

## Introduction: What Is Manifestation?

What is manifestation?

It's likely that you already have an idea of what manifestation is and how it works. You probably know about the importance of cultivating a positive mindset and emitting a high vibration in order to attract more positive, high-vibrational experiences to you. The essence of manifestation is rooted in the belief that *like attracts like*.

So if you want to manifest abundance, *be* abundance. If you want to manifest love, *be* love. If you want to manifest success, *be* success.

My goal with this course is to help you become a true master manifestor for life. When you complete this course, I want you to feel confident in your ability to manifest a life that aligns with your deepest and most heartfelt dreams and visions. I want you to feel like you really *can* have it all. And even more, I want you to walk forward on your authentic path knowing that manifesting can be *fun, freeing, and effortless*.

But in order to do this, it's important that you first understand what manifestation truly is and how it might look in your day-to-day reality. Below, I've broken down the sections into what I've labelled *Manifestation 101* and *Manifestation 102*. In *Manifestation 101*, we'll cover the basic essentials of what manifestation is and how it works. In *Manifestation 102*, we'll go a little deeper and discuss what the process of manifestation *actually* looks like.

What sets apart a novice or casual manifestor from a master manifestor is that the casual manifestor will stop at *Manifestation 101*, but the lifelong master manifestor will have a true understanding of the content we're going to discuss in *Manifestation 102*.

## Manifestation 101

So let's start with the most basic definition of manifestation:

Manifestation is, in its purest form, *creation*. It is the act of creating your future through your current thoughts, feelings, and beliefs. Even before you knew you had the ability to manifest, you were unconsciously manifesting every single day. This is because your beliefs shape your reality, whether or not you are consciously aware of it.

When you believe you are worthy of true abundance (*not just financial prosperity but an abundance of joy, love, peace, freedom, passion, creativity, and all good things*), you're more likely to walk through your life vibrating at the frequency of deep abundance. You *feel* abundant. You *see* abundance all around you. Abundance becomes your natural state. And the more you vibrate at the frequency of limitless abundance within, the more you'll see abundance manifest in your outer world.

And that brings us to the heart of manifestation. **To intentionally manifest something means to visualize your dreams and desires and to vibrate at the frequency of your desires as if**

**they've already come true.** Manifestation teaches you that your outer world is always a reflection of your inner world. So when you decide to step into your power and manifest your future, you consciously begin cultivating a beautiful inner world so that it spills into your outer world and creates something extraordinary outside of yourself.

So how does this work?

Let's say you dream of finding your soulmate. Step back and consider why it's so important for you to find this person. How do you imagine this person will make you feel? Maybe you imagine that they'll make you feel loved, cherished, treasured, and adored. Okay. So now you decide you want to *manifest* this person. In order to manifest your soulmate, you want to begin imagining what it would look and feel like to have this person in your life. Visualize how a day in your life will look like with them in it. And those incredible feelings of being loved, cherished, treasured, and adored?

You don't want to wait until you meet your soulmate in your outer world to begin experiencing those feelings.

You want to allow yourself to feel loved, cherished, treasured, and adored *today*.

Imagine that you're a magnet. Everything you put out into the universe is exactly what you attract to you (*remember, like attracts like*). So if you put out the vibration of being loved, cherished, treasured, and adored right now (*and allow yourself to truly feel all the positive emotions related to these feelings*), you'll attract more experiences that will make you feel loved, cherished, treasured, and adored in your outer world.

Truly, this starts with loving yourself. Cherishing yourself. Treasuring yourself. Adoring yourself. And likely, you'll be so busy loving yourself, you won't even worry about when your soulmate shows up in your outer world.

And that's exactly when your manifestation will come true.

This is, in essence, what manifestation is all about:

*"What you think, you create. What you feel, you attract. What you imagine, you become."*

So at its very core, if you want to manifest something, *become* the energy of what you want to manifest.

Now you may be thinking, if it's so easy, why isn't everyone doing it? And there are a lot of reasons. Some people simply don't believe that manifestation really works. Some people are immersed in a lot of limiting beliefs that prevent them from understanding what they're truly capable of. And still, many people have tried manifesting and just haven't quite gotten it to work for them. They may give up, feeling like they either don't have what it takes to manifest or that manifestation itself doesn't work. Or they may keep trying, but they feel like they're always fighting an immovable wall, never making any progress.

The primary reason why people who try to manifest their dreams can't seem to get it right is because of this: they've stopped at this *Manifestation 101* definition of what manifesting truly is and haven't progressed to *Manifestation 102*.

## Manifestation 102

The problem with only looking at manifestation through the perspective of the *Manifestation 101* definition is that it treats manifestation like a game.

But manifestation isn't a game. It's an art.

It's not something to beat. It's something to master.

The reason why so many people give up on trying to manifest is because they believe it's just not working for them. But here's the truth: it actually probably is working. I've seen this time and time again, and I'm going to provide you with examples of this throughout the course. Someone will come to me frustrated because they think they're doing everything right, but their desired manifestations still aren't appearing in their realities. So they'll tell me exactly everything they've experienced up until this point.

And this is when I'll tell them the truth: they *are* manifesting.

They just don't quite see it.

So let's jump straight to it. This is what true manifesting actually looks like:

- You set an intention based on the authentic, deeply felt dreams that have been placed in your heart.
- You communicate this intention to the Universe. Your positive vibrations are one way of communicating this intention, as by vibrating at the frequency of your desires, you express that you're ready to receive more of this good-feeling thing.
- The Universe works behind the scenes to set everything in motion. It communicates back to you in the form of signs, synchronicities, and most importantly, your own intuition. Being in the vibration of what you desire allows you to receive these signs and inner nudges with clarity. *(In contrast, being in a state of stress, worry, and anger will cause you to miss these signs and feelings.)*
- Then, you take inspired action based on the communication the Universe has given you.
- This communication between you and the Universe continues. The Universe sends you signs *(usually through your intuition)* and you follow your intuition by taking aligned action. Essentially, once the Universe communicates what to do, *you do that thing*.
- And in time, this path will lead you to your desired manifestation.

The reason why so many people believe their manifestations aren't working is because they believe they should be able to skip straight from *Step 2* to *Step 6*. They think once they're consistently vibrating at the frequency of their desires, they should receive their desired manifestation in their outer reality. After all, the most basic manifestation formula most of us learn is, *Ask, Believe, Receive*. Shouldn't the "Receive" part come once you believe?

The answer: yes.

It absolutely does.

But many people don't quite understand the full scope of what *receiving* truly means.

Receiving isn't just about receiving that thing you ultimately want to manifest in your outer world. Receiving is also about receiving signs, synchronicities, and inner nudges leading you in a certain direction. So it's very likely that you're receiving *every single day*.

You see, you *are* manifesting, even when it doesn't feel like it.

You're manifesting when you receive a pull in your heart leading you in a certain direction. You're manifesting when you receive a sign of alignment. You're manifesting in both the smallest and biggest of ways.

So those people who have come to me for help because they were so frustrated that they were doing everything right but weren't manifesting anything good? They actually *were* manifesting. The Universe was guiding each one of them in a certain direction. They just didn't quite see it because they had a misguided idea of how manifesting truly works. They were even manifesting when they reached out to me; this was a gentle nudge from the Universe, showing them they were on the right path. They just had to step back and reframe their perspective.

I know this may not be exactly what you want to hear. Usually, when we want something, we want it *now*. But the irony here is that the more we try to force something to happen *right now*, the more we push it away. But when you get into alignment and lean into the natural flow of the Universe, things will start moving quicker. That process I described above can span months or weeks for some things. But it can also span for just days and even hours. It can move *very quickly* as soon as you lean into this divine flow.

That's why manifestation isn't a game to win.

It's an art to master.

And once you master this art, you will master your life and create a future more beautiful than you can even begin to imagine.