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Manifesting

By Judi Singleton

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I have experimented with deliberate manifestation for about 30 years now. I have never tried to teach the tools of manifestation to anyone else. I certainly have shared what I have learned and articles I have found on the subject. Some people think that I can teach them how to manifest. Since you already manifest everything in your life and always have you do not need a teacher. All you need is to constantly remind yourself that you are the only one who thinks in your head. We are all energy and since energy follows thoughts then what you think is what you manifest in your life.

If you do not like the results you are getting you might want to slow down the process and take a look at how manifesting is done.

We create our reality from our thoughts let's first then look at thoughts.

THOUGHTS

You have a lot of stored information about yourself and a lot of it was put in your subconscious mind before you were six years old.

Depending what kinds of people you have come from and what kind of feedback they gave you determines a lot of what you think about yourself. If a lot of that input was negative then you probably spend a lot of time thinking you are not good enough, don't deserve. If it was positive you probably think you are entitled. Either way not many of us grow up thinking we deserve to create anything and everything we desire and that we are adored.

Balancing your negative thoughts with positive ones is probably a good step forward. Using affirmations can and will work for you if you believe what you are saying to yourself. If you timidly stand in front of a mirror and say to yourself each morning, I am beautiful, I am capable, I am deserving. Nothing will probably come of these thoughts. But if you boldly step up to the mirror and claim you are adored, you deserve to manifest all your desires and get specific about what you desire you probably can manifest it. Remember you are trying to balance the negative and the positive and with a lot of years of negative input it may take a while to balance it out. Another thing to remember is to be clear about what you want. This may start with you just knowing what you don't want and then making a

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clear statement, placed in the present tense of what you do want. Be specific ask yourself questions like why do I want a million dollars? What would be different in my life if I had a million dollars. Example I would not have to worry about money so I could have more time to do the things I really want to do. Ask yourself what it is that you really want time to do? Example: I want more time to write or be with my family.

Now you are getting down to specifics that you can write clear affirmations about. It is not necessarily a million dollars you want but more time.

FEELINGS

Spend time meditating on what you want. I like to think about my meditation time as prayer is asking and meditation is listening.

How would you feel if you had more time? Emotions are created by thought. If you think exciting thoughts soon you will feel excited.

If you have a toothache you may feel down emotionally the toothache goes away and you feel good again. So we can't bank our manifestations on emotions. But there is another kind of feeling, call it intuition or just what we know to be true, this kind of feeling one can manifest from. So how would you feel if you had all this time and money.

Get a clear picture in your head of what you would be doing and what you would be feeling, what would you see, hear, smell, touch, if you already had all this time to do what you wanted in life. This takes practice and like anything else in life you can do it better each time you do it. Creative visualization can help you manifest more quickly because the subconscious mind does not know the difference between what we call reality and what you imagine.

CHOICES OR DECISIONS

Many people are afraid of making decisions. They are afraid if they really decide what they want in life that they may make a mistake.

Well if you never start you will not make a mistake but you also will never go anywhere. If you start life is great at giving you feedback.

If you feel really good about what you are doing then you are going in the right direction if you feel really bad then you got sidetracked and need to start again. Remember what I said about the difference between emotions and feelings.

BELIEFS

Your beliefs are something to really look at when you start wanting to manifest. Some of our beliefs have never been thought out is this mine or someone elses. Like only hard work will get me where I want to go. Men don't cry. Women do not get angry. The rich get richer and the poor get poorer. Take a look at what you value, what you believe is possible. Maybe some of these are not serving you well. You also may find some that are really serving you well. There is familiarity in beliefs and it can be scary to give them up. Beliefs are important because we spend a lot of energy and time defending them. We also automatically run our lives by them. Examining your beliefs can be very useful.

So take the time to look at where you are creating from daily in your meditations, take the time to know what you are thinking, feeling.

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Examine old beliefs see if they are useful. Use affirmations, creative visualizations, feelings, to move you forward. Make a decision you can always redecide it. Nobody is right 100% of the time.

Article by Judi Singleton. Visit Judi's
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Short vs Long Term Manifesting: Home or Business

By Susan James

Short vs Long Term Manifesting: Home or Business by Susan James

You have a "bill" to pay, maybe your rent is due on your office building, or you need to pay your graphics designer, or your mortgage is due. You don't know how it will get paid. You've been around this "creating on purpose" stuff awhile, so you go into bringing that bill to a successful conclusion. Your desire level is high. It first showed up as a fear. You recognized it as a fear, and went about moving it "on purpose", your attention was on the matter at hand. You had emotion attached to it. This simply had to be done. You were giving full focus to your "attention to intention".

Something happens.....the situation is remedied. You wipe your brow. Good made it through that one !

What happens however, if you stay on the right track, this short term stuff becomes so easy that you don't have to think about the bill part anymore, you just know, that at the proper time all that is needed to appear , simply will. You did not have that monster fear driving the experience, therefore it comes to you with ease. It has become a knowing. All of your focus and attention has taken root, and now it is a knowing.

Ok, now....what about what we may put under the term of long term manifesting. Maybe it's a career change or a lifestyle change or you want to be president of your company and presently you are in the mail room.

How do you do "that"?

You do it the same way. You use focus and intend. You focus with attention on the intention, (goal). This is where you may have to address your belief systems. If you are in the mail

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room, you have to believe that you are the president of the company. If you don't believe that yet, then you have some "work" to do. You work on your belief systems by changing your mind. There are many ways, to change your own mind.

The quickest way, if you are willing to do it, is to write about what you want, and write every day. If you want to add some momentum, ask the part of you that put that carrot there in the first place to help you. So who put that idea in your mind

of wanting to be the president? Well you did, in the form of your higher self.

Just ask. State your intention. Focus on it, and follow the inspiration, (which means you must PAY ATTENTION, to your inner voice) that comes. When you are willing to do that from the get go, then what you may have thought was "long term manifesting" all of a sudden fits under the "short term manifesting" column.

Ask, Ask, Ask , and Pay Attention !

Maverick Momentum Consultant, Susan James, Writes & Teaches the Application of ©User Friendly Physicsto Human Potential. Dreams Come True To Weight Loss. Author of 6 books incl: *Manifesting 101/102 & Beyond**MM4M: Manifesting Millionaires*/17 Seconds to Wt.Loss***Manifesting 101 & Beyond** (FREE Newsletter)<http://groups.yahoo.com/group/Manifesting101-Beyond><http://www.susanjames.org>



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