

# MANIFESTING TIPS FROM THE EXPERTS



A PRACTICAL GUIDE TO USING THE LAW OF ATTRACTION



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Hi there.

For those of you who don't know me, I'm the owner of the website, Subliminal Mind Program, ([www.subliminalmindprogram.com](http://www.subliminalmindprogram.com)) which has been giving advice to people about the manifesting process for several years now. When I started the site, I had a lot of enthusiasm for the whole idea of manifesting my ideal life. However, admittedly, I wasn't having much success. Sure I had a few small victories, but nothing substantial and consistent.

BUT I plugged away at it, determined to become like one of those masters you meet on 'the Secret', manifesting success after success but it didn't take long before I realized that there must be a whole lot more to this manifestation thing than I had previously supposed.

Rather than give up, I decided to consult the experts and, as you can see from my blog posts, I have managed to gather some great tips and advice over the last couple of years from people such as Esther Hicks, Bob Proctor, Joe Vitale, Alan Tutt, Andy Shaw, Kristen Howe and Rishan B among others for making the law of attraction work better for me.

I can say that after putting these things into practice, I have finally found what works. My happiness level is higher, my appearance has improved and I find that I can manifest much more quickly and successfully than I ever have before, even when I'm not really trying.

So without further ado, I would like to present what I consider to be the most important lessons I have learned over the last few years so that you may put them into practice yourself.

And don't forget that you can always return to my site, <http://subliminalmindprogram.com> to get more tips, product reviews and insights into manifesting your best life.

Enjoy

Linda

## Introduction – What Is the Sub-Conscious Mind and Why Is It So Important?

Any conscious person can tell you that there is a lot of inequality in the world. There are people who are much richer than others; there are people who are much healthier than others; and there are people who are much happier than others.

So what is it that makes humans so unequal? Why do some people seem to have opportunities open up around them all of the time while you feel as though you always have to struggle your way through life?

Most people attribute these things to external sources, such as that person has a better education, came from a wealthier family, is more attractive, intelligent or charming. They believe that the reason they are not succeeding is because they weren't fortunate enough to be endowed with such traits. You, on the other hand, are reading this report, which means you have probably have considered that the reasons for such outcomes actually lie inside your sub-conscious mind. Maybe you have delved into things like the Law of Attraction thinking you are going to be like the rich, successful people on the film. Then the disappointment hits you and

you feel like 99% of the people who have seen that film. You really want to believe but there is something missing. I know – I was one of those people too.

Let me say that I still believe that your sub-conscious mind is the most powerful asset you possess. It lets you know when you are in danger, helps your body to heal itself, and can help you to create the life you want by creating situations in your mind first.

But before you can create the situations you want, you need to be the best you that you can be. You cannot walk into this without having prepared yourself completely from the ground up. You need to be in alignment and on the right vibration. There are ways to achieve this, which I will outline for you as well. Personally, I can say that my own life only started to change when I took a good holistic look at myself and stopped focusing on one or two particular things I wanted.

Now, I'm not trying to discourage anyone here by telling you that manifestation is a lot of work at first. **HOWEVER IT IS WORTH IT!** By following the methods I outline, you will not only get things you want, you will grow as a person as well, and you will find that this extra personal growth in turn only makes the manifestation process easier.

If there is a 'secret' out there, then this is it:

THE MORE YOU GROW AS A PERSON AND REACH THE RIGHT  
VIBRATIONAL LEVEL, THE LESS FRUSTRATION YOU WILL  
FEEL WHEN TRYING TO MANIFEST

The infinite intelligence does NOT respond well to people who:

- Are depressed
- Are hypochondriacs
- Would rather complain and complain than find a way out of their difficult situations
- Blame their parents
- Drink alcohol/smoke pot every day
- Don't make sure their bodies are getting the basics they need in which to maintain a good level of health
- Are always jealous of the success of others
- Have a lack mentality
- Work themselves to death

- Don't try to remove the blockages in their lives
- Refuse to admit they have problems
- Live through their egos
- Belittle others
- Choose to stay in bad relationships
- Are mentally lazy

And so on. I'm sure you get my drift.

By reading this report, you are taking the first step towards becoming somebody who is mindful and aware. Congratulations, you are already on your way.

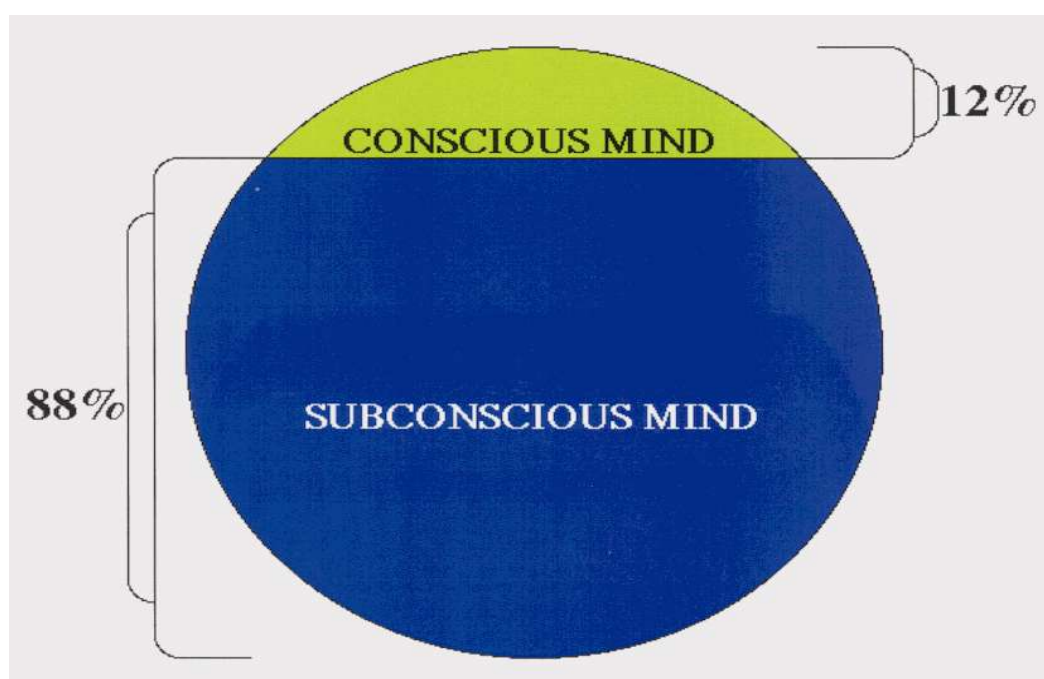
In this report you will find some practical techniques that you can start putting to practice today. These are actual techniques that I have used that may require you to look into purchasing some products. Don't be afraid to do this. There are many useful products such as hypnosis and meditation products available in downloadable form over the Internet that are perfectly safe to use. They may feel strange at first but in time you will get used to using them and before long, they will become a part of

your day.

But before we start on this path of manifesting, I'll explain a little bit about what the sub-conscious mind is, just to give you a little insight into what a fantastic machine we have at our disposal.

### What is the Sub-Conscious Mind?

You have only one mind but this mind can be divided between the conscious and sub-conscious mind. Typically, the conscious mind represents around 12% of your brain functions, while the sub-conscious mind represents around 88%.





The two parts of your mind are represented by two different nervous systems, which interact with each other. The cerebrospinal system is the organ of the conscious mind and is the organ through which you receive conscious perception via your five senses and deliberately exercise control over your physical body. The involuntary nervous system, which is located in the back of the stomach in a region known as the solar plexus, is the organ of the subconscious mind. These two systems may work separately or in synchronicity with each other.

Different areas of the brain are connected with the conscious and subconscious mind. The frontal portion is generally attributed to the conscious mind and the back part of the brain is connected to the subconscious. There is also an intermediate portion, which can adopt the character of both.

When your conscious mind has an idea it sends a vibration to your voluntary system of nerves. This, in turn causes a similar vibration to travel to your involuntary system, thus handing the idea over to your subconscious mind. This means that every thought entertained by your conscious mind is sent to your solar plexus for storage in the subconscious.

So you can see that, because of our physiology, the conscious and sub-conscious minds are constantly interacting with each other but because the sub-conscious mind has control over 88% of our functioning, it really matters what type of messages it receives.

Did you also know that the sub-conscious mind also possesses a special intelligence that takes care of our bodies? When you study the cellular system and the structure of organs, such as eyes, ears, heart, liver, bladder etc., you can see that they consist of groups of cells which form a kind of group intelligence which function together and are able to take orders and carry them out at the suggestion of the master mind.

In fact, the more we study the sub-conscious mind, the more we understand that it is always working for our general good, reflecting an innate principle of harmony behind all things. These divine truths are seeking expression through you at all times.

So, why does this divine principle not always show itself?

The problem with humans is that our conscious minds interfere with this process by seeking out evidence that can be perceived with the senses, which leads the way to false beliefs, fears and negative patterns of thinking. When these things are fed into the sub-conscious, it has no choice but to accept them and act on the instructions contained within them.

Every thought or action, which is not harmonious, whether by ignorance or fear, will have a negative effect on our lives.

It is normal to be vital, healthy and strong. It is abnormal to be sick. Children are born perfectly healthy and naturally develop a sense of self-preservation, which becomes their strongest instinct. It is logical, then, that normal conditions should be able to be restored much more easily than abnormal conditions are induced. So, when we are in a state of illness, it follows that we are going against the stream of life.

The law of life is the law of growth and where there is life, there is growth. If your thoughts are in harmony with the true creative principle, it means you are in tune with the innate principle of harmony. And this is

where the real magic lies. So lets get started on how to bring this magical state about.

## Manifesting Tips From the Experts

### **1) You Need to Literally Surround Yourself With Positivity**

Most of the time when people start to become interested in improving themselves, they start with focusing as much as they can on positive messages, usually because they have been trained to believe in the power of positive thinking.

So you start to read books on the subject. Some of you may even start buying audio programs such as hypnosis and subliminal messages play

these tapes and CDs in the background while they do their work.

This can work as long as the positive messages you see and hear far outweigh the number of negative messages you receive from the people that surround you on a daily basis.

However, if you wish to maximize your results, I would go a step further than this and actually start to eliminate the negative influences (at least for



a while) by actually culling certain people from your life. Of course, you can't do this with close family and friends, but the idea is to at least have some time away from them, a kind of hibernation if you like, to give your mind a chance to stop picking up their negative sub-conscious signals. So stay away from the girls for a couple of Friday nights if you know the topic of conversation is going to be how rubbish men are. How are you ever

going to manifest your ideal mate if you are surrounded by this negativity.

I have done this and people were initially surprised when I told them that I no longer wanted to engage in these conversations. But after I had more empowering messages to share with them, they soon changed their tune. Tell them about a great guy you met by chance the other day and get them to all take turns in saying something positive about a guy they know. It will set some wheels in motion and hopefully short-circuit the cycle of negativity surrounding them.

Another source of negativity is news. I do NOT have a television, and I read stories selectively online. But for a while, I read and watched absolutely no news at all. Did this keep me uninformed? A little. But by using that time to turn inward instead, I was able to build up my defenses against bad news by KNOWING that the things that directly affect me are the result of my own creating anyway.

Once I relaxed safely in this knowledge, I was able to bounce back from any negative news I heard and keep my positivity level high.

## **2) Don't Shy Away From Using Negative Affirmations**

Negative affirmations are often criticized for having an undesirable effect on the human mind. Those who believe in the positive affirmation method claim that when we hear such language, our minds automatically focus on the negative words in the affirmation. Some even claim that our minds can't process a negative idea, which is why they tell us to frame our affirmations using only positive language, so supposedly, 'I am feeling calm' is better than 'I never get stressed.'

However, we all know that negative messages can have an effect on our minds. All you need to do is look at the number of negative messages you have grown up with and see how they have manifested in your life to see the evidence of this. As a child we tend to believe our parents when they say things like 'You'll never be anything if you don't finish college' because we trust their judgement and have no alternative belief system to filter it through.

## 'I Never Get Sick'

I wish to offer an alternative viewpoint here and that is that you focus on the MEANING of what is being said and when that meaning is negative, your mind will understand it as a negative message. One of my favorite affirmations is, 'I never get sick.' And that one works well for me.

Similarly, many famous athletes use the affirmation, ‘There is no pain.’

And there are plenty of gold medalists who would testify to the truth of this.

So my advice would be that when choosing affirmations to work with, choose language that conveys a positive meaning to you and don’t get too hung up on whether or not the verbs you are using are positive or negative.

Below is a list of affirmations that may not seem to be 100% positive, yet have produced great results for those who have used them. I’m not suggesting you SHOULD use these, but merely pointing out that if your affirmations look like these, it’s okay. Don’t let anyone tell you your own affirmations are not “good enough.”

- I don’t get sick.
- Life doesn’t have to be hard.
- The negative experiences of my past no longer have any power over me.
- Things are not as bad as I think they are.



- I am not controlled by anyone.
- I do not need any person or thing to be happy.
- I never succumb to pressure.

### 3) Don't Be Too Much In Your Head

Living in One's Head is such a common symptom of the western world that all but a very few of us are aware just how out of alignment we are.

In fact I believe that westerners are probably the least successful at manifesting. Why? It's because most of the time when we ask the universe for things, we do it with our heads. When we want something, we 'think' about it, and even when we are saying our affirmations, we think about them and we forget to balance this out with feeling. When you consider that the energy charge

of the heart center is several thousand times more potent than the energy charge of the brain, it's no wonder we're not getting results.

**'The energy charge of the heart center is several thousand times more potent than the energy charge of the brain.'**

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