MANIFESTATION
MIRACLE
Secret System

Discover The Universal Secret Of Health, Wealth, Freedom, Joy, And Life-Changing, Non-Stop Abundance!

By Heather Mathews
Table of Contents

Foreword ................................................................................................................. 7
Introduction ............................................................................................................. 9

Part 1: You Are Destined for Success

Chapter 1: Destiny Tuning… The Secret Ingredient That Will Send You on the Path to Your Dreams .................................................. 14
Exercise: Heartstorming ....................................................................................... 20

Chapter 2: You Aren’t What You Eat….You Are What You Think, Feel, See and Vibrate ........................................................................ 22
  You Are What You Think .................................................................................... 24
  You Are What You Feel ..................................................................................... 26
  You Are What You See ..................................................................................... 28
  You Are What You Vibrate ................................................................................ 30
Exercise: Choose Your Feeling ............................................................................. 32

Chapter 3: Getting Off the Beaten Path and Onto a Path of Your Own ...... 34
Exercise: Take A Yes Day! ................................................................................. 38

Chapter 4: Tuning Into Your Intuitive Power .................................................... 39
Exercises for Developing Your Intuition .............................................................. 45

Chapter 5: Hold Onto Your “Eggo” … But Let Go of Your Ego ......................... 48
Part 2:
Getting in Tune with Your Personal Destiny

Chapter 1: Soul Food for Thought ..........................................................57

Exercise: Deep Breathing Practice ......................................................61

Meditation .........................................................................................62

Chapter 2: So, What Are You All About? ..........................................63

Self-Assessment Exercise: .................................................................66

Chapter 3: This is Your Life, So What is That Doing Here? ..............69

Exercise: The Burning Bowl .............................................................74

De-Cluttering ....................................................................................74

Chapter 4: Wear Comfortable Shoes and Pack a Lunch, This is Going
to be a Journey ..................................................................................76

Exercise: Find a mentor .....................................................................80

Chapter 5: How to Fall in Love With the Most Awesome Person in the
World ....................................................................................................81

Exercises: Your “Awesome” List .......................................................85

Switching Technique ..........................................................................85

Chapter 6: When You’re Taking a Trip, Look For The Road Signs ......87
Part 3:
Raising the Roof with Your Energetic Vibrations

Chapter 1: What You Feel is What You Get ................................................. 98
Exercise: What Do I Want? ........................................................................... 103
Chapter 2: The Power of Affirmations ........................................................... 105
Done-For-You Affirmation MindTracks .......................................................... 110
Exercise: Tuning into your Affirmations ...................................................... 111
Chapter 3: You’ll See it When you Believe It ...................................................... 114
Exercise: Make Your Vision Board ................................................................. 119
Chapter 4: A Few Jarring Thoughts ................................................................. 121
Exercise: Sand, Pebbles or Stones? ................................................................. 124
Chapter 5: Gratitude Is Like Salt: A Little Pinch Goes A Long Way .......... 126
Part 4:
The Happiness Factor

Chapter 1: Where Happiness Goes, Abundance Flows .................................................. 132
Exercise: Find Your Happy Place.................................................................................. 135
Chapter 2: There’s No Better Time Than Now. Really! .................................................... 137
Exercise: Practicing Mindfulness .................................................................................. 140
Chapter 3: The Grass is Always Greener, on Your Side.................................................. 143
Exercise: A Week Outside Your Comfort Zone ............................................................... 147
Chapter 4: Practice Makes Perfectly Happy ................................................................. 148
Chapter 5: If You’re Happy and You Know It, You’re Really Gonna Want to Show it................. 154
Exercise: Make a Date ...................................................................................................... 157

Part 5:
The Pot of Gold at the End of the Rainbow

Chapter 1: Manifesting The Rabbit ... and Other Advanced Magic Tricks............................ 159
Chapter 2: The View From The Top Of The Mountain ......................................................... 161
Chapter 3: Thanks for Flying with Us, We Hope that You Enjoyed the Ride!......................... 162
Foreword

Question: when you reach the end of your lifetime, do you think you’ll have any regrets?

Or do you think you’ll be able to look back and feel fully satisfied with the life you had lived?

An Australian hospice care nurse called Bronnie Ware, recently conducted a study of terminally ill patients who were in the final few weeks of life.

In her study, Ware asked these patients whether they had any regrets and whether there was anything they would have done differently.

Here’s what most people said:

“I wish I’d had the courage to live a life that was true to myself, not the life that others expected of me.”

Sadly, it isn’t until death is knocking at the door that most people are able to reflect back and realize that they wish they’d lived differently.

Over the course of their lifetime, most people don’t live a life that is in tune with who they truly are, they don’t align with their true destiny and, as a result, most don’t fulfil even half of their dreams.

But that’s not going to happen to you.

By purchasing this book you’ve made a powerful choice to create a different future for yourself. You’re going to learn to harness the power of destiny tuning which
is the magic key to creating an incredibly rich and rewarding life and fulfilling all of your dreams.

In a few years time, you won’t be looking back with regret. Instead, you’ll be looking back with a smile and saying, “I’m glad that I was true to myself. I lived the life that I wanted. I lived the life of my dreams. And wow, it was amazing!”

- Heather Mathews
Introduction

The universe plants the seed. It’s up to you to water it.

Think of your favourite song, the song that makes your heart sing with complete joy.

Maybe you love the melody or the lyrics? Maybe it’s a song that you can’t help but get up and dance to? Maybe it’s a song that evokes strong emotions and has powerful meaning or memories for you?

You absolutely love this song. You’re entirely in tune with the music and the music is entirely in tune with you. It’s a song that leaves you feeling really, really good.

Now imagine a life that is just like your song.

Your life fills your heart with joy. You absolutely love your life. Your life makes you get up and dance with excitement. You live a life that is filled with meaning, purpose and emotion. You’re living the life of your dreams. And it’s a life that feels wildly wonderful!

You’re in tune with your life and your life is in tune with you.

Imagine that life.

Even if your life isn’t quite there yet, imagine what you’d like your life to be like and how you’ll feel when you get there. That’s the powerful place where all dreams begin.

You know that you want to create the life of your dreams—whether it’s to attract your ideal mate, have your dream career, live in your dream home, feel truly happy, travel the world or whatever you wish to have in your life— but maybe you just don’t know how.
Or perhaps you’ve been to a few workshops, taken some Law of Attraction training or tried other manifestation techniques with limited or no success and are wondering, “Now what?”

In this book, we’re going to show you exactly how to get from where you are now to where you wish to be, living the amazing life you truly desire and deserve.

How?

You’re going to learn to master the powerful process of “destiny tuning” and learn to combine that power with potent manifestation techniques to create magic in your life.

What is destiny tuning?

Destiny tuning is the process of learning to connect with and harness the power and essence of who you really are in order to create and attract the life you’d truly like to be living.

It’s the critical ingredient that is missing in your life. It’s also the magic ingredient that is the key that will open the door to creating the life of your dreams!

What happens when you combine the power of destiny tuning with the transformational energy of Law of Attraction principles and key manifestation techniques?

What we know about the Law of Attraction is this – that like energy attracts like energy.

In order to create a life that feels good, you have to begin by feeling good.

And in order to feel good, you need to feel good about yourself. And there’s no
better feeling in the world, no higher vibrational state, than the feeling of being in tune with who you truly are and living your true destiny.

That’s the point at which Manifestation Miracle happens. When you’re in tune, the life of your dreams will tune in to you!

Consider the lives of some well-known public figures such as Oprah Winfrey, Steve Jobs, Lady Gaga, Bill Gates, Madonna, Cesar Milan or Colonel Sanders. What do they all have in common?

In addition to living successful, happy and meaningful lives they all share this one key trait – they are (or were) fully tuned into their personal destiny.

They are living a life that is a full expression of who they are and what they’re meant to become. That has been the inspirational fuel which has propelled them to living incredible, transformational lives and fulfilling all of their dreams.

You can create that kind of magic too! This book is going to show you exactly how.

You’re about to embark on a powerful, exciting and life-changing journey that will give you all the steps, skills and tools you need to leverage the unbelievable power of destiny tuning in order to attract and create the life of your dreams.

This book is designed to ensure your success by giving you all the knowledge, resources and skills you need to transform yourself, your life and your dreams.

There are five parts to the book. Read through each one in turn. Don’t skip around! This book has been designed to progress, in order, through each individual section ... it’s very important that you read, absorb, and process the powerful, simple, life-changing techniques in each chapter in turn.

And as you finish each chapter of this book, be sure to try out the great exercises
provided. Plus, I strongly recommend you go into your Manifestation Miracle member’s area and watch the chapter recap video for each chapter to assist your learning!

In your Manifestation Miracle member’s area, you will also find a **complete audio version** of the book, which you can listen to on your computer, iPhone, or any other mp3 device.

This is a great option for those who prefer auditory learning or are always on the go. For instance, why not break up the long drive to work by listening to a chapter in your car?

Whether you choose to read or listen to Manifestation Miracle (or both!), I highly recommend that you record your thoughts and insights that will occur as you go... that way, when you get to the end, you’ll have a step-by-step record of how your mind, emotions, body, relationships, money, happiness, career, and LIFE have changed day by day.

It’s pretty exciting – I guarantee, **you’ll want to be able to look back and see how it all happened!**

Manifestation Miracle begins right here. Right now!
Part 1: You Are Destined for Success
Chapter 1: Destiny Tuning… The Secret Ingredient That Will Send You on the Path to Your Dreams

FACT: you’re on a very important mission!
And while you may not realize it just yet, fulfilling this mission will be the most important thing you will ever do in your lifetime.

It’s also the most important thing you can ever do in order to create the life of your dreams.

Remember Bronnie Ware (the woman who studied people in hospice care, at the end of their lives)?

Well, of all the respondents in her study of palliative patients, the most common regret was that they didn’t have the courage to live life on their terms.

In other words, they hadn’t lived a life that was in tune with their true self nor had they aligned with their personal destiny. And most died having left more than half of their dreams unfulfilled.

Most unfortunately, these individuals had overlooked or not understood the importance of fulfilling their mission.

So what’s your mission you ask?

If you have ever asked yourself what is the deeper purpose or meaning of life then you already have a sense of your mission.

If you have ever wondered if there wasn’t something more to your life but didn’t know where to begin then you’ve heard your mission calling your name.
If you’ve ever wondered how to manifest the life of your dreams and whether there was a secret ingredient that might help you, you’ve already given thought to your mission.

You’re going to shake your head when I tell you what your most important mission is. It’s so simple yet so often overlooked until it’s too late.

**Your mission is to become You.**

Really, that’s it!

Your mission is to live your life in such a fashion that you’ll be able to look back and say, “Yeah, I lived a life that was true to me.” That means living the life you’re meant to live, becoming the person you’re meant to be, fulfilling your highest potential and living with purpose. That’s what it means to be *You.*

The **secret** to becoming *You,* the secret that will destine you for success in all areas of your life is this – **learning how to tune into your personal destiny.**

Before I go much further however, I would like to clarify one thing. The journey to becoming *You* and tuning into your destiny is going to require you to explore, challenge and expand your spiritual thinking.

One principle that is key throughout this book is that there exists a universal power or energy that is greater than yourself, that’s greater than all of us. It’s the same energy that created us and this Earth we call home. It’s the energy that connects us all.

Some may call it God, Lifeforce, the Creator, Buddha, the Allmighty or whatever works for them but no matter where you fall on the spirituality continuum, trust that you are not alone. There is a force greater than all of us that creates, aligns and guides our human lives.
It’s the same force that gives us life, makes mountains, delivers sunlight, grows green grass, wags a dog’s tail, causes rainbows, creates music, invented chocolate, binds friends and family, fulfils dreams and so much more.

(For the purposes of this book, the term “Universe” refers to this power and universal energy. Feel free to use whatever term works best for you.)

Now let’s talk about your personal destiny.

You are likely familiar with the term “microchipping”. Microchipping is a process whereby a tiny computer chip is implanted under the skin of the family pet so that it can be tracked if it’s ever lost. The microchip contains data and information that is unique to each individual pet.

Your personal destiny is just like a tiny microchip implanted within you.

Instead of containing simple personal data however, your destiny microchip contains highly spiritual information. It contains information about who you are, why you’re here and what you’re meant to achieve in your lifetime.

Before you were even born, the Universe coded your personal destiny onto your microchip and planted it within you. Your microchip was programmed with a custom destiny for you and only you to fulfil. Yes, when they made you they really did break the mold!

Not only did your microchip contain information regarding your future destiny but it also contained critical information about your true essence, your unique gift, your life purpose and the real You. It also contained important information about your life mission and outlined how fulfilling your mission would not only be life-changing for you but for others as well.

Somewhere in your subconscious the Universe also let you know that fulfilling all of your life dreams would begin with fulfilling your destiny.
Chapter 1: Destiny Tuning… The Secret Ingredient That Will Send You on the Path to Your Dreams

The Universe is very helpful and wanted you to succeed so it also gave you a map of a path to follow. It wanted to give you everything you would need to fulfil your destiny. Every detail of your mission here on Earth was preplanned.

The Universe put together a masterful map and a timeline of things to do, people to meet, coincidences to align, challenges to overcome, successes to celebrate, lessons to learn, miracles to happen, tears to shed, smiles to smile and so much more.

Everything you needed to succeed at your mission was contained within you. The Universe even devised a highly intelligent and innate guidance system, your intuition, to help you along your path. All that was required of you was to follow the path of your destiny.

But for some reason you’ve found yourself lost, sidetracked or out of tune.

You know that you have a mission. You know that your life has a higher purpose and meaning. You know that you’re a wholly unique being with a unique gift to share with the world.

You know it because you can feel it. That’s what brought you here today, embarking on this exciting, life-changing journey of self-discovery and growth.

Terrifyingly, the vast majority of people leave the life of their dreams behind and wonder where they went wrong. What these folks didn’t understand is that living in tune with your destiny is the pathway to creating your best life, living the life of your dreams and living a life of no regrets.

Look at Oprah. (You may not like her personally, but you can’t deny that she’s a powerful symbol of growth and change!)
Even though she’s one of the most powerful women in the world, it wasn’t always like that for her. Oprah grew up a black female in a poor family who was sexually abused by members of her family. She started off broke, battered, and broken ... and only through living in tune with her own special destiny did she get to where she is today.

Oprah speaks often of the reason for her success. As she explains, she always knew that she had a “calling” to help others through her talent in broadcasting. Oprah has remained true to her calling and her true nature throughout her lifetime. She has always lived in tune with her personal destiny and, as a result, her phenomenal success has only continued to grow over the years.

Her path was certainly not an easy one but what is compelling about her story is that overcoming her own life challenges allowed her to become even more of who she is, a strong, grounded woman who inspires millions of others worldwide because of the wisdom she’s gained through her own life experiences.

That is a life that is well lived and an example of a life lived in tune.

Look around you at the happiest and most successful people that you know. You don’t have to be the world’s biggest media maven to be successful.

What common traits do you see in these people? How do they choose to live their lives? How have they been able to live in tune with their destiny? Do they seem to be “on a mission”? Chances are that they are on a mission, their mission.

The Universe wants to you fulfill your mission too. The Universe wants you to be able to look back upon your life and say that you lived life on your terms and fulfilled your dreams. You are destined for success, all that it takes is for you to be yourself.

Maybe your destiny includes sharing your gift as an excellent dog trainer. Or maybe your destiny lies in pursuing your passion as a dancer. Or a mountain climber. Maybe your destiny involves building more awareness and change around
environmental sustainability.

Whatever your destiny is it’s already inside you, just waiting for you to answer it’s call. What is “calling” you and beckoning you to take steps in that direction, no matter how seemingly impossible or crazy it may seem?

You may wonder how you’ll possibly realize your destiny and you may not even know where to begin. I doubt that Oprah had any idea of the direction that life would take her or how her destiny would eventually unfold either. She simply continued to take steps in the direction of what called her, which was broadcasting. **You only need to follow the call, the Universe will support and guide you the rest of the way.**

If you’re not yet sure of your destiny, there’s an exercise at the end of this chapter that will help you begin to tune into your personal destiny.

**What’s most important at this point is that you remain open to discovering and tuning into your destiny and allowing the Universe to work in tandem with you.**

Decide **now** that you are going to live the life that you were meant to live.

Decide **now** that you’re going to live the life that is truly yours.

Decide **now** that you’re not going to leave this lifetime without having fulfilled your mission.

Decide **now** that you’re not going to look back with regrets.

There. You’ve just made the most important decision that you’ll ever make in your lifetime.
Exercise: Heartstorming

Get a piece of paper or your journal and find a quiet place to sit and write. This isn’t a brainstorming exercise but a “heartstorming” exercise, intended to help connect you with your true passions and interests.

Before you begin, take 3 deep breaths and ask the Universe to guide you through this exercise. You might say something like, “Dear Universe, please guide me as I find my way to my true destiny. Thank you.”

Think back to when you were younger. What did you absolutely love to do? What were your interests and passions? What activities or pursuits were you most excited about?

Write down any thoughts or ideas that come to mind.

What about now? What do you love to do? What activities or pursuits can you get completely lost in? What are you most passionate about? Do you feel something calling you?

Again, write down any thoughts or ideas that come to mind, no matter how crazy they may seem.

Now fast forward to the end of your lifetime and imagine that Bronnie Ware is asking you whether you have any regrets.

What would you say? What would your life have looked like if you had lived it on your terms and fulfilled all of your dreams?
Reflect upon what you’ve written. Within your answers is valuable information or clues about your destiny and possible directions for you to investigate.

Commit to taking a step, or several steps, towards living life on your terms by doing more of the things that you truly enjoy. Perhaps there’s one idea that stands out to you. If so, take a step in that direction and give it a try!

The whole point of the exercise is to allow yourself to do things that you truly want to do and to discover more of yourself in the process.
Chapter 2: You Aren’t What You Eat....You Are What You Think, Feel, See and Vibrate

You are not what you eat.

Metaphysically speaking, What you put into your body ...

...in terms of your thoughts, your visions, your feelings and your vibrations ...

...is far more important than anything else in determining who and what you are and what you will become.

The Law of Attraction is one of the most commonly known of the universal laws. The fundamental principle of the Law of Attraction is quite simple – like energy attracts like energy.

Think of your friends. Why are they in your life? Why did you choose them as friends?

We choose friends who are somehow like us and whose energy is also like ours. We are attracted to our friends ... and they are attracted to us ... because they are like us.

The Law of Attraction works the same way. The Law of Attraction causes like energies, in a variety of forms, to be attracted to each other.

Our world is made up of many different physical and non-physical forms of energy that travel in waves or vibrations. Some energy we can see with our eyes and some we cannot. We see physical forms of energy in each other, in nature and in the things around us. We recognize non-physical forms of energy, for example, in a radio wave or in the presence of someone whose energy we can
sense.

Not only is the world around us made up of energy but you are made of energy too and are constantly sending waves of energy or vibrations.

When you smile, you’re sending energy. When you have an argument with someone, you’re sending energy. When you jump for joy, you’re sending energy. When you complain about something, you’re sending energy.

You are already using the principles of the Law of Attraction in your own life to create your current reality, whether you’re aware of it or not.

Have you ever noticed that what you think eventually comes to be?

Have you ever noticed that when you look for the good you find it? And have you ever noticed that when you look for the bad, you’ll find that too?

Have you ever noticed that when you smile at someone, it’s nearly impossible for them not to smile back at you? Have you ever noticed that complaining generally doesn’t change the thing that you’re complaining about?

Whatever you give, via your thoughts, your perspective, your feelings or your vibrations is what you will receive in return. These are all powerful forms of energy that you are already using, through the Law of Attraction, to create your life, either consciously or subconsciously.

Yes, you have the power to create your own reality! With your own energy and vibrations you attract both the things that you want and the things that you don’t want into your life.

If you want to know whether your energy needs to be adjusted, just look at the results you’re seeing in your life. If you’re not living the life that you truly desire, then it’s time for a change.
The good news is that you can learn to shift your thoughts, perspective, feelings and vibrations to help you attract more of what you **do** want in your life.

**What keeps so many people stuck is focusing their attention on what they don’t want.**

While understanding and knowing what you don’t want in your life is a good starting point for clarifying what you **do** want, it’s not a good “staying” point. Once you know what you don’t want, it’s time to start putting your attention on what you **do** want. Focus on the solution, not the problem.

Most of us use our energy unconsciously. We’re not even aware of our own part in creating our own reality. Once you understand that “like attracts like”, it’s only a matter of deciding to consciously create the life you truly desire and using the power of the Law of Attraction in your favour.

So how can you begin to consciously shift your thoughts, your perspective, your feelings and your vibrations?

**You Are What You Think**

By the Law of Attraction you magnetically attract to you the things you think about most often, whether you want them or not.

You have approximately 60,000 thoughts each day. What do you spend most of your thoughts thinking about? Do you focus on your goals, dreams and aspirations? Do you use your thoughts to build your faith, confidence and positive beliefs?

Or do you think about your fears and worries, wondering how you’re going to pay your bills? Do you focus on your anger, jealousy or other negative emotions? Do you kill your dreams with self-doubts or false beliefs?
What you experience in your life will reveal a great deal about the kinds of thoughts you’re holding and whether they’re helping or hindering you. **You are already a natural Manifester and practitioner of the Law of Attraction and you’ve already experienced the power of your own thoughts.**

Reflect for a moment and you can likely come up with several examples of times when your thoughts became reality. Have you ever woken up in the morning and thought, “It’s going to be a fabulous day!” Chances are that indeed, you did have a fabulous day. Likewise, if you wake up with the thought, “Ugh, I’m dreading this day”, chances are good that thought will come true as well.

Unfortunately, many of us frequently think negative thoughts which cause us to unconsciously attract more negativity or more of what we don’t want into our lives. We’ve simply developed these negative thoughts patterns or beliefs along the way in life and **these thoughts are often habits that we’re not even aware of.**

Some examples of common negative thoughts you might have could include, “I’m not good enough.”; “I’m too old.”; “It’ll never happen.”; “I can’t.” and so on....Such thoughts or beliefs limit you and put up unconscious roadblocks on the path to your success.

The danger arises when we don’t question the validity of these thoughts, the impact that they have on our lives or take steps to change them.

**Here’s a simple three step process that will help you begin to change your thoughts to more positive ones that are in line with creating what you do want.**

Think of something you desire that is not currently a part of your life.

1. **Notice.** What thoughts, beliefs or story are you telling yourself about your desire?
Part 1: You Are Destined for Success

(For example: “I’m too old to change careers.”)

2. **Question.** Ask yourself if your thought, belief or story is absolutely true? Does it reflect who you are or wish to be?
   (For example: can you think of anyone who’s older than you who has changed careers?)

3. **Replace.** What’s a more positive thought you could choose which would help you move forward towards your dream?
   (For example: “I can change my career anytime I choose.”)

*Choose* your thoughts wisely. *Choose* thoughts that are in tune with who you are and what you wish to create in your life because you truly are what you think.

**You Are What You Feel**

If you want to know what types of thoughts you’ve been having, look no further than your feelings because they give you all the feedback you need about the thought vibrations you’re sending.

Any time your mind focuses on a memory, thought or observation it triggers an emotional response that is either positive or negative.

**Thus, your feelings are giving you immediate feedback on the types of thoughts you’re choosing.**

More importantly, your feelings are letting you know whether or not your thoughts are vibrating at the right frequency and are in tune with your desires and intentions.

Take a moment and write down how you’re feeling right now. Are you feeling joyful, happy, depressed, worried, inspired, confident, lost, thankful? If you are stuck for some feeling words, search the term “feelings” on Google and you’ll come across several sites that offer comprehensive lists of feelings.
Are your feelings positive or negative? What kinds of thoughts have you had today? Recently? Be very honest with yourself here.

Do you see a correlation between your thoughts and your feelings?

If your thoughts are negative, you’ll experience negative emotions such as anger, confusion or disappointment.

If your thoughts are positive, you’ll experience positive emotions such as happiness, freedom and appreciation. You’ll experience positive or negative emotions every time you daydream, pretend, recall a memory or observe something.

Remember what we know about the Law of Attraction: like energy attracts like energy.

In order to create a life that feels good, you have to begin by feeling good. And in order to feel good, you need to think feel-good thoughts which vibrate at a higher frequency than feel-bad thoughts.

If you find yourself stuck in a pattern of negative feeling, how can you break yourself out of it? Quiet, honest and objective observation of your thoughts is a critical beginning point that will shed light on your inner dialogue.

Here are a few examples of common negative thoughts:

- I don’t have time.
- I can’t lose weight.
- I’m too old to find a perfect partner.
- Money is a struggle.
• My boss is a jerk.

You can see that any of these thoughts lead to deflated, limiting and negative feelings. They don’t feel good, do they?

**Do what it takes to feel better.** To experience good feelings, *choose good thoughts*. Notice that I use the word “choose” here because your thoughts are a choice. You have **absolute control** over what you choose to think.

Take the common phrase, “I don’t have time” or it’s variation, “I’m too busy.” When you say either of these, notice how you feel. Overwhelmed? Regretful? Out of control? Sad? Disappointed?

You don’t feel good or happy about the situation, right? That’s because your **feelings are letting you know that you need to change your thoughts.**

“I have all the time that I need” or “I have control over my time and schedule” are two examples of thoughts that are much more positive and expansive. In turn, they create very different, **higher vibration feelings** like power, control, ease and relaxation.

The more that you practice choosing your thoughts, the more that your vibrations will increase and **your life will naturally, inescapably improve**. It will literally happen virtually without effort! As you cultivate thinking more feel good thoughts, you will start to experience powerful good emotions and you will begin to become a strong, magnetically powerful, higher-vibrational being possible.

### You Are What You See

Seeing is about **perspective**. What’s your perspective on yourself, your life and on others?
How you see yourself, your life, and the people you choose to surround yourself with will ultimately frame how you think ... which controls what you attract ... which controls the quality, happiness, and fulfillment of your life.

There is simple wisdom in the common saying, “Look on the bright side.” Looking on the bright side of life and finding the positive will help keep your energy and vibrations positive.

You will be faced with many challenges and change throughout your lifetime but it’s your perspective which will ultimately determine whether the experience is positive or negative. Any situation can be either, it’s all in how you choose to see things.

So often, we don’t see the positive in our circumstances until it’s too late – we’ve already put ourselves through mounds of pain and agony unnecessarily before allowing ourselves to see the good.

How many times have you looked back at a situation in your life that you saw as negative at the time only to say, “I’m so glad that happened.” You can now see it as the “blessing in disguise” that it is.

The trick is to learn to find the bright side now, in the present moment.

Humor is one of the best tools for finding the bright side and for keeping your energy there too. “My memory’s not working so well but my forgetter’s working really well” is a great example of humour used by my Grandmother as her memory began to fail in her older years. And heck, it’s a line you can use if you’re under 80 years of age too!

The bright side feels good and lifts your energy. A simple step to help you begin to shift your perspective in any situation is to ask yourself this question: “How can I see this situation in a way that will feel good?”
Your desire to feel good will naturally help lead you to finding the bright side ... which will change your thoughts, change your vibrations, and literally begin to powerfully attract more of what you want into your life.

Looking on the bright side also keeps your attention focused on where you wish to go and what you wish to create in your life. It’s a powerful form of appreciation when you can overlook the negative and focus your attention on the positive.

As we’ll discuss in more detail in a later chapter, gratitude and appreciation are potent emotions which help attract even more of what you’re already grateful for into your life.

**You Are What You Vibrate**

Okay, physics time! Don’t worry, it’s incredibly simple:

**Like energy attracts like energy.** And all energy, including yours, is transmitted out into the Universe – where it begins to attract similar energies - via different vibrational frequencies.

The energy and the vibrations that you put out there will reflect the degree to which you’re living in tune with your destiny - and ultimately creating the type of life you desire.

Quite simply, **you are what you vibrate.** And whatever you witness in your life is a direct match to your own energy and vibration.

You already experience shifts in your own energetic frequency daily. Every time your mood shifts, your activity level shifts, every time you start or finish a conversation, **you’re putting out different energy into the Universe.**

No doubt you’ve also had longer periods in your life when your energy has been
“low” or when you haven’t felt your best – or long periods when everything seems to be going your way, and things just seem to “fall into place”.

Again – it’s all about the energy you’re putting out there!

Your vibrations shift as a result of what you think, feel and see at any particular time and what you experience in your life will mirror your vibrations. The question then becomes:

**How can you maintain a permanent state of positive vibrations?**

Well, let me tell you this...there is *no* higher vibrational state than **being in tune with your true self.**

Knowing who you are and what you truly want – and keeping this knowledge in the forefront of your brain by spending a little time each day focusing on it – is an incredibly powerful tool for personal growth and life transformation.

Let’s think back to people such as Oprah Winfrey, Steve Jobs or Lady Gaga. All of these individuals have a distinctive energy or a presence that is palpable, even without being in their physical presence. You can *feel* the power of their vibration in their being.

The simple truth is that they are tuned into who they are and tuned into their destiny - which in turn tunes up their vibration, *almost effortlessly.*

Because they are living the life they’re meant to be living, *their vibrational frequency is very high* ... and the results that they see in their lives reflects a perfect energetic match.

**You are what you vibrate and the easiest way to keep yourself vibrating on high is this: be You.**
It doesn’t feel good when you’re not being true to yourself does it? Express more of who you are and what you’re about. Follow your heart. Explore your passions. Say yes to yourself more often.

Quite simply, make choices that feel good to you, that express your deepest truth and most authentic being.

When you do, you’ll feel your own vibrations increase naturally and effortlessly. And that’s where the magic really happens!

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

**Exercise: Choose Your Feeling**

This is a great exercise to use when you’re feeling a negative emotion and wish to switch to a more positive one.

- Take several deep breaths, breathing in through your nose and out through your mouth.

- Expand your stomach as you inhale and allow it to collapse as you exhale. This calms and clears your mind and opens the channel to your inner self.

- After you’ve taken a few breaths, on your next breath, **inhale and pause** for a second at the height of the in-breath.

- In that moment, just before you exhale, turn your awareness inwards and notice the relief you’re already feeling from the negative emotion you were feeling.

- Exhale and completely release the emotion.
✓ Continue to breathe slowly and deeply, making a new feeling choice. You may wish to make a statement such as, “I choose to feel appreciative and optimistic.”

✓ Choose whatever new feeling you desire. As you inhale, welcome and breathe in the new feeling; as you exhale, continue to release any negative feeling.

This is a simple technique that helps you feel good by consciously connecting to your inner self and choosing more positive emotions.
Chapter 3: Getting Off the Beaten Path and Onto a Path of Your Own

“The path of life has many directional arrows. You just need to find out which arrow is yours.”

Have you ever taken a hike in the mountains or perhaps in a local park near your home? Most parks have a network of well-travelled trails off of which branch less-travelled paths for the more adventurous hiker.

The lesser-travelled paths are often more difficult and offer a more circuitous route ... but they are also invariably more rewarding. It is on these paths that you’ll find the more adventurous hikers who have the courage to explore the lesser-known routes, which will often lead them to discoveries that they wouldn’t otherwise have had.

Life offers us a choice of paths as well, so why is it often such a challenge to blaze your own trail? And how can you even begin to do so?

When you began your journey into this world, you were born raring to go. You knew you had an important mission and destiny to fulfil, and even at this moment, you can feel that mission in your heart, where it resides as a constant reminder of who you truly are.

When you were young, the world offered endless possibilities. You dared to dream and to dream big. There wasn’t anything that you couldn’t do, have or become and you found it easy to be yourself.

Then somewhere along the way things changed.

Some people began to tell you that there were things you couldn’t do. You heard that there are things you shouldn’t do. Other people told you that there were things
you couldn’t have. Some people may have even suggested that your dreams were impossible or stupid. Doubts began to creep into your mind.

You saw how others did things and learned to follow suit. You didn’t want to disappoint anyone, especially those who had expectations of you. Your destiny and your dreams still called you from your heart but as time went on you stopped listening to them.

Even though you knew that you were born with a very important mission that you and only you could fulfil, somehow you found yourself on the beaten path along with everyone else who’d fallen out of tune with their destiny.

Why do we stay on the beaten path? After years of hearing that “this is how it is”, that you can’t achieve your big dreams and that you should do what everyone else is doing, it can feel scary, almost overwhelming to try to imagine anything different.

You may not even know or, perhaps more importantly, believe that something more is possible. Although intuitively you know that the beaten path is not the path you’re meant to be on. You know because your heart keeps trying to nudge you in the direction that is truly yours.

Fulfilling your mission will require you to blaze your own trail but what happens all too often is that we give in to the thoughts, wants and expectations of those around us. We may also give in to our own fears and doubts. As a consequence, we deny who we are and what we truly desire which only brings us further from the life we desire as well.

So how can you find your path?

Let me share with you the inspiring story of a friend of mine, Joanne, who found herself on the beaten path but eventually found her way back to a path of her own.
Joanne grew up in a family of professionals. From a young age, Joanne’s parents expected her to become an accountant, lawyer or doctor even though her passion was music.

Joanne did well in arts at school but also excelled in the sciences. Unwilling and afraid to disappoint her parents, she eventually stopped studying music and focused on her science studies, even entering medical school and becoming a medical intern.

**When was the last time you did something to please others - even at the expense of not pleasing yourself?**

When Joanne was in the midst of completing her medical residency she was faced with the impact that her decision to become a doctor had had on her life.

Reality struck when she realized she felt unfulfilled and unhappy with her work and was battling depression as a result. She missed her music.

After some deep soul-searching, Joanne broke with expectation and decided to return to her passion, which is playing the piano.

You can imagine the look on her parents face when she told them. Yet Joanne had the courage to move forward in the direction that felt true to her heart.

My friend was so inspired by her own transformation that she now also coaches others on passionate living and well-being, a practice which beautifully integrates her skills and background as a physician. At the same time, she continues to play the piano professionally.

We’ve all travelled the beaten path one way or another. Perhaps like Joanne you found yourself in a career that wasn’t truly of your own making. Or maybe you ended up in a relationship that you thought would make you happy only to discover later that it wasn’t the right one for you. Have you held yourself back from pursuing
Chapter 3: Getting Off the Beaten Path and Onto a Path of Your Own

a hobby or one of your passions because you were afraid of what others would say or think?

When you’re not living in tune with true self, it will often manifest in your life as feelings of depression, anxiety, restlessness, fatigue, confusion, and discontent. You feel like something is wrong deep down inside.

How can you begin to find your way back to your own path?

The first step is to take note of those areas in your life in which you’re not feeling good. Do you feel fully satisfied in the major areas of your life such as your career, relationship, family, health, finances and spirituality? If your answer is “no”, then your inner voice is telling you that you need a change.

A simple and effective way to begin to make a change is by saying “yes” to yourself. Travelling a path that is not truly yours is most often a result of saying “yes” to others and “no” to what you truly desire.

Take Joanne as an example – by becoming a physician she said yes to her parent’s wishes but no to her own desires to pursue her passion in piano. In doing so, she stepped off of her path and out of tune with her own destiny.

The word “yes” carries a powerful, transformative energy that can literally unblock the flow of well-being and potential that is inside you. Saying yes is an exercise in releasing resistance and creating space for manifesting your deepest desires.

If making a big leap such as changing your career seems too daunting, begin by saying small “yeses” to yourself and what you truly want. The next time you catch yourself beginning to say no – whether it’s to having dessert, taking some time off to relax, going to see a movie – stop and ask yourself what you really want. If you really want that dessert, say yes! If you’d like some time off, say yes! If you’d really enjoy seeing a movie, say yes!
Yes gives you permission to enjoy life on your terms. And when it’s said in tune with what you truly desire, yes makes you feel good.

And when you feel good, you know that you’re on the right path.

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

**Exercise: Take A Yes Day!**

This exercise will allow you to experience the transformative power of saying yes to yourself.

Choose a day. For the entire day, you’re going to practice saying yes whenever an opportunity comes your way.

This exercise will require you to pay attention to and listen for those moments when any type of “no” or stopping energy may cross your mind. This exercise will also allow you to experience how wonderful it feels to say yes to yourself and what you truly want.

Anytime an opportunity is presented to you, pause and listen to what your heart is trying to tell you. Also listen for those thoughts that are telling you to say “no”.

Is it an opportunity that you’d really like to pursue? If it is, then just say yes. And then go have fun enjoying yourself.

Say yes for the entire day and experience the huge difference that one small word can make.

Repeat this exercise as often as you’d like.
Chapter 4: Tuning Into Your Intuitive Power

Have you ever experienced a “gut instinct” or had a “sixth sense” about something? Maybe you’ve heard a quiet inner voice calling you or tugging you in a particular direction?

We all have the gift and power of intuition, the ability to acquire information in a way that defies logic or reason. Our intuition is the part of us that knows what’s going on even though we aren’t completely conscious of it.

Unfortunately, we don’t always know how to use this gift to our benefit and in our society the power of intuition is often undervalued or even scoffed at. Tuning into the power of your intuition is key to tuning into your personal destiny and following your true path in life.

Our world is all too often about know-how, doing more and following patterns, norms or particular belief systems.

Of course, an intellectual knowing as to how to reach a goal and taking clear action steps to get there are key ingredients to success an achieving our dreams. However, listening to our instincts and harnessing the power of our intuition is equally as important.

How often have you ignored your first “gut instinct” only to find out later that you wished you’d paid attention to it?

Conversely, think of a time when you did listen to your intuition – even if you doubted it at first – and it proved to be the best thing to do?

Our intuition is a source of intelligence that all too often we tend to ignore. Our intuition reflects the inherent wisdom of our spiritual nature and while it can’t be measured it is directly connected to the intelligence of the Universe.
Remember all that information that was programmed onto the microchip of your destiny? Well, the Universe also coded a highly intelligent communications system onto that chip too.

Your brain is divided into two hemispheres: the left side (critical and analytic) and right side (creative, intuitive, artistic.)

Over the course of your lifetime, your brain is constantly collecting and filing information and it is from these “files” that your intuitive (subconscious) mind collects information when it needs to find something.

When you can’t find the answer using the logical, conscious side of your brain, **the subconscious immediately steps in to find the solution.** When it has found what it is looking for it will tell you by way of your intuition.

Just as you have a mission that is unique to you, your intuition or your “inner guidance system” speaks to you in a language that is unique to you as well.

I guarantee, you will have heard your intuition speak to you before. It’s more subtle, deeper and more instinctive than rational thinking but incredibly powerful – and surprisingly accurate.

**Ask any really successful person and they will tell you success comes as much from intuition as from the brain.** (How many billionaires do you think go along with the crowd or listen to the “conventional wisdom” that everybody else is following?)

From self-made billionaire (and college dropout) Apple founder Steve Jobs: 
“Your time is limited so don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most importantly, have the courage to follow your heart and intuition. They somehow already know what you
The path to living your own life and fulfilling your destiny begins with listening to your intuition and following your heart. If you’re not utilizing this incredibly powerful inner guidance system that is available to you 24 hours a day, 7 days a week then you are missing out on the most powerful tool to helping you create the life of your dreams.

Here’s how tuning into your intuitive power will benefit you:

- You’ll receive guidance that will allow you to reach goals that are in tune with your destiny and your higher purpose.
- You’ll receive guidance that will help enhance the Law of Attraction process and your ability to manifest your desires.
- You’ll avoid circumstances that might create setbacks in your life.
- You’ll experience increased clarity with any questions you may have.
- You’ll be able to make better decisions and choices for yourself which will ultimately further your personal growth and development.
- You’ll feel happier, more fulfilled and able to experience life in a more relaxed, trusting manner.

You can begin to tune into your intuitive powers by understanding how your own intuition works and then developing habits and skillsets which will help sharpen your intuitive abilities.

People experience intuition in many ways. Some intuitive messages come to us in our dreams, others are experienced through body sensations or by quieting our busy, rational minds.

All intuition speaks to you either directly or indirectly.

✔ Direct intuition is factual.
For example, your grandmother may appear in a dream and say to you, “Slow your life down.” There is no mistaking what the message is and you would likely also be quite aware of what area of your life the message refers to.

✓ **Indirect intuition uses symbolism.**

You may, for example, have a dream in which you’re running on a treadmill that keeps going faster and faster. Despite your efforts to change the dials and slow the treadmill down, you can’t.

When you awaken, it’s up to you to interpret the symbolism of the fast moving treadmill and how it relates to your life in order to understand the message.

Generally, your intuition does not give up on important messages. If you don’t respond to an indirect or more subtle intuitive experience, you are likely to have another intuitive experience that will be more direct.

Our senses offer us a valuable way to experience our intuition. To varying degrees, we all have the ability to intuitively see, hear or feel things but generally one of our intuitive senses is stronger than the others.

When you see images with your intuitive eyes rather than your physical ones, you are experiencing **clairvoyance**. For example, you may see an image of a future love partner before you’ve ever met them.

When you hear something without the use of your ears, you are experiencing **clairaudience**. You may, for example, hear an inner voice tell you not to get into a car with some friends, only to learn later that that car was involved in a terrible accident.

When you experience a strong sensation in your body, you are having a **clairsentient** experience. Some people get goosebumps or experience a tingling sensation as their body responds to intuitive information.
Think for a moment about your own experiences. **How do you receive most of your intuitive messages?** Is it through seeing, hearing or feeling?

However you receive intuitive information it’s important to note: whatever situation you may be in, your intuitive voice will always speak first. Your intuition wants what is best for your higher self. It’s your ego that will then begin to question.

Have you ever just had a “hunch” about something? And then along came that other voice that told you your hunch was “crazy” or unfounded.

We’ll talk more about the role of ego in the next chapter. For now, understand that the first voice that you hear will always be your intuition and thus is the voice that is giving you clues as to the best direction to take, one that is in tune with your true self.

Here are a few tips to help you tune into your intuitive power. At the end of the chapter, I’ll leave you with a few exercises to help deepen your connection to and play with your intuition.

- **Quiet your mind.** When you’re able to quiet your usually busy brain, you can hear your intuition. Meditation, dancing, prayer, yoga, being in nature, day dreaming and even slightly hypnotic “zoning out” activities such as driving or listening to peaceful music can help quiet your mind. The key is to stop thinking.

Simply being present in the moment and stilling your mind allows your inner wisdom to have its say. When you can quiet your mind, you cease the struggle of trying to “figure things out” and simply allow the answer to gently come to you.

Your spirit knows what is right for you and what directions you need to take to achieve your purpose and destiny.

- **Quiet your surroundings.** We live in a world filled with noise and
distractions.

Remember that all energy travels in waves and vibrations so when you’re listening to the radio, watching television or browsing on your computer, you are much less likely to be able to receive sensory messages from your intuition.

Turn off all distractions and instead listen to the messages that your intuition has to offer you.

- **Relax your body.** When your body is relaxed you will be much more in tune with your intuition. You’ll also experience a calm, happy and expansive energy. When you are not relaxed, you’ll feel an anxious or negative energy that will block your intuition.

The easiest and quickest way to relax yourself at those times when you may be feeling some tension is to take 3 deep breaths. Your breath is your soul and when you focus on your breathing you are able to hear your soul’s voice much more clearly.

- **Trust in yourself, trust in divine guidance and trust in the Universe.** Be open to the messages from your intuition and have the courage to follow the guidance, even if it doesn’t seem to make rational sense, which is so often the case.

Remember, your intuition always speaks first. Practice following your instincts and noticing where they lead you, which is likely going to be exactly where you need to be.

- **Slow down and pay attention.** When you rush and hurry in life, you tend not to take notice of what’s really important and you may also miss important messages from your intuition.

Slow down, simplify and pace yourself. When you’re speeding down the highway in your car, you can’t see the sights along the road.
Life works in the same way; slow down so that you can take note of what appears along your path. Pay attention and you’ll begin to tune into your senses and learn when your intuition is trying to tell you something.

- **Find Your Signal.** To boost your intuition and to be able to communicate more clearly with your spiritual nature, find your signal.

You have some sort of signal which serves you as a confirmation of your intuitive messages. For some people, it's a body sensation such as goose bumps or chills up the spine and for others it's seeing a flower such as a rose or a daisy.

What signal have you experienced before when your intuition has been speaking to you? When you know your signal you can then pay closer attention to it in the future and the guidance that it offers you.

Learning to follow your intuition takes courage, commitment, faith and practice but you will be well-rewarded for your efforts. There is no better guide to help show you your path in life. And there’s no other friend and companion who knows *You* as well either.

*Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!*

**Exercises for Developing Your Intuition**

Some of these exercises might be more effective and joyful for you than others. Experimentation is part of developing your intuition. Use those exercises that you enjoy and feel free to change others to fit your needs.

If you want to enhance your learning, **you may also wish to keep an Intuition Journal.** A journal will help you keep a record of key events and any synchronicities you might experience. A journal can also help you monitor and evaluate your
intuition as you learn what exercises and habits work well for you.

1. **Working with your dreams:**

   - Before you go to bed at night or lay down to rest during the day, put a pen and paper next to you.
   - After you lay down, consciously ask your intuition for a dream or daydream image that will benefit your life and the lives of those around you.
   - Repeat your request as often as possible before you drift off.
   - When you wake up, even if you don't remember anything specific, write or draw whatever comes into your mind.
   - Look over and evaluate what you receive. Act on the advice where appropriate.
   - Repeat as you wish.

2. **Asking for guidance:**

   - Find a place to sit comfortably.
   - Follow your breath by counting '1' on the inhale and '2' on the exhale. Take 3 deep breaths.
   - When you are relaxed and quiet identify an event or situation that you'd like more insight about.
   - Focus on the event or situation intently for a few minutes.
   - Ask for direct intuitive guidance about it in the near future. You could use a simple question such as, “What do I need to know about ‘x’?”
   - Let your wish go and await guidance.

3. **Ask a question:**

   - Ask yourself: If I knew I would receive help from my intuition, what is it that I am most concerned about or most interested in growing or manifesting right now? ex. relationship skills, a rewarding career, personal development, financial stability, etc.
   - Formulate a question and ask it internally as often as you can.
4. **Working with symbols:**

- Get a piece of paper and a pen or pencil.
- Ask yourself the following question three times, pausing between each question. "What does my life need right now?" Imagine you are going toward a more meaningful answer each time you ask.
- When you've finished with the 3rd question, pick up your pen and draw one symbol on your paper.
- Interpret this symbol. What does it suggest you add, subtract, or enjoy from your life?
Chapter 5: Hold Onto Your “Eggo” ... But Let Go of Your Ego

Remember the Eggo waffle commercial?

As the Eggo popped out of the toaster, two siblings make a grab for it and a scuffle ensues. Then comes the multimillion-dollar line: “Leggo my Eggo!”

Whatever your “Eggo” is – whatever you love – you want to make sure to hold onto it tightly and get ready to fight off anything that gets in your way!

But your EGO is different.

While it’s important to hold onto your Eggo, your ego is something you’ll want to learn to let go of, for good reason. Your ego often likes to put up roadblocks on the path to your dreams. Furthermore, it can often lead you to waffle on important decisions that would take you closer to your true destiny.

What is the ego anyway? Whereas your intuition is generally associated with the right, more creative, side of your brain your ego is associated with the left, more logical and rational side of your brain.

Ego is associated with reason and reality or, at least, perceptions of such while intuition is closely linked to passion and internal instincts. You could say that your intuition is your inner voice and that your ego represents your outer voice.

Remember, your intuition always speaks to you first, letting you know what you truly want. Your ego always speaks second and will challenge your intuition, causing you to question what you want.

Whenever you’re questioning what you want ... that’s your ego at work. Intuition is
truth; ego is doubt and fear.

When your intuition speaks, it speaks your truth, expressing who you truly are and what you truly desire. For instance, when presented with the opportunity to take a step in a new career direction, your intuition might say YES!!

You ego will speak second and will generally speak to your fears or false beliefs. “But you can’t start a new career now, you’re too old ... what about your mortgage ... your job now is secure ... how will you cope if it doesn’t work out?”

When you listen to your ego you are not honouring who you truly are, what you truly wish to be and who you are truly meant to become.

Your ego likes to challenge you and it will also try to get you to believe that you are something that you’re not.

Many people get stuck in the trap of thinking that who they are is wrapped up in their job, home, car, relationship or the things that surround them.

You are not what you see on the outside. Who you are comes from what you find on the inside.

Because our ego is associated with “reality” or at least, our perceived reality, it can feel comfortable to hold onto it. It seems tangible, familiar and something that we know. It’s rational.

For example, you have a job. You go to your job every day. You know that you have a job. That can feel familiar and comfortable, almost reassuring.

On the other hand, our intuition can seem esoteric. It’s a bit uncomfortable because it can seem intangible, unfamiliar and something that we don’t really know. It often doesn’t make rational sense.
For example, say that you have a feeling that something is wrong with your health. You don’t know for sure because you haven’t seen the doctor, it’s just a strong hunch that you have. That can feel unfamiliar and frightening to you as you consider the unknown.

Letting go of your ego can feel like letting go of the certainty of that which you know for the uncertainty of that which you don’t know. However, look at it this way.

Your job, your home, your car, your relationship and all the things that surround you are impermanent. They can come and go from your life at any time. **What is permanent is You.**

Who would you be if you didn’t have your job? Who are you outside of your relationship? Who are you without all the “stuff” in your life?

When you can let go of your ego and answer these kinds of questions that is the moment when you’ll begin to feel more connected to your truth, more in tune with your true self and more in tune with your destiny.

Like anything in life, **there is a bright side to your ego too.**

While learning to let go of your ego allows you to follow your true path, a key part of the adversarial role of the ego is to remind you of who you are. Your ego simply provides contrast which allows you to discover and strengthen your own truth.

When beginning to use the Law of Attraction, for instance, you need to know what you want to create. A good starting point for discovering what you want is discovering what you don’t want.

Your ego is what allows you to discover who you truly are, by enabling you to figure out – through doubting, questioning, planning, and analyzing - who you are not.

Here are a few of the most common ways in which your ego will let its presence be
known.

- **Concern with what others think.**

Who you are independent of what other people think is the most authentic person you will ever be. We live in a world however in which most people are overly concerned with what others think.

What would people say if I left my job? What would people think if I didn’t live in this big house? What would people say if I ended my relationship?

Lady Gaga is a wonderful example of a person who lives authentically and who isn’t concerned with what others think. And most notably, she is not chastised for that fact, instead she is admired for her courage and comfort in her own skin. In fact, she inspires fans around the world to follow her example.

While your ego would like you to believe that the question is about what others might think, the question really is **“Who do I want to be?”**

- **Afraid to ask for help.**

Your ego would like you to believe that you can do it all, that you deserve all the credit, that you don’t need help or that you must appear strong.

If you’re afraid or don’t want to ask for help then your ego, not you, is in the driver’s seat. Your ego is telling you that if you ask for help, you might appear “weak”, “dependent” or “stupid”.

Have you ever spent time wandering lost while travelling, trying to find your own way, without asking for help? Whether you spent 10 minutes or 10 hours lost, you would likely have been more successful in reaching your destination sooner if only you’d asked for help.
• **Comparing or competing with others.**

Your ego loves to compare yourself to others yet it’s one of the most dangerous traps that you can fall into. No matter who you are or how successful you may be there will always be someone who is “better” and someone who is “worse” than you are.

**If you continually compare yourself to or compete with those around you, you will never be satisfied.**

Remember, those around you are travelling their own path just as you are travelling yours. Your path is unique, with unique challenges, stories, opportunities and successes; as is theirs.

Celebrate your path, your achievements and your incomparable uniqueness without comparing your path to the path of others.

• **Constant striving for more.**


Your ego loves to try to convince you that you need more stuff in order to be happy. In fact, the opposite is true.

Striving for more can become a perpetual cycle that never brings true happiness. Instead, striving only serves to take you further away from knowing who you truly are.

Not one of the respondents in Ware’s study expressed a regret that they’d driven a more expensive car or lived in a bigger house. Instead, what they did regret was
not living a life that was truly their own.

- Lack of presence in the current moment.

If you like to spend time thinking about the past or looking ahead to the future, then you can be sure that your ego is stopping you from enjoying the present.

You might be tempted to look back on the past with a thought such as “if only I had ....” You might look ahead to the future with a thought such as “when this happens, then I’ll be happy....” or you might look ahead with worry.

Either way, you’re neglecting to enjoy the present which is where you are right now.

- The need to be right.

This is one of the ego’s most destructive functions.

People who have a constant need to be right will often get far in life due to their sheer persistence and aggressiveness. However, their need to be right will also be their downfall eventually alienating those around them who could help move them forward towards even greater success.

No one is perfect and there’s no need to struggle under the illusion that you are either.

- Should (or shouldn’t) or can’t.

Your ego loves throwing these words around because they serve to distract you from what you truly desire and who you are meant to be. Sometimes you may use these words in your own thoughts and at other times, others may speak them to you.
*Should, shouldn’t and can’t* lead us to question ourselves and what we truly want. Instead of letting them cause you to doubt yourself however, let them lead you to ask yourself the questions, "What *do* I truly want?" and “Who am I meant to be in this situation?”

Awareness of the presence and role of your ego is a good jumping off point for learning to let go of your ego. On the path to discovering your destiny and who you are, your ego is simply there to remind you of who you are not. Finding out who you are not is actually a wonderful gift because it only brings you closer and closer to who you truly are.

*Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!*

**Exercise: One Week Without An Ego**

Each day, for one week, practice letting go of your ego in the areas mentioned above.

**Day 1: Concern with what others think.**

Do something that you want to do, without worrying about what others may think. Change your hair colour, sign up for a dance class, apply for a new job. If it’s really what you’d like to do, do it. And tell the others about it later.

**Day 2: Afraid to ask for help.**

Ask for help with whatever you need. Whether it’s moving, going shopping, completing tasks around the house, whatever it is, practice asking for help from others.

**Day 3: Comparing or competing with others.**
If you catch yourself competing with others on this day, stop and appreciate yourself, your skills and your accomplishments.

**Day 4: Constant striving for more.**

Take a day to appreciate the simple things in your life.

**Day 5: Lack of presence.**

Spend time focused in the now. Appreciate your current circumstances, surroundings, people around you, everything that is in your life *now*. The past and future don’t belong in your present.

**Day 6: The need to be right.**

Be kind towards others and relinquish the need to be right. If, by chance you do find yourself in an argument or debate, you can kindly keep on track by saying to the other, “You know what? You’re right.” You’ll find that a little bit of kindness equals a lot of feeling good.

**Day 7: Should (or shouldn’t) or can’t.**

Banish these words from your vocabulary and replace them with sentences or words that speak to what you’d truly like to have happen. Start with the words, “I can” and “I will”, or “I won’t” and “I choose not to”. Your words empower your spirit. Choose them wisely.
Part 2:
Getting in Tune with Your Personal Destiny
Chapter 1: Soul Food for Thought

“A soul is not something you have, it is what you are.”

Mind, body and soul are the three primary parts of yourself, but how well do you know them?

We all think we know our bodies and our minds pretty well.

But how well do you know your soul?

Your soul is your spiritual being and the true identity of who you are. Get to know your soul and you will come to know your true self. **Soul knowledge is one of your most critical keys to living in tune with your personal destiny.**

What exactly is your soul and what is its purpose? **Why is it so important?**

The greatest power in the Universe belongs to the Source that created all things, God, the Divine, the Creator, whichever term you choose (for simplicity here, I’ll use the term Source.). **Source knows only pure joy, love and bliss, which are the highest vibrational states possible.**

When we were created, Source recognized that we could only come to know pure joy, love and bliss through a lifetime (or several) of experience and learning.

Hence it introduced opposites so that we could compare, appreciate and expand to become the highest expression of ourselves.

Through sickness we come to know health. There is no joy unless there is also sorrow. Forgiveness can only follow anger. Cold allows us to appreciate warmth. And so on.

Without opposites, we could not learn, grow or experience a range of emotions.
To allow us to experience the highest expression of ourselves, Source created us as souls ...

... and then also created a physical universe in which we could experience opposites.

Source knew that to fully understand and appreciate the pure joy, love and bliss that is the place from which we came, we first needed to experience opposites and all that is not pure joy, love and bliss.

Created by Source, we always remain an extension of Source. The experience of being able to learn and feel allows us to learn more about ourselves and to develop into an even higher version of our true self.

Your soul is meant to experience, evolve and progress, eventually returning to Source and an eternal state of pure love, joy and bliss. As you evolve, you become. 

The physical universe is simply the classroom that allows you to have your soul’s journey.

Now take a deep breath.......and exhale.

Take another deep breath.......and exhale.

And another deep breath......and exhale.

Feel the peace of knowing that everything you experience here on Earth, 

everything – joy and pain, solitude and togetherness, laughter and tears, fear and faith, trust and betrayal, success and failure.....

... it all happens for your greatest good.

What your soul desires most is the highest feeling of love imaginable. That is the soul’s desire. That is its purpose.
The soul is after the feeling. The only way to the feeling is through experience. The greatest feeling of all is the experience of oneness with Source and the feeling of pure love, joy and bliss.

That is what the soul yearns for, the highest feeling and thus the highest vibrational state possible. Through its yearning the soul causes you to choose the best of who you are and by its very essence, helps you naturally tune into living your best and most authentic life.

How can you get to know your soul?

Being raised in a physical world makes it a challenge to get to know your spiritual self. But think of yourself in this way – you are simply a spiritual being having a physical experience.

By now you have a great deal of knowledge and experience in your physical world. It’s time to dedicate as much time and energy as possible to discovering your spiritual nature and who you truly are.

Commitment, patience and relaxation will be required to get in tune with your soul and your higher self. However, the efforts will pay off in giving you greater clarity about your mission, your true desires and your true self.

Getting in tune with your soul will not only bring you closer to who you are but it will also, by design, bring you closer to what you truly desire. After all, your soul wants what is best for you too.

There is no single best way to get to know your higher self, each person has to find the way or ways that works best for them.

Some people use prayer. Some use meditation. Some do energy work. Others bond with nature. Some explore the world. Others climb mountains.

Find whatever works best for you. Experiment.
The most important part of the process is to open up to your true being and seek to know your higher purpose.

The simple willingness to see beyond your physical self and any labels, limits or fears that you or others may have cast upon you will open the door to getting more in tune with your soul.

Connecting with your higher self also requires patience. It will take time and space to learn new skills and habits which will foster a deeper connection to your spiritual side.

Like any journey, a journey of self-discovery is merely a series of smaller steps. Commit at least a few minutes every day to the practice of getting to know your spiritual self.

For example, this could mean spending 5 or 10 minutes a day, every day, meditating in a quiet place. Consistency is what will allow you to know yourself in a deeper and more meaningful way.

Give yourself the space to get to know your spiritual self too. This means clearing away anything in your life that may distract you.

If you meditate, for instance, be sure to clear your mind and focus on yourself. Spend some time alone, free of the thoughts, comments and influences of others.

Give yourself the time and space to experience You. The only way to find your self is to spend time with yourself.

Finally, getting in tune with your soul requires you to relax. One of the best ways to relax is to breathe.

Deep breathing not only energizes you it also awakens you to your spiritual being. Your breath is your soul and deep breaths allow your spiritual being to penetrate your physical being.
You can also use breathing as part of a visualization exercise, taking in what is good for yourself, your life, your soul and releasing the bad.

You spend so much time taking care of your mind and your body, don’t overlook the critical importance of nurturing your soul.

Tune into your soul and you’ll never again wonder what you truly desire or how to achieve it. Just listen for the voice of your soul, for it already knows the answer and will gladly show you the way.

*Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!*

### Exercise: Deep Breathing Practice

Getting in tune with your soul requires you to be relaxed. Learning to take deep breaths will open the air passages and help you to realize the presence of spirit.

Getting enough oxygen flowing into your body to support your everyday adventures is also paramount. Begin each day with at least five deep breaths.

When you take deep breaths, inhale through your nose while expanding your abdomen for 5 – 7 seconds. Exhale slowly, through your nose or mouth, as you relax your abdomen and chest. Repeat until you have reached a deep feeling of relaxation.

You can use this deep breathing technique throughout the day, as needed. You can also condition yourself to use it in conjunction with a visualization exercise, taking in the “good” and releasing the “bad”.

Deep breathing is a wonderfully powerful technique for releasing thoughts, feelings or beliefs, for instance, that you no longer wish to have in your life.
Meditation

Connection with your soul requires you to create some space for allowing you to focus on yourself. **Meditation** is a proven technique that helps clear your mind, focus on your life and clarify where you wish to go.

If you’ve been struggling to “find” answers in your life, you’ll be astounded to discover the clarity and ease with which answers will come to you through the practice of meditation. If you’ve not tried meditation before, here is a simple way to start.

Take 5 or 10 minutes a day alone, in a quiet place, without any distractions. Sit in a position that feels natural and comfortable for you. Take several deep breaths.

Once your mind is clear, ask yourself any questions that you want answered. Sit still and listen to the messages and answers that you receive.

This process can take some time to adjust to so have patience with yourself and simply make sure that you do it on a daily basis.
Chapter 2: So, What Are You All About?

“Find out who you are and do it on purpose.” Dolly Parton

So, what are you all about?

If you haven’t stopped to take the time to truthfully and candidly answer that question, you’re missing out on an invaluable opportunity for self-discovery.

You may think that you know yourself fairly well. But do you? Really? What are you all about?

Where does your identity come from? What do you value the most? What are some of your core beliefs? What are some of your biggest fears? What are your greatest strengths? What are your deepest desires? What makes you really happy?

If you don’t know the answers to these questions, don’t worry, you’re not alone. While most people think that they know who they are, research shows that over 90% of the population is living a life that is incongruous with their true self.

That means that over 90% of the population is not in tune with who they truly are! Yikes!

Your perception of who you are is generally very different from how others may perceive you.

For example, you might say that you value a simple lifestyle yet at the same time purchase expensive clothes and other items, possibly even accumulating debt in order to do so.

A simple lifestyle is generally not congruous with an overly pricey, debt-ridden lifestyle. So in this case, you are living out of tune with your true self.
Living out of tune with who you truly are, in any area of your life, could look like this:

- working in a job that you don’t really enjoy
- staying in a relationship that just isn’t quite right
- accumulation of material goods or “trying to keep up with the Joneses”
- a feeling of being “stuck”, bored or discontent
- lack of meaning or purpose and more

When you’re not in tune, your life likely doesn’t feel right nor is it flowing with a state of ease.

You might have tried to manifest particular things and have been left wondering why it’s not working. Your life might feel as though you have a serious case of the blues.

There are several reasons which explain why so many people end up living a life that is out of tune.

We live in a world in which conformity is encouraged and often celebrated.

Many people also use external means or circumstances to help create their identity using their job, their possessions, their status or their relationship, for example, to help define who they think they are. It’s only over time that people learn that any of these can be fleeting and won’t lead them to discover who they truly are or what makes them really happy.

Living your authentic self also requires self-responsibility. It means that you can no longer lean on anyone or anything else to define who you are, you have to rely on yourself.

Living out of tune will not only give you a serious case of the blues, it will
hinder you from forging ahead and living the life of your dreams.

Without a deep knowing of who you are, you won’t be able to unleash your true potential. You won’t understand the importance of living in harmony with your values.

You won’t have an appreciation of your strengths and weaknesses nor be aware of your fears, filters or beliefs. **You won’t know your deepest desires nor how to create true happiness.**

You’ve likely already had moments or situations in your life in which you’ve said, “Yeah, that’s me” or “No, that’s definitely not me.” You have felt the difference between something that is You and something that is not. Discovering what you’re all about is about creating more of those moments and a life in which you can say, “Yeah, this is Me.”

A fantastic starting point for catalyzing some deeper self-discovery is by conducting a personal self-assessment. An in-depth review of the state of various areas of your life, including key points such as your level of satisfaction, your values and beliefs, your strengths, weaknesses and areas of opportunity is a powerful way to begin to uncover and get in tune with your true self.

Perhaps most importantly, a thorough self-assessment is the critical starting point for helping you decide what you truly desire in life.

**You HAVE to know what you truly desire .... and you have to be in tune with that desire ... in order to be able to successfully manifest what you desire.**

A thorough self-assessment helps you with the first two critical components of that formula. We’ll discuss the third component of that formula in coming chapters.

So let’s begin with your self-assessment.

*Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!*
Self-Assessment Exercise:

Take a large piece of paper or bristol board and make 8 columns for the following 8 key areas of your life. Use one column for each area and write that at the top of the column. ex. career, financial, health and so on. I’ve included a brief description of each below.

- **Career**: what you do for work or for a living, professional development
- **Financial**: reflects the state of your financial well-being, savings, retirement plan, debt, assets
- **Health**: your physical, mental and emotional wellbeing
- **Friends and Family**: the people in your life whom you love and care for, your support network
- **Personal Growth and Development**: things you do to continue to grow spiritually and personally, includes living with purpose, passion and meaning
- **Fun and Recreation**: activities you pursue in your leisure time
- **Relationship**: your primary love relationship
- **Environment**: your home or living situation, including city or area in which you live

Once you have your columns ready, for each category rate how you feel about it, from 1 – 10, with 10 being absolutely ecstatic and 1 being totally unhappy.

Once you’ve rated each area, take some time to reflect upon your answers. What do your answers tell you? Can you see areas that you would like to improve upon? **Do your answers reflect the life you’d truly like to be living?**

Some areas of your life will have ranked lower than others and these areas will be the highest priority when it comes to making changes. Let’s take health as an example.

If you’re not fully satisfied with your health, ask yourself these questions and
write your answers in the health column:

*What about my health am I not satisfied with? How do I feel when I think about my health? How would I like to feel when I think about my health?* For example, I’m not satisfied with my diet or how my body feels and when I think about it, I feel depressed. I would like to feel excited and motivated to eat better. I would like to have more energy.

*What kind of changes would I like to make?* I would like to spend more time preparing healthy meals and eat out less often.

*What do I value about my health? What do I believe about my health?* I value having a healthy body that looks and feels good. I value being free of illness and being able to do things that I enjoy. I believe in maintaining good health and that the way I treat my body reflects how I treat myself.

*What am I valuing at the moment?* By not eating an optimal diet, I’m valuing being less responsible and not having to take action or make an effort.

*What’s stopping me from taking action?* I’m afraid of failure. It seems like a lot of work.

*What’s the cost of not changing?* My diet won’t improve and my health could continue to decline. I won’t feel better.

*What are some changes you can start making NOW?* I can start eating a healthier breakfast every day. I can start changing the way that I think about eating.

*It’s important to be brutally honest with yourself when you’re completing your self-assessment and answering these questions.* This is an exercise for you, you don’t have to share your answers with anyone. The more open and honest you can be, the more you’ll be able to make positive changes that will make a powerful impact on creating a more satisfying life and one that is in tune with who you truly are.
Once you’ve identified some changes you can make, identify ways in which you can move forward with these changes. If you’re planning on eating a healthier breakfast, for example, that could involve making sure you have a selection of healthy choices, fruit and so on available in your kitchen and pantry.

You may wish to write your goals in each column and include space for tracking your progress so that you’ll see exactly how much you’re achieved. This will help keep you motivated.

In a few months time, complete a new self-assessment. When you compare where you were then to where you are now, you’ll realize that your work has paid off when you see how far you’ve come on your path of personal growth.
Chapter 3: This is Your Life, So What is That Doing Here?

By now, you’ve likely discovered that there are at least a few areas of your life in which you’re not living in true harmony with who you are. You may have uncovered some areas of disharmony and most likely have a few habits, beliefs, thoughts or people that *just don’t fit.*

Realizing that there are areas of your life in which you’re not fully satisfied or that don’t feel good is a wonderful starting point for clearing out what doesn’t belong and making room for a fully satisfying, feel-good life.

While completing the self-assessment exercise in the previous chapter, you’ll probably have noted areas of your life in which you are not living in fully in tune. Perhaps your current behaviour or thinking is out of line with your values. Maybe you’ve lost touch with what matters most to you. Or perhaps you had simply fallen into stale, outdated convention and temporarily lost sight of what you truly desire.

Remember, 90% of this country is living out of touch with who they really are, and what they truly want.

That’s a sad statistic. And I don’t want it to happen to you!

If you’re not fully satisfied with your life and want to live more authentically, then a bit of personal housekeeping will be required in order to get rid of what’s not working. **It’s time for you to take control of your life** and say, “This is me and this is my life so what the heck is that doing here? It’s time for it to go!”

Remember that your goal is to have a life that feels INCREDIBLE. A life that’s not in tune with the real you has no place any more.

**Here’s what that means for you right now ...**
As you were completing your self-assessment, when you noted an area of your life that didn’t feel right, that’s your that **you have an opportunity to let go of something.**

What do you need to let go of that is **not** part of who you are or your path in life?

What do you need to let go of that’s not working or that is no longer a fit?

What do you need to let go of that is **not** moving you forward with your goals and dreams?

Having *anything* in your life that doesn’t belong is like carrying around a dead weight that doesn’t serve you.

Think of a mountain climber who is about to embark on an expedition to climb a mountain peak. In order to reach his destination, a smart climber travels light carrying only the essentials in gear which will serve him and his purpose.

He is very clear on his goal, his purpose and his mission – to reach the summit – and he knows to bring along *only* those items which will serve his mission.

The climber understands that if he brings along heavy unnecessary extras, he’ll waste precious energy, time, and effort ... and it could even make the difference between achieving the summit and toppling headlong into a crevasse along the way.

The same goes for you: from now on, you’ve gotta **turf what’s not working!** To achieve **intense success and powerful results in your life**, you’re going to carry **only** what is essential to your mission. The rest? Chuck it!

So what are the essentials and the non-essentials on the road to becoming who you are?

Quite simply, when you think of your own personal “summit”, your essentials are all those things which are going to fuel you and your mission. Non-essentials are all
those things that can sap your energy and hinder you from achieving your mission and becoming who you are meant to be.

We tend to hold onto many things in life simply because it's comfortable.

Have you ever gone on vacation and packed far more than you needed? Have you faced the discomfort of trying to decide what not to pack?

While it can feel comfortable having more than you need and a “life suitcase” that is full, it’s not essential ... and those false feelings of “safety” and “comfort” are exactly what’s standing between you and the incredible life you desire and deserve!

Are your beliefs, possessions, relationships, thoughts, problems, emotions, behaviours and habits fuelling or hindering your journey?

What is taking you forward and what is holding you back from becoming all that you can be?

Most of us cling to false or limiting beliefs or negative thinking. We may cling to a particular belief because we fear the vulnerability of letting go. Or we are afraid to change.

By choosing to believe, for example, that you’re too old to change your job, you’re allowing yourself to avoid facing your fears of changing your career.

**Only when you choose to replace your belief with a more positive and helpful one will you feel better and begin to move forward.**

At other times, we may find ourselves in situations that repeatedly lead to unhappiness and frustration. It could be that we need to let go of a job, a friendship or a living situation that is not working.

You may, for instance, have a friendship that you find negative and emotionally draining. You can choose to limit the amount of time you spend with that friend, or
you can choose to end the friendship permanently.

Rather than simply accepting the situation, letting go will require you to change how you handle the circumstances pertaining to that situation.

It could be your own habits or behaviours that are not reflective of the life you’d truly like to be living. Once you acknowledge that your habit is not serving you, the next step is to find a more favourable habit to take its place.

For example, if you realize that your habit of bingeing on cookies every night after dinner is not helping you meet your weight management goals, **you have a choice:** experience the pain of discipline **now**, or the pain of not meeting your goals **later**.

Eating too many cookies may feel good “in the moment”, but it will cause ongoing pain for you in the long run, when you struggle daily with overweight, low self-esteem, and the pain of wishing things were other than they are.

Be patient with yourself on this step as forming new habits takes time and experimentation to discover what works and what doesn’t.

When considering any area of your life and whether to keep an item or let it go, a very simple question that you can ask yourself is this: “Does it feel good to hang onto ‘X’?”, whether it’s a belief, a possession, a relationship, a situation or whatever it may be. **If your answer is no, it’s time to let it go.**

Here’s a simple example that illustrates how and why we hang onto things and the benefits of letting go.

A few years ago I purchased a home that had very high ceilings. When I moved my furniture and my small collection of art into the house, the walls still seemed sparse so a kind friend loaned me some artwork to help fill the space.

There was one particular painting of a sullen looking woman that I hung over a chair in my living room. While I didn’t love the painting and while many of my friends
commented on the fact that it didn’t reflect my tastes, I kept it there simply because it filled the space.

I wondered about the painting every time I looked at it too but a couple of years passed before I began to acknowledge that I really disliked the picture. More importantly however, I also noticed that whenever I sat in that chair, I felt sullen too! An epiphany hit me one day and I removed that picture from my wall, immediately feeling a huge sense of relief. I was ecstatic to get rid of it.

Why had I hung onto a painting that I didn’t even like? I hadn’t kept the painting on my wall because it felt good. I’d only kept the painting there because I thought I needed something to fill that void.

Here’s what I learned:

It felt better to live with the void left behind when I finally got rid of what wasn’t truly “me” ... and my fears of empty space were totally unfounded.

Life works in the same way.

Frequently we hang onto something that is not in tune with who we are – a job, a relationship, a possession, or an emotion – simply because we wish to fill a void or feel comfortable, without recognizing the price that we’re paying to do so.

Hanging onto anything that isn’t a part of who you truly are will never feel good.

Letting of what is not in tune with who you are feels good. It feels really good! That is the gift of letting go. Letting go allows you to feel good which can only propel you to enjoying a life that feels good too. It’s the simple Law of Attraction at work.

By releasing what no longer works and making room for things that do work for you, from now on you’ll be saying, “Wow! This is my life and look what I’ve got here!”

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!
Exercise: The Burning Bowl

Here’s a simple exercise that will help you to deal with negative situations and clear negative thoughts from your mind.

Write down the negative thoughts or problems that you’d like to let go of. Perhaps you’re having a problem with a relationship, with a family member or co-worker. Whatever it is, write your thoughts and feelings on a piece of paper.

On another piece of paper write down the positive thoughts or outcome that you’d like to see fill the void left by the departing negative thoughts.

Go outside and light a small fire in a pit, bowl or safe container and toss your negative list into the fire.

As it burns, consciously release these thoughts and the situation and welcome something new.

De-Cluttering

If you have too much “stuff”, possessions or clutter in your life, this is a great exercise to help you get started with de-cluttering your physical space, this is a great exercise to help you get started on de-cluttering your physical space. This exercise will ultimately help clear your emotional and spiritual space too.

The principles and questions used in this exercise certainly apply to any area of your life in which you may wish to practice letting go.

Pick a room or area in your home. Take a careful look around at your surroundings and pick an item you wish to get rid of. Ask yourself these three questions:

1. Do I love it?
2. Does it serve me?
3. Have I used it in the past year?
If you can’t answer “yes” to these three questions then this item is clutter. It’s non-essential.

If you feel a bit of resistance to this exercise, you’ll find it helpful to think of it this way:

**You want your new goals, dreams and ways of being to fit into your life, right?** Have you ever over-packed yet kept trying to stuff more items into your suitcase? At some point, it can’t hold anything else until you clear some things out. It’s the same with life. **You have to get rid of what you really don’t need in order to make room for what you really do want.**
Chapter 4: Wear Comfortable Shoes and Pack a Lunch, This is Going to be a Journey

If you’ve not yet seen the movie, *The Pursuit of Happyness*, it is a must-watch movie for anyone who’s interested in pursuing the life of their dreams. If you’ve already seen the movie, it’s definitely one that is worth watching again.

There is one particular line in the movie that anyone who has travelled the road to their dreams will never forget. It’s a line that is worth remembering now.

*The Pursuit of Happyness* tells the story of Chris Gardner who was determined as a new father to his young son, Chris Jr., to find a career that was both lucrative and fulfilling. Chris Sr. wanted to be able to provide for young Chris and serve as a good example to him as well.

Despite the fact that Gardner didn’t have any connections, an MBA or even a college degree, he set his sights into breaking into the world of finance.

Willing to do whatever it took to break into the field, Gardner finally landing a spot in a training program with a brokerage firm but became homeless when he couldn’t get by on his meagre salary.

*The Pursuit of Happyness* documents the incredible story of Gardner who beat remarkable odds and circumstances and overcame huge challenges which included living in train stations and local shelters with his son while he continued the pursuit of his career goals.

Gardner’s drive, determination and resourcefulness eventually paid off the day he was offered a full-time position with the brokerage firm, Dean Witter Reynolds.

In one of the final scenes of the movie at which he is finally offered a permanent broker position, one of the senior managers turns to Gardner and says, “Congratulations Chris, was it as easy as you made it look?”
Gardner could only shake his head, smile and reply knowingly, “No sir, it wasn’t.”

Gardner’s new career at Dean Witter Reynolds only marked the beginning of Gardner’s rise to fame. Today he operates his own brokerage firm and is involved in a number of initiatives to assist the homeless, not to mention the success of the movie and the book which shared his remarkable story with the world.

As his story and that unforgettable line demonstrate, the road to living your best life is never as easy as it looks. What we can do however to make it a bit easier for ourselves is to be prepared for our own journey.

What do you need to know about your journey to becoming more in tune with who you are?

Your journey will take you from the life you’re living now to a life that is more in tune with your personal destiny. Discovering your true nature and peeling away layers of yourself that no longer belong will take time and patience.

When we look at the success of others, we so often look at the end result as the senior manager did in Gardner’s case. We overlook the years of hard work and determination it took to get there. We compare their “outsides” with our “insides”.

We can also be tempted to look at the success or progress of others and compare ourselves.

Just as your mission is unique and yours and yours alone, your timeline and methodology is uniquely your own. Any journey takes time so you may as well learn to enjoy it as you go.

As soon as you set your intention upon your future goal, you’ve set forth the energy and intention that you’re moving forward.

You may not know how or when things will unfold but you can recognize that when you continue to channel your energy in that direction, you’ll begin to attract a new
life and live a new way of being.

When you know and appreciate that you’re moving forward and that your new life is coming to you, you’ll find it much easier to face anything that may come across your path.

You will face challenges, obstacles and other circumstances that you might find difficult at times. Remember that the Universe only wants to help you to become more in tune with who you are and to express your highest self. Thus, any situations that are part of your life serve the purpose of helping you learn, grow and become more of who you are.

Your soul and the path to your destiny can only evolve when faced with the contrasts that life will eventually present. As a good friend of mine likes to say, “Life doesn’t give you what you want, it gives you what you need.”

To learn about faith, you must face situations which force you to confront your fears. To know success, you must understand failure. To feel hope, you must have experienced despair. To recognize new opportunities, you must overcome your challenges. To appreciate the sun, you have to feel the cold and wet of the rain.

These are the contrasts that the Universe will present in many areas of your life. It is only by going through what you might perceive to be “negative” or unwelcome situations that you will learn to know, appreciate and be able to cultivate more of the opposite.

These situations will also give you valuable information about what you don’t wish to experience in your life and thus help point you in the direction of the path of what you do wish to experience.

Consider a health challenge, for example. You’ve likely faced a health challenge or know of someone who has. How often do we take our health for granted until an illness strikes? Yet, for many, enduring an illness is the wake-up call that they need in order to finally pay attention to their health.
Even a simple cold can be a signal to get more rest, eat better and take better care of yourself. Suffering the illness brings an appreciation and attention to your health which may lead you to choose more positive and affirming health habits in the future.

It’s in our human nature that we learn best by repetition and experience. Most of us generally do not get the message on the first try. If we do, great, but if we don’t, the Universe will give us another chance. If you don’t learn to take better care of your health, for instance, you’ll likely continue to face illness after illness until you do start to pay attention and make a change.

Thus if you continue to repeat a pattern in any area of your life - your health, your career, your relationship, etc. – it’s a signal that life is trying to send you a message. Life is showing you an “opposite” and giving you an opportunity to do things differently.

**What’s your opportunity about?** Challenge yourself to find the positive and the wisdom in whatever situation you may face.

When you look back on any challenges you’ve faced in the past, you can likely recognize the wisdom and the “blessing in disguise” in the circumstances you faced. Instead of seeing a challenge as a “problem”, focus on the solution and finding the positive and the opportunity now.

Maintaining a steadfast focus upon your ultimate goal is key to remaining determined and committed to your journey. In Gardner’s case, his focus remained on his goal of having a lucrative and rewarding career, one that was in line with his passion and interest in finance.

Of course, his focus was also fuelled by his own drive to inspire and provide a good life for his son. Everything he did was directed towards achieving his goal and everything he did was also in tune with who he was.

Like Oprah’s story, his journey ultimately lead him to a purpose that was even greater than he’d ever imagined – owning his own brokerage firm, inspiring millions
of others on the road to their dreams and helping thousands of other homeless people change their lives.

Looking back upon Gardner’s life, it’s easy to see how everything he faced on his journey led him to fulfilling a powerful destiny and creating a life that was even bigger than his own imagination.

It’s also easy to imagine that the same will be true of your journey as well. But for the rest of the folks out there, just don’t make it look too easy, okay?

*Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!*

**Exercise: Find a mentor**

One of the best ways to support yourself on your own journey is to find a mentor who has already walked the path that you wish to walk. Who do you know who has passionately pursued their dreams? Who inspires you? Ask that person if they’d be willing to talk with you or mentor and support you on your journey.

People love to help others do what they themselves have done. So don’t be afraid to ask for help.

If you can’t find a mentor or are seeking additional resources, an inspirational book or movie (such as *The Pursuit of Happyness*) can also help give you some reassurance and guidance.

Allow the lives and stories of others to inspire you. If they can do it, so can you.
Chapter 5: How to Fall in Love With the Most Awesome Person in the World

“You, yourself, as much as anybody in the entire universe, deserve your love and affection.”

- Buddha

Who wouldn’t want to fall in love with the most awesome person in the world?

But do you realize who the most awesome person is?

We’re socialized to give our love and affection freely to others. We’re raised to believe that when we finally find someone else to love us, then we’ll be complete. We’re told to love everyone else but we forget to give love to the most important person in our world – our self!

The ability to love yourself is not only at the very core of your well-being but it also impacts your ability to create and enjoy the kind of life you want. You simply cannot enjoy pure joy and happiness if you are not at peace with yourself and who you are.

A healthy and loving relationship with yourself is the most important relationship you’ll ever have.

If you don’t currently have a loving relationship with yourself, where do you begin?

**A good place to begin giving yourself more love is by appreciating yourself for who you really are.**

Appreciating yourself means acknowledging your humanness and accepting your mistakes and weaknesses. It also means taking note of your strengths and accomplishments.

In addition, accepting yourself involves nurturing a healthy sense of self-esteem, coming to terms with those parts of yourself that you cannot change, and, perhaps
most importantly, paying close attention to the inner dialogue that you have with yourself.

You would likely be shocked if you were to subject yourself to a tape recording of your inner dialogue and find out just how many times a day you judge or criticize yourself with your self-talk. Sadly, all too often we don’t treat or talk to ourselves with love.

Have you ever heard yourself say things such as:

- “It’s my fault.”
- “I should have (fill in the blank) by now.”
- “I’m not (good, smart, attractive, rich, etc.) enough.”
- “I’ll never get that job.”
- “I wish that I had a better body.”
- “I’ll never find someone to love me.”
- “I’ll never get what I want. I’m always struggling.”

This sort of negative self-talk is crippling. It prevents you from moving forward and going after the things in life that you truly desire.

Most often negative self-talk reflects long-held beliefs about yourself that have no grounding in reality. They’re often based in the thoughts or comments that have been projected onto you by your family, society or your friends.

The famous research by Dr. Masaru Emoto which is outlined in his book, The Hidden Messages in Water, demonstrates the powerful energetic effect that our thoughts and words can have.

In his research study, Dr. Emoto attached written words such as “Thank you”, “I love you” and “You fool!” onto containers of water which he then froze. In later research, he also experimented with using thoughts, music and photographs. Once the water had frozen, he took photos of the water crystals that had formed.

The results of his experiments were astounding. In every case in which there was
positive energy projected onto the containers of water, whether it was a written word, statement, music or photo, the photos of the frozen crystals were exquisite. The water crystals were symmetrically woven together into intricate patterns, some resembling diamonds.

On the other hand, in every case in which the stimulus was negative, the water crystals were small, misshapen and deformed.

The question that Dr. Emoto’s research raised was this: “If our thoughts can do this to water, what can they do to us?”

Considering that the human body is comprised of approximately 75% water, this is an important question to consider. The research suggests that negativity has a devastating impact, right down to the cellular level.

If your cells are vibrating with negative energy, by the Law of Attraction, your vibration will only attract more of the same. If you lack self-love you will attract people and circumstances that mirror your negative beliefs and feelings about yourself.

You attract what you feel so in order to attract loving people and circumstances it’s absolutely essential that you know how to love yourself first. On a more spiritual perspective, turning your attention and focus inwards will only help deepen the connection to the Universe and to the true nature of your soul as well.

To fill your cells with love and positive energy, begin by doing this: stop listening to others, change your self-talk, and begin honoring your own inner voice and who you truly are.

What makes you unique? What are your special talents and abilities? What are some of your greatest accomplishments? What are your strengths?

If you have trouble coming up with the answers to these questions, ask a good friend for their perspective. This will help you build your list of things that you appreciate about yourself and begin to shift your thinking towards more positive
self-talk.

The next time you catch yourself in some negative inner dialogue you’ll be ready to counter it with a more positive alternative. If you hear yourself say, for instance, “I’ll never find someone to love me” you can switch your self-talk to something more positive such as “I am funny, strong, intelligent and attractive.”

A regular practice of self-nurturing activities will also help boost your self-love. Not only will you increase your self-awareness but you’ll also generate positive feelings of self-worth and accomplishment.

Do things that will nurture yourself on all levels – physically, mentally, emotionally and spiritually - and that will help you feel good.

- **Take care of your body** by eating well, exercising and getting enough rest. Choose foods and activities that are good for you, your lifestyle and your body type.
- **Stimulate your mind** by learning something new. Keeping your mind active helps maintain the health of the neural connections and keeps your brain functioning at an optimum level.
- **Take care of yourself emotionally** by tending to your own needs and feelings. Don’t allow stress or negative emotions to build. Maintain a healthy balance between your responsibilities and things that you enjoy. Do things that positively impact others and limit unhealthy mental habits like worrying. Enjoy regular outings in nature.
- **Tend to the needs of your spirit** otherwise you will feel a lack of balance or experience a sense that something is missing in your life. Meditate, listen to music, do yoga, whatever will help rejuvenate your spirit.
- **Commit to doing at least one activity each day** that is exclusively for your own self-nurturing. There’s no better way to tell yourself that “I love you” than by spending time giving yourself the care and nurturing that you need and doing something that you want to do.
When you truly love yourself, you not only accept yourself for who you are but you also strive to become even more of who you are. When you endeavour to be the best that you can be, by the Law of Attraction, only the inevitable can happen – that you’ll create the best life that you can possibly have, a life that you’ll truly love.

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

**Exercises: Your “Awesome” List**

Get out a piece of paper or your journal and write your awesome list.

*I’m awesome because....*

List all the reasons that you’re awesome. Post your list in a location that you’ll see each day, such as next to your bathroom mirror. Or re-read it in your journal daily.

**Switching Technique**

You can use this technique whenever you catch yourself thinking something negative.

When you hear yourself saying something negative, imagine that thought diminishing in volume until it disappears.

Alternately, imagine the more positive thought that you’d rather hear growing in volume.

As another option, you can also visualize the thought that you didn’t appreciate spinning away out of sight as an image of what you’d rather experience spins towards you.
In using this technique, you reduce the importance of the negative thought and give greater importance to the positive thought.
Chapter 6: When You’re Taking a Trip, Look For The Road Signs

When you take off on a long road trip, it’s critical to pack the essentials like food, music and a good map. It’s also helpful to see some signs that not only indicate the way but re-assure you that you’re headed in the right direction.

It’s the same on your journey to discovering who you are and creating the life of your dreams. It is helpful to see some signs along the way to let you know that you’re following your path and living more in tune with your destiny.

Fortunately, there are a few helpful signs that can direct you on your journey.

One of the most helpful indicators will be found in the pop psychology work of Mihaly Csikszentmihalyi who conducted research on the concept of “flow”.

To live more in tune with yourself, as the saying goes, you want to “go with the flow”. When you’re “in the flow”, you’re know that you’re on the right track.

According to Csikszentmihalyi’s definition:

*Flow is the mental state of operation in which a person in an activity is fully immersed in a feeling of energized focus, full involvement and success in the process of activity.*

In other words, flow can be described as the inherently positive state of being completely immersed or mindfully focused in an activity, simply for its own sake.

When you are in a state of flow, time flies by, without effort or notice.

Every one of your actions, emotions, movements and thoughts is highly energized and follows naturally from the previous one, like a beautiful score of music.
You are captivated by a feeling of absolute joy and full presence in the moment while focusing on the task at hand. Your ego dissipates when you’re in the flow and intuition guides your way.

Like the path of a meandering, rolling river of water, the state of flow is easy, non-resistant and completely natural. To be in a state of flow feels amazing. To be in a state of flow is to be in tune with who you truly are.

These precious moments are often referred to as “peak experiences” in which life suddenly seems alive with meaning, joy and wonder. The experience of such moments is your clue that you’re headed in the right direction and forging a deeper connection to your true self.

Flow experiences can occur in a variety of ways and will differ for everyone. You may experience flow while engaged in your favourite sport. Or you may experience flow while painting, singing or writing. You could also experience flow while working on an important project at work or on a meaningful hobby.

Think of a time when you’ve experienced the flow. Think of a time or activity in which you were completely focused, fully engaged and highly motivated. Remember the energy, excitement and ease that you felt.

What was different about your flow experience versus other experiences in your life?

As you begin to live more in tune with yourself, you will enjoy more and more experiences of flow.

In those moments, you’ll feel energized in a way you’ve never been before. You’ll feel excited and joyful. Your life will seem easy and while you may still face some challenges you’ll see them as part of the flow rather than obstacles in themselves.
What Does It Really Feel Like To Experience Flow?

According to Csíkszentmihályi, there are ten factors that accompany the experience of flow (although it is not necessary to experience all of them for flow to occur):

- Clear goals that are challenging yet still achievable.
- Focused attention and determined concentration.
- The activity is inherently rewarding. There is a natural joy and affinity in the pursuit.
- Feelings of peace and serenity. The individual loses any feelings of self-consciousness.
- A complete immersion in the present moment which results in a sense of timelessness – time flies by.
- There is opportunity for immediate feedback on the activity.
- The task is do-able, offering an optimal balance between the individual’s skills and abilities and the challenge presented by the task.
- There is a sense of individual control over the situation and the outcome.
- Loss of awareness of physical needs, such as hunger or sleep.
- Complete focus on the pursuit at hand.

This list not only illustrates the moments when flow may occur but gives clues as to steps you can take to experience more moments of flow in your life.

It also gives you hints as to steps you can take to live more in tune with your true nature.

You may wish to take a moment to ponder some of the following questions or any other thoughts that may have come up for you while considering the list.

Do you have goals that are achievable yet challenging?

Do your goals “stretch” you?

Which activities in your life give you absolute joy?
When or how do you experience the most reward?

What pursuit would keep you so occupied that you’d forget to eat or sleep?

What are you doing when you feel the most peaceful and unaware of those around you?

When does time fly in your life?

When are you completely focused?

When do you feel your most energized and excited?

When does life seem “easy”?

The more of these magical moments you can create for yourself, the more you’ll experience flow and the more that you’ll be living in tune with yourself.

When do these seemingly magical moments usually occur?

Again, from Csikszentmihalyi:

“Contrary to what we usually believe, the best moments of our lives are not the passive, receptive, relaxing times.”

In other words, seeking out “an easy life” is NOT the way to finding flow, joy, or fulfillment!

The best moments of our lives usually occur when our body, mind or spirit is being stretched to the limits in a voluntary pursuit to achieve something difficult and worthwhile.
These magical moments are something we initiate through opportunities and challenges we embark upon to expand ourselves.

For anyone seeking to live more in tune with their destiny, this is reassuring news.

On the journey to discovering who you are you will be stretched to your limits in number of ways. You’ll be expanding yourself in a number of ways – testing your faith, growing your boundaries, stepping out of your comfort zone and much more.

However, it is also arguably the most worthwhile pursuit you’ll ever undertake.

When you accept the opportunity and challenge to expand yourself in new and exciting ways, you open yourself to experiencing more moments of flow. It is precisely in those moments that you’ll awaken to more joy, meaning, passion and, ultimately, a deeper connection to your greater purpose.

Consider the story of Joyce and how she found flow and a stronger connection to herself in a wonderfully simple way.

Several years ago Joyce developed a love for making delicious nanaimo bars. She spent many timeless hours making her bars and sharing them with friends and family who eventually encouraged her to enter her signature recipe in a contest being held by her hometown back in 1986.

Joyce’s recipe was good indeed as she won the contest which earned her the title of “Creator of the Legendary Nanaimo Bar Recipe”, a title that she continues to hold to this day.

What began as a simple yet compelling passionate pursuit for Joyce had many unforeseen gifts. Her nanaimo bar journey connected her to more joy, meaning and purpose in ways she never would have imagined.

Winning the contest allowed Joyce to forge her own identity in the wake of her husband’s death. It enabled her to meet new people, build new relationships within
the community and become a bit of a household name not only in her community but across the country.

She was even featured on the Food Network recently and interviewed by a celebrity chef about her recipe.

Over the years Joyce has made thousands of nanaimo bars. Ironically, a seemingly innocuous yet passionate pursuit took Joyce on new, unplanned adventures and led to incredible personal growth as well.

That is the wonderful nature of flow. When you allow yourself to “go with the flow” in whatever pursuit you choose, it’s inevitable that you’ll not only broaden your skills but also develop yourself along the way.

So when you find yourself in a moment or state of flow, whatever the pursuit, take it as a very good sign – you’re in tune and headed in the right direction.

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

Exercise: Allow Flow into Your Life

This exercise will help you to create greater opportunities for experiencing the blissful, energized state of flow in your life.

Sit quietly with a pen and paper. Write a title on the paper headed; ‘How I Find My Flow’.

Now it’s time to brainstorm. Think of all of the things in your life – both past and present – which bring you into a state of flow.

Remember, ‘flow’ is that feeling you get when you are so engrossed in an activity that time simply flies by. You are energized, full of life, and totally focused on your
Exercise: Allow Flow into Your Life

task.

Your flow may be found in areas of your life such as your career, hobbies, music, sports, learning you engage in, or anything else which challenges you and brings you feelings of pleasure and engagement.

Underneath the title you have written, write out a full list of the activities you have identified as being flow-inducing for you (from all areas of your life).

Now it’s time to make more room for these flow experiences in your life.

Take a look at your weekly schedule and see how you can rearrange it to accommodate more time for doing these things you love.

Identify where you may be spending time on less-important or less-rewarding tasks, and use this space to pencil in time for the activities which bring you in tune with your higher self.

It is up to you how much time you can clear in your schedule for these activities.

However, remember that people who manage to achieve a positive state of flow on a **daily basis** are among the happiest people around – because they are filling their lives with activities that are in tune with their destiny.

So the more flow you can bring into your life, the more you will experience these feelings of joy, peace and deep self-contentment.
Chapter 7: Wow! Look at How Much You’ve Changed!

“It’s the journey, not the destination.”

So often in life our focus is on our “destination”, whatever we think it may be.

Maybe it’s a financial goal, maybe it’s a new job, maybe it’s a loving relationship or maybe it’s improved health. Whatever your destination, it can be tempting to get caught up in the desired end result and forget to enjoy the journey on the way to getting there.

It’s time for a little celebration here. Feel free to blow up some balloons, put up some streamers and order a cake if you wish; at the very least, pause for a few minutes and acknowledge how far you’ve already come and how much you’ve already changed.

Look at all the work you’ve done and steps you’ve taken to get more in tune with yourself and create the life of your dreams.

Let me tell you two important things.

**Number one:** You’re on your way!

With every step you take, every thought you think, every feeling you feel, every dream you dream, you’re getting closer to creating the kind of life you really wish to be living. Like any journey, it simply takes time.

Sometimes things will shift very quickly and at other times it may feel as if things aren’t shifting at all.

The important thing to focus on is continuing to move forward on all levels – with your energy, your thoughts, your feelings, your actions, your being – towards your ultimate goal of living a life that is in tune with your true destiny.
You are on your way, creating and manifesting your new life as you go.

**Number two:** You’ll never really get “there”. Just as you achieve one goal or benchmark, you’re already dreaming of the next one.

A runner, for example, will finish a marathon and almost immediately begin making plans for their next race. Or, you may have had an experience in which your own goal or dream turned out differently than you’d imagined.

As you step forward and more in tune with yourself, the Universe may have slightly different plans in mind. As is often the case, *life has something even better in store than anything you might imagine.*

Focus on your goals and dreams but remain open to opportunities or situations that the Universe may present, having faith that they’re all for your highest good.

Reflect back on a goal that you’ve already worked towards and achieved. It could be a goal such as graduating from college, landing a new job or buying your first house.

As you think about your goal, what is most important to you now? What do you remember or value the most? Do you remember the actual achievement of the goal? Or do you value what it took for you to get there?

Learning to appreciate the journey will make the process much easier and more fulfilling. In fact, the journey is your destiny. When you look at it that way, you’re always “there”.

*Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!*
Exercise: A Glance in the Rear View Mirror

This is an exercise in appreciation and recognition of yourself.

Grab a pen and paper and find a quiet place to reflect and write. Make a list of all the positive changes you’ve made to yourself and your life in the past few days, weeks, months, whatever time frame you choose.

Here are a few examples to help get you started:

- I'm doing yoga in the morning, three times each week.
- I've re-organized my home so it's less cluttered and more inviting.
- I've become more aware of my thoughts and am consciously choosing or switching them throughout the day.
- I'm making healthier food choices and being better to my body.

Write down all the changes that you can think of, in all areas of your life. Re-visit and add to your list periodically to keep yourself motivated and energized.
Part 3: Raising the Roof with Your Energetic Vibrations
Chapter 1: What You Feel is What You Get

I don’t feel like it. You’ve probably uttered that expression many, many times in your lifetime. What you likely didn’t realize is that it’s probably one of the most intuitive and intelligent things you can ever say to yourself.

When you truly desire something in life, you have to “feel like it”.

In other words, manifesting is not only about feeling good emotions and thinking good thoughts, it’s about understanding that your desires must be in absolute alignment with who you truly are.

That is the point at which your energy will be vibrating at its greatest and that is the point at which you will begin to manifest like magic.

In an earlier chapter, we discussed how your feelings give you valuable feedback about not only your thoughts but also the vibrations you are transmitting.

Critical information about the frequency you are aligned with is provided through your feelings. Moreover, your feelings will also tell you how closely you are tuned in to what you truly desire.

Your feelings are your greatest allies. Understanding the role and power of your feelings is paramount to being able to manifest the life you’ve always wanted.

Many people make the mistake of thinking that they’re at the mercy of their feelings. Most think that their feelings are nothing more than a reaction to a particular event.

Something sad happens and they feel sad. Something good happens and they feel happy. Something unexpected happens and they feel scared.

This isn’t the case at all. Your feelings are actually the foundation of your intuitive guidance system which is designed to help you remember who you are and what
you’re here for.

Your feelings exist to help you tune into your true destiny. In fact, they are a direct link to all the information that was coded onto your “microchip” at the time that you were first created.

At the very core of your being is pure, positive Source energy. Your physical self is always connected to that powerful energy in a number of ways.

Your feelings are simply your vibrational feedback system which tell you how closely you are aligned with that Source energy, the energy that is truly You.

You and your source energy is the highest or strongest vibrational frequency you’ll ever experience. It’s pure love, joy and creation at its highest.

When you’re fully aligned with this energy, the signal is strong, energized and clear, like receiving perfect reception on the radio. Loved, happy, free, joyful, beautiful are just a few words to describe how you feel when you’re aligned with this energy.

On the other hand, the less aligned you are with this energy, the further away you’ll feel from the signal and the weaker the signal strength.

It will seem just like receiving poor, static reception on the radio. Being out of tune or out of signal range doesn’t sound or feel good nor is it what you truly want.

Fear, vulnerability, stress or disinterest are a few words that might describe the feelings you experience when you’re not aligned with this energy and not receiving what you wish to receive.

Once you understand that your feelings are giving you helpful feedback about just how attuned you are to your true self, you can begin to pay closer attention to them and begin to harness the power of your built-in guidance system to take you where you wish to go.

But how do you do that? How do you tune into the natural energy and guidance
that your feelings provide? How do you use that energy to help you manifest what you wish to create in your life?

It’s really quite simple. **Pay close attention to your feelings and what they’re telling you.** The closer you are to the frequency of *You* and who you really are, the better you feel. Certainly, it is important to be mindful of your thoughts for they will generate your feelings.

If you’re thinking a thought that is critical of yourself, of others or of the world, or a thought that doesn’t match who you are, it will inevitably create negative feelings and vibrational discord. You simply cannot think negative thoughts *and* feel good at the same time.

Negative feelings are a helpful indicator however that what you’re thinking about isn’t serving you. Your feelings are telling you that you’re not in alignment with who you really are because, as you’re discovering, being *You* feels good.

To start to feel better and get back in tune with yourself immediately, choose to find a thought that feels a bit better.

For example, if you’ve decided that you wish to get out of debt but you’re thinking, “I’ll never get out of debt. I owe too much” you’ve chosen a thought that will not serve your desire to get out of debt.

But not only that, your thought is not in tune with who you truly wish to be, a debt-free individual who mindfully manages their finances.

Switching to a more positive thought such as, “I can take one step every day to help rid myself of debt” is much more in line with your desire. It’s also a thought that will help you feel much better by leaving you with a sense of control and purpose in terms of your finances.

But here’s the really important part to remember about manifesting your desires.... it’s not only important to choose feel good thoughts but it’s even more important to
be aligned with what you’re thinking about.

**You really have to feel like it.** You have to want whatever it is that you desire.

So what does that really mean?

Have you ever thought that you wanted one thing only to discover later that you really wanted something else? So often we think we want something without taking the time to discover how we truly feel about what we want.

You may think that you want a certain type of car because your friend Bob has one. Or you may think that you want a certain job because it offers decent pay and a degree of security.

You may think you want to buy a house in a certain neighbourhood because it’s the place to live in your town.

Many people try to manifest things in this manner with limited or no success. The reason is that it takes a completely backwards approach to creating what you want.

The path to successfully manifesting what you want begins by choosing a goal or target that is truly yours and one that you feel incredibly excited about.

If you’re not really excited or really feel like what you’re thinking about, you may not be aligned with your true desire or something that reflects your true self.

Here’s an example. Kathy had been at her job for a couple of years and recently applied for a promotion as she felt ready to advance to a new level. The job that she applied for was within her current organization and matched her skillset.

Yet prior to applying for the position Kathy told her friends that she wasn’t sure she wanted to stay with the company much longer. She also expressed that she no longer felt highly motivated in her work and needed new challenges.

Not surprisingly, Kathy did not get the job. While she may have “thought” that
she wanted it, the energy that she was transmitting clearly communicated that she didn’t really want the job. Yes, she wanted a change but she didn’t want that particular job.

**What you feel is what you get.** When you’re truly in line with yourself and your desires, your energy will be vibrating so high that manifesting your desire will come almost effortlessly.

In Kathy’s case, she got what she felt. She didn’t truly feel excited about the job so she didn’t get it. The job and her energy were simply not in alignment.

It was only when Kathy reflected upon what happened and how she truly felt that she realized that she wanted to leave the organization and pursue a position elsewhere. *That* is what excited her.

And as is so often the case, when Kathy closed one door, another door of opportunity opened almost immediately. Within days of her handing in her resignation, Kathy was offered an even better position that matched all of her job criteria at another company.

**You will create what you feel.** You can speed up your manifestation process by ensuring that your feelings are in tune with your desires - and a wonderfully simple way to do this is by asking yourself the question, *“What do I really want?”*

Sit quietly with yourself and listen for the answer, which may come to you as a thought or some sort of sensation within your body.

Listen to the messages that you’ll receive from your intuitive guidance system. If an idea comes to mind and your response is “but I don’t feel like it....”, it is likely not the right course of action as your energy will not be aligned with that idea.

If you have an idea that you “feel like”, one that is truly *You*, you’ll feel relaxed, at peace, excited or any combination of highly-charged, positive emotions. Your energy will be far more in tune with what you truly desire and, as a result, you’ll get exactly what you feel.
Your life will “feel like” you. Living your life and your destiny is designed to really good. Fortunately, it’s easy to measure how closely you’re living in tune with yourself by gauging how good you feel.

A little while later it'll become even more obvious to measure how closely you’re living in tune with yourself by seeing what you get.

*Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!*

**Exercise: What Do I Want?**

This is an exercise to help deepen your awareness of your feelings and the feedback that they’re offering you about potential steps to take or directions to move in.

Sit quietly and do an inner inquiry about a particular situation or desire.

- Ask yourself this question: *What do I want?*
- You can ask yourself the question once or you may wish to ask it several times. For some people it works best to ask the question repeatedly to help tune into the subconscious.
- Listen for the answer that comes to you. You may have several thoughts come to mind. Which thought came first? If you’re thinking about several options, which one feels the best?
- Notice any sensations you might experience in your body. Do you feel anxiety or tension anywhere? Do have have a knot in our stomach? Do you feel calm and relaxed?
- What do you really “feel like”? Which direction feels right?

Let your intuition and your inner knowing guide you. The more that you practice this exercise the better you’ll become at using the intuitive intelligence of your feelings to help guide you towards your deepest desires.
Chapter 2: The Power of Affirmations

You're awesome! But you don't need me to tell you that, you need to be telling yourself that.

Developing a positive mindset is one of the powerful and transformative habits that you can incorporate into your lifestyle. It is an essential element to your overall health and well-being, one that will transform your life and fill you with new joy, energy and passion.

Moreover, developing a positive mindset is also a critical ingredient to your life success and your ability to manifest like magic.

Professionals, athletes and business people all use a variety of powerful positive thinking techniques to help them achieve their goals. The mind is a powerful thing that, when used positively, can help you achieve whatever you want.

Affirmations are one positive thinking technique we'll focus on in this chapter that will help you to build a more positive mindset.

Affirmations are simply positive statements that describe a desired situation. "I’m awesome!" is an example. It’s a positive statement that describes your desire to be awesome and have an awesome life.

Affirmations are generally repeated several times in order to activate the subconscious into action. Like many learning modalities, repetition is key to reinforcing the learning and embedding of the new thought into your mind.

The challenge for most people is that they often repeat negative words or statements concerning a particular situation or event in their lives and, consequently, by magnetic power of the Law of Attraction, create an undesirable result.

Think of a time when you've said to yourself, “I can’t do it”.

Maybe you’ve said, “I can’t speak in front of a group”. And perhaps on top of this statement you’ve added a few supporting arguments such as, “Who would want to hear what I have to say?” or “Jill is a much better speaker than I am” or “I’ve never spoken in front of more than 3 people before”.

You may dearly wish to become a better speaker and be able to speak in front of larger groups.

But if you continue to tell yourself that you can’t speak in front of a group in addition to all the reasons why you can’t, the chances are not likely that you will even take the first step.

At least not until you start telling yourself that you can speak in front of a group as well as all the reasons why you’d be a great speaker.

**Feel the difference** in saying statements such as, “I can speak in front of a group”, “I have a message to share that many people are interested in” or “I have all the skills that I need to become a great speaker”.

Whichever words and the statements that you choose to tell yourself work to create or destroy your dreams. Most often we’re not even fully aware of the words and statements that we’re choosing to repeat in our minds or the impact they’re having on what we wish to create.

Unfortunately, your subconscious mind accepts as true whatever you keep saying to yourself. Subsequently you will eventually attract corresponding events, people and situations into your life that reflect whatever “truths” your subconscious has accepted.

For instance, “I can’t speak in front of a group” or “I’m not good enough” will lead to situations that support those statements. You may not be selected to speak at the next company meeting or you may experience intense stress and anxiety when you do speak.
Or consider Kathy’s case – she was telling herself, “I don’t really want this job anymore, I’m ready for a new challenge” and within a short period of time, her wish came true. She handed in her resignation and got offered a new job within days that gave her the challenge she needed.

You could liken your subconscious to a bed of soil that will accept any kind of seed, whether good or bad. Your subconscious is easily influenced by the thoughts and mental focus of your conscious mind, reacting to and following its instruction and guidance. What your conscious, rational mind thinks, your subconscious accepts.

While you are certainly aware of the activity in your conscious mind, your subconscious is incredibly powerful and makes up a large percentage of your mental activity, even if you’re not aware of it.

The use of positive affirmations works to re-program your mind because:

- Affirmations keep your mind focused on a goal while simultaneously influencing and activating the power of your unconscious mind.
- They are positive statements which will transform you from the inside out, helping to change the way that you think and act.
- Affirmations make you feel more positive and energized. They help to raise your vibration and reflect your true nature, thus helping you to achieve your goals and dreams.

How can you learn to use positive affirmations to your advantage?

Repetition of your affirmations help focus your mind on your goal, which then automatically creates a corresponding thought or image in your mind.

In turn, the affirmation affects the subconscious mind as it accepts the thought or image as just another “seed” in its soil which it will continue to nurture and grow until a new thought or image is “living” in the soil.

By using the process of positive affirmations consciously and intently, you can literally transform your habits, your behaviours and your attitude and have a
dramatic effect on the results that you see in your life.

Athletes, for instance, are well-versed in the use of affirmations to help them achieve their goals. **The famous golfer Tiger Woods is a great example of an athlete who’s learned to harness the power of his mind to launch himself to phenomenal success.**

Woods learned the secret of success from his father when he was very young– if you wish to be successful, keep your mind in peak condition.

From a young age, Woods listened to a subliminal tape of affirmations every day which helped keep his mind in focused alignment with his goals and free of any negative thinking which could have derailed his success.

Woods also posted affirmations to his bedroom wall, so that he was consciously and unconsciously receiving positive messages all day. “My power is great”. “I smile at obstacles”. “I focus and give it my all”.

Before long, these statements became firmly embedded beliefs in his subconscious, eventually leading him to top of the world of golf.

How do you use affirmations? Let me give you a few simple rules to remember when using affirmations:

- Always state your affirmations in the positive and focus on what you wish to have happen.
- Be specific. If your desire is to lose weight, do not make an affirmation such as “I’m not fat” or “I’m losing weight”.
- Such statements actually focus on the words “fat” and “weight” and will bring images to your mind of what you don’t want. Instead say, “I’m getting slim” or “I love eating healthy foods” which will create more positive images in your mind.
- Affirm in the present tense, not the future tense. Saying, “I will be wealthy” is telling your mind that you intend to be rich one day, in the indefinite future, but not now.
- To say and also feel, “I am wealthy now”, will cause your subconscious
mind to work at making your goal happen now, in the present.

- Make your affirmations short and simple. A short phrase or one sentence will do. Your affirmation should be like a mantra that you can repeat over and over again without even giving it a thought.
- Repeat your affirmations daily and regularly. You can repeat your affirmations every time your mind is not engaged in something important, while waiting in line or sitting on the bus, for example. You can also schedule short 5 – 10 sessions each day during which you repeat your affirmations.
- Don’t force it, just say it. Relax any physical, emotional or mental tension while affirming. The stronger your concentration and the more feeling you put into your affirmations, the more effective and faster your results will be.

Seeing results from your efforts depends on a number of factors such as the amount of time, focus, faith and energy your invest in repeating your affirmations. The strength of your desire and the size of your goal can be factors as well.

Sometimes results happen quickly but generally some time and practice is required. When you first begin using affirmations, focus on the positive feelings you generate when you repeat them. Soon you’ll notice a positive shift in your energy and begin to see results unfold as your use of affirmations helps you tune into You and your true desires.

Below are a few sample affirmations to help get you started on creating some affirmations of your own, in these and other areas of your life:

**Affirmations for Health**

- I feel energetic and full of life.
- I nurture my mind, body and soul in loving ways.
- My body is strong and healthy.

**Affirmations for Abundance**

- My life is filled with abundance in so many ways.
● The more grateful I am, the more reasons I find to be grateful.
● I am deserving of all the abundance that flows in my life.

**Affirmations for Love**

● I celebrate and welcome love into my life every day.
● I enjoy giving love to others.
● I love so many things about my life.

**Affirmations for Romance**

● I have a wonderful partner and soulmate.
● I attract only healthy relationships.
● I am sexy, attractive and intelligent and deserving of a loving relationship.

**Affirmations for Weight Loss**

● I am my ideal weight.
● I choose to make healthy food choices.
● I enjoy exercising regularly.

**Done-For-You Affirmation MindTracks**

Go into your Manifestation Miracle member’s area and click on the tab labelled ‘MINDTRACKS’.

In here you will see a whole lot of different mp3 files that you can download.

These MindTracks are audio tracks that contain powerful recorded affirmation messages which become ingrained into your mind the more you listen to them…

Causing your thoughts and choices to start naturally aligning towards your goals.
Exercise: Tuning into your Affirmations

The MindTracks are also embedded with relaxation-enhancing binaural beats, which help your mind to reach a deeply relaxed meditative state much faster than you would be able to achieve on your own.

The sensation of binaural beats is created when each of your ears receives a slightly different sound frequency at the same time.

Your brain perceives the tone that is the difference of the two frequencies, which creates a ‘beat’ in the brain that is set to the same frequency produced by the brain during meditation.

And once your brain is in this deep meditative state, it is up to 200 times more suggestible, meaning that the affirmation messages will have much more powerful effects… Giving you phenomenal manifesting power!

Note: To make sure that you are able to experience the effects of the binaural beats, it’s ESSENTIAL that you listen to these tracks through headphones… So that the different frequencies can be heard by each ear.

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

Exercise: Tuning into your Affirmations

This simple exercise is designed to get you into the powerful habit of repeating destiny-tuning affirmations to yourself each and every day.

As these messages become ingrained in your mind, the power of your unconscious will be unleashed. In fact, your unconscious mind will not stop working until your outer reality matches what you have been affirming to yourself on the inside.

So prepare to re-program your mind and start manifesting the things you want in your life!
Here’s what you need to do.

**Option One:** Decide on the **ONE** thing that you want to manifest most in your life right now.

Go into your Manifestation Miracle member’s area. Click on the tab labelled ‘MINDTRACKS’ and look through the MindTrack mp3 files.

Pick the **ONE** track that fits most clearly with the thing that you are wanting to manifest into your life. You can choose the MindTrack for Health, Abundance, Love, Romance, Weight Loss or Wealth.

Once you have chosen your Mind Track, the next and most important step is to listen to the track for just 5 minutes every day, for at least the next 60 days (90 days is optimal).

And remember, to make sure that you are able to experience the effects of the binaural beats, it’s ESSENTIAL that you listen to these tracks through headphones…so that the sound can be pitched at a slightly different frequency for each ear.

For optimal results, it is also best to listen to your MindTrack at the same time every day, as it helps you to get into a good routine. Set a daily alarm on your phone, or keep a note in your journal each day to remind you.

And at the end of your 60-90 days, simply relax and let your mind do the rest of the work for you.

You may be amazed to find out just how quickly what you desire starts to manifest itself into your life!

**Option Two:** If you’d prefer saying your affirmations aloud rather than listening to a MindTrack, this method will still be extremely effective for embedding these empowering new thoughts into your mind.
Write out your **own** affirmation which relates to the **ONE** thing that you most want to manifest into your life right now.

This affirmation can be anywhere from 1-4 sentences long, as long as each sentence is highly related to your chosen goal.

When writing your affirmation, use the guidelines in this chapter to help you. For instance, make sure that your affirmations are short, simple and are stated in the positive.

Repeat your affirmation out loud to yourself for 5 minutes every day, for at least 60 days (90 is optimal).

As above, it is best to repeat your affirmation to yourself at the same time each day, to help you get into a routine.

Over time, these affirmations will become ingrained in your mind, naturally resulting in thoughts and choices more in tune with your destiny.

So once you have repeated your affirmations for 60-90 days, simply relax and let your unconscious mind work its magic!
Chapter 3: You’ll See it When you Believe It

While it's true that seeing evidence of something will lead to believing it is true, manifesting and creating the life of your dreams will require a very different way of thinking.

As we learned in the last chapter about positive affirmations, dreams come to fruition when you begin by deciding that something is true and then energize your belief that you know it eventually will be true.

Instead of believing it when you see it, you’ll see it when you believe it.

A powerful tool that will help you to manifest your desires in this way is visualization. Like affirmations, visualization works to re-program both your conscious and your subconscious mind to bring them in tune with your desires.

Here’s how it works.

When you visualize something over and over again, whether it’s a house, a goal or some desired outcome, you build “cells of recognition” in your memory bank.

This serves you in two important ways:

1. When you continuously focus on an image in your mind, every cell in your body gets involved in the process. Your energetic vibration shifts and resonates with everything that is in tune with that image.

This higher state of vibration not only moves you towards your desire but also moves everything that is needed to manifest that desire towards you as well.

2. Similar to positive affirmations, once you impress a new thought, idea or image into your subconscious, it eventually becomes rooted in the soil of your subconscious.
When this happens, your subconscious accepts it as true and automatically works to attract and create your desire.

The following story about famous actor Jim Carrey demonstrates the incredible power of visualization and how it can bring seemingly “unbelievable” dreams to life.

Long before he made it in Hollywood, Carrey would drive himself to the top of the Hollywood Hills, sit in his car and visualize a successful acting career.

He didn’t go home until he firmly believed the pictures of success he’d created in his mind and until he was filled with a complete sense of euphoria.

In 1990, when he was still relatively unknown, he made out a cheque to himself, post-dated for Thanksgiving 1995, for $10 million dollars for “acting services rendered”. At the time, there was certainly no indication on the horizon that he’d ever earn that kind of money.

Guess what happened next?

Just before Thanksgiving 1995, Carrey signed a contract for $10 million.

As Carrey himself admits, he was absolutely tenacious about his dream and never gave up on his wish to become a Hollywood actor. Even when he was living in a camper-van with his family after his father lost his job, he held onto his dream and continued to visualize future success.

As Carrey’s story illustrates, when it comes to your dreams and desires, you don’t have to see it to believe it. **You first have to believe it, then you’ll see it.**

Even medical professionals are now using visualization techniques with their patients to assist in the healing process.

Scientists have conducted studies demonstrating that the power of mental imagery can help boost the immune system as well as lower a patient’s blood pressure and
Visualization can be used in almost any area of your life to create whatever you desire.

**So how does it work?**

Essentially, an image of your desire must first be created in your thoughts before it manifests in "real life".

Athletes, for instance, use the power of visualization to get their body to perform or move the way that they want it to. A diver will visualize a perfect dive off the diving board over and over again, before even attempting the dive. By performing the dive in their mind, they’re training their body to automatically do whatever it takes to make their image a reality.

Think of visualization being like an impulse that triggers a muscle to move. When you visualize, you are naturally triggering energy into a vibrational state that will manifest whatever you desire.

First, the image will trigger unseen energy in your subconscious which will then seek a corresponding vibrational match in the real world.

Secondly, visualizing an image of something you desire will also raise your own energetic vibration. Just like Jim Carrey’s example, visualizing your own image of success or manifestation of your dreams should leave you feeling excited and euphoric.

You’re likely already using visualization every day whether you’re aware of it or not. Your daydreams, mental rehearsals or imagination are all visualization techniques which you use to create your experience of reality.

Are you using the power of visualization to create what you want or what you don’t want? Unfortunately, most people unconsciously use visualization to create what they don’t want by replaying their fears over and over in their minds.
So what are the keys to using visualization successfully to create what you want?

The first component of an effective visualization is determining a clear image of what you want to create in your life, an image that is also completely in tune with who you are. Be clear that what you want is actually what you want.

Thinking about and imagining your desire should leave you feeling really good which is a good sign that you and your desire are in alignment.

If you don’t know the specifics of what you wish to manifest, you can begin by thinking in general terms.

For example, you may not know the specific person you’d like to have as your life partner so you may simply visualize yourself in a joyful, romantic and caring relationship.

You can imagine the picture of the life that you and your partner will share and you can bask in the feelings of love and happiness as these images fill your mind. Once you have a general image, you can sit back and wait for life to fill in the details for you.

If you know the specific details of what you wish to manifest, you can clearly picture that image in your minds eye. There is nothing wrong with being very specific however be aware of the fact that manifestation often happens much more quickly if you leave the details to your Higher Self.

In order to make your visualizations a reality, you also need to charge them with positive emotional energy. Images that are charged with a higher state of vibrational energy will ultimately have a greater effect. This is one of the secrets of successfully using the technique of visualization.

**You can energize your thoughts in a couple of different ways:**

- One of the ways in which you can do this is to activate positive, happy
feelings of success and associate them with your goal.

No doubt you've experienced moments of success or happiness in your life. Bring those past moments into your mind and relive the feelings of success and happiness in your imagination. Visualize the event, awaken your feelings of success and allow those feelings to come fully alive again.

While in this state, begin visualizing your current goal while at the same time continuing to relive the feelings you've awakened.

In doing so, those feelings will then be associated with your current goal and you'll inject a powerful surge of energy into your visualization process that will make it more effective.

✔ Another way to charge your emotional energy is to associate something which automatically raises your vibration with your image.

Music is a perfect example. Listening to an uplifting song or piece of music as you visualize is a wonderful way to supercharge the power of your visualization process.

Not only will it generate feel-good emotions but it will also link that image to that piece of music, automatically bringing it positively to mind whenever it plays.

When working to manifest your desires, visualization is one of the most powerful tools that you can have in your magic toolbox. When you wish to manifest like magic, you don't wait to see something before you believe it. You're much wiser than that.

You know to believe in mystical things that you cannot see. You believe in the unbelievable. You believe in yourself and your dreams.

Most of all, you firmly believe in what you wish to see. And that's exactly how you'll eventually get to see whatever you wish.
Exercise: Make Your Vision Board

In this exercise, you’ll create a vision board which is a proven and powerful visualization technique.

A vision board is simply a visual representation of the things that you want to have, be or do in life.

**The purpose of your vision board is to activate the energetic power of the Law of Attraction to help you manifest whatever you wish to have in your life.**

In creating a vision board, you select pictures or word images that charge your emotions and reflect your desires.

As you gaze at these images and the positive feelings they evoke within, the manifestation process begins magnetically these desires into your life.

There are several ways to create a vision board.

- You can simply take a piece of poster board or foam board and create a collage of cut-out pictures (ex. use your old magazines), words or drawings of the things that you want to have or become in your life. Then place your vision board in a location where you will see it every day.

- If you’d like something more portable, you could instead create a vision book, using a scrapbook or journal instead of poster board.

- There are also a number of online resources available to help create your vision board. You could even create a vision movie or slide show presentation with music, affirmations and other additional features.
If you simply Google “vision board”, a number of sites will come up for you to review and get more ideas.

Whatever method you choose, create a vision board that will work for you. Be sure that it feels right and excites you to look at the images and be sure to spend a few minutes every day focused on your vision.
Chapter 4: A Few Jarring Thoughts

We’ve discussed how your own feelings, thoughts and energy impact your ability to manifest whatever you desire.

But what about the energy in the things that surround you? How is that energy impacting you and what you wish to manifest?

Everything that surrounds you – people, buildings, possessions, nature, etc. - has its own energy which will undoubtedly have an impact on you. If you wish to feel good and have a life that feels good, you have to ensure that everything that fills your life feels good to you too.

Here’s a wonderful story that I’d like to share with you that offers a powerful message and image about the importance of priorities and filling your life with the right stuff.

It’s called “Stones, Pebbles and Sand”.

One day, an old professor of the School of Public Management in France was invited to lecture on the topic of “Efficient Time Management” in front of a group of executive managers representing the largest, most successful companies in America.

Standing in front of this group of elite managers, who were willing to write down every word that would come out of the famous professor’s mouth, the professor slowly met eyes with each manager, one by one, and finally said, “we are going to conduct an experiment”.

From under the table that stood between the professor and the listeners, the professor pulled out a big glass jar and gently placed it in front of him.

Next, he pulled out from under the table a bag of stones, each the size of a tennis ball, and placed the stones one by one in the jar.
He did so until there was no room to add another stone in the jar. Lifting his gaze to the managers, the professor asked, “Is the jar full?” The managers replied, “Yes”.

The professor paused for a moment, and replied, “Really?”

Once again, he reached under the table and pulled out a bag full of pebbles. Carefully, the professor poured the pebbles in and slightly rattled the jar, allowing the pebbles to slip through the larger stones, until they settled at the bottom.

Again, the professor lifted his gaze to his audience and asked, “Is the jar full?”

At this point, the managers began to understand his intentions. One replied, “apparently not!”

“Correct”, replied the old professor, now pulling out a bag of sand from under the table. Cautiously, the professor poured the sand into the jar. The sand filled up the spaces between the stones and the pebbles.

Yet again, the professor asked, “Is the jar full?”

Without hesitation, the entire group of students replied in unison, “NO!”

“Correct”, replied the professor. And as was expected by the students, the professor reached for the pitcher of water that was on the table, and poured water in the jar until it was absolutely full. The professor now lifted his gaze once again and asked, “What great truth can we surmise from this experiment?”

One manager quickly replied, “We learn that as full as our schedules may appear, if we only increase our effort, it is always possible to add more meetings and tasks.”

“No”, replied the professor. “The great truth that we can conclude from this experiment is: If we don’t put all the larger stones in the jar first, we will never be able to fit all of them later.”
The auditorium fell silent, as every manager processed the significance of the professor's words in their entirety.


He continued: “What we must remember is that it is most important to include the larger stones in our lives, because if we don’t do so, we are likely to miss out on life altogether.

“If we give priority to the smaller things in life (pebbles and sand), our lives will be filled up with less important things, leaving little or no time for the things in our lives that are most important to us. Because of this, never forget to ask yourself, ‘what are the large stones in your life?’

What are your large stones? Are you filling your life with the things that really matter to you? Are you filling your life with the people and things that will help create your dreams? Are you spending your time and energy focused on your goals and dreams ... 

... or are you spending your time on the small stuff?

You have to take care of your large stones, your most important things, first. In terms of manifesting what you want in your life, this means ensuring that you’re focused on what will help you reach your dreams.

Set challenging goals for yourself.

Take daily action steps that will move you forward.

Continue to build habits and practices that support your dreams.

Participate in activities that will help develop your skills.
Surround yourself with people who will support and encourage your dreams. Fill your jar of life with things that matter most, that are in tune with your goals and that feel good.

It’s equally important to fill your jar with the right energy too. While working at increasing your own vibrations, don’t overlook the impact that the energy in everything around you can have.

Listening to too much negative news or media can reduce your energy. Spending time with negative, complaining or unsupportive people can be emotionally draining. Living in an environment that’s too noisy or cluttered can be stressful.

Fill your jar with as much positive energy as you possibly can and limit your exposure to any source of negative energy.

Sometimes the lesser important things in life can distract us. They keep us away from what truly matters and what will take us closer to the life we wish to create.
And while it’s important to work on yourself as you manifest, it’s equally important to have a look at everything that’s in your jar.

Which brings us to the exercise for this chapter......

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

Exercise: Sand, Pebbles or Stones?

Ask yourself this simple question: Is your jar of life filled with sand and pebbles or is it filled with large stones?

Make a list of ways in which you’re filling your jar with stones and ways in which you’re filling it with sand and pebbles.
Where and how are you focused on your priorities as they relate to your goals and dreams? What things or people in your life are charging your energy? *What is draining your energy?*

As you reflect upon your life and your jar, brainstorm ways that you could make some changes. Maybe you need to stop watching television news, stay away from personal drama or complaining, de-clutter your apartment, or reduce time spent on social media sites.

Start implementing these changes and you'll immediately feel the difference that having a large jar of stones will make to your life.
Chapter 5: Gratitude Is Like Salt: A Little Pinch Goes A Long Way

“Whatever we think about and thank about we bring about”
-Dr John Demartini

Thank you. I am grateful. It’s quite amazing the potent impact that a few simple words can have.

Saying thank you or expressing gratitude in any way is one of the simplest and most fundamental ways in which you can almost immediately raise your vibration and, in turn, hasten the process of manifestation.

Thoughts of gratitude automatically put you in tune with a giving universal energy.

The more grateful you are, the more aligned you are with this energy. When you are expressing gratitude for the good things in your life, your manifesting power is focused on finding the positive and consequently, your energy will naturally rise to a more positive vibration.

The more that you can appreciate the good things, the more good things you’ll receive and the more rapidly they will come to you. The simple reason is that the feeling of gratitude and appreciation resonates at a very high vibration, one that magnetically draws more good into your physical reality very quickly.

If you desire success, happiness and fulfilment in your life, thinking focused thoughts that match your desires will lead to more situations that will help you get what you want. If you’ve been struggling with attracting what you want, gratitude is the missing ingredient that you’ve been looking for.

So many people are caught in the trap of complaining about their life. They constantly talk about how tired or lousy they feel, or express a lack of energy. At other times they’re busy criticizing something or finding the lack in their lives. They
forget to appreciate all that they do have and find themselves buried in a maze of negative, critical thinking.

Positive thoughts vibrate on an entirely different frequency than negative thoughts. Appreciation, gratitude and love are the highest forms of vibration. Since you can only have one vibration at a time, if you’re busy noticing what you appreciate and what you are grateful for, you can’t also be noticing what you don’t like.

When you offer thoughts of gratitude and appreciation, you’re offering positive thoughts and a positive energetic vibration that will inevitably start to attract the things that you desire.

The key to having success with the Law of Attraction and manifesting your desires is found in cultivating a regular practice of gratitude.

The more often you express gratitude and appreciation, the more positive vibrations you’ll be creating. Appreciating what you have is an immediate way to feel good now. You’ll experience higher frequency emotions such as joy and happiness and, as a result, you’ll create more of what you do appreciate.

If you’re wondering whether a bit of gratitude can really have an impact on you and your life, consider the fact that several scientific studies now point to numerous benefits associated with the practice of gratitude.

Research has shown that those who regularly practice gratitude feel better about their lives overall, report fewer health issues, a greater level of satisfaction with their lives and feel more optimistic about the future than others.

Not only that, research has also demonstrated that gratitude actually increases how happy you feel.

Consider the following story that demonstrates how a little gratitude went a long way in the life of one woman and the company she worked for.

Janice worked for the same company as a janitor for 25 years. Being a janitor,
while it’s a respectable, hardworking job, is still one that most people probably wouldn’t be too enthusiastic about having.

Well, it happened that the company changed owners. Within a few days of taking over management, the new owner sent a personal thank you card to every employee in the company. When Janice received and opened her card, she burst into tears and asked if she could be excused from work. Thinking she was sick, she was allowed leave for the rest of the day.

A few days later the real story emerged. Janice had never received even a verbal thank you from the previous owners and management, much less a personally signed card. It was a gesture that touched her deeply.

In fact, Janice had been thinking that the change of ownership offered her the ideal time to quit the company and she’d planning on resigning that very day.

But she didn’t because a bit of appreciation made all the difference to her. In turn, a bit of appreciation made the difference to the new owner as well, helping him retain a loyal, valuable and skilled employee who could help his business succeed.

**Gratitude is a powerful drug!**

How can you begin to incorporate more gratitude into your life and enjoy more success too? Here are a few ideas and exercises to help get you started:

1. **Start a gratitude journal.** Take 5 or 10 minutes each day to write down a few things that you appreciate about your day. They can be big things or small.

   You might be grateful for a stress-free commute to work, dinner with a good friend, a sunny day, a free cup of coffee, a job promotion or even a good night’s sleep. Keeping a daily gratitude journal is a fantastic way to shift your perspective and focus on the joy and happiness that fills your life every day.

   **2. Wear a gratitude bracelet or something that reminds you to be grateful.** A
simple glance at your bracelet serves as your cue to offer a silent “thank you” for the blessings that fill your day.

Even if you’re having a bad day, a small dose of gratitude will help you feel better. If you’re already having a fabulous day, a bit of gratitude will increase your joy even more!

3. **Take a gratitude walk.** As you’re strolling down the street, walking the dog or hanging out at home, look around you and list as many things as you can think of to be grateful for. Talk out loud and tell the universe what you love and appreciate about your life.

4. **Write a letter of gratitude** to yourself or to a good friend who would be excited for your news. Write about how grateful you are about this wonderful thing that has happened in your life.

Doing this exercise will bring about intensely positive emotions and put you in a joyful and highly-charged state of vibration. You can even write “as if” that thing happened in order to help manifest it into your life.

“Hi Lee-Ann, I can’t wait to tell you my exciting news! **I got the job!** I wasn’t sure about leaving my current job but when they offered me a position that’s exactly what I want to be doing for twice the pay, I was ecstatic. I’m so grateful that you told me about the position and encouraged me to apply. Thank you.”

5. **Make a gratitude list.** Compile a list of all the things that you already have in your life that bring you joy and make you feel grateful.

Taking the time to appreciate what you already have is a powerful way to invite even more of the same into your life. This exercise can quickly get you out of any rut you may find yourself in and raise your vibration to a much more positive level.

It may seem easy for your mind to dwell on what’s not working in your life. You may find yourself focusing on the money that’s not there, the relationship that hasn’t arrived, the health issues you’re facing or any other such apparent stresses and
worries.

However, by focusing on what’s not working or what you don’t want, you’re closing yourself off from allowing abundance, happiness and joy to flow into your life.

Gratitude is the door that opens you to having what you truly want. **Keep your door of abundance open by making gratitude a regular practice and watch as even more good comes your way.**
Part 4:
The Happiness Factor
Chapter 1: Where Happiness Goes, Abundance Flows

Many of us have grown up to believe that success, in whatever form, will bring us happiness.

Unfortunately, this ultimately leads to a “I’ll be happy when......” or IBHW mentality which is backwards in its approach to creating true happiness and abundance.

Success doesn’t cause happiness. Instead, where happiness goes, abundance flows.

This is a critical piece to understand if you wish to experience your most abundant life. Happiness first, abundance second. In terms of being truly happy, there is no greater happiness, no greater energetic vibration than living in tune with yourself and your true destiny.

Being You will fuel the flames of happiness within you like nothing else and that’s the point at which manifesting really begins to work like magic.

The bigger equation would look like this: Where You go, happiness goes. Where happiness goes, abundance flows.

So let’s talk about creating that kind of happiness.

Many of us were raised with the thinking that having the “right” car, the “right” job, the “right” house, being the “right” weight or living the “right” lifestyle will bring us happiness. You’ve likely already discovered that the pursuit of the “right” stuff doesn’t guarantee your happiness.

I’m happy to share with you however that there is one thing that will guarantee abundance, success and happiness. The great news is that you’re already well on your way.
True happiness or what some refer to as “spiritual happiness” actually begins with You, when you’re living life on your terms and fully in tune with who you are.

Think of the most genuinely happy person that you know. What characterizes their state of happiness? You’ll likely notice that they exude a natural sense of peace and serenity; that they’re kind and caring; humble and non-materialistic; they don’t worry or complain much; they’re grateful for everything they have in life; their life has meaning and purpose; and happiness just seems to naturally flow from them.

You’ll likely also notice that they live a very full and abundant life.

How did these individuals achieve true happiness?

The answer can be found in considering the number one regret of all the respondents in Bronnie Ware’s study, “I didn’t live life on my terms”. It certainly suggests where the path to happiness lies - in living life on your terms.

But not only that, the results also highlight the fact that true or “spiritual” happiness is what matters most to us. This is what gives our life depth and meaning.

None of the respondents expressed any regrets that they wished they’d filled their life with more of the “right” things. Instead, they regretted leaving many of their heartfelt dreams behind and not honouring who they were and what they truly wanted in life.

It also seems that we intuitively know what it takes to achieve true happiness, we only need to learn how to get there.

Fortunately, you are your own best guide to finding the road to your own spiritual happiness which is found in the depths of your soul and spirit, that part of yourself that knows You best. Your spirit knows who you really are and what you truly desire in life, it’s coded right onto your microchip.

Even if your life is filled with all the “right” stuff, if you’re ignoring your spirit you’ll experience a gnawing emptiness or sense of discontentment.
You may have already noticed this in your own life. Maybe you’ve spent much time and energy pursuing something, such as a new home, a career or a relationship only to discover later that it didn’t make you truly happy. Maybe you realized that it wasn’t even what you truly wanted.

By now you’ve learned that manifesting what you want begins with feeling good and sending positive vibrations into the universe which will cause more of what you desire to come to you.

What’s inherently backwards about the IBHW approach is that it begins with a lack or feeling “bad” mentality that will not offer the energetic vibrations required to create what you truly want.

Abundance, in any form, begins by feeling good and living from a place of true happiness which is where You are.

**WARNING!** Being fully in tune with who you causes a serious, life-enhancing condition called “happiness”! There is simply no happier feeling in the world than looking around at everything and everyone that’s in your life and saying, “Yes, this is Me”.

That is the point at which manifesting your desires happens almost magically. Being You feels great and there’s simply no greater vibrational frequency than that to help you create whatever you desire.

Fortunately, you’ve already begun this journey and made huge leaps forward to live more in tune with who you truly are. You can likely feel the difference it’s already making to your life.

*Keep going and keep growing.* As you move forward, continue to seek You and happiness will follow.

Be true to yourself. Don’t listen to what others say. Nurture your spirit and spirituality.
Look at the big life picture. Develop a connection to something bigger than yourself. Listen to your intuition. Honour your dreams. Always seek to be happy.

These are just a few ideas to help you continue to walk through life in your own shoes and discover true happiness.

Over time you’ll know you’re happier and more in tune when you feel a “fullness” instead of an “emptiness” in your life.

That’s also the magical point in time when you’ll also discover that your life is filled with abundance in so many ways too. And that’s something to be happy about!

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

**Exercise: Find Your Happy Place**

This is an exercise to help clear your life of things that aren’t in tune with who you are and to invite more things that are.

Grab a sheet of paper and find a quiet place to sit. You can either make a list of areas of your life in which you’re not truly happy or you could re-visit the self-assessment that you completed in any earlier exercise for ideas. ex. *I’m not happy with my work.*

Once you have your list, choose one of the areas and ask yourself, “how am I not honouring myself or living on my terms with this particular area/thing/person in my life?”

Write down your thoughts. ex. *I don’t enjoy my job anymore. I’d much rather pursue a career as a photographer. Enjoying my work is important to me.*

Next, write down anything you could do differently which would be more in
harmony with who you are and what you desire in your life. ex. *I can start building a photography business while phasing out of my other work.*

As you begin to fill your life with more things that are in tune with who you are, your happiness will continue to grow and grow and abundance will start to flow and flow.

Donna hadn’t been happy at work for quite some time and could feel “something” niggling her from within.

She’s a highly talented and passionate photographer who finally decided to pursue what felt right to her. Donna practiced her photography for several months before finally launching her own business.

And guess what? Her pictures are selling and almost immediately she had clients knocking on her door, wanting to hire her.

Donna began with happiness. And what she found was abundance.
Chapter 2: There’s No Better Time Than Now. Really!

Which happiness time zone are you living in?

You won’t find the happiness time zones on your globe or in any traditional time zone chart. That’s because they are a unique kind of time zone that can have a huge impact of your overall level of happiness. The happiness time zones are the past, the present and the future.

Just like traditional time zones, you’ll find life much easier and happier by staying in your current “zone”, the present, and refraining from moving back and forth between the other time zones, the past and the future.

In the previous chapter, we discussed the failings of the the IBHW approach to happiness. The IBHW approach puts the emphasis on the future and a fundamental key of the IBHW approach is that happiness is a “thing” to acquire or a place to reach.

Sadly, many people get caught in the trap of seeing happiness as some sort of future event. The very notion of seeking something implies that you don’t have it or aren’t “there” yet which is only going to lead to feelings of unhappiness.

Often a degree of stress or anxiety will accompany the IBHW approach as people worry about what might happen in their future or when happiness will arrive.

The future is not a happy, feel good time zone to live in.

Other people may find themselves caught taking an “if only....” or IO approach to life. In adopting the IO approach, you’re putting your emphasis on the past, wishing that “if only things could change....” then happiness would follow.

Unfortunately, many folks are caught in the trap of trying to create happiness from the past, continually fretting about “what could have been” or “if only things were
The past is not a happy, feel good time zone to live in either.

Fortunately, there is one time zone that can guarantee your happiness and it’s called the "present". It’s now.

Now is the only moment that has the power to help you create and sustain true happiness. You have no power in the future nor do you have any power in the past.

Your only true power is your ability to change your experience of right now. When you’re aware of this power and can make changes to live in the present, the future and the past will cease to have a hold on you.

I can hear you saying, “but thinking about the future or events of the past does make me happy?” Yes, thinking about an upcoming vacation can bring a moment of happiness.

Imagining what a new job might feel like will evoke moments of happy feelings too. Recalling a past outing with a good friend will give you a momentary dose of happiness as well.

However, there is a critical difference between what I’ll call “episodic” happiness, these fleeting moments of joy, and “true” happiness, the kind of happiness that sustains you no matter what. True happiness is a permanent state of being, not a temporary one.

Most people seek moments of episodic happiness simply because they don’t know how to create happiness in their life, right now. It’s like trying to increase your energy level by consuming a sugary candy bar instead of ensuring you’re eating a healthy, balanced diet all day long, every day. Your energy will peak for a short period of time but quickly you’ll experience a slump and return to your lower energy state.

The only way to significantly increase your level of happiness and keep your
energetic vibration high on a longer-term basis by learning to focus on the present.

As you move forward in life, it’s in each moment, each thought, each feeling, that you create your reality. It’s in each moment that you live and experience your life. The more that you can appreciate your life right now, the happier you will be and the more easily life will flow for you.

But perhaps most importantly, now is where the real You is. At this very moment, you are not who or what you were in the past. You’ve grown beyond that version of yourself and your life. Looking back is also a form of “reverse” energy that can keep you stuck or resistant to change.

You can’t predict who or what you might become in the future either. That version of yourself is still under construction and worrying about or trying to predict what might happen in the future is simply wasted energy. What will be will be.

So how can you begin to make this shift to focusing on the present and experiencing happiness now?

Here a few tips that will help you start being happier now:

- **Learn to let go.**

  Release the past and any thoughts, beliefs or feelings that keep you weighed down. Let go of any attachments to expectations about the future that will burden you as well.

  As the saying goes, “Let it go. If it comes back, it’s yours. If it doesn’t, it never was.” You cannot lose what is meant for you.

- **Simplify your life.**

  At our essence, humans are a relatively simple species.

  However, we complicate things by filling our lives with stuff that isn’t in tune with our
true nature. Whatever is in your life that is not truly you, will drain and block the flow of energy in your life.

✓ Help others.

Unhappiness is the result of negative thinking about yourself or your life.

The best way to stop thinking about yourself or your perceived shortcomings it to help others. There is great joy in discovering what you can do to help change the life of someone else.

You also can’t spend your time focusing on your past or your future when your focus is on helping someone in the present.

✓ Fill your life with things you love.

If you’re not enjoying what’s in your “now”, know when it’s time to make a change.

Whether it’s a job, a relationship, a project you’ve been working on or anything else, make a change or leave if it’s not making you happy. If you want to be happy, you have to feel good about who or what’s in your life right now.

If you wish to foster the kind of happiness that lasts, the kind of happiness that will sustain you no matter what life sends your way and the kind of happiness that will help tune you in to the real You, there is no better place to start than now.

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

Exercise: Practicing Mindfulness

Part of our human challenge is that we often resist the present, by ruminating about the past or getting caught up in future ‘what-ifs’.
This exercise is intended to guide you to become aware of the ‘time-zone’ your thoughts are living in, and to tune these thoughts into the present moment.

Because your true happiness lies in the right now.

In fact, mindfulness (living ‘in the moment’) is known to reduce stress, boost the immune system, lower blood pressure, increase self-esteem and make a person happier in their relationships.

So let’s go into how you can start practicing mindfulness each and every day.

**Step One**

At the same time every day for the next week (let’s use 3pm as an example), stop and make a note of all of the thoughts you are having right at that moment.

Observe, without judgment, whether they are focused on the present, the future or the past.

Record these thoughts in your journal each day, and reflect on the ‘time-zones’ of your thoughts.

You may find you have some “ah-ha” moments when doing this exercise, as you learn to hone into the type of thoughts that are inhabiting your mind.

**Step Two**

After you have completed Step One, it’s time to actively hone your thoughts into the present.

Choose to focus your mind completely for 5 minutes on the present moment. The now.

For these 5 minutes, fully immerse yourself in whatever you are doing. Take note of the sights, smells and sounds around you.
Put your energy and focus into the task at hand, or into connecting with the people around you.

Record any reflections you have from this exercise in your journal. Did mindfulness come easily to you? Or did your mind keep trying to wander off into the past or the future?

The more you practice this exercise, the more your mind will learn to naturally focus on the present – resulting in a happier and more powerful you!
Chapter 3: The Grass is Always Greener, on Your Side

Even though my grandmother was losing her memory, she stayed so positive and humorous about it that her strength and courage will always be etched in my mind.

Instead of complaining or crying about her infirmity, she’d make jokes. “Well, my memory’s not working so well but my forgetter is working really well”, she’d always say with a grin.

Even when life presented challenges or obstacles my grandmother could find the positive in the situation, often with her trademark humour.

Somehow she was always able to find the green grass on her side of the fence of life. And as a result she lived a long and happy life, adored by those around her.

She had no particular secret or technique that made her happier or more positive than anyone around her. She was simply true to herself - and that is what she did better than anything else.

That is how she kept the grass greener on her side of the fence - and that’s how you can keep the grass greener on your side, too.

Sadly, all too many people actually believe the old expression about “the grass being greener on the other side”, wishing that their own life was somehow different than it is. This kind of thinking only continues to re-inforce that lack mentality that leaves you feeling unhappy and unable to powerfully manifest what it is you want in life.

Instead, take a few lessons from my grandmother and learn to keep the grass greener, on your side of the fence by focusing on You and your positive self.

My grandmother knew exactly who she was and lived in absolute tune with herself.
First and foremost, she knew who she was and lived in harmony with her true nature. She was a mother, grandmother, sister and proud matriarch of her family and everything she did in life reflected that integral part of her nature.

Every one of us in the family recognized and respected the valuable role that she played in our family. Nothing gave her more joy that investing time and energy in her family and nothing has left a more lasting impression of joy in our family than the one she left behind.

She certainly lived in tune with her mission in life, which focused on being an awesome grandmother and leaving a powerful legacy of positivity behind her.

It was always apparent to us that she dearly loved and enjoyed her family and that being a grandmother was what brought her the most happiness. **Living in tune with herself is what made my grandmother truly happy and it’s what will make you truly happy too.**

I don’t know whether my grandmother made a deliberate choice to become an awesome and inspiring grandmother or whether life thrust that role upon her.

What did seem like a deliberate choice to me was her decision to enjoy her life and focus her attention on the greener side.

**Life does not always go smoothly.** There will always be days or moments when life isn’t the way you’d like it to be. What makes the difference, though, isn’t what happens in life ...

... it’s how you choose to respond.

You’ve learned the importance of choosing positive thoughts and feelings to help raise your energetic vibrations and ability to attract what it is that you desire.

**Maintaining a positive attitude** or outlook towards life is another crucial element in the process that will help keep you living on the greener side.
So how does your attitude differ from your thoughts or feelings?

Well, your thoughts and feelings are quick responses or interpretations of an idea or an event. Something happens and you form a thought about it. But just as quickly as you form one thought you can move on to another.

An attitude provides more of an overall evaluation or perspective on something. We have thoughts about something whereas we have an attitude towards something which suggests a longer-lasting, much stronger conviction.

For example, my grandmother may have entertained a brief thought about the inconvenience of being forgetful. However, her overall attitude towards her life and her health was positive, she actively chose not to dwell on the negative or things she couldn’t control.

This attitude allowed her to quickly find the humour and the positive in her forgetful situation.

When you can combine positive thoughts and energy with a positive attitude, you won’t be bothered by “problems” in your life. Instead, you’ll see them as learning opportunities or challenges to overcome on the way to achieving your goals in life.

If you don’t work at maintaining a positive attitude you will only be discouraged by problems and difficulties.

Choosing to have a more positive attitude towards life will not only leave you feeling happier but your life will be more fun too. Of course, this will naturally boost your vibration and help you achieve your goals and desires even faster.

You’ve already learned several tools which will help you foster a more positive attitude towards life. Gratitude, helping others, nurturing yourself, enjoying the journey, setting goals and acceptance are just a few of the building blocks of a more positive attitude.

Take a cue from my grandmother who always made wonderful use of her sense
of humour to keep herself on the greener side and keep a dose of humour in your toolkit too.

A bit of humour can go a long way towards boosting your vibration and lightening any situation when you can laugh at yourself.

But **the greatest building block of nurturing a more positive attitude is the ability to find the “gift” in any situation.**

How?

By *assuming that something good is hidden within each difficulty or challenge.* As Dr. Norman Vincent Peale, a major proponent of positive thinking, once said, “Whenever God wants to give you a gift, he wraps it up in a problem.”

The wonderful thing is that if you look for the gift, you will always find it. You can likely look back at any adversity or challenge you’ve faced in life with a fresh perspective and find the gift that was there for you.

When you adopt such a positive perspective, you intuitively know that whatever situation you are facing at the moment is exactly the situation you need in order to be successful and to achieve your goals.

**You are like a spiritual athlete in training,** having your muscles tested and challenged as you’re being prepared for the ultimate event of your life.

Every situation has been sent to you to help you learn. You and your soul are programmed to evolve and each situation you face helps you learn, expand, grow and become more of who you already are.

It was obvious to everyone around her that my grandmother was genuinely happy.

The reason for that is that she focused on everything she could do to keep things green on her side of the fence. She began with an attitude towards life that was inherently positive and combined that with a number of tools and habits that
fostered even more positivity in her life.

But perhaps most importantly of all, she lived the life that was truly hers and she did that very well. I think if I were to ask my grandmother to send a few words of wisdom or inspiration from heaven to help you create the kind of happiness that she was able to enjoy in life, she’d simply say, “the grass is always greener, wherever You are”.

Remember to go into your Manifestation Miracle member’s area and watch the chapter recap video for this chapter to assist your learning!

**Exercise: A Week Outside Your Comfort Zone**

As Eleanor Roosevelt said, “Do one thing every day that scares you”.

- Venturing outside of your comfort zone and taking positive risks is a great way to help you feel more positive about yourself, encourage positive change and to build your “positivity muscles”.

- It could be something like talking to a stranger or speaking up in a meeting at work. Or it could be taking a physical risk like going bungee-jumping or sky diving.

- Whatever you choose, choose something that feels a little challenging and uncomfortable for you and by the end of the week, you’ll notice a new boost of positivity and energy in your life.

- Repeat as often as you like, continuing to stretch yourself by taking on new and more difficult challenges.
Chapter 4: Practice Makes Perfectly Happy

If you want to create *anything* in your life, the **best way to do it is to model the example of people who’ve succeeded before you.**

You’ve already learned that the IBHW or IO approach to life won’t lead to true happiness. You’ve also discovered that happiness isn’t something that you seek.

Instead, happiness is the byproduct of many habits and practices that you cultivate, and is a direct expression of the very essence of who you are.

Cultivating true happiness takes time and practice. Yet a proven way to quicken your progress is to learn from the example of truly happy people.

Here are 11 of the most common traits of happy people for you to practice integrating into your own life – starting now!

1. **Stay away from negative people.**

Birds of a feather flock together, and so do happy people. You will not find happy people spending much time with people who are unhappy, grumpy or complaining.

Follow the example of happy people, and spend your time with happy people. You’ll feel a boost in your energy, your perspective will change and you’ll feel more positive too.

If you must spend time with negative people, keep it to a minimum and don’t engage in the drama of their negativity.

2. **Happy people are positive people.**

You can spot a happy person a mile away based on their attitude. A happy person smiles, feels confident and always has something positive to say. They seem calm and at peace, they don’t worry about much, and simply accept life as it comes.
Continue to nurture your own positivity using the tips, tools and exercises outlined in previous chapters. Make positivity a habit and an integral part of your life, 24 hours a day, 7 days a week.

3. **Have a plan.**

Happy people live their life with passion and purpose.

They are focused on their goals and know where they’re going in life. They are fulfilling their ultimate mission to live in tune with their destiny and everything they do is in harmony with achieving this mission.

Your goals and dreams will help keep you moving forward in life. And while it’s not important to know exactly how you’re going to achieve them ... 

... focusing on your goals and your life’s mission will help guide some of the steps you need to take to get there. Allow the universe to take care of the rest.

4. **Don’t sweat the small stuff.**

Happy people understand that there are simply things in life that they cannot change. Instead of trying to change what they cannot, they focus their attention on the things that they can change.

When you look at any situation in your own life, are you focused on the small stuff? Or do you focus on the stuff that matters and the things you can change?

There is a powerful and positive force of energy that moves when you focus on making a change, even a small one. It’s a creative force that makes a very clear statement about your readiness and intention for something new and different in your life.

Your thoughts, your feelings, your habits, your attitude....these are all things that
you can change to help attract more good, positivity and happiness into your life.

Don’t sweat the stuff that you can’t change. Chances are that you’re not going to need that “stuff” where you’re going anyways.

6. Happy people adapt.

The happiest people in life are able to adapt and be flexible when life doesn’t go according to plan.

They understand that life is unpredictable and that a situation can change or challenge arise at any point in time.

Unlike other people, happy people don’t stress about a change in plan. Instead, they simply go with the flow knowing that whatever situation has occurred will always work out for their greater good.

Learn to be flexible and open to what life may present. A good way to adapt to any situation is to welcome it and say, “Okay, now what?”

This will shift your focus from looking at the situation as an inconvenience and open yourself to the opportunities and possibilities that the situation may present.

7. Happy people see the good in everyone.

Each and every one of us has positive traits about ourselves as well as less-than positive traits. Obviously, people will generally prefer your positive traits to your negative ones.

Happy people however have learned to focus on finding the good in others which leaves them feeling good and more positive about those and the world around them.

So often we get frustrated or angry at others and we may say things like, “he’s lazy” or “people are stupid” or “she’s a lousy boss”.

Take the time to **look at them and the situation with more compassion and objectivity.**

What might life be like in their shoes? Why might they be behaving that way? And what are some positive traits that you enjoy about that person?

**8. Happy people laugh easily and often.**

Happy people have learned the art of not taking life too seriously.

In fact, they’ve often learned to find the humour in the everyday challenges or mishaps of life.

Happy people understand not only the restorative value of laughter and humour but the fact that it also brings them closer in to their true self and is one of the best ways to add more joy to your life.

To add more laughter to your life, find the humour in every situation. Challenge yourself to look at life through humour’s eye. Spend time with people who make you laugh.

Children and pets will certainly help you laugh easily. Read a humorous book or watch a funny movie. Do something playful!

**9. Happy people are happy with themselves.**

Happy individuals love everything about themselves and know that they can’t be truly happy until they are happy with themselves.

They’ve worked hard to build the self-esteem and confidence to feel comfortable in their own skin. They’ve spent the time and energy getting more in tune with themselves and living life on their terms.

They also accept themselves for who they are, never judging or being harshly
critical of themselves. Happy people strive to be their best but accept both their strengths and their weaknesses. They know that everything that is a part of them is a part of their wholeness.

**To be genuinely happy, start by being happy with who you are.** Meditation, journaling, affirmations and positive thoughts are a few methods you can use to build your self-love. The wonderful thing is, however, that as you continue to journey towards being more in tune with who you are, a heightened state of happiness will be a natural by-product of your efforts.

**10. Take time out.**

The happiest people live a balanced life because they understand their priorities and what matters most.

They work hard and with purpose but they also make sure that they **take time out to spend quality time friends and family** and in recreational activities that bring them pleasure.

How is your life balance?

If you’ve been working hard and feeling out of balance, take some time out to spend with the people who matter in your life. Or go do something you enjoy.

More importantly, find ways to balance your schedule on a regular basis. All work and not enough play might be necessary in the short term, but it’s not a formula for fun nor does it feel good in the long term.

To feel truly happy, it’s important to have a healthy balance between work, rest and play.

**11. Happy people have a connection to a Higher Power.**

People who are the happiest have some sort of connection to or acknowledgement
of a higher power.

They accept and recognize a universal power or spiritual energy and work to foster a relationship with this power, whether they call this power God, Buddha, Life, the Universe or whatever term they choose.

Happy people live their lives in harmony with this power, using its wisdom and energy to help guide their path and give them a sense of ease about their life.

Meditation, prayer, joining a community and reading are a few ways in which you can explore your own spiritual connection and boost your happiness.

Success always leaves clues. Fortunately, the success of people who are happy have left some invaluable pieces of information which can help you become happier too.

Maybe you’ve already mastered some of these traits and maybe there are some that you can work on.

Whatever the case may be, this list is a valuable tool which offers you information about what you can do to bring more happiness into your life. It can also serve as a barometer about your own level of happiness and how closely you’re living in tune with what makes you truly happy.

Most of all, let it serve as a reminder that *happiness is a journey, not a destination.*

It’s an ongoing process and practice of new habits and ways of being. The wonderful news is that practice will make you perfectly happy.
Chapter 5: If You’re Happy and You Know It, You’re Really Gonna Want to Show it....

How’s your mission coming along?

(By “mission”, I mean your mission of becoming You, of course!)

At the very beginning of your journey you learned that fulfilling your mission would be the most important thing you’ll ever do in your life.

By now, you’ve done a lot of work and taken many steps to bring you closer in tune with your destiny and who you really are.

You can look back on your progress with a sense of pride and satisfaction and feel excited by some of the changes you’ve implemented.

What you’ve likely also noticed is that you feel happier and generally more satisfied with your life because you’re moving forward. As we’ve discussed, nothing will make you happier than being who you are and living in tune with your true destiny.

You’re likely also noticing that some of your desires have already begun to manifest in some way, shape or form.

But does your mission end there? I have to tell you this: no, it doesn’t!

Remember that as part of your mission you were given a destiny that you and only you could fulfil.

That destiny included not only discovering the real You but also discovering your unique gift, that “something” that only you could offer the world.

Your unique gift might be the music that you can offer to others. Your gift might be your ability to cook healthy and delicious food. Or your gift might be your passion
for making beautiful recycled pieces of furniture. Your gift might be helping build a healthier community.

Whatever your gift is, it’s your “thing”.

It’s the thing you feel most excited and passionate about, the thing that drives you forward, the thing that seems to have had the most impact on your life in many ways. It’s the thing you do that also makes the most impact on the lives of others.

That “thing” is your mission and your destiny.

Tuning into your true destiny will make you happier than you can imagine but it certainly doesn’t end there. You see, your mission isn’t only about you. It’s about changing the lives of others too.

His Holiness the Dalai Lama says:

“We are visitors on this planet. We are here for ninety or one hundred years, at the very most. During that period, we must try to do something good, something useful, with our lives. If you contribute to other people’s happiness, you will find the true goal, the true meaning of life.”

One of the best ways to help others find happiness is by sharing your own happiness and the gift of who you are.

You can share yourself with others in a numerous ways. You can share your own happiness by offering it to others in your life with a smile, your being, your words or your thoughts.

You can also help others find happiness by sharing what makes you happy. Not everyone has walked your path and shared your experiences; some may need your
help or guidance. Teach them how you learned to create happiness.

Share your tips, resources, strategies and thoughts on what it takes to be happier. Show them the power of choosing to be happy.

Perhaps most importantly, share yourself and your unique gift and contribute to the happiness of those around you.

- Full expression of your true self, whether through art, music, sport, love, or work, will lift the spirits of others. When you’re fully in tune with yourself, you’re vibrating at such a high frequency that you will impact others in a very positive way.

- Secondly, when you share who you truly are, you inspire others to follow your example.

When they bear witness to the joy, happiness, energy and success that exudes from you, they’ll want to learn to tune into their personal destiny too.

As you grow, it’s inevitable that others will grow along with you so don’t be afraid to share yourself. Others need you and what you bring to the world.

Finding You is an important mission indeed. But it’s not the end of your mission; rather it’s the beginning of another one.

Once you’ve discovered and are living in tune with your true destiny, your mission then becomes helping others find their own happiness by helping them tune into themselves too.

It’s a big job but you’re up for it, you’ve already come this far! You’ve already completed the most important thing you’ll ever do in your lifetime. Now it’s time to make what will likely be the most important contribution you will ever make to this world, making our world a happier place.
Exercise: Make a Date

If you’re not yet sharing your gift with others, it might be a bit intimidating or overwhelming to figure out how to get started. This exercise will help get you sharing your awesome self with the world.

✓ Begin by setting a date when you will share your gift, somehow. That’s the best way to get started: just pick a date, and work backwards from there.

Let’s say that you’re really passionate and knowledgeable about raw foods and wish to connect with others and share your joy of raw foods.

You have to start somewhere so use your date as a timeline goal to start sharing your love of raw foods.

You could do any number of things – start a raw foods blog, invite a few friends over for a raw foods party, submit an article to a local magazine, etc.

Let your heart guide you - but whatever you do, get started NOW!
Part 5:
The Pot of Gold at the End of the Rainbow
Chapter 1: Manifesting The Rabbit ... and Other Advanced Magic Tricks

This is the super-fun part, because this is where the real Manifestation Miracle starts to happen.

This is the point at which people around you are going to look at your success and say, “How’d you do that? You made it look so easy!”

When they look at your success, see all the goals you’re achieve and dreams you’ve seen come true, they’re going to think that you’re a magician.

And truthfully, you are. You can perform Manifestation Miracle!

You and I both know that it was anything but easy to get where you are right now. You’ve worked hard in so many ways: changing old beliefs, thinking new thoughts, visualizing your desires, meditating every day, going to yoga, living on the greener side, repeating affirmations, practicing gratitude and so much more.

You’ve put an incredible amount of time and energy to get from where you were, living a life that wasn’t in tune with the real you, to where you are now, living more in tune with your personal destiny and moving closer to fulfilling all of your dreams with every step you take.

When you began, you were just discovering the importance of destiny tuning and the critical role that it plays in helping you manifest your goals and dreams.

You’d tried other ways of making your dreams come true, likely with limited success. As you’ve worked through all the tools and exercises, you’ve no doubt seen a shift as you’ve begun to move in harmony with yourself and your destiny.

All you ever had to do and all that you ever have to continue to do is to focus on your mission. To be You.
You see, here’s a little secret about Manifestation Miracle. **The closer you get to You, the easier it gets.** It’s like being trapped in a vortex of success: everything just keeps happening faster and faster and stronger and stronger!

There’s a lot to learn on the road to becoming yourself. Yet, as long as you remain focused on your mission, **success is imminent.**

You’ve likely already seen the difference in the results of your own manifestation efforts with new opportunities, energy, resources, people and more coming into your life to help you with your dreams.

Every one of these things is a “building block” helping to create the foundation for creating even bigger dreams.

As long as you remained focused on your destiny, with each step forward, your energy will continue to vibrate even higher, generating new opportunities and more momentum.

**Eventually you’ll reach your own “tipping point”,** the point at which you’re deeply in tune with your destiny and your vibrational frequency is radiating absolute joy, happiness and pure bliss.

When you’ve reached this stage, this is the point at which you’re completely in the flow, you’re on fire and “in your element”. This is the point at which manifestation is truly magical and almost effortless. Abundance flows to you like a free-flowing waterfall.

At this stage, you’re so energetically being “You” and so aligned with your desires that you are able to attract whatever you desire and reach for even bigger dreams.
Chapter 2: The View From The Top Of The Mountain

Mount Everest is the highest mountain in the world, and climbers from around the world flock to its beauty each year for a chance to reach the summit and enjoy the spectacular view from the top of the world.

Can you imagine what that view must look like? Can you imagine what it must feel like to achieve such a goal and reach the summit? *Can you imagine what it must be like to stand on top of the world?*

That’s what it feels like to live fully in tune with yourself. That’s what the view looks like from the top of your personal summit.

It takes years of dedication, effort, faith, hard work and much more to reach your summit. As you gaze down from the summit and remember all the efforts that were involved in your climb, you’ll find every step on the journey was well worth it.

There’s only one thing more that needs mentioning: however far you go and however much you achieve, don’t get too comfortable. There will always be other mountains to climb, journeys to embark upon and adventures to be had.

Just remember to keep yourself in good shape by continuing to fine tune and build upon everything you’ve learned in this book and throughout your journey.

... And enjoy the magical view, from wherever you are.

*Remember to go into your Manifestation Miracle member’s area and watch the Part 5 summary recap video with Mark and Brooke to go over some of the most important points you have learned in this course!*
Chapter 3: Thanks for Flying with Us, We Hope that You Enjoyed the Ride!

This is your Captain speaking. We’ve been flying up in the clouds for quite a while now and are about to land at our destination, ‘Your Destiny’.

Currently weather conditions at ‘Your Destiny’ are perfect. It’s sunny and warm without a cloud in the sky and all indications are that those conditions will continue forever. The current time is Now and that never changes.

My co-pilots and I would like to thank you for choosing to fly with Air Manifestation Miracle. It’s been a pleasure serving you and we sincerely hope that you enjoyed your flight to ‘Your Destiny’.

We’d love for you to fly with us again however we will understand if you choose to fly on your own, now that you’re a fully qualified Destiny Pilot.

All the best to you!