

## Manifesting Principles

*Adapted by Edie Farwell from original by Todd Varnum, Burlington, VT*

### **Be clear on your intention.**

*Decide* what you want and keep your focus on the desired results. Resist focusing on the solution to "the problem". Let the details take care of themselves.

### **Power-up your Creation**

*Visualize* what it is like to experience your desire. Use all of your five senses. Notice the elements of sight, smell, sound, taste and touch to visualize your objective.

What do you see? Define your goal/dream in detail.

Develop *Affirmations* to support your vision. State affirmations in the present tense. For example; "I now have a wonderful job". Avoid affirming something in the future tense, e.g. "I am going to have a wonderful job" because then the results will always be waiting to happen. Be positive. Affirm what you do want, rather than what you do not want. For example; "I don't want my project to fail." This is a negative statement. Rather affirm: "My project is highly successful." Use the positive statement to reinforce your desired goal.

*Emotions* energize your manifestations. Feel how it feels to have what you want. Are you happy, filled with satisfaction, or feeling good all over? Get involved and be passionate with your emotions. Do you feel in your stride, in your power? Have all the parts of your past come together to bring you this success. What does it feel like? Describe your mood to your best friend.

*Gratefulness* fertilizes the "soil" and prepares it for better "plants" to grow. Small blessings grow into larger blessings. Praise and give thanks for the success or completion of your wish. Give thanks for all the positive elements of your life and work right now. Detail all the gifts you have been given. Detail all the positive elements of your life.

### **Allow it to happen**

*Trust* the process. We tend to want a progress report so we can check to see if it is working. But if we dig up the seed to see if it is growing we will never get to the flower. Cultivate your trust in the process. Visualize your goals regularly, write them down again, talk about them. And let go. Let them come forward in their own time.

*Beliefs* are self-fulfilling. If you believe you can manifest something then your manifestation will happen more easily. The more you believe you can't, the harder it gets. Discipline your mind to repeat your affirmations, to see your whole vision or goal, to trust that you can achieve it.

- Mahatma Gandhi

" Carefully watch your THOUGHTS, for they become your WORDS.  
Manage and watch your WORDS, for they will become your ACTIONS.  
Consider and judge your ACTIONS, for they have become your HABITS.  
Acknowledge and watch your HABITS, for they shall become your VALUES.  
Understand and embrace your VALUES, for they become YOUR DESTINY."

*Be open to the form.* Things work in mysterious ways and often the realization of dreams, goals, visions, is much more creative with the solution than we could ever be. Let all possibilities in. Put your intellect on hold and let your intuition be your guide. Be receptive to many different possibilities and opportunities that our mind alone may not be aware of.

*Detach from the results.* Attachment or "neediness" comes from a fear or belief that you can't create what you want. Discipline your mind and emotions to shift from fear of not getting what you want - to accepting what you get. If you accept what you get, you have a better chance of opening the door to realizing your dreams.

*Keep the vision.* Continue to send it positive energy. Focus on your goals in a clear and relaxed way during parts of your day. It's important not to feel like you are striving too hard for it, or put an excessive amount of energy into it..., but repeat your dreams often in your mind, refine them as needed, write them down, tell them to people. Keep them alive and present. And be open for creative ways to achieve them. Set aside some time each day where you will not be disturbed to reflect and keep your vision alive.