

Manifesting Made Easy

You are stepping into a new way of being. We want for you to realize that you can be, do, or have anything that you desire.

You were born as a natural manifestor. Anything is possible for you. If you can imagine it, you can create it. Since you know that you can create your own life, you want to create the best life that you can dream up and imagine.

You want to remember that you need to embrace change. Go with the flow of life. Once you can align with the universe, you will experience a lightness and pure joy. You'll wonder why it took so long to realize how you have been stopping yourself from manifesting all that you desire.

How does manifesting work?

You are manifesting all of the time whether you realize it or not. Right now, at this very moment, you are creating your current reality. But if you do not understand the manifesting process, you will be attracting things that you may or may not want. Therefore, you may not be satisfied with your life.

When you manifest consciously (conscious manifestation) you truly can have, be, and do all that you desire. You are co-creating with the universe. Keep in mind that you are an energy being and that you are connected to everything in the universe. That everything is energy and that universal laws are working on your behalf all of the time.

Manifestation is a lot simpler than you think, we just all tend to think of it as being something that is very complicated. When you can get into alignment and connect to who you really are, the magic will begin.

It all starts with your imagination and being open to possibilities all around you. All manifestation comes from imagination. Everything that you imagine is real.

It is possible for everything that you imagine to become your reality. If you can dream it or think it, you can have it.

According to Jen Mazer – “The secret to manifesting is that your dreams truly want to emerge through you. They’re in your head for a reason and it is up to you to decide if you want to follow through with your inspiration. You can! You wouldn’t have the idea if it were not possible to actually manifest it. It is your choice to manifest it.”

One way to make the things that you want to manifest to come quicker is to really own them. Where they are no longer a dream or a wish, but you embody them. Proclaim that you are going to do this. You have to believe in yourself and the possibility. If you don’t, it won’t happen. It is great to keep expanding on that as well so that you keep upping yourself to more and more possibilities.

When we are talking about manifesting, we also need to bring in the Law of Attraction. The Law of Attraction is where like attracts like. As Abraham-Hicks says it means ask and it is given. The energy that you are putting out is a match for what you will receive back to it. Like a radio transmitter, you transmit a signal out and receive a matching response from the universe. As Mike Dooly likes to say, “Thoughts become things.” So basically, your thoughts create your reality. What you think about comes about. The Law of Attraction is a universal law that, just like the Law of Gravity, it is always in effect whether you know about it or not.

This sounds easy, that you can just control your thoughts. But the hidden layers of beliefs get in your way. This can cause your thoughts to not be in alignment with what you want. These are your limiting beliefs.

There are many experiments out there that prove that your thoughts create your reality. Pam Grout's book *E Squared* is full of these. When you have the conflicting thoughts, it sends mixed messages and signals to the Universe.

According to the Law of Attraction, you attract the things that are a match to the vibration that you are putting out. So, you want to make sure that your vibration is positive so that you are receiving positive experiences in your life.

You want to believe that anything is possible for you. By the sheer fact that you can think it and imagine it, you can attain it. Although, you may need to work on developing the feeling within you that it is possible. You want to cultivate the belief of the possibility and to put aside the disbelieving thoughts or limiting beliefs.

Your thoughts create your reality. These new ideas are what is creating your new reality.

When you are in a bad mood, you have the ability to change that as well. You can simply choose to believe that the situation will change, and in doing so you have already affected the situation. If you think that the situation will get better, you are helping it get better.

Your attention and intention affect the outcome. The more you are aware of your thoughts, the more you will affect the outcome of your thoughts.

The next time an idea pops into your mind, notice how you respond to it. Do you close the possibility of the idea off or do you open yourself up

to the possibility. Saying, that is interesting. I wonder what that would look like or how that could happen. Jen Mazer says – “Your dream can come true if you cultivate the possibility for it. If you have the idea, the way always exists for you. Don’t be concerned about the how, the how will show itself. Be concerned about the what and focus on it. Know that whatever it is that you dream up IS possible for you to manifest.”

Manifesting is more about allowing what is already there to show up. Allowing it to come in instead of pushing to try to manifest it. It is about trusting that it will show up for you and receiving it in. It is releasing the resistance around it and allowing it to come in.

You get what you expect. If you expect a certain outcome, that is the outcome that you are encouraging to manifest. You are creating your reality in every moment. You are a co-creator with the Universe. You want to be a visionary and creator of your reality. Keep in mind, that when you come up with an idea, it is the Universe sending ideas to you. These new ideas are what help to form your reality. You also need to add in the feeling of what it would feel like fulfilled. If you want to have \$1 million, you need to do things that make you think that you have it now. By focusing your energy on what it feels like, you are sending a message to the Universe. The Universe is a reflection of your thoughts. If you are able to act on the ideas coming to you, you will be able to manifest your desires into physical existence. You will start seeing signs from the Universe on how to manifest those desires. But you must be willing to be an active participant and act on the ideas that the Universe gives you. And if you are paying attention, it will keep sending them to you. The truth of this is that you are never doing it alone. The Universe, and everything in it, is always conspiring for you. We are all part of the same Universal field.