energy you spend putting up with or tolerating things, the less energy you will have to manifest your desires.

This toleration game is something that we as a society have become overly-accustomed to and identified with. Suffering instantly happens when you over-identify with those thoughts and feelings of being powerless, in pain, or a victim of life. As a species, we have accepted that suffering is an inherent natural quality of being human and something we must tolerate for as long as we live. This is a far cry from the truth. Suffering is not a human curse branded upon us or chiseled into our permanent destiny. The Universe is not programmed to bring you more pain, loneliness, or poverty as you grow older. In fact, once you have an experience of suffering, and know what actually caused this state, you can learn how to transcend it with effortless ease. There are five primary causes of suffering that all human beings fall prey to.

“We must cultivate the power of concentration and remove all these obstacles to enlightenment which are causing our sufferings.” ~Patanjali

The 5 Causes of Human Suffering

The 5 causes listed below are from the Sutra's of a well known historic Avatar named Patanjali and date back over 1500 years. Patanjali was a great master of life in many ways who came with many messages about how to awaken and free ourselves from all suffering. The core of his teachings can be found in the small book, "How to Know God: The Yoga Aphorisms of Patanjali". It describes in great depth many ancient yogic teachings that will aid you in training your mind to achieve Oneness with the Universe, and thus unleash your full manifesting potentiality. Below are a few of Patanjali's key sutras as stated in "How to Know God". It is important to know that of these 5 causes of suffering, the first is responsible for creating all the others. Without the first, there is no pain, no illusion, and no suffering.

1. Ignorance of our Infinite Nature.

The first cause of suffering stems from forgetting the truth of who we truly are. We have ignored our infinite nature. The truth is that we are divine beings that will never die. Perhaps you may have already realized this, however, the mind works a lot like a sieve. It forgets easily what it has learned, no matter how amazing and important the information may be. The secret to transcending this ignorance is to be in wonder about this unconscious state which will awaken a new awareness inside. With enough curiosity about this ignorance, you will wake up from the incessant illusions and delusions the mind habitually falls into all day long! With the right depth of awareness, you can stop "buying into the story" of your life's dramatic fabricated delusions, and can tap into your infinite nature.

2. Egoism or over-identification with limiting ideas.

This aspect of suffering originates from an unhealthy relationship with your Ego. When the mind becomes over-identified and attached to ideas that limit your infinite being, it causes the bodymind to contract and experience stuckness. This unhealthy relationship occurs when identification with a certain idea is more powerful than your connection with your infinite nature.

3. Attachment to that which dwells upon pleasure.

As long as you believe that fulfilling your Ego's desire for pleasure is the key to your happiness, there will be some experience of suffering in your future. New ego desires will always arise and fall away. It's your attachment to them that causes suffering to be stuck on you like Velcro. You do not have to fulfill each desire to actually experience pleasure. Within the core of your infinite nature is the most blissful energy in the entire Universe, which is beyond the temporary pleasures created by satisfying the Ego. Experiencing this limitless joy happens effortlessly

when you are in a state of non-attachment. By letting go of all ego attachment, you create the space for your manifestations to occur effortlessly.

4. Aversion to that which dwells upon pain.

The human race has been conditioned for ions to avoid all pain since it could ultimately lead to the death of the species. While it may be appropriate to avoid physical pain to ensure the survival of the race (such as when you were being pursued by a ferocious tiger), the mind also spends its time trying to avoid any situation that may cause mental or emotional pain. The Ego is very foolish. It thinks it cannot bear the experience of any discomfort, and therefore attempts to eliminate all perceived painful experiences even though it has no fool-proof method to eradicate them. Your ego is so wrapped up in averting this pain that you forget your infinite nature, resulting in much suffering.

5. Desire to cling to life; fear of mortality.

Our fear of death is both an instinctual and programmed response taught by our modern day society. Although it is natural to step out of the way of a high-speed moving vehicle, most of your clinging to life is caused by illusions of the mind. Situations such as losing your job, divorce, or experiencing humiliation in front of a crowd may be unconsciously translated as life threatening events. This clinging to life causes much suffering since the ego is constantly working to protect its emotional, mental, and physical survival. The only way to transcend this kind of suffering is to remember the absolute truth of who you are. You are much more than your body or your mind. Your divine spiritual essence will continue to exist long after your bodymind dies. Once you wake up to this truth, you will stop clinging to life, naturally accept all that occurs, and experience deep feelings of security.

"Seeing beauty is about broadening our ability to recognize the interconnectedness of all manifestations of life and delighting in how the smells and sounds and tastes and sights that surround us conspire to draw us toward living fully." ~Orah Mountain Dreamer

Why Do We Experience Suffering at All?

Without pain or suffering, there is no friction, and thus no struggle or growth in life. It is when we embrace our pain that we learn how to enjoy it and understand the bigger lessons life is teaching us. Just imagine that your life is like a beach ball floating on the waves of the ocean. It naturally rises and falls in time with each wave that passes by. However, along the journey you (the beach ball) may

become overly-attached to certain thoughts, beliefs and opinions which tend to weigh you down, pulling you far beneath the ocean's surface. As you descend deeper, the pressure from the ocean increases immensely, making life even more difficult and challenging than ever before. Yet, the stubborn Ego continues to hang on, the situation intensifies, and you sink lower until you feel like your life is going to implode! Just before you think you cannot bear the pressure another moment, you let go of everything.

"In the darkest hour the soul is replenished and given strength to continue to endure." ~Heart Warrior Chosa

In an instant, you ascend back up towards the water's surface. The upward momentum blasts you out of the water and high into the sky! Here you discover a very expansive perspective of reality where only lightness and freedom abound. As you look back to where you came from, you notice that the depth you allowed yourself to be pulled down to is exactly proportionate to the height you reached above the surface. You realize that every beach ball that goes up must come back down, and that your ball's elasticity is now more flexible after it went through this descent and ascension.

The point of this analogy is to remind you that the stuckness, heaviness and issues in your life have a divine purpose. They are here to stretch you out of your fixed Ego-identity and force you to focus so that you can transcend your pain. The more suffering you can release from your life, the more resilient your manifesting vibration becomes. Miraculously, when you release the heaviness you are hanging on to, you will be instantly propelled towards your dreams.

In this wild ride of life, you have signed up to have experiences of suffering in order to truly know feelings of love and bliss. You have experienced suffering by allowing for a lack of love in the bodymind, and creating an illusionary fear-based separation from your divine spiritual existence. The beach ball gets pulled beneath the surface so it can realize its purpose is to float on the surface. Without this negative fear-based experience to compare and contrast a blissful experience with, you would not have the motivation or perspective necessary to rise above your love-starved Ego and transcend them both.

Lifting the Veil of Suffering

You instantly lift the veil of suffering when you are no longer resisting ANY experience you have, or forming beliefs that say THIS experience is wrong. When

you have surrendered your urge to fight or deny your current suffering, it flows right through you! The present moment becomes simply exquisite, and you allow whatever experiences that arise to naturally unfold! By surrendering continuously to the experience which is here now, an immediate connection to the God-Source occurs, and suffering is no longer the commander of your vessel. Choosing to have absolutely no resistance or judgment of your present experience is the most powerful tool you can use to bring you through ANY energetic block and lift your manifesting vibration to the next level.

Remember that in the midst of those difficult “morally incorrect” situations that you believe should not occur, you always have the power to choose how you experience the situation. When you know that that you have the choice to experience ANYTHING at ANY TIME, you are truly FREE from suffering forever! Every moment contains the freedom of this choice. With this, you always have the ability to be at peace in the midst of any suffering.

"Better keep yourself clean and bright; you are the window through which you must see the world." ~George Bernard Shaw

Overcoming suffering happens the moment you resign from being the over-bearing manager of your next experience (and everybody else's), and start recognizing the divine intelligent consciousness that is here now! This is your permanent "Get out of Hell Free Card." Once you let go of trying to control your experience, the divine can be seen and felt in the outer world. When this happens, you can also recognize it on the inner world!

You can find pure joy in ANY situation by placing your attention on the center of your presence and being. All suffering is eliminated when you embrace the expansive qualities of your divine being. In this space, there is an infinite reservoir of love, inner peace, joy, and appreciation. Inner peace and true joy cannot be cultivated by force, burning desire or even the act of will. They are neither attitudes nor dispositions, but accessed through surrendering to the core of our essential nature. Inner peace happens instantly by relaxing deeply inside and being with what is.

This surrender is a huge step in raising your manifesting vibration and realizing that your life long habit of suffering is as it should be. If you are open to fully exploring each new thought and emotion as it arises, you will soon see how those years of suffering are blessings in disguise. When you can see your sufferings and imperfections as perfect, you will feel how your entire life is perfect exactly as

it is. You will know that you were never abandoned by or separated from your God-Source. EVERYTHING in your past, present and future will be re-experienced as perfect, sacred and divine.

The more you can surrender to each moment, the more connected you will feel with your infinite nature, and the less suffering you will have. With a heightened consciousness, your manifesting vibration grows naturally on its own. By following this path of surrendering with awareness, you will acquire many of your desires and goals without efforting, become less worried about attaining material pleasures, and more adept at receiving the luxuries you want. What satisfies you will begin to come in from every angle. Life takes on a profound spiritual depth when you know how to step out of suffering at anytime.

Surrendering to Your Core Exercise

Lying on your back with your arms
and legs stretched out, repeat the sound “Ahhhh”
as if you were letting out a sigh of relief.
Sigh out loud for at least 5-10 minutes
in this surrendered position.

While sighing, imagine that growing out of your navel is a flower
that is opening up towards a warm Sun in the sky.
Notice how it feels in your belly as each flower petal
opens and surrenders to the warmth and life
nourishment from the Sun above.

Let all the tensions in your body unfold like these petals,
and open up to receiving the warm rays of the Sun.
Let go, relax, and surrender to this nourishing healing energy.

As every cell in your body softens, and releases,
imagine this warm soothing light is now emanating
from the base of your spine to the top of your head.
Take several slow deep breaths into your spine
and relax deeper than ever before
into this radiant core of your being.

*“Obstacles are those frightful things you see
when you take your eyes off your goal.” ~ Hannah More*

The Top 10 Blocks That Lower Your Manifesting Vibration

There are many beliefs and behaviors which hinder your manifesting vibration from evolving to the next level. Although some blocks can slow you down temporarily, others can paralyze you permanently. Through years of working with clients, we have uncovered “the top 10” most disempowering and reoccurring blocks that keep people from embodying their true manifesting abilities. While many of the blocks below have been alluded to in previous chapters, this list will make these hidden land mines more visible so you can easily navigate around them. As you bring awareness to these blocks, your reactivity to them may increase since you are more conscious of their existence. Do not fret, this heightened awareness will help you steer clear from stepping on them and blowing yourself up.

1. This generalized anxiety stems from believing you are separate from an Infinite Source. Feeling separate from The Universe is how we create feelings of fear, negativity, body tension, dis-ease, and being a failure in life. This habitual illusion that we are NOT connected to the Divine, stems from the mind's attachment and avoidance of certain thoughts. If we can untangle ourselves from these deep internal beliefs, our anxiety dissolves, and we reconnect with our eternal abundant nature.

2. The inability to stop the incessant chattering of the mind.

Your Ego is your thought program. Like a computer, it is un-aware. It just spits out information and computes things having to deal with the past and future. After many years of listening to this broken record, you may feel incapable of quieting your incessant mind chatter. In fact, silence may be the most foreign experience in the world to you. By observing your thoughts consciously through meditation, this chattering eventually dissolves since you are no longer entranced by the obsessive story-telling Ego.

3. Not acknowledging, embracing, honoring, and releasing what you FEAR.

F.E.A.R. is an acronym for False Evidence Appearing Real. Whatever you are afraid of doing is often what will bring passion, joy and direction to your life. Fear can be excitement in disguise. When you suppress your fears by pretending they don't exist, you stifle your passion and creativity with it. The secret to transcending any fear is to undertake the four step process of acknowledging what you truly fear, embracing the feeling of fear in your body, honoring it as a teacher, and releasing it from your life by replacing it with excitement.

4. An attachment or an aversion to anything.

Suffering always arises when we avoid what is painful, or become too attached to what is pleasurable. The purpose of pain and pleasure is to tell us when we are (and are not) present to this Infinite Source inside. Suffering is the Universe's way of saying, "RELAX and LET GO!" To be free from all suffering, find a happy medium between attachment and aversion by accepting what is.

5. Over-identification with others' unconscious stories of separation.

While growing up, what did others tell you that you were lacking in? What was your "standard" story of failure or separation? As a child, you unconsciously inherited whatever stories your parents had about separation, and started to embrace them as your own. The Separation from your Source began! Our parents and everyone else, were not fully Enlightened Beings who always lived in constant state of love and wonder, so how could we recognize that possibility in ourselves? Since then, we have been replaying these same tapes by identifying with other people's stories of victimization and disempowerment. The more aware and conscious you become of this pattern, the easier it is to dismantle it.

6. Believing that "Thinking" is a means to success.

"Think-a-holics" have dominated our society for many generations. Instead of being taught how to quiet and control the mind, we were shown that thinking harder and being smarter will achieve the desired outcome. We have been hypnotized to believe that the pathway to success can only be accessed through harnessing the power of the intellect. This unfortunately does not leave room for feelings of success. When we are always thinking of attaining success, we are not allowing the feeling of success to enter your bodies. This transformation comes from shifting your focus from the thoughts occurring in your head, to the divine presence radiating from your heart. How much suffering can you tolerate before you decide to redefine success?

"All greatness is achieved while performing outside your comfort zone." ~Greg Arnold

7. Hiding from your true power in a "safe" little fishbowl.

According to the ego, your thoughts are safe while unknown experiences are unsafe. Through TV, movies, and books you may tend to disengage from the real world, and hide from the incredible experiences life has to offer. You then become trapped in a mental spin-cycle of thoughts about reality that make you believe you are fully alive. Instead, these mental games distract you from fully diving into the vast ocean of unknown experiences. As a result, you may tend to stay in a safe

(and basically stagnant) little fishbowl by habitually doing and thinking things that bring you security. The secret to getting out of your fishbowl is to consciously choose to actively engage life by adventuring out of your comfort zone everyday. Practice embracing the thrill of riding the roller-coaster of life by unplugging the TV, get out of your house, and meet the unknown! Wouldn't life be boring if you always knew the future and how you should respond to the next experience?

8. Having to be right all the time.

Being right is how the Ego thinks it will become happy. However, being right is a contracted viewpoint on reality that creates tension in your mindbody. When you HAVE TO be right about something, you are automatically giving up your ability to let in love, and appreciation. The Ego believes it must defend its position in order to get what it wants, yet this is a massive illusion that never leads to total fulfillment. To let go of this stubborn habit, ask yourself, "Would I rather be right than happy?" Then, use empathy to step into the other person's shoes and notice how true their perspective is for them.

9. Being addicted to playing The Victim.

Feeling victimized by the world, is the ultimate state of disempowerment. When you have taken on this victim role, you feel you no longer have the choice or ability to manifest something that supports you. Playing the victim only happens through a lack of awareness. You may be unconsciously masquerading around as a Victim to life since this behavior prompts others to feel sorry for your pain, and thus send you a warped form of love. The reason you may stay stuck in the victim role is that you are receiving secondary gains like pity, compassion, false connection, sense of being right, and not having to take responsibility for the power you have to manifest the life you want. To step out of victim-hood, stop blaming the world for your situation and decide to reclaim your power. Remember that you are responsible for creating EVERYTHING in your life!

10. Choosing to stay in Rat Race instead of living a life you love.

Perhaps you are caught in this ridiculous Rat Race to reach a certain monetary status and level of luxury so that your suffering will end. This never works. The cheese you are after will just get bigger and bigger every year, and you will become more and more exhausted chasing it. If you are so busy chasing your next big cheese, you are no longer living a life that you love. Perhaps you are working overtime every week to purchase your dream car or house, yet never have quality time today to enjoy your family. This way of being is counter productive to harnessing your true manifesting powers. Your manifesting vibration increases when you are deeply enjoying your life now, taking inspired actions, and trusting that the Universe will deliver your next cheese on a silver platter. Now that you

have suffered enough through this chapter, let's explore something you will really enjoy!

CHAPTER 13

MASTERING DAY TO DAY REALITY

"This life is your gift to yourself...Open it!" ~Author Unknown

Inspired Play Days

Is your day to day reality packed full of things you should be doing? Do you sometimes feel like you are enslaved to your to-do list, and must never take time off to have fun? If your world is dominated by "shoulds" and a sense of drudgery, you are unconsciously lowering your manifesting vibration. The key to shifting out of this "shoulding" lifestyle is to open up your inspiration valve, and adopt more of a free action approach to life where you live moment-to-moment following inspired actions.

How often are doing your day are you allowing inspiration to be your sole guidance? Inspiration is really a message from your soul. It is the heart calling you into action instead of your head. Think back to when you were a child, how much of your time was spent in inspired action versus now? Children are naturally in inspired action. They live from a place of freedom, spontaneity, and excitement.

Young children are able to fully immerse in the awesome juicy experience of now and are comfortable with themselves as they are. They remain out of their analytical head and are more concerned with what is happening to them in THIS new experience rather than how good they are. As an adult you can learn a lot from children by giving yourself permission to not be perfect and have fun playing! Playing is actually the ultimate form of inspired action. Anytime you are playing you are opening up your manifesting vibration. When was the last time you really let yourself play? Do you ever schedule time in your week to just let go and have fun doing whatever you desire?

We recommend you set aside at least one day each week where you can fully express and experience the joy of being alive, and be inspired by everything you are doing. Create an Inspired Play Day where you can live each moment as if it were your very FIRST or LAST moment. Be virgin-like with how you approach

your day, and each activity you are guided to do. Enroll your friends and family in joining you in this playful exploration. By doing this Inspired Play Day regularly, you will naturally feel inspired on other days of the week. Eventually you can experience your daily manifesting routine each morning as if today was your first day doing it. You will experience a fresh new aliveness and playfulness!

The more inspired actions you are engaged in each day, the less attached you are to your IDEA of the ultimate job, mate or outcome, and the more open you become to receiving what you want or something better! The less narrowed the mind is, the more your manifesting vibration increases and easier it becomes to release attachments in the mind. The right combination of energy on focusing on what you want, and receiving what you want, allows you to experience what you want!

"Do not go where the path may lead, go instead where there is no path and leave a trail." ~Ralph Waldo Emerson

Enlightened Multi-Tasking

A challenge you may have in your day to day reality is accomplishing everything on your "to do" list during your waking hours. In order to get everything done, you may be rushing through each experience, trying to do three things at once all day long. Driving your car, talking on the cell phone, and changing the radio station all at the same time have become a common daily theme for many people. Multi-tasking while rushing is perceived as the way to increase your happiness quotient and make your dreams happen faster. However, this is a false belief since multi-tasking only keeps you from fully experiencing the richness of each moment, leading to a deep feeling of dissatisfaction and a lower manifesting vibration. The only solution to this predicament is to learn Enlightened Multi-Tasking.

The Enlightened Multi-Task Master is not rushing against the clock, or worried about the amount of money in the bank account, or concerned about the number of things accomplished by the end of the day. Enlightened Multi-Tasking is about being EXCITED about what YOU are doing RIGHT NOW. In the midst of DOING any task, you choose to tap into feelings of accomplishment, appreciation, and complete enjoyment. When the next item on the to-do list arises, then you move into it with INSPIRED ACTION. You don't do ANYTHING you are not inspired to do. When you are always inspired to do what you love and are loving what you are currently doing, you will accomplish much more than what was on your to-do list. In the end, you will look back and have memories you can savor forever!

The Enlightened Multi-Task Master is not concerned about quantity as much as quality. Completing a task from a calm, empowered state of mind is much more valuable and rewarding than frantically rushing towards another false gratification goal line. The quality of attention which you put into each moment (no matter what you are doing) is a big key to strengthening your manifesting vibration. When a higher quality of attention is engaged, the richness of life pours through each new moment, while a lower quality is concerned with just finishing those last three tasks you have overloaded your agenda with.

This higher quality of attention is attained by maintaining focus on one thing at a time. Enlightened Multi-Task Masters direct all their attention on the experience at hand and can still accomplish many tasks in a given day. Do you know that all human beings can fully process only ONE thing at a time? Although you may be able to walk and chew gum at the same time, you actually cannot enjoy both of them in the same exact moment. Meaning there is only space for one thought per moment. For example, you will have the thought “this gum tastes fruity”, followed by the thought “boy my legs feel strong”. If you could experience both thoughts at the same time, you would hear something like, “Boy my gummy legs feel strong and fruity”. Your mind can only process one thought at a time (thank the Universe) and if you try to focus on two thoughts at once, you just create tons of stress! When you have more than one task to accomplish, you may quickly jump from one thought to another in the hopes of achieving more in record time. The result is a destructive habit called RUSHING.

Why are we rushing in the first place? Why do we have this feeling of not having enough time? Experiencing a lack of time, funds, fun, and feelings is what creates this need to be racing to the finish line all day long and sometimes all life long. A rushing bodymind organism will frequently feel panicked because it believes that this energy will speed up the completion of the task, and fill up the empty feelings inside. When we don't feel connected with the eternal spiritual Source inside ourselves, there is this desperate feeling of lack, and a need for something to fulfill us.

Remember, rushing through ANY experience is actually an act of violence towards your self, and means you are not accepting that THIS experience is sacred. It is a nasty habit that results in you not taking the time to appreciate and LOVE your life exactly as it is. The only redeeming quality this rushing energy has is to remind us what it is like to slow down, so that we can actually enjoy our lives exactly as they are right here, right now. The Now is the juiciest moment alive, and has everything to offer you, bar none!

*“It is important from time to time, to slow down,
to go away by yourself and simply Be.” ~Eileen Caddy*

To shift out of rushing, look back at your life, and notice how you cherish the experiences where you were fully present such as vacations, your wedding day, or maybe a majestic hike in the mountains. Observe how the number of tasks you have accomplished throughout your lifetime is relatively unimportant, and lacks depth. After you have reviewed your life, make a new commitment to fully savor each moment, and live your life as though you were making love to it. Making love in a slow and unhurried way allows you to enjoy the experience more. Whereas fast hurried sex is like a good sneeze. It is gone before you know it and there is not much left to really get excited about. Wouldn't you like to experience your life as an amazing, timeless orgasm rather than a quick sneeze? You can experience more JOY and FULFILLMENT by slowing down, and staying present to one thing at a time. The more you slow down, the more orgasmic each moment will become. Here are a few easy and practical tips that will make a dramatic impact on your tendency to live a hurried frantic life.

The 8 Anti-Rushing Remedies

- 1. Make the Commitment to slow your life down.**
- 2. Practice driving under the speed limit (you may notice it is a speed LIMIT not a speed minimum).**
- 3. Walk slowly and gently as if you were gliding through the air.**
- 4. Eat slower; chew and enjoy your food.**
- 5. Relax while showering and preparing your Bodymind in the mornings.**
- 6. Practice listening more than talking.**
- 7. When speaking, talk more consciously and precisely**
- 8. Stop everything you are doing, thinking, and feeling randomly 15 times a day, and notice this amazingly Magical Bodymind and Universe you are living in.**

You may have noticed a bumper sticker on people's car that says, "Practice random acts of quietness." Simply stopping and resting from your everyday "busyness" is a way of practicing kindness with yourself. What would your life be like if you made a resolution to practice doing random acts of kindness on yourself? You'd probably start paying more attention to the divine presence that you are. Make the simple commitment to breathe slowly and gently in and out of your belly all day long. This gentle act can be the most kind and loving thing you can do during a busy day.

If you find it difficult to slow your life down, it is partially due to the fact that your perception of time shifts as you age. Have you noticed that the months go by faster with each year you get older? Why is this? Your experience of 6 months of life is HALF of your entire existence when you are 1 year old. By the time you are 2 years old, 6 months is only a ¼ of your life. At 3 years of age, your perception goes to 1/6th, and by the time you are sixty years old, your concept of 6 months of time is 1/120th! So your PERCEPTION of time shrinks each moment you are alive. Ask any 80 year old, they will tell you that it FEELS like a month flies by in an instant!

Remind yourself to slow down as you go through your day. We suggest that you repeat a mantra such as, "I have plenty of time" during those frantic moments of the day. Relax and breathe deeply into your belly. Be aware. Slow down before life stops you! Life will put the brakes on you if you don't put the brakes on it. Life will help you slow everything down by giving you experiences like getting the flu, forgetting to pay your credit card bill, bumping your head, or having a fender-bender. There are no accidents, coincidences, or anything such as "luck" in the world of manifesting. There is only energy, intelligence, consciousness and where you focus your attention. Focus on doing one thing at a time, and your body, mind, and manifesting vibration will thank you for it 1000 times down the road.

"To be happy at home is the ultimate result of all ambition." ~Samuel Johnson

The Hidden Power of Relaxation

Along the road of life, you have probably experienced glimpses of success from intense amounts of efforting. Most likely there is a deeply conditioned belief system inside you that thinks, "In order to become a powerful manifestor and manifest everything I want, it will take years of training, and require lots of hard work and persistence. This belief that we achieve our desires only through hard work is a great maniacal illusion that can become an everyday block to your manifesting vibration. The reality to meditate upon is that your experience of success happened the moment you stopped efforting, and relaxed fully inside. This may sound trivial, yet in the everyday world of manifesting, it is a key element to reaching your ultimate vibration. Whatever experiences you tend to repeat on the inner world, are reflected back to you energetically in the outer world. The manifesting techniques and meditations you do will start producing effortless

results when you have discovered how to approach your daily life from a relaxed space within your bodymind.

"We can only be said to be alive in those moments when our hearts are conscious of our treasures." ~Thornton Wilder

A relaxed bodymind is proof to the Universe that you trust in its all-intelligent energy. Being relaxed is empirical evidence that you are ONE with the Universe. In this state, your energy channels transform into a receiving mode, allowing your desires to be delivered easily from the Universal warehouse. When your bodymind is relaxed and at ease, you are living in a state of abundance. How else do you think you will feel once you have everything you want? We refer to relaxation as a "hidden" power because when you are consciously relaxed, you become aligned with the Universal God-force, which naturally propels you forward to reach your goals. Relaxation is absolutely vital to your success as a manifestor. You would think relaxing would make you lazy, yet it only takes you deeper inside to support you in staying centered on the vibration and feeling of what you truly want.

One effective way to start on the path of relaxation is to experiment with simply say "YES" to this thing called LIFE. Just let your being be a big walking talking YES to whatever may happen to it for next 24 hours. Set the intention that you will choose to be open to trusting each decision, person, thought and experience that comes your way. Whatever you experience, know that it is the RIGHT experience that is here to teach you what you most need to learn. What does your body FEEL like when you say YES to each moment? Notice exactly how this unique sensation is different than a contracted state? The main rule of thumb is to not resist anything LIFE delivers you, just relax fully into it.

So you may be wondering HOW you can remain relaxed all of the time? The truth is that the very essence of your being is always at ease. It is just a matter of consciously connecting with it. There will always exist an observer inside you who is unaffected by any happenings in the outer world. The world outside you is like a great cyclone of energy, spinning up all sorts of wild and turbulent things. Yet, the very center of every tornado or hurricane is totally still and peaceful. Scientists call this place the "eye" of the storm. When you relax into this stillness within your being, the observer is awakened, and you experience the all-seeing-eye of your existence.

How do you remain in the “eye” of the storm when crisis is everywhere? First, take two or three deep breaths into your belly, and relax your body. Don’t resist the chaos whirling around you, instead invite it into your home like a good friend. Allow the crisis to push you deeper into your core of your being. When you experience a feeling of being threatened by something in the outer world, realize that the Universe is testing your level of centeredness. Treat it like you would an exam at school. This situation has materialized to teach you a lesson about the depth of your personal power. To pass this test requires the ability to respond from your deepest possible relaxed place irregardless of the outer circumstances. Do not worry! Before you know it, your exam will soon be over.

The KEY to always passing that big final exam lies in your level of commitment to relaxation. The most effective way of establishing a high level of commitment is to practice the third habit of meditation. It is essential that you set aside sacred time daily to implement this habit. As you make time everyday to rest deeply in the stillness of your being through meditation, the sensation of relaxation will grow stronger, and filter down through the different layers of your consciousness. After some time, your commitment will become a natural impulse that you carry out everyday. You will eventually experience a deep feeling of peace no matter where you go, who you are with, and what you are doing. Relaxation is the seed that makes your magical manifesting abilities sprout, take root, and flourish!

The only reason this amazing seed of relaxation has not yet sprouted is due to a lack of proper nutrients. It is like it was cast into the dry desert sands without any water or soil! Hard tough environments, over-commitments, and engrained beliefs have caused you to stress out and rush to get everything done at once. What an incredible illusion! Look deeper inside, there is already EVERYTHING you need inside yourself that will provide nourishing soil, sun, and water for the flower of relaxation to grow and blossom. With a few drops of meditative rain tomorrow morning, a few blossoms will open by the end of the day!

"Realize that you cannot help a soul unless that soul really wants help and is ready to be helped." ~Eileen Caddy

Transcending Daily Pain and Dis-ease

It may be difficult for you to apply any of the manifesting techniques or meditations above if you are encountering some sort of intense mental, emotional, or physical challenge. Deeper issues such as depression, physical illness, deep pain, or emotional abandonment may cause you to feel stuck and dis-empowered.

Perhaps in your everyday reality you are caught in the past, and wrapped up in some drama in your mind around these issues. Your mind may be constantly wishing your life was different than the way it is now. It can feel as if you are caught in a toilet bowl that continues to drown you in the same repetitive negativity. Your mind may be saying, "Everything was going so good in my life until XYZ happened, and now I'm broke, my health sucks, my relationships are non-existent, and my world is going down the drain! My life is really messed up!" This is an example of a highly contracted state that could later result in pain, dis-ease, or depression if it continues.

Physical pain occurs when there is a mental or emotional contraction in response to a prolonged ego attachment to any outcome. If, over an extended period of time, your ego continues to be in conflict, mild or intense pain will register in your body. Dis-ease or depression is caused by holding onto pain for many months or years. Pain continues because the ego is afraid to let go, and dissolve into its divine existence. The ego grasps onto this pain, and can fabricate many clever excuses to stay stuck.

If you are using pain as an excuse for not focusing on what you CAN create or DO with your time, then it is imperative that you break through this roadblock in order to embark on the manifesting path. All this negativity is just a thick layer of dust to wipe off that may take many hours, days and weeks of practicing the transcending pain techniques below to burn through it. We each have had some terrible experiences in life. Yet if there is one thing that is constant in life, it is CHANGE. In an instant, everything can change for the positive with the right attitude.

"Life is like a great big grinding wheel. Whether it wears you down or polishes you up depends on what you are made of." ~Unknown

The first step in transcending your pain or disease is to simply be with these deep intense experiences. Once you can be at peace with the sensations of pain (or contraction) trapped in your body without getting wrapped up in the story that goes with it, the pain will dissolve on its own. Simply BEING WITH the energy inside you is enough to heal it. Why does this work? Normally your conditioning will cause you to resist or battle with your disease, depression, and pain. This struggle keeps your body in a contracted state, and puts more energy into the dis-eased state. On the other hand, being with your pain is a way of staying open and in an expansive space. This allowing energy actually lets in love which ultimately will heal your bodymind. The following meditation will guide you through a process of

learning how to be with any intense uncomfortable experience, and transcend the dis-ease that accompanies it.

The Healing Meditation

Sit or lie down on the floor and breathe slowly
and deeply into your belly for 3-5 minutes.
Consciously relax your body from head to toe.
Do this by holding your attention on each major body part
(head, torso, legs and arms) as you breathe
INTO these places command them to,
“Relax and Let Go”.

Bring your attention to the diseased
or painful area in your body.
If you have an emotional issue, notice where
it is located in your body.

Imagine there is a door located beside your pain.
Open the door, and walk through to explore your pain.
How large is your pain?
Is it as big as an apple, or as small as an ant?
Notice the shape, color, and texture of your pain.
Is it dark, light, smooth, rough, prickly,
round or long and thin like a stick?

Now, ask your pain directly,
“What are you here to teach me?”
Listen closely for the answer
which will be coming from your pain.

If your mind is quiet enough you will receive
a short word or phrase that may start with,
“Trust, Relax, Let Go, Love, Enjoy” or something
very simple and profound. It will tell you whatever
you are most needing to learn.

After you have received this message,
dive deeper into your pain.
What feelings, memories, experiences and

images do you encounter?
Just observe and be curious about everything you find.

Remember, do not try to change or fix what you discover,
just BE WITH your pain and notice what happens when
you give it space and allow it to be what it is.

During this exercise, you may discover that the mind will try to trick you out of staying present to the feelings experienced in your body. When you are holding your attention on your dis-ease or pain, the mind may create distracting, entertaining, or even horrific stories to lure you away from these feelings. The mind can make you think that your life is only getting worse by doing this exercise, and that you are wasting your time. The mind is a slippery one for it likes thoughts so much more than feelings that it will pull you away from your body's negative sensations by thinking about something completely different! Do not mind the mind. Let go of the mind's movies, memories, stories, and dialog, and STAY WITH THE BODY SENSATION. BE WITH YOUR DIS-EASE OR PAIN.

If you are fighting a physical illness, then just surrender to the feeling of this unhealthy dark energy in your body! Move into it! Plunge yourself into this experience as long as you can stay in it. If you are fighting depression, then let yourself sink into the deepest pit of pits and stay there! The key is to continue dropping into the FEELING and go to the core of it. Remember to keep watching your mind!! Do not buy into its victim story if you want total healing! Keep diving into the experience of your body. This is what years of therapy is trying to do! Become so fully immersed in the negative feelings that you surrender completely and melt into everything inside.

This is how you will transcend that your daily pain and dis-ease. Once you have fully processed this feeling by relaxing and diving completely into it, the energy naturally dissipates and often has no choice other than to leave your body. This technique also opens up a gateway for divine love to come in and heal YOU! When you fully relax into the pain, you will discover that at the core of your being there is no wound, no suffering, and no mental games. At the very center, you discover a totally pure free healed YOU!

*"The feminine is more powerful than the masculine,
the soft is more powerful than the hard,
the water is more powerful than the rock." ~Osho*

After you have learned how to be with your dis-ease, the second step to transcending daily physical or mental pain is harnessing the power of gentleness and compassion. You probably spend your time trying to rid yourself of these dark demons of depression, abandonment, or illness. As you know, struggling with these energies will only make them grow stronger. To shift your relationship to these perceived negative energies, open the floodgates of gentleness, and compassion. When you are gentle with yourself, you automatically release loving vibrations that dissipate the tensions and stress inside your body.

Gentleness is all about learning how to receive. In being gentle, you rekindle your connection to the feminine energy which is that which embodies ultimate receptivity and healing. The feminine energy is both yielding, and welcoming, whereas the masculine energy is more forceful and action-oriented. No matter whether you were born male or female, you have this gentle more “feminine” energy inside of you ready to flow into your life. Tapping into the subtle power of gentleness increases your ability to receive that which you want to manifest. The gentler you are with yourself and others, the more aligned you become with your divinely whole and healed state of being. The best way to cultivate this energy of gentleness is to start practicing the following gentleness exercise daily.

The Gentleness Exercise

Think about those moments during your day when you criticize yourself or others for not being “good enough”.

As you feel this criticism energy arise in your body, breathe and relax into the feeling with a soothing gentle kindness.

Imagine that you are holding a soft cuddly bunny rabbit, and are gently stroking its ears and back.

Notice how it feels for the bunny to be stroked, caressed, and cuddled.

Observe how your body lets go, and relaxes completely.

Tell the bunny how wonderful it is in a quiet soothing voice.

Say gentle words to your bunny that make your heart melt such as “Everything is Ok, you can relax now, or you are perfect just the way you are.”

Allow this soothing soft energy to absorb into the part of the body where you are holding onto

your pain, dis-ease or emotional wound.
Notice what happens. Does your body let go?

As you relax into this gentle self-loving sensation,
the energy will naturally spread throughout your body.

Set the intention to bring this energy with you
throughout your day and week. Imagine it radiating
Into everyone you meet.

As you practice this exercise daily, you will discover that out of the warm embers of gentleness, the fire of self-love naturally ignites. You will experience how feels of deep peace, healing and love automatically arise from just being present and gentle with yourself. This love will eliminate all of the Ego's fear and resistance which is keeping the pain and dis-ease in your life.

*"Love is a space in which all other emotions
can be experienced." ~Robert Princible*

The high vibration of love contains an infinite source of healing energy. When you continuously fan the flames of gentleness, the fire of love will burn away any discomfort, pain, or dis-ease. Gentleness is a necessity to have a healthy, powerful bodymind. The following visualization will support you in fanning these flames of love so that a healthy new YOU can emerge from the smoldering ashes of pain.

The Pink Healing Light of Love

Imagine that a sphere of warm fuzzy pink energy
that has a very loving and healing feel to it.

Visualize it slowly descending
into the area of your body where you are holding
onto the disease, depression, or pain.

With each breath, waves of pink light and energy
become brighter and penetrate deeper into
this wounded area until it is completely
bathed in this divine pink healing vibration.

As you continue to breathe slower and deeper,
Imagine you are in the middle of a large ocean of this

fuzzy pink healing energy.
It is radiating everywhere! Inside of your body,
You breathing in this pink light and breathing it out.
Each cell of your body is being washed
clean of any dis-ease, or pain.
Do this for at least 10-15 minutes.

When you feel completely refreshed and revitalized,
Let your mind wander towards something
you always wanted to do with your life!
What would you do if you were 100% healed today?
Visualize yourself doing this and having the
MOST FUN and FULFILLING experiences
Full of laughter and joy!

Continue to visualize yourself doing
these experiences each morning and evening
throughout your entire week, and see how
your pain and dis-ease soon disappear!

*“When one door of happiness closes, another opens;
but often we look so long at the closed door that we do not see
the one which has been opened for us.” ~Helen Keller*

CHAPTER 14

STAYING ON THE MANIFESTING PATH

"Aerodynamically, the bumblebee should not be able to fly, but the bumblebee doesn't know it so it goes on flying anyway." ~Mary Kay Ash

Maintaining Possibility Consciousness

All the information in this book thus far has been created to mentally, emotionally and physically prepare you to enter the most empowering magical state you can imagine. Once you have tapped into this state, and experienced the power and magic of manifesting, there is only one thing that can take you even further. This is called Possibility Consciousness and it is the magical key to mastering anything in your life.

What is possibility consciousness? It is simply the letting go of doubts and disbeliefs which insist that only SOME things are possible. When you are open to feeling that ANYTHING is possible, you truly become magical. You know that the world is your oyster and you are its pearl. There is a "knowingness" that you can do and achieve anything. This state of mind has surrendered to the fact that we live in an infinite Universe, and we are eternal beings with unending possible realities and potential outcomes. The possibility mindset understands that it is more freeing and expansive to acknowledge this truth instead of continuing the argument against it.

Although possibility thinking is connecting us with our most natural state of being, it is still a belief, which like ANY belief, requires constant and continuous maintenance to stay in tact. To remain solid on the manifesting path, it is important to continue plowing new fields of possibilities, sowing seeds of new dreams, and fertilizing your soil with a high manifesting vibration! Without any plowing, planting or fertilizing of new crops, the weeds of laziness and impossibility thinking will start to sprout up. It is imperative that you keep the plow moving and weed your garden! Even the smallest dose of possibility thinking will produce the most bountiful harvest, reaping all that you desire!

"No dead principles can help, but only living consciousness. Be absolutely unprincipled and just follow life." ~Osho

So how does one attain and remain fixed in this magical possibility mindset? This only requires two basic ingredients. It takes focusing on the belief that ANYTHING is possible, and the courage to accept that this belief is always TRUE in every situation. With this foundation of possibility thinking supporting your being, your personal goals and commitments will soon become a living reality. To plant the seeds of possibility mindset in your garden, ask yourself the following questions.

1. Who would you be (right now) if you KNEW that a miracle was about to happen in the part of your life where you are currently suffering?
2. What would you feel the instant this miracle happens? Would you believe it?
3. What would it feel like to believe that you were 100% responsible for allowing this miracle to occur?
4. What has to happen for you to tap into the unlimited source and power of possibility thinking?

Everyday miracles simply happen through possibility thinking in each moment. There will always be roadblocks set up in your path ahead, for these are your hidden opportunities for growth and increased strength! Each situation along the way is a vehicle for expanding your possibility consciousness beyond what you thought was possible. Those moments, where you choose to have a breakthrough by focusing on that which is possible (instead of closing down), reprogram your mindbody to strengthen your manifesting vibration!

The secret to staying in the realm of possibility thinking is to NOT try to hold onto this state, nor figure it out. The key is to stretch your imagination way beyond its normal boundaries, and play with finding possibility within every situation that arises. Relax into and embrace the feeling of possibility that comes from experiencing the joy and excitement of the unknown. When you have adopted possibility consciousness and are thrilled by the unknown, you are empowered to accomplish the opportunities that await you.

After bathing in possibility consciousness for many days, weeks and months, something amazing begins to occur. You will start acknowledging that your life is truly an eternal joyride! You will see how your life is already FULL of exciting, rich, enjoyable experiences that you GET TO look forward to doing each day! A deep sincere gratitude will bubble up inside, creating thoughts such as, "I love everything! I am the luckiest person alive! It is so amazing to be a human being!"

“Only put off until tomorrow what you are willing to die having left undone.” ~Pablo Picasso

Stepping onto the Manifestor’s Playing Field

There are four different ways to participate in the game of life. Some people live their lives in the stands, eating their hotdogs, and watching the game go by. They believe that life is a spectator sport, and thus they do the minimum to survive. The second category of players are sitting on the sideline bench, hoping that God will put them in the game. Their shoes are untied, and they are totally unprepared to jump on the field. The third group is composed of the players who are in action on the playing field, yet function like robots, unconsciously carrying out their coaches’ orders and commands. They are following all the rules of the game, and doing exactly what they are told to do. Their lives are one big “should” waiting to implode.

The fourth group contains the most satisfied players since they are conscious proactive inspired manifestors who design their own plays, and can achieve as many touchdowns as they desire. These are the leaders who naturally catalyze their team mates into action, and bring possibility thinking into the hearts and minds of each player. They have mastered the talent of remaining completely aware and present to the juiciness of each moment of the game.

In which one of these groups have you spent the majority of your days? We invite you to step back from your life, and look at everything you have experienced so far from a distance. Notice when you were sitting in the stands, watching the game go by. Perhaps, you chose to play it safe, and never did ask that good looking person out on a date. Or maybe you were sitting on the sidelines at a party where you felt like a total stranger that was unwanted. What did it feel like to be sitting in the stands as a spectator, or stuck on the bench? Now, notice those moments in your life when you DID step onto the manifestor’s playing field! Become aware of when you had the guts to approach that beautiful person, or introduce yourself to everyone at that party. What was that FEELING like when you were ON the playing field? Remember this feeling! It is your secret weapon for winning the game.

Do you want to become a permanent member of the empowered manifestor’s team? Raise your arms, and jump up and down if the answer is YES! If you are really craving to get out of the stands, sidelines, or robot mode, take a look at what your Ego does not want to experience. You may be afraid to take any action

because your Ego wants to play it safe and hide from change. Fear is the most paralyzing force in the game, and can sneak up on you in an instant. Everything that you are afraid to experience makes you a spectator instead of a participant of your dreams. Your biggest fear is failing once you step onto the playing field of life, however paradoxically the ultimate failure is never jumping onto the field to play.

The following exercise is one that your Ego will not want to do, and may resist exploring for years. Yet, if you want to become a manifesting magnet, you must create a healthy relationship with what you FEAR. Each time you DO something you are afraid to do, you will see a MASSIVE increase in your manifesting vibration. As for the exercise below, the more you can allow yourself to experience each fear as a figment of your imagination, the easier it will be to step onto the playing field of life and take inspired action steps towards manifesting your dreams.

Stepping onto the Manifestor's Playing Field Exercise

Make an extensive list of all your fears.
Write down every experience you can think of.
The list will include things you want to happen
and obviously those you don't want.

After your list is complete, lie down,
and get ready to dive into your fears.
Take the top three fears on the list,
and for 3-5 minutes per fear
imagine that you are actually experiencing it.
Let your bodymind play out the fear as if you were
in a movie experiencing the drama and trauma.

Breathe the fear into your heart, and on the out-breath
repeat the words "Everything is O.K."
As your bodymind is experiencing the fear,
your job is to remain the observer in the background,
watching the event happening inside you.

After each fear is fully felt, seen, and experienced,
let yourself rest and relax into that final movie scene.
In this section of the movie, the worst is over,
and there is only silence and peace.

Breathe this peace into every cell of your body.

Repeat this exercise until there is no emotional
“charge” left when you visualize experiencing
any of the fears on your list.

You may notice after you release the top three fears,
everything left on the list is much easier to handle.

When you have explored every fear on your list,
take one of those fears that you WANTED to do and GO DO IT!
Always remember to NOT take this exercise too seriously.
You can actually have fun and enjoy it.

Stepping out onto the playing field as a manifestor is both a terrifying and exhilarating experience. The exhilaration begins when you totally start participating in the adventure! Life is not a spectator sport! This game is about discovering how to be fulfilled on the deepest and most intimate levels of your being, and only occurs through intimate participation with your life. This intimacy happens when you are so involved and engaged in each moment that you lose your sense of separateness from everything and everyone on the field. Intimately participating in your life teaches you how to trust the process of life, and discover the super-natural being you truly are. It educates you on how to let go of your stuckness, tap into this divine focus, and become responsible for manifesting your dreams and desires!

*“If one desires a change, one must be that change
before that change can take place.” ~Gita Bellin*

The 12 Commitments that will Exponentially Raise your Manifesting Vibration!

The 12 commitments below are the “master map” for effectively creating stronger boundaries for your life that will support you in becoming the master of your reality. They summarize the key elements expressed throughout this book. We have found that the more sacred you keep each commitment, the faster you attain your peak manifesting vibration. Start today by reading each commitment daily for several weeks until you have memorized all of them. This will help you to energetically digest and implement them so that you naturally develop healthy boundaries with the world around you.

If you feel that you are a doormat for everyone, how will you be able to stand up, and turn the knob to the door that opens up to the path of your dreams? Drop the doormat habit and take care of yourself! Ultimately this will help your manifesting vibration increase, and assist others in feeling more empowered about themselves.

These 12 commitments are the basis for the 90 day manifesting program that can be integrated into your relationship with LIFE no matter how twisted it has become! By acting on them in situations where your boundaries are confronted, you will tap directly into your personal power, shift your energy, and increase your ability to manifest the kind of experience you most want to have! A single printable page of these commitments can be downloaded at the following link. Enjoy!
http://www.EnlightenedBeings.com/pdf/12_commitments.pdf

The 12 Commitments

- 1. I am independent of the good and bad opinions of other people.**
- 2. I explore each experience in life (especially those that trouble me) with a gentle compassionate energy, and childlike curiosity.**
- 3. I always decide to accept, approve, love, and appreciate myself exactly as I am no matter what the situation or experience I am going through.**
- 4. I remain centered and at peace with myself whenever others are not.**
- 5. I ONLY do inspired actions in my life.**
- 6. I always replace worry with wonder.**
- 7. I have healthy boundaries with respect to the demands of others and can easily say NO to someone who may try to make me feel victimized, taken advantage of, or dis-empowered in any way.**
- 8. I always replace heavy and weak thoughts with light and powerful thoughts. For example, “I need to, I have to, I've got to, I should, I could, and I would”, are replaced with, “I'd love to, I want to, I get to, I can, I will, and I am!”**
- 9. I speak ONLY positive empowering statements about others and myself.**

- 10. I exercise, meditate, eat healthy, and get enough sleep at least 6 days per week.**
- 11. I easily create life-long fulfilling relationships, allowing my heart and mind to be open to fully accepting and even loving every person and situation that comes my way.**
- 12. I am 100% committed to practicing these commitments no matter what happens for the next 90 days.**

*"Fall down nine times get up ten."
~Ancient Chinese Saying*

How to Keep Your 90 Day Manifesting Commitment

So what are you committed to in your life? Have you ever made a 90 day commitment to anything? What is your commitment like to realizing 24 hours a day that YOU ARE a powerful manifesting being and can manifest anything you want? Anytime you make a commitment and stick to it, you are increasing your manifesting vibration no matter how the commitment looks! The little ones and big ones all count. Now for the exciting part! It's time to make a 90 day commitment to integrating this manifesting program into your schedule and life! Here is a list of the essential elements to your manifesting program. Download a copy at: http://www.EnlightenedBeings.com/pdf/manifesting_essentials.pdf

The Manifesting Essentials

- 1. Jump up and down every morning 6 days a week yelling, "I'm excited! I'm excited! I'm excited!" for at least 15 seconds.**
- 2. Write out your Manifesting Agenda in the past tense. Put specific dates on your manifesting agenda for the next 5 years.**
- 3. Practice 10 minutes of Dream Dialoging alone everyday or with a partner.**
- 4. At least 20 minutes of physical exercise every morning 6 days a week before meditation.**
- 5. At least 20 minutes of meditation every morning 6 days a week.**

6. Put 70% all natural "alive" (did it grow) foods into your mouth 6 days a week.

7. Give and receive at least 3 hugs everyday.

8. The last 4 minutes before falling asleep, meditate on what you are thankful for and what you are about to manifest. Acknowledge the powerfully magical manifesting being you truly are!!

The key to developing this manifesting lifestyle and integrating this routine into your life is to first take a look at your day-timer and schedule in time to do the Manifesting Essentials above. Have you noticed that when you don't schedule something into your day, it never gets done? The secret to keeping your 90 day commitment solid is to develop the habit of writing your routine into your day-timer. Once it is physically written into your life, your manifesting routine will be mentally etched into your subconscious and you will automatically begin to carry it out daily. We also recommend writing into your day-timer your 30 day, 60 day, 90 day, 6 month and 1 year manifesting agenda goals on the dates that you will have accomplished them. Just imagine how it will feel to have your emotional, physical, financial, and spiritual goals for the entire year in your day-timer!

*"Forget control and discipline...too much work. Instead try experimenting. Go in search of something to fall in love with...something about yourself, your career, your spouse."
~Dale Dauten*

Your success is determined by your level of commitment. You may ask why this word "commitment" is so important. The answer is that following through with your commitments builds trust in your self. When you completely trust yourself, you know you can manifest ANYTHING you want in your life. Trusting yourself equals trusting the Universe, and this energy opens the BIG flood gates for your highest manifesting vibration to flow through you. Commitment simply as an experience in life creates confidence, self-esteem, courage, strength and many qualities that allow us to LET GO of the Ego struggle and relax into the Now.

Your commitment to the next 90 days of your life is a reflection of how devoted you are to manifesting your life dreams. Just take a moment to stop and notice your level of commitment to this 90-day program and to your life. On a scale of 1-10, (10 being the highest) where can you honestly say your commitment is right now?

What would it feel like to be a 9? How does this feel differently than a 10? What do you need to manifest after 90 days to make it a 10? How committed would you be if you absolutely KNEW you could manifest that ONE THING you always dreamed of having, being, or doing? Would you be a 10 then?

By focusing on what you truly WANT to experience, you will automatically raise your commitment level to a 10. To keep yourself at level 10, focus continually on the feeling of already manifesting your desired experiences. We suggest you take the time now, to practice this FEELING so that your life can reach a vibration you never dreamed possible. How does your bodymind feel when you visualize your dreams coming true? When the feelings of excitement, joy, and anticipation begin to arise, keep turning them up!! Imagine there is a volume knob on your heart that controls your excitement level. Crank it up beyond its current setting. Crank it all the way up past 10...to one hundred!!

To keep this high level of commitment alive, there are many techniques you can use. Start by repeating to yourself many times a day, "I am committed with my whole body, mind, and soul to doing my manifesting routine for 90 days, manifesting my dreams, and enjoying the adventure!" The more frequently you think and feel these words, the deeper you will program yourself to stay on track. Another tool you can employ is to communicate your commitment to your manifesting routine to everyone that energetically supports you. Share your commitment with your spouse, your children, and your best friends! When others know what you are committed to doing, they may ask you periodically for a progress report, which will automatically propel you to take action on your dreams.

Sticking to this program for the first 30 days are crucial to mastering this manifesting program. For most people, creating a new habit requires 3 weeks to a month since the physical body and brain take this amount of time to fully integrate anything that is new. After about 30 days of consciously doing the routine daily, your mind will be conditioned with a new habit, and thus it will become significantly easier to carry out your manifesting routine on a daily basis. However, during these first 30 days, be aware of those critical moments where you may get bored, lazy, or feel like everything is breaking down around you. These are the instances where you may be tempted to give into your inner saboteur, and give up on your 90 day commitment. Don't listen to those gremlin voices! Instead focus on how you can create a breakthrough!

The secret to experiencing a breakthrough is to stay focused on what you want to manifest as well as the emotional, mental and physical benefits of this routine. Remind yourself why you are doing this routine in the first place. If you fall of the

bandwagon and skip a few days of your routine, pull out your manifesting agenda goals, and re-read these words of wisdom. Visualize that they just happened yesterday! Then, immediately jump up and down, and yell, "I'm excited!" Feel the recommitment flood through your body! Sometimes when your motivation engine is cold from not having much use, it doesn't hurt to give it a little "jumpstart". A quick 30 second cheerleading session can really get the mindbody rolling.

A big difference between those who succeed and those who fail, is that they are constantly recommitting to their dreams. Remaining committed to your manifesting habits is easier when you always remember to take one day off a week from your routine. If you try to over-motivate yourself and do not take the 7th day off of the manifesting program, you might get burned out before you reach your 90 day goal. Doing nothing on the 7th day can keep you from feeling that you "should" or "need to" absolutely do your daily habits or else! You will naturally feel re-energized, and re-committed to the program after one day of absence.

Through experimenting with the routine in our own lives, we have discovered the power of recommitment. When we went two days in a row without doing the 8 habits manifesting routine, the dust and dirt began to gather. Our excitement for life started to plateau, and a lower vibration crept in. There was such a stagnant energy in the house that the next day we got right back into the routine! Immediately on the day we recommitted to the routine, the manifesting vibration and higher consciousness escalated and rekindled the fire in every area of our life again.

So how much do you want the life of your DREAMS? Are you 100% committed to starting your manifesting routine tomorrow morning? If you choose to fully commit to this exploration and do ALL 90 days, you are going to learn how to magically attract some amazing things that you always wanted! Staying dedicated to this program for 90 days will outrageously improve your health, extend your lifespan, increase your income, improve your relationships, and allow you to experience yourself as the powerful manifesting being you truly ARE! Eventually you will see this commitment to yourself is worth your weight in diamonds down the road. We guarantee it!

"Man often becomes what he believes himself to be." ~ Mahatma Gandhi

How to Eliminate the Excuse Crutch

Over the next 90 days your discipline, devotion and commitment to doing your manifesting routine daily will be challenged by many wonderful distractions and excuses. There is a 100% probability this will occur. Your motivation will ebb and flow, like the tide. The mind will always find new reasons to motivate and excuses to de-motivate you. An excuse is a disguised belief that says you lack the power and natural ability to manifest what you want. Sure we can make up excuses for anything. This is easy in the short run, however, in the long-run this behavior catches up with you. How do you feel after you have made up an excuse for yourself or someone else? Notice how your body reacts. Did your excuse make you feel stronger or weaker?

What is an excuse crutch? Your Ego may have a tendency to grasp a hold of and lean on certain beliefs that make it feel comfortable and safe. It uses these beliefs like crutches, which keep your life hobbling and wobbling down the same beaten path. The habit of using these excuse crutches will cause your manifesting muscles to weaken, and eventually make you believe you are incapable of walking on your own two feet! A lack of focus and mental discipline will lead to an over-dependency on your excuses. With these excuse crutches in place, you may feel handicapped at manifesting your life's dream.

So what are the excuse crutches that are keeping you from standing up for your dream? What is that ONE excuse that if you dropped it today, would change your life around completely? When you say NO TO ALL EXCUSES, you are taking back the steering wheel to your life. This is how you keep your commitments sacred, and establish a higher level of integrity for yourself. Your integrity is the greatest measuring stick for calculating the strength of your manifesting vibration. Treat your integrity with yourself and the world like a sacred treasure map since it will lead you to the gold mine in the end.

*“More important than talent, strength, or knowledge
is the ability to laugh at yourself and enjoy the
pursuit of your dreams.” ~ Amy Grant*

Some weeks doing ALL 8 habits may appear challenging and even painful. In mastering any new routine, you will encounter a variety of excuses that can make some days feel like an uphill battle. One of the most common excuses is believing that a program, which has worked for others, will just not work for you because something is inherently wrong with you. When these unpredictable saboteurs

occur they have one purpose which is to test your commitment level to yourself. If you have been forcing yourself to do the routine for weeks on end, and your mind has created this excuse about nothing working for you, then use the following technique.

Listen to what those little negative voices are saying in your head. Notice the exact words your excuse is lurking behind. Perhaps it's "this doesn't work for me", "I think this whole thing is stupid" or "Life is easier back in my old routine." Just sit with these inner voices for at least 10 minutes until your inner doubter, skeptic, or nasty gremlin feels heard and is ready to play a BIGGER GAME!! This negative voice can PUSH you deeper inside to find a stronger sense of motivation and life purpose. Remember that the bigger the gremlin, the more personal drive and motivation you can get! Refer to the Eliminating the Gremlin Exercise in chapter one to truly transcend this nasty saboteur.

The general feeling of fear is always present when an excuse is being conceived. When we are afraid to experience something in life, we will often lean on our Excuse Crutch to avoid that particular situation and not feel our fear. For example, if you are invited to a party where you will know very few people, you may think, "I won't know anybody there, and I don't want to feel uncomfortable". Your excuse crutch may then jump in with, "I have too much to do, so I can't make it to the party." However, if you embraced your fear, you would see the opportunity in the situation and think, "What a FUN party this is going to be! I get to meet LOTS of new people!" When you explore your fears you naturally stop using your excuse crutch, which motivates you to start living a passionate life that you love.

If there is one thing the Universe guarantees, it is a variety of unsuspected challenges headed your way. All those moments in life that were full of excitement, love, abundance, and joy happened because you let go of your Excuse Crutch and got committed to exploring a life that you love. No matter how many times you have given yourself the same life-defeating excuses, it does not matter! You can choose to stop pretending you are handicapped TODAY and step into your full power! This feeling of being unstoppable is just beneath that tense, impatient, and frustrated mask of fear you may tend to wear. Just relax deeply into your bodymind. Your mask will automatically peel itself away as you discover the tremendous freedom available from deleting each one of your disempowering excuses.

Probably the most widely used method to eliminate fear and demolish your excuse crutch is the power of love. Love is the light that dispels the shadows of fear since love is the opposite experience of fear. By allowing yourself to feel loved and love

your life's dream, you will naturally transcend the addiction of using any excuse crutch. Self love melts through all fear instantly and repels away the avoidance strategies of your excuses. Just by inviting the energy of love to penetrate into every cell in your body, your thinking starts to shift! The loving feeling will soon pour a new foundation of devotion back into manifesting your life's dream.

Choosing to love yourself more than you have EVER before requires massive courage, as well as a relentless persistence to break through fear. There is no room for wimps here! It always boils down to one simple choice. Each moment that you choose love instead of fear, you no longer need to lean on excuse crutches. There is no space left in your bodymind for another excuse to enter when you are constantly choosing to explore the amazing loving vibration inside you. Everyday that you decide to focus your attention on loving what is, there is a feeling of boundless opportunity and joy everywhere you are.

There is one last thing to remember. All your excuses and failures of the past are illusions! They were necessary to motivate you to form the commitments that are creating who and what you are today. The key is seeing that your level of commitment is determined by the number of excuses you let in. Choosing to eliminate excuses plays a significant role in the amount of time and energy you have to manifest any goal. If you want to live an absolutely amazing and unstoppable life, remember that no excuse is BIG enough to compensate for lowering your manifesting vibration! You don't HAVE TO give up your excuses, YOU GET TO!! Life is an opportunity of endless "get to's"! Thank God, or you would get really fed up with it all.

"The master knows that he or she is always a student, whereas the student still hopes someday to be a master." ~Unknown

Becoming a Manifesting Master

Congratulations!! You have reached the end of this manual and are about to set foot on an even wider and richer spiritual path ahead! This is where the REAL journey begins! During this 90 day energy raising program you may experience some "phenomena" that may give you the sensation that you are becoming a manifesting master. This may include things such as, accurate psychic premonitions, people calling you exactly when you wanted them to, or perhaps the speedy materialization of specific requests you made from the Universe.

Any “miracles” that arrive on your doorstep are good signs that you are raising your vibration, yet do not in any way entail you have mastered the art of manifesting. It is important NOT to become TOO over-confident and arrogant with your results since this may stop you from doing your manifesting routine.

Instead we suggest that you focus on the more subtle signs that you are becoming a manifesting master. These experiences may not be as “flashy”, yet can be more fulfilling. They may include:

- 1. An enlightening playful presence which you carry, causing others to deeply enjoy bathing in your energy.**
- 2. You trusting your intuition 100% of the time.**
- 3. A deep peaceful place of relaxation at your core, no matter what happens in the outer world.**
- 4. You remaining in a state of wonder and curiosity about everything and everyone.**

“Great spirits have always encountered violent opposition from mediocre minds.” ~Albert Einstein

As you start to feel your inner energy transforming into higher dimensions, you will see your outer world reflecting the magnificence of this change. At this stage, something very wonderful begins to occur. There is a profound continual sense of satisfaction created from letting go of the old YOU, and a devotion to exploring what the BIGGER picture contains. It must be similar to the feelings that a baby chick has as it is pecking its way out of the egg. However, this little enlightened chick gets to peck its way out of a BIGGER egg everyday to find yet another BIGGER world!

After practicing these manifesting exercises and principles for many moons, it will become physically, financially, emotionally, mentally, and spiritually evident how they have shape-shifted your entire life. You will find that from this new life that you have created, a higher state of consciousness has formed inside you. It is a much brighter, fuller, and more enlightened consciousness, which knows in every moment that it is permanently connected to the divine God Source!

The real challenge in maintaining this perfect enlightened state is the deep integration of your old self with the new. Realizing that you are a magical manifesting being is a walk in the park compared to actually living like one everyday. This incredible challenge becomes a blessing when we meet it with gratitude, complete surrender, and fully “showing up” in the present moment. These three ways of being will take you back to the perfected state beyond the mind.

With a master’s perfectly clear mirror-like mind, everything you do will be bringing this enlightened consciousness with it. Every choice you make will ultimately be to expand your awareness and take your vibration to the next level. So when the time comes that you have absolutely everything you ever wanted, and know you can manifest anything you desire instantaneously, it may be time to move on to the next enlightenment manual. This is “the golden flash” of light to inform you that YOU have become a manifesting master!

The true master realizes that the journey of being here now is always going to be the real goal of life. When you have reached this level, you will naturally feel deeply satisfied whether you attain that BIG goal on your manifesting agenda, or not. You will see that attaining your Ego’s goals is the sideshow along the path of life, just here to entertain you. You will feel that the most successful days are when you remain 100% present to each experience all day long, which allows great waves of bliss to constantly arise inside you.

When you are a master at manifesting, you will naturally become more present to this exploration of LIFE as a learning experience. Even if you have been down the same road 10,000 times before, you will see EVERYTHING as completely fresh and new. Your only true desire will be to surrender to the light inside you. This is what enlightenment is! When you are surrendered to the infinite core of who you really are, there is no desire to empower yourself, create a “better” life, or eliminate gremlins and saboteurs (negative programming). Your whole reality will be reframed by this new light of consciousness.

Your new lifestyle will have been transformed from disciplining the mind to being here now and in a state of total devotion. It may seem ironic, yet absolute freedom in life is the result of consistently disciplining the mind to be here now. The end result is such a high manifesting vibration that your greatest heart-felt dreams, fantasies, and wildest desires will come into physical form.

Devotion simply means that you are living in a state of divine LOVE. You do this by constantly loving that God source that is always being reflected back to you.

This type of discipline has such a unique structure that it instantly reveals your true aliveness and freedom! Without ANY devotion in your life, there is no real freedom to be found. A devoted mind is a free mind.

A mind that lacks devotion can never know the boundless, limitless God energy that is available now. Whether you are devoted to God, your mate, your kids, your home, a mountain, or a religion, this devotional energy will take you beyond the judging condemning mind. The greatest healing and expansive moments of your life begin with this energy of devotion, which is the key to living a divine and enlightened life.

So finally, the time has come. Your mind has soaked up enough information for now. It is time to embark on the commitment that will change your future forever! Get excited!! Your greatest journey is about to begin! Let's start out with giving yourself a big warm hug and thank you for being open to exploring your unlimited potentiality! We are grateful for you, and we want you to have as much fun as possible over the next 90 days and beyond. So call or email if you would like to experience a personal manifesting session with us.

Ten thousand blessings to you,

Jafree and Margot



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**EXPERIENCING INNER PEACE
CREATES WORLD PEACE!!**



*"You wander restlessly from forest to forest while the Reality
is within your own dwelling. The Truth is here!
Go where you will...until you have found God in your own Soul,
the whole world will seem meaningless to you." ~Kabir*

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