

SIMARA JAMES

The Manifestation Toolkit

*A Reference Guide for Simple Manifestation Tools That
Produce BIG Results*

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Introduction - My Manifestation Journey

The Genesis

The is the story I've been told my entire life.

At 18 months old, I was rushed, almost lifeless, to Park Plaza hospital in Houston, TX. My pediatrician had told my mother on the phone when she called that there was no time for an ambulance. There was no time to even put on shoes. If she didn't leave the house immediately, I wouldn't survive. When I arrived at the hospital, the diagnosis was as my doctor had suspected. I had viral meningitis. By the time I was hooked up to all the IV's and machinery, I had lost my vision and soon after, for several minutes my heart stopped.

But what I experienced within my own consciousness was out of this world.

I remember being outside of my body and seeing myself on the operating table. I remember the image of myself on that table getting smaller and smaller as I floated up and out of the hospital. I remember going to a place in the sky and sitting in the lap of someone who knew me and loved me and spoke to me.

I can't for the life of me remember what was said during those precious moments. For years I've begged my subconscious mind to let me dream it and remember. There were also other beings there with us. There was so much peace and a complete absence of fear. Then suddenly, I remember being sent back to earth and falling, falling and falling. I fell through clouds and the last thing I remember seeing before waking up was the street speeding toward me. Years later, I told my mother that I "landed on the ground but it didn't hurt".

I experienced what I now know was a near death experience or NDE. While I was "in the sky" talking to whomever that being was, my mother's brother was back at the hospital praying and promising God that if he let me make it through that experience, he would become a preacher and proclaim the Word of God for the rest of his life. He is still preaching today, 35 years later. And here I am, writing this story for you.

Though the doctors said I would never fully recover and that I'd grow up with learning disabilities. I regained my sight, and have excelled in math, science, dance, music and everything else I've attempted. I graduated with honors from college with a degree in engineering and have enjoyed a successful career. Many other kids who were part of that outbreak have dealt with lifelong disabilities and other complications, but I was spared. I believe that the version of me that returned to my body after death was new and improved.

I share this experience because it was the catalyst that inspired me to dive deep into the spiritual world. It created a hunger in me to know more about why we exist and who it was who sent

me back to this life all those years ago. Part of my journey to trying to understand was getting very involved in my church as a kid. I was a leader in the youth ministry, played piano for the choir, attended away camps. Later I pledged a Christian sorority and taught Sunday school to adults and teens as well. All with the sincere desire to understand spirituality and how it affects day-to-day life.

I remember becoming frustrated with religion as I tried my best to do what was “right” but continued to experience failure after failure. Even worse, those around me who faithfully occupied those church pews every Sunday were dealing with such pain and not making any progress to overcome it. That’s not to say that everyone in church and all the religious people I knew were suffering, but there didn’t seem to be any consistency in the results of prayer and practicing religion “by the book”. Something deep in my soul told me there had to be more to spirituality than what I was experiencing. My intuition told me that I could experience an expanded and enhanced version of what I had been taught my entire life.

Pivotal moment

I remember like it was yesterday sitting in my house, feeling beat down by life and in the deepest state of the victim mentality. I had done everything I was “supposed” to do, and life wasn’t turning out the way I had hoped. I was angry at God, but I had been warned in the form of the story of Job not to challenge God amid difficulty...and besides, I was nothing but a sinner anyway. I thought that maybe I deserved to live an unsatisfying life. But I felt like I had nothing to lose. I shouted alone in my house “GOD

WHO ARE YOU!” And I shouted it from the deepest recesses of my heart. I believe, based on what followed, that my desperate plea was heard and answered. What has unfolded over the past 9 years has evolved into what I am sharing with you in this book. The flood gates opened and every day I understand more and more about not only who the creator is, but who I am as an expression of that energy. I now know that I AM an expression of the God energy and I have the natural ability to “do what the Christ did and even greater”. Using the tools in this book, I’ve proven it to myself repeatedly.

This book doesn’t go into detail about my spiritual awakening. I intentionally kept the content concise and to the point because I want to provide you with an easy to digest version of what it’s taken me years and thousands of hours of research and learn by trial and error. The spirit behind everything you read is one of deep thought and careful selection of the tools I believe can help you tap into the potential of your body, mind and soul in ways that can transform your life. What I present doesn’t contradict or condemn what I learned while practicing religion. I believe it’s an expanded view of the principles taught across many faiths.

What I’ve been shown through research, experimentation, observation and divine inspiration is that I am, without a doubt, able to create my reality within my own imagination.

Why I created this book

Since coming to this understanding, my life has completely transformed. I am now living in my dream house, driving my

dream car, building fulfilling relationships and continuously expanding my vision for my life with the confidence that I can create whatever reality I can dream up. I created this book as a reference guide full of exercises that will help you do the same.

Creation of your reality isn't something you do only when you are aware that you're doing it. Creating your reality is a natural part of who you are. All your experiences are reflections of thousands of thoughts and beliefs running through your subconscious and conscious mind all day long. Those thoughts attract things, people and experiences into your world by leading you step by step and decision by decision to certain outcomes.

This reference guide is designed to assist you in becoming conscious of how the process works and actively participating in it. You will learn to direct your thoughts and manage your awareness in a way that brings the things you desire into your life.

In my more than 20 years of diving deep spiritually, I've learned that every prayer, every spell, every mantra and every ritual performed serves one purpose; to get us to focus our awareness on what we desire and refine what we pay attention to. Repeatedly paying attention to certain things causes the subconscious mind to take note and as a faithful servant, reproduce those things in the 3D reality. Many of us believe that our results in life are tied to things that we do, but the truth is that our results in life are tied to our awareness and what we are choosing to focus on and believe. Our steps are ordered by what we believe on a subconscious level.

These exercises work because they transform your mental state in a way that causes you to BECOME the person you need to be in order to have the things you want. The journey never ends. Getting what you want only leads to wanting more because the journey IS the point. When we do finally receive what we want, it quickly becomes our normal and there is a deep craving to expand our vision. The exercises, if performed regularly, will aid in expanding your vision beyond your wildest dreams.

“It is not until you change your identity to match your life blueprint that you will understand why everything in the past never worked.”

— **Shannon L. Alder**

How to Use This Guide

How this Guide is Structured

Throughout this guide, I break down the tools I've used to help me successfully complete each of the 5 steps detailed in the next section of this book. These tools range from ancient techniques to more modern techniques I've picked up and modified from other successful conscious creators. The book will be broken down into 5 sections representing the 5-part process for manifesting. In each section, for each of the 20 tools, I will outline:

- When to Use the Tool
- How it Works
- Why I love it and How I've used it
- How to get started

This guide is meant to be a reference that you use often. If one method is not effective for you, try another until you discover what gets you into the manifesting mindset.

What this guide is NOT:

This guide is NOT a comprehensive guide to every technique – each of these tools can be studied for hours on end and there are various methods that can be used to implement them. This guide is meant to briefly introduce you to tools that I have found effective and the approaches I've taken to use them.

This guide is NOT a detailed memoir of my manifestation experiences – for that information, reach out to me at Coaching-ConsciousCreators@gmail.com or follow my YouTube channel [CoachingConsciousCreators](#).

This guide IS meant to open your mind and serve as a quick reference to remind you of the myriad tools available to hone your ability to influence your reality. It's meant to be referenced regularly. Conscious manifestation is not a one size fits all practice. You'll have to try different things until you discover what works best for you.

The 5 Part Process for Creating Reality

As the level of consciousness on the planet rises, there are hundreds, maybe even thousands of people providing guidance around how to manifest, meditate, and generally evolve spiritually. Each person providing that guidance has a different approach and none of them are wrong. This is a great thing because it means there is variety and we can seek out content creators who resonate with us on whatever frequency we are experiencing. The following 5-step process is my personal take on how manifestation occurs.

The process of manifesting ends up looking a lot like the process of growing a garden. Gardens start with tiny seeds and have the potential to endlessly produce things that are pleasing to eat and look at. Gardens don't thrive without a gardener and we, in our conscious minds are the gardeners of our subconscious minds, constantly planting seeds (or weeds) and experiencing the things that grow from those seeds. The conscious mind is the masculine aspect of the human psyche and the subconscious mind represents the feminine aspect. These analogies could go on and on because all of reality is a representation of this flow of energy between the two extremes of duality.

The 5 stages of manifestation, metaphorically speaking, are:

1. Preparing the soil - Getting the mind ready to receive new ideas

“The human mind is like a fertile ground where seeds are continually being planted. The seeds are opinions, ideas, and concepts. You plant a seed, a thought grows, and it grows. The word is like a seed and the human mind is so fertile!” -Don Miguel Ruiz

It's in this state that we move outside of the limitations of time and space and into our imaginal world. We are neither happy or sad, hungry nor full, we are all things at once. It's at this point that we have transcended the ego and transcended time and can select events that we want to experience in our lives from a neutral and peaceful state. We have cleansed the soil of the mind, given it the proper nutrients of peace, neutrality and focused awareness and prepared it to receive whatever seeds we want to plant.

2. Planting the seeds – Deciding what you want to produce in your life and planting the visions into the subconscious mind

“A dream is a seed. Vision plants it. Imagination nurtures growth. Opportunities create blooms. Thoughts become things!” - — Donna McGoff

This is the part of the process when we're ready to visualize exactly what we want. When starting out in intentional manifestation, this can be the hardest step since many of us

have never thought about what we truly desire in much detail. We've allowed childhood programming and all of the messaging we receive to give us our ideas about what success and happiness should look like. Determining what we truly desire is a lifelong process and will continuously evolve throughout our journey on the planet. The good news is that it doesn't matter what you choose to manifest at any given time because you will always be choosing new things. Choosing the "wrong" thing to manifest is an opportunity to refine our desires so we shouldn't be afraid of it. Self-discovery is a process that takes place throughout the manifestation journey, so just make it fun!

3. Keeping the weeds away – Keep limiting thoughts, old programs and doubts at bay.

“You have planted many seeds in the garden of possibilities. Meditation is the art removing the weeds from the garden of possibilities.” — Amit Ray

During this step, we are digging into subconscious beliefs, which can be identified just by paying attention to how different areas of your life are unfolding. If you've always had difficulty in a certain area, it's guaranteed that you have a belief that blocks you at a subconscious level. Reprogramming can easily remove those blocks. Reprogramming of the subconscious mind sounds complicated but it's a simple process. Also keep in mind that no beliefs are inherently wrong, but some beliefs serve us in moving toward what we want, and others don't. Programming yourself with beliefs that lead you toward your desired outcome is what matters.

4. Monitoring effectiveness – Continuing building your confidence in your ability to manifest and refining your methods.

The strengthening of behavior which results from reinforcement is appropriately called conditioning. In operant conditioning we strengthen an operant in the sense of making a response more probable or, in actual fact, more frequent. -BF Skinner

As I've emphasized again and again, discovering our inherent ability to create and moving into personal power is a life-long endeavor. Being self-aware, paying attention to patterns, and figuring out what's effective and what's not is key. Exercising the manifestation muscle and gaining strength and confidence are necessary parts of this process.

5. Maintaining the flow of abundance – Adopting habits that keep you in a mental state of abundance.

“Love and peace of mind do protect us. They allow us to overcome the problems that life hands us. They teach us to survive... to live now... to have the courage to confront each day.” —Bernie Siegel

In this part of the process, you are monitoring your thoughts to try and focus attention on what's wanted rather than what's unwanted consistently. You make an effort to focus on things that make you feel what you want to feel. These thoughts don't always have to relate to your desired manifestations. In some situations, it's better not to think about the circumstance you want to change until you have neutralized your feelings

around it. The purpose of this step in the process is to get into a generally positive feeling state. Enjoying as many of your moments as you possibly can without worry for past or future has the counterintuitive effect of drawing your desires closer to you.

As you toggle back and forth through the steps above, you'll find it easier and easier to shift your beliefs and thoughts from the unwanted to the wanted.

Let's dig into the toolbox!

I

Preparing the Soil of the Mind

Pure awareness is what is behind all the things we identify with in the 3D that have already manifested.

Our names, races, genders, occupations, families, possessions...When we can mentally let go of these things and enter stillness, we will become aware of a presence that is always there, observing without judgement or attachment. This section will outline the tools that can provide you easy access to this awareness which creates the atmosphere for creating reality from the zero point.

Tool #1 - Mindfulness

Use this when:

- o You are struggling with Ruminating Thoughts
- o You are living a High Stress, very busy Lifestyle
- o You are trying to get into a mental state for visualization
- o You have very little time or no quiet space to meditate
- o You want to experience peace

What it is

The truth is that the past and future only exist in our minds and the only reality is occurring in the present moment. Mindfulness meditation is a fancy name for coming into the present by focusing your mind on your physical sensations and immediate surroundings. It's tapping into your current sense of safety and stillness. It is a gateway to detachment from the mind's tendency to focus on past or future events.

Why I love it

My mindfulness meditation sessions allow me to more easily identify thoughts and feelings that are running wild and reel them in so that I can regain control of my mental state. I love it because it doesn't require me to be in any particular environment. I can do it with my eyes closed or open, whether there's noise or not. I can even do it while I'm in the midst of being driven crazy by my kids. It's a habit that is worthwhile to develop and there's no limit to how many times per day and how long you can do it.

When I pause in the moment and focus on my breathing, my heartbeat, the sound of running water or my car engine, I can quickly calm my nervous system and stop the production of the stress hormones that can wreak havoc on the body when they are distributed for extended periods of time.

How to get started

Do it whenever you think about it. You don't need any special equipment or any privacy. No one even has to know you're doing it. Just pause anywhere you are and come fully, with all five senses, into the present moment. Start by doing a body scan. Check in and identify how you're feeling in your body from head to toe. Take your time and keep at it until you feel the sensations in your body shift to a state of calm. Unless you're monk, it's nearly impossible to embody this state all the time and attempting to do so would contradict with imagining, which is a huge part of manifestation. But occupying this state as often as you feel the need can be a wonderful way to clear the mind and reset.

Tool #2 - Mantras

Use this when:

- o You're easily distracted and have trouble controlling your thoughts
- o You've identified a very specific mental state you want to achieve
- o You want to reduce mind chatter

What it is

A mantra is a syllable, word, or phrase that is repeated for the purpose of focusing the awareness on the energy behind the word. Mantras can be spoken, chanted, whispered, or simply repeated in the mind. Every word contains a certain energy and you can choose to think of popular mantras as words that contain all the energy of the millions of people who use them for a similar purpose.

Why I love it

Mantras can be used to tap into very high energy levels when popular ones are used. For example, when you use the “Ohm” mantra, you can also think about how thousands and potentially millions of people are using the same mantra throughout the day and magnify your results.

How to get started

Here are some sample Mantras to get you started. Try these or come up with your own unique versions:

Sanskrit Mantra

Sanskrit is “an ancient Indo-Aryan language that is the classical language of India and of Hinduism”. Hindu tradition heralds it as the language of the gods. The most widely used mantra from the Sanskrit language that has been used for centuries is “Aum” or “Om”.

Translation: In Hinduism is known to be the source of all mantras. Om is believed to be the primordial or the ‘first’ sound of the universe generated by the cosmic vibration that resulted in all creation

Buddhist Mantra

The primary use of Buddhist mantras is to lead to enlightenment. An example of a common Buddhist mantra is “Om Amideva Hriḥ”.

Translation: Protects you from dangers and obstacles and

overcomes all hindrances to your success.

Create Your Own

You can choose any phrase that takes you into a desired feeling state. As you chant, you can begin to embody the energy of the word. For example, when repeating the word love, you can focus in on your heart chakra or bring into your imagination acts that you see as loving. You can imagine that you are the personification of love.

Tool #3 – Active Breathing

Use this when:

- o You need to quickly deescalate a heightened emotion such as anger or anxiety
- o When you want to feel energized and refreshed

What it is

Active breathing is exactly what it sounds like.... participating in your breathing rather than passively or unconsciously allowing it. Seeing and breathing are the two bodily functions that can switch back and forth between being automatic and being consciously controlled by the mind. I believe this is why closing the eyes and controlling the breathing are so effective at getting us into a desired state of mind.. These two activities act as gateways between the conscious and subconscious realms.

Why I love it

Active breathing uses the physical body to highjack the stress response and relaxes and rejuvenates the body by bringing in additional oxygen. Breathing deeply tricks the body into believing that it's safe and allows it to relax and release hormones that facilitate calm. This works best when breathing is from the diaphragm and not the chest. This type of childlike breathing immediately halts the stress response in the body and allows attention and blood flow to distribute evenly throughout the body.

How to get started

Do this exercise upon waking before getting out of bed to energize the body for the day (Wim Hof Method)

1. Start with 30-40 power breaths
2. Hold your breath as long as you can
3. Breathe in and fill your lungs to capacity
4. Repeat steps 1-3
5. After 4 cycles, lay quietly until you feel ready to get up

*An alternative is to take 10 deep belly breaths at any time you feel you need to get into a state of relaxation.

Tool #4 - Binaural Beats

Use this When:

- o You are short on time or otherwise occupied and need to quickly get into a certain mindset without much effort
- o You need to heighten focus, increase energy, improve mood, and a host of other things.
- o You are able to wear headphones for at least 20 minutes without interruption

What it is

Binaural beats are recorded audio sessions that produce two different frequencies, one in each ear. When those frequencies are listened to simultaneously, they create a “delta” sound wave that “forces” the brain to take on a state. The theory is that it takes a while for brain “entrainment” to take place. In other words, you have to give your brain time to acclimate to the

forced brain wave state, which can take anywhere from 10-30 minutes. Headphones are highly recommended for Binaural beats to be most effective.

Why I love it

Certain brain wave states are believed to be more conducive to certain activities. For example, the theta state is excellent for bypassing the conscious mind and allowing the direct download of new ideas into the subconscious mind without interference from the conscious mind. While I listen to binaural beats that induce the theta brain wave state, I usually also listen to my affirmations or other content I want to absorb easily at the same time.

The app that I use to listen to binaural beats was created by BrainWave and allows me to play the beats in the background while I listen to music, podcasts, affirmations, etc...

A bonus here is that binaural beats can be used for so many different states of mind:

Focus

- Critical Thinking
- Concentration
- Problem Solving
- Creativity

And the list is almost endless. Below are some examples of frequencies that promote certain brain wave states and how they can benefit you.

Types Of Brain Waves

1. Beta (14-40Hz) — Waking Consciousness - Induces heightened state of alertness, logic and critical reasoning.
2. Alpha (7.5-14Hz) — Deep Relaxation - Induces daydreaming or light meditation. heightens your ability to imagine and visualize. Alpha brain wave state can be considered the gateway to your subconscious mind.
3. Theta (4-7.5Hz) — Light sleep - This is the state we experience in those brief moments just before we drift off to sleep. The moments just before entering this state are the absolute best times to visualize anything you desire as it is the portal between the conscious and subconscious.
4. Delta (0.5-4Hz) — Deep Sleep - Delta waves occur in both deep, dreamless sleep and during transcendental meditation. It's during this time that the mind and body are given the space to reset.

How to get started

There are also many free apps like the one I mentioned above that you can download to your phone. Many of them will play in the background while you use other apps. YouTube also has hours and hours of content, some of which is designed to be played overnight. Pay attention to how you feel when listening to the beats and gauge their effectiveness. It doesn't take long to know if a certain recording is producing the desired result or not.

5

Tool # 5 - Hypnosis

Use this when:

- o You want to experience deep relaxation and have the time to sit in a 30 minute or longer session
- o You can afford to see a hypnotist or invest in high quality hypnosis recordings (I have found success using some recordings available on YouTube, but proceed at your own risk)
- o You are willing and have the time and equipment to record your own hypnosis sessions and play them back. I have used self-hypnosis books for guidance and recorded my own sessions and sessions for others.

What it is

The hypnotic state is characterized by extreme suggestibility, relaxation and heightened imagination. Through suggestion and intense relaxation exercises, the mind is placed into Theta and Alpha states that allow the fast and uninhibited programming of the subconscious mind.

Why I love it

The media portrays the hypnotic state as a strange sort of trance that causes you to forget the suggestions made, but real-life hypnosis allows the subject to remain in complete control yet highly suggestable. I love my hypnosis sessions because they give me the chance to completely relax and transport myself to a place of complete detachment from the 3D reality for an extended period of time. I love the exercises used during the transition into the hypnotic state and how I can be completely aware of my body and mind's ability to be at the complete mercy of the suggestions given to them. The entire experience is incredibly relaxing and stress reducing. It must be noted that although hypnosis is extremely and sometimes immediately effective, the results are usually temporary, and it needs to be repeated at least once every few months.

How to Get Started

Check free options on YouTube and the web. Many hypnotherapists offer free introductory recordings. You can also purchase self-hypnosis books. The books in my library were purchased at a resale shop and the recordings I've created as a result have helped me tremendously.

II

Successfully Planting a Vision

Once we are in a receptive state, then comes the process of planting the seed. A seed holds all the right content and built in instructions to bring forth what you want. In manifesting, the seed is vision you have of what you desire. Just like a with seeds, when manifesting you don't have to know the ends and outs of how the vision will be executed, you only have to do your part and wait for the magic to happen naturally. This section will highlight tools to plant a vision in the mind.

Tool #6 – The Two Glass Technique

Use this when:

- § You are a beginner and want to try a quick and easy mindset shifting ritual
- § You prefer a physical act to plant your desires into the subconscious
- § You want to engage more of your senses in the manifestation process

What it is

Take 2 glasses. On one, put the current state and on the other put the desired state. Pour water into the glass with the current state. Visualize your current circumstance. Next, pour the water into the glass with the desired state. As you pour and listen to the water, visualize your desire and imagine that the new energy is infusing the water as it goes into the second glass. Allow your vision to become clear in your mind and then drink

the water while feeling the energy of the new state.

Why I love it

All exercises are about making the desired state more real in your mind and body. When you feel the water going into your body and imagine it containing the energy of what is desired, you create a stronger and more solid intention. You can take it a step further and imagine that as the water is hydrating all the different parts of your body, it's programming your cells with the new version of yourself that is experiencing the thing you want.

Extensive experiments were done by Masaru Emoto, who believed that water was a "blueprint for our reality" and that emotional "energies" and "vibrations" could change the physical structure of water. Emoto's water crystal experiments consisted of exposing water in glasses to different words, pictures or music, and then freezing and examining the aesthetic properties of the resulting crystals with microscopic photography. Emoto made the claim that water exposed to positive speech and thoughts would result in visually pleasing crystals being formed when that water was frozen, and that negative intention would yield "ugly" frozen crystal formations.

This means that an easy way to literally embody the state we want to be in is to program it into the water we drink. I personally used this method to manifest a new job in my dream field.

How to get started

TOOL #6 - THE TWO GLASS TECHNIQUE

Grab 2 glasses, two sticky notes or slips of paper and go for it! A variation of this is to, throughout the day, grab glasses of water and take a moment to put the intention of whatever you want into the water before drinking it.

Tool #7 – Scripting

Use this when:

- o You struggle with visualization
- o You enjoy writing
- o You need to externalize your thoughts in order to organize them

What it is

Write out events as you'd like to experience them. You can write in past, present or future tense. Writing in past tense is a way of healing events from your past that are negatively contributing to your state of mind in the present. Writing in present tense allows you to get into the feeling state of experiencing the reality of your choice. Writing from the future allows you to feel what it's like to have already achieved what you want to experience.

Why I love it

Our body can't tell the difference between an imagined activity and one that has happened. We train our brains, create new neural pathways, and release chemicals in our body associated with what we choose to think about. Writing allows us to focus in on the details of what we want and as a result, keeps our awareness on the desired instead of what we don't want for extended periods of time. Redirecting our awareness in this way is how we train ourselves into a new reality.

I have journaled my entire life and scripting is second nature to me. Opening a nice journal and involving my eyes and hands in the creation process is very enjoyable for me.

I have used this method to transform emotionally charged situations within hours. This method is especially helpful when attracting an ideal mate. Most of the people I've come across who have successfully manifested their ideal mate created a list and/or detailed description of their person in writing.

How to get started

Get a journal and dedicate it to writing out what you want to create. The best time to do this exercise is just before bed. If you can go to sleep with the imagined experiences in mind, you will be much more likely to plant them in the subconscious mind.

Tool # 8 - History and Future Revising

Use this when:

- o You have troubling events in your past that you'd like to resolve
- o You have regrets about how you handled a specific event
- o You have specific time frames during which you want your manifestations to come

What it is

This can be done with visualization or scripting. Imagine a different history than you've experienced and revise your past OR remember your immediate future (days, weeks or months from now) from a time even further in the future (years from now).

For example, if you're scripting in January of the year 2020, you can use the journal entry date December 2030 and detail your 10th year anniversary. Or you could use the journal

entry December 2009 and instead of writing about that terrible breakup that happened back then. Instead of the actual story, you could write about the reconciliation and how you and a specific person have been happy since that date.

There are miraculous stories that people have related to this technique, which is also referred to as revision.

Why I love it

This has the effect of removing the negative emotions you still carry associated with events from your past which can in turn shift your current perspective and, in some cases, even relieve physical pain that you store in your body from past events. It cleans the slate and creates a more positive perspective on things in the present.

How to get started

Set aside time to do this on a regular basis for the first several weeks until you clear all emotional baggage. Then you can use it as a daily practice if you'd like and combine it with your scripting.

Tool #9 - 555 Technique

Use this when:

- You are new to manifesting and could benefit from repetition
- You have a very specific thing you're trying to manifest that can be written out in a short phrase or sentence

What it is

Write out in as concise a statement as possible, the desired experience either 5 times for 55 consecutive days or 55 times for 5 consecutive days. It's important that the days be consecutive. If you skip a day, start from day one.

Why I love it

Writing a statement until it almost automatic plants it deeply into the subconscious mind. It involves touch (writing) sight

(looking at the words and visualizing) and repetition. This technique combines mantra meditation with visualization and affirmations. A strong combination for planting things in the subconscious mind.

I used this technique to manifest my dream home.

How to get started

Choose a time frame to commit to this process. Again, if you miss a day, start the process over from the beginning. I typically opt for the 5-day long option and the process takes me about 30 minutes per day.

Tool #10 - Imaginal Acts/Night Visualizations

Use this when:

- You have a very active imagination or have become very good at mentally visualizing
- You have a moment to daydream
- You are about to fall asleep in bed at night

What it is

For those who find it easy to visualize, this tool is a natural outflow of all the other tools in this book. When scripting, saying or listening to affirmations, etc...I naturally see pictures and “mini-movies” of what I’m focused on. I list it separately because it can be done on its own as well. The best way to do it is before you go to sleep, create a short “mini-movie” in your head that implies that your desired experience has already occurred. For example, if you want to get married, imagine that you’re wearing a wedding ring. Add to it the depth of as many

senses as you can (sight, touch, smell, hearing, taste). Imagine the cold temperature of the metal. Feel yourself turning the ring around on your finger. Try to fall asleep while imagining the scene.

Why I love it

The brain wave state that we go into just before sleep, Theta, is the exact state we need to be in when planting a new idea into the subconscious mind. If we can manage to create a detailed image at this point as we slip into the dream state, we are almost guaranteed to experience our manifestation in the 3D

How to get Started

You can use this tool at night before sleep as suggested above or you can daydream like a big kid during the day if you'd like. It's a good idea to put some thought into your "mini-movie" to make sure that it makes you feel like you already have what you want and that you are in a moment AFTER your desire has already come to pass.

If you do this at night and you have trouble staying awake, you can borrow a trick from Einstein. In order to get his best ideas, he would sit in a chair with a heavy and sturdy ball or other object in hand. If he fell past theta and into sleep, the ball would drop, waking him up so that he could re-enter that state just before sleep when there's still awareness.

Also remember to imagine things from the first person and

not the third person. Watching yourself from the third person could result in your manifestation coming true for someone else. Imagining scenes as though you are IN them tends to be much more effective.

Tool #11 - The Overlay Method

Use this when:

- You're going about your day
- There's something in your life you experience daily that you would like to change

What it is

Move throughout your day visualizing your surroundings as though your wish has been fulfilled. For example, instead of just walking into your current office, imagine as you're walking that the office is the one you dream of working in. As you sit down to eat in your current kitchen, imagine that it's the kitchen in your dream house. As you lay down to go to bed at night alone, sleep on one side and imagine that your life partner is lying next to you as you drift off.

Why I love it

This technique is one of my favorites because it can apply to any moment I'm living out during the day. When I shop, I can imagine I'm shopping at the Hermes store instead of Target for a purse. When I'm working out, I can imagine that I'm already at my ideal body shape as I look in the mirror.

I used this technique to manifest my dream car. As I was driving my current car, I would just imagine the logo of the car I wanted on the steering wheel. Doing this daily led to a series of incredible events that landed me in the car I wanted at a price I could afford under perfect circumstances.

How to Get Started

Start right now! Look around at something in your reality that you can imagine differently and give yourself a few seconds to try it out. Make it a habit and a daily practice to use your imagination in this way and let yourself feel the emotions of your new reality.

12

Tool #12 - Affirmations

Use This When:

- You need to re-program a lot of limiting beliefs
- You have trouble with thoughts of not being enough

What it is

Make a list of things you would have to believe about yourself if you were the best version of yourself. Repeat them as often as possible by saying them out loud , recording them and listening to them, or listening to affirmations recorded by someone else.

Why I love it

Repetition is the most rudimentary tool to reprogram the

subconscious mind. It works no matter what! It's the only foolproof method for permanently changing subconscious beliefs. It takes the longest of all the tools to see results, and many people don't use it effectively because of the discipline it takes to remain consistent, but the results are incredible and lasting.

How to get Started

Record a bunch of affirmations in your own voice that line up with new beliefs you want to adopt and play them back as often as you have time. Write them down and post them on your walls. You can also listen to affirmations recorded by others. There are several phone apps that allow you to play recorded affirmations as well as YouTube videos and podcasts.

You won't notice a difference at first and you may even feel foolish repeating things to yourself that you don't yet believe. I promise you, years down the line you will have become a person who DOES believe the things you said and it will happen so seamlessly that you may not even connect your changed perceptions and behaviors with the affirmations.

I use an app called ThinkUp to record and playback affirmations in my own voice. I started about 4 years ago and my entire life has changed and is continuously getting better and better.

Tool #13 - The Bay Leaf Technique

Use this when:

- You have a quick and very simple intention that can be contained in a few words
- You want VERY fast results

What it is

Take a bay leaf. Write an intention on it. In a safe place and fireproof bowl, use tweezers or another device to hold the bay leaf while you burn it, all the while thinking of your intention.

Why I love it

All plants carry unique energy, and herbs contain energies that I believe are intended to aid humanity in healing and enhancing our reality. Bay leaves carry an energy of abundance and good fortune and are ideal to use in many different rituals to bring good things into our lives.

I love this technique because I almost always get very quick results. This technique makes letting go of the desire and releasing it very easy because as soon as you write the intention, you burn it and you can't obsess about it. It's a very quick acting and powerful way to manifest.

I typically burn at least one bay leaf a day and the types of intentions I set are around upcoming events and things I want to address the same day. I will even burn bay leaves to have happy experiences at upcoming events, writing intentions around how I'd like to feel. My most recent bay leaf manifestation was a complete remission of flu symptoms that my son was experiencing, and they subsided the same day!

How to Get Started

Go to your local grocery store and purchase a bag of dried bay leaves and grab a permanent marker. I use a red one because in my mind it represents passion and quick results. For safety, be sure to burn the bay leaf over a fire-resistant container and be careful not to do this near anything flammable. Be prepared for an intense and quick burn with a large flame. Try this at your own risk.

Tool #14 – Definite Chief Aim

Use this when:

·You have a clear vision for the next phase you want to reach in life

What it is

A definite chief aim is a specific, clearly defined statement of purpose. It has the power to guide your subconscious mind. It transforms your attitude from pessimism to positive expectation.

Why I love it

I've seen this work well for so many people from all different belief systems, religions, and backgrounds Popularized by Napoleon Hill's "Think and Grow Rich", the definite chief aim has been used by celebrities and the less famous alike to bring in very specific and very dramatic life changes. I write one every

few years and it always takes me in the direction of what I want. As I evolve, so does my chief aim.

The most common way I see this tool used successfully is to attract careers that pay specific amounts of money. In my experience and observation, it works every single time.

How to get started

Use Bruce Lee's famous definite chief aim as a template and revise it to create your own. Read it daily. Watch your life take you toward it. I've included it below courtesy of Napoleon Hill's "Think and Grow Rich".

My Definite Chief Aim

I, Bruce Lee, will be the first highest paid Oriental super star in the United States. In return I will give the most exciting performances and render the best of quality in the capacity of an actor. Starting 1970 I will achieve world fame and from then onward till the end of 1980 I will have in my possession \$10,000,000. I will live the way I please and achieve inner harmony and happiness.

***Bruce Lee
Jan. 1969***

III

Remove the Weeds of Doubt

When growing a garden of things that we want, we inevitably come up against weeds. My belief is that every plant has its purpose, so there's no such thing as a bad plant, just an unwanted plant. When I talk about removing limiting beliefs, it's not because I think there are bad beliefs and good beliefs. There are only beliefs that serve you and beliefs that don't. This chapter has tools for keeping beliefs that don't serve you under control.

Tool #15 - EFT Emotional Freedom Technique (Tapping)

Use this when:

- o You have deep emotional wounds you need to heal
- o You find that your manifestation techniques almost never work (this is due to limiting beliefs that may be hidden from your conscious mind)

What it is

Emotional freedom technique (EFT) is used to relieve physical pain and emotional distress, which are often linked. It's also referred to as tapping or psychological acupressure.

In some ways, Tapping is similar to acupuncture. Like Tapping, acupuncture achieves healing through stimulating the body's meridians and energy flow. EFT uses those same points on the body to stimulate it while simultaneously bringing troubling thoughts, feelings and physical sensations into awareness.

Those who use EFT have relieved issues around anxiety, emotional upsets, and physical ailments that take years to heal with traditional methods, in relatively short periods of time.

Why I love it

There is a huge movement around the Emotional Freedom technique and so many communities to join and resources to access. EFT is a great entry point for people seeking relief from old programming that is causing them distress. There's something about setting aside the time to tell yourself that you are accepted just as you are while gently tapping the body that makes you feel like you're really actively loving yourself, which for many of us is something we've been missing out on.

How to Get Started

Get a book, take a course, watch the thousands of YouTube videos out there and get started. There is so much information out there that you could literally spend hours practicing and getting quick results. The best resource I've come across is TheTappingSolution.com. There's a Tapping 101 page that's a great place to start.

Tool # 16 - ABCDEF Technique

Use this when:

- o You're experiencing a lingering emotional reaction to something
- o You are having trouble identifying to source of a negative emotion
- o You are struggling with manifesting in a certain area and you need to identify limiting beliefs

What it is

This process is an organized way to reflect on events that produced strong emotional reactions. You can also use it to identify events from your past that you believe may be impeding your ability to manifest in a certain area of your life. For example, if you've seen success manifesting in every area of your life except wealth and abundance, you might try to identify a significant event in your life when you first felt lack in that

area. It could have been your parents' divorce or the loss of a job. Take the event and follow the A-B-C-D-E list to dissect it.

"A" - Adversity or Activating Event

Identify the event that triggered the negative emotional response. Identifying the event is the beginning of identifying similar events in the future and preparing for them in an emotionally healthy way that serves you.

Example: Your boss reprimands you for poor performance

"B" - Beliefs

Tell yourself the story of the event and identify any judgmental statements. These would be statements around what the event means or whether something was right or wrong. We may not realize it until we really look closely, but some of the beliefs we have around activating events are not rational and can be adjusted once they are brought to light.

Example: "I am a poor performer and will never be able to do a job well"

"C" - Consequences

Consequences are more than just the clear cut "outcome" of the event. Consequences can take behavioral and emotional forms. Sometimes we observe consequences externally, such as a change in another person's behavior toward us after a confrontation. Other times, consequences are internal, such as

sadness or anxiety.

Example: Apathy on the job. Refusal to give in to basic job expectations.

“D” – Disputing

This step involves actively disputing harmful belief systems through mindfully examining, questioning, and challenging them. First, locate the harmful beliefs in your stream of consciousness in such a way that you can examine them carefully. Next, prepare to enter the “disputation phase” by asking yourself the following questions:

1. Does this belief fit with reality?
2. Does this belief support the achievement of my interests and goals?
3. Does this belief help foster healthy relationships with others or with myself?
4. Does this belief seem reasonable and logical given the context in which it occurred?
5. Is this belief generally detrimental or generally helpful?

These questions are intended to facilitate the process of separating realistic thinking that serves our end goals and dysfunctional thinking. Through mindfully examining your beliefs in this way, you are also increasing your own self-awareness and insight into the ways that you tend to think and behave.

Example:

1. No, I have received positive performance reviews in the

past on this job and other jobs.

2. No, it causes me great anxiety and distracts me from improving on my performance.

3. No, my emotional reaction only serves to harm my relationship with my boss and coworkers. The belief that I'm a failure makes me feel weak and overwhelmed

4. No, my boss could have things outside of my control influencing her perception of my performance. I could provide examples that would help clarify and a plan for improvement.

5. In this case, it's generally detrimental. It only costs time and emotional energy, with no beneficial return.

"E" – Effects

Notice the effects that result from actively examining and disputing thinking that doesn't serve you or your interests. Once you identify and clarify your emotionally charged beliefs about a situation, you can begin to create a plan that leads you toward your desired results instead of away from them.

Example: A better perspective on the situation, sense of encouragement, and less emotional attachment to idea of "performance."

Remember that not all emotions need to be changed or adjusted. Quite often, emotions are providing you with important information about the situation. It's important to attend to your emotional experience in a way that allows you to receive learn from all the lessons intended for you. When emotional responses are causing unnecessary suffering or are based in faulty thinking, the ABCDE method can provide clarity when

you are feeling overwhelmed and unsure of how to proceed.

Why I love it

The most difficult step when it comes to managing negative thoughts and emotions is awareness. Going through this process forces us to look at things from a more objective point of view so that we can get past the triggers and down into the deeper thoughts, feelings and something origins of the emotions we experience.

How to get started

Although it's perfectly fine to do this exercise on your own, my recommendation is that you work with a therapist, coach or other objective party the first several times if you can.

Tool # 17 - The wouldn't it be nice technique

Use this when:

- o When you're in a bad mood or stuck in a negative thought cycle
- o When you're struggling with feelings of not deserving something you want
- o When you're struggling to think of things to manifest

What it is

Letting yourself believe something COULD happen...even if you don't believe it will just yet. Start a sentence with the words "Wouldn't it be nice if..." And let your mind go from there. It may take a few attempts before you think of something to fill in the blanks, but if you keep repeating it, something will come to you. Give yourself permission to daydream and see where it takes you.

Instead of forcing yourself to believe in the absolute nature of your manifestation, allow yourself to believe that it's just possible.

Why I love it

This technique is super simple, and you can do it whenever you think about it. It immediately transforms my mood and kind of tricks me into going from thinking about things I don't want to thinking about things I do want which is the foundation of manifestation. It's an easy way to shift awareness to the things you truly desire and bypass the tendency to filter it through your limiting beliefs and the expectations of others.

How to get started

Start right now. Stop what you're doing and say the beginning of the sentence either in your head or out loud "Wouldn't it be nice if...." and let your imagination guide you through the rest. If you get lost in your thoughts and find yourself back in a negative thought cycle, just continue by saying "But, wouldn't it be nice if...." and begin the process again.

IV

Building Confidence in Your Abilities

No matter how much success we have in any endeavor, it's important to continuously build confidence in our abilities. Sometimes even after a major success, we can dip down into a state of unbelief because of life's circumstances or some sort of obstacle that comes our way. Sometimes we find it challenging to hold to the belief that we control our reality. The last set of techniques are intended to help keep doubt in check and build confidence in your manifesting ability.

Tool #18 - Ladder Technique

Use this when:

- You want to prove to yourself and others beyond a shadow of a doubt that visualization works
- When you want to be amused and amazed
- To witness how detachment brings fast results.

What it is

This technique is a popular one used by people who enjoy Neville Goddard's literature and lectures. The objective is to relax as you lay down to sleep and imagine climbing a ladder. Try to keep the image in your head until you drift off to sleep. In every case that I've read about and in my own personal experience, a ladder will appear within a few days. It so simple and things happen so seamlessly that you may even convince yourself that the ladder would have been there anyway, but that's the beauty of the exercise. It shows how manifestation works and how simple it can be. When we manifest anything

into our lives, it comes so naturally that it appears as though it would have been there anyway. If we're not experienced in manifestation, we may assume that our manifestations are coincidences. They never are.

Why I love it

This works because it's simple. You most likely have no attachment to whether a ladder appears to you or not. For most people, there's no emotional charge one way or another about ladders so it's a very good way to see how quickly things appear when there are no limiting beliefs in the way.

How to get started

Take a night and just do it. It's easy. You'll have a funny story to share with friends about how the ladder appeared. When I did this exercise, I was so detached from the outcome that I forgot I did it. A few days later, a mysterious ladder appeared in my back yard right outside my bedroom window! I got irritated and wondered who was rude enough to bring a ladder into my back yard and just leave it there. It could have been anyone...a neighbor, my lawn care provider.... I had no idea. I didn't see anyone bring it there and I didn't see anyone come and take it away when it disappeared a few weeks later. When I remembered a few days later that I had done the ladder technique and it all clicked, I laughed out loud. This is how most things we manifest come about. We are so detached from all of the thought energy we put out that we don't recognize our own creations when they show up in our lives.

Tool #19 – Long Lists of Desires

Use this when:

- You are having a hard time pinning down exactly what you want to manifest
- You are wanting to manifest several small (or big) things at the same time

What it is

The idea is to make long lists of things you'd like to see come into your reality. The items on the list don't have to be complicated. Limit each item to 10 words or fewer. The fewer words you use, the better. The idea is to write so many things that you forget about them once you put your notebook down. Occasionally revisit the lists and cross off the things that manifested. You'll be surprised that 80-90% of the things you write down come into your reality.

Why I love it

At its core, this is a combination of scripting and automatic writing. It's quick and easy. It allows you to practice detachment from the outcome and to take the opportunity to focus on the little things you'd like to bring into your experience and take a break from focusing on those bigger things that you've been putting effort into. This technique is the ultimate confidence builder when it comes to manifesting.

How to Get Started

Get a notebook out while you're waiting in line somewhere, just before you go to bed, or anytime you feel like pausing and write a quick list. My lists include everything from intentions like "Someone asks me to lunch" to "My son has a great day at school". The possibilities are endless. Just keep it as simple as possible and write down as many things as you can.

Tool #20 - Watch the success of others

Use this when:

- You are feeling discouraged
- You are bored with your current manifestation techniques and are looking for fresh ideas
- You're low on energy and need a pick me up
- You're stuck in a negative thought spiral

What it is

Watch videos, read books, and talk to people about their success stories. Seeing thousands of hours of success stories has kept me consistent when I felt like things weren't moving along the way they should. We all know that stories about people who have already achieved what we want to achieve are the ultimate motivation.

Why I love it

This is literally the laziest way to boost motivation. It's something I do daily even if I don't think I need it. Listening to stories about success on a daily basis over the years has literally shifted the way I view the world and what's possible. The only warning I'd give is that sometimes it's easy to binge on success stories and not take any action to create the things we want in our own lives. Information is good, but action is key.

How to get started

Follow youtubers, podcasters, and bloggers who post this type of content so that it's coming to your inbox or newsfeed regularly. If you subscribe, these videos seem to pop up miraculously just when you need encouragement or a specific tip. I find that different content creators resonate with me at different times and what may be speaking to my soul one month totally shifts the next. The good thing is that there are new people taking the brave step of sharing their stories every day.

V

Maintaining and Environment of Abundance

The following is a list of activities that can put us into a state of allowing what we want into our lives. Everything that happens for us is because of a belief we hold and sometimes, no matter how many manifestation tools we use, if we aren't in a receptive state, we can prevent our manifestations from coming to us. The following activities, when engaged in regularly, keep us in the mindset that life can be beautiful and is meant to be enjoyed.

The 10 Abundance Activators

1. **Practice Gratitude** - Our bodies and minds can't tell the difference between what we are imagining and what we are actually experiencing in the 3D. Being grateful for what we have or even what we don't yet have causes the body and our reality to respond with more of what we want. The reason for this is that awareness is what solidifies things in the 3D and practicing gratitude shifts our awareness to the wanted. It also causes us to identify ourselves as fortunate. Our perception of the self is 90% of what's behind our experiences. Perceiving ourselves as lucky shifts us into a state of receiving.

2. **Spend time in Nature** - Many of us have experienced the refreshing feeling of spending time at the beach or a beautiful forest and how it invigorates us. There have been many scientific studies done that indicate that exposure to negative ions which are produced naturally by plant growth, water colliding with itself, sun rays and even lightning strikes have a profound effect on the human body and psyche, reducing symptoms of depression, activating cognitive function, and promoting

antimicrobial activity. This creates an environment ripe for focusing our awareness on the good in our lives.

3. **Be Authentic** - Integrity and the habit of being our true selves in every situation, frees us up all of the energy that would normally be used present a false self. Leaning into who we really are has the added benefit of attracting people who can appreciate our uniqueness and move into healthy relationships with the REAL version of us. When we move into the truest and best versions of ourselves, the gifts that we have to offer the world become apparent and we get clear on the next right thing to do in each moment.

4. **Take Ownership** - Choose to live in the land of victory rather than victimhood. Own all of your choices and experiences so that you can be deliberate about changing them. No matter how hard it is to believe, everything we experience in our lives is because of something we believe, something we allow, or something we choose. If we can change our beliefs, we will change our standards and if we change our standards, we change our choices and results. WE are the only ones in the equation that adds up to success and happiness.

5. **Create Harmony** - We can't harmonize with others until we have harmonized with our true selves. Once we harmonize our beliefs with our true desires, we can move toward new experiences that are in harmony with what we want.

6. **Express Yourself** - Your gifts and talents, only when expressed, are your unique gift to the world. Expressing our unique talents allows us to move into that coveted state of flow.

7. **Humor** - Keep it light! The time you spend laughing can't be spent focusing on what you don't want. Don't take yourself too seriously. Spend time watching, reading, and listening to things that make you smile. Try to find the humor in even the darkest moments.

8. **Trust Yourself** – Trust yourself first. The more you listen to that still small voice, the more you will begin to trust that the universe is on your side as you see things work out perfectly for you time and time again. Make an intention to learn to listen to your intuition the easy way instead of the hard way.

9. **Seek Adventure** - This planet is full of so many incredible people, places and things. Spend time seeking out the things that thrill you every day. This life, in this body, with these opportunities is the only one you get. Make it exciting.

10. **Be Generous** - Be generous out of the abundance that will surely come from adopting the practices in this chapter. Some of us get into the habit of being generous with the expectation that we will get something in return. Flip that logic and make it a point to seek to fill yourself up first so that you are overflowing with abundance and you can't help but give generously to others.

Conclusion

You will find as you go through these exercises that they all serve one purpose...focusing your awareness on what you want instead of what you don't want. They all work because they all essentially do the same thing. The larger impact is that if you consistently complete the exercises, you'll find that you need them less and less because instead of manifesting the things you want, you will BECOME the person who naturally has the experiences you desire.

Three things will inevitably happen:

1. You will start to feel better and better while you're doing the exercises and the more you do them, the better you'll feel. You'll get stuck in an upward spiral of positive experiences.
2. You will gain confidence in your ability to positively influence your own experiences and you have more and more successful manifestations behind you.
3. Your new concept of self will allow you to almost effortlessly move through life running into things that you

CONCLUSION

thought you'd only experience in your wildest dreams.

One word of warning. Living a life full of successful manifestations does not guarantee bliss from here on out. The nature of being human is that resistance and friction are required to generate forward movement and expansion. You will still encounter challenges. You will still have difficulties in some of your relationships. You will still experience dissatisfaction on a regular basis. The difference will be that you will encounter this resistance with an understanding that instead of allowing it to bury you in a cloud of hopelessness and doubt, you can use it as a springboard to bigger and better things.

If you want more in depth information about these tools or anything else related to conscious creation, subscribe to my YouTube channel [CoachingConsciousCreators](#) or email me at CoachingConsciousCreators@gmail.com

