



the principles of

**successful
manifesting**

THE
QUANTUM METHOD
FOR MANIFESTING
YOUR LIFE DREAMS

spiritual • money • health • relationships • consciousness

The Principles of Successful Manifesting™

How to Live your Life Dreams in Abundance and Prosperity.

Revision 1.26

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Introduction

Dear Reader,

Thank you for your interest in this e-book about the principles of manifesting your life dreams.

In this e-book you will learn the foundations of the manifestation process and the built-in ability of your mind to create whatever reality you prefer. You will dive deeply into the exploration of your consciousness and discover that it is one of the most incredible and exciting arenas one can inhabit. *Welcome to the endless potential that is You!*

Everything in your life is a result of what you know, what you experience and how you interact with your consciousness. These elements make up the ultimate source from which everything else evolves.

Learning about yourself can be the most fascinating endeavor one can imagine. Manifesting is an ability of consciousness at the inner level, and is not determined by any outer circumstances. We all share the same inner source; no one gets more or less. The only difference is that some people are more aware of it than others. However, with this report and with a positive attitude to learn, you can go as deeply down into the rabbit hole as you wish. The rabbit hole is an analogy for your willingness to explore the unknown.

The more you know about the unknown the more you actually understand how little you know. It makes you humble and brings you back to the world of wonders, miracles and magic.

A world in which everything is possible.

Please read this e-book with an open mind. You don't have to believe everything that is written here – just explore as a scientist would do. When you arrive at a passage that is difficult to grasp, take a break and contemplate it awhile. Allow your mind to process this new information. Read this e-book a few times, take your time doing the exercises and create your own experiences.

The Power of Experiencing your own Knowledge

Life is all about experience. All your knowledge is worthless if you don't *apply* it in your life. Experience is created by applying what you know. It's the difference between knowing how an apple tastes and eating an apple. If you have never tasted an apple and someone tells you how it tastes, you will only have a limited knowledge of it. However when you actually taste an apple, you experience it for yourself. Nobody can take this experience away from you. Just imagine if you only had the knowledge of how an apple tastes and a few people came by to tell you that it really tastes differently. What would you do? You would have your own experience no longer being confused by others. This is the power of your own experience.

If you understand and follow the basics of what is outlined here, you will become the master of your life by manifesting it, exactly as you wish. Within yourself, you will create the ability to deal with any challenges you may face and find the answer to lasting happiness.

Enjoy reading . . .



Thomas Herold

Founder & CEO, Dream Manifesto

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Exploring the Source of Happiness

Every single person on this planet is striving to be happy. This is the state of being that we all know from the time of our birth. It is a state of being that we recognize as our true self – who we deeply are.

Now, for most of us, this happiness doesn't last. It gets replaced by a striving force to survive, which feels more like the opposite of being happy. The reason we are doing this is astonishingly simple – *because we are told to do so.*

- Our heritage tells us what to think and feel
- Our government tells us what to think and feel
- Our society tells us what to think and feel

Our current world view is determined by a centuries old paradigm – Newton's world view of the universe as a giant clock works is studied, as it has been for centuries, in our schools. This world-view teaches us that we humans operate similarly to a mechanical clock. This view teaches that everything is ruled by cause and effect, and almost everything can be replaced when it's damaged. In addition, we are taught the concept of the survival of the fittest. Together, these two ideas condition us to accept that people, like animals, must function in a state of mechanical perfection or be replaced by more perfectly functioning components in the system.

These old concepts have led to a society that is completely self-centered, ego-driven, irresponsible and environmentally destructive. They have led us to a cult of happiness seekers who get their adrenalin rush by buying more useless stuff on a daily basis – all in a subconscious attempt to maintain the illusion of perfection.

We have been conditioned to consume the world in an effort to attain this illusory perfection, and it shows in our day-to-day lives. Simply put, we work at places we don't like in order to buy stuff we don't need.

We have forgotten that the source of happiness lies within the center of our spiritual being, and we have replaced it by seeking it in the material world. We have things backward.

What is the Manifesting Process?

Where does it initially come from: Desire? Wanting something? Bettering ourselves?

Take a good look at your life right now. Where do you live? What does your furniture look like? What kind of car do you drive? How much money is in your bank account? Look in the mirror – how do you look? Everything has been manifested one way or the other, by you. You may not be aware of how far-reaching your ability to manifest truly is in all its aspects.

Have My Thoughts Created All This?

Yes! Whatever you see in the physical universe has been created in one way or the other by your thoughts. Your thoughts are the blueprints of what later becomes physical form. Everything starts with an idea, which is a thought. That's why it is crucial to pay attention to your thoughts.

If you worry about getting all those bills paid you will create more of the same thing, simply because you have thought about it. Your thoughts are nothing more than frequencies or vibrations that resonate with similar vibrations already existing. Place two guitars side by side and pluck a string on one. The string on the other guitar will start vibrating, even though you haven't touched it. It is the principle of resonance. Fascinating, isn't it?

You *want* to be able to control your thoughts, given that they create your reality. If you can control your thoughts, you can control what you want to create and manifest in your life. If you can't control your thoughts, things will manifest that seem random and unconnected to you – and they are – they are actually manifested from other people.

Your consciousness is like a radio station. You can send signals and programs and you can receive signals and programs. Sometimes you may want to receive and sometimes you may want to send. To know when to send and when to receive is one of the greatest success factors in life. It is the balance of knowing when to create and when to experience. You cannot constantly create for you would miss out on the other part of the experience. On the other hand, if you only experience things, you will never get to manifest anything.

Another way of putting it would be *responsive responsibility* – the ability to *consciously respond*. In every moment, you have a choice about what you want to do, and what you want to decide. If you don't exercise this power nothing happens in your life – at least not what you want. This brings us to the next topic.

In Summary

Happiness is the state of being of our true self, which we have deeply recognized from birth. We lose sight of the source of our happiness through a variety of cultural, social, educational, environmental and relational conditioning.

When we respond to life from our true selves rather than from our conditioned selves, we are able to manifest what we want.

The Importance of Knowing What You Want From Life

Most people never think about what they want in their lives. They live without this knowledge or forethought and become victims of their own circumstance. Work is just about a job – to get by financially. Life becomes a series of issues like choosing to live somewhere because the rent is cheap, never understanding how to be in relationships or becoming ineffectual parents. The list goes on and on. Within yourself there is a craving for more. Is it substance, contact or a deeper understanding of life? No one has ever introduced such people to the concept of endless possibility. “As a man thinketh, so is he.”

A major key to manifesting the life you want is to ponder what you want out of life. What is it that you want to do with your life? A good exercise is to take a piece of paper and write down the answers to the following questions:

- What is my deepest desire?
- What would I like to accomplish in my life?
- What would I like to accomplish this year?
- Where would I like to be in 5 years?
- Where would I like to be in 20 years?
- What am I good at?

Look into all areas of your life:

- Your profession
- Your relationships
- Your health
- Your financial situation
- How you have fun (how you spend your holidays)

Do you Spend Enough Time with your Goals – Are they Important?

After you have written down a list of what you would like to accomplish in your life, you will want to set priorities for them. Just take the list that you wrote down and give each topic 1-5 points. 1 being the least important to 5 points being the most. Now you have priorities in your life, which will help you decide where you want your attention to be.

It is a simple equation: understand simply that you want to spend most of your time with the number one topic on your list. Spend slightly less time with the number two entry on your list – and so on for numbers three through five. There is no need to slice up the day in time slots. Simply by doing this exercise you are programming your consciousness to spend time according to your list.

Let's assume you would like to find your life partner in the next two years, and that this is your primary goal, at the very top of your list. When you check your thought process at the end of the day and you find that you have not spent most of your free time addressing this goal, you have a misalignment, and you may never reach your goal. When this happens simply recognize it and adjust accordingly.

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