

Manifesting

Attracting Abundance Into Your Life

Energy work is always being "rediscovered". All of the press regarding "The Secret" and "The Law Of Attraction" has the community re-examining the basic concepts of manifesting. There is a strong belief that we create our own reality, and these books reflect the effects of this belief. We expand that thought into believing that our reality is a reflection of our belief systems. In other words, if you want to know what you believe you deserve -- look around you. Change your belief systems and the world around you also changes.

We manifest all the time, subconsciously, through our thoughts, dreams, and fears. "Active" (or "Conscious") Manifesting is a process where we bring in something we desire through clarity. This active process shifts us away from the idea of luck (everything is imposed upon the individual) toward challenging old belief systems to invoke positive change (and taking responsibility).

One drawback we see within the recent publications is this idea of manifesting alone. It may be a reflection of how our society is moving further toward everyone becoming completely independent of others, and losing the concept of community. Manifesting "in a closet", so to speak, offers no relief to individuals who are in denial about their beliefs and provides no feedback, which is often what leads to clarity. Group manifesting moves you out of denial, challenges you on your beliefs (with love and compassion), and provides feedback and alternative views to help you see more clearly. In addition, you experience the power of a community gathering together to combine their energy into a single intention of bringing in what you desire.

Writing A Manifest

Although most manifests are created in written form, there is no reason you can't build yours with pictures, drawings, and the like. There are only two primary requirements. First, you must get clear and be specific about what you want. Second, you must be able to present it to a group in such a way that they can easily visualize your dream.

You might also consider that whatever you bring to the group is still just a draft. The group is there to help you adjust it and give you feedback on where your words and your energy don't necessarily match. If you are creating something very large (ex: a relationship), it is perfectly acceptable to use several manifest sessions to build your vision prior to putting it out to the universe.

Some Restrictions Apply

You may manifest anything of matter. This includes solid objects (cars, houses, etc.), as well as experiences (new career, excellent weather for a vacation, etc.). You may not manifest personal growth (otherwise we would all simply become enlightened overnight).

Although it is possible, it is inappropriate to manifest for others. It is also inappropriate to manifest something that directly affects another individual's path. If you wish to provide out of love, your best option is to teach them how to manifest, thus enhancing the reality they create.

Tone and Tense

The universe comes from a place of abundance. In fact, it is abundance. Including negatives simply confuses it. Phrases like "not painful" is usually heard as "painful". You may want to replace it with "joyously". In addition, the group will be visualizing from your words. As hard as you may try, using the term "non-smoker" usually has everyone seeing a smoker. Here you would use "healthy life style".

You want the group to actually visualize you in this new space. "Driving through the mountains in my new convertible, I can feel the wind in my hair." It is also best to include some sort of time limit so the universe knows not to put this off for several hundred years. "It is the summer of 2010, and I am driving in my new car." It also helps the group anchor your vision to space and time if you put this type of comment at the beginning.

Common Pitfalls

It is very difficult to manifest a loss. The universe simply does not understand this. Trying to reduce debt, or lose weight, falls into this category. It is best to write these as positive steps forward into abundance or a healthy physique.

Focus on one manifest at a time. "Linking" manifests can have undesirable effects down the road. As an example, there was someone who manifested a job so they could bring in their dream home. Ten years later they sold their home, and their job vanished.

If you find yourself manifesting from a place of desperation, frustration, or anger, most likely you will simply add more power to this conflict in your life. It is best to clear yourself of this type of turmoil and come from a place of desire, not need. If you require assistance, the group will offer lots of support!

Do your best to find balance between specifics and leaving the universe wiggle-room. If you were to manifest a new career, you may want to include a salary. Asking for \$150,000 would be specific, and also restrictive. You might consider "at least \$150,000" so the universe has room to work (and might surprise you). If you are not at all sure about an amount, you could use an emotional connection instead: "A salary I'm thrilled with".

An Advanced Approach

If you are already comfortable with manifesting, you may wish to invoke the power of all 7 chakras to ensure your manifests are more complete.