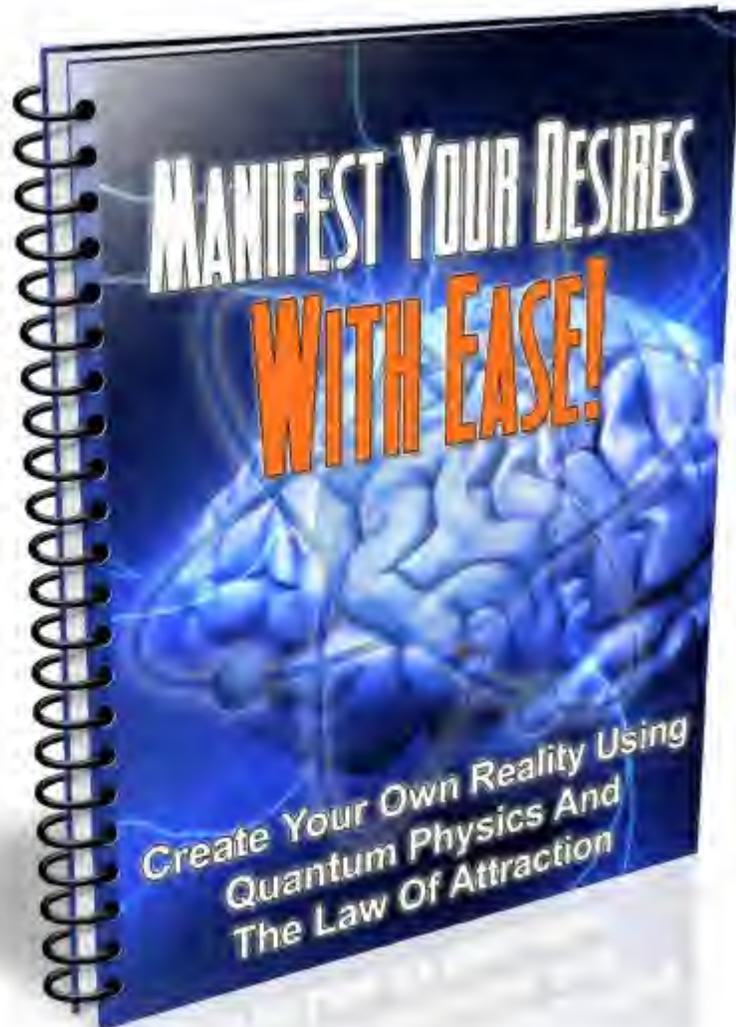


How you can...

Manifest Your Desires With Ease



You can manifest anything you desire once you understand the basic process of doing so. Whether or not you've previously read books about the law of attraction, focused intention, the power of thought, and so forth you'll find the info in this short checklist easy to understand and apply.

The following content can be applied no matter who you are, what your age is, where you live, what you do for a living, and regardless of any existing spiritual beliefs or skepticisms. **I urge you to clear your mind and read this PDF as if you know every word to be the absolute truth.**

Doubt, disbelief, and self-limitation are the destroyers of creativity and your ability to manifest. If you are unwilling to believe, there is nothing I or anyone else can do to help you realize your own awesome potential.

So open your heart and allow your greatness to emerge...

Chapter One:

The Science Behind Intentional Manifesting

This section will cover the “how and why” foundation of focused manifestation. I’ll cover *how* it’s possible for you to create your own reality by illustrating cutting-edge scientific discoveries and a few interesting, true stories.

All The Universe Is Vibrating Energy

Seriously. You’ve probably heard this before, whether via other self help material or as part of your high school science class.

But let’s take a closer look at this statement and what it means for you.

Everything in the Universe is literally made of energy. Solid matter, liquids, gases, electricity, light, sound, living organisms, and even thought are **all** manifested in our reality from vibrating energy.

When we look at the vast cosmos from the “outside in” we can go from galaxies and star systems to planetary bodies, ecosystems, the various elements, complex organisms like human beings, macroscopic systems within our bodies, individual organs, cells that make up these organs, electrons and nuclei within these cells, smaller waves of energy these electrons and other particles are made of, and finally...

We find the field of pure potential energy from which everything in the known universe emerges. Scientists sometimes call this ocean of vibrating energy the superstring field or the quantum field.

So, looking at the same picture of the Universe from the “inside out” it is scientifically accurate to say that everything comes from an infinite sea of vibrating energy. This energy plane produces the waves of potential that form protons, neutrons, and electrons, which of course make up atoms.

Atoms combine to form cells. And cells are the building blocks of our organs, which work together to shape our bodies and all other organic life.

And the same process of raw energy forming into tangible substance explains the existence of inorganic, inanimate objects as well. In this case atoms form molecules, which create elements; and the various elements combine into minerals, stones, and the earth itself.

If you place any solid object beneath a microscope you will not find dense, solid material. You will find seemingly empty space and a few vibrating particles made of pure energy.

So **all things living and nonliving have manifested from the same energetic source.**

You might choose to believe that God created (or is) this source. That's fine with me, but no specific belief systems are necessary for taking advantage of this information.

The critical point is to simply understand that you and everything in your life arises from vibrating source energy. Your body, the computer desk or printed page in front of you, and even the thoughts (thought waves) being processed in your mind at this moment are all energetic patterns and vibrations.

Consciousness Is The Creator Of All Reality

Intelligent thought, or consciousness, is actually the creator of all observable phenomena in the known worlds. How is this so?

Your thoughts are measurable waves, just like sound and light. Researchers have found that tiny particles within atoms are **only manifested in particle form when they are being observed**.

When not being observed, the tiny electrons within an atom are actually in wave form. These waves of potential energy are only shaped into particles when consciousness is focused on them.

Furthermore, electron particles have the remarkable tendency to appear in the positions researchers expect to find them. In other words, scientists often detect the electron to the right, left, above, or below a nucleus based on *where they expect it to be!*

Let me clear on this point: If a researcher expects the electron to be to the left, he/she will find it there. If a researcher expects the electron to be to the right, he/she will find it there. It seems the scientists in these experiments are actively manifesting the position of the particles they study!

Think about how incredible this fact is. And then consider this:

Science has also proven that all of life actually happens in the brain. Every experience we have is the result of our brains processing information, or waves of energy.

Whether we are looking at someone's face, closing our eyes and imagining their face, or asleep and dreaming about this face, the same part of our brain processes the "vision". We don't see with our eyes, (they are only the default collection tools for this sense) we see with our brains!

From this perspective it's interesting to note that thoughts are every bit as real as immense boulders or bolts of lightning. And when you consider the correlation of thoughts/waves, the tendency of subatomic particles to form **only** when/where being observed, and the discovery that all life experience is actually the result of our brains processing and interpreting data, it's logical to conclude that...

What we call reality is actually the manifesting of events via focused consciousness. And if what we call life is just the materialization of thought into various forms and events it makes complete sense that **you can become an active part of the creative process and intentionally manifest what you desire.**

Life Is Infinite Potential

We've all heard the saying "anything is possible" but few people actually live by this ideal. Most humans are in the unfortunate habit of recreating the same events, circumstances, and feelings from day to day for an entire lifetime.

But this process can be interrupted at any time. By simply accepting and affirming that other possibilities exist beyond our routine or our awareness, we open ourselves to new experiences.

It's worth pointing out that some researchers believe our brains process 400 billion bits of data per second. And we are only consciously aware of around 2,000 bits of data per second.

This means a near infinite reality is occurring that we have not yet become aware of!

The limits of "possibility" are often broken. And once someone achieves what was previously believed impossible, many others are also able to transcend prior limitations and accomplish the same deed (or something even greater).

Prior to 1954 athletes considered it impossible to run a mile in 4 minutes. Scientists concurred that it could not be done.

Roger Bannister disagreed, and he completed the first 4-minute mile in May of 1954. Since that time numerous other runners have done the same, and at least 18 people have beaten Bannister's record and run the mile even faster.

The nature of possibility is determined largely by what we believe can and cannot be done. And often once limiting beliefs are removed from the equation people are capable of amazing feats.

Your first step in manifesting the life you desire – even before deciding what that life will look like – is simply accepting that **anything can happen in life, and that you don't know enough about "reality" to write anything off as impossible.**

Stories That Illustrate The Power Of Intention To Expand The Possible

Even in a society that seems to be in love with the mundane, the tragic, and the hopeless quest to be the biggest victim, we are surrounded by amazing evidence of the power of focused intention.

The amazing true stories that follow are not flukes, and are not even that unusual.
The fact is incredible things happen all the time because that's the true nature of life.

Bill Bartmann's Story

Billionaire entrepreneur Bill Bartmann often tells the story of how he fell down a flight of stairs, broke his spine, and was **proclaimed paralyzed for life** from the waist down. He focused his intention and cultivated his powers of belief for months, and **was able to fully regain the use of both legs and all previously lost nerve functions!**

Morris And Cathy Goodman

Morris Goodman was paralyzed from the neck down after crashing his plane in 1981. His doctors said he would be a vegetable for the rest of his life, but Morris had no interest in this fate. Through focused intention and complete faith in his desired objective Morris **healed his severed spine** and now lives a happy, healthy life.

Morris's wife Cathy was diagnosed with breast cancer and used her innate powers of intentional manifestation to be fully healed in only three months! She used no radiation or chemotherapy during this 90-day period.

It's fascinating how both Morris and Cathy experienced a dramatic healing event. And it's likely that knowing how Morris had manifested the impossible after his accident, Cathy was encouraged to reach deep within and find her own miracle power.

Are these two capable of superhuman healing? No.

They are incredible human beings because they accept and use their natural powers of intention and creation. You and I have access to the exact same energy source and the exact same tools.

The Power Of Group Intentions

Robert Owen and the Spindrift group have documented a number of studies on the impact of prayer on plant growth and development. It was found that **prayer routinely caused accelerated and fuller growth, as well as greater long-term health** in the target plant life.

In the summer of 1994 a group of transcendental meditation adepts focused their intentions on the Washington D.C. area in an effort to reduce conflict and violent vibrations. The D.C. police and the FBI reported a 25% reduction in crime during the experiment; these results were actually predicted by researchers based on over 40 previous studies performed in smaller areas!

When considering the power of collective intentions it's clear why you need to wisely choose your friends, business partners, and mate. You should only spend significant time with individuals who support your ideal vision of yourself and your life.

The Real Meaning Of The Word Coincidence

It's strange how the word "coincidence" has been seriously downplayed and is now used to write amazing events off as flukes or glitches. In reality this word means to coincide, happen together, correspond, etc.

When events and circumstances in life line up and **coincide** it's more than a random fluke. The need to assign randomness or mere chance to these experiences reflects the depth of self-limitation we are programmed with as we grow up in the mainstream world.

Perhaps this comes from centuries of oppression and control. From the time of the Pyramids right through the more recent "Dark Ages" the overwhelming majority of humanity believed they were utterly powerless; only the kings, priests, and aristocrats were worthy of greatness and individual destiny.

Our ancestor's were told they had absolutely no power to influence their own lives. If history is any indicator, most of them believed this pitch and lived in mediocrity or less.

Only over the past 100 years has the belief that we can and should define our own destinies gained momentum. At the time of this writing such thinking is nearing a critical mass level which many writers are calling a global spiritual awakening.

I believe the time is at hand to let go of misnomers such as "only a coincidence". Instead, we should rejoice in the power of synchronicity and the role we can play to expand it.

Have you ever...

- Known who was calling the instant the phone rang?
- Thought about an old friend only to run into them a few moments later?
- Spontaneously thought about someone from your past and then received a message from them or heard an interesting story about them within a few days?
- Had a vivid, compelling dream that came true the very next day?

You've probably answered yes to every item on the above list because these are all very common experiences. If we insist on calling this sort of thing chance, luck, and so forth we are deliberately hiding our faces from our true natures; we are literally working to deny ourselves the gifts of our intuition and creative power.

The flow of your life has meaning and intelligent forces are at work creating the happenings of each and every day. You have greater access to these guiding forces than you might imagine, and in fact you *are* the key creative component in many cases.

You Are Already Manifesting Your Reality

The fascinating thing about your interest in learning to manifest is the fact that you are already doing it every time you look at your life and the world you are a part of. By nature you are a reality-creating machine; perhaps you just need a little help focusing your intentions and building a more ideal perspective.

The deeper you delve into the concept of intentional manifestation, the more you are likely to learn about the laws of vibration, attraction, and observation. These three natural phenomena tell us that we create the circumstances of our life by virtue of the thoughts and feelings we hold, and through our casual examination of the world.

Here are my definitions of these natural laws:

1. Law of Vibration – Remembering that everything (including us and our thoughts/feelings) is energy, you'll understand that *you* are in a constant state of vibration. You emit a specific frequency in every moment, and these frequencies are determined largely by your emotional states and the images you hold in your mind. The two key components of this law are:
 - a. You can only hold one vibration in a given instant. In this moment you may be happy or you may be sad, but you cannot be both at once.
 - b. The vibration you hold will magnetize you toward like energy.
2. Law of Attraction – In picking up where the previous law leaves off, law of attraction states that you bring into your energy field (or experience, life, etc.) vibrations and frequencies that match the vibration you are currently holding. Like attracts like, and you pull corresponding energy toward you at all times; meaning of course that people, situations, and occurrences that reflect your vibration will continually show up in your life experience.
3. Law of Observation – To really grasp this law, think back to the quantum physics experiments where the act of observing causes a wave to manifest as a particle in a specific location. This tendency also plays a powerful role in your everyday life. The simple act of perceiving yourself and the world around you will influence the outcomes of your current state of vibration, whether or not you put conscious effort into the process.

What does all this mean in simplified terms? Here's an extremely straightforward way to sum it all up:

You are, in every moment, sending a specific vibration into the superstring field from which all reality emerges, attracting to yourself experiences and events that reflect your transmission, and manifesting these potential occurrences into reality by way of consciously – but not necessarily intentionally - observing this process.

Among skeptics, religious fanatics who are offended by the idea of self-empowerment, and people who are determined to remain comfortable victims throughout their lives, there is incredible resistance to the above statement. But this doesn't change the truth.

Some of my favorite arguments to the suggestion that you and I are continuously creating our own realities are:

1. *But what about little babies who are born with dis-ease? How could an innocent, newborn child have attracted such a thing?*
2. *Do you mean to suggest that a 9-year old little girl who gets abducted by a stranger has somehow created this reality for herself? That's outrageous!*

How do I respond to these and other questions like them? As follows:

Unless you are a newborn baby with a dis-ease or a recently abducted 9-year old girl I don't see how any of this is applicable! I assure you everything in this product stands to logic and can help you manifest your desires so let's not get sidetracked with arbitrary conflicts and arguments.

I'm a writer and philosopher, not a deity. Obviously I don't have all the answers.

But later in this report I will do something no other product I've seen does. I'll put your ability to manifest intentional reality to the test with an experiment you can do today!

All The Universe Is Working In Your Favor

Perhaps one of the best examples of the natural process of manifestation is the example of plant growth. You should watch a few time-lapse photography presentations where the seed sprouts burst through the soil and flourish into adult plants with deep green foliage and vibrant flowers.

This process happens automatically, without effort or strain on the part of the plant. And numerous circumstances simply line up to help the plant life grow, from adequate water and nutrition, to earthworms and other critters that work the soil into a favorable state, and the sunlight that allows the plant to thrive and produce its own food.

Also look at how the cycles of condensation and precipitation have been using the same amount of water for millions of years to provide life to the teeming seas and rivers, shower the forests and grasslands with much needed rain, and make it possible for you and I to survive. If this process were somehow mechanistic and contrived it would have broken down millennia ago!

All of nature is a flowing cycle that supports life. And this same force moves within and around your life; with practice you can guide this force or – better yet – simply learn to get out of its way and allow great things to happen in your life!

Your desire to be loved, attain wealth, and enjoy magnificent health and happiness are supported by the universe just as the plant's will to grow is supported and nurtured.

Know this, even if it takes practice, and you'll unleash a torrent of blessings into your life.

Chapter Two:

How To Master The Manifestation Process

Becoming a master manifestor in your own life is not difficult. It's ALL about creating the right processes of vibration and observation and allowing the nurturing force of nature to do the rest.

In a nutshell you just need to:

1. Create the right vibration.
2. Observe the desired end result.
3. Allow the universe to work.

The following pages will take a closer look at this process and provide some clarification and finer points. Learn this information by heart, internalize it, and treat it as the absolute truth and you'll begin seeing change quickly.

However if you continue to doubt, complain, and wonder what's taking the universe so long to bless you already, you'll sabotage yourself and create struggle and frustration. So stay focused on the good at all times.

1. Having Clear Intentions And The Right Vibration

Remembering that anything is possible because life *is* infinite potential, the first thing you need to do is get crystal clear about what it is you want. Most people already know what they don't want; in fact they spend lots of time complaining about this stuff. This is a great start you can use to your advantage.

Spend some time thinking about your general complaints and dissatisfactions. Realize what you don't like about your current situation regarding money, love, health, or anything else. Once you have a clear idea of exactly what you are not happy with, *shift your attention to the way you would like things to be.*

Really focus on the thoughts, feelings, and emotions of the way things should be in your life. **Don't worry about what's "realistic"; create the vision you truly want!** Hold the picture in your mind of having the circumstances, events, and things you desire and feel the emotions of successfully and easily obtaining all these things.

This is the vibration you want to hold as often as possible. With practice you will begin to hold this vibration throughout your day without even having to think about it.

In the beginning you'll find your mind continues to slip back toward what you don't want. This is especially true when you are currently living the undesirable reality. When this happens just acknowledge it and *intentionally shift your attention back to the ideas, images, and most importantly the emotions of what you do want.*

2. Living In Grateful Observation Of The Truth

Once you know exactly what you want, and can see/feel this desire clearly and vividly, you have **the truth** in sight. As truth is subjective, you have the privilege of choosing what is truth for you; and I strongly recommend you reject any present reality that does not include your desire while believing as truth the desire you hold in your mind and heart.

Be grateful – to the point of deep emotions welling up from within – for your truth. Give thanks aloud for the desires you are manifesting as if they were yours right now.

It will help to set aside a few minutes each day, preferably after meditation or breathing exercises, and visualize the exact picture of your fulfilled desires. In these sessions be aware of every tiny visual and sensual detail of your desire and celebrate the emotions of relief, joy, and victory that come from reaching your goal.

This practice should be fun, exciting, and leave you fully exhilarated. You are literally guiding the intelligent source energy (supersting or quantum field) to manifest the life events of your choosing.

3. Allow The Universe To Work On Your Behalf

Once you know what you want, create the positive vibration of having it, and practice gratefully visualizing your chosen reality on a regular basis, it's time to step aside and allow the forces of nature to do their work. Develop a deep and loving trust in the life itself, knowing that unseen, powerful forces are constructing the exact circumstances and events that will lead to the attainment of your desire.

There is no need to look back over your shoulder, check your watch, or otherwise wonder when your desire will show up. **Remember in fact that doing so will create the vibration of not having what you want, and thus move you in the wrong direction.**

Relax and hold the right vibration. Do not worry about how things will happen or when they will happen.

It's fine to set goals, dates, etc. but do so with a light spirit and no attachment. Humbly accept the gifts life heap on you in every day and ***know with ultimate faith that your other desires are being delivered.***

Think literally in terms of staying out of the universe's way. In other words, realize that undue strain or worry will block the avenues of delivery and strain the process; you need to remain happy and faithful at all times so the natural forces can do their work.

Here are a few things that will help you honor this three-part process...

Know You Deserve What You Desire

Many of us develop a deep sense of unworthiness by the time we reach adulthood. It's not important how or why this type of self-doubt comes about, only that you learn to recognize and grow beyond it.

Have you ever felt uncomfortable when you...

- Were given a job promotion?
- Found or received a large sum of money?
- Had a romantic affair with someone you felt was "out of your league"?
- Landed a major client or closed a hugely profitable sale?
- Won some sort of sports event, game, or other competitive event?
- Received a wonderful compliment that should have made you feel great?

Most people can answer yes to all of the above. It's unfortunately normal to feel unworthy, but it *is not* natural!

You should honor yourself and fully acknowledge the wonderful person you are! Celebrate your talents, victories, prosperity, personal growth, and many accomplishments.

Important Exercise:

If you've never done so, find a mirror and look yourself squarely in the eyes. I'm absolutely serious – **please complete this exercise as soon as you've finished reading about it!**

Make and hold eye contact with yourself. You may feel a little uncomfortable at first but let this pass and hold your own gaze in the mirror.

Smile from ear to ear and say: "I love you."

Don't just say it. *Mean it!*

And proceed to tell yourself what a wonderful person you really are. Think of all the reasons you love yourself and tell yourself with meaning and conviction.

You must understand, fully and without question, the world is a better place because you are in it. Acknowledge this to yourself and you'll soon begin to deeply deserving of all the things you wish to manifest.

Continually Challenge Limiting Beliefs

Along the same lines as cultivating the belief that you deserve to have what you want in life, you'll also need to actively get clear of your limiting beliefs. Your doubts about what you can accomplish and your misgivings regarding the way life can work out for you will factor into the reality you manifest.

If you constantly worry and obsess about a negative outcome you will likely bring this very result into being. Remember the images you hold in your mind and the powerful emotions you direct toward these images are the key ingredients to intentionally manifesting; so you can just as easily create what you don't want in life!

You probably understand the importance of thinking positively and holding the right vibration. But if you're like most people you may struggle with spontaneous limiting beliefs and negative thoughts that just leap into your awareness.

Understand that it's quite natural for you to experience this automatic limiting/negative thought patterns after deciding to manifest specific goals. In part, this process is your unconscious mind expressing your deep fears of failure.

But it's also accurate to say your higher mind is raising these limiting beliefs so you can acknowledge and release them. From this perspective you can actually be grateful when you catch yourself doubting an outcome or worrying about what might go wrong.

So each time you catch yourself paying attention to a limiting belief or doubt, smile and be thankful! **Assume this is happening as part of your unconscious plan to acknowledge and let go of negativity and you'll instantly change the whole vibration of the situation.** Take this a step further by relaxing your body, imagining the negative thought or limiting belief dissolving into thin air, and then focusing powerfully on the exact opposite possibility.

Here's an example of how you can handle an experience with limiting beliefs or self-doubt. Let's say you catch your mind telling you: *"There's no way this deal will work out for you. Big sales never happen no matter how hard you try."*

In response you would simply:

1. Acknowledge the thought. Be grateful that your unconscious plan to raise and release all negativity is working perfectly.
2. Let go. See the thought dissipate into thin air and imagine the energy behind the thought becoming a neutral vibration that you can use in any way you like.
3. Focus this visualized neutral energy into a powerful, positive thought: *"All my practice and experience in sales is ready to pay off. Now is the perfect time to close this huge deal and nobody deserves it more than I do!"*
4. To add extra power to step 3 be sure your body is relaxed and focus with vivid, beneficial emotions like happiness, relief, and genuine excitement.

Repeat this response to every doubt and every negative belief that comes up. You'll soon begin to experience fewer and fewer limiting thoughts as your mind responds to the training; and just imagine how powerful you'll be with no spontaneous negativity working against you!

Practice Feeling Into The Manifestation Process

Another helpful exercise is to practice feeling into the manifestation process from time to time. This is especially useful when you are dealing with limiting beliefs and issues of self worth.

There are many ways to do this. Here's one example of how you can feel into the manifestation process:

1. Stop what you are doing for a moment.
2. Close your eyes if possible, and relax your body.
3. **Create an emotional state of excitement, anticipation, joy, and openness.** This is the most important step in the process so be sure to do it before moving on.
4. Think about how nature causes the plant to grow, and how the natural forces manage the cycles of condensation and precipitation.
5. ***Know that all of nature wants to express through you in the form of good things and miraculous blessings.***
6. Trust that everything you are asking for is on the way to you now.
7. Let go of worry and feel completely safe and cared for in the present moment.
8. Think of a time when you got exactly what you wanted or something even better.
9. Funnel these remembered feelings of joy, victory, and fulfillment into the present.
10. Know the universe is moving through you now toward the manifestation of your desire. Associate the memory of previous success with what you want now.
11. Relax as completely as possible. Imagine the force of nature moving through your body, your thoughts, your emotions, and working invisibly to create exactly the images you have been holding in your mind regarding what you desire.

This exercise should be fun, relaxing, and satisfying. Once you spend a few minutes feeling into the steps above (or a similar sequence of your own design), let go and allow absolute gratitude and excitement to erupt from within you; if you have honestly engaged this exercise these feelings will follow naturally.

Only follow this process once every day or two. Getting obsessive about it will lead to tension over your desires and this of course is counterproductive.

Take Advantage Of Your Emotional Guidance System

We've talked about the power of generating good emotions. But you also need to understand that *any and all emotions* are powerful signals to be observed on your journey.

You should remain aware of your emotional state and use this as your primary navigation tool at all times. The way you are feeling in any given moment is an exact reflection of the vibration you are holding, and therefore tells you whether you are manifesting your desires or creating the opposite reality.

This is so simple yet very underutilized.

What might be causing your emotions is secondary. You can choose to analyze and respond to potential origins of an emotional state if you want, but for purposes of successful manifestation you only need to be aware of what your emotions are telling you in any give moment.

If you are feeling happy, light, open, creative, free, and so forth you are offering a positive vibration to the superstring field of potential energy. In this case you are most certainly on track in terms of manifesting that which you desire.

On the contrary if you are feeling withdrawn, ill, angry, sad, afraid, resentful, etc. you are offering a negative vibration to the superstring or quantum field. In this event you are absolutely off track and moving in a direction completely opposite of that which you desire.

Be mindful of your emotions throughout the day. When you find yourself in a negative state use your willpower to shift into a positive vibration; many people don't realize this can be done but once you understand that you can switch your emotional state wherever you want – just like pushing a button – you'll be unstoppable.

Most of society believes events in life lead to feeling a certain emotion. This is an illusion; while things can happen this way for the most part life flows in the opposite direction.

We feel a certain way and thus through the laws of vibration, attraction, and observation we have experiences that correlate with our feelings. So be ever diligent and direct your emotions in a way that serves you, rather than allowing spontaneous emotions to rule your life!

Listen To Your Body's Signs And Signals

It's also important to pay attention to your body during the manifestation process. The physical communications you receive can indicate subtle emotional energies and subconscious blockages that may hinder or prevent your desired outcomes.

In many ways your body is like a child that is in your care. It is also your trusted partner on this physical plane of the life journey.

Suffice it to say your body should be treated with great love, respect, and care. Good physical health translates to sharper intellectual capability, more stable emotional states,

and a much finer/faster overall vibratory capacity; i.e. the better your health the higher and cleaner the vibrations you can emit to the quantum field.

A Word About Physical Wellness

Without launching into a lecture on health allow me to simply recommend a sensible diet, regular exercise, and **plenty of water intake each day**. Such basic practices make you more conducive to a positive experience with intentional manifestation.

It can be argued that our bodies are an illusion and that if all life is vibrating energy eating healthy and exercising are superfluous. In truth you'd be correct in saying this; a strong and positive frame of mind will transcend the physical factors and allow one to eat liberally and virtually ignore any structured exercise routine.

But are you currently exercising such a strong will? If so I'd have to wonder why you downloaded this PDF.

For purposes of this report the body signals you want to watch for are any out of place burning sensations, heaviness, tightness/tension, or general sick feelings. These symptoms are usually telling you something is off balance with your emotions or that your physical energy is being disrupted in some way.

Any such imbalance or disruption needs to be corrected to allow for the proper flow of energy or vibration. You can think of this like finding clearing obstructions out of a waterway to allow the full force of the river or stream to flow.

When you experience a physical discomfort like heaviness, tension, or sickness *and there is no legitimate reason for the experience* you are probably receiving a signal from your body. The underlying message is simple: your vibration is not aligning with what you say you desire.

When you believe your body is warning you about a misalignment the first thing you should do is relax as completely as possible. Take a few slow, deep breaths to slow your heart rate and feel your muscles loosen up and settle down.

Consciously release the tension from your face, neck, shoulders, back, waist, arms, and legs. Feel the tension fall away from one area at a time until you are in a lovely gelatinous state.

If a particular part of your body (hands, stomach, etc.) is feeling sick or uncomfortable, rest your awareness on this spot for a moment or two. Just be with the discomfort; fully acknowledge it until it starts to fade.

If the discomfort doesn't fade on its own after a few minutes, you can ask it what it wants. You may be surprised to find your attention is suddenly drawn to negative emotions you have been denying.

Follow whatever train of thought emerges from your question. If you are led to negative emotions you can simply release them and move on.

Another option is to sit up straight, then place one hand over the top of your head so the middle of the palm hang right over the center of your skull cap. As you do this notice the area where the discomfort resides and give it permission to flow out of your body through the top of your head; it's very possible the discomfort will do exactly as it is asked.

Once the uncomfortable sensations are gone from your body it's a good idea to raise your arms high above your head, palms outward, and stretch upward for several seconds as if you're trying to reach the sky. Then pull your feet together, keep your legs straight, and place your palms flat on the floor or at least try to touch your toes; again hold the stretch for several seconds.

Finally take note of how relieved, how genuinely *good* your body feels for several seconds to several minutes. Then return to your day with the right intentions and positive vibrations.

Acknowledge physical signals as often as they emerge. Continued problems can be resolved through Yoga practice, acupuncture treatments, and a session with a trained Reiki specialist.

Testing Your Manifesting Ability With Random Number Generators

There is substantial data to support the possibility of manipulating random number generation with thought alone. Decades of experimentation with computerized, random number generators have shown that people can influence the results by focusing on a particular number; there are even cases of individuals who impacted results *after* the number generator had finished running!

I encourage you to try this great little exercise on your own. Here's [an online RNG](#) you can use to conduct your own experiments by setting up a sequence that generates either 0 or 1 (or any other two numbers), letting this run 20-25 times, and intending a specific number to turn up more often than the other.

For optimal results you should spend a few minutes reaching a very relaxed state of mind before starting the experiment. Use meditation or breathing exercises to calm yourself, and shift your awareness to memories that make you happy and sure of yourself.

You can test the same premise with a coin. After meditating, or simply breathing deeply and calming your body, focus for a couple of minutes on either heads or tails, then have a friend flip a coin 20-25 times.

For best results with this exercise remember to:

1. Relax your mind and body as much as possible.
2. Spend a few minutes visualizing in crystal clear detail the number you want.
3. Also imagine the joy you experience as you see your number manifested.
4. Think of a time in your past when you were thrilled to get exactly what you wanted. Transfer the emotion from this memory into your visualizations here.
5. Trust the natural forces to work through your vibration and manifest your number.

Once you're feeling strong and centered proceed with your experiment. Remember if you dwell on doubt and anxieties you may thwart your own efforts. Just relax and have fun with this process, and avoid being terribly attached to the outcome.

Your own results with the above tests may shock you. Remember to be as calm and confident as possible before each experiment and you'll get a firsthand look at your own power of intention.

Above ALL Else: Have Some **SERIOUS Fun!**

This is absolutely positively, without a shadow of a doubt **THE** most critical point to remember when you set out to intentionally manifest the rest of your life. Without this nothing else you do is going to have a deep and lasting impact.

Life is about being happy right now and experiencing true joy!

So don't get obsessive and neurotic about your results. Do your part of the work with a positive, upbeat attitude and then let go and get on with your life.

As Lao Tzu says in the timeless work of *Tao Te Ching*: "**Great work is done and then forgotten. Thus it lasts forever.**"

Once you've set a firm vibration and created strong, positive intentions, it's time to relax and trust divinity, the cosmos, nature, life, or whatever you like to call the source of all blessings to do the work at hand.

Remain aware of your desires of course, but do so with the spirit of gratitude for their fulfillment and excitement about stepping into your new, imminent reality. You should even practice the art of not thinking about your desires from time to time; allow yourself to enjoy the moment and be fully immersed in whatever you are doing right now.

This is the hardest part of the process for most people. But it's critical if you want to become a master manifestor.

The idea is that when you truly *know* your blessings are either here already or fast approaching, there is no reason to constantly monitor progress. Do your part and nature will handle the rest on your behalf.

... Or Something Even Better ...

Because we can't see all possibilities it's important that we remain open to higher or divine intervention. As long as our intent is to find the greatest possible good our life will unfold in a manner that serves us and allows us to contribute to the world at large in a very positive and impactful way.

And during the process of manifestation the way we can stay in tune with the greatest good is to remember that life is infinite potential. It's great to focus on exactly what we want, down to the tiniest details; but I strongly urge you to maintain the attitude of...

I'm so grateful for this or something even better!

You can say it, write it down, or just adopt it as a general attitude. Looking forward to exactly what you want *or something even better* takes your ego out of the equation, humbly honors the force of nature/divinity, and removes tension and blockage surrounding your desires.

In this manner you will live a life of plenty. You'll get the things you want in most cases, and other times you'll get something even more wonderful than anything you could have possibly asked for.

Your Next Critical Step!

We have now covered the basics of how manifestation works and – more importantly – how *you* can make this process work within your life. Take to heart the previous pages and put this information to the test starting right away.

But it's critically important that you don't stop here.

To be a deliberate creator of your life and to help others create their ideal realities you must be willing to constantly learn and grow. Manifestation is an art and a science and the more you study it, the better you become and turning your wishes into tangible reality.

So right now, while you're still excited about all the wonderful possibilities, I want you to spend a moment contemplating this final step:

Totally Commit – I mean *really* commit to spending the next few weeks internalizing what you've found in this report and then *change your life forever!* Begin living by the concepts you've read about in every moment; when you catch yourself slipping just realign your focus and get right back on track.

This is the only way you'll master the basic fundamentals of manifesting your desires!

To Your Ultimate Success

Wherever you go from here I wish you the ultimate success. Great things are absolutely on the way to you now.

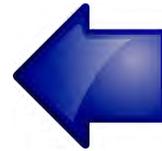
The only decision you need to make from here is how fast you want your desires to become your reality. Apply the methods and knowledge in this report and you'll live the life you *choose* rather than settling for what you can scrape out.

Sincerely,

Jon Kirby-Stewart

Jon Kirby-Stewart

P.S. If you have completed this mini-course and now desire to take your knowledge to a higher level, I can **heartily recommend** [The 11 Forgotten Laws - Going Beyond The Law Of Attraction](#) from Bob Proctor – one of the key figures in “The Secret”.



Click here to see
The 11 Forgotten
Laws

Bob demonstrates how the Law of Attraction is incomplete, and for the first time reveals the 11 Forgotten Laws that will finally uncover the Law's true potential.

My personal favorites, which I found especially insightful, are the **Law of Compensation** (to attract larger things, you must increase your capacity) and the **Law of Sacrifice** (The Abraham Lincoln effect: the inch of discomfort that leads to a mile of bliss). However, I'm sure you will discover (and implement) your own favorite Laws once you begin studying...