

SETTING INTENTION AND THE ART OF MANIFESTING

Often in our workshops/seminars, to teach the group to manifest, we challenge everyone to come up with at least one fairly simple item they intend to manifest. By fairly simple I mean, a book, a piece of fruit, a certain color car or make of car (*ever play slug-bug?*), stars, horses, etc. You can pick something at random, but it needs to be something you REALLY desire to manifest, even if it's just to prove to yourself that you can manifest it. Then follow these steps to manifest:

- 1- Set Intention for whatever your going to manifest, by stating, "I am setting intention to abundantly manifest strawberries (*or whatever you choose*) this week. My intention is to manifest all in grace and ease".
- 2- Meditate for a moment on your desired manifestation....see it clearly in your minds eye – see yourself "having" your manifestation.
- 3- Share with others what your desired manifestation is (*as this brings others energy into assisting you in manifesting yours*).
- 4- Allow yourself to get 'excited' about your manifestation (*emotion lights the fire of your manifestation, to bring it into physical form. Whenever you are feeling extremely joyful (yes, that includes when you're having sex) think of the item you are manifesting*).
- 5- Let go of any preconceived ideas of 'how it has to look'. (*by thinking that your manifestation has to come a certain way, or look a certain way, you could actually block it's manifestation.*)
- 6- Express an attitude of Gratitude. Be grateful NOW for what you desire to manifest.
- 7- Let go of it – just release your desire to the Universe and allow it to manifest it for you.
- 8- Be aware of the many ways your desire manifests.

An example: A friend decided to test the manifestation theory out and chose to manifest **strawberries in the dead of winter. Right after this decision, she told a friend she was with about her manifestation and the friend immediately showed her a **strawberry** on the cover of a book on the coffee table. Then while driving on the freeway she noticed that in the next lane was a dairy truck with a picture on the side of a bowl of cereal with 6 **strawberries** in it. Later that night she came to my house, got in the freezer to get something and saw a pint of **strawberry** cheesecake ice cream. Then she realized that my blouse had **strawberries** in the design. We went to a restaurant and they had an edible **strawberry** on the side of our dessert plate. She barrowed her daughter's lip gloss.....to find out it was **strawberry** flavored!**

She realized that within 24 hours she'd manifested over 20 'strawberries' when the edible kind were out of season!!!

How did she do this? She let go of the outcome and what it had to look like. She realized very quickly that even though at first she was intentioning a real, fresh off the vine, edible **strawberry – that by being**

in a state of allowing, the Universe provided her with an abundance of strawberries.

When setting INTENTION the following steps are helpful:

1 – Know what you truly desire your intention to be -

Recognizing what your wanting your intention to be is essential. I know this sounds like a ‘dah’ but the reason most people are unclear in their intentions is because their not really sure what they want. Do you desire more clients to improve your business or do you really want more free time to play?

2- Write your intention down *(the energy of writing it out assists in manifesting it)*

3- Go to Higher-Self thought– *(in the center of your head, your pituitary gland is where Higher Consciousness is said to reside) – you’ll know if you’re in Higher-Self Thought vs ‘mind’ thought by what thoughts you observe. If there is any doubts coming up, you’re in ‘mind’ thought not Higher-Self, if you’re getting into the details, that’s also ‘mind’ thought.*

4- State very clearly what your intention is *(the energy of speaking out loud assists in feeding your intention) example: “My intention is to heal my lip overnight, leaving no evidence of a scar or injury.”*

5- Invoke your angels in assisting with your intention. *(that’s what they are waiting for!)*

6- Have an attitude of Gratitude.

7- DON’T MAKE IT DIFFICULT – it really is this easy!

Dr. Wayne Dyer suggests these 12 steps for manifestation:

- 1- Want more for others than you do for yourself -
- 2- Think from the end – see yourself as already achieving/having what you desire
- 3- Be an appreciator – look for what is valuable in your life (right now)
- 4- Stay in rapport with Source Energy
- 5- Understand resistance – anything unkind, fearful, etc. is resistance
- 6- Contemplate yourself with the conditions you want to be surrounded in
- 7- Practice the ‘Art of Allowing’
- 8- Practice radical humility
- 9- Be in a constant state of Gratitude – Generous and Grateful
- 10- Do not resolve a problem by condemning it – don’t use shame as it is the lowest form of energy
- 11- Play the ‘Match’ game
- 12- Meditate