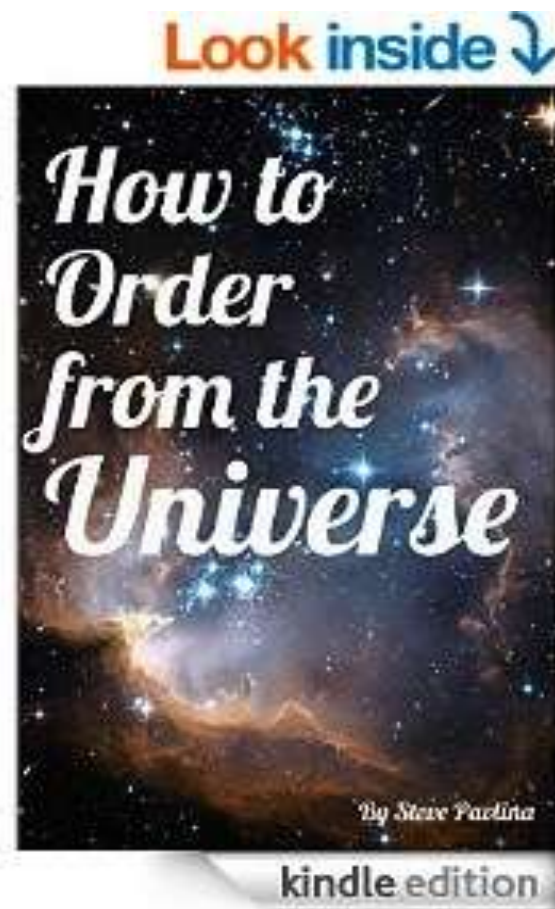


**How to  
Order  
from the  
Universe**

# How To Order From The Universe

Written by Steve Pavlina

[This free sample is an excerpt  
from the 22-chapter 226-page  
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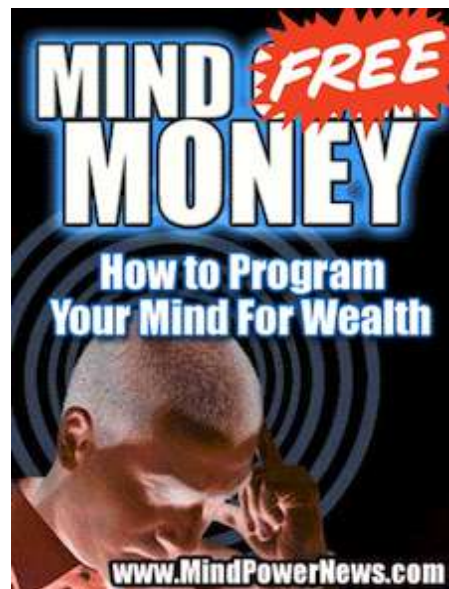
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This book was edited by Ilya Alexi, author of Mind Over Money: How to Program Your Mind for Wealth. Get a free digital download of this book at <http://www.MindPowerNews.com/FreeMoneyBook.html>



# How to Order from the Universe

The universe you live in works very much like a popular restaurant. You go in, you decide what you want, you order it, you receive it, and you digest it.

Unfortunately, a lot of people don't seem to know how to order. Some are downright inept at it. They walk into this restaurant, behave like complete idiots, and they end up hungry and disappointed. Then they complain about the restaurant and post negative reviews online, despite the fact that the restaurant has received rave reviews from the most experienced food critics.

## **The Universal Restaurant**

I can't tell you how many times I encounter people who set goals like, "I want a romantic partner," or "I want a stable job that pays more money," or "I want to lose weight." I've heard enough of this drivel to last a lifetime. It's reached the point where I may start carrying around a squirt gun and shoot people in the eye when they say stuff like this.

Those are crap goals. Don't waste your time on them. And definitely don't say them within earshot of me.

Setting such goals is the equivalent of walking into a restaurant and proclaiming, "I'm hungry. I want some food."

First, people will look at you like you're an idiot. They're only doing that because you are.

Second, you won't get fed.

If you're lucky, someone might hand you a menu and ask you what you'd like to order. You can order off the menu, or you can concoct something creative, but either way you have to be specific. If you stand there asking for food, you'll remain hungry.

Is this happening in your life right now? Are you standing at the Universal Restaurant, waiting for your desires to manifest, and receiving only static in response? Might the reason be that the wait staff can't figure out what the heck you're actually trying to order?

The Universe is extremely adept at fulfilling your desires – but only if you have the wherewithal to decide and order what you want. If you can't do that – and it matters not what excuses you have – you will remain hungry.

Sometimes the universe will take a stab at bringing you what you ask for. Then you reject it because, although it's what you asked for (such as a generic "romantic partner"), it isn't what you actually want. Then maybe the universe tries a few more times, and you continue to send back whatever it brings you. So eventually it gives up, concluding that you're an unreasonable customer and that it's better off spending its time and energy serving the patrons who

know how to place an order properly. It says, "Ok, we're done for now. Call me back to your table when you've figured out what you actually want."

## **How to Order**

When you set goals and intentions, place an order. Don't ask, "Please can I...?" Simply order, much like you would in a restaurant. Say, "I'll have the ...". Then expect to receive what you order.

Don't be timid or cowardly or uncertain. Just state your order, and expect to get it. If you screw this up, no soup for you.

Take as much time as you want to decide what to order, but when you place your order, accept what you ordered, and know that you're going to receive it. You may have some buyer's remorse if it's not as good as you hoped, but that's okay. Receive it anyway. There will always be other meals, other orders. Not everything you receive will taste like ambrosia.

## **Be specific in asking for what you want.**

Don't ask for more money. If you want \$50K cash, then order \$50K cash. Don't ask for it. Order it.

Don't ask for a better job. If you want to be a fashion blogger who travels around the world and gets free invites to major fashion shows and has 500,000 monthly readers, then order that.

Don't ask for a romantic partner. If you want a geeky, vegan, bisexual, happily jobless girlfriend who loves to travel, then order that. Order it loudly enough so your waiter can hear you, and people at nearby tables will say, "I didn't know that was on the menu. I'll have one of those too... with a twist of lemon."

One of the best ways to get what you actually want is to take your best guess, and order it. When you get what you ask for, it may not turn out quite right. That contrast between what you received and how you feel about it will give you a better sense of what you actually do want. Then you can make a better guess and take another stab at placing an order.

As you repeat this process, you'll gradually hone in on what you actually desire most at a very deep level. And then you'll get a chance to receive and experience it fully.

Realize that this is an iterative process. Don't be a perfectionist. That's like sitting in a restaurant for hours, trying to decide what you want, while impatient waiters periodically refill your water glass and pressure you to order something. It's just a meal, so make a decision, get fed, and get out. Even if it turns out to be less than you hoped for, there will be plenty of other meals. The occasional bad meal is inevitable.

**How to Be an Idiot Who Can't Order at a Restaurant**

What happens if you change your order before you receive it? Same thing that happens in a real restaurant. What would happen if you grabbed the waiter and changed your order before it arrived? No problem, but you'll have to wait even longer because the waiter has to cancel the original order and then submit the new one. And if you keep doing that over and over, you'll piss off the waiter and will never receive a meal. Have you been doing something like that in real life? Blue... no red... no blue! Ahhhh!

What happens if you order something, and then when you get it, you don't like it? You can eat it anyway, or you can send it back. Either way, there will be other meals. You can always order again. Learn from the experience, and do your best to make a more intelligent choice next time. You may need to sample a few items from the menu to figure out what you like and don't like. Your first order at any new restaurant may very well be your worst experience there.

What happens if you complain about the way the system works? It's not fair! I can't figure out what I want! I keep going back and forth between two possibilities! Stop pressuring me! You're free to do that, but the system will process you like an idiot. Again, that's only because you are.

If you rail against the system, it's not going to work for you. If you can't follow the simple rules, the system will process you like an idiot customer till you figure it out.

Here are the rules: Decide what you want, order it, receive it, and



digest it. It's not rocket science. Don't make it complicated. It's easier to follow the rules than it is to break them. Even a child can do it.

## Your Choice

Despite the obvious drawbacks, you're still free to behave like an idiot customer whenever you choose. You're free to make a vague request. You're free to change your mind every 5 minutes. You're free to reject your order after it arrives. But of course all of those actions have consequences. If you behave stupidly, you'll get stupid results.

Technically speaking, this isn't a problem. The Universal Restaurant is robust enough to handle people like you. It will process you without prejudice. However, you won't have a very good experience, and in the end you'll be disappointed with the food and/or service. Other members of your party will also be disappointed, either with the restaurant or with you personally. No one at your table will seem to be having a good time unless you order properly. If you screw it up, you'll ruin everyone's evening.

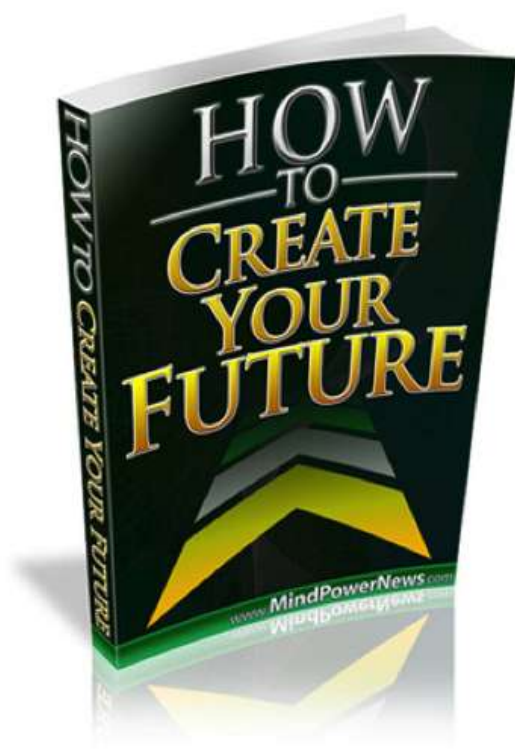
This restaurant, however, is perfectly capable of preparing the most amazing gourmet meals you could ever fancy. You just have to order properly. Be specific. Be clear, direct, and confident. Be audible. And don't keep changing your mind after you've placed your order.

When you receive your order, accept it with gratitude. Smell it.

Taste it. Savor each delicious bite. Share it with others at your table if they'd like a taste, and taste some of their food too. It won't be perfect, but it's better than going hungry. Learn from the experience, and allow it to inform your future ordering decisions. Eventually you'll become a master connoisseur of the Universal Restaurant.

Work with the rules of the Universal Restaurant to enjoy the best meals of your life. Don't rail against the system. Don't be a clueless customer. And don't post negative reviews about it online.

Note: The Universal Restaurant is not to be confused with The Restaurant at the End of the Universe. I know that's what you were thinking. :)



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# How to Manifest Money

*The previous chapter should tell you all you need to know to get the Law of Attraction starting to work in your life, but in this chapter I'm going to focus specifically on the how-to aspects of manifesting money, simply because that's what everyone always asks about first.*

## **Playfulness**

The most important aspect of manifesting money is to approach it from the right heartset. Think of your heartset as the overall vibe of your relationship to the activity of attracting money. How would you describe that relationship? Is it greedy, needy, excited, hopeful, etc?

If you approach this process from a place of neediness, clinginess, scarcity, or too much seriousness, you'll most likely fail. That's the right vibe for attracting nothing – or for making things worse by attracting unwanted expenses – but it's not the right vibe for attracting money.

So if you come at this from a place of saying, "I really need \$1000 to pay my rent next month, so I'm going to focus hard on manifesting it via the Law of Attraction," well... good luck with that. But I'd bet against you.

A slightly better vibe is that of hope, but this is still a pretty weak vibe. Hope won't get you very far.

A much better vibe is to come from a place of curiosity and experimentation. Go into a state of childlike wonder. With this vibe you may begin to generate some interesting results.

An even stronger vibe is to generate feelings of playfulness and excitement. This is a great vibe for manifesting money. In the next section, I'll share a story to illustrate how I do this with my daughter.

## **Knowing**

When you want to manifest money, it's important to know that it's already there. If it's hidden at all, it's hiding in plain sight, waiting for you to notice it and pick it up. This applies whether we're talking about cash found on the ground or opportunities that will generate cash.

Know that the cash and the opportunities are right in front of your face. You just have to adjust your "eyes" to see them. You do this by shifting your vibe – your frequencies of thought and emotion – to one that's capable of detecting the money.

It's fun to think of this vibe-shifting process as shifting dimensions, as if you're tuning in to a different perceptual frequency spectrum. That other reality was there all along. You just couldn't see it before because you were tuned in to incompatible perceptual frequencies, frequencies that made the money invisible and undetectable by your

senses. Maybe you were stuck on the red part of the spectrum, while the money was hanging out in the blue part.

Obviously your senses pick up a lot as you go about your day, but you only notice a puny fraction of all that input. In order to manifest money, you need to tune your senses to bring to your attention useful input that you've been subconsciously dismissing as irrelevant background noise. This tuning process takes some time, but you can definitely do it.

Lately I've been teaching my daughter Emily (age 10) how to manifest coins. I do this by turning it into a game. When we're out walking together, I challenge her to see if she can find more coins than I can.

The first time I did this, she was really bad at it. I found several coins during our walk together, often coins that she walked right past without even noticing. Instead of finding coins, she didn't notice anything. The coins didn't register within her perceptual reality.

Later on she began noticing things that were close to coins, but not coins. She found bottle caps, paper clips, scraps of paper, and coin-like smudges on the floor – everything but coins. I kept pointing out to her that there are coins everywhere, but you have to tune in to the “coin abundance frequency” to see them. Each time I found a coin and showed it to her, I could tell it was gradually helping her tune in to the right perceptual frequency.

One reason she was bad at this game was that she was tuning out the possible existence of coins everywhere she walked. She just didn't think there could be that many coins hiding in plain sight. By demonstrating to her that the coins were indeed there and that she was simply failing to notice them, I helped shift her beliefs. She stopped thinking of the game as something outside her control (relying on luck or chance), and she began thinking of what she could control (her open-mindedness and attentiveness).

At first when she would walk past a coin, and I'd pick it up and say, "Look at this, Emily. There was a nickel there, and you walked right past it! Your eyes definitely saw it because you were looking in that direction, but the coin didn't register in your mind. You still need to adjust yourself to the right vibe. Remember – the coins are everywhere! You just have to command your eyes to notice them."

Initially this surprised her. She could dismiss it as luck... or as some kind of trick... or as a momentary lapse of her part. Then when it kept happening, it began to frustrate her. I helped her shift that frustration to amusement by pointing out that she was really good at finding bottle caps and smudges, and we had some laughs about that. She just needed to adjust her mind a little bit more to notice the coins.

Finally she began to accept that yes, there really are coins everywhere, and she only has to notice them. It seemed like she was beginning to tell her eyes and her mind to get with the program and

start noticing the coins.

Emily has a competitive side, so I played to that by challenging her to find more coins than me, which boosted her motivation and desire to get good at it. She knows that technically it's a fair game, and she even gave herself an advantage by walking in front of me, so she could be the first to spot new coins. And since she's only 4'9" inches tall, she's a lot closer to the ground than I am.

Gradually she got better at the game. We went out yesterday and played again. In an hour of walking around some hotels on the Vegas Strip, she found 46 cents: 1 quarter, 3 nickels, and 6 pennies. In that same time, I found only 6 cents. She won the game for the first time and was pretty excited about it. And of course I gave her lots of accolades for it, so as to encourage her to keep improving.

I dare say she's probably better at finding coins than I am now. She now knows there are coins everywhere, but she also really gets into the playful and competitive spirit of the game, which is much more exciting for her than it is for me. I think partly she likes knowing that it's a fair game that either of us can win, and there's no reason she can't be at least as skillful as I am.

When it comes to creating a vibe of playfulness and excitement, children can easily be more masterful than adults. This is the same vibe we need to recreate as adults in order to manifest whatever we desire.

It may sound silly to do this as an adult, but it's a game worth

playing. When you're out with friends sometime, have a contest to see who can manifest the most money. You may not get too excited about finding coins, but you may generate some excitement about trying to best your friends in a silly contest. That silliness will actually help you get the right vibe, thereby improving your ability to manifest money.

## **Detachment**

People often get confused about the relationship between desire and detachment. Aren't they diametrically opposed? How can you have both at the same time? Isn't desire a form of attachment? No, these aren't in conflict. They coexist perfectly. Let me 'splain.

Desire is about what you wish to create. You could describe this vibe as passion, excitement, or even lust. It's a delicious pool of emotions you summon by focusing on a new target. The stronger your desire, the better, so amp it up!

Detachment, on the other hand, is about how those desires ultimately manifest for you. When you become too attached to when and how your desires show up, you screw up the manifesting process. Instead of holding the vibe of playfulness and abundance, you start sending out signals like concern, worry, and stress. Don't do that!

Would you become stressed and worried if you couldn't find enough coins on the ground? Would that vibe improve your performance? No,



that would only lower your performance.

When you notice that you're getting frustrated, pause, breathe, and go back to the desire side. Hold that vision of the creation you wish to experience, and wallow in the positive sensations of being there in your heart, mind, and spirit. Know that physical reality will soon catch up, as long as you keep holding the right vibe.

When you feel moved to take action from a place of passion and excitement, not stress, then go ahead and let those actions flow through you. It will seem to be more work to stop yourself – you'll feel like you're chickening out and holding back if you stay still. Follow your impulses. But don't worry about the immediate results of those actions. There may be some twists and turns along the way.

## **Power**

When manifesting money, it's especially important that you don't give your power away to money. This negates your creative ability, and the money probably won't arrive if you do that. This is a VERY common mistake.

You can't effectively wield the power of manifestation by believing that you can manifest something you desire (i.e. money) while simultaneously believing that something you desire has power over you (i.e. Money).

If you want to manifest money, you CANNOT believe that money is a

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