

Pitfalls of Manifesting

And the successful practice of the Law of Attraction

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About This Guide

Welcome!

This guide is about **Manifesting** and the set of techniques often referred to as the **Law of Attraction**. I'll be using the terms *Manifesting* and *Attracting* interchangeably.

There are a handful of fundamental misunderstandings- pitfalls- about what Manifesting is and how it works. In this guide, I've done my best to describe each, including (importantly) how to recognize when it's happening to *you!* I've also provided some suggestions on how to resolve each one. If you still have difficulty getting the wind back in your sails after reading this guide, there's a list of additional resources at the end.

This is not an advanced course. You don't need one.

There's beauty in simplicity. In fact, the harder we try to manifest something, the harder we tend to push it away (yes, "Trying Too Hard" is one of the pitfalls).

I want you to appreciate how simple and easy this is.

So what IS Manifesting?

Here's one way to look at it:

1. **Strategy** is a plan we execute with our **thoughts**.
2. **Attraction** is a plan we execute with our **feelings**.

We do our best work by combining great Strategy with mindful Attraction.

The thing is, our culture trains us to just *think everything through.* The popular problem-solving currency around here is cold, hard *logic*. We're pretty good at it, and it works fine. But when it comes to the art of Manifesting using pure emotion? We're collectively sitting in the dark over there.

Let me ask you this: When was the last time you sat in a work meeting to discuss the desired emotion underlying an important project so the team could more easily step into Flow?

Not ever, I'm guessing? I mean, if you mention the Law of Attraction to ten people at the typical workplace, eight of them will dismiss the idea before they can process it. The ninth is looking at you funny, perhaps a tiny bit curious. The tenth has slipped off into their cubicle to call Security.

Maybe I'm being a touch extreme. The importance of emotion *has* been creeping into corporate awareness. The point is, our culture still leans heavily to the side of logic as the primary means of creation.

The practice of Strategy and the practice of Attraction are verrrry different animals. They each require their own set of knowledge, skills and abilities. Plenty of people have never even talked or heard about the Law of Attraction, let alone practiced it. When & if they finally start using the Law of Attraction, they may try to apply the proven rules of **strategy and logic** to a realm of **emotion and intention**. *Good Luck!* Those rules don't apply particularly well here! Some people have perhaps watched a few videos about

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the Law of Attraction but still aren't clear on how to apply it in a practical, daily life sense. No matter where you are on your journey, if you're busy taking it to the next level, this guide is for **you**.

A few more thoughts about Strategy vs Attraction:

Strategy is systematic and linear. Attraction is expansive and magnetic.

Strategy says "I must do A and B to get C".

Attraction says "I just hold the energy of C to get C".

Point being, if you ever get too stuck in your own head about the Law of Attraction, you might just need to *think it less* and *feel it more.*

Anything you can possibly Attract has a certain underlying energy and emotion. All you ever need to do is hold that energy and emotion until you practically *become* it. This is Manifesting 101. Everything is energy. Settle gently- and firmly- into your ideal vibrational alignment.

😊

Let's do this…Enjoy the Journey!

- Brandon



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The Pitfalls

1. Narrow Expectations

About this pitfall: We are often so hyper-focused on a single, specific outcome or goal that we become blind to all of the other amazing possibilities the Universe is trying to show us. Our ego assumes it knows exactly what we want. Sometimes this prevents us from allowing ourselves to gratefully receive other gifts.

Here's an analogy: Don't be the little girl in the world's biggest candy store who wanted a Reeses Jumbo Cup, but there wasn't a single Jumbo Cup to be found. So she left the store empty handed, disappointed, and ungrateful. On her way out, she stormed angrily past a mountain of 2-packs, 4-packs, and big bags full of *Fun Size* Reeses Cups.

I hope you at least chuckled at this…hits home, doesn't it?

How to recognize this pitfall: Are you the type of person who leads with "no" when presented with new things? You may be holding too tightly to expectation.

Do you have *really* high standards? These standards may serve you well, but they may also stand in your way.

Take a moment to review each of your goals, dreams, and desires. Notice any places where you could be a bit less specific in what you're Attracting, yet still be over-the-moon happy with the result.

You'll tend to avoid this pitfall if: You are great at staying open to ALL of the good things you find along your journey. You have a natural sense of gratitude, curiosity, and wonder. You enjoy exploring.

How to navigate this pitfall successfully: As you start to Manifest something, be open to all the things the Universe will begin to show & bring you. Be calmly, expectantly alert. Manifesting isn't just about asking for stuff and being done with it. It's not just a one-way communication. It's a conversation; a process. The Universe will start bringing you things and whispering, "Hey there Chuck, sorry to interrupt, but…did you mean *THIS*?"

Let's say you're in the process of Manifesting the perfect new home for your family. Enjoy the process of discovering and evaluating each new option. Stay open, without settling for "less-than-success". Don't be afraid to tell the Universe, "Thanks, this house you've shown me just now is SO close, but still not quite right". Don't be disappointed or impatient when this happens. Smile to yourself, knowing you're hot on the trail and the Universe is already helping!

Be aware it's usually our thoughts which are restrictive and limiting. So release your attachments to specific thoughts & outcomes. Instead, hold the *feeling* you desire.

Using our "new home" example, rather than focusing on a mental checklist of the features your new home needs to have (a big level yard, a swimming pool, a three-car garage, a screened-in porch, etc.), sit with the *feeling* those features will bring you (contentment, serenity, safety, ease, laughter, etc.).

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You can hold each of these emotions one at a time, or all of them together. Whatever feels more natural for you.

This doesn't mean the individual features of the home aren't important. They are. It's just that by aligning with the *feeling* of those features, you are attracting them.

Be patient with yourself. Be patient with the process. Cut the Universe some slack.

Back to the candy store. If you're that little girl manifesting a Reeses Jumbo cup, and someone offers you a bag of Twizzlers, that's a good sign! It's time to consider if Twizzlers would scratch the same itch. If a Reeses Cup is "perfect"…are the Twizzlers "Close enough!!"? Don't be afraid to say no. But don't be too narrow to say yes!

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2. Discouragement

About this pitfall: It sucks. Sometimes we get discouraged, plain and simple. We lose confidence in our own ability, or in the process we've been using. Note, this is different than choosing to change directions with a sense of confident empowerment. Discouragement usually comes with a sense of apathy, anger, or unfairness.

How to recognize this pitfall: Are you feeling less-than-capable at using the Law of Attraction? Are you feeling powerless in general? Can you think back to a time when you were Attracting everything you desired effortlessly, but now you can't seem to achieve that old state of Flow?

You'll tend to avoid this pitfall if: You have a natural tendency toward Trust, Faith, and Gratitude. You're not the type of person to see life as a constant competition (you're no longer competing with others, or with your Self). By letting go of old patterns of judgment based on *where you think you should be*, you now give yourself room to fully enjoy *where you are*. You've decided to be in love with this moment.

How to navigate this pitfall successfully: One way to solve this particular pitfall is by starting where you are. Make peace with the present in order to trust the future. If you're manifesting "financial abundance", start by feeling gratitude for the money, job, and material wealth you have. Remember you're not ever truly starting from scratch….you're just telling the Universe "I'm ready for more!". Take a moment to look back and see how far you've come. Don't take for granted the mountain slopes you've already climbed as you consider the rough-seeming road ahead.

Draw on positive energies from your past successes, too. If you're manifesting "better friendships" you could remember a great friendship you had long ago, and sit with the emotion of *that*. And remember, let go of any specific image of what the new friendship should look like. Don't limit what the Universe is going to bring you. You're just trying to hold the emotion of *being in a great friendship*.

Let's talk about what happens on an energetic level as you do this. It starts building the energy…what some call the "attractor field".

Everything is vibrational energy (this includes our emotions). You're not ever just holding a feeling. You're simultaneously shifting your aura's vibration such that it resonates at the ideal frequency to attract what you're working to attract. Frequencies which do not resonate with one another repel; frequencies in harmony complement and even magnify. This is how manifesting works.

If you want extra help overcoming either of the first two pitfalls, do some Reiki or grab a coach / mentor.

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3. Oh I know *How*; I just don't know *What*.

About this pitfall: Sometimes we don't know what we want. We may be living by default, according to the priorities of family, friends, the education system, or even society at large. But deep down, we each have our own unique set of priorities. What are *yours*? It can be surprisingly tricky to know what the heck you've come to Earth to experience.

This is such a common problem that I created an entire workshop just to answer the question, "Why Am I Here?". It's linked in the Appendix of this guide.

How to recognize this pitfall: If this is one of your pitfalls, you probably don't feel entirely fulfilled by life. You may have a vague sense you're meant to be doing something different or living someplace else, but can't quite put a finger on it. You may even catch yourself saying, "I just don't know what I want".

You'll tend to avoid this pitfall if: You're doing serious, intentional work to know who you are. You understand that you have a choice about literally everything in life….and you've been using these choices intentionally and powerfully. You don't hesitate to make big, sweeping changes which would scare the crap out of others. Even when moving quickly, you tend to be strategic and deliberate, always moving toward a clear, meaningful goal.

How to navigate this pitfall successfully: Take a look at your priorities in life. For each one, ask "Why is this a priority for me?". At a minimum, consider your relationships, your long-term goals, and your career / calling. What's working for you? What isn't? Some things which used to be important to you may no longer fit into today's vision of happiness. Ask, "In what ways am I living according to my current set of needs, wants, & wishes?". and "In what ways am I not?". This line of questioning and self-reflection will get you a long, long way.

If you suspect you've been putting other people's needs ahead of your own, please review the section on Fear of Change. And you may want to do a few sessions with a counselor in order to re-assert your own true needs.

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4. Inconsistency & Lack of Discipline

About this pitfall: You know precisely what you want, but you still aren't steady enough in your intention. Maybe you keep letting yourself get swept up in the day-to-day. All you're really Manifesting then is the status quo, because that's where all your focus is going. And if the energy of the status quo doesn't align well with the things you truly want, don't hold your breath waiting for change.

How to recognize this pitfall: Okay, let's determine whether you're up against this pitfall:

Take a moment to lean into the energy and *emotions* of the thing(s) you want. Just hold that feeling for a few breaths. Got it? Picture the ideal life wherever you're headed. What does it feel like when you're all the way there? Take note.

Okay. Now I want you to compare **that** feeling to the emotions you **currently** experience during a typical day! How similar (or dissimilar) are they? For instance, if you're trying to manifest a great job where you'll feel 100% appreciated and productive, how appreciated and productive do you feel these days? If your current circumstances are way out of emotional alignment with the circumstances you seek, extra discipline will be required to bridge the emotional gap. Don't worry, this is an easy one to fix!

You'll tend to avoid this pitfall if: You have great self-awareness. You are practiced in mindfulness. This enables you to notice moments when your emotional state (and energetic frequency) isn't where you want it. Sure, external forces still influence your mood, but you aren't emotionally dominated by your surroundings. You don't worry when you notice yourself sliding; awareness is the first step of change. You've learned, practiced, and maybe even mastered some ways to quickly and consciously adjust your mood & vibrational frequency. You have a high degree of emotional self-control: not necessarily by outward appearances, but inwardly, where it counts.

How to navigate this pitfall successfully: When you're able to develop a high degree of mindfulness, it accelerates your ability to Attract new things. Check in a few times throughout the day just to notice your emotional state. Set an hourly check-in alarm if it helps. What are you feeling? Are you able to shift it?

Also, spend some time each day meditating on the things you're working to attract. Sit with the feeling of having already achieved them! To make it easy, you can combine this time with another task you already do daily (like driving to work). Use the time productively to reconnect with your desired emotional / energetic state. Just sit in it for a while. Even just for a breath or two. You're not trying to force or rush anything here, just doing some daily calibration of your subconscious circuitry! And that's it!

Manifesting isn't just about vibrational magnetism and help from the Universe alone; it's also about shifting your internal habits and patterns. You're retraining your conscious and subconscious mind by gently & consistently returning internal focus and energy to your dreams and goals.

Professional coaches specialize in helping people crush this kind of pitfall.

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5. Self-Doubt & Desperation

About this pitfall: This is the Big One. Self-doubt is the death of Attraction.

Because… if you don't believe you're great (or at least good enough) at manifesting, the Universe is going to validate that doubt for you all day long! For example, if you're trying to manifest a new car…but deep down you don't believe you can or will, all you're going to attract is the continued absence of the new car. This trap ***sucks*** because the self-doubt is self-reinforcing over time. The more you fail, the more you expect to fail.

How to recognize this pitfall: When you set a goal, do you truly, fully expect to achieve it? If not, you might be in the deep, dark pit of self-doubt.

(Or your goals may truly be unreasonable, but for most people this isn't the case. Haha.)

You'll tend to avoid this pitfall if: This one's a bit tricky to predict (it can happen to anyone) but here's what I've noticed…

The more confident people are (including in their sense of spirituality and connectedness), the more likely it is that they fully trust their ability to Manifest some of the wildest stuff. And manifest it, they do! Attraction and Flow becomes their preferred mode of operation. As I'll note elsewhere in this guide, they usually still work hard to get exactly what they want. But you can tell who these people are because *the Universe is working hard with them*, step for step. It's magical to watch these people.

How to navigate this pitfall successfully: Develop your intuition! Listen to your inner voice. Learn to trust it. Then learn to trust it *more*. Inward-facing trust is the key.

Also read the sections of this guide about how to navigate Discouragement and Narrow Expectations. A lot of that advice applies here, too.

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6. Expecting Attraction to replace Action

About this pitfall: (This doesn't happen to most people, thank God.) Are you using Attraction as an excuse for Inaction? Do you say, "I'll just manifest it" and then make no effort to meet the Universe halfway? If you do, the Universe is looking at you funny right now, no offense.

We live in a physical reality. It's not enough to simply sit, set an intention for a desired result, then wait. Well okay, yeah sure, if you're at the pinnacle of this art, that is totally an option! The overwhelming majority of us though- even in the arena of advanced spiritual seekers- lack the willpower and faith necessary to achieve literally everything purely through manifestation. We still need to eat. And breathe. And communicate using words. For ~~some~~ ~~*most*~~ ALL things, we see faster results by working on the physical level right alongside anything we're doing on the energetic level. An example: When I want to get physically stronger, guess what I do? Meditate in stillness? No. I go exercise. (Which incidentally is a wonderful form of meditation!) I suppose I *could* just manifest tip-top shape without moving a muscle, but my skill at the Law of Attraction isn't powerful enough. Not yet. Haha. It's just easier and faster to accomplish certain things on the physical level.

Look: The best psychics I know…they all still use their phones. They don't try to send and receive every thought telepathically. It's honestly super-effective to use the phone. So they use it.

How to recognize this pitfall: This is a rare pitfall. It usually happens to people who are so wrapped up in developing their spiritual awareness that they seek to disconnect from the physical world. Or they're desperate to withraw due to some unresolved trauma, which propels them into spiritual pursuits.

You'll tend to avoid this pitfall if: You're comfortable operating with one foot in the spiritual and the other firmly rooted in the physical. You understand this is part of the meaning of the word "balance"! Further, you appreciate having multiple paths available to reach the same outcome. You're goal-oriented, not stubbornly process-attached.

You understand that the whole point of Manifesting isn't to *withdraw* from this physical reality, but rather, to *connect* more deeply within it.

How to navigate this pitfall successfully: There's this weird notion some people get that the Law of Attraction is supposed to be a replacement for effort. Manifesting DOES make life easier. Look closer though, and I think you'll agree with what I'm about to say.

We're not necessarily trying to reduce our effort by using the Law of Attraction. We're reducing our *wasted* effort. Manifesting is the art of setting a strong intention, which sets up an attractor field, which ensures our physical actions will get much more bang for the buck. We still need to get out there and *do*. If physical effort is a seed, Attraction is fertile soil.

Always align your physical actions with your intentions (and vice versa) for the best possible results.

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7. Undeservedness & Unworthiness

About this pitfall: If you believe you don't deserve happiness, joy, and comfort, this will continuously sabotage your potential to attract happiness, joy, and comfort.

How to recognize this pitfall: This can be a tricky pitfall to spot. People tend to hold unworthiness at the subconscious level. It's hard to know if you're holding it. If you're "lucky" enough, you'll feel unworthy at the conscious level, too, and it will be obvious.

If you're holding undeservedness and unworthiness, you may be depressed or resistant to change. You may constantly avoid new experiences. Or you may *seek* change as a way to continuously push away all the good things & friends you've found along the way. You may have a subtle yet constant fear of losing control, especially in romance and close relationships. So you break things before they get scary good.

You'll tend to avoid this pitfall if: You're aware that love is inherent in people. Love doesn't need to be earned. You know there's no such thing as "unworthy". You feel valued and seen.

Accordingly, you easily accept yourself as you are. You see your own circumstances through the eyes of grace. Due to this strong self-love, you are also extremely accepting of other people.

This doesn't mean you never seek to change yourself for the better, though. It's just that the standards and goals you set for yourself are reasonably high without being unfair or unreachable.

How to navigate this pitfall successfully: If you think this might be you, please consider working with a counselor and/or Reiki practitioner. There are probably subconscious and energetic tendencies which we can help you unroot and dislodge. You can do it yourself, but working together speeds the process.

Also, practice Gratitude. Starting tonight, and at the end of each day, recall:

a) One thing someone else did for you today that was loving
b) One thing you did for someone else today that was loving
c) At least one loving thing you did for yourself today

Hold the memory of these experiences for a few deep breaths. Doing this daily goes a long way.

Reiki and Counseling are the 1:1 tools of choice for this pitfall, especially used in combination.

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8. The Unguided Missile

About this pitfall: Sometimes we don't seek advice until we've struggled quite a while without it. People can watch a few videos about the Law of Attraction, then jump straight into the deep end. Sometimes these people are in over their heads. Don't get me wrong, ***sink or swim*** can be a great way to learn! If you're like me and you love to hurl yourself into churning waters to get your biggest & best life lessons, odds are we'll be swimming in a storm together again soon enough. lol.

:shrug:

The thing is, I've met clients in my Reiki practice who have gotten themselves pretty tangled up emotionally and energetically by not understanding how to use the Law of Attraction. They've become disgruntled and discouraged. For them, some quick mentoring is HUGE. It usually doesn't take much; just a slight change of perspective and they're doing great again.

How to recognize this pitfall: Are you the type who is reluctant to ask for help? If you're in this pitfall, it means you're also in one or more of the others. So it's more a matter of reconizing *those* pitfalls and fixing them. If you still have a specific question about how to Manifest like a freak, seek guidance!

You'll tend to avoid this pitfall if: You already have a pretty good handle on how to use the Law of Attraction. You associate regularly with peers who are themselves competent at it. You have easy access to a mentor / guru skilled at applying the Law of Attraction to a wide range of circumstances.

And you aren't hesitant to ask for help when you need it!

How to navigate this pitfall successfully: Ask for help when it's helpful. Simple.

For everything else important in life, you might have a personal mentor or teacher who can guide you to the next step, one-on-one. You probably have a go-to expert at the gym, in your career, in school, in finance, etc. For the Law of Attraction and manifesting though, this is rare. Don't fall into that trap. When you have a question or feel stuck, seek guidance.

Or yeah whatever do it the hard way. See you in the deep end.

That said, this guide will help you overcome a lot of the challenges you're likely to face. 😊

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9. Trying Too Hard

About this pitfall: If you're trying too hard, you're forcing. Forcing comes from energy of desperation and fear. It's a repelling energy. Repelling is the opposite of Attraction.

How to recognize this pitfall: Let me paint a picture of this one:

"You're running on the proverbial hamster wheel.

You feel like you're already doing everything right according to all the Law of Attraction celebrity gurus. As we chat, you're listing all the different Law of Attraction techniques you've been trying and my eyebrows are slowly raising because the list just…isn't…ending. lol. You're Type A. You want to be in control of your destiny. You believe nothing should ever be left to chance…

…And right now? None of it is working! You're having a total WTF, FFS moment. For the effort you've been applying, it doesn't feel fair.

You're not sure whether to laugh or cry. But while you decide, you're already on your smart phone looking for the next tip. Maybe that's how you found this guide."

Well….you want to know a secret?

You're trying too hard. Haha.

On paper, the solution for this one is easy. We'll get to it in a moment. But first, I'd like you to be aware that sometimes this pitfall is the result of Self Doubt. So you may want to revisit that section.

Other times, this problem can result from people-pleasing tendencies and a desperate need to prove yourself (or your worth). As such, you may be a little too dependent on external validation of your own processes. Have you been constantly changing directions before you allow yourself a fair chance to notice progress?

You'll tend to avoid this pitfall if: You recognize that the Law of Attraction doesn't require us to control every single variable. You have enough Faith (in yourself and the Universe) to simply hold a vibration and wait.

How to navigate this pitfall successfully: Rebuild your sense of Trust (inward-facing) and Faith (outward-facing). As I mention in the section on self-doubt, building your intuition usually helps with both of these things.

If you find yourself doubting whether great things are headed your way, at least be open to the possibility that you just can't see them yet from where you stand. Take a moment to notice any tiny signs of progress you may have overlooked before. Reconnect with your sense of Joy and Wonder at the things around you right now.

In theory, you can overcome this pitfall easily. Just hold the vibration of the thing you're attracting. That's it! That's all you **ever** need to do. Be still. Allow, Allow, Allow. Any time you catch yourself overthinking or overplanning, try to shift into feelings of Comfort, Gratitude, and Trust.

Trust the change. Allow it to unfold. Notice it happening.

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10. Scarcity Mindset

About this pitfall: Some people hold a conscious or subconscious belief which goes something like this: "If I attract abundance, I'm stealing opportunities and resources away from others. I don't want to be selfish or ask for more than my fair share. There can't possibly be enough for all of us".

They're putting out the energy of scarcity, which of course attracts *what*?

Yes. Don't let this be you. lol.

Here's an example: "I want to date someone who's stunningly gorgeous, brilliant, and kind…but I'll probably need to settle for ugly, boring, and mean ~again~ because there simply aren't enough gorgeous, brilliant, and kind people out there for everyone". Stop.

How to recognize this pitfall: Usually if you have a Scarcity Mindset, you're able to see and admit it the moment it's described to you. Maybe you've experienced material scarcity at some point in your life, which is now limiting your expectation of what the Universe, Earth and humanity are capable of providing. Or maybe you're just an over-giver. Or maybe you worry more about other people's discomfort & well-being than your own (if so, also visit the next section, Fear of Change).

You'll tend to avoid this pitfall if: You know we live in a world with physical rules and limits, but also know the possibilities are truly endless. You know that nothing is beyond imagination…and imagination is the precursor to reality. You understand that most of our limitations are just self-imposed, *perceived* limitations. By letting go of your attachment to these limitations, you've always allowed the Universe to bring you more.

How to navigate this pitfall successfully: 99% of the time, this pitfall is the product of a self-limiting belief. Here's an example:

Let's say you're applying for a new job in your field of work, so you're trying to decide what hourly rate you ought to ask for during the job interview. Now you've never made more than $20 per hour in this line of work. So you go into the interview thinking "I'd better not ask for more than $20 hourly because I don't want to blow my chances". But the reality is, you don't know how much this prospective employer is willing to pay. You're letting your previous life experiences limit your expectation of what's possible.

Is it safe to assume the new employer isn't willing (and even happy) to pay you $25? Heck no!

But one thing's for certain: If your ask is too small, you're not helping them pay you more. *Please* never put limits on what you're willing to receive.

Don't assume you have a clue what the Universe is capable of delivering, either. There's no need to know *how* the Universe is going to bring you a thing. All you need to know is that you are the co-creator of your tiny slice of reality. *Just hold the vibration of what you wish to attract*. Bang.

Oh, and it's not your job to check the Universe's inventory to figure out where all this Abundance comes from. The → **INFINITE** ← Universe handles that, too…It's wild! No, really….Just hold the vibration! With a heart full of Gratitude. Perfect. Done. (Good job!)

In what ways is *your* ask too small right now?

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11. Fear of Change

About this pitfall: Fear of change can prevent us from Attracting new circumstances. Obviously.

Sometimes our fear of change is actually fear of loss in disguise. How so? Think about it: If you're manifesting a new home, success means saying goodbye to the old home. If you're manifesting a new job, success means saying goodbye to old coworkers and letting go of old ways of self-identifying.

Other times a fear of change is actually rooted in fear of failure, such as "What if I Manifest a new job (wonderful!), but I end up being terrible at it?" (terrifying!).

How to recognize this pitfall: If you routinely put off making big decisions until the last possible moment, or if you have a hard time overcoming feelings of loss, you may have difficulty with this pitfall.

If you're afraid of failure at a moment of great possibility and opportunity, revisit the sections on Trying Too Hard and Self Doubt.

You'll tend to avoid this pitfall if: You know life is a one-way road in many aspects, but this doesn't mean you can't change directions again later, especially if the turn you take today doesn't work out the way you hope. There will always be another chance, at least on some level. Tomorrow will always be different than today, even on a straight course.

In this way, change is your ally. It allows you to shape your inspirations into reality. You tend to not dwell on the unknowns. You lean into feelings of joy and success rather than dwelling on feelings of loss and fear of failure. You know every failure, rejection, or ending is an opportunity to experience something new. You don't always wear rose-colored glasses, but you do keep a pair handy.

How to navigate this pitfall successfully: This pitfall can be quite deep, broad, and multi-level. Consider working with a mentor, a Reiki practitioner, and/or a counselor. That said, here are some ideas:

On the conscious level, remind yourself that change is the doorway to new experiences.

When you catch yourself holding an emotion of loss (or the expectation of loss), shift your attention to all the things that excite you about the road ahead (make a list!). Remain grateful for the road behind you- but try not to let yourself be held down by strong attachments.

Catch yourself if you're putting other people's needs ahead of your own. You may be so worried about disrupting other people's sense of stability that you're not truly allowing the necessary change to happen. Remind yourself that they, too, will be able to use this change as an opportunity for growth. You don't have to protect them. They'll be fine!

Every moment of our life, one hundred doors of possibility are open to us. We only get to walk through one of them. The other ninety-nine doors slam shut behind us while one hundred more open just ahead. Whether or not you can feel the weight of your actions and choices in each moment is a matter of awareness. So whenever you *think* you're facing a moment of grave consequence, try remembering it's no more or less critical than any other moment along your journey. No matter which door you pick, you can either feel the pressure of having to make all of these choices, or the freedom and joy of it.

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Appendix: More Resources

The following is a list of services which are extremely helpful when changing directions in life or building new momentum. I know all of the people listed here personally (one of them is *me*) and they're all uniquely talented at what they do.

Reiki

Reiki clears away energies and deeply rooted patterns which no longer align with our sense of purpose and joy. Reiki operates on the energetic (spiritual) level, which has profound effects on us physically, mentally, and emotionally.

Wendy Borne - **Visions Reiki and Soul Spa** Wendy is a uniquely gifted intuitive Reiki Master / Teacher who has been practicing for around twenty years as I write this. She runs the Soul Spa, where she has helped bring together- and empower- the most beautiful community of local healers. Wendy introduced me to Reiki. She will challenge you at every turn to embrace your authentic self.

Heather Frazier-Behling - Enchanted Energy Heather's energy is Earthy and Airy. She finds wonder in everything, and always seems to be laughing inside. Her whimsical, welcoming nature makes her a great fit for people who are brand new to all of this. She has a lot of experience to draw on for those farther along their own spiritual journey (no matter where you're at, she'll be able to relate). Heather and I both practice at the Soul Spa and it's been serious fun to know her.

Brandon Novogradac (author) - **Path Life Coaching - Reiki** When I look at my spirit guides, there's a fine line between deep solemnness and lighthearted laughter (and I'm cut from the same cloth, I think). My energy is grounded, rooted, and Earth-centered with some fire and water. This makes me a good fit for people who are dealing with challenging anxiety, sorrow, or overwhelming external energies who just want to get back to being themselves.

Counselors

A good counselor helps us notice our own conscious and subconscious patterns. This way, we become empowered to consciously change.

Leza Vivio - Sacred. Centered. You. In addition to being a counselor, Leza is experienced in various energy healing techniques. It's honestly impossible for me to keep track of Leza's skills and interests (her resume is constantly becoming outdated!). She operates well on a purely intellectual level, a purely spiritual level, and navigates all the spaces in between.

Emily Yelling - Peaceful Mind Holistic Therapy Emily is a serious, fun, caring, and inspiring professional who understands the spiritual aspect of emotional healing. There's just something inherently *empowering* about speaking with her. She teaches techniques for self-awareness, keeping it practical and accessible.

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Susan Cononge - Everstrong Counseling Susan has a knack for relating to a wide range of human experience. She excels at breaking down complex problems and ideas into smaller, simpler (easily solved) parts. She's a creative, verbal communicator and seems to find the perfect words for any situation.

Sandra Pattinato - Better You Counseling Sandra just has a vibe that makes you feel like family! She's warm, engaging, and immediate….Super easy to open up to. If you're looking for a professional who naturally invites you to be yourself, Sandra's a great choice.

You know?…I seem to know a lot of therapists! So if you're looking for more suggestions, contact me. These were my top picks for this guide.

Coaches & Mentors

A coach enables you to lean into your own unique wisdom, strengths, skills, interests, preferences, and circumstances to consciously create your ideal path forward. By contrast, a mentor is someone who shares their own experience and know-how. The following is a list of professionals who do a bit of both, and who have deep appreciation for the mind-body-spirit connection.

Briane Agostinelli - Briane Agostinelli One of the things I've come to appreciate about Briane is her ability to really *see* you, in the most patient, compassionate and supportive way. That alone is a gift. She can hold multiple threads of thought without losing immediacy, focus, or presence- then wait as you tie those threads together over the course of a session *or an entire season.* Her unique genius is truly awe-inspiring.

Erin Scanlon - Scanlon Connections Erin is bouyant, full of joy, and *dynamic*. She's rooted in who she is, yet fluid in her ability to integrate new information and experiences. Her self-affirming positivity is contageous. I'm not sure if Erin realizes this, but she's always dragging us to take these wild flying adventures with her into some new realm of perception. It's so much fun! All while staying simple, down-to-Earth, and practical.

Brandon Novogradac (author) - Path Life Coaching I used to be a "by-the-book" coach. Over the past few years though I've been blending traditional coaching with subtle intuitive awareness which comes from practicing a *ton* of Reiki. It's important to know what the rules are so we can break them.
A little bit of heart-centered knowing opens new avenues for exploration!

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Groups

If you're hungry for great conversation about energy and emotional awareness, here you are. The Empath Support Group is available online. The other two meet in-person in the southwestern Pennsylvania region. If you can't make it to us here, hopefully you can find something similar in your neck of the woods!

Empath Support Circle - (*Online and in-person meetings are held monthly*) This is a meeting open to people who tend to navigate the world in an emotionally connected way. We trade stories and wisdom. The regular members are warm and welcoming, so stop in!

Reiki Share at the Soul Spa - (*in-person; see calendar for details*) Twice a month we meet at Visions Reiki and Soul Spa in Strabane, Pennsylvania to exchange Reiki. Everyone is welcome; no experience of Reiki or energy work is needed (If you're a total beginner, we'll help you get started so you're not lost or awkward)! We conclude each Share by sending remote Reiki to those ready to receive it.

Sunday Share with *Reiki ON*, at Indigo on Main - (*in-person; see website for details*) This group meets monthly to share soulful conversation and more. They usually do some light & fun energy work together in the process. Sunday Share has a way of going wherever it's meant to go. It's consistently awesome.

Other Good Stuff

The First Contract - Not sure what you should Manifest next? Not 100% clear about your calling? No problem. This self-paced workshop helps you know yourself more fully. Squeeze more joy out of life!

Pittsburgh Healers on Facebook. This is a shout out to my local soul tribe. <3 If you're looking for some wisdom or a service not covered in this guide, drop in and ask!

Thanks for reading this guide! Happy Manifesting!

- Brandon Novogradac

Earth Scientist, Holistic Cancer Coach w/ BeatCancer, Reiki Dude



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