



Manifest & Mind

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INTRODUCTION TO YOUR SUCCESS



Congratulations on your download!

Yes, it's true that this e-book is short and sweet but we've made it like that so you can read it quickly and get amazing tools to change your life!

A bit about us - We're Mind One Digital, a personal development company based in Scotland, UK and manifestation is our bread and butter! We have over 260,000 fans on our newsletter and we've also studied manifestation for well over 10 years, learning from and meeting so many inspirational experts with awesome words of wisdom.

In this e-book, we want to share a part of that awesome knowledge with you!

The important thing about this e-book is to apply the lessons that resonate with you. Not every tool resonates with everyone but if you see and apply what resonates with you, you can truly manifest and magnify the wonderful life you desire.

Let's begin!

SECRET 1 - THERE IS HIDDEN ENERGY ALL AROUND YOU THAT CAN INFLUENCE YOUR MANIFESTATIONS AND SUCCESS



Many people seem to think that whatever they see around them is all there is. The truth though is that there's more to reality and "the universe" than what we see with our own eyes.

A great secret is that there is hidden energy all around you that can have a massive impact on your manifestations. So if you find that your life doesn't seem to be going the way you want, or you feel that you can take things further, what you need to realise is that it's something invisible and which you don't see which is mainly responsible for your success or failure. That invisible thing is the *forces of energy and the laws it works by*.

Let's think about this with an example. Have you ever met someone who was really successful or seemed to get everything they wanted, but you just didn't understand how? Many people know a person like this where luck and success in every area just seems to come about out of nowhere!

So what's the secret? The secret is that these people *have a certain mindset and beliefs*. These beliefs and mindsets interact with the amazing laws of manifestation to bring about incredible outcomes.

One of the great secrets to influencing the creative energy all around us is through your thoughts and what happens in your mind. Thoughts are the mysterious invisible substance which can mould creative energy to attract your true desires!

To truly tap into this creative power, it's important to learn the art of cultivating the power of your thoughts. This way you can create physical results easily, just like those successful people you know are doing!

Organisation and Efficiency Channels Energy And Harnesses It's Power For You Too

One cool way to "harness" untapped creative energy and accumulate more of it for your goals is to live and work in an environment that allows creative energy to flow freely. You may have heard in fact of the ancient art of Feng Shui which is about the positioning of objects in a home or office. Sages from the Ancient Orient knew about the power of hidden energy and how it affects us so these secrets have been known by wise men for thousands of years.

You might have noticed in fact that wealthy people and self made millionaires for instance are incredibly organised and live in spacious, tidy homes and it's no accident. Cleanliness and organisation helps the hidden energies in your environment to move around more freely, meaning a vortex is created to attract even more good energy and abundance into your life.

On the other hand, when energy isn't being used the right way and if you have stuff lying about your house everywhere (like clothes), your energy is being blocked and can't move as freely. This is when stumbling blocks and other nasties come into your life, and it can create a downward spiral.

The important thing here is to realise that there is hidden energy all around you, and you can harness it and use it to your advantage by how you live and work.

People And Energy

Another major success and manifesting factor is the people you associate with. Every person has an energy field around them called an "aura" and this can either enhance or repel your good energies. The people you associate with can either strengthen your aura and help you move closer to your goals, or they can cut down and change your energy negatively, making it harder to get what you want.

There's a saying even that life will get better when you delete the negative people from it, and it's sadly true. People who make you feel down emotionally unfortunately have negative energies around them which will suck into your creative life force, so it can be useful to keep a balance and reduce contact with them.

An important question to ask is this: Do the people around you make you feel good and happy? Or do they make you feel miserable? Be honest with yourself and listen to what your heart deep inside is telling you. Speaking and accepting your truth will help your mind become cleaner and your whole life will become happier!

SECRET 2 - GETTING INTO "THE ZONE" CAN TURBOCHARGE YOUR MANIFESTING



Have you ever been in a situation where everything just seemed to go on hyperdrive and amazing things started happening all around you? This state is called being in "The Zone" and it happens when you're in an amazing state of flow, making you feel truly happy and joyful and awesome inside!

Maybe this happened when you were on holiday with your friends on the beach and you could just let go and totally relax and be your genuine true self. Or maybe it was at a family wedding where everyone close to you was there and you had the time of your life! Or maybe it was when you made amazing progress at work and got setup for a promotion!

Wherever you've experienced The Zone, it's simply an amazing state of mind and you definitely will have experienced it at some point in your life. The trick here to turbocharging your manifesting is to get into The Zone as often as possible, so that amazing "coincidences" and other manifestations can come about more easily for you. This is one reason in fact that some people seem to get ahead in life and other's don't as easily - the successful people are always in The Zone so they're accessing amazing creative energies of manifestation all the time. The Zone basically is the perfect state of mind for manifesting because all your creative energies are flowing productively.

Techniques To Get Into The Zone More

So with that said, here's some techniques to get into The Zone more and make this a bigger reality for you:

1. Do things you enjoy doing and love

It should be obvious that if you do what you love and enjoy doing it, you'll get into The Zone more easily. When you do what you love, you're connecting to your true inner being and allowing your core natural energy deep inside to be released.

2. Concentrate more and learn to cultivate focus

Cultivating focus and learning to truly concentrate on the things that matter to you definitely takes time. But the good news is that learning to focus every day builds up your focus strength over time. And when that happens, you'll find yourself falling into The Zone completely automatically.

3. Spend more time with the right people and get in the right environment

If you're living in a hole with junk lying about and the walls are falling apart, it's probably common sense to realise that this isn't the best environment to get into The Zone. An environment like this will make you feel negative automatically.

If you want to succeed in something like business, places like busy offices are a great place for activating new parts of your brain and releasing free consciousness energy for manifestation. In a busy office, there's so much going on and it's such an efficient environment that the influence of its subtle energy rubs off on you. In this kind of place, you'll find yourself getting into The Zone way more easily, and especially when you see other people in The Zone state yourself.

SECRET 3 - EMBRACE THE OUTER WORLD BUT RESPECT THE INNER WORKINGS OF YOUR MIND



Your mind and the invisible thoughts it has all the time are probably one of the strangest and mysterious things you could possibly imagine. These thoughts can sometimes race in our minds or be overpowering for certain people. Thoughts can also consume us or change how we see the world from the inside out. Its why thousands of people from all walks of life shun the material world and embrace the mystical and spiritual experiences which the mental world can bring.

A good question to ask yourself though is this: Have you ever been stuck in your head with too many thoughts? Or another question that might better apply to you might be: have you ever over-thought something, only to later realise that none of what you thought had any real significance or meaning? In other words, it was "all in your head"?

The fact is, many people tend to "think too much" without realising and don't realise that there needs to be a balance. Being too much "in your head" doesn't help your manifestations and keeps your creative energy flowing in the wrong way.

What's In Your Head Isn't Always Important

What you need to realise is that what's going on in your head in terms of thoughts and what you're thinking doesn't necessarily mean it's true. It might have no bearing whatsoever to the reality of what's going on in your life.

Thoughts and thinking can create imaginary and completely made up scenarios of what's going on in your life, but not be true at all - it's all subjective. These imaginary situations in your head can limit your effectiveness.

When you start to detach from your thinking and realise the "mind-stuff" is a lot of the time meaningless and gobbledegook so to speak, you free yourself from limiting thinking and can do new things in your life. It's an amazing feeling knowing that what you're thinking isn't necessarily something important. You can just simply BE, and observe your thoughts like an external person.

The reason this secret is so important is because over-thinking is something really easy to do for a lot of people. Many analytical people and those with a left-brain mindset tend to over-think things and not even realise it. The way out of this cycle is to begin to realise that a lot of what's going on in your head is just thoughts and thinking and "mind-stuff" that isn't really you. You can either be detached from your thoughts and see them as something which is "happening" in your life, or you can be engulfed in them and get lost in your own mind.

How To Conquer Over Thinking

We all have a monkey brain which has thoughts going on all the time. The amazing thing is that when your thoughts begin to calm down, you'll feel a new renowned sense of accomplishment and have way more peace in your life.

Here's some cool things you can try:

a) Meditate for 20 minutes per day

Meditation is the timeless and tested way to truly calm your mind. A calm mind is a peaceful mind and your life will be filled with peace and harmony when truly relaxed. This way you can also let the joys of creative consciousness rise to the surface - meaning remarkable insights, creativity, renewed confidence and immense motivation can come about.

b) Start the day early

There's a saying that "early to bed and early to rise, makes a man healthy, wealthy and wise" ..and it's true. If you start the day early, your mind will be sharper and calmer, allowing you to get all of the amazing benefits that come with meditation and more!

Early rising over time helps your mind become more efficient. The bottom line is a calmer, clearer mind and less of that monkey brain!

SECRET 4 - NATURAL FOOD HAS UNTAPPED CREATIVE ENERGY WHICH CAN BE HARNESSSED FOR MANIFESTING



An awesome secret you might not be aware of is that natural food has an amazing innate creative energy which can change your life! The vibrant and healthy foods we all love like all kinds of fruit and vegetables are full of natural light and substance which can be harnessed and cultivated to enhance your manifestations!

These healthy foods with their vibrant cosmic energy can nourish the deepest reaches of your soul and when you take them, you'll start to notice that your thinking and mindset will become a lot "lighter". By that, we mean that you'll feel more relaxed and genuine as a person and you'll have better thoughts, more creativity and feel emotionally uplifted and energised.

Lots of healthy fruit and vegetables are easily one of the best ways to get a boost in your vibration, and this is what we recommend you start out with. So that means everything from tomatoes, cucumbers, oranges, apples, peppers, broccoli, asparagus to any other greens that might take your fancy.

Another important thing to do is to think about reducing your intake of "white" foods like white

bread or white flour, cakes, donuts, pies and other white things which can bloat you. Another thing to avoid is artificial colors, preservatives and sweeteners which are unnatural chemicals and don't help you to clear your mind for maximum manifestation.

The bottom line is that as a natural spiritual being, your mind and body needs natural, spiritually-friendly food. And the best source of that is the foods which are created naturally in nature.

SECRET 5 - BEING AUTHENTIC AND TRUE TO YOURSELF ACCESSES CORE MANIFESTING ENERGY



Being authentic is all about being the real you, instead of hiding your true self and being someone that you're not. If you're authentic and true to yourself, you'll enhance your manifesting because you're connecting deeper to the source of power within you.

Every person is cut out for something special and our core inner being is where our greatest power lies. Your task is to find that true "you", and not the "you" that society, parents or other people have said you are but really aren't.

The Layers Of Your Self

Your authentic self can sometimes be covered by layers placed on it by society. Society as a collective entity tends to influence what we see as right or wrong, and also tends to tell us what we should think or do. This means we tend to put a bundle of beliefs on top of our authentic self. All of this together forms something called your "identity" which you think is "you" but really isn't.

In essence, what you need to do is deprogram yourself from the false beliefs that society has placed

on you unknowingly so that your authentic and genuine self can finally come to the surface.

One method that works for everyone is to do regular meditation, because it silences many aspects of mind and causes the ego to fall away. When you put your mind in a silent state, the ego begins to panic because it has nothing to attach itself to. The ego normally needs to attach to things to survive but when that doesn't happen, it will start to fall away.

Try it and see for yourself. If you put your mind in a silent state and aren't used to it, your mind will begin to panic and try to attach you to something! Over time, you will realise that non-attachment creates true detachment from any and all outcomes.

When the ego finally lets go and fades away, the real "you" can come to the surface. It's a state of being where you're able to just BE as you are and life is an experience that just is! In this way, you're actually able to detach from all the emotions, limiting beliefs and other things that you think are holding you back. The amazing experiences and emotions of life like joy, love, pain, hope and happiness all become experiences which just "are".

Another way to tap into your authentic self is to accept yourself and everything which has happened in your life as it is. Choose to let go and just be in the moment! One thing to note here is that accepting things doesn't mean you let negative experiences hold you back because you're accepting them. What it means is that you're empowering yourself from every experience you've ever had and making yourself a stronger person that can finally move on and be in the moment.

SECRET 6 - HARNESSING YOUR TRUE DESIRE IS KEY TO HYPER MANIFESTING



There are two main motivators in your life and both can make a world of difference! They are 1) fear and 2) desire.

When your fears are bigger than your desires, what tends to happen is that you "stay down" and have lower expectations of yourself. But when your desires are bigger than your fears, we start to make progress and we have a yearning and core energy that propels us along!

Desire is a fire. And a desire to truly change your life and achieve the life you want is a powerful fuel that allows new doorways to open for you. When you really, madly, truly want something, the furnace of desire propels you to go for it once and for all!

The truth is, you don't have to do countless exercises to "fix yourself" because the manifestation process is actually a lot simpler than that. Any person who is truly fed up of their life situation well and truly, doesn't need any motivation to finally change...the desire in a case like this is so strong that it tends to trump everything else!

So the question you really need to ask yourself is this: *are your fears bigger than your desires? Or is your desire bigger than your fears?* Have you cultivated your true desire for the thing you want? Do

you want it intensely and feel the energy pumping through your body? Cultivate and harness that desire and see the difference unfold!

SECRET 7 - LEARN TO FOCUS MORE ON WHAT YOU REALLY WANT - ITS AN ART FORM THAT CAN BE CULTIVATED OVER TIME



Focusing more on what you want may seem to be law of attraction 101 but there's a lot of things that people miss out on here. To re-cap, the law is that *where focus goes, energy will flow*.

The key point here is that sometimes we think we're focusing on what we want but we aren't at all! Not truly knowing what you're focusing on because our mental clarity isn't there is a key reason that stops manifestation from happening.

The truth is, there are so many influences on our mind that we might not be aware of what we're truly focusing on. We might think we're focusing on our goals, but unless you're examining and consciously aware of your thoughts all the time, *most of the time we aren't aware of what we're focusing on.*

We get so many influences in our life too, from things like television, radio, friends and family, work colleagues, cinema, newspapers, the news, social media and the list just goes on and on. There are so many influences that it can be easy to focus on the wrong things if we aren't careful.

So what's the solution to this issue? Well, the only way to truly focus more on what you want with so many triggers to pull our focus away is to learn the skill of *cultivating your focus*. This means living in the moment and gently directing our thoughts deliberately and consistently in the direction we want. Over time, our powers of focus will improve immensely!

The important thing is to have confidence and believe that you can move your life to the next level. Action then is the next important point. Believe and act on that belief are the keys.

NEXT STEPS

We hope you've enjoyed this guide!

Your next step is to get yourself a copy of the Laws Of Mind® System which develops on everything we've talked about, and then some! We also have videos to help you understand the points and lots of supportive techniques, lessons, tips and tools which cuts the hype in manifestation and helps you get real results.

[You can see details about that here.](#)

To Your Manifestation Intelligence!

Kads Adams and the ManifestationIntelligence.com Team