

365

*Manifestation  
Power*

7-day Accelerator Programme

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# 365 Manifestation Power

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*Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
Our light, not our darkness, frightens us most.*

*- Marianne Williamson*

## **What is The Law of Attraction?**

The law of attraction basically states that you attract in your life circumstances and events that are similar or identical to what you focus your thoughts and beliefs on. Every thought has a vibrational energy pattern that will resonate with similar objects and events that already exist or are coming into existence.

Let's have a practical example to show you how this works. Assume for a moment that you hold the belief that taxes are unnecessary and only create financial problems. What happens is that in your life you will attract circumstances that always feel unpleasant when it comes to the topic of taxes. You may find yourself in a conversation where the topic turns to taxes. Immediately you will feel a shift in how you feel. You may get emotional or you may get upset and in the conversation you may bring up your belief concerning taxes.

As if that isn't enough, when tax season comes you will become more and more nervous with each passing day. Your mind no longer finds rest and ease and even a brief mention of the word taxes sucks a huge portion of your attention. In reality, you can experience either positive or negative results.

After filing taxes you may end up receiving a huge return (positive!).

Your tax accountant or tax lawyer may call and tell you that there are problems, and you need to bring in additional documents which you don't have (negative!).

How would that scenario play out if you held the belief that taxes are a necessary way to contribute to the betterment of this country? With your tax money more schools can be built and better education can take place within them. You create an attitude where you make enough money to easily pay your taxes each year. You hold a space inside yourself for

your tax accountant, and believe that he or she is doing a marvellous job of supporting you getting your taxes done in an easy and effortless manner.

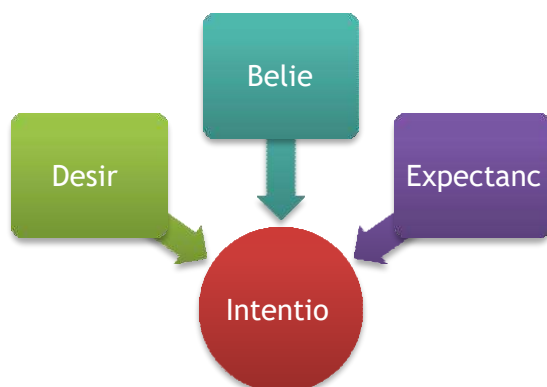
What happens is this, the simple operation of the law of attraction: you will have enough money every year. You will feel good about paying your taxes and they will be done quickly and efficiently. This simply happens because you will attract an outside situation matching your beliefs, attitudes and concepts. Round objects don't fit in square holes! Your energy will always match with similar energy. You will meet people that are on the same wave length that you are. You will attract circumstances in your life that will always match what you think and believe.

### *In Summary:*

Simply put, the law of attraction is the resonance of the vibrational energy pattern that supports your blueprint of reality, which may contain both negative and positive beliefs, thoughts or concepts. Working with your blueprint to hold mostly positive beliefs amplifies the law of attraction and brings more positive experiences into your life.

## **Intention – Aim For Your Goals**

Intention refers to what one plans to do or achieve. Intention simply signifies a course of action that one proposes to follow: It is my intention to take a vacation next month. So you could say your attention is charged with a mindset that directs itself towards accomplishing something.



Let's assume that one day you wake up in the morning and you don't have any intentions. What would happen? Absolutely nothing – you probably would stay in bed until you needed to eat something or you may have to go to the bathroom. That means that some outer circumstances, perhaps the biologic processes – which are, after all, bodily intentions – generate your moving. Without intention you would never accomplish anything, not even the simplest task.

You may not be aware of your intentions as you find yourself getting up and out of bed automatically, as you 'want' or 'need' to go to work. So some of your intentions are operating without you being aware of them.

However, in this context we are talking about deliberate intentions. You get up and out of bed and you think and contemplate what you would like to accomplish today. You think about your goals in life and intend to make them happen. Following through on your intentions is a very active process that gives your life a direction. By setting and realigning your intentions you will achieve your goals and fulfill your dreams.

### ***Is Setting a Goal the Same as Having an Intention?***

They are similar, but not the same. You can set as many goals as you want, however, if you don't have an intention to achieve any of them – they will never happen. An intention is much more powerful than simply setting a goal in life. Intentions will allow you to reach any goal. A goal is a subject; it is something that is happening in the future. An intention includes this and adds a driving force to it. This driving force is always in the present and will determine the outcome of your action.

### ***How to Make Powerful Intentions***

We use intention to guide our attention in a new direction in order to create a new or different reality. For example, maybe you'd like to change your job. Most people start with the intent of having a better job, as the old one is not satisfying anymore. However, trouble may be brewing here already . . .

If you move on from something you don't like to something you prefer, you may deny your current situation. In order to make successful intentions, it is important to deal with the current situation first, while doing some analytical thinking about it.

Again, the key is to take full responsibility, and to understand that you are the only person responsible for the current circumstances.

Do away with any judgments of your current situation, until you can see it from a neutral perspective. There was a point in your life when it was the perfect decision. Don't compare the present moment with your past, as you have since had new experiences and gained a more complete perspective that additional experience in this area brings.

This is a common mistake in thinking; it is like a loophole in the mind. You jump from one timeline to another timeline, and then compare the two. This leads to false conclusions. Leave the past behind – don't reinvent it!

Creativity is never a response from the past; it is always a creative act in the now.

### ***Evaluate your Current Situation***

If you look at your current situation without judgment, you are able to see and analyze your life. Only from a neutral standpoint can you make a powerful new decision. This new decision will be based on deliberate intent instead of reacting to circumstance. This is where choice and free will come in.

There is a very interesting scene in one of the old Star Trek movies. The spaceship Enterprise somehow got too close to a black hole and its powerful engines were incapable of escaping the crushing gravity of the black hole.

The whole crew, including Commander James Kirk, were fearfully awaiting their impending deaths. Everyone was focused on what would certainly happen in short order when the Enterprise was sucked into the black hole. Alone of all the crew, Spock stood patiently observing the current situation on the big monitor screen.

Spock voiced his thoughts on the dire situation in one succinct statement: "Fascinating." McCoy, the ship's doctor, exploded in nervous anger, "What in the hell is fascinating about the fact that we are all dying in a few moments?" Spock, calmly replies, "The way it will happen."

This perfectly illustrates my point here. We have one person who is observing the current situation without judgment and therefore still has free attention to make choices. All the others are consumed by fear – they are without choice – or choice-less – in the matter.

Of course, the story has a happy ending as Spock finds a way to save the Enterprise and the ship's complement of 400 crew. Spock was the only one capable of this valiant act as he was able to analyze the current situation from a neutral point of view.

From the perspective of being neutral, you can ask yourself the following questions:

- What do I like about my current job?
- What do I want to improve in my next job?
- What would be the perfect job for me?
- What would I like to feel from my next job?

- What am I good at?
- In which areas is this job supporting me to live my full potential?

Write down the answers to these questions, and start to write out a few full sentences based on your answers. Include all the positive points. Make these sentences as precise as possible.

An example statement might read something like this: “My next job is exciting; it flows with me, makes me happy, and I am able to learn and grow from it.

When you are done, read it out loud. If you have trouble saying the sentence, or even memorizing it, then it is not ready. Simply take a few moments and refine it.

### ***Overcoming Pitfalls when Creating Intentions***

Intentions are formed in your conscious mind; however, it's your subconscious that receives these commands and creates the necessary opportunities in your life. In other words, your conscious mind decides on this new opportunity – creating a new reality.

- Use only positive words
- Include a time frame
- Remove negations
- Be precise

Here is a simple test. Don't think about a blue elephant! What happened? You thought about the blue elephant, you may have even imagined it. The subconscious does not work analytically. It cannot understand words like “don't” or “not.” It works mostly in images, sounds, and smells.

You want to avoid the use of any negative words in your intentions. Always formulate your intentions in such a way that they reflect the outcome of what you'd like to create.

Example of how not to do it:

- I don't want to have so much responsibility.

Better example:

- In my new job I feel comfortable with my responsibilities.

Include a Time Frame:

There is a difference between creating in your own universe and creating in the physical world. When you create inside yourself there is no time involved – your consciousness is timeless!

For example, if you'd like to change your attitude toward your boss, you don't need to set a time frame. You can simply create the intention: "I appreciate my boss," or, "I value my boss's viewpoints and beliefs." It will work instantly if there is no other belief or intention in its way.

When you deal with the physical world, setting a time frame becomes important. The physical world works within time and space. If you build a new house, first you have a plan, and then you move dirt, assemble wood, install plumbing and move furniture until the house is complete. It takes time and effort.

So if you make your intention but you leave out the time frame – your intention becomes doubtful. For example: "I am working in my dream job." Well, you would probably say right away: "I'm not!" It sounds more like an affirmation than an intention. Include the time frame, and this example turns into: "I am working in my dream job, six months from now."

Pay attention to any reactions you have when you formulate your intention. Your mind may interfere and tell you: "No way, I will never get this," or "this is impossible." If you encounter these instant judgments, formulate your intentions differently, so that they feel more do-able. Sometimes you may want to break a big intention into smaller pieces.

For example: "In two weeks I am a millionaire," is an intention that may not work for most people. However, an intention like: "Every day I have more money to spend," may get you there sooner than you think.

### ***New Year's Intentions Versus Birthday Intentions***

Many people make New Year's resolutions, which is a good thing. However, making them on your birthday is more efficient.

Why is this? A new year is an artificial point of time, it just means that one year passed, and is not related to you in any way – it's impersonal. If you make your new year's resolution on your birthday, it is personal, because on this specific day the sun is in the same position as it was when you were born. Astrologers call this point a sun-sun conjunction. It is a very powerful point in time, as a new individual cycle starts for you.

*In Summary:*

Deliberate intentions are empowered goals. Take full responsibility for your present circumstances, understand that you can change your situation at any time and take action from a high perspective. The best intentions are neutral in tone, fully visualized and empowered in the present moment with supportive positive beliefs.

*Prosperity*  
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