

MIND TO MATTER

By Paige Bacchas

Mind to Matter

*Get Ready to Create
Only Believe*

The ultimate guide for manifesting successful

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Introduction

I tried it all—guided meditations, zen music, visualization, affirmations, speaking my desires into existence... and none of it worked. No matter how deeply I immersed myself in the process, I still wasn't manifesting the life I wanted.

After countless audiobooks and self-help guides, I was overloaded with information but empty of results. I had learned *everything*, yet understood *nothing*. At one point, I started to believe manifestation was just a fantasy sold to the lazy or the delusional.

But *today*, I finally understand. There are stages to manifestation. There's a method—an order—to how it must be done for it to work.

As you read this book, you'll see that manifestation isn't magic—it's alignment. And it works... but only when done the *right* way.

By the end of this journey, you'll not only know how to manifest anything you desire, but you'll also become a magnet for it. So much so, you'll need to be cautious of what you wish for, because your thoughts will begin shaping your reality faster than ever before.

You'll be standing at the door of manifestation itself, able to attract more than you ever imagined, effortlessly.

Acknowledgement

First and foremost, I want to thank God for the grace to pursue Him, the strength to keep going, and the wisdom to write these words. He has stood by me through everything, and I am forever grateful.

To my wonderful husband, thank you for helping me see myself through the eyes of love. Your support and encouragement have helped me grow in self-love, and through that love, I discovered the clarity and wisdom to speak on a topic so powerful.

To my dearest mother, thank you for being my first teacher, my guide, and my example of what a woman should be. Your love and values shaped the person I am today, and for that, I am endlessly grateful.

And to you, the reader, thank you for choosing to trust yourself enough to open this book. You are brave, powerful, and ready. Keep growing in faith, keep believing, and keep becoming. Be sure to thank yourself, because your future self is already proud of you.

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Chapter 1

Lowdown on Manifestation

Manifestation is the process of turning your thoughts, beliefs, and emotions into real-life experiences. It's the idea that what you consistently focus on—whether consciously or unconsciously—has the power to shape your reality.

From a **spiritual perspective**, manifestation is based on the belief that everything in the universe is made up of energy—including you. Your thoughts and emotions carry a vibration, and when you align your energy with what you desire, you attract it into your life. This is often described as the *Law of Attraction*: like attracts like. If you're constantly putting out energy of abundance, love, and confidence, you're more likely to attract those same things back.

From a **scientific perspective**, manifestation ties into how the brain works, especially through the **Reticular Activating System (RAS)**. The RAS acts like a filter in your brain, helping you notice things that match your dominant thoughts and beliefs. For example, if you start thinking about buying a red car, you'll suddenly start seeing red cars everywhere. That's not magic—it's your brain focusing on what it now considers important. This focus can help you notice opportunities, take action, and make decisions that align with your goals.

While manifestation might seem mystical at first, it's actually a mix of mindset, energy, and action. When all three are aligned, life starts responding to you in surprising and powerful ways.

Chapter 2

The Power of Letting Go

Okay, So How Do We Actually Manifest?

This might all sound good in theory, but how do you *actually* make it work?

First, you need to be open to learning and unlearning. A lot of what we've been taught about life, success, and worthiness needs to be questioned. This process isn't always easy, but once you're willing to try, you're already on the path to manifesting the life you want.

Here's where it begins: you must understand and truly believe that **God created us to be creators**. We're not here just to survive—we're here to shape, to build, and to live fully. And because of that, it's important to accept this truth: *Whatever you truly desire, God desires it for you too.*

God wants you to have peace, joy, and fulfillment, not lack. He doesn't take pleasure in your suffering, and He certainly isn't glorified when you live in constant need or self-doubt. That's why the first and most vital step to manifesting is this: **rewire your mindset**. Unlearn what doesn't serve you and relearn who you *really* are.

Before we go further, I invite you to pause and reflect with this personal check-in. Ask yourself:

- * Do I truly love myself?
- * Do I believe in my own potential?
- * Do I believe that God (or the Source of life) loves me?
- * Do I believe I'm a good person at heart?
- * Do I believe I deserve good things?
- * Do I feel worthy of God's love and blessings?
- * Have I done anything I think God would be pleased with?
- * Is there someone I've wronged and haven't made it right?
- * Is there something I carry that makes me feel like I'm not good enough?

Sit with these questions. Answer honestly. If any of your answers aren't a confident yes, that's okay— But don't ignore it. Healing, forgiving (including yourself), and making things right will help clear your mind and spirit. That sense of peace and clarity—*contentment*—is what creates a mental and emotional space for manifestation to begin.

This isn't about being perfect. It's about being aligned with yourself, with love, and with the truth that you are worthy of every good thing you desire.

This first step is something I recommend you do during a **new moon**. The energy during a new moon is symbolic of fresh starts and powerful new beginnings. It's a perfect time to reset, to clear your path, and prepare your spirit to receive.

When the next new moon comes around, take some quiet time for yourself. Sit with your thoughts and write down everything you want to let go of—habits, emotions, regrets, even secrets. Write it all down: the pain, the shame, the guilt, the things you've never said out loud. If there's someone you need to forgive, or someone you need to ask forgiveness from, include that too. Let this paper hold every weight you've been carrying, physically and mentally.

Then, **burn it**.

As the paper turns to ash, watch your burdens go up in smoke. Let it all go. Release the tension. Feel good knowing you are starting fresh. But don't just burn the paper, **make a decision to intentionally change**. And most importantly, **accept** that things are about to shift for the better.

I'll be honest—when I went through this stage, I had no idea what was coming. This phase can be **powerful and deeply revealing**. As you step onto the path of manifestation, don't be surprised if your life starts to shake things up. The universe is watching to see if you're serious. You may find yourself tested, stretched, or even shaken—but it's not to break you. It's to make space for everything you're about to receive.

During my own transformation, something unusual happened. I had an overwhelming desire to get my tongue pierced. I know—it sounds random, but when I looked into it, I discovered that tongue piercings have spiritual symbolism connected to speaking truth. I followed that pull, and within a week, my life began to unravel in a way that ultimately set me free. I finally confessed a secret that had been tearing me apart for years. That confession didn't destroy me—it **opened the gates** to the life I'd been dreaming of.

So, if you're ready for your dream life, you have to start here—with a clear mind and a clean conscience. **You cannot truly know what you want when your heart is heavy and your mind is noisy.**

Clear it. Burn it. Forgive. Confess. Free yourself.

This is your first act of power.

Chapter 3

Fertilizing the mind

In the second chapter, we talked about clearing your mind of guilt, fear, and shame. Now it's time to replace those heavy emotions with something better—*on purpose*. To manifest anything in your life, your mind needs to become a place where peace, joy, and kindness live. That doesn't mean ignoring reality or pretending everything is perfect. It means choosing your thoughts the way you'd choose what to plant in a garden. You want your mind to be a happy, fertile space—because that's where your manifestations grow.

Here's the truth: **happy thoughts lead to a happy energy**, and your energy is what feeds manifestation. Let me give you a simple example: You're running late for work. You're frustrated. But instead of spiraling, you pause. You take a breath. You smile and say, "*Today is going to be a good day.*" That smile? It's not just for show—it's the cup that holds your happiness.

You've just performed your first small manifestation: you shifted your energy. You didn't change the situation, but you changed how you showed up in it. And that matters.

You won't always control what happens outside of you, but you can always guide what happens *within* you. When you choose peace over chaos, joy over irritation, love over fear—you tune your mind into a frequency where good things can flow in.

Here's how this works on a deeper level: your thoughts influence your emotions, your emotions influence your actions, and your actions influence your reality. So, if you want your life to look different, it starts with changing what's happening in your head. And you have to do it **intentionally**. Let's say you know your spouse is coming home in a bad mood and might start a fight. Instead of preparing yourself to argue, flip

the script. Say to yourself, “*Here comes this stormy one again—but today, I choose peace.*” Smile. Laugh a little. Decide not to engage in the usual drama. That’s manifestation in motion.

You’re choosing a different energy, and energy creates outcomes.

Cleansing your thoughts means filling them with goodness—and then following through with action. Think kind thoughts. Speak kind words. Do kind things. Every time you do this, your mind learns: *My thoughts are creating my reality.* And once your mind gets that? It starts giving you more of what you want. This is how you train your mind to manifest: by creating a consistent loop of positive thoughts, aligned actions, and uplifting energy. That’s the magic. And the more you practice it, the more natural it becomes.

Speak Life: Watch Your Words and Claim Your Truth

This step is all about becoming mindful of your words. The things you say—whether in seriousness or in jest—hold power. Never speak lack over your life, even as a joke. Words are seeds, and your subconscious mind listens to them all. If you’re struggling financially, don’t claim poverty by saying, “I’m broke.” Instead, say, “I’m not in the best financial place at this time.” Those last three words matter—they allow room for growth, for change, and for your manifestation to bloom.

Even in moments of uncertainty—when you don’t know where your next meal will come from—choose to stay optimistic. Hold space for hope. Believe that what you need is already on the way.

I remember watching an interview with Jamaican artist Tami Chin and her sister. They shared a story from their childhood about how their mother, despite having no food in the house, would tell them to set the table. Though there was no dinner ready, their mother acted in faith. And, sure enough, dinner would show up. That is the power of unwavering belief. That is the power of the words you speak and the energy you choose to embody.

You must be the same. Think positively. Accept positivity. Speak it into your life. Even if your current reality doesn't reflect abundance, speak as though it does, and act as though it's already yours.

And one more important thing—never allow anyone to speak limits or failure over your life. If someone says something negative about you, correct them with the truth of who you are. Speak life. Speak power. Speak your destiny.

Chapter 4

The Fuel for Manifestation

This chapter is all about your **fuel**. This is the *secret potion*, the thing you need *before* you hit the road on your manifestation journey.

Imagine you're about to go on a long trip. Before you even think about driving, you stop to fill your tank—because without fuel, you're going nowhere. And the more fuel you have, the farther you can go. So, what's the fuel for manifesting? **Gratitude**.

It sounds simple, right? Saying *thank you*. But here's the truth: while it's easy to say “thank you” when things are going great, it can feel nearly impossible when life isn't going your way. And yet—that's when gratitude becomes most powerful. Before you begin manifesting anything, your energy needs to be in the right place.

You need to be aligned. And the fastest, most effective way to do that is through constant, intentional gratitude. Gratitude shifts your focus from lack to abundance. It opens your heart, clears your mind, and sets your energy to “receive.” It's like lighting a spiritual fire under your dreams.

Make it a habit. When you wake up in the morning, give thanks for simply being alive. Throughout your day, look for things to appreciate—*everything*, even the small stuff. One practice that's helped me is giving thanks for moments most people overlook. For example, I once thanked God just for seeing a bird. Think about it—I didn't *have* to have the gift of sight. That bird didn't *have* to show up in my field of view. But it did. And in that moment, I felt connected to something bigger. That's how deep your gratitude should go.

Here's the secret: The more things you're grateful for, the more things the universe—and God—will give you to be grateful *for*. Gratitude multiplies blessings. So before you try to manifest anything, stop and ask: *Have I filled my tank today?*

Chapter 5

The Actual Act of Manifesting

So far, we've laid the foundation. You've learned how to cleanse your mind, fill up on gratitude, and tune your energy to a higher frequency. Now let's get into *how* you actually **manifest**.

This chapter is about the *thinking process*—what kind of thoughts you need to have and how to think them in a way that aligns with true manifestation.

Here's the first truth: **You cannot manifest something by thinking about it once.** Manifestation isn't a one-time wish. It's not a casual thought you toss out into the universe like a coin in a fountain. Manifestation is consistent. It's emotional. It's focused. The universe responds to *desire backed by clarity and repetition*.

Remember the red car analogy we mentioned earlier? You tell yourself, "I want a red car," and suddenly you start seeing red cars everywhere. That's not a coincidence—that's your mind aligning with your desire. The more you notice it, the more it sticks in your mind. The universe is showing you what's possible. Your job is to keep your energy locked into that vision. Here's how to do that:

1. **Get clear about what you want.** Not kind of. Not maybe. Not "I'd be happy with anything."

Get *specific*.

Ask yourself: What do I really want? A debt-free life? A dream car? A peaceful home? A healthy relationship? A baby? A dream job? Write it down. Say it out loud.

2. **Visualize it.** Once you've written it down, close your eyes and *daydream*. Yes—just like when you were a kid. Picture yourself living that reality in full detail. Let's say you want to be on vacation with your partner.

Where are you? Miami? What color is your swimwear? What are you drinking? What does the air feel like? Are you laughing? Smiling? Soak in that scene until it feels *real*.

3. Feel it and seal it. Now—this part is important. End your vision with a heart full of gratitude. Say “*Thank you*” like it already happened. Because spiritually, it has. You’ve already created the reality in your mind—and what exists in the mind can be made manifest in life. The universe doesn’t respond to words—it responds to energy. And when your thoughts, emotions, and gratitude all align... *that’s* when manifestation begins to move.

Chapter 6

How to Maintain Your Desires

So, you've set your intention. You know what you want. You've felt it, envisioned it, maybe even tasted it in your imagination. But now comes a very real part of the process: **How do you *maintain* your desire?** Life is full of distractions. The ups and downs, the routines, the noise—it all pulls our focus in a hundred different directions. And when life gets overwhelming, it's easy to forget our desires unless they feel absolutely urgent or life-altering. But another truth is: **You can't only think about your dreams when you're free, or when you're lying in bed at night.**

Manifestation requires consistency. Your dreams need *mental real estate*—they need space in your mind and heart every single day. Let's say you want to be rich. That desire can't just pop up twice a day—it has to shape the way you walk, talk, and think. You go to work not with dread, but with confidence: *"I'm building something. I'm manifesting greatness. It's already on the way—I'm just preparing for it."* That belief is what keeps your manifestation alive and moving. **Live as if it's already unfolding.**

Carry yourself like the blessing is on the way. Keep your energy aligned, your mind focused, and your heart open. That's how you maintain the vibration that draws it in.

Now, if you're the type who naturally stays focused—amazing! But if you're like many of us and sometimes forget what you were trying to manifest in the first place (yes, even your own dreams), there's a powerful method that can help:

The 3-6-9 Method.

This simple but life-changing technique helped me stay anchored to my desires. It works best with gratitude, so I suggest you use gratitude statements. Here's how it works:

In the morning: As soon as you wake up, write down your desires in gratitude statements 3 times. Example: *"I am grateful for my great health."*

“I am grateful that money keeps flowing to me.”

At midday (around 12 PM): Write those same declared truths 6 times. Repetition builds momentum.

In the evening (before bed): Write them again, this time 9 times.

This method isn't just about repetition—it's about planting your desire deep into your subconscious. Each time you write it, you *feel* it, you *think* it, and you *own* it. Eventually, you'll notice a shift: You'll remember to write it without a reminder. *You'll start thinking about it throughout the day.* You'll *feel* more connected to your goal.

Consistency turns desire into belief. And belief is what brings your manifestation to life

Chapter 7

Becoming a True Believer

This is the part where everything begins to shift—where you stop wishing and start believing. Not just a surface-level belief, but deep, grounded faith in **yourself** and in the **Almighty**.

So how do we do that? It starts with this truth: **God loves you**. He created this world, and in it, He gave *you* dominion. He said, “Be fruitful and multiply.” That means you were designed to create, to expand, to call things into existence.

You’re not a mistake—you’re a co-creator with God. So when you decide to manifest something, you have to believe it’s already on its way—not because you’re lucky, but because **you deserve it**, and **God made it for you**. This is your inheritance.

Belief changes how you live. If you believe you’re going to grow a garden, you buy a hose. You prepare the soil. You show the universe, “I believe in what I planted.” That action speeds up your harvest.

Faith without action is empty. Start living like what you want is already yours. Walk in that energy. But here’s a vital piece: Stay humble. Even as your belief grows and blessings flow in, don’t let pride or ego sneak in. You don’t need to compete, compare, or think you’re better than anyone. Stay grounded in love and peace. And never harm others—not to get what you want, and not after you’ve received it either.

Here’s a powerful truth that will set you free: You are not a competitor in the race for abundance—you are a **creator** of your own path. There is no lack in the universe. Let that sink in.

There is **enough money**. There is **enough love**. There is **enough opportunity, space, success, peace, joy, and oxygen for everyone**. What is meant for you doesn’t have to be taken from someone else. You’re not here to fight for a

piece of the pie. You're here to **bake your own**.

Ever had a great idea, then found out someone else already did it? Don't stress. It means the energy of that idea is in the atmosphere. It exists. That doesn't mean it's gone—it means it's *ready* for you to pull it into your reality.

NOTE WELL! You cannot manifest in a competitive plane. You have to look within, create something and stay focused on your creation. Fight every competitive thought you have that will keep your energy off, which will prevent you from being truly successful.

Believe. Manifest. Receive. That's the process.

If you do not deeply desire something, you will not truly believe in acquiring it. And without belief, manifestation cannot occur. For your wealth—or anything else you desire—to be manifested, there must be *zero* doubt. That means you need to protect your vision.

Whatever you wish to manifest, do not overshare it—especially not with anyone who might shake your confidence. Sometimes, this includes even your spouse. If you do share with someone and they respond with negativity, be sure to immediately reject and correct their words. As humans, we cannot "unhear" something. Once doubt has been spoken, it's easy for it to take root in your thoughts and create fear around your plans.

That's why it's wise to keep your intentions close. If you're excited and feel the urge to share, channel that excitement into writing. Let your pen and paper be your safe space to express and expand on your dreams.

Chapter 8

The Power of Acceptance

This should be the easy part. But for many of us—it's the hardest. Why? Because most of us weren't raised to accept the good. We were taught to brace for disappointment, to expect struggle, to "be realistic." We protect ourselves with fear—fear of failure, fear of shame, fear that we're not good enough to receive what we truly want. But here's the truth: That protective fear is exactly what will block your blessings.

In order to manifest anything, you have to **accept the truth**. The truth that what you've asked for is already yours. Not *will be...* but *is*. You've planted the seed. You've done the work. Now live in the energy that it's already happened.

Acceptance isn't just about believing something will come. It's also about accepting how it comes. You might ask for a million dollars—but don't expect it to fall from the sky. Instead, expect to see new **opportunities**, connections, ideas, and doors opening. When those opportunities show up—big or small—take them seriously. Say "thank you" for everyone. That's the universe answering you.

Now sometimes... what you *thought* was your big break may fall through. And that can feel like a punch to the gut. But don't let that shake your belief. Instead, say this to yourself: "*This means something even greater is coming.*" Because it is. Rejection is not a closed door—it's a redirection. It's the universe saying, "There's more. There's better. Keep going." Live in **excitement**, **gratitude**, and most of all, **acceptance**.

Acceptance is trust in action. It says, "I know my blessings are already mine—even when they don't look how I expected." So, release control. Say yes to what shows up. Give thanks for what you have and what's on its way. Because when you can truly accept, the flow, manifestation becomes effortless.

Chapter 9

The Pulse of Prosperity

In this chapter, I want to take the time to remind you that no matter what you're trying to accomplish through manifestation, **if you do not feel it... it will not happen.** Your emotions are the *activation switch of manifestation*. They are not optional—they are the very **heartbeat** of your desires. If you want to be happy, you must **genuinely feel** happiness within you. If you want to be rich, you must **generate the feeling** of being wealthy. If you want to be healthy, you must **embody the emotion** of vitality and well-being.

When you pray, when you speak affirmations, or even when you daydream, you must carry the emotional energy of gratitude, excitement, and certainty. Without those, your desires are just thoughts—floating, unanchored. But the *feeling*—the emotion—is what grounds them and sets them into motion. You must feel as though your manifestation is already yours. You must bring it into your present moment through the power of your emotional state.

If you're going through a difficult time and it's hard to feel the emotion of what you want to create, then your first task is not to force the manifestation—your first task is to shift your mood. Do something that lifts you, even just a little. Move your body. Dance. Laugh. Cry if you need to, then get back up. Play music that makes you feel alive. Watch a movie that makes you feel joy or courage. Create the emotional experience that matches the life you're calling in.

If you're manifesting wealth, then *feel* wealthy. Feel the money in your hands, visualize it coming to you easily, joyfully. Think of how it feels to receive money—a payment, a gift, a refund—and hold onto that sensation. The vibration of that feeling is what opens the way. If it's hard to get into that space, help yourself get there. Play music that celebrates abundance. Read success stories. Follow uplifting accounts or listen to speakers who

Speak your dreams into reality. Surround yourself with high vibrations.

And just as importantly, be intentional about who you let into your emotional space. The energy around you can make or break your focus. If the people close to you speak constantly of lack, limitation, fear, or doubt, their energy may begin to weigh on your own. And it's not about judgment—it's about protection. Protect your emotional alignment like it is sacred. Because it is. If your light is dimmed by someone else's negativity, your manifestation may stall. You might find yourself close to your dream but never quite crossing the finish line. That is often a sign that some part of you is holding doubt, fear, or emotional resistance.

There will never be a perfect moment to start. There will never be perfect circumstances, perfect health, or a perfect job. The perfection is *you*—right now—deciding to feel good, deciding to feel aligned, deciding to feel the life you want into being. You must choose to feel joy now. You must choose to feel abundant now. You must choose to feel healthy, safe, and loved—now.

Understand that the life you are living right now is the result of emotions you've felt in the past. So to change your future, you must begin feeling the emotions of your desired reality today. Right now. Not just thinking, not just hoping, but **feeling**.

Let's say in the past, you were overwhelmed with fear about money—you thought about losing it, and you **felt** that fear. That's how powerful feelings are—they created your current situation. So now, break that cycle. Choose new thoughts, and more importantly, choose new feelings. When you think of wealth now, smile. Let it warm your body. Let it spark inspiration. Look at the money you do have and appreciate it, even if it's only a dollar. Feel grateful for it and imagine how good it will feel when more arrives.

If it helps, delay that bill by a day (if you can), and just sit with the feeling of having. Let yourself savor abundance, even in a small moment. Because it's not the amount that matters—it's the **emotion**. And that emotion

becomes your point of attraction. That emotion becomes your magnet.
That emotion becomes your power.

You were born with this gift. You just have to feel it—really feel it—and
everything will begin to shift.

Chapter 10

It's Already Yours

If you've made it this far, I want to say this clearly: **You've already begun the journey of manifestation.** You've peeled back old beliefs. You've faced your doubts. You've tapped into something deeper—your divine right to create.

The truth is that manifestation isn't about magic—it's about alignment. It's about meeting God, the universe, and your higher self, halfway. It's about choosing your thoughts, speaking your truth, giving thanks in advance, and walking each day as if what you want is already yours.

Because it is.

From the moment you truly *decide* what you want, believe you deserve it, and align your thoughts and actions toward it—everything starts moving in your favor.

Now here's the key to remember: This isn't a one-time event. It's a *way of life*.

You'll fall out of alignment sometimes. You'll forget. You'll doubt. That's normal. Just gently return. Revisit these chapters when you need them. Reaffirm your desires. Reset your energy. Keep your thoughts clean, your heart grateful, and your faith strong.

And always remember this:

You are not here to suffer. You are not here to beg. You are here to *create*. You are here to *receive*. You are here to *enjoy*. You are here to *become*. So, walk boldly. Manifest freely. Love deeply. And get ready—because now that you know how to manifest the right way, the only thing left to do is this: **Watch it all unfold.**

It's already yours!

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