



**YOUR MANUAL FOR  
MANIFESTING YOUR  
DREAMLIFE & A  
BETTER YOU.**

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# **YOUR MANUAL FOR MANIFESTING \* YOUR DREAMLIFE & A BETTER YOU.**

We all have a desire & need to grow, evolve, and manifest ever greater realities. This is basic to our happiness and feelings of self-acceptance and self-contentment. Happiness can be created in two ways:

1. By manifesting what we want, creating the reality we desire.
2. By learning to be happy with what we have with our present reality.

**WE EFFECTIVELY MANIFEST OUR GOALS WITH  
THESE 8 STEPS:**

1. Clarify goals
2. Set intention (consciously and subconsciously)
3. Determine actions and “sacrifices of love”
4. Remove inner obstacles
5. Employ efforts and program
6. Perseverance
7. Patience
8. Detachment from the result

# Step One

## Determining and Clarifying Our Goals

**You will start by making a list of your goals, dreams & wishes.**

**What would you like to accomplish in the near and far future or just this year?**

**You can include goals on any level. Some examples are:**

### Health

A harmonious love relationship

Financial security

Abundance on all levels

Professional advancement

Professional satisfaction

Greater effectiveness in dealing with  
clients

Better relationship with time

Being able to be more assertive with  
others

Greater athletic achievement

Greater success in romantic relationships

Dietary discipline

Increased creative ability

Learn to dance (paint, write, act etc.)

Learn a musical instrument

Learn a language

Improve public speaking ability

To be able to be totally honest with self  
and others

To be able to be myself in all (specific)  
situations

Travel around the world (or to a specific  
place)

More effective communication with  
\_\_\_\_\_

Be able to love \_\_\_\_ as he/she is

Overcome attachments and or fears.

Greater concentration

Emotional maturity

Greater self-acceptance

Greater self-confidence

A consistent meditation practice

Happiness in all situations

Inner peace regardless of external events

Selfless love for all

Moral contentment

# Step One

## Determining and Clarifying Our Goals

**Please take some time to choose and write out a goal that you want to manifest.**

Some of my present goals (inner potentials that I would like to manifest) are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

The first goal I would like to work on is:

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# Step One

## Determining and Clarifying Our Goals

**Now you need to understand why you want to manifest these goals. This helps you clarify why this goal is important.**

1. What do you believe you will get or feel when you succeed? (What is the need behind the need?) Happiness, satisfaction, self-worth, acceptance, recognition, peace, security, money, freedom?  
Why do you want, need, or desire to do this?

**When I have manifested this goal (inner potential)  
I (believe I) will now have: (Circle all that apply.)**

Greater financial security  
Higher self-worth  
More acceptance/recognition from others  
Greater freedom  
Satisfaction  
Inner peace  
Long-term Happiness  
Greater Self-actualisation  
Moral satisfaction  
Inner fulfilment  
My parents' recognition  
Other:

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# Step One

## Determining and Clarifying Our Goals

**Sometimes the goal may not be yours but for your parents, spouse, or society.**

2. Is this goal for me or for others? Is it childhood programming?

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3. Is this goal worth pursuing as a process even if the results are not what I imagine or would like? Is this ideal important enough for me to make the effort no matter what happens?

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4. Is this goal moving towards something or running away from something?

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## Step Two

### Set Intentions (Consciously and Subconsciously)

**Intention and concentration on your goal mean that you focus on it clearly and intensely. You try to do this without anxiety, but with confidence that you will manifest your goal and direct your energy, time, money, and intelligence towards it.**

**DAILY POSITIVE VISUALISATION OF YOURSELF HAVING ALREADY ACHIEVED THE GOAL WILL FOCUS YOUR ENERGY IN THAT DIRECTION.**

**I VOW TO COMMIT \_\_\_\_\_ AMOUNT OF TIME EACH DAY INTO VISUALISING MY GOAL.**

You can use your goal as a frame of reference in order to make decisions as to how to spend your time, money, and energy. Every time you need to make a decision, ask yourself, will this enhance or inhibit my progress?



# Step Three

## \* \* Determine Actions and \* \* “Sacrifices of Love”

In this step you will determine the actions needed to take in order to move towards the goal and consider:

1. Actions you need to take and efforts you will make.
2. What you will need to sacrifice with love.

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What actions will I need to take in order to achieve this goal or manifest this inner potential?

*Consider:*

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Study</li> <li>2. Take courses</li> <li>3. Develop discipline</li> <li>4. Communicate with _____</li> <li>5. Come into contact with people or situations that I would prefer not to.</li> <li>6. Make an effort</li> <li>7. Work hard</li> <li>8. Wake up early</li> <li>9. Work extra hours</li> <li>10. Overcome fears</li> </ol> | <ol style="list-style-type: none"> <li>11. Overcome attachments</li> <li>12. Travel</li> <li>13. Forgive</li> <li>14. Be honest with self and others</li> <li>15. Confront _____</li> <li>16. Learn new concepts and techniques</li> <li>17. Give much time</li> <li>18. Exercise daily</li> <li>19. Admit faults – mistakes</li> <li>Other: _____</li> </ol> |
|---|---|

\* \* *Step Three* \*  
*Determine Actions and* \*  
*“Sacrifices of Love”*

What might I have to sacrifice with love (i.e. Have less of) in order to have the time, money, and energy to manifest this goal?

*Consider:*

1. Less food
2. Less time for recreation, TV.
3. Less rest or sleep
4. Less of some specific activity \_\_\_\_\_ .
5. Less money for other needs.
6. Less social life
7. Giving up cigarettes, alcohol – other pleasures

Other:

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\* \* Step Four \* \*  
Remove  
Inner Obstacles

You then need to remove any inner obstacles with Energy Psychology or other techniques for overcoming internal and external obstacles.

Our abilities, power, virtues, qualities, talents, and inner potentials are all-natural inner qualities waiting for manifestation. They are not so much developed as they are revealed from within.

An analogy would be - an inner lake full of various qualities and abilities that are all ready to flow outward and manifest in your daily life. But, there are certain obstacles that prevent this flow.

Our job is to remove these obstacles so that innate wisdom and power can freely flow.

\* \* Step Four \*

Remove  
Inner Obstacles

You then need to identify the following categories of obstructing emotions that can be removed with Energy Psychology or any other means.

a. Feelings about not having yet succeeded. You might feel guilt, shame, disappointment, disillusionment, self-rejection or anger at yourself or others who might be responsible. Perhaps you feel that it is not worth trying anymore. Such feelings can cause so much energy to be lost in negativity that not enough actually moves towards making the necessary changes.

b. Feelings you have about making the effort.

1. What do you need to do? (Exercising, studying, traveling, speaking to others, classes, seminars, exerting self – as mentioned above). You might feel suppressed, fear that the effort will be too tiring, fear that you will lose your freedom, or that you might fail.

Notes:

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\* \* Step Four \* \*  
Remove  
Inner Obstacles

We might fear that:

I do not deserve to have it or fulfil this goal

I cannot have or manifest this goal.

I am in some type of danger if I fulfil this goal.

I am not capable of fulfilling this goal.

Others do not want me to have or fulfil it. I do not want to hurt them or come into conflict with them.

I will lose others' love if I succeed or fulfil this goal.

I will not be a spiritual person if I have this or fulfil this goal.

I will feel guilty if I have this or fulfil this goal.

I will harm others if I fulfil this goal.

I am guilty and not worthy and I should not have or fulfil this goal.

Since I have not been able to have it until now, then I will not be able to fulfil this goal.

I will lose my freedom if I fulfil this goal.

I might have to sacrifice some source of security in order to fulfil this goal.

I might give satisfaction to others – something which I do not want to do.

I might lose my control over others.

My other desires will be unfulfilled if I have or fulfil this goal.

The effort to achieve this goal will be painful or unpleasant.

I do not have the necessary discipline to manifest this goal.

Other:

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\* \* Step Four \*

Remove  
Inner Obstacles

## A Technique for Discovering Obstacles:

1. A good way to discover our specific obstacles is to do a relaxation technique and:

a. Think about the fact that you have not yet achieved your goal and discover how you feel about not having done so yet. If you find that you have negative emotions about not having succeeded yet, you will need to employ EFT or other methods in order to be free from them.

b. Then, imagine yourself making the effort towards that goal and see how you feel about making that effort. (Do you enjoy it, or do you feel suppressed, fearful or discouraged? Do you feel that it is in vain to make this effort because you will never succeed?)

If you find you have resistance towards this effort, then you will need to free yourself from the emotions and beliefs that make the effort itself difficult or unpleasant.

c. Now, imagine yourself having succeeded in this effort and see how you feel now that this is not an issue anymore.











The word "Conclusion" is written in a white, elegant cursive font, centered on a dark maroon horizontal band. It is surrounded by four white asterisks: one at the top left, one at the top right, one at the bottom left, and one at the bottom right.

# Conclusion

*So there you have it!*

A simple 8 Step Process you can follow to manifest your goals and bring to life your true inner potential.

As always, remember, life is a journey, not a destination and there will be many bumps and obstacles along your way, but with determination, perseverance, and love, all things are possible. Take your time and enjoy the process, wherever it takes you. As long as your intentions are pure and you remain in a state of openness you will succeed.

As Paulo Coelho famously once wrote,

*"When you truly want something; all the universe conspires in helping you to achieve it."*