



MANIFESTATION INTO AWAKENING

WELCOME

I have created this short mini course as a simple guide for manifestation into awakening.. All of the aspects are an important component and work in union with each other.

WHAT IS MANIFESTATION

Manifestation is about bringing something into your reality through the conscious combination of your beliefs/thoughts, Emotions, attention and actions.

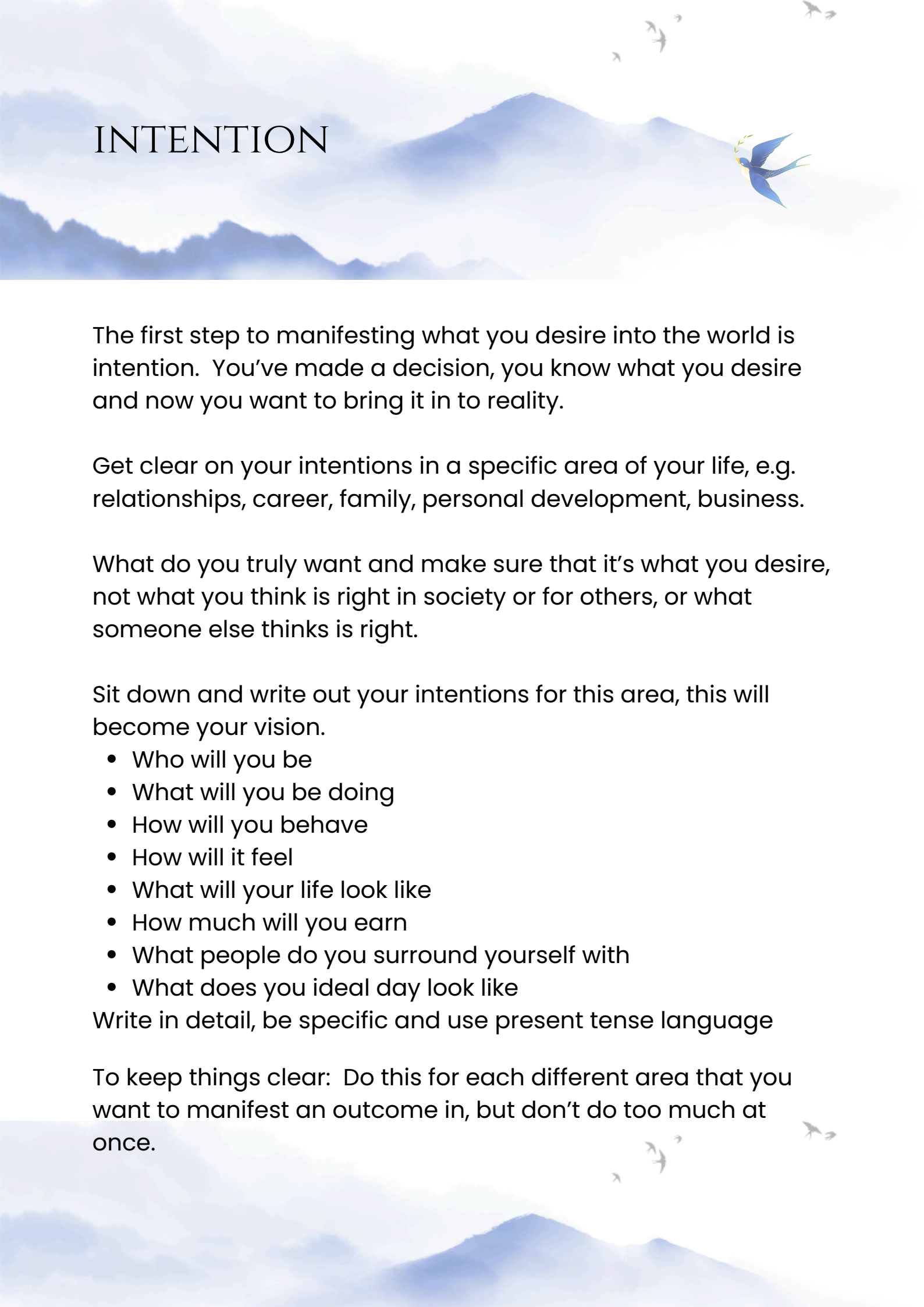
This is conscious directed participation of an outcome.

Normally we manifest into the world unconsciously with our subconscious mind ruling the outcome, with our thoughts and emotions determining what we experience.

When we consciously manifest we are aware of what we desire, we know who we have to be to make that happen and with directed attention and action we manifest what we desire into reality.

- INTENTION
- EMBODIMENT
- DIRECTED ACTION & ATTENTION
- SURRENDER

INTENTION



The first step to manifesting what you desire into the world is intention. You've made a decision, you know what you desire and now you want to bring it in to reality.

Get clear on your intentions in a specific area of your life, e.g. relationships, career, family, personal development, business.

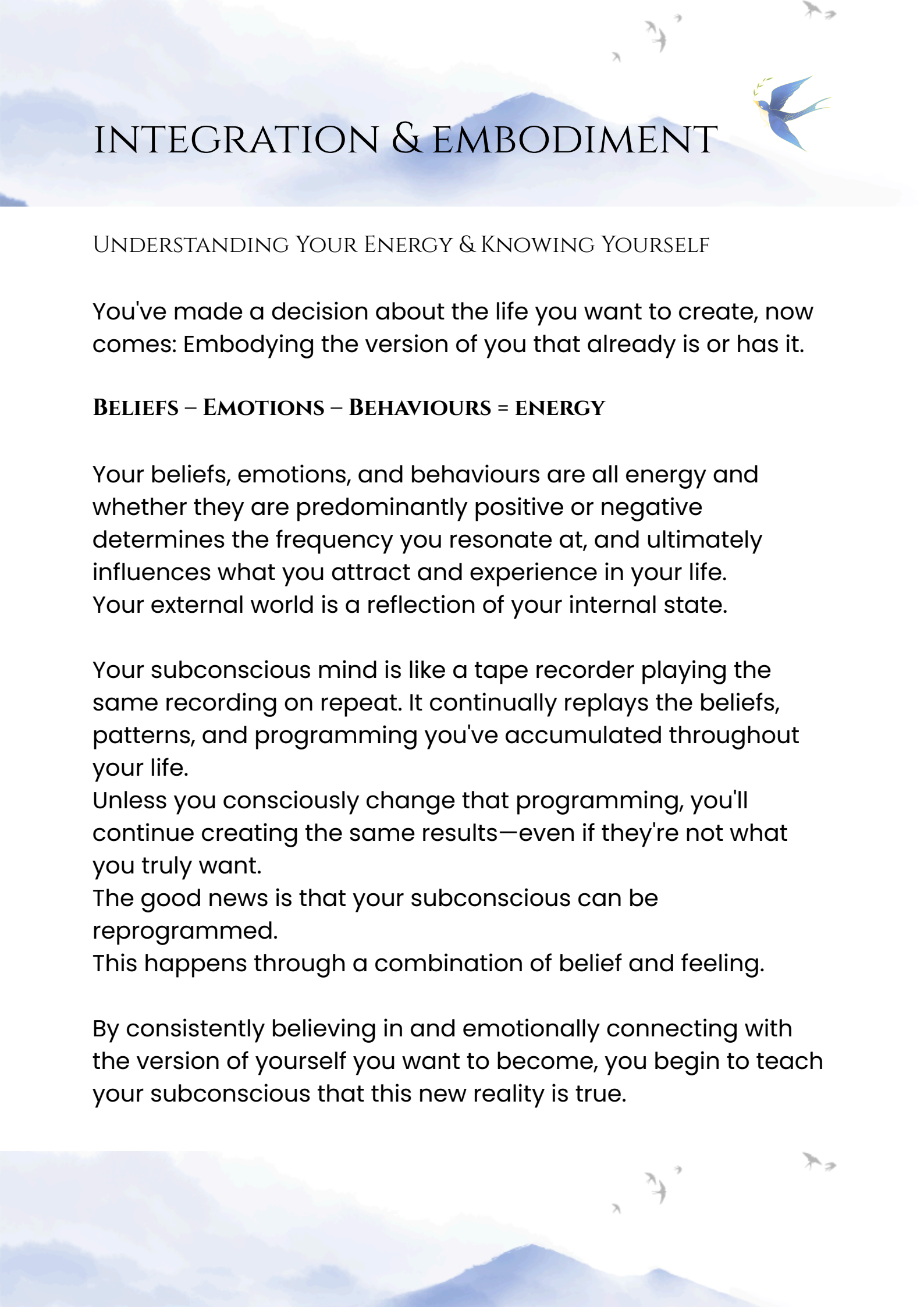
What do you truly want and make sure that it's what you desire, not what you think is right in society or for others, or what someone else thinks is right.

Sit down and write out your intentions for this area, this will become your vision.

- Who will you be
- What will you be doing
- How will you behave
- How will it feel
- What will your life look like
- How much will you earn
- What people do you surround yourself with
- What does your ideal day look like

Write in detail, be specific and use present tense language

To keep things clear: Do this for each different area that you want to manifest an outcome in, but don't do too much at once.



INTEGRATION & EMBODIMENT

UNDERSTANDING YOUR ENERGY & KNOWING YOURSELF

You've made a decision about the life you want to create, now comes: Embodying the version of you that already is or has it.

BELIEFS – EMOTIONS – BEHAVIOURS = ENERGY

Your beliefs, emotions, and behaviours are all energy and whether they are predominantly positive or negative determines the frequency you resonate at, and ultimately influences what you attract and experience in your life. Your external world is a reflection of your internal state.

Your subconscious mind is like a tape recorder playing the same recording on repeat. It continually replays the beliefs, patterns, and programming you've accumulated throughout your life.

Unless you consciously change that programming, you'll continue creating the same results—even if they're not what you truly want.

The good news is that your subconscious can be reprogrammed.

This happens through a combination of belief and feeling.

By consistently believing in and emotionally connecting with the version of yourself you want to become, you begin to teach your subconscious that this new reality is true.



ASK YOURSELF:

Who do I need to be to create the life I desire? (Ideal Self)

Who I am today in relation to that person?

What beliefs, habits or fears are holding me back from being that person?

THE POWER OF FEELING

Visualisation is powerful, but by itself isn't enough.

When you imagine your desired future, it's essential that you also feel it.

Emotion is the language of the subconscious mind. The stronger the feeling you attach to your vision, the more your subconscious begins to accept it as your reality. (This is how our beliefs were cemented in our subconscious in the first place - from the emotion we felt)

Over time, your thoughts and behaviours naturally align with that new identity, allowing you to create the life you've been envisioning.

A bit to remember: You already are the ideal you, so take away the things that prevent you from being your authentic self.

EMOTIONAL ENERGY



This exercise helps you to “Live in the End” and can also be a great help if you have trouble with visualizing.

Sit or lay down in a comfortable place and close your eyes. Place your hand over your heart, this helps in centering you. Breathe in slowly through your nose, and out through your mouth, three times to relax. Release all tension.

Think about what you want to manifest, take a minute to do this, as when you do, emotion will naturally flow into your body. Feel as if you would already have it in your life.

What does that feel like, is it calming, certain, grounded, relaxing?

- Sit with the feeling and fully experience it by allowing your **body to sink into it – to become it – to live it**
- When you breathe in, fully feel and sink in
- When you breathe out, fully express through your body and relax.
- Do this for a minimum of 30 seconds or until you feel complete.

A very important bit to know: This exercise can be used to feel what you desire but also for healing fears, beliefs, emotional and behavioural patterns – e.g. just replace what you desire with the fear and fully feel it until the emotions dissipate naturally. 1 – 2 minutes.

I have used this exercise throughout my healing

ACTION & ATTENTION



If you truly want something, you will make it happen, effortlessly

Manifestation of a desired outcome doesn't come from wishful thinking or just visualisation alone, you need every component working in union and action and habit is where you're now physically expressing into the world.

Taking action includes daily action, routine and empowering habits while also continuing your visualisation and feeling. It also includes, personal development, the way you speak and the character that you play in the world.

When you are emotionally centred you will naturally be compelled to take action without force as emotion is the driver of your behaviours. If you have trouble in this area, know that it is important to work on being present and regulating your nervous system. Neville Goddard did state that emotional mastery was essential.

Set out a plan of what you desire in a specific area, eg, relationships

- What exactly do you want, be specific, detail
- Why - A person will only change when the need to change becomes greater than the need to stay the same.
- How - goal setting, map it out, step by step
- Reflect - what works, what doesn't and adapt.
- Consistent Action - Small Steps - create habits



SURRENDER

Surrender is about detaching and letting go of what you desire and it sounds a little bit contradictory, but it's where the flow of life happens.

Detach from the outcomes, detach from the idea it is meant to happen within a specific time frame. Life itself is ever changing and you also have to be, you have to be flexible and go with the flow.

The moment you change one aspect of your life, one belief, one fear, you ultimately transform the whole of you and in turn your plans can adjust. Life is like that.

When you're doing the work, you have no idea what will present itself, it's a part of the fun.

If you find yourself trying to force, worrying about it, constantly thinking it won't happen, actively come back and centre yourself in the present – be here – focus on now.

Life only happens in the present – now.

A little bit to remember: Have Fun – Fun is relaxation, it is surrender, it is the laughter, it is the dance, it is the mystery

AWAKEN

Buddha Bella