

Manifesting Process – Abraham-Hicks:

It can be broken down into a series of steps that involve leveraging the Law of Attraction to create desired outcomes in your life. Here's an overview of their approach to manifesting:

1. Ask: Clearly define your desires and intentions. This step involves recognizing what you truly want and asking the universe for it. Your desires are naturally born from your life experiences and contrast in your life.
2. Source answers: Trust that the universe (or Source Energy) is always responding to your desires. Once you have asked for what you want, the universe immediately begins aligning circumstances and opportunities to bring your desires to fruition.
3. Allow: In this crucial step, you need to be in a receptive state to allow the manifestation to occur. This involves releasing resistance, doubts, and negative thoughts that may be blocking the flow of abundance. Cultivate an attitude of trust, belief, and worthiness to receive your desires.
4. Focus on positive emotions: Your emotions are a powerful indicator of your alignment with your desires. By focusing on positive emotions, such as joy, gratitude, and excitement, you raise your vibration and align with the energy of your desired outcome.

5. Visualize and feel: Spend time visualizing the end result and feeling the emotions associated with having what you desire. This helps to create a strong vibrational match between you and your intention.

6. Take inspired action: Be open to the guidance and opportunities that come your way and take action that feels inspired and in alignment with your desires. Abraham-Hicks emphasizes the importance of following your intuition and enjoying the journey.

7. Practice appreciation and gratitude: Express gratitude for the manifestations and blessings in your life. This helps to maintain a high vibrational state and allows more abundance to flow into your experience.

By following these steps and staying in alignment with your desires, you can effectively manifest your intentions. Remember that the process is about maintaining a positive mindset, trusting the universe, and allowing your manifestations to unfold naturally.