

# THE POWER OF MANIFESTATION

## MINI MASTERCLASS

If you are struggling at the moment, things are not working out and just not happening. If you are at a point where you are willing to try something alternative to what you have tried before as you know there has to be more to life and you are ready to receive abundance on all levels, as that is our birthright. And if you are curious about the hype around manifestation and how it can help you turn your dreams and goals into reality, then you have come to the right place!

### But what is manifestation exactly?

Exactly that, in simple terms manifestation is when we turn an idea, a desire a thought, or your energy, into reality.

### Understanding Manifestation

The principle of manifestation is similar to the Law of Attraction where both suggest that we can call into existence or attract what we want in life with the right mindset and action.

According to Rhonda Byrne's book and movie, the secret "We are what we think, consciously and unconsciously. In other words what we attract into our lives reflects the contents of our minds".

Or as Shannon Kaiser puts it "We are all like magnets, both reflecting and attracting what we hold in our thoughts."

In other words, negativity will reflect back into your life if you have a negative mindset, and vice versa for a positive mindset. As an example, if we focus on scarcity, then we will receive that same energy back into our lives.

The Law of Attraction is one of 12 universal laws which focus on shifting your thoughts and mindset resulting in a shift that ripples into the life you live. By changing your thoughts, you can change what shows up in your life. In short - "Thoughts become things." So, every action or behaviour, emotion and choice, is a result of a thought, and once your thoughts are aligned with a positive vibration and state of being, you are better equipped to make choices aligned with what you are wanting to manifest.

## The Manifestation Process

### Manifesting requires the following:

Set a clear intention of what you want, so by asking exactly what it is that you want, you are basically communicating it into existence through your choice of a variety of practices such as journaling, visualization, meditation, prayer, affirmations, writing it down or creating a vision board.

There needs to be action, you need to work towards your goals and put your energy into achieving your goals.

Living in gratitude throughout the process is key.

Let go of all fears and negative thoughts or beliefs around whatever it is that you want to manifest - where your attention goes your energy flows.

You want to ultimately lift your vibration, your energy, in order to attract that which you desire - fears, limiting beliefs, guilt, and shame will lower your vibrations whereas gratitude will increase your vibration.

Fully trust in the process - believe that that which you are asking for will be manifest into reality.

### **Some misconceptions:**

What you want will show up exactly how you want it - this is simply not the case - I have seen it over and over in my own life when I asked for something, but was given something very different, but much better.

Manifestation is not foolproof - for example if what we are asking for is not for the greater good of mankind, or, if what we want is not aligned with your subconscious beliefs.

Thoughts are not the only requirement, we cannot simply think things into existence. It is a process, and it can take time and patience, but it is well worth it.

In any event, the concept of time does not exist in the universe, time is man-made - we often have much more time than we anticipate we have

## Techniques you can use to get started

Not every technique will work for you, find the techniques that appeal to you. And remember some techniques take time to learn - you are after all training your brain to start doing something new and your brain is a muscle. But with constant training, you will get there.

I remember a couple of years ago when I was first introduced to the concept of manifestation - I started with writing down the story of a day in my life - in my future - 3 years down the line - but although I easily wrote the story, I could initially, for the life of me, not picture it.

### Here is how my story started

*I wake up rejuvenated, without having to set an alarm, I make myself some coffee and enjoy my coffee on my patio, in Curacao, whilst listening to the birds singing, and checking my emails.*

As a side note - here I am - having my cup of coffee every morning, in Curacao, on my patio, while listening to the singing birds, I, however, don't always check my emails while doing it.

- **Write down a day in your life**, as did I, in your future 2 or 3 years from now, what will you be doing, whom will you be doing it with, where will you be, what job will you do, what car do you drive.
  - Write it down in the finest detail. You will be reading through your day every day - in fact, I recorded myself reading it, with excitement and passion, and listened to it every day, sometimes twice a day.
  - While you listen to it visualize it, and bring all 5 of your senses into it - what do you taste, what do you see, what do you smell, when you touch something how does that feel, and most importantly, how are you feeling?
- **Journal** - write down every day what your goals are, what you are doing towards your goals, what went well and what didn't, and become aware of your progress.
- **Living in gratitude** throughout this process is so important, so keep a gratitude journal - reflecting every day on what you are grateful for that moved you closer to your goals.

- **Prayer or Meditation** - I sometimes do guided meditations - there is so much available on the internet and apps on any topic you can dream of whether it is love, abundance, wealth, health, or healing, meditation is great for you as it has a host of other mental and health benefits.
- **Affirmations** - where you write down your manifestation as if it already happened - say things like I am a money magnet, I am successful, etc - repeat it at least once daily bringing all 5 senses in.
- **Create a vision board** - where you find pictures of what it is that you want to manifest and save it as a screensaver, or if you believe in physical things put it up against your wall where you constantly see it.

The other day someone dear to me manifested a certain number of candidates coming in for interviews purely because she was determined that they would arrive. To the extent that she placed the said number of pens in the boardroom ready for their arrival, she was certain that they would pitch, and they did.

I cannot wait to hear about the amazing things you are going to manifest into your life - please share your stories in our community!!

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## Summary

The world is your playground, whatever it is that you desire can be achieved. Apart from your own limiting beliefs, there is no difference between you and anyone who has already achieved that thing that you want to achieve.

It doesn't matter how huge or minuscule your goal is. I live in Curacao as an expatriate, and I was under pressure to obtain certain documents required for my renewal applications.

Time was running out and I just had to get this one document. I decided to, instead of making a call, drive to the offices, and beg, if I needed to, but I just had to get this document. I probably looked a bit crazy, because I kept repeating over and over, out loud, that I was on my way to go and pick up the documents, and I was going to the other offices where I needed to hand them in. Out loud, over and over all the way.

By the time I got there, I was so hyped up, full of positive energy, like a balloon ready to explode, vibrating higher than a kite. I walked in confidently, introduced myself, and told the lady I was there to pick up the document.

Remember I had no idea whether it was ready, and in fact, all the odds were against me, but hey, I have convinced myself. And low and behold it was ready. That was the power of manifestation and if I can do it, so can you.

I have to add to this story, that if you had told me many years ago, I would be sharing stories like this I would tell you that you are out of your mind.

I am an analytical and critical thinker and believe in woo-hoo things like laws and powers that you cannot see seems "out of character".

However, I have seen enough evidence over the years to know for a fact that it works.

Remember that whatever you do, consistency is key. You need to believe in the future you want to create and the probability that it can become a reality.

Bring all five of your senses in, let go of limiting beliefs that contradict your desired future, lift your vibration, and live in gratitude.

Finally - if you want to create a peaceful life, start living a peaceful life, if you want to create happiness, then become happy.

I cannot wait to read your stories!!! So please share them! I would also love to hear which techniques worked for you!