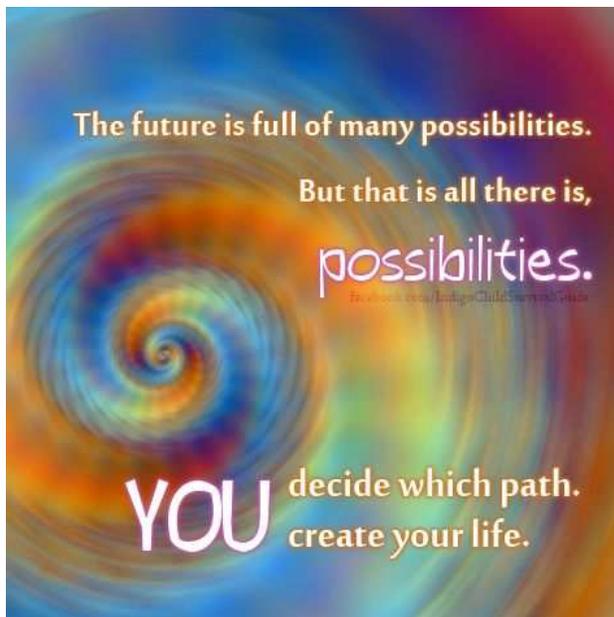


Keys to Effortless Manifestation

How does manifesting work? How can somebody hold a thought or intention in their mind, and suddenly magically and mysteriously have the Universe materialize it for them without lifting a finger? By learning how to harness the power of the mind you can manifest anything you want! You have been manifesting things into your life from the time you were a small child. You have always had the power to manifest anything instantly! All that is needed is a constant positive focus of our energy into an image, and a feeling of what we want to manifest as if it is ALREADY HERE NOW!

"Like attracts like. Whatever the conscious mind thinks and believes, the subconscious mind identically creates." (Brian Adams).

Since the release of the Movie, 'The Secret', and the promotion of "The Laws of Attraction", we had many inquiries as to the reasons why the manifestation of desires, is not so effortless as presented. In this article I will explain the first principles of clarity of intention without internal conflict and secondly the removal of whatever it is, blocking you from realizing and manifesting our needs and desires, whether thoughts, beliefs, or fear etc. Many people do experience a breakthrough, yet the truth is, most do not. So what are the underlying reasons? Some people have removed their attachments and subconscious emotional blockages and have allowed themselves to experience this reality, and yet for most it is difficult to reach that level. Is it then that simple?



According to Viktor Frankl (1905-1997), true fulfilment in life is hardly possible without a sense of purpose or spiritual direction. It is not about the struggle for survival, but every situation in life contains a unique opportunity and challenge to experience purposefulness with meaning that transcends mere existence and strive for pleasure, power, or esteem. Some people crave possessions, desire a better life and success, and will do anything to attain this. When we work with dream manifestation and the principles that create miracles, it transcends basic human cravings and yearns for the expression of a mindset and orientation in life that will bring value for the greater good of all.

One of the biggest obstacles of effortless manifestation, is self enrichment and desires that fall short from understanding your significant contribution to the bigger plan on

Earth. When we acknowledge the hearts yearning and call, and find a bigger purpose in the objectives we want to get established, a force that is larger than you and me, unleash a synchronicity of events that fills your life with enthusiasm and a sense of magic. And yet, many only look for an instant formula to fuel their greed. Effortless Manifestation requires deep work and responsibility. Effortless in that it eliminates the process of exaggerated strategies and business processes to see the results of hard work. If that is what you belief needs to be in place, then that is what you will experience. However, Intentional Manifestation speaks about the union of Soul Purpose, Spiritual Inspiration and Physical demonstration and actual occurrence. Having chosen to do the work, meaning bringing about your desired results through bringing yourself in alignment with higher principles, it is also essential that you share the work. Sharing the work is about talking your walk in this world, being true and living on purpose. Your life story is written moment by moment by the actions you take and stepping into the higher flow of manifesting miracles, is about you – bringing your life and heart into harmony with Higher Purposes. In sharing yourself fully in your world, you participate in creating a world that works for everyone, a world where we are not unconsciously destroying the earth, and abuse each other in order to answer our needs. Rather it's about being the example in creating a mindset that says yes to human potential and greatness in every living being. In doing the work and sharing the work of awakening to this higher consciousness, it is also required that you assist the work of awakening, starting with yourself. Assisting the work is where we get to truly be the difference we were born to be. To find ways in your life where you can give of yourself, and where you can enrich others through your assisting. Let's start by stating the obvious.

Visualising Your Dream.

1. In the Block below, describe your wildest dream for yourself, and your anticipations / aspirations for life. E.g. List the things that you long to do, your desires, passions that would make your heart dance with joy and would make you feel alive again; ideals that you would like to achieve that is not currently part of your life. Be specific and concrete in detail. Even if the outcome is unpredictable – yet without any restriction or hindrance to obtain.

2. Are you realistically truthful about the depth of your hunger, or are you just looking for a quick excuse to avoid the discomfort of change and life challenges. Then, what are you willing to risk to obtain this dream, for once in your life – allow yourself to explore the possibility, maybe, just maybe, there will be a way that it all can be made real. What are the things that are holding you back from moving forward, the typical excuses we come up with to delay the responsibility to do what we long to do! So, what are you afraid of, or would be embarrassed to be. The fact is if we are really desperate enough we will be willing to risk the ultimate to give expression of our true desires. Can you then leave your current lifestyle in order to move forward and make your dream come true. Are you willing to surrender what you precious to your heart and take the risk of maybe failing to fulfil that desire. Success is not measured by the outcome of an accomplishment, but by the perseverance and attitude displayed during our endeavours – at least you have tried, and thus have succeeded to move forward. Can you dare to be wiled and do the unexpected and forbidden. Complete the list in the box below;
 - List what is the obstacles that may hold you back?
 - What needs doing in order to enable yourself from reaching your milestone?

3. In order to embrace your dream, to feel it and to touch it – to say yes to the call ... What will it take to welcome that dream back into your heart (Be open and honest – this is your personal inventory, but be willing to admit your true state of mind). In the box below, that dream represents some of the gifts and strong points in your life that you have not allowed or acknowledged.
- List these gifts and strong points that can be of benefit to your dream.
 - List the tools and resources that you already have that can support that dream.

4. Reality Check: What is really working in your life and what not? Then why not? What outstanding commitments do you have in your life that needs attention or completion? Is what you say and what you do the same?, can you then make the commitment to keep you promise to participate fully in life, even at your own loss? It is only when we are truly willing to let go of ourselves – the ego pretences, that the true potential of our spirit can arise – then live your truth today.

I am willing to stand up and say yes to Life: Signed _____ Date. _____

A. So, How do you Discover - What's Holding you Back?

You dream of a more fulfilling career, relationship, or want to manifest that dream accomplishment. So why don't you go for it? For most people, the biggest obstacle is fear. Our experiences, our cultures, and even our families can create fears (false expectations and conditional acceptance), and limitations that can hold us back or hold us down. They don't do this intentionally, and just doing the best they can in this beautiful, messy, complicated world. Because your subconscious mind is like a tape recorder, it indiscriminately records whatever is happening to you and stores it deep within your memory. Anytime in the future that an event or circumstance occurs that is somehow related either directly or tangentially to a past experience, your subconscious mind replays the experience over again in the neuropaths of the brain, calling up the associated thoughts that trigger the associated emotions. As you might begin to realise, this can go either way. It may call up a pleasurable response, or if the experience was traumatic, it can cause us to re-experience the emotional pain that we originally felt when the traumatic incident occurred. Typically we repress, escape or express emotional pain, but rarely, if ever, do we release our pain permanently. That is until we let go of the **agreements** we made with our inner self, a belief that is associated with the emotional charge surrounding an event that are attached to it, whether it is positive or negative. Being attached to a positive feeling, keeps us locked into addictive patterns that make us seek continual pleasure to sooth the pain, whereas being repulsed by a negative feeling keeps us locked in escapism and irrational obsession with our own condition, referred to as victim consciousness or persecution mentality.

Every instance of suffering is observe as an event or cause outside ourselves. If in fact it is an image of our inner state of suffering, we can get rid of it and project a state of peace and joy instead? The question is how can we control our thoughts, take dominion over them and release ourselves from this world of poverty, hunger, sorrow, and suffering? We all want to live in a world of abundance, joy, and love, then what are the steps necessary to get from where I am now to where I desire to be? This is no easy steps, for to see a situation with physical sight is usually persuasive enough to be considered "Truth" and accepted as fact. Herein lies the secret, when we begin to understand the process of Intentional Manifestation we realize that what we see with our eyes now, is only a recollection of memory, the past thoughts of the mind, it is not happening NOW, it is a conclusion of past events made to appear real and then manifest. The ONLY way to change your reality is to think about any situation with different thoughts, or a different mindset. When you look at an overdrawn bank account now, know its root is caused in a past thought, belief, or mindset of lack and can be changed. We don't live in the past and present possibilities are endless. Interesting Did the voice in your head just object? So what happened that made you so cynical and question greatness and abundance for your life? For if you live in past experiences and use that as framework for the present, you will re-member, or relive that shortfall to confirm your objection. In this moment you have all the power in the universe to change anything and everything in your life, and that power is in your thoughts. The reason that the manifestation principles focus so much on a "Vision" and Vision-boards, is because vision is the opposite of sight. While sight relies on your eyes to perceive and confirm past thoughts re-manifested, vision is the inner process of perceiving what you desire as if existing now, which will play out as a future manifestation outside yourself. This is you intentionally imagining or envisioning your future as you desire it now. Realising that I can create my future holds the key to untie the bonds that holds us to the past.

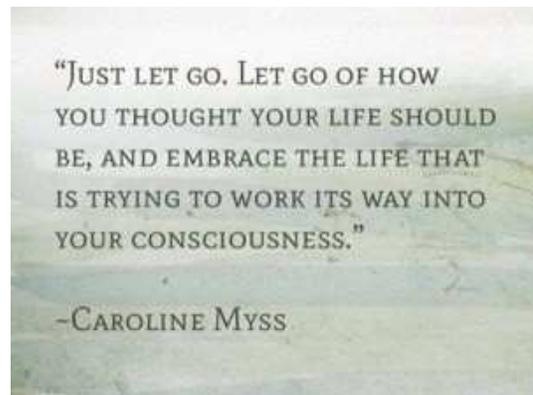
"One [who] discovers that destiny can be diverted, that one does not ... remain in bondage to the first imprint made on childhood sensibilities. Once the deforming mirror has been smashed, there is a possibility of wholeness. There is a possibility of joy." (Anaïs Nin).

Negative thoughts are automatic thoughts in response to uncertainty, anxiety, disappointment or other challenges in life, based on an expectation or belief about how things should be, could be, or ought to be. We assume they're accurate assessments of circumstances and anything happening in our lives. Here are some example conclusions, or agreements you have made with yourself in order to avoid the discomfort of negative conclusions. *"I'll never be able to do that. Nothing ever works. I can't do anything. No one cares. I'm not good enough. I am terrible at everything."* These statements become sub-conscious negations of power, and until the root of these ideas are not reframed or dealt with, negative mindsets will continually sabotage your efforts in manifestation. Negative thoughts can destroy optimism and perpetuate a sense of helplessness. Believing these thoughts and behaving as though they are gospel can lead to everything from lost opportunities to depression.

B. Letting Go, of Whatever is Holding You Back, and Moving Forward

Until we consciously decide to let go, we are unconsciously attached to every experience we've had in life, good, bad and everything in between. We are so used to listening to the voice in the head that we allow thoughts to run rampant through our minds affecting our moods unchecked. It's the first step of Moving Forward that may actually be the most difficult - letting go of what's holding you back and it's sometimes hard to identify what it really is. Here are some of the things that may be holding you back, even in tiny ways. Fear, Guilt, Anger, Distrust, Resentment, Regrets, or even Insecurities ... about belonging, fitting in, being worthy, etc. Consequently, the first step in navigating negative thoughts is to realize that they're not accurate assessments of any situation and are based upon a preconceived idea, or judgment, that, when perceived from a different angle will dissolve instantly, or shed new light on a limited position. Start by using the word "some", instead of e.g. always. Often exaggerated and extreme, negative agreements or beliefs are not what we would normally conclude when we evaluate any situation objectively. By paying attention to your thoughts, a big barrier to minimizing negative thoughts is removed. Rather than listening to your thoughts, observe and then consider the origin of its source. For instance, when you hear absolutes such as "always, never, no one, everything, [and] nothing," can you attribute the thought as false evidence or expectation? Then give it a name, whether Mary Poppins, or connecting the thought to an individual from your life who embodies those qualities. Negative thinking turns concerns into catastrophes, so pinpoint the problem that magnifies the negative thinking. Instead, identify the one thing that sparked that belief and finally made you believe the lie. Then think about how you want to solve that problem, or empower that belief.

We certainly do not desire debt, illness, or loneliness, and therefore first stop observing or paying attention to those states as reality. Instead, re-focus your thoughts upon the end result you desire, financial freedom, joy, perfect health etc, rather than current circumstance. No matter what state your physical senses tell you to be true for you at this moment, it is essential you don't invest any thought energy into those things which you do not wish to continue to experience. Next, you must substitute thoughts of your preferred state in place of the state you are now withdrawing thought from. Just swap them out. Push the undesired perceptions and thoughts aside and FILL that space with the NEW THOUGHT. You can substitute financial freedom for debt, health for illness, and love for loneliness - within your thoughts. Once accepted as real, the feelings will follow, nether the other way around. You must perceive your ideal state, position or "VISION", through imagination as if they exist for you NOW, before they can become an objective reality. And the way we will do this is to play a little game. Try - common, it is fun.



Once accepted as real, the feelings will follow, nether the other way around. You must perceive your ideal state, position or "VISION", through imagination as if they exist for you NOW, before they can become an objective reality. And the way we will do this is to play a little game. Try - common, it is fun.

Try and think of something good that has happened in your life – something that made you feel exceedingly happy and empowered. Got it, good. Now explain to me as if I'm there with you, what you see, hear, smell, do and feel. It feels great doesn't it – you can relive it again. Why don't you just hug yourself quickly and affirm that you deserve it? Remember where you saw this picture in your mind's eye. Now think of the dream you want to see accomplished in your life, whether been healed, a new house, or business etc. Then picture within your mind's eye a "Scene" which would happen or play itself out once your desire has become realized. One example might be you holding the key of your new car in your hand, or a receipt that says "Paid in Full" or perhaps you see your spouse and hear him/her say how good it feels to be with you. The point is that you place yourself in your desired state NOW, within your thoughts through imagination. Why don't you add the two pictures together and give yourself another hug – you deserve it.

So who is the Mary Poppins that object to this idea ... can you observe that person, the voice, telling you to believe something different. Where is that picture in your mind, in the front, to the side, behind you, on top of your head, on your shoulder? So here is how we going to get rid of it. We will borrow that perfect picture ... you remember where it is don't you? Now take that picture and substitute it for the "voice", placed it in the position of Mary Poppins and see how the "voice disappear into the background. Now be spiteful, and give yourself a hug until that new desired picture becomes so large that the "voice" disappears totally. How does that feel? There are many ways to visualize this, and when you have one specific SCENE in which you can place yourself (within your imagination) and visualize the act of attainment, that is all you need. Here are some more empowering principles that will assist you to move forward in life.

C. The Process of Intentional Manifestation.

1. Aligning with the First Principles.

“The game of life is the game of boomerangs. Our thoughts, deeds, and words return to us sooner or later, with astounding accuracy.” (Florence Shinn).

Most of us only see what we want to see, expect to see, and what we have been told to see in life. In order to re-align ourselves with Creation Principles, the first Principle of Manifestation, it will require diligent examination of our most fundamental beliefs. When we view the movie, “The Secret”, or read a self-help book on manifestation principles, we can prevent the concepts explained to settle and transform the paradigms wherein we live. For change seems easy when we move from our current disposition, in the here and the now, expecting the formula to manifest results. However, when people first learn about the Principles of Manifestation or the Law of Attraction, they naturally begin to employ the techniques without aligning the underlying beliefs that may question its validity. For the supporting principles of manifestation is rooted at the deepest core of your being, in the scripts and agreements made during the events that unfolded in your life journey up to now. Not only do we form perspectives on life from the things we are told as a child, but also from experiences and repeated stories that are dramatised by other influential characters in your life, which all contribute to form the mythology that support your life anticipation. And when this underlying source of energy is contaminated and not in alignment with your current experience of reality, an incongruent relation is formed. That means something on the inside says NO not possible, or I’m not worthy; while the new mindset says YES, want to be. In almost every case, inner work must be done to remove whatever is blocking dreams from becoming actualized in your current belief, thoughts, and mental and emotional structures. When we have strong subconscious blocks you will continually sabotage yourself unwittingly and you will need to work on those concurrently or you will only get a fraction of the results you are intending. Manifesting may seem impossible to the mind, yet whenever you release all of your internal blocks and resistances to having what you want and feel as if your desire has already manifested in the here and now, the results can become staggering. Every choice you make and the attitude you hold will determine which path you walk in your life journey.

2. Set a Strong Specific Intention:

Perhaps you are someone who finds it easier to manifest the things you don’t want in your life, rather than the things you do want. This pattern of negative thinking is something that can be shifted and reprogrammed. It really depends on whether you are randomly and haphazardly focusing your mind on what you want versus truly harnessing your intention to be resolutely fixated on FEELING your desired outcome in the present, or resisting it by remembering the fear, doubt or hesitation that is subconsciously holding you back. If you are like most people, you may be going through life on auto-pilot and are seldom aware of the energetic frequencies you are sending out into the world, which is the attitudes and ‘vibe’ that you project based on your thinking patterns. When we consciously retrain yourself to be in the here and now, not reliving the past restraints in the anticipated future, you will begin to manifest what you want from a very subtle yet firm shift in awareness. The steps discussed in this article will help you to make this inner shift and start manifesting your heart’s desires with ease.

“Every moment of your life is infinitely creative and the Universe is endlessly bountiful. Just put a clear enough request, and everything your heart desires must come to you.” (Shakti Gawain).

An Intention is something you intend to do, in order to Acquire or Accomplish. It is your WILL or PURPOSE to influence or move towards a Goal, or dream and desire to be fulfilled. An Intention requires the following elements. There is a specific focus - Attention is therefore placed and directed to specifics. The first secret to manifesting any desire is to have absolute clarity on what it exactly is that you want to manifest. Know thyself is the first rule of growth, and knowing what you want originates from this knowing. No-use you desire to be someone or have something for the sake of acceptance, anticipated success and fame, and yet on the inside you actually despise what you are doing. This is what we mean by incongruent. Your dreams and desires are not in alignment with who you really are, and what you desire to experience in this time and space. When we want to manifest a dream life - the more specific your intention is, the easier it is for the Universe to know what it is you really want and answer your request. Specific desires create specific results, while vague or unclear goals create wishy-washy results. A powerful intention is also one that is a true desire, which stems from deep inside the heart. This desire is one which is totally free from any “should be’s”, “need to be’s and “have to’s”. It is important that your intention feels empowering and liberating anytime you focus on it, and that the outcome you are projecting is something you can have fun visualizing happening for you, almost like a never ending story flying on the dragons shoulder.

Perhaps the essential key to setting a strong intention is making a declaration to the Universe out loud about what you want to manifest. Speak it as if the entire Universe can hear you, and then know it has been fully received. Intentions matter and words have power, for the sound vibration carry with it the motion, and motivation of the request. Once again, when the motive is pure, the dream supports who you truly are, and what you desire to experience, then the declaration will become like a prayer already fulfilled.

3. Create and Hold Onto a High Vibrational Feeling State:

Let's ask ourselves honestly, how much attention do you devote towards the accomplishment or successful manifestation of your desires. Statistics show that almost 80% of our daily thoughts are focused on negative obstacles and undesirables. The attention that you give to that outcome through your thoughts, creates the energy that you project or activate and becomes a force that resonates with a specific aspect and attracts like-minded or similar forces. Thought is put in motion with the attention that you devote to a specific idea, dream or desire. That thought can be attuned to, or resonate with a negative short-fall, or positive possibility. The way you detect an underlying disempowering belief is simply to observe the feelings your body will reflect when thinking about a specific issue – whether tenseness in the neck, clenching teeth, tremors in the groins or wobbly legs. Your thoughts determine the outcome and direction of your attention. Thoughts accepted as real without doubt or conflicting sub-conscious thoughts... become beliefs. Beliefs are what magnetize, or determine the outcomes as if it is real. So if you desire to lose weight, yet continually replay the abusive remarks made by others telling you that you are unable to achieve anything in life, nothing will happen. Or you can choose. Any contradiction or doubt will deactivate the outcome as it Negates your Will and Power. So avoid and ignore negative hindrances, criticism, and cynical views, even if it means to avoid certain people. They negate possibilities and drain your energy until you feel numb. Choose to focus on possibilities, find them, pay attention to what you really want without any compromise, and support your own dreams by affirming possibilities instead of obstacles.

It will be impossible to visualise and feel positive about a dream desire been fulfilled, when you doubt its possibility. Right now: Imagine anything good that have occurred in your life and made you feel more empowered and liberated. Now right there, in the same spot of that picture which you have just remembered, think about the dream you want to manifest in your life, as if it occurs in that same spot out of thin air ... it just happens to be there and it is yours. How does it feel to have this manifested into your life? The deeper and more authentic you can actually FEEL the excitement and joy of having already manifested your desired object or experience - the easier and faster this manifestation can become a reality. *Visualization* helps to picture the ideal or outcome achieved. *Affirmations* help to strengthen the focus of your attention and your thoughts to recondition, or re-program your sub-conscious mind to accept a new empowered and liberating reality. The positive feelings that come from visualizing as if your desire has already happened, are the fuel that propels this manifestation into physical form. Therefore, keep focusing and holding onto the exciting and empowering feeling of having already manifested what you want for as many consecutive seconds in a row. The longer the timeframe where you can hold onto the feeling, the faster it will show up in your life. This is truly where miracles will manifest instantly.

So how do I know if this is just a great idea and if I truly want to need this to happen. Simply ask yourself what is so important about this desire and look at the values you associate therewith. When something is really important, you will value its manifestation to such an extent that you will be either a bit stubborn (unpersuasive), and sometime defensive about it. Our strong responses indicate that you really desire something but are not sure if it will be accepted by some significant other – so what. You only have one life, and there are many fishes in the sea ... even your family. What is important is to be truthful to yourself in explaining why this is so important, for that determine the objectives of your dream manifestation. When you are clear on what exactly it is that you want to experience, achieve or obtain, the beliefs accepted and acted on will enthuse and ignite a collective magnetism referred to as synchronistic events. Beliefs motivate ... it is energy in motion (e-motion). Feelings will only follow after the possibility has been accepted as real, feasible and permissible – so be determined, it will happen and I will have it. Any conflicting thoughts will destroy the motion and you will feel uncertain, unmotivated to put action to thought, and will expect life to do it for you. This change of attitude (sub-conscious judgement) is the electromagnetic wave or vibration that attracts positive things to occur in your life. When you respond to synchronistic occurrences, when invitations come and possibilities opens up ... Your interaction with the people that present the opportunity will produce entanglement, and that agreement will double the effect and strengthen the process, so don't wait – jump.

4. Detach from the Outcome:

Live like you have already manifested your desired outcome. When we delay our participation in life until all the conditions is fulfilled and the expected gold is handed to you on a platter – there would be no real joy and sense of liberation. When we live with intention, life carries on and in the process you are already preparing the demonstration of your dream. When we focus on shortfall and obstacles, it will only stifle your own progress. But, how do we focus on what you want without getting attached to results and trying with effort, to make it happen? The secret is in learning how to release *expectations* in exchange for childlike *anticipation*. An expectation is fear-based projections of the mind that is *demanding* specifics to occur under your control. We all know by now that; FEAR = False Evidence, that is created by your own frameworks of mind, as the story that you tell yourself, and the Expectations of what you want to experience, **A**ppearing **R**eal. This is why objectives is so important, why is this so important. Look at the underlying need that you want to satisfy and the exact specifics of how it **MUST** occur will diminish. When we relinquish our rights for results, and simply anticipate your desired dreams like a child expecting a birthday present, it releases the demanding attitude in exchange for a more receptive and fluent open-handed heart that allows possibilities to occur in unexpected ways. Anticipation trusts that the Universe has already provided the perfect avenue for its manifestation. Detaching from the outcome means you are allowing yourself to receive exactly what you want or something better, without you trying to control how it will occur. Detaching is basically setting the needy demanding Ego aside and trusting the Universe completely. The real magic often happens when you least expect it. The very moment you consciously forget about your desire, yet sub-consciously are holding the intention firmly, you are giving the Universe full permission to manifest your desire for you! The manifesting process just happens when you are simply being a living breathing ball of trust. This opens you up to being the receiver so that the desired outcome or experience comes directly to you!

When we say YES to a Dream or Vision, you will stop exploring avenues that will diminish its validity and stop doubting the reasons for being successful, having and doing what you want, expressing what you really dream of being – without feeling guilty, shy or ashamed about it. Anticipation explores its greatness in the following sequence: What do you want to DO, BE, or HAVE, by defining it in exact details? This is what you desire it to be. And this is what you anticipate to receive, explore and experience. And then explore it further ... as through this desire, dream or accomplishment, you want to accomplish these results. Don't stop there, visualize it and make it real. Why is this so important, and because it is, whatever the reason, it is valid. So give yourself permission. Also consider, are there any other options, roads, or venues to accomplish those same results? If yes, consider very carefully what you're best option is – not the accepted norm, the path that you will enjoy the most and will empower your soul. This may involve you reassessing your own values, as to whether the cause will justify the means. Some people want something for the sake of the outcome itself and not for a purpose. Your investigation may include a reality check in terms of the intended purpose? So what do you believe about this specific dream result, idea or desire and what, or who will you be once accomplished? When you doubt its validity, possibility or your worth of having and being part of this accomplishment – you will negate its activation and no miracle will manifest. Be determined in your vision. You got the dream, so you got the job, the responsibility to see it being fulfilled. And when the Universe enthuse you with an inspired idea, it also will enable (gift) you to accomplish the task as well.

5. Take Inspired Actions:

[“Vision is not enough. It must be combined with venture. It is not enough to stare up the steps, we must step up the stairs.” \(Vaclav Havel\).](#)

When you say YES to a Vision, we need to honestly ask; what needs to be done, and what is it that requires your attention? Until your manifesting vibration is established, it is important to take physical actions that will support creating what you want. The Universe support action, not thought, where action demonstrate activated thinking, a determination to succeed, and trust. The most effective kind of actions is those that come from an inspired place which make everyone naturally feel excited and motivated. The simplest way to determine if you are inspired to do something is to check inside your heart. If doing this specific activity makes your heart leap in what seems to be adding energy to your life, you are operating from an inspired place – as if moving in Spirit. If, on the other hand, your heart feels tight, contracted, or you feel it is your duty to do it, this action is coming from a place of fear or a more ego-based way of perceiving the world. Vision needs to be supported by passion. What we are passionate about often directs us on the path of purpose. Purposeful living is invigorated by the ideas and dreams that make you yearn for adventure, innovation and inspired action, it makes you take brave steps, confront shadows and dragons, and signifies an intensity that incite others to support your cause. It also grants them permission to do the same.

Remember it is not about how to get the results and reach the destination pre-planned; rather it is about the journey. So to make the experience enjoyable and empowering, simply choose to start by taking one or two new inspired actions everyday. Soon you will feel your vibration soaring and synchronicities will suddenly start to appear. The process of consciously manifesting your dreams is indeed much easier than you have ever imagined. All it takes is a little courage to try out something new, and an open mind that doesn't know how to close. An unlimited source of energy has been dormant up until now, "sleeping," waiting for the right moment in time to rise up magnificently throughout your being and ignite miracles in your life. Opening up to this cosmic energy is not as difficult as you may think, yet is a metaphysical exploration that is more satisfying, loving, and empowering than anything you could ever imagine!

6. Connecting with Purpose.

All forms of life, all natural phenomena, have significant purpose and value in life. There's always movement or evolution towards some kind of positive outcome or fulfillment, whether it's a tree that produces fruit or clouds that form to produce rain, or a thief that is trying to survive. But we humans become so enraptured by our daily activity, engagements, goals and so forth, that our awareness of our own unique life purpose is easily dimmed. We can also be so taken up with judgement that we fail to realise that we have missed the point of our own lives ... don't worry about the thief, focus on your own reason why you are reading this article.

Everyone feels a pull towards some defining purpose to his or her life. No matter how much it may have become shrouded over, along the way, we long for it, search to find it and will spend incredible amounts to find direction and meaning for our lives. For without it, life becomes dull and destructive. Those who experience a clear inclination as to what they truly want to do, but don't pursue or fulfill it remain incomplete and dissatisfied. It's important not to confuse seeking happiness with finding your purpose. Happiness is what you experience in the daily fluctuation of life — the highs and lows that are situational. Purpose is deeper. It's more of an underlying sense of peace and contentment, a sense of integration and continuous unfolding of your "inner being". It transcends everyday ups and downs, even the disappointments or successes. When you live in harmony with your life's purpose, all of the above is just part of what you encounter along the path. They don't distract you from that larger picture, your vision, which is like a magnet steadily pulling you towards it.



Sometimes that inner inclination is right in front of your eyes but you don't allow yourself to see it. Like when you're looking for missing keys and then discover that they've been right in front of you the whole time. For example, many corporate business executives may find themselves doing more and more work with charity organizations. Then finally realize that what they felt most in sync with was hands-on work helping people. That was the part they enjoyed about their work, not the money managing per se. Helping people is the true calling, and it is staring everyone in the face the whole time. Those who discover their life purpose is they that use their mental and creative energies to serve something larger than themselves. That is, they're like the lover who simply gives love for its own sake, without regard for getting something in return, without asking to be loved back or viewing his actions as a transaction or investment. That can be hard to imagine in our business-orientated competitive society, but giving your mental, emotional and creative energy from the heart comes naturally when you serve something larger than your self-interest. It beckons you; it calls to your soul to emerge. For some, their service and sense of purpose is embodied in the work that they do every day. That is, what they do reflects the paradox of not directly aiming to achieve something, because doing so only fuels the ego. Service towards something beyond ego is always visible in those who've found their purpose, whether young or old. Sometimes it's by conscious intent. For example, letting go of a previous path when awakened and discovering that which you have always done is not in sync with the inner self. Sometimes it's triggered by unanticipated events that answer an inner yearning. Sometimes one's purpose is awakened by tragedy, such as person who become moved by victims of torture and discovered their life's purpose in helping them heal.

“One [day a man] may suddenly think during the night, ‘I must go to the north,’ and in the morning, he sets out on his journey. He does not know why, he does not know what he is to accomplish there, he only knows that he must go. By going there, he finds something that he has to do and sees that it was the hand of destiny pushing him towards the accomplishment of that purpose which inspired him to go to the north.” Men and women who set out to “go north” and awaken to their life purpose radiate a calm inner strength, inspiration, power and success in whatever they do with their lives. It radiates to all around them. (Sufi Hazrat Inayat Khan).

Do you want to live an extra-ordinary unusual exemplified life? I am sure you have a dream, a passion and a goal that you desire to make reality ... or are you one of those who think they are struggling to make something happen? When you want to overcome challenges and make your dreams come true, who, what and where is it that you go? Looking for a sense of purpose and for a more inspiring life, want to know how to achieve your goals, and wishing to move forward with your life again – then look no further? Living intentionally is an often-overlooked secret. More importantly, living an intentional life is something that anyone can do. The most powerful assurance of success is clarity, good planning systematically employed every day, and the way to remain focussed is by living intentionally. The list of questions on the following page is compiled by the Meta-Life Intention Support group to assist Intentional Manifestation.



Meta-Life Coaching

Personal Development Consultants and Business Mentoring.

Meta-Life Coaching (Pty) Ltd, situated in Pinetown, is a leading provider of Coaching and Mentoring Services in KZN. The company specializes in Personal Development Consultation and Business Mentoring. The director, Martin Brits, with more than 20 years of Counselling and Life-Coaching experience, is passionate in assisting individuals and groups to overcome difficult areas in their lives and reach their dreams and objectives. We present Life-Enrichment and Personal Mastery Experiential Workshops and Metaphysical Training to empower individuals to live a more authentic and fulfilled life.

For more information e-mail us at: freepaths@gmail.com. For appointments: Cell. 073 439 9060.

Website: Visit us at <http://www.meta-lifecoaching.yolasite.com>

D. What's the “Meta-Life Intention Group”?

Anyone can learn to do effective manifestations and intentional creation in their lives, but it does require some learned techniques. I've found the best ways to learn and practice making dreams a reality, is by joining an Intention Group. The key to CONTINUOUS manifesting is finding a way to stay motivated and clear in YOUR manifesting process on a CONSISTENT basis. An Intention Group does more than bring a collective group of like-minded people together to collaborate on ideas. In an Intention Group, the circle of like-minded people help you by holding energy with your intention ... you understand the power of the collective conscious, right? Let me tell you... the results are profound and it is the best way to tap into the magnificent force of the collective consciousness, realigning ourselves with the Universe. An Intention Group is one of the most powerful tools you'll ever experience, because when you connect with even just one other person who is focused on helping you achieve your greatest desires, the opening doors of opportunity don't just double - they become tenfold! With meetings at regular intervals you will start to build a life strategy based on the direction and support you receive. The “Meta-Life Intention Group” has been designed specifically to help you have access to more like-minded people; integrating the power of a large and committed intention group with continual information available to explain precisely how YOU get clear, get in alignment, fine-tune and focus to attract precisely what you want to manifest in your life. For more information contact us at the details listed above. The lastly, *Anticipate Success: Why do you wait for Life to happen?*

Be the Master of your Life and become empowered to change the quality and destiny of your life. During the coming year we will be releasing more empowering workshops and courses by which you can equip yourself with the correct tools needed for this transition process that lay ahead. Science has proven that your outlook on life, determines our destiny. You can experience a Radical Personal Transformation, Personal Growth and Spiritual Awakening through our Personal Mastery Courses.

For more information, visit <http://www.meta-lifecoaching.yolasite.com/workshops.php>



“Meta-Life Intention Group”

Summary: Principles of Intention.

1. Your Intention: Something you Intend to do – To Acquire or Accomplish.
It is your WILL or PURPOSE to influence or move towards a Goal
An Intention requires the following elements.
2. There is a specific focus: Attention is therefore placed and directed to specifics.
The attention is the energy that you project or activate and becomes a force that resonate with a specific aspect and attracts like-minded or similar forces.
Thought is put in motion with the attention that you devote to a specific idea, dream or desire.
That thought can be attuned to, or resonate with a negative short-fall, or positive possibility.
Your thoughts determine your outcome and direction of your attention.
3. Visualization helps to picture the ideal or outcome achieved.
Affirmation helps to strengthen the focus of your attention ... your thoughts.
4. Thoughts accepted as real (without doubt or conflicting sub-conscious thoughts) ... become beliefs. These beliefs is what magnetize your, or determine the outcomes as if it is real.
5. Any contradiction, or doubt will deactivate the outcome. It Negates your Will and Power.
So avoid and ignore Negative hindrances, criticism, and cynical views. It negates possibilities.
Choose to focus on Possibilities – Find them, pay attention to what you really want without any compromise, and support your own dreams by affirming possibilities instead of obstacles.
(Remember it is not about how to get there pre-planned, its about the journey).
6. When you are clear on what exactly you want; The beliefs accepted and acted on will enthuse and ignite a collective magnetism referred to as synchronistic events.
Beliefs motivate ... it is energy in motion (emotion). Feelings will only followed after the possibility has been accepted as real and feasible. Any conflicting thoughts will destroy the motion and you will feel uncertain, unmotivated to put action to thought, and will expect life to do it for you.
Attitude (sub-conscious judgement) is the electromagnetic wave or vibration that attract.
7. Say YES to your dream or Vision, and explore its greatness in the following sequence:
 - What do you want to DO, BE, or HAVE – Define it in exact details.
 - What do you want to accomplish through this desire, dream or accomplishment?
 - Is there any other options, roads, or venues to accomplish the same result? If yes, conflict may arise – so consider very carefully what is your best option. This may include a reality check.
Some people want something for the sake of the outcome itself and not for a purpose. Reality Check ... for what purpose?
 - So what do you belief about this specific dream result, idea or desire. When you doubt its validity, possibility or your worth of having and being part of this accomplishment – you will negate it’s activation, and no miracle will manifest. Be determined that you got the dream, you got the vision, so you got the job and when the Universe enthuse you with an inspired idea, it enables (gifts) you to accomplish the task as well.
 - When you say YES – what needs to be done, what requires your attention?
8. When you respond to synchronistic occurrences, when invitations come and possibilities opens up ... Your interaction with the people that present the opportunity will produce entanglement, that agreement will double the effect and strengthen the process, so don’t wait – jump.
9. Be clear in your communication. The message is words that is energy that you radiate. The words will reflect and vibrate and the level of your attitude and create an atmosphere, a vibe that will attract the likelihood of similar patterns (possibilities). Your thoughts confirmed, acted on and expressed will affirm the reality in process of manifestation.

The following questions to answer will guide you towards clarity for your dream manifestation.

Intentional Dream Manifestation: Worksheet.

1. What is your Dream, Desire, or Vision – to do, be or have. (Think really big).

What is its intended purpose (What do you want to accomplish with this – this is your real dream)

Why, what for, what is the reason or Aim for this activity or accomplishment?
 2. How would you like this (1B), the intended purpose, to be achieved or accomplished. (Medium).
 3. Where would you like this to unfold ... what kind of **ideal** environment would be ideal.
 4. What activities will be involved? What will you do, demonstrate or express, and what additional extended activities will this activate or bring about, or make possible?
 5. What kind of capacity will you have, and what kind of capabilities will this activity / dream have?
 6. What will this dream activity accomplish – what value and significance will it bring to your own life and to humanity (and the world) at large?
 7. Who else can be involved, and how will this strengthen your dream?
 8. What do you really believe about this dream, its activities, its purpose and even the people involved. Make sure that you address and honestly list any negative thoughts or doubt that needs to be clarified or redirected, to eliminate obstacles along the way.
 9. Identity: When all is said and done – WHO and WHAT will you be / become?
 10. Beyond the that: Where will this take you to next, what greater possibilities may this lead to?
 11. Reality Check: What are the first steps in this process. What must you do to activate the process?
 12. Have you completed all the questions now sit back and walk yourself through the results until you feel it running in your veins, cannot sleep & desire, determine to share this with others.
-