

full version

# Manifestation e-book

Set proper mindset &  
start manifesting now!

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# First page of introduction.



When I write about manifestation I feel like I could easily replace a word „manifestation“ with a word „life“.

**Because life itself is a constant creation, whether you want it or not - you create.**

Life comes from you. So, when you choose to stay unconscious - you create external circumstances that are going to reflect your unconscious states.

For me, conscious manifestation must be equivalent to conscious day to day life.

So, it doesn't necessarily matter how much you do externally, how fast you run, and how quick you get what you want.

What matters the most is how conscious your decisions are at every moment of your life; whether your intentions are integrated with your actions or if you are running on a behavioral unconscious autopilot.

If you choose the second option, chances are that your mind is tricking you into something you no longer want in your life. And this can happen again, and again and again... Making you go around in circles, always ending up in the same starting point.

However, if you choose to stay conscious - in the awe of life itself, with gratitude, with responsibility and most importantly with **presence**... Every moment can be soaked with gentle love and vibrant aliveness.

Then you don't rush  
– you no longer have to –

You trust.

And the universe loves you to be present, surrender and trust.

That's exactly where she gives you the most of her magic.

**Freedom  
starts in your  
mind.**

**1.**



## **Freedom is your birthright.**

But it's your own, not anybody else's job to set yourself free.

Freedom doesn't mean free from work, financially free or free from life family obligations.

## **Freedom is a process**

When you hear the word "freedom" you may envision someone going out on a vacation (while you are working), a young person, who does not have children, (while you have them) or a digital nomad making her or his journey into the wild Amazonian forest...

You can sigh a little, grieving a life that you've never had... But you could... If only...

Let's consider that all of the above isn't about freedom at all. As real freedom starts and ends with your own mind. You can free yourself from limits that are set upon you by your own head and create whatever you want in your life, but at the beginning of this journey you may need some guidance to do that.

"I am a nomad, on the outside, but... inside there old attachments rear its head."

**Francoise Rambaud " Let go and say "yes" to life".**

You need to change nothing - but only yourself. Well, all that glitters is not gold and appearances are deceptive! Not all people who lead seemingly "free" lives feel free internally. Take a businessman, let's call him Josh. Josh is an owner of 20 companies. You may see his new watch, luxurious cars and distant journeys to exotic places that you may never dare to dream to see. What you may not see is how busy and hectic his life really is, how his huge ambitions and accomplishments are just a coping mechanism for his lack of self worth, how his poor relationship abilities allow him to have only transactional work-based connections and how emotionally immature he really is. Do you think this person is somehow more free than the really happy and "unambitious" 9-5 worker? To manifest correctly one should first and foremost think of what success is for her/him - not for society in general.

Josh may appear as a financially free person, who leads and manages people successfully. But in reality this person feels entrapped. He hires 200 people who are completely dependent on him. There lies huge responsibility, which feels like a prison too him. He cannot escape this situation and he perfectly knows that. He is exhausted and would like to come back to an old times when he dreamed of being "somebody" and tell his younger self to not go this way. This simply didn't make him happy the way it was supposed to. He felt trapped in the small village he was growing up in, so he dreamed of being somebody else. Somehow, he managed to do that, but he didn't do any external work, so he ended up feeling exactly the same but in different circumstances. He unconsciously manifested all these.

The external situation is a direct reflection of what Josh holds in his subconscious. He did not manifest all this from the feeling of wholeness but the lack. Lack of love, lack of validation, lack of fulfillment. He may seem rich, he may lie to himself how good he feels about himself because of that, but inside of his head he may feel miserable and on the verge of emotional poverty. He has been always, and still he is imprisoned by his own mind.

On the other hand, not all the people who seem to be extremely limited, feel as restricted as someone from outside would tell. Take a simple example of a monk. Let's call him Tommy. Tommy spends most of his day working for the monastery he lives in. He eats a rice bowl a day, has no status or his own money, he has never seen a different country or spoke a different language... Surprisingly, he somehow feels fulfilled, happy and rich. He doesn't complain about the lack of freedom. He accomplished freedom in his head through meditation. He set himself free from his mind, inner voices, internal critic, and so he is free from his ego. Not in a way that his ego is dead but has no control over him.

As manifestation gets more and more popular and nowadays is one of the most trending topics in the self-help and spiritual industry, the confusion around the topic constantly grows. Manifestation is not only about visualizing a car and then getting it. **In reality, manifestation is less about the end-result and more about the journey itself.** Self-discovery that comes with it, is a positive byproduct of integration of manifestation, acts, thoughts and divine will. Matter and external circumstances follow your internal reality – not in reverse.

**So before starting your manifestation journey, differentiate between:**

1. Real freedom of the mind that helps in manifestation and fulfilling your purpose.
2. And the different kind of freedom that is often sold by the media. Don't be tempted by empty promises. It's only you that can make you happy.

**Your happiness cannot be dependent on external circumstances, otherwise you make yourself a prisoner of your mind's limitations.** Your ego may tell you that your new job may save you, that a luxurious house is all you need to finally feel happy, or that a new partner may be your ticket to heaven. The truth is you cannot wait for a savior (a person or thing) to liberate you. You are the only savior of yours.

“But any changes that you make, whether they have to do with your work, your relationships, or your surroundings, are ultimately only cosmetic unless they arise out of a change in your level of consciousness.”

– Eckhart Tolle, **Practicing the Power of Now: Essential Teachings, Meditations, and Exercises from the Power of Now**

The whole point of manifestation is to vibrate on a certain frequency now, so you attract what you want in the future. You need to get out of your attachments in order to do that. You need to know how limitless you really are to manifest in that particular way and you need to feel it here and now, no matter what your external circumstances are. What is the most important - is your internal state and the level of consciousness you have. External will follow your internal state, but it will be only a nice addition to what you already feel inside.

**Thus, as a conscious creator you should know, whatever you need, is always within you.**

**Self-  
concept.**

**2.**



## “You can’t hate yourself into the version you love”

Self-concept has recently flooded the internet and especially the manifestation industry. At the beginning I was skeptical about this. How something so “obvious”, can be so helpful in manifestation? Well, the case is not that obvious as you may think and in this chapter I will dig a little deeper into that.

So first of all, what you think of yourself is entirely your choice. It’s not the result of what you did in the past, whether it was good or bad, you can still think of yourself according to what you believe you are. You can ask now:

- Ok, so you're telling me that even if I did something I regret, it does not define me?

And my answer is:

-No. It is just your ego who wants to call you names and stay stuck in your past.

At the beginning it may be difficult to digest, because most of the time we want to categorize everything and everyone, judge ourselves and self-pity. On the other hand, if we may fall into another extreme by blaming ourselves to the point where we end with self-hate. **Our minds want everything black and white.**

And it’s easy to hate ourselves. But from this point, we cannot create anything lasting and real. If you recognise **hate patterns** towards yourself, your body or your life situation - it is the point to start working on yourself - it is not where you can start manifestation yet.

### How to figure out your self- concept? Ask yourself these questions:

- Do you have a need to explain yourself or undermine yourself during conversations?
- What is your current internal dialogue?
- What do you catch yourself saying to yourself?
- What are the thoughts that are coming over and over to your head? Read them down.
- Overall, how do you feel about yourself?
- Do you currently believe the world works for you/against you?
- What is your opinion on other people? (It shows you a lot how you judge yourself too)
- Do you like when things are hard? Do you believe that good things come only through hard work and self-sacrifice?
- Do you value yourself for who you are, or for what you do?
- Are you honest about who you really are with yourself and other people?

As you can see, it may take some time to answer all these questions. However the more time you dedicate to meet yourself, the more effective your manifestation may become. Self-discovery is an important step towards becoming more conscious of your internal patterns.

**Manifestation tip:**

*In order to be more effective in unearthing your self-concept, you may try practising **mindfulness techniques** that help you to observe your thoughts in non-judgemental way.*

### How to change your self-concept?

Once you've figured out what your self-concept is, now it's time to do something about it. Remember! Your inner world equals your outer world, so it's very important to do not cut corners here. Prepare a notebook and appoint yourself some extra time for journal exercise with following questions:

- How do you want to feel about yourself in a new self-concept?
- How do you want to feel around other people in a new self-concept?
- How would you like to think about yourself in a new self-concept?
- How would people treat you? What your relationships would be?
- How would you like to react to emotions from your triggers now on?
- How would you treat yourself in a new self-concept?
- Would you believe you deserve any better?
- What this version of you believe is true for her/him?

**Now, compare your current self-concept with the one, you just created. There may be some overlap, but overall wherever you can see the gap between these 2 concepts - there are the most things to work with.**

**Manifestation tip:**

*You can start including affirmations in your daily practices. **Positive affirmations** are setting the mood for the day, and gently change your internal energy by transforming your thoughts. You can use [lifevisions.app](#) to help yourself in this process.*

Of course, it is just the introduction to the idea of self-concept. The more you engage in the process and change how you see yourself, the more positive your environment will reflect that. It's a direct result of your subtle transformation processes that occur when you unearth your hidden thoughts .

**Self-concept is not what other people think of you.**

By taking what other people think of you personally all the time, you give away your power to something external. Listen, most of the other people's opinions are simply projections - not all - but most of them. What other people say about you is merely the cluster of pains, judgements, inclinations, ancestral wounds, the lasts of their trauma, etc. - that has nothing to do with you. You may also be simply the mirror of somebody's unfulfilled desires, and so someone can laugh at you, despise you and judge you like you are the problem or a bad person, but the only thing that is true there is jealousy towards you that is shadowed in somebody's unconscious. They know nothing about you, and you know nothing about them, so don't pretend like you can guess other people's intentions. Self-concept is not about prising ourselves and undermining others - that's narcissism. You need to find balance between staying not affected by other people's opinions and still rooting for yourself and others simultaneously. Love - not hate - is the only answer.

**Be the change you want to see in the world.**

The more you think you know with your conscious mind, the less you can feel with your heart.

You can only be right with yourself, with what you feel about your own path and it's your business, not anybody else's. And still! You shall give yourself permission to be wrong! You are growing all the time, and whatever feels right at this particular moment may turn out to be just a mistake and a lesson to draw from, in the future.

**Manifestation is not only about being more successful person, but about being a better person for yourself and others!**

**How do your  
beliefs impact  
your  
manifestation?**

**3.**

## **What beliefs are, and why are these so important?**

A belief is something considered to be true or held as an opinion. If you take this explanation a little further, you can see belief is only something you think is true. It's much more like your unique perspective than a revealed truth. However, every one of us has beliefs that do not necessarily foster our future goals. Usually, we don't even know about our beliefs as these stay in our subconscious. And these sometimes limit us without us knowing about that. Let's say you grew up in a poor household and were raised by hard-working parents who always perceived money as the source of all evil. Taking that, you are more likely to believe that success comes only through self-sacrifice or that success is inherently flawed. Thus, you may be unable to manifest your dreams even though you try doing it through multiple vision boards, affirmations, etc. What you believe in is fundamental.

Your household is not the only source of your limiting beliefs; there is much more to that:

1. Societal standards;
2. Fear;
3. Social circle;
4. Religious beliefs;
5. Personal beliefs;

Whatever the source is, you are not alone. All human beings develop these constraints through life experiences and circumstances that reinforce these imposed limitations – usually by confirmation bias. But no worries! The most important thing is that you can stop limiting yourself. Fortunately, we can change our beliefs and our thinking patterns through neuroplasticity. Whatever age you are, you can always transform what you believe in, by cooperation with a qualified coach, psychologist or try it on your own with our Lifevisions app!

## **How to change your beliefs?**

1. Find a limiting belief.
2. Check if it's your core belief.
3. Identify core belief.
4. Inspect where it is from.
5. Challenge your belief.
6. Think of the consequences of your limiting beliefs.
7. Replace it with a neutral statement.
8. Replace it with an entirely positive statement.

Let's go a little further:

### 1. Finding a limiting belief

Identifying your internal perspectives may be the most significant part of this process and... the most difficult one. There may be more than just one belief to change – if so, start with the biggest one.

### 2. Check if that's core belief

Well, the belief you found doesn't necessarily have to be the root of your problem. We often have unconscious beliefs hidden under layers of cover beliefs. Why is that? Sometimes, it is too difficult for our ego to cope with our truths. The truth is a hard pill to swallow, isn't it?

### 3. Identifying core belief

This process includes asking questions about your previously stated beliefs.

For example:

You may identify your belief that “I never earn enough money”.

You can stop here, but you can ask yourself “why” and your answer will be also another belief but hidden a little deeper than the previous one, for example:

“I never earn enough money because money are hard to get”.

So, now you have enriched your belief by statement that “money are hard to get”. If you go even deeper than that you will maybe get something like that after asking “why” again:

“I never earn enough money because money are hard to get and only children who were born in intellectual families have a chance to get a degree and have money”.

So now, you can take it into pieces, and inspect whether your money problem come from your beliefs around low self-esteem connected to lack of proper education. You can now see, how we came from “I never earn enough money”

to

“only children who were born in intellectual families have a chance to get a degree and have money” - as a core belief. The first belief isn't the one to work with - but the last is. Easy right?

Usually, it takes a while before you find your core belief; however, sometimes it is just what it is, and you don't have to dig deeper into that.

### 4. Inspect where it is from

If previous steps are done correctly, you can also embed the origin of the belief in your earlier life experiences. Perhaps your parent or another authority figure projected their opinions and perspectives on you. You need to recall it and make peace with it. It's not you - it's them!

## **5. Challenge your belief**

Now, you know where it is from and that you no longer need that! I bet you know multiple situations that confirm your beliefs, so you live by them. At this step, you need to find examples from your life and other people's lives that contradict your limiting beliefs. You are going to be surprised how many of them you are going to find!

## **6. Think of the consequences of your limiting beliefs**

Holding onto limiting beliefs hinders your possibility of getting what you want from life. Think of the missed opportunities and the time you lost (and you will lose) on wondering "what if"? Be ready for unpleasant feelings arising from this perspective. Accept it; that's part of the process

## **7. Replace it with a neutral statement.**

The time has come to change your beliefs. Initially, changing your beliefs suddenly into highly positive ones can be challenging. So, just start with a neutral one, for example from: "Public speaking is too stressful, and I will never be able to do that," to → "You can always train public speaking and get confidence by trial and error". It's easier to digest this small change in belief system rather than going into extremes right from the beginning.

## **8. Replace it with an entirely positive statement**

Final step ahead! You are ready to change your limiting belief into an encouraging one! Let's come back to our previous neutral statement example. Now we come from: "You can always train public speaking and get confidence by trial and error" to → "Public speaking is easy, and I can do that if I believe in myself and put enough work into it." Easy peasy, isn't it?!

## **Put your new beliefs into practice.**

And that's almost the end. Now, you must check if your new beliefs work in real life. Implement action that supports your changed way of thinking. It doesn't have to be easy right from the beginning but don't get discouraged. Practice makes perfect!

This process allows you to identify and change whatever stops you from chasing your dreams! Now you know how important it is to change your beliefs before manifesting.

Visualization isn't fooling yourself that you are someone who you are not. It is more like training your brain to believe the future version of you is available to you now. This exercise was meant to get you closer to the acknowledgment that it's just a matter of time to make your dreams come true! Repeat the exercise when needed. You may need a professional to lead you at changing your beliefs.

**Expectation  
effect.**

**4.**



Your expectations directly influence how things in your reality - unfold, and so you are a creator in every and each moment of your life. It's very much connected to previous chapter, as the concept of expectations is strictly based on beliefs. Let's see what is hidden behind this magical term!

Let's start with the statement that - you do not manifest solely when you do your daily visualisation practice - **you are responsible for creating your reality all the time.** How?

Let's say you are thinking everyday that "people are assholes and they are lying all the time". But the person next to you, - your dear friend cannot agree with you, and (seemingly) he lives in the same reality as you do! So, who is right?

And here the surprising answer arises: both of you are right! You both just project two different filters on the same reality. **What you focus on, grows. What you expect to see, you are going to see.** If you focus on negative thoughts, you give them energy and feed them, creating more and more negativity around you. You can spend a lifetime like that OR learn a little bit more about expectation effect.

Expectations are most of the time the result of your past experiences. But not only! Sometimes you just accept things as they "are" and sometimes you even believe things are certain way, cause you heard it somewhere from somebody - just a small vague sentence - and now forever you believe that, repeat and even act on that...

You may have some work to discern what is actually the truth and what is just an expectation you once believed to be true - and it isn't anymore. There is a whole another chapter about that "**Personality split & fake identity**". Check on that to dig a little bit deeper into that!

Coming back to the expectation effect... Imagine a woman, who deeply wants to manifest a soulmate, but she experiences only painful relationships. She may manifest emotionally unstable people just because she expects men to behave a certain way. She may think things like "men are always like this.. and that..", "men are always full of lies when it comes to their exes" or "I always end up disappointed with men".

For example, when she meets a man in the club, she always expect him to be a party animal with commitment issues, but at the same time she always looks for man in these kind of places. And in her thinking she never does exceptions! She may add fuel to the fire telling things like: "I always attract men who are yelling at me" or "I will never meet a normal guy" - and as you may already see - she is manifesting these exact things just by thinking that way. She is using mind programming, but in a very harmful and self-destructive way. Something you try to avoid by learning how to become a master manifestor.

Going further, her expectations may be a result of having an explosive absent father. Resolving this trauma may fully and fundamentally change her way of thinking, but this depends on her engagement in self-reflection, work and dealing with emotions from past wounds. This requires time, but it is advised to approach manifestation holistically.

If you expect things to be a certain way, high chances are that you are going to attract people, who believes the same limiting beliefs as you and so, you will forever stay in this bubble of zero possibilities. Opening your mind takes some uncomfortable emotions, but it really pays off!

Nothing is as it seems and no one is as it seems. It is, most of the time, what we create in our minds. People rarely see the truth - we only see our own perspective - and this one - oh my - is so limited! If you could see the truth you would probably just see how unlimited, loving and beautiful souls people are. But unfortunately what most people see is the mess, that they create for themselves and others. We only judge others and everything around us through our lens, through our prism. Every person, including me and you! **And this beautiful human experience is about evolving and widening that perspective.**

So, my questions for you today are:

What is your attitude towards life: do you expect things to be certain way OR you always wait to be surprised by the Universe?

How much do you read, see and hear and how much do you interpret? (Tricky question).

How much, of what you think you experience - is just a guess? Instead of simply asking someone for the truth?

To what extent do you take things personally?

Once I had this situation when a friend of mine canceled someone else for good, just because this person didn't text her back - on our group chat. Well, there could be multiple reasons, she could have forgot, she could have had a messy day, or an accident... And besides - most importantly, it was a group chat and it does have its own rights. We all know that it works on different terms than a personal chat. Anyhow, this is may be a silly example (but still perfect example) to show an expectation effect creates somebody's reality unconsciously.

The truth is that the only thing my friend was expecting - was being overlooked, ignored and ghosted... Because of her past experiences, wounds and unresolved emotional issues - when someone doesn't text her back immediately she feels wounded. She was expecting to be treated badly, so she manifested that, even though, as a third party person I can tell, the whole conflict was made up solely in her head. Nevertheless, the result of this situation was the end of a long-term friendship. That's what has been created by the judgement of current situations in the lens of the past wounds and expectation effect. What a shame!

Sometimes the world is what it is. People project things on you and you have nothing to do with it. They see something, they expect it to be something what is solely based on their past experiences which vary, very, very much from your own experiences. And here we have - fights, judgments and misunderstandings. And it doesn't have to be that way!

Well, in fact, how people react is the sum of their beliefs, character traits, experiences and thoughts, often (not always) resulting from their unprocessed emotions, traumas and shortcomings. And the same applies to you! As soon as you resolve all this unconscious conditioning you free your mind, from expectations, and you are less attached to ego. Becoming unlimited is just a matter of time. You may create positive expectations that are not conditioned - but created by you, for you. And that is how you can co-create the best version of you reality!

## Placebo effect

Expectation effect can be somewhat compared to placebo effect. What you believe to be true and what you predict to happen in the future is like a pill you take in order to get a certain result. You can believe, for example, that you always pass work interviews and without even trying get the job of your dreams - and this belief is going to work on you like an antidepressant, giving away all your anxieties.

However you can believe something contradictory to what was just said. You may expect a job interview to be always stressful, and HR's to be always heartless people. This expectation may feel like a pill with the poison - and it is.

## Real life examples

1. What is worth to mention, expectation effect is not a magic trick. It's based on well studied biological and psychological mechanisms. The research shows, there are effective ways that you can shift the brain's predictions. There was an experiment on rats where each animal in the lab was labeled as "smart" or "dumb" before human participants started the experiment. The whole point is that the rats weren't investigated according to their actual intelligence level - they were labeled in a completely random fashion. Thus, participants expected particular results based on the piece of papers assigned to these rats - not the facts. The result of this experiment went surprisingly well. The rats that were expected to be smart, went well on following speed and intelligence tests, while those which were expected to be less clever - were several times slower. Just because of the set expectations of the participants watching the race... Crazy right?!
2. In the book "The expectation effect" David Robson gives an example of soldiers, who during the war were given a salted water intravenous infusion instead of morphine and in the result 90% of them felt relief of pain after taking that. And that is exactly how accidentally the expectation effect was discovered for the very first time.
3. In the last experiment, the researchers divided the group of people into 2 groups. At the beginning the participants of each group were informed about stress consequences and then - subjected to the high stress levels. The first group was told that "stress makes them more resilient and more sharp", and the second group was told the contradictory "stress makes them less resilient and less sharp". The result of this experiment may seem already obvious to you. Those who were told stress is going to make them less awake - performed less effectively in comparison to the group, who was told that stress makes them sharp. Their positive expectations made them more successful.

You may apply these examples to previously mentioned job interviews, but also any situation you are facing - things don't have to be the way you think they always are. They can be much better and less stressful. And I personally think it's the most practical side of manifestation as it doesn't focus much on the end result of your visualisations - but the process itself, making your life easier and easier. And before you realise - you lead, happy and fulfilling life!

## Past, present, future and expectation effect

Your past doesn't define you, and so you shouldn't define your present by it. Every day can surprise you with something new, unexpected or maybe a miracle! Rewrite your story as soon as you finish reading this chapter. You can, for example, expect miracles appear in your reality every day! I wish you this attitude towards life every day!

**Personality  
split & fake  
identity.**

**5.**



Well, you may not expect this chapter in an e-book about manifestation to appear but as soon as I explain it - you will understand why it's so important.

Have you ever heard about the “internal family system”? In short, it's a concept that each one of us has not one personality, but a whole family of archetypes inside of them. Crazy right?! And, depending on the situation that occurs, the person reacting to external circumstances – is not always you in the simplest of its ways – but a different persona from internal family system. Let's take a closer look at this:

For example you surely have heard about “inner child work”. So, in the above concept, there is not only an inner kid to work with, but a mother, father, sister, uncle, brother etc. Basically, “internal family concept” claims that the voices that you hear in your head are not always solely yours. The voices you hear emerged from your upbringing and stayed in your mind as internalized other people's beliefs, opinions and biases.

### **How does this subconscious “split” affect your manifestation?**

Let's dig a little deeper into that. First, I want to stress that I am not talking about multiple personality disorder, as this is a serious pathology. We are talking about normal functioning person, who isn't yet aware of their inner world. For example: let's say that you had a very dominant mother that was always telling you what you should and shouldn't do. As a result of that upbringing, you didn't have an opportunity to discover your own opinion or what you want and need. You've learned what you should and shouldn't do instead.

Maybe your mother is not living with you anymore, is not active in your life, or even maybe she passed away. But you may unconsciously still hear her voice in your head as yours. And that isn't a nice voice that always tells you what to do. So your whole adult life - your self esteem is built upon what you think you should be doing - and in result you are not doing what you really want.

You may even build your whole personality around what's mentioned above. Personality that is golden, shiny and always doing “what she/he should”. The problem is that this identity isn't real – it's completely fake and built only as a defence mechanism. It serves you to feel better about yourself, to fit into other people's expectations (that may not even exist anymore). The expectations that you only suppose are there, but probably they aren't .

### **Why is it important to recognize all your internalized voices within?**

Because if you are not conscious of these voices, you may not even see when you don't manifest your desires but somebody else's “shoulds”. It is important not only when it comes to what you want to manifest but also it may influence how you are going to accomplish it – so the process and method itself.

For example, you are not good at setting firm boundaries because you think you should always say “yes” to people, you are not going to build relationships that you would if you were honest with yourself. Not being conscious of these internal processes may cause you to cause a delay in manifesting your desires as you don't go straightforwardly after what you want. You go sideways to make everybody happy and to avoid seeing yourself as a selfish person for example.

However, being at least a little bit selfish is required to get what you want. However selfishness is not the only way, or the only “personality trait” you need to have, to become who you are supposed to become in this lifetime. You will also need compassion, cooperation, good heart... right? So, do you have to choose just ONE trait? Just one personality/role/archetype - however you choose to call it? No!

**Having one type of personality is a scam. And let me tell you why.**

The opposite of splitting is *integration*. And it requires work to do in order to integrate different parts of your personality or branches of your entire identity in order to be whole. These parts of you may feel like they are contrary to each other, because people are not that one dimensional as we think. If someone behaves selfishly once to protect their interest it doesn't label his whole being as “selfish”. It may just mean that in this particular situation, he needed to use this driven, fiery and autonomous personality trait in order to preserve his objectives. However he can be a warmhearted person when a situation arises too. OR inside he may be a wounded child as well as a protective mother to himself. Depending on the situation, he will just use another part of himself.

So, for example, in the spiritual community there are people who want to be only “love and light” and so they become mentors and teachers of some sort. They want to be as pure as possible, as wise as possible, and so people can take credible advice from them. However, what this new - born teacher may not realise, that while this emerged from his mentoring activity and vocation, he completely denied his anger and ambition driven personality. This branch of his personality is still there, but he is dedicated entirely to the service of humanity. He may think that his old self is dead now, and he does not experience jealousy or anger anymore, but the truth is this “personality branch” is still there but in the shadows - because this teacher left that in the in abeyance.

As he is not integrated, he is not whole. And so with time, this shadowed self will roar for attention. The same person may become totally burnt out because of the humble service, that is a valid part of him still! But it's not everything! He is still human - so he start to feel unfulfilled and to project his shadowed part on other people. What is more, his clients start to notice his anger here and there coming out of nowhere. He sees that and he gets angry at himself even more. “How can I not be humble, silent in service and peaceful as I always has been? What just got wrong? I am not worthy of being a teacher?”

What has really happened is that this spiritual mentor dehumanized himself, tried to vanish his part of himself in order to become just one “personality/role/archetype” of a spiritual teacher. People around him started to show him that like a mirror. He wasn't true to himself so, the truth came up in a way that wasn't expected or pleasant. Maybe he had a belief that being a spiritual mentor requires from him complete abandonment of his preferences, emotions or other gifts that seem “not spiritual to him”.

If you choose to stay fragmented, feeling like you may be a hypocrite holding a bunch of opposites, you may not manifest what you want – instead you may manifest what you unconsciously fear to see in yourself!

Integration is not only a part of successful manifestation, but simply its a part of every deep inner work. Splitting can also, and most of the time is, a result of trauma. We are all prone to fragmentation because we all experience trauma. And if we hadn't the opportunity to heal our wounds instantly (most of us didn't) we most of the time build up an outer personality (fake identity) that helps us survive in the environment we experienced that trauma. This causes us to dissociate unconsciously from the parts of ourselves that in the past would cause us trouble and so, sometimes huge parts of us are being put aside, forgotten and banished from the daylight. It's an act of self-preservation.

**If someone feels hurt, he/ she may need to integrate many “opposites” in order to become whole:**

1. The wounded inner child,
2. The inner parent that need to take care of this child and show it unconditional love,
3. The outer expressions of that hurt – for example becoming a codependent person with avoidant attachment style,
4. The healthy expression of that hurt that contains wisdom on not passing it further to other generations,
- 4.The part that feels like a victim of a parent that caused that wound;
- 5.The part that love this parent and wants to be close to this parent no matter what pain he/she caused him/her;
6. And I am sure there is so much more to that. And it's just one situation!

Universe and people living in it are full of contradictions. There is inherent good in some seemingly “bad” situations and in the opposite. As a master manifestor you need to learn how to hold space for all of your identities, personality branches and to become whole - no matter how contradictory these may seem – you really need to accept and live them all. This is the only way to embody humanness in its purest form.

Besides being co-creators with the divine - we are also messy humans, who do a lot of mistakes. The faster we accept all that, the better.

**How to  
discover  
what you  
really want?**

**6.**

The biggest challenge for many people in their manifestation journey may be discovering what they want. **And if you don't know what you want yet, don't force yourself to find answers, because if you force that process, you will end up making somebody else's dreams come true!** And we don't want that! It sometimes isn't that obvious as we all perceive success differently, and have diverse preferences. However, because of people's internal voices, beliefs and programming, they often don't have enough contact with themselves to know what they really want and need (not what they should want in order to be "successful" or validated).

The other reason for not knowing is not being an energetic match for the answer. That is why simply asking the question "What do I want?" may not bring the direct question instantly. Teal Swan explains it that way:

"It's because you can't be vibrating at the same frequency as a question and be a match to the answer"

Stating the question itself implies the energetic lack. So by asking this question you deprive yourself of the answer. It's the same as when you focus on what you don't have – you cannot bring abundance in any form as your frequency is lack itself.

You may ask now: well so how do I even do that?! - Let's bring the answer to the table.

## Step to discover what you want

### Method 1.

1. Accept the current uncertainty of not knowing,
2. Figure out what you don't want (it's most of the time easier),
3. Spend some time with the reasons why you don't want these things,
4. Write these reasons down and don't marinate too long in these negative feelings,
5. Find the opposite of what you don't want – and make a list out of it,
6. Spend some time with each point of that list – is it what you want?
7. Is this what gives you joy?
7. Make room for answers that are not obvious, play the game of "no limits" to your desires,
8. Don't be scared of things that (to your mind) may seem impossible or hard to attain.

Always remember to not judge yourself for what you want. The voice judging your desires may not be even yours (but you already know that!). Be as ridiculous as you can be in listing your dreams. There is no one watching.

What would be true for you if you weren't scared of your own judgemental eyes?

### Method 2. (advanced method)

- 1, Visualize how it would feel to have the answer on what you want.
2. Visualize the feeling of knowing what your purpose is.
3. Let go of your expectations of what it may be – let yourself surprise yourself.

Another interesting and maybe controversial method is to consider what makes you envious. Yes! You can use this uncomfortable feeling to your advantage! **Instead of disliking someone who has something, you (think) you cannot have, you can ask yourself whether, maybe this is exactly what you need.** Remember to not spend too much time in the envy and quickly reorient these emotions into inspiration or muse.

What if after these steps you don't feel sure whether this is it?

The truth is you don't have to be sure. Having a little bit of a doubt is sometimes healthy and makes you more rational than you may think. **Embrace the insecurity and take action!** You cannot get it wrong, every step you take may be a lesson to further expansion even if it feels like a mistake. **There are no mistakes. Just stop taking yourself so seriously!**

Once you (at least) start doing something towards any goal - you move the before stagnant energy field. Only by doing - you can check whether it feels right or not. **Treat your first steps more like an experiment in the making and less like a life or death situation.** At the end life is an endless lesson, trial and error, where you meet yourself again and again - your ever changing personality.

Trying is always more beneficial than being stuck.

**Life is an ever evolving project and you will never see the finish line.**

**Heart  
based  
desires.**

**7.**



It is believed that in heart resides the soul of each person. That is why this is the place we should mostly listen to, not the famous "guts" only. Both terms are valid, but these are not always the only "voices" we may hear and should listen to. There is another feeling that is fundamental to co-create and this feeling comes from the heart of each person.

Our bodies send us a lot of signals, some of them are fear based, come from the reptilian brain. There are, however, are some other information that are right from the source itself.

In order to be able to discern ego-mind signals from these intuitive, heart based signals you may need some training. But don't worry, we all may need it!

When we make decisions that are mind based we, most of the time, are very pragmatic, logical and the decision process is preceded by a train of thoughts. Sometimes we are not even aware how often exactly the same thought process pushes us into the same situations or circles over and over again. Sometimes it is not only the thought process but the whole decision making is initiated by emotional reaction – a byproduct of a reactive mind. This may of course seem as a good idea – at the time of decision making – but it isn't at all! And I think that many of us did something on an emotional wave, only to regret it later. Ego-mind reactivity consists of emotional reactions too. **Conscious creators are not reactive – they consciously choose the reality they want to live in, each moment of time.**

Another thing is divine timing – your soul never wants you to be burnt out, exhausted or to rush. **The more connected with your heart you are, you'll get to co-create with the divine more easily.** Ego wants us always to rush and sometimes even to cut corners. It is impossible to co-create when you try to do something "faster". **Your heart knows what is best for you, and what is the best moment of time for you to thrive.** I bet you've heard these "lucky" people succeeding, from rags to riches legends, one-day success stories. I think it's possible for everyone as soon as every step of conscious creation is fulfilled. **When one follows the heart, the spirit world and matter – work together in order to give the world exactly what it needs now.** To give birth and create something astonishing to share it with others.

That is why, it's just good to know that there are desires and there are OTHER desires. Some of your desires are based upon what the spirit wants to do through you – and by this divine process, share it with the world as your unique gift. In contrast to this sacred process, there are desires that may be only a byproduct of your ego. These may be desires to acquire money, status, prestige – that are not at any point connected with your true purpose itself - but of course are not all wrong and can be a byproduct of your work. By integrated action any of us can get many of these things, but doing it in an unintegrated fashion – makes a person only more miserable in the end. **Ego desires can make people left only with emptiness, as it was exactly the same emptiness they wanted to fill with these ego-based desires.** Remember! That there is nothing wrong with wanting money or fame! Person can do so much good with that! Some of us are designated to be millionaires philanthropies, or famous actors and this may be our soul desire too!

But the distinction to make is – with what intentions did we start the creation process and if we were fully honest with ourselves?

So! Having all that, **I want to give you 5 practices on how to connect with your heart. It's easy peasy!** You can make this practice a daily routine e.x when drinking your morning coffee. When you practice this every day (specially in the morning) with time you will see the difference in how less reactive, and more loving towards other people (and yourself) you are becoming. It's better to make decisions and manifestations from this point, right?

- 1.** 639 Hz Heart Chakra Healing frequency – simply surround yourself with this sound! You may sound bath while manifesting, visualizing, meditating or doing the dishes! What works for you best!
- 2.** Mantra chanting YAM – working with sound again but this time – from the inside! Watch youtube videos on how to do this if you've never tried before!
- 3.** Consciousness shifting – imagine that usually your consciousness in the form of a light bulb resides at your head level (mind). Try to level down this imagined light bulb down into your throat and then again to the level of your heart. You can hold this image as long as you need or want. It's a great visualisation tool!
- 4.** Breathing and meditation – simply breathe into your chest with present attention to the heart center. Imagine connecting to this space, anchoring your breath and doing it as long as you feel grounded in the heart-center.
- 5.** Loving kindness, forgiveness and compassion – these are traits of a balanced heart-chakra. Of course if you do it authentically only counts – not when you do it in a pragmatic/goal oriented way. Try Ho'oponopono! This Hawaiian technique translates to 'make things move back to balance'. We will not get into technicalities here, you can easily find how to use it on the internet!

**Quitting self-  
victimization.**

**8.**



The hard pill to swallow is realizing that if you play a victim of your life, parents, partners or any circumstances - you are going to manifest nothing, and here is why.

Victim believes that everything in life happens to him/her, and that the situation he/she is in now is solely a result of external factors. With mindset that life happens to you – not from you - you are stepping on a slippery slope to blaming, whining, victimizing and going around in circles in life, reaching nowhere and achieving nothing. Ahhh, unpleasant right?! But still, most of the people choose to be a victim because it's easier than taking responsibility.

**In contrast to the victim mentality there is a creator mentality.** The second one is less comfortable, as it invites all inconvenient feelings resulting from taking full accountability for your life. It may feel heavy but it really doesn't have to be! Like everything in life, it's a decision. To ease you the process of Quitting self-victimization I prepared for you 5-step-procedure, so you can give up on the victim mindset and manifest fast!

## 5 Steps to overcome Victim mindset

### 1. Recognize.

First step may seem the simplest one, but it's more complex than you may think. Speaking from my personal experience, at the beginning you may surely see areas in which you stay in a victim mindset. However, you may not see everything at once. **When starting with mindset change you may be able to see the truth only partially.** And it's totally fine! Truth hurts, so initially, you may notice your victim mentality only in areas that are most comfortable for you to accept. **Sometimes change is a process and it feels less linear than you wish it were and it's more like peeling an onion layers one-by-one.** Remember that it's not about taking on all of the weight of the situation. You may be overwhelmed by doing so! It is more about feeling empowered to take ownership for your feelings, thoughts, and behaviour. Take one step at a time – you don't have to start big – you can start small by choosing just one thing you want to transmute in your behaviour. Trust the process, take your time and come back to the first point, as often, and how many times you need it. There is no competition there.

### 2. Accept.

This one is so essential that I wrote the whole another chapter about acceptance solely. But for the sake of this particular context let's dig a little bit deeper into that topic. First of all, acceptance is not the same as forgiveness. Acceptance requires you to be realistic whatever situation you are facing right now. In order to be clear-sighted when it comes to your life situation and what led you there you need to stop, reflect and make a proper examination of conscience. It may seem that external circumstances make you miserable and you have nothing to do with that, but the truth lies in between. Acceptance is about stopping daydreaming, what-if-ing and letting life be exactly as it is right now. Acceptance may feel heavy, and passive, but there is huge wisdom to it. Not fighting with reality is not passive, it's just realistic, and there is no **responsibility taking** without it. And without responsibility, there is no mentality change. It's as simple as that.

#### **4. Forgive.**

Possibly the most important point. In my humble opinion forgiveness is the pillar of every mindset change. Why? Because if you don't forgive yourself you go around in circles always ending up punishing yourself for past deeds - what results in becoming a victim again, and again, and again... The thing is to stop this pointless cycle of self-blame - and never step there again.

“Resentment is like drinking poison yourself and expecting your enemy to die.”

And the same applies to forgiving other people. There is no magical recipe for forgiveness, but what I can tell you from my own personal experience, the best approach to forgive is to focus less on others, but much more on yourself. The person who hurt you may not ever understand how she or he made you feel, so there is no need to confront with that person, explain, lament or even closure. Forgiveness is not for the other person – it's for you. Resentment can eat you alive and kill all the joy in your heart. Don't do it to yourself, think of your own well-being and simply find grace in your heart. It's about loving yourself more than loving others. Anyway, the person, who hurts you the most is you.

Tip: Best way to forgive is trying out Ho'oponopono practice.

#### **5. Do not fear.**

Working with your fear may be the biggest game changer of your life. You are human, so you may naturally be scared of a variety of things. It's normal to feel in danger even in situations that may not seem as threatening at all. You may be scared of losing your reputation, when making a mistake, of looking like failure in the public eye. The truth is you are not scared of other people's opinions - you are scared of your own opinion, and you project that on others - you are much more scared of loosening your ego. Most people are scared of owning their mistakes and looking in the mirror after that, rather than the failure itself. Do not fear yourself, do not fear life, do not fear to be “bad”. The more you are scared of being perceived as bad/ wrong/not enough/wounded/ wronged or whatever – the more you push this part of yourself in the shadows. And when any of your parts stays in the shadow, it takes control over you, when you least expect that. It's better to know yourself (even if it's fearful) than rejecting yourself when facing the truth. And real self-knowledge comes only with life experiences. Experiences that make you fully human. Don't fear being a human. Everything is a valid part of life and self-discovery.

Fear makes you believe that you are hopeless. And it is nothing more than self-victimization. Don't make unnecessary fuss around your mistakes. As Taylor Swift once said: Shake it off!

## 6. Take action.

When you are fully integrated it's time to act in the light of consciousness. If you did the job well, chances are you no longer feel like a victim of your reality. On the contrary, you know that whatever you do has its consequences and it depends solely on you how you react to the challenges life is serving you. It's easy to give up again, under disappointment or failure (because being a creator doesn't necessarily mean you will always win and that you are always right, as you are endlessly evolving and growing). Thus, it takes courage and trust to have faith in yourself and stay in the creator mentality no matter what – but believe me – it's all worth it! When you are allowing yourself to take conscious action with a higher knowing that it's you (and only you) that can change your destiny, you create a space when miracles are possible. You let a life go through you, creating new possibilities, but also new challenges. Remember that we are still human beings living in dual reality and becoming a creator doesn't necessarily mean you will always make positive circumstances and pleasant feelings for yourself. Sometimes you will not, but the thing is, to go all in, no matter what. **Take a life on the chin, like a full breath in, and live it to the fullest!**

### To conclude

You have to take full accountability for your past deeds that led you here. Otherwise, you are never gonna step into creator mode. Person, who takes full responsibility for their actions know that everything depends on him/her. However, you need to remember that stepping out of victim mentality doesn't mean you should start beating yourself for everything you do, and that you should be perfect by now to manifest anything. Nothing further than that! The point is, you don't have to judge yourself for letting yourself down... Remember that empathy towards ourselves is not the same as crying to one's beer. **We can forgive ourselves, understand our mistakes, have an empathy towards ourselves and others but endless whining isn't the way either.**

Real self-agency comes when you take not only responsibility for the things you did or do now, but also for the way you feel about them. **Sometimes we cannot have control over what life throws at us, however we have an impact on how we react to it.**

Let's stop here for a minute, because the previous sentence is a game changer!

Creator should always stay non-judgemental towards oneself and others. You will never feel good about yourself if you don't make yourself feel good about yourself NOW. It's a **step-by-step process**. It takes practice. So recognize, accept, forgive, don't fear and take action! (Baby steps at the beginning are valid here too)

**Accept your  
current  
situation to  
manifest your  
future.**

**9.**

Listen, I know exactly why being a creator can hurt sometimes. The hard thing about accepting the fruits of our creations is that they are sometimes rotten. Yeah, this happens, but here is how to cope with that!

Person, who believes in his/hers power of creation has to accept the **duality of creation**. So if you want to be the real creator you has to accept that you've always been one. You were a creator when you graduated high school, when you earned your first salary and got a promotion, but you also manifested previous sickness, failure, depression and other disappointment. Yeah, it's a hard pill to swallow. But unless you accept that you are the reason for your misery, you won't accept that **you are your own saviour too**.

Let's say you are unhappy with your current job. You whine every day, about how your job is squeezing the juices out of you, killing you every day with a toxic environment. You can of course blame your parents that didn't give you an easier start in life or better education, you can blame your traumatic experiences for being too shy to change this job, blame your boss for being whoever he is, or blame the system itself. I don't say that all these things aren't true or not harmful, because they may be, but as you can see, all of the above is a perfect example of victim mentality. There is no responsibility taken there, and so there is no acceptance of the current situation either. With this mentality, you are not manifesting - you are fighting it. Trust me, it's Sisyphian task.

We can imagine now, that you decide one day to take on a new job. So external circumstances changed, but there was no internal work done. You seemingly changed something, action has been taken, but not the conscious one. You probably blamed everything external for all your misery and so you ended up in a similar job, with a similar boss and in a similar toxic work environment. If you fight with your reality, you will always lose, because whatever external battle you choose, **you fight only with the symptom, not the cause of the matter**.

**Let me explain it a little further. If your reality comes from you, and you fight with it, you are literally fighting with yourself by doing so. Life is you**, so you can't be in an antagonistic relationship with the current moment if you want to go further in life. **Clear vision of what you want to manifest can work only if you are fully submerged in your current reality**. And if your current moment is full of resentment, misery, unconscious patterns, jealousy, self-sabotage and blame... You are going to manifest exactly the same, what you are now.

*Your manifestations won't save you. You can only do it here and now.*

There is a reason why you attract particular circumstances, or people or places, and the reason is most of the time, in you. You can hate yourself for that, but you can also accept that all your previous decisions led you to the exact moment in time - where you are now. **With acceptance comes peace and maturity** as you can take full responsibility for what has been done. Thus, to manifest successfully, you need to accept your current situation, whatever it is. **By the act of self- acceptance you show yourself unconditional love**. By being in a state of unconditional love, you are being as close to God as possible, and God is the main creator, isn't she?

You can't create new reality while hating where you are now, or by hating yourself and others - as if you do - you will create another hatred - only the anchor of your hate is going to change. Acceptance is pivotal and it doesn't mean that you give up - but rather you stop fighting with yourself, and accept whoever you are now. Only when you start accepting yourself, you can you make genuine work with yourself.

Not because you need to be a better person for anybody else, not because you are wronged or a bad person, or a failure – **but because you love yourself.**

**The intention of your internal change counts the most!**

**Stay tuned  
to the  
gratitude  
frequency.**

**10.**



No matter what your situation is, **you can always find something you are grateful for**. Even if you don't own anything material to be grateful for, you can be grateful for the simple “being alive”. It's the greatest gift you've been given and you can do anything you want with that! Eckhart Tolle suggests that if you don't yet own anything to be grateful for, you can always focus your attention on abundance that surrounds you. Nature is abundant, sunshine makes people smile and plants grow, some people that you encounter have talents and abilities that make them make money - even if it's not much - it is an abundance of possibilities surrounding you, each and every moment. You just need to see it different way.

*If you are grateful for what you already have, chances are the Universe is going to send you more things to be grateful for.*

You may not see that yet but there is another really important thing to remember- **comparison makes us ungrateful**. Let me tell you why. Imagine you just sent your Newsletter to your recipients for the very first time, but someone you know and admire did it already 100 times and even created a podcast. You may feel envy, you may choose to feel like a loser, and beat yourself over for not doing enough. But the truth is that these feelings don't help you go any further in life. Appreciating what you've already done is a key to successful manifestation. You can't feel like a loser, if you want to manifest *a winner mentality*... Can you already see how all this works?

**Watch out your mind diet and be careful of what you feed your mind with.**

“The most important to understand is that you will not get what you want, but the reflection of what you already send to the Universe”

Francoise Rambaud “ Let go and say yes to life”.

You attract what you vibrate, so whatever thought comes to your mind, be careful, as that's exactly how the creation process begins. If you think that you don't have control over your own mind, the mind has control over you.

You can always try simple meditation techniques or meet a mindfulness coach to work with you on and level up your consciousness.

**How to find  
balance  
between  
happiness  
and desire?**

**11.**

Sometimes people in spiritual communities are confused between what it is they should seek happiness in:

In appreciating what they already have? (Gratefulness)

Or maybe they should act on their desires and wants? (Manifestation)

Well, in this paragraph I am going to dissect it and explain how both statements are true and how these two “theories of happiness” don’t exclude each other.

As it was mentioned in previous chapter, being grateful for what you already have and for who you already are is one of the keys to successful manifestation. But still you may not yet fully understand why **making yourself happy at every moment of your life makes you manifest your desires more**. At the beginning it didn’t make any sense to me either. I was asking myself:

**How from this point, do I make myself even want something? (If I am already happy)?**

**If I am happy with everything now, will I not just rest on my laurels and do nothing?**

Most people are really afraid of that! But it’s not as dangerous as it may seem. The desires and wants will not magically disappear if you find peace with yourself here and now. It will just make you more conscious, less in rush and ... it may also make your desires change! Why? Because if you can make yourself happy now, if you can love yourself now and accept yourself you act with different intentions - you no longer seek validation, try to catch up with someone or something, you don’t compare - **you act from the place of internal self-love!**

It’s more about desires not having control over you, but you having control over them.

Instead of resistance you can fully consciously decide on what actions to take.

You can still act, make plans for the future, strategise, but without you - not - being ok about yourself - without suffering. It’s because **your manifestations and visualisations are no longer your saviours - you deeply understand you are the one**. So, at the end of that process you are not doing something because you are in pain. In this state of non-resistance you are not only more aware of what you really want, but also you lessen the chances of reality slipping off your hands while going for what you desire.

**Surrender to what is and non-resistance attitude** are crucial to successful manifestation because both are the key factors enabling the manifestor to accept reality and stop fighting with it. There is no conscious creation without it. It’s a great starting point.

So, how to balance out this accepting attitude towards current reality and having desires at the same time?

To start with, contrary to what many people may think, desires are not the root of suffering. Desires itself are not the problem. What is the problem is what may arise around having a desire, so thoughts like:

- I cannot be happy unless I get my desires;
- It's impossible to get what I want;
- Having a desire is a sin;
- Constant focus on what I don't want, don't like etc;
- Resisting desires;
- Thinking like I don't deserve what I want;
- Being attached to a desire to the point of suffering when it's not attained in 100% as I wanted (it rarely happens)

In reality the Universe rarely gives us exactly what we want. It doesn't mean manifestation doesn't work – it's because there are always some factors we are not aware of, forces bigger than us that affect our reality. It's normal and totally fine, **if you knew everything I would already be a God, right?**

**The point is not to attach your happiness to the end result solely.** Besides, whatever you want or need – simply changes all the time – why?

Because in the process of attaining your goals, you evolve, meet yourself on another level, a deeper one. This allows you to see clearer your hidden intentions, truths – just because you changed your point of view on your life – the perspective. This gives you always some food for thought. **You always grow.**

Your desires change with you, but if you make yourself dependent only on having what you want, you will never make yourself happy. **Your life will become a constant run for something that can never make you satisfied.** When you are constantly hungry for more, maybe you expand, but deprive yourself from simple truths and pleasures of daily life. From here and now.

Besides, as it was mentioned many times before - the world we are living in has a dual nature. There is no light without a shadow and in reverse. Expecting the end result of our strivings to always be perfect - is simply impossible to attain. Contrary to what many may think, the problems – not successes – are the driving force of the biggest revolutionary changes and make this Universe constantly grow. **Problems essentially challenge you to be wiser and to be stronger. But remember - it's about problems to solve - not suffering that makes us gold - so don't create unnecessary suffering. It's not about it.** But we cannot avoid problems either, we should embrace them!

What if to be the person you need to be, you MUST undergo transformations that require you to shed your old skin 1000 times?

Are you still gonna say “yes” to your manifestations? Well, I hope so! **Because manifestation is not about the end result, but the person you are becoming in the process.**

So, it is not like when you get to finally manifest your dream life, you will not have problems at all. Probably you will, but different ones. The scale of these problems may change too, as the scale of your successes changes too. That is why, working on yourself, staying grounded, asking for support from professionals, and taking care of yourself should always be fundamental to you.

## How to use all of the above in practice?

1. Discover on what you desire/want (previous chapters);
2. Understand all your emotions that arise here and now;
3. You may notice unpleasant emotions that are result of the gap between your - here and now – and the place you want to be;
4. If you attach to the desire too much – you will suffer;
5. If you want to avoid suffering, you **MUST** detach from your desires (they can still be there, but you must surrender, accept and rewrite perspective of what is);
6. This is exactly the way how you lesser the focus on the **gap between your desires and your current situation** (what is an illusion of time or lack of resources that exists only when we see things through the mind);
7. Practice letting go and surrendering to what is, as often as you need (it's a process);
8. When **the gap** is smaller you are able to feel happiness much more easily and so you are grateful, for already have – you are going to manifest a looot faster - you are vibrating what you want.

The point of the above exercise is to not push away what is unwanted, as **resistance blocks the energy and unable the life force to go through you**. You cannot co-create with the divine when you are in a constant state of denial.

At the same time, resistance to what is, subconsciously creates an identification (an identity) connected to the desire you have. You can build a whole new ego around what you want. Too much of an attachment towards it makes a person nothing more than just an avoidant – not a conscious creator of his/hers current reality.

To make it a new reality, you need to first have touch with current reality. The point of having healthy relationship with our desires is to detach from it. Observe it, do not judge it and let it be seen from a distance – just exactly as you work with your emotions.

“The bedrock of happiness is to release resistance to what is, while consciously dedicating our energy to manifesting the preferences or desires that arise within us that we choose that we are going to decide to manifest” (...)

“Let go of the idea that life should be a certain way to enjoy your life! The more you are open to unfolding of life, the happier you will be”

Teal Swan

Happiness is not necessarily about getting what you want. Your satisfaction, may depend on whether you fulfill your greatest potential, but your happiness – shouldn't. Limiting your happiness to only be possible when you manifest your dreams doesn't work and shouldn't work. A conscious person should be able to make themselves as happy as possible here and now doing exactly what she or he is doing.

It may feel difficult at the beginning, but the truth is it requires from you only the change in perspective. It's about focusing on positives more than on negatives, embracing gratitude and forgiveness. **You should always strive for making your happiness less conditional.**

*“I stopped believing that anything external is going to make me happy.*

*And then suddenly,*

*I became happy.”*

**Happiness is a decision to make.**

Let the  
Universe  
work its  
magic.

12.



So now let me ask you:

**How do you wanna manifest something of a completely different quality, while you still have expectations based on beliefs that led you to disappointment?**

Let's assume for the sake of argument that you have an internal belief (but you don't know it yet) - "only hard and unpleasant work leads to success" and led you to the point of exhaustion and burnout. You are fed up with your current position and first thing you want to change is your workplace. You may blame your boss for the amount of work he assigned to you, high bills in your new flat, your spoiled kids asking you to buy them PS4, inflation or even your demanding mother for being too strict on you 30 years ago (can you hear how surreal this may now feel?).

Ok, so from here let's assume even if you changed the job, you still have a boss, demanding position, inflation and bills to pay. You don't know it yet but you still want to attain success by hard work, so unconsciously you are going to create an unpleasant and hard work - environment, because you subconsciously believe *working hard* is the only way to succeed.

"The shortest distance between two points does not contain the knowledge of the world"

**The Book of Zingers**

Divine creation is a non linear process. It doesn't have to be logical or put in order. You don't have to necessarily know how to do things, to manifest them. Our logical mind wants us to know everything, every detail of the being. The mind needs plan and neatness. **While the divine creation has its source in primal chaos.** As long as we use our minds to create, we let ourselves be limited by an ego. Things don't "have to" be one way or another. Expecting a certain way of things unfolding for you, makes you deprive yourself from a positive surprise or an opportunity you would never think of before. Even if you think your plan is good, the universe may have a better (easier, maybe miracle-like) plan. You can't assume you know everything and most importantly that you control anything. As a divine creator you channel higher energies through you, so you can only vibrate up to them by surrender and trust. It doesn't mean you should do nothing, it means that you should rather listen to subtle whispers of intuition and risk doing things differently than before. Expect things to be better and easier than you can imagine.

Even if before you would think it's delusional 😊

**Expect the unexpected.**

**The act  
of  
creation  
starts  
here and  
now.**

**13.**

**The most essential part of your manifestation starts in the current moment.**

Trying to run away from the current situation without feelings of: acceptance and gratitude, doesn't make you a creator, but an escapist. **Manifestation can only work, if you are grounded in the current moment.** If you get too attached to the future vision, your current energy dissipates, and you may lose touch with the current reality. You may try to manifest huge visions but not realize that at the same time you may feel for example guilt, shame and low-self esteem. And because you are too focused on the future - you act out these unconscious emotions. **In result you may decide and act from an unconscious state of being and manifest from this low vibrational energy – leading to unsatisfactory outcomes.**

You don't want to manifest another compensation mechanism, and believe me, it's not that hard to turn your insecurities into huge dreams and ambitions. So, the key is to be as conscious and as present of a current moment as you possibly can be, because **attachment to the outcome in reality weakens your ability to manifest.**

“The point of power is always in the present moment”

Eckhart Tolle, *The Power of now*

Consciously living in the here and now may be your solution to all things you want to welcome in your life. **The less you are attached to the things you want to achieve, the faster becomes your manifestation process.** Sounds illogical right? But let me explain you this further with following examples:

Do you wanna live in a healthy, helpful and happy society? But you are grumpy daily and don't even smile at a lady in your local grocery store, because you had “a bad day” or never attended neighbourhood gatherings just because “you don't have time and you are busy”?

Or maybe you want to have a respectful, honest and committed partner but you betray yourself in every way possible by doing things you don't want to? Or you stay inauthentic day by day in order to fit in a group you think gives you some profits?

Or maybe you want people to respect your boundaries but you keep agreeing to bare minimum. For example, when you get a cold dinner at the restaurant you say “it's fine, I don't wanna offend them by pointing out a mistake”?

You wouldn't act against yourself (like above) if you had real contact with your body, your emotions and while trying to be conscious and anchored in the present moment. But if you focus too much on work, future plans, and goals... You may omit every chance you can actually make a real difference in your current reality.

**You are always manifesting your future.** Whatever you do, whatever you decide, the smallest thing you do and think works like a butterfly effect. **You are choosing different timelines every step you take.** So never underestimate the power of now. This is not supposed to make you fear yourself - **this is supposed to make you feel how powerful you actually are.**

To manifest successfully you need to understand that everything depends upon this particular moment of time and how grounded, appreciating and present you are in that state of being.

“The being is more important than the doing.”

As Eckhart Tolle, *A New Earth: Awakening to Your Life's Purpose*

Everyone gets tempted by huge visions and dreams but the truth is they won't come until you start with these small changes you can make every day, with these small “humble beginnings” of changing yourself in integrated manner - your beliefs, expectations, and even your thoughts and intentions!

**So, take your smartphone, create 15 minutes a day to visualize your dream life with [lifevisions.app](#) and then... do your inner work and live your life to the fullest!**

Your manifestation starts here and now, with most trivial decision you can make right now, by even switching your damn phone for a minute and meditating, or by smiling at the old lady on the street. You decide whether you are gonna make this tiny step towards a better reality of yours. And at this point it makes sense to finish this e-book with a simple question:

**Now or never?**

**Book recommendations:**

**“The power of Now”** - Eckhart Tolle

**“Becoming supernatural - How Common People Are Doing the Uncommon”** - Dr. Joe Dispenza

**“Mind Magic - The Neuroscience of Manifestation and How It Changes Everything”** - Dr James R Doty

**“Think and Grow Rich”** - Napoleon Hill

**“Inner Engineering - A Jogi’s guide do joy ”** - Sadhguru