

The Secret to Manifesting

Anything you want

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Hi, I'm Emma. I have been using manifesting to create a life beyond my wildest dreams and now I want to show you how you can too! It's really a very natural process that can be used in every area of your life, not just for material things but also relationships, health, happiness and more.



When you read about manifesting, there are a few key steps people so often miss and the 5 steps I'm going to share with you in this e-guide will open the secret door to your manifesting success...

Manifesting is a fun, practical and natural process anyone can learn. In this training series I will teach you how to manifest anything you want in five simple steps. To break down the process into baby steps, I'm providing one step a day to help you learn the basics of using innate power to manifest any of your dreams and desires. I look forward to working with you in the days ahead!

Manifesting is a simple and intuitive process and we are all born with the natural ability to manifest whatever we want in life. You can use it with just 5 easy steps.

Getting clear on what you want

When manifesting it is crucial that you are very clear on what it is that you wish you create. When setting your intention, try to be as specific and detailed as possible. If you keep changing your mind or are unsure of what you truly desire it will slow down your ability to manifest your desired outcome.

It's so important to focus your intention on what you want in your life in order to create the reality you wish to experience. So often we are unclear on what we want and this makes it difficult for the Universe to bring our desires to us.

Simple ways to get clear on what you want:

Meditate. This is the most important step, to take the time to listen to that quiet voice inside. Connect to your inner wisdom and the longings of your heart. Ask yourself the question and then sit in silence. Once you get an answer, light a candle and look into the flame while focusing on the wish or dream that came to you, trust that feeling and watch it take shape as let your mind show you a clear image of what your desired outcome would look like. Allow yourself to really be in the experience and feeling. It's helpful to focus on one thing at a time here

Getting clear continued...

Journal. It's so important to write your goals down on paper, to really anchor them. This is a simple but very powerful technique to speed up manifesting. Use different categories for all areas of your life

Make a 'Perfect List'. Dare to dream big and write down all your goals for personal, business, family, community, career, health, spirituality, finances etc. and make sure you cover all areas of your life

Always end your manifesting lists and prayers with '**This or something better...**'. That leaves the door open for the Universe to bring you something that will be for the highest good of all. So often the Universe has much bigger plans for you...

Last but not least, give thanks. By focusing on gratitude you will naturally be given more things to be grateful for.

What do you desire? Now is the time to get clear on what you really want in life.

Set your intentions today and dare to dream big!

Feel your dreams now.

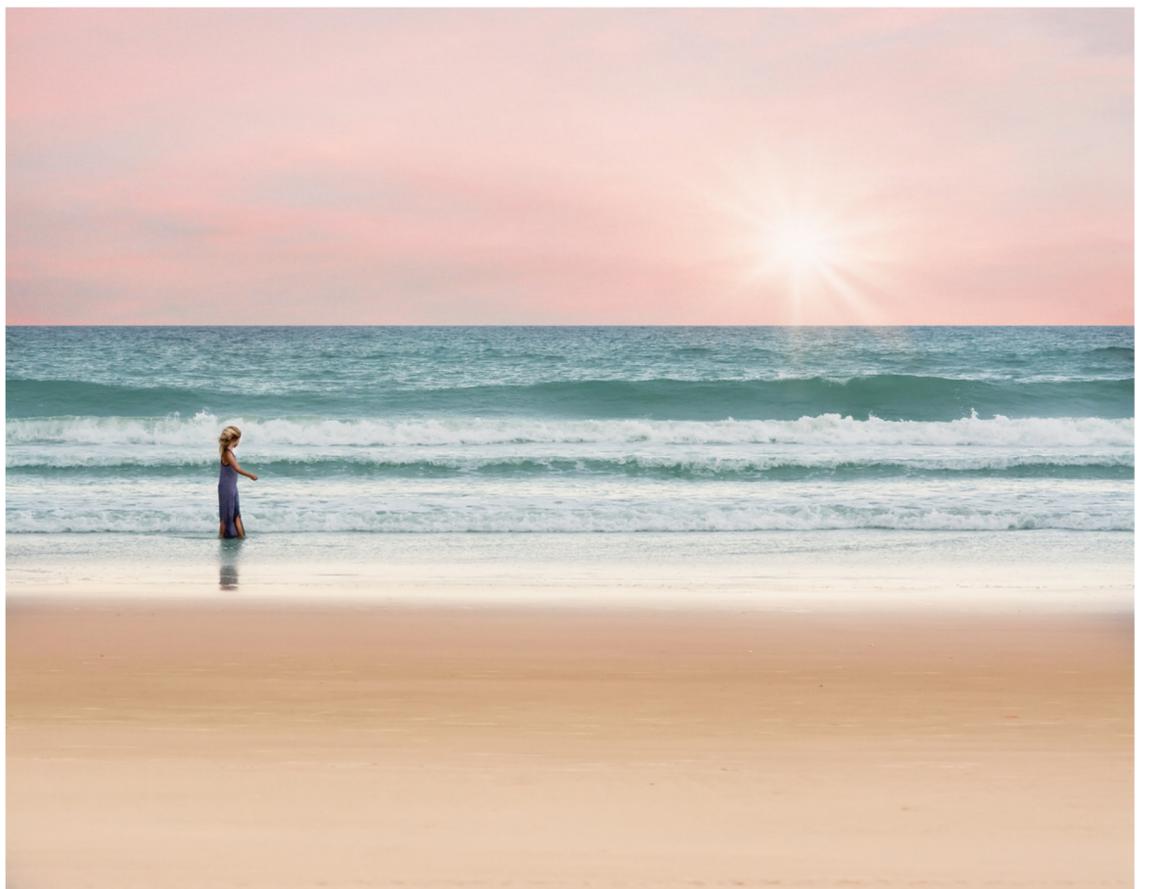
Now that you are clear on what you want, try imagining what you would feel like if your dream became a reality. Don't just intellectualize the feeling, but actually put yourself in that state of being.

Once again, it will be helpful to light a candle and then, while looking into the flame, see yourself experiencing what it is you want to achieve.

How does that make you feel inside? Then sit with that feeling for at least 5 minutes or more.

How does it feel?

Often times it's actually better to ask the Universe to bring you a state of being, like 'Peace' or 'Happiness' instead of something material. If your overall goal is 'happiness', you keep your mind focused on that feeling and you will subsequently attract circumstances, people and things to make the feeling a reality.



Feel your dreams continued...

The quickest way to manifest your desires into physical form is to really feel what it would be like if your wishes were already here. Really allow yourself to immerse in all the emotions you expect to feel when your dream is fulfilled and you will draw that experience to you even faster.

Visualization and affirmation work is very beneficial in the manifestation process as this clearly tells the Universe what you desire and this in turn speeds up the process. If you can allow yourself to feel with all your emotions what it would feel like to have your wishes fulfilled, you will bring your manifestations into reality quicker than you thought possible.

Simple steps to get into the right feeling:

- **Light a candle** and focus on your desired intention.
- Take some time to **visualize your wish coming true**, see yourself living your dream.
- **Notice the feelings** that show up when you visualize your dreams, really sit with the emotion.
- Maybe **add that state of being to your 'perfect list'**, write down how you want to feel.
- **Use affirmations to remind yourself of that feeling.** For example, 'I am peace' or 'Happiness is my birthright'. Write these down, or even record them and listen to them often.

How do you want to feel?

Your thoughts matter

So you are clear on what you want, and how you want to feel, but still nothing happens? Don't worry, there is a way through every block. The answer is knowing you are worthy to receive.

ARE YOU YOUR OWN WORST ENEMY?

If you're having problems manifesting your goals, or if you're feeling blocked from moving forward, check in with yourself to see that you're not sabotaging your own desires. The most common causes of self-sabotage is not feeling worthy or deserving of what you ask for.

Somewhere, deep down, there might be a part of you that is not open to receiving, maybe out of fear for the unknown. Know that you deserve everything you wish for.

You wouldn't have these dreams if they weren't meant for you. And remember the more you receive, the more you have available to share and give to others. Happiness is not a limited resource.

Your thoughts continued...

A simple practice to find inner peace:

Sit in meditation.

This simply means, closing your eyes and focus on your breath. Breathe in for 5 seconds, hold your breath for 5 seconds and breathe out for 5 seconds. Pause for 5 seconds before you begin your next inhale. Continue this cycle of calm, deep breathing for a full minute at least. Notice how your whole body begins to relax. Now, think about your hopes and dreams and how wonderful you would feel if they became a reality. Make that feeling your goal. Slowly open your eyes and bring that knowingness into the rest of your day.

Be open to receiving

Know in your heart that you deserve to receive. Know that you deserve everything you truly desire and be open to receiving good. Please know you are not a victim to outside circumstances or even your past. You are free to create the life of your dreams. The Universe is standing by for you to ask for help in reaching your goals and bringing your dreams into reality.

Spend some time today listening to your inner voice, contemplating your heart's true desires and releasing any fear around receiving. You deserve the best, as we all do.

Take action!

A common misunderstanding when it comes to manifesting is that all you need to do is make a wish and then sit back and wait for it to appear without you doing anything. That is more magic than miracles, and the result probably won't last that long, or even be the right thing for you. Another mistake people make is trying too hard to manifest something, instead of taking inspired action...

HOW TO TAKE INSPIRED ACTION

The way the Universe works is that you will be given certain tasks, guided action steps you need to take, and instructions you need to follow in order for your manifestation to appear in physical form in your life. Don't worry, you're not on your own here and you don't have to do it all by yourself. There is no need to feel overwhelmed, you will be guided and supported and once you complete one step you will be shown the next, and so on. If you find it difficult to hear your guidance, ask for a sign that you are hearing the messages correctly.

We all receive messages in different ways, some people are more visual while others get strong gut feelings. Take some time to notice which way you best communicate with the your inner teacher.

Take action continued...

Some of the different ways the Universe will send you guidance:

- Clairvoyance: clear seeing: you might keep seeing physical signs in your environment that confirms you are on the right path, or you get a visions in your mind's eye about what to do next

- Clairsentience: clear feeling: you might get strong gut feelings about what action to take or suddenly feel a strong sense of euphoria or bliss when thinking about a certain direction

- Claircognizance: clear thinking: you might get inspired ideas or important information about a subject that helps you move forward

- Clairaudience: clear hearing: you might overhear a conversation and the topic gives you an idea on what steps to take or you hear a song on the radio and the lyrics really inspire you to take action

Remember that the 'how' is up to the Universe, all you need to focus on is forming a clear mental picture of the desired outcome and be open to the guidance you receive after stating your intentions. Know that you will be guided to take small action steps that will lead you to your goal, if you just trust and remain open to this help.

Take action continued...

Once you have envisioned a goal to work towards the Universe will rush to your side, helping you every step of the way, but as you've learned, it is a team-effort so human action steps are needed. After asking for guidance you have to act on the messages you intuitively receive in order to move forward.

You can have everything you dream of as long as you believe you deserve it – and take action in the direction of that dream.

Even baby steps will get you there, break down your goal into bite-sized chunks to make it seem less intimidating to begin. Once you get started the Universe will always step in and support you fully.

Let the Universe work it's magic!

Always when manifesting something I end with the phrase “This or something better Universe” and I ask for the highest good of all. It is so important to let go of outcome and trust the process, not trying to force something to happen. The Universe often has far greater plans for you than you could ever imagine and you don't want to limit the outcome, but instead be open to endless possibilities.

There is a fine balance, you do have to be specific and focus your intention on what you want but at the same time be prepared to completely let go of the how, trust the process and detach from outcome. And listen to your guidance so you can take inspired action steps towards your goal.

Try not to outline or give the Universe a script of exactly how you want your desired outcome to be delivered to you. Instead, stay open to receiving and know that you deserve that which you asked for and also allow yourself to be open to whichever way the Universe will deliver this to you.

Often times the Universe has even bigger and better ideas for us than we could ever imagine and sometimes the outcome looks different than we expected.

Let the Universe continued...

When it comes to 'letting go' and detach from the outcome, I have been taught that it's a little bit like mailing a letter, you have to let go of the letter so that it can be delivered to the recipient.

Or another favourite example is if you order something in a restaurant, you won't keep checking on the waiter to see if your order will be delivered, you trust that you will get what you asked for.

I also want to mention the concept of Divine timing. Sometimes when you ask the Universe for something you have to consider the element of Divine timing. Your request has been heard and the Universe is working behind the scenes to help you. This is the time to have patience, trust and let go, to detach from the outcome. Release the need to control or force things to happen.

When we stay centered in faith and gratitude, we allow the Universe to bring us what we've asked for. Sometimes it's simply a matter of Divine timing. Know that all the details are taken care of, stay optimistic and trust that everything is working out exactly as it's supposed to with blessings for everyone involved.

Exercise for patience:

Continue to ask the Universe for signs that your manifestations are on their way and you can rest assured you are being looked after. Stay focused and positive and you will receive your reward. No prayer ever goes unanswered so be open to whichever way the Universe will deliver the answer, sometimes it may come in a form you did not expect...

When you are starting to doubt that your wishes are coming into fruition, take some time to meditate on this quote from 'A Course In Miracles':

"Those who are certain of the outcome, can afford to wait, and wait without anxiety".

Happy Manifesting! I look forward to hearing more about what you create...

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