

# MANIFEST SUCCESS

How To Be Successful,  
Happy & Fulfilled In Life



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# Introduction

Dear friends,

In this eBook you will find the tools that you need to have a better life. You have seen that there are things in your life that are not the way that you want them to be, and you have taken the first step toward changing those things. This eBook will teach you the skills that you need to begin manifesting the life of your dreams. It will show you the core principles that you can use to gain success both personally and professionally. This book can help you to learn how to take control of your consciousness and to unlock both the potential you have and the potential those around you possess that you can use to improve your life.

**This first thing that you need to know is that everything in your life is a direct result of the things that you know, the experiences that you have had, and how you interact with your consciousness. These elements work together create the source from which everything else in your life evolves.**

The most incredible journey that one can take is into their own consciousness. The mind has the incredible ability to interact with the world around us. Manifesting is one of these abilities and takes place on the consciousness level. This ability is not determined by any exterior circumstances or stimuli. It comes from an inner source. We all share that same inner source equally. No one has a greater amount or a lesser amount than anyone else.

The only difference between people is their ability to use this source to their advantage and how deftly they do so. Through the skills that you will learn in the reading and study of this eBook, you will be able to develop the attitude necessary to most advantageously make use of this source and what it can provide for you. Your journey into this new realm can be scary, however. Just as Alice had to have faith when she went down the rabbit hole that a wondrous world awaited her on the other side, you should have faith that this new world you will be exploring is just as magical and wondrous. Alice found the most remarkable adventure of her life when she took the chance. Your adventure awaits, and the pages of this eBook are your rabbit hole.

**Your second concept to grasp is this: the more that you know about the unknown, the more you start to understand that you do not really know anything. This thought, while seemingly contradictory on the surface, is actually quite deep in its philosophical basis. Once you grasp the idea, you will be humbled by it. Only then will you be ready to be brought back into a world of**

**wonders, miracles, and magic, back to a world where anything is possible if you believe in it.**

One of the most important things to know is that you should read this eBook with an open mind. You do not have to believe in everything that is presented in these pages. You may also find it hard, at times, to understand the concepts that are presented here. When you arrive at such a passage, one that is difficult to grasp, stop and contemplate it for a while, and try to absorb its truth. Allow your mind enough time to process this new information. There are many things that are presented here that will challenge your long-standing beliefs. Take the time to let the book become a part of your new life. You may have to read it a few times to fully understand it all. You may never fully understand everything that is presented here, but you do not have to in order to make use of its power.

By trying hard to understand the basics of what is taught here and follow its path, you will soon find that you will be able to master your life by manifesting what it is that you want your life to be. Within yourself you will find the power to create a new existence and to challenge the barriers that are set before you day by day. This will lead to your new life filled with the happiness you create.

Enjoy reading . . .

## Exploring the Source of Happiness

You want to be happy. I want to be happy. Every single person on this planet right now, every person who has ever lived or ever will live has the same desire: to be happy. This is one of the most basic concepts of human existence. It's a solid and unwavering truth. Happiness is the state of being that we know from birth and is the state of being that we would all exist in all the time in a perfect world. The truth is that no one is happy all the time. We live in a world where the reality of life puts barriers in the way of our happiness on a regular basis. This reality of living keeps us from being happy, and as such, keeps us from seeing our true self.

Happiness, while a very basic desire, is not the predominate and driving force of our existence. That force is survival, and oftentimes things that can lead us to happiness are displaced by the need to do things necessary for survival. So why is this basic sense of doing what is needed to survive so important in our lives?

Several reasons:

- ❖ Our family heritage tells us what we should think and feel
- ❖ Our government and agencies of authority tell us what we should think and feel
- ❖ Our society and our popular culture tell us what we should think and feel
- ❖ Our current worldview tells us what we should think and feel

Our worldview is determined by a very old point of view – Newton's worldview of the universe. This concept sees the entire realm of existence as a giant clock, which is studied, as it has been for centuries, in our schools. This worldview has not changed much since it was first introduced, despite the fact that the world has changed and how we live in it has changed even more.

Newton's worldview is presented to be that humans are similar to a mechanical clock. This view states that everything in our lives is ruled by cause and effect. It also states that almost everything can be replaced when it is damaged and that the ones who survive the best are the strongest, the fittest, and the most endowed. This idea conditions us to accept that people are like animals and that they operate in a near perfect state of existence. If they do

not operate in such a state, then they are automatically replaced by things that do operate in a more perfect state.

This mentality has led to our society being ego-driven, self-centered, and environmentally destructive. We have, for the most part, been turned into a cult of happiness seekers who are looking for happiness in the wrong places. We buy more and more useless stuff on a daily basis, have more and more promiscuous sex, engage in more and more lustful activities, and pursue more and more immediate pleasures. All of this is to give us the illusion that we have achieved happiness, but it is not true happiness. This is merely the illusion of perfection.

We have been trained to consume in order to be happy. To work in order to consume, and to exist in order to work. This means that we live our lives merely to live so that we can work at places we don't like in order to buy stuff we really want or need deep down, all in an attempt to maintain the illusion of happiness so we don't have to face the truth that we are not happy, truly happy, in our lives.

We have forgotten that the source of happiness lies within the center of our spiritual being, and we have replaced it by seeking it in the material world. We have things backwards.

### **What is Manifesting and How Does the Process Work?**

Where does the manifestation process begin? Does it start with desire? Is it born out of wanting something? Does it stem from the inner drive to better ourselves? If you stop and take a good look around at your life, are you happy with it? Do you like the way that the interior of your home looks, the quality of your furniture, the level of comfort that you enjoy? Are you pleased with the type of car that you drive, the make, model, and year? Do you like the way that you look, your wardrobe, your health, your fitness level? All of these things have been manifested to you in one way or another. They have been brought about by you, your actions, your decisions, your method of living and being. You may not be aware of it consciously, but you are very connected to your life and how it plays out. You have been manifesting your whole life without even knowing it.

### **How Could my Thoughts Have Created All of This in my Life?**

The simple truth is that your thoughts did have a great influence on the way

that your life has turned out until this point. Everything in your physical universe has been created, in one way or another, by your thoughts. The thoughts were the blueprints of the life that you wanted to live. When you acted on those thoughts, the blueprints became a physical form.

**Everything Starts With an Idea! You must be Conscious of your Ideas and Thoughts in order to Control the Outcome of What You are Manifesting.**

For example, if you spend all of your time worrying about getting the bills paid, then you will invariably create more of the same because you have put thought into the issue. At the core, your thoughts are merely energy vibrations that resonate with similar vibrations existing in the world around you. In the physical world, you can see this by placing two identical guitars side by side and plucking the string of one guitar with your finger. If you pay close attention, you will see that the same string on the other guitar will start to vibrate on its own without you even touching it. This is the principle of harmonious resonance.

It is essential that you control your thoughts. The fact that your thoughts create your reality is prime to the manifesting process. If you can learn to control your thoughts, then you will be able to control what you manifest in your life and what you create in your reality. If you are not controlling your thoughts, if you let your subconscious mind continue to control them like it has your whole life, then you will find that things are manifesting around you that are random and unconnected to what you desire. This is because those things are random and unconnected to you. You are being influenced by the thoughts of your subconscious and the thoughts of others.

Thoughts are like programs that can be sent like signals from one person another. You can send and receive these thought programs, and so can everyone else. This happens even if you are not aware that it is happening. Sometimes you want to send, and sometimes you want to receive. The key is knowing when to do either one. It is the balance of knowing when to create and when to experience that makes the process of manifesting so powerful in one's life. You have to find this balance on your own through practicing the concepts that you are learning in this eBook.

If you spend all of your time manifesting, then you miss out on the joys that may be waiting for you, the surprises that come from living in such a wonderful and unexpected world. If you spend all of your time experiencing the world around you as it is, then you will never advance your life by

manifesting things that you want to create for yourself.

Another way to state this need for balance is by saying that you need to have responsive responsibility – this is the ability to consciously respond. In every single moment of your life, you have the chance to choose what you want to do. With this choice, you are either going to experience what is being created for you or create something new for yourself. If you do not make this choice, then the reality that you are in will make it for you.

### **Knowing what it is That You Want in Life is Key**

Most people go through their lives and never give a second thought to what they want in life. Oh, they may think about the things that they want in the immediate future; they may even give thought to some vague dreams that they have down the line, but they rarely sit and think about what it is that they want to happen to them in detail.

Most people live without knowledge or forethought about their lives and therefore become victims of their own consciousness, or more specifically, their subconsciousness. For those people, work is merely “getting a job,” and life is a series of basic choices about where to live and how to set up their home. They may choose their place to live because rent is cheap. They may find themselves unable to be in a solid relationship or may find that they are ineffectual parents.

Within yourself, you will find that there is a craving for more that is dying to be satisfied. You have a desire to have more substance in your life and to have more enjoyment in your day to day existence. If you doubt the power of your own mind to create the world that you exist in, think for a moment of the old adage, “As a man thinketh, so is he.” A major factor in successfully implementing the idea of manifesting in your life is to take time to ponder what it is that you want out of your life. Not just for the immediacy, but also for the long term, and for all of the details and minor things that come in between. Your plans and your goals are the road map that you will use to create the world that you want to live in.

A good way to get started is to take the time to sit and think for a long time about the answers to the following questions. Write these answers down, and take a little time every few days from this point on to explore them further.

### **What is my deepest desire?**

- What would I like to accomplish in my life?
- What would I like to accomplish this year?
- Where would I like to be in 5 years?
- Where would I like to be in 20 years?
- What am I good at?

### **Look into all areas of your life:**

- Your profession
- Your relationships
- Your health
- Your financial situation
- How you have fun (how you spend your holidays and vacations)

## Are Your Goals Important to You?

### Are You Spending Enough Time Working on Them?

After you have created your written list and taken some time to explore it deeper and expand what you have established, you need to take the time to set priorities for them. Use a point system to rate each goal on a scale of 1-5. Items rated 1 are the most important. Items rated 5, of course, are the least. It's okay to have more than one in each category, but make sure that you are putting the ratings on carefully. Once you have completed this, you will have priorities that you can use to focus your attention on the things that matter most.

It's simple when you think about it. Understanding what you want is the first step; making it clear what each item means to you and how you want it to be when it comes to be is next; then set them in priority order so that you know where to start with each one and what's most important in the short and long term. You must not only state these things, but also make sure that you clarify them as far as needed to where they are able to be understood clearly.

For example, if you desire to find your life partner in the next 24 months, then this is the top priority in your life. This should be at the top of your list. At the end of your day, sit down and take a few minutes to look over the list and figure out how much time you spend with this goal at the forefront of your mind. If you find that this priority was not given the amount of time that it should have been, then you should make a concentrated effort to give it more thought time from that moment forward.

If you find that you are just not putting as much thought into it as you think you should after several days, then you might want to reevaluate if this is as high a priority as you originally thought it was. If you find that this misalignment of your free time and your goals continues, then you may very well never reach any of your goals. This will prevent you from getting the most out of the concept of manifesting.

There is more to life than working all day only to sit on the couch in your underwear watching TV until it's time for bed only to get up and do it all again the next day. In order to make changes in your life and begin working toward achieving your goals, you need to not only have the right mindset, but also take action.

Some examples of this would be (for the goal of finding a life partner):

- Sign up for a dance class
- Book a weekend seminar on a subject that intrigues you
- Attend a workshop that focuses on your interests
- Spend time at places where you can meet people

Another important aspect of manifestation is consistency. Assuming that you have made your list and that everything on it feels right, you now need to make sure that you stay in emotional agreement with your goals. If you find that you have created goals that you have made only because they are what is expected from you, then you have not created a set of goals that will ever be fully achievable. Your goals must mean something to you. They must be something that you are emotionally connected to. If they are not, then you are wasting your time, as you will never consistently give them the effort and thought power that they need.

For example, someone may create a goal that they feel is right for them in their mind but not a goal that is something that they are connected to emotionally. They may start out by giving the goal a lot of thought, putting effort into its fulfillment. They do everything right with the goal, but they soon realize that several weeks have passed, and nothing has happened in terms of forward motion. Discouragement sets in, and they soon find that they are so disheartened that they do not give the goal any effort at all.

They may even find that they have lost faith in the power of manifesting and abandon the entire concept all together. They get it into their head that the goal is unreachable, and therefore all goals are unreachable. The truth of it is that they set themselves up for failure by not creating goals that were important to them on an emotional level. If this is the case, then you must take the time to reevaluate your goals and to focus yourself into creating and pursuing goals that are worthwhile to you. When you do this, you can be assured that you will see great success in your life very quickly.

One of the things that leads to discouragement, other than having goals that you are not emotionally connected to, is feeling that things are not happening as quickly as you would like. It is important to remember that there are no

unrealistic goals. The only thing that has the potential for being unrealistic is the time frame that you put on the goal.

If you find that you are feeling discouraged due to things not happening as quickly as you would like them to be, it's normal and it's okay. Go ahead and feel that discouragement, and then move past it and refocus yourself. Sit back and look at the things that you have done, and readjust your expectations with a different strategy in mind. If your first path to your goal did not lead to success, then you may find that an alternate one will. Do not let your discouragement and disappointment lead to your abandoning your goal. If you focus on your goals and stay consistent, then you will reach them; it may just take time and require several strategies before you get there. The important thing is that you stay motivated and stay positive.

## The Power of Imagination

Did you know that you have a magic power? Imagination is the most powerful tool that you have in your tool kit when it comes to getting the life that you want. Your imagination is a powerful part of your consciousness. It allows you to transform your life in ways that you could never imagine. If you are feeling down, then you could imagine sitting in a lush, grassy field in the middle of spring with the warm wind brushing your skin and the sun shining down on your face. This could be just the thing that you need to lighten your mood. You can imagine anything that you want, and in your mind, you can make it real. This is key to putting your positive thoughts in action toward manifesting the life that you want.

So how can your imagination help you to manifest the life that you want? Your imagination can help you to create new products, start a business, think up strategies, and most of all, create the goals and desires that you want to have fulfilled to have the life that you want. Of course, the best thing about your imagination is that once you have imagined something, it becomes a part of your memory. The combination of your memory and your imagination can be wondrous. Together, these two parts of your consciousness can work to create a virtual world that has no rules, no boundaries, and no restrictions. Once you have granted yourself full access to this world, you can start to build your new life there, and then move the things that you want to the real world as you go through the steps needed to make them happen.

You can also use your imagination to help you remember the things that you normally would not be able to remember. There is something magical about imagining something that helps to ingrain it into your memory in an indelible way. Let's take a moment to look at an example. For now, just read what is here. We will work with it more in a bit:

There is a red bell pepper. On the left side of the red bell pepper is a green apple, and on the right side of the red bell pepper is a white egg. Next to the white egg is a yellow lemon, and next to the green apple is an orange tangerine. On the left side of the orange tangerine is a dark green avocado, and on the right side of the yellow lemon is a pink peach.

Now repeat what you just read without looking at it . . .

Without using imagination, it might be difficult for you to remember what it is that you just read. This time we are going to use the power of imagination to help you absorb the information. This time, as we look at the information, imagine that you are looking at the kitchen table and interacting with the food items laying on top of it.

There is a red bell pepper. On the left side of the red bell pepper is a green apple, and on the right side of the red bell pepper is a white egg. Next to the white egg is a yellow lemon, and next to the green apple is an orange tangerine. On the left side of the orange tangerine is a dark green avocado, and on the right side of the yellow lemon is a pink peach.

Okay, now close your eyes and recall the picture of the food items on the kitchen table.

Without reading the instructions again, you will probably remember every item color and position. By using your imagination, you have expanded your brain capacity in terms of how your brain stores information.

One of the important things that you need to understand is how your brain works. There are two hemispheres to your brain. One side of your brain is responsible for logic, and the other side for creative endeavors. When you only use one side of your brain, you only have the ability to cogitate part of the information. When you use both sides, you have more ability to process and store information in a way that makes the most effective use of your individual mental capabilities and structure. When you use both sides, information is automatically stored in LONG TERM memory. Once that happens, you are able to access it clearly any time that you want, and it will never fade. This is your own private hard drive, and you can put whatever you want onto it and keep it for the rest of your life.

Normally, the only way to ingrain a thought into long term memory is by repetition or by intense emotional connection. When you use logic and creativity, however, you bypass these standard processes, and the information is stored quickly and effectively the first time.

**To summarize this, there are only three methods to store information in your long-term memory:**

- I. Repetition
- II. Intensity
- III. Using both sides of the brain simultaneously

### **How Does Manifestation Work with Imagination?**

Simply put, if you are able to imagine it, then it should not be hard to create it. Let's take an example of needing money. If you need \$10,000 to be in your bank account by the end of the month, then you may be a little panicked. You can start by thinking about your bank statement. Look at it in your mind. Imagine walking to your front porch in the morning and getting your mail, opening the envelope, taking the statement out, and seeing the balance box at the top of it where it states an available balance of \$10,000. Now picture putting on your clothes, driving to the bank, walking to the teller windows, and making a withdrawal of \$10,000.

Now you can start to imagine what it is like to hold the money in your hand, to feel its weight. You can even imagine the smell of it as you hold it up to your nose. Imagine bringing the money home and laying it out on your table, looking at the bills carefully, seeing them one by one in all of their various denominations.

Now think about the things that you could use the money for. Think about sitting in your underwear at the kitchen table late at night; you are casual and comfortable in your home. The day is done, and you are writing out bills without any thought and signing the checks that you need to send along with them. Think about sitting and watching the new TV that you have bought and enjoying the big game with your friends. Think about standing in the fitting room of your favorite shopping outlet and trying on the new clothes that you are about to purchase. Imagine spending the money on the things that you need and want. Perhaps you might think about how you can make life more comfortable for your friends if they need it. It doesn't matter what you think about; just think about having the money in your possession and using it.

By doing this, you are, in your mind, already in possession of the \$10,000. This means that you have found a way around the barriers that have stymied you from having the money. Of course, you may find that the old programming still controls you to a degree and that stumbling blocks come up and interfere with your goal of having the \$10,000. Some of those stumbling blocks can be things like:

- ❖ A thought comes up – Ah, how bogus this is!
- ❖ A thought comes up – I don't believe this will ever happen!
- ❖ A thought comes up – Why not go for \$50,000 or \$100,000?
- ❖ A feeling arises – you feel excited
- ❖ A feeling arises – you feel unmotivated
- ❖ A picture arises – you only see \$850 in your bank account
- ❖ A picture arises – you cannot see a number on your bank statement

When these types of thoughts come up, it's important that you just go with them and let them happen. Don't dwell on them; let them play out in your mind and then discard them like you are throwing away a piece of paper in a waste basket. Try the exercise again, and this time, focus harder on the goal of \$10,000, and stay focused. Only by controlling your thoughts can you hope to achieve the goal that you have set out.

### **Firewalking on Charcoal**

Firewalking is one of the most intense rituals one can partake in. It is often a part of weekend self-exploration courses and usually involves walking a 30 foot long path of hot chalk that is heated to over 190 degrees. Most people know immediately by putting their hand over the chalk that this is a bad idea, that by stepping on this path you will, without a doubt, burn your feet and be in excruciating misery.

Conductors of such rituals often tell their participants that they should visualize themselves walking naked across the fire path and see themselves eliminating any obstacles that get in their way.

One may start this process with the intention of doing what they were told and visualizing the walk over the hot chalk, but they may find themselves visualizing walking over lava fields and bursting into flames as they step. In this

case, it may take several attempts to get your mind to see what you want it to see. Once you do this, however, you are in the first stages of succeeding with the firewalk. Once you are able to see yourself walking over the hot chalk without burning your feet, you are in a position to take that real life step onto the path and accomplish the seemingly impossible.

It may take more than once successful mental walk-through before you are comfortable in taking the real walk, but once you are ready, you are in position to step onto the chalk and walk to the end. Most of the time, you may even find yourself daring enough to walk back. You will find, at the end, that there are no burns. Not everyone is able to do this; some may not finish their walk, and some may indeed get very severe burns, but those who are able to feel the energy of the fire in their feet and channel it through their minds to take control of it will find that this is as easy as walking on the warm sands of a sunny beach.

This is the power of visualization. This is how you can control the world around you and your interaction with it by merely using the power of your mind to control your reality.

### **Your Beliefs Create Your Experiences**

Your beliefs are just concepts that have deeply taken root in your mind. We make up these beliefs in order to understand what it is that we hold dear in a simple way. The ability to believe something is another one of the great abilities of your consciousness. This has nothing to do with the concept of religious beliefs. This is personal belief that you use to guide your own personal decisions based on the values and ideas that you hold most precious to you.

Belief is built into your consciousness at the most basic level. It is among the most powerful tools that you possess in your toolkit of manifestation. It is one of the most powerful tools that you can use to make your imagination a reality. Beliefs are, without a doubt, powerful, but they are so powerful that when properly formulated, they can shift consciousness from being hindered by negative concepts to being empowered by positive images and the concept of success.

## What is the Purpose of a Belief?

Belief is essential in order to experience. How is this the case? Simply put, a belief is a concept; something that you assume is fact. You create the facts that you hold to be true. You know things to be the case because you know them to be facts in your heart. Another way to have a concept transform into belief is to have experiences that support the conversion. Our whole life is built around beliefs and the experiences that have converted concepts into facts and thus beliefs.

There are only two ways that you can live your life. The first way is to observe the world around you and build a belief that is constructed on what you see with your eyes and experience day by day to be fact.

This is the most common way that we form concepts into beliefs. It's the way that our beliefs were formed in school when we were presented facts and shown them to be true. We learned that the laws of nature were solid, and thus they became our beliefs. For most of our lives, we exist under this type of belief construct system.

The second way that we form our beliefs is by the exact opposite. You decide what it is that you want to believe, and then you go out in search of the evidence that you need to support that belief and eventually convert it into fact. There are times when you simply believe something so strongly that it becomes ingrained in you, that it becomes fact simply because it was believed. It may only be fact for you in your own life, but that's not what is important. What matters is that you have converted the concept into fact and thus solidified the belief.

### **There are Benefits to Thinking This Way...**

Among the first things that you have to do if you are to have a better life is to understand that at the basic core, at the foundation of everything, YOU are responsible for what is happening in your life. You have created, in one way or another, the existence that you have. You may not have done this consciously, but there is no denying the simple truth that you are the creator of the life that you live, and if you want it to change, then you have to make the change for yourself. This is one of the central principles of manifesting; **YOU HAVE TO CREATE THE REALITY THAT YOU WANT, FIRST IN YOUR MIND, AND THEN IN YOUR WORLD.**

One of the most wondrous things that manifesting can teach you is that you can change the beliefs that you have, no matter how deeply rooted, by simply changing the way that you see them. This, in turn, will lead to the change of your reality because the facts that you believe, the concepts that you hold in your heart and mind have changed. When you become the master of your mind, the controller of your belief systems, then you have gained the ability to achieve and have anything that you want in your life. This is a powerful tool; perhaps the most powerful tool that you will use in your manifesting endeavors. At the forefront thought, you have to accept that ultimately, the life that you have is one that you have created, whether you like it or not. You have to, at some point, accept it.

Believing forms a unique form of consciousness, a specific energy pattern that can serve as a blueprint for the things that we want to create in our life and the experiences that we want to have. At the core, it comes down to the fact that it is always up to you what happens in your life. You always have a choice to make in everything that happens in your life, from the time you wake up in the morning until the time that you go to sleep at night. Every moment of your life is a conscious choice on one level or another, and when you make it, you add another line to the blueprint that will affect how your total outcome looks.

### **Understanding the Difference between Reaction versus Action**

The concept of reaction versus action is one that, oftentimes, is misunderstood. The truth of the matter is that it's one of the simpler concepts in the idea of manifesting. When we react, we are responding to the situation that is presented to us, and therefore we are not in control. We are not in control because often, the resources that we have access to at that time are limited. This is a state of being that is not conducive to our getting what we want because the power has been taken from our hands.

Action, on the other hand, is a state of being in which we are taking control of the problems before us or of the situation that is presenting itself. This is when we have utter control of the resources that we have at our disposal and have a plan to use them to the best of our ability to get what we want out of the total situation. When we are in a state of being that is geared toward action, we have the power of choice in our hands. When we are in the state of being geared toward reaction, the power of choice has either been taken out of our hands or has been limited in our ability to utilize it to its fullest potential.

## 10 Beliefs that can Prevent You from getting what you want

At some point in your life, even when you are using the power of manifesting in your life, you will no doubt encounter a time when mental blocks may come between you and what you want and need to happen. There is a wide variety of such blocks, and it's important to be able to identify them as what they are when they come up. This is crucial for you to be able to get past them. Let's take a moment to look at some of the various blocks that can come up, and then look at how you can work to get past such blocks when they occur.

- ❖ Some people just have more luck than I do
- ❖ Other people have a better education than I do
- ❖ Some people have opportunities handed to them
- ❖ It must be nice to be born into a rich family
- ❖ They had money to start a business, or they had money given to them to start a business
- ❖ They had the money to invest in real estate that I will never have
- ❖ Those people are just smarter than I am
- ❖ They are a lot younger than me
- ❖ Those people are just better looking than I am
- ❖ They work twice the effort than I do

This list could fill page after page for sure, but the important thing to remember is that no matter what the block is, it's not real. It's all in your head, and that's where it needs to stay – that is, until you pick it up and toss it into the trash bin in your imagination. It does not matter what the belief is about. If it's a mental block that is going to interfere with your ability to get to the place you need to be in to control your reality, then you need to toss it away.

## So What Exactly is the Law of Attraction?

The law of attraction is a concept that the circumstances and events that are a part of your life tend to reflect very heavily on the thoughts and beliefs that one tends to have on a regular occasion. In order to understand this concept in its full, you need to understand that every thought that you have has an energy pattern that is known as a vibrational pattern. This pattern can and often does resonate very strongly with events and objects that may already be in existence or that are in the process of coming into existence at the time.

One example of this concept is revolving around the uncomfortable topic of taxes. If you have the thought that these are an unneeded part of life, or if you feel that the only result that comes from this is financial worry and problems, then this will cause distress. The way that this comes to be is that the thoughts you expel on the topic will result in issues that are quite uncomfortable for you to deal with when this topic is mentioned. This can happen most times when the very topic of this is casually brought up while talking to a friend or family member.

As soon as this topic is mentioned, you will have a very natural and unpleasant reaction to this subject. This can lead to you going into an emotional state. If this happens, you could be put into a situation that your personal feelings on the subject of taxes will be brought up and become known to those you are talking to. This alone will not be the only concern that will come from this topic. Often you will see yourself change in the thoughts and feelings on taxes when it comes time for you to pay your taxes. Rest will not be something that you can do, your palms will become sweaty and your pulse will become quickened at the mere thought. The overall feeling is that your thoughts rather positive or negative can have an impact on the subject of taxes.

When the taxes have been filed, you will experience one of two reactions. You will receive word that your taxes have been accepted and you are due back a nice amount of money back. (This is a positive reaction.) The other side of this issue is that you may be told that the documents you submitted are not quite enough and thus there are issues with your return. You may not have the needed documents that have to be filed. (This is a negative reaction to the topic.) Think about the other side of this if the way of thinking was different and you held taxes as being a very necessary thing that makes the country a better place for you as well as everyone else. Imagine that with the money you pay in taxes, there could be more schools built and as a result lead to an

increase in the educational system. This would lead you to a point that you will want to have a job that will lead to these taxes being paid a lot easier for you on a yearly basis. This would then allow you to have a better need for the person that is in charge of filing your taxes. You see that they are an invaluable part of your life and love the job that they do for you on a year to year basis.

The end result is that with this law of attraction, you see yourself in a position that you have more than enough money from year to year. This will lead to you not feeling so bad about the paying of your taxes, this will lead to them being filed in a timely and effortless manner on a yearly basis. All of this happens because you managed to attract a situation that is in line with the way that you view things. The analogy of round object fitting in a square hole is able to be applied to this concept. Your energy has a way of attracting energy that is the same as yours. The people you attract will think and feel the same as you do and the circumstances in your life will match the thoughts and beliefs that you tend to hold near and dear to yourself.

## Intentions are Your Way of Reaching Your Goals

The concept of intentions refers to what one is actively planning to do when they set forth their goals. This is how you plan to make the goals that you have created, the things that you have imagined, come to pass. If you say that your intention is to take a vacation next month, then you have started down the road to making that happen by stating it in a way that has meaning.

You may or may not be aware of your intentions when you get out of bed in the morning, but you have them nonetheless. When you are aware of them, then they are deliberate intentions; if you are not, then they are casual intentions. Casual intentions are sort of like having your intentions on auto pilot. If they come to pass, then they do, but if not, then you may find yourself not getting the results that you want.

In the context that we are talking about, the context of deliberate intentions, you make the conscious effort to put forth time and work in order to fulfill the results that you want to have. An example of this is to get out of bed and immediately put forth the thought pattern of making the goals that you have set become reality. This is a deliberate intention. In this case, you are making the choice to put forth the effort that you have to put forth to make it happen. That is what makes this a deliberate intention versus a casual intention.

### **Tips for Overcoming Pitfalls When Creating Intentions**

When you are working to overcome your pitfalls and create your intentions, there are some things that you need to make sure that you give yourself command over the opportunities that you have before you. Here are some tips to help you with this:

- ❖ Use only positive words
- ❖ Include a time frame
- ❖ Remove negations
- ❖ Be precise

### **Include a Time Frame, but be Mindful of them as Well**

It cannot be stated with more emphasis: time frames can be both good and bad when you are working on your manifesting goals. When you are working on your plans, DO NOT put time frames on them. When you are working on your intentions, YOU MUST HAVE TIME FRAMES.

Dealing with the physical world means that having a time frame is important. When you build a new home, it's important to have a plan and an understanding as to how long it will take to do the job. When dealing with the world of your plans and imagination, it's not so important to have a time frame; in fact, it could be a hindrance. When you are working with the power of manifesting, you must keep an open mind, and keep your time frames out of the equation.

The only exception to this is that when you are making your intentions, you need to make sure that you attach a time frame to them so that you are able to get yourself on the road to making them become reality. An example of this is to state, "I want to have a new place to live." Now the intention of this is, "I will have a new place to live soon." Then you have to make the action statement, "I am working on getting into a new place to live."

## Your Attitude Create A Huge Different

There was a person sent to file a report to a local cutter of stone. When he got there he noticed that there were three different men that seemed to all be engaging in the same task. This task was none other than the hammering of stones. The Person asked the first gentleman how he felt about his job. The man responded that he disliked the job as he was not making enough to do more than pay for the basics. The complained that he was doing the same task all day over and over. His back always hurt and he was not getting any younger. The man finished saying that he had no sense of why he was doing what he was.

The second man that responded said that deep down the work was not all that bad. He had a good home and a car that got him around where he needed to go. He had a family that he loved, but did not feel fulfilled in what he was doing for a living.

The last man was quick to respond that he loved his job and was thrilled. He was thankful for every day that he was able to be at work. He thought that his work he did was great as he saw that later down the road, they would all be used to build a beautiful building that would be part of the city. People would see his work every time they went into the building. He went on to respond that he could not see any other job that he would love to do as much as this one. He said he felt blessed each and every day he was at work.

The thing to pull from this example is not the work that was being done that made the difference, but the type of mentality that the person had. These peoples mindset can and often does have an impact on their lives as well as those that are around them on a regular basis.

Deep down it comes to the concept of looking at the glass that is half empty. The way that your attitude is pointed will have an impact on your life. If you are of the mindset that you are deserved of something, then your mindset will leave you quite disappointed. You will have a lot of anger in your life as the reality of life will hit you that nothing in life is ever free.

The way that you see who and what you are will have a very large impact in the life that you live. Your attitude will make all of the difference in the world as to who you will be. Humility is a wonderful trait to posses, be aware of the things you do have in life as opposed to those that you don't have.

Head out into the world and just pick a flower to admire its beauty watch the way the flower reacts and feel all of the energy and grace that it has to offer this world.

## Mastering the Fine Art of Manifesting

Start by knowing that you are the master of your destiny when you make the decision to live your life by your own making. Know that you have learned the skills that you need to do this. Let's take a moment to put it all together in a simple to understand way:

**First, decide what you want in life. Evaluate your goals, and align your long-term goals with your short-term goals. Only by doing this can you get the results that you desire.**

**Know that your strengths and talents are what you have and that your gifts are yours to use for your benefit. Learn what your weak areas are, and work to increase your abilities with them. If you need to get help with some areas, then consider getting a mentor.**

**Take control of your time, both physically and mentally. You have limited attention to devote to things, and you have to make sure that you are putting that time to work in ways that are beneficial to what you want in life.**

**Make use of the power of your imagination. This is the playroom of your life. This is where you can envision what you want and make it happen.  
REMEMBER: IF YOU CAN SEE IT, YOU CAN LIVE IT!**

**Take into account your beliefs and what they mean to you. Replace beliefs that do not support you with ones that do. Your beliefs are what power your concepts, your dreams, and your imagination.**

**Create an environment that fosters powerful intentions that can give life to your dreams.**

**Make sure that you understand that what you hold in your consciousness is the blueprint of that which you will end up with. This is perhaps the most essential thing to understand about manifesting, and without it, you cannot achieve what you want.**

As you move along in your process of creating, one thing that you can do to help make things easier is:

## Using a Vision Board Can Help You Achieve What You Want

The final step you can take to making sure that you get to your dreams is to use a vision board. This pin board is able to put your hopes and dreams right in front of you at all times. This can be a great help in showing you what it is that you need to do and what you have already done. This will help to keep you motivated. Motivation is key to staying on top of your goals and getting what you want out of the process of manifesting. The vision board is a great way to see your goals, and thus make them happen.

## CONCLUSION

With the process of manifesting in your life, you will be able to get the things that you desire and need with no stress or drama. You have in your power the ability to create the world that you desire and to have everything that you could hope for easily. While this is not always a cut and dried concept, there is an ever growing number of people that are seeing this as very helpful.

The key is to believe in yourself and believe in the power of what you can create when you put your mind to it. Realizing that you have the power, it will be the first and most important step that you can take in this process.

The power of imagination, of taking control of your thoughts, of creating in your mind and realizing in your world is immense. The power of your consciousness is without equal. Take charge of your life today, let manifesting work for you and live the life that you desire!