



365

MANIFESTATION

POWER

Your Manifestation Journey

Manifest Your Destiny	1
Chapter 1: Strive for Transparency of Mind.....	6
Chapter 2: Visualization Of Your Goals	13
Chapter 3: Implementing Your Action Plans	24
Chapter 4: Actions As An Art	33
Chapter 5: Exploring Self-Reflection	41
Chapter 6: Expressing Gratitude For Everything	49
Chapter 7: Creating Your Own Legacy	57

Manifest Your Destiny



Everyone has an insight, a voice that comes from within ones soul. This is the voice responsible in influencing and directing us throughout our life. That voice is constantly telling us “Get up right now! Take charge of your life and manifest your destiny”.

It involves transforming yourself and taking charge of your life. If you stay stagnant then life will not happen for you. You might never experience the true potential of yourself. Life is not only about the style of living, sleeping, eating, working and traveling but to explore, experiment, observe, thoughtful processes and taking risks towards change.

Change leads to improvement. So an important question is how to improve? How to bring about change within one’s self?

begin creating your dream life today! <https://bit.ly/3wNjPy6>

For that purpose, what you need to do is to take actionable steps to improve yourself. Push yourself out of the traditional and comfort zone, family values, controlling powers of other human beings and meet the real you! This will definitely transform your life.

Why success comes to only those who work harder for it?

It is because millions of people have no idea what are they capable of doing. Following conservative ways to live life blindly is no different than being dead, doing nothing and simply copying.

Ask yourself, “Are you a copycat?”

Before reading this book, get ready and be open for change that you have never experienced before. You will be challenged to be out of your comfort zone and live the life that you’ve always dreamt of.

You are free to live in your own unique way with a strong identity rather than being a copy of others. If you strive for change, you would build a world of success of your own.

Shake off the insecurities, confusions and doubts to enhance confidence, power and ability to attain your heart’s desire.

Let’s begin with what we mean by manifestation.

“It refers to the process, an action or an event that clearly enables us to see or show us something abstract or conceptual”.

Basically it is indicating the movement of transformation of a mind concept into reality-based act. That is why we stress upon taking action to bring your thoughts, feelings and ideas into a tangible experience.

You Are Important



Your life has a goal, which is to win. Winners are leaders, those who lead life in their own way and leave their legacy behind. The one thing that holds us back from creating our legacy is in our unconscious; our past, our mistakes, our regrets and unpleasant memories. Left unchecked, all of this no doubt holds you back from progressing and attaining what you desire.

The human mind has an inborn tendency to seek and grasp on negativity. Biologically, there is a part of our brain called the “lizard brain” that is the

oldest part of our brain stem, responsible for the most basic of instincts; survival. This part of the brain governs our flight or fight attitude towards challenges and breaking comfort zones and is designed to keep us safe from harm.



I know no one wants to live a life of the living dead, producing nothing, being stuck in a 9 to 5 job doing the same thing over and over again just to pay bills. That is a very distorted and warped version of life. Some people die at 25 years old and don't get buried until they are 79 years old.

If you don't know where to start, let me share with you a simple step by step formula. We'll take very simple steps over the next 12 months.

Think less, speak less, and observe more with your eyes and your heart. It takes faith, action and the belief that you will succeed. You will get to

where you want to be. Trust in yourself, your capacity and your ability to achieve it. Never ignore the power of change as this power takes you towards your personal growth.

The key to unlocking your true spirit and road to find the peak of manifestation is to “Be Consistent And Never Give Up” because true change takes consistency.

Discover how to turn yourself into a manifestation magnet with the Laws of Attraction.



Strive for Transparency of Mind

Imagine a street full of fallen leaves, stones, tree trunks and uneven damp soil. If you need to reach a destination urgently how would you reach it on time?

You might be rushing for your final exam, an art competition or a scholarship test. Imagine the urgent need to reach on time.

But not matter how hard you try, you are late.

Are you afraid of experiencing failure?

That's fine, do not worry. It is just a thought that you might face if you do not reach at a place on time.

On the other hand, imagine a road free of traffic, mess and obstacles of any kind.

WOW!

Now you can reach your destination in advance and prepare yourself with lots of energy and a relaxed state of mind rather than fear and anxiety.

Combating Negativity



Clear your mind from negative thoughts. In the first scenario, imagine a street filled with leaves, junk and stones representing your negative thoughts.

You can realize how difficult it is for someone to make proper decisions and find on time solutions if your mind is not yet clear from negativity.

Negative thoughts are the ones discouraging you from initiating a transformation process to achieve your goals in life. In contrast, a smooth and obstacle free road is the goal of the first module to understand and apply in daily life to achieve success in this journey.

There are a number of ways to control negative thought process and replace it with healthy and positive visualization process.

Here I am sharing the most effective steps to regularly adopt as the part of your daily routine.

Meditation



Daily 20 minutes, 1-2 times a day spent by practicing any form of meditation clears the negative thought process that materializes. The practice utilizing mantra or mindfulness meditation has proven effective to use in order to control negative thoughts or even eliminating them completely by countless research evidences.

Your mind strongly holds and believes what you pay attention to. You are free to choose what you pay attention to. You are responsible for focusing on the things you want to focus on. This is what we call power of mind. You are in control of your mind and thoughts.

Avoid negativity by focusing on a specific non-emotional object for a few minutes in morning and in the evening. Let the brain focus on you and ignore the thoughts. The feelings and sensations you experience during

that time are priceless. Being mindful and empty on mind junk is crucial. It is the first step and skill to master in this journey.

Another method we talked about is mantra meditation; chant a positive statement to induce positivity and combat negativity especially when tired, frustrated, phobic or worried and in distress.

Examples are as follows-

“I will succeed in the basketball match this year”

“I am doing my best”

“This too shall pass”

Hopelessness and despair are very destructive and detrimental to one's health and mind power. Accept the importance of this step to shift from step 2.

Keep on taking action, growing, improving, learning and understanding. Recognize your negative mind and fill it with positive power with keeping in mind that negative thinking is natural and not 100% avoidable but can be managed.

Finding Clarity



Having a clear idea about what to expect next from future, an upcoming day, task, an outcome with possessing a positive through process, healthy mindset and optimism picked from good experiences is what you need to focus on. Only then you can achieve what you want.

Finding clarity means having a clear understanding of what you want to achieve over time and what your plan about how to move forward, it is about taking necessary steps when needed.

Making SMART goals is a great approach when it comes to preparing goals for your life whether short or long term. Prepare goals daily and review on daily basis, make note that they must be:

Short
Measurable
Achievable
Realistic
Time based

Take a look at this smart goal

“I will meditate daily for 20 minutes before sleep to overcome my negative thoughts and reduce their intensity.”

Now closely take note how it is **specific** and short (meditate for a week), **measurable** (daily note taking to check if done properly), **achievable** (before sleep is the time best for it because its calm and silent and free of distraction), **realistic** (within in capacity and easy to do by lying on bed with eyes closed and lights off with comfort level) and **time** based (20 minutes per day)

Clearing off the mind has another method that directly attacks negative thoughts. This is done by creating a totally opposite (*positive*) thought by focusing on the positive and benefits of the situation.

We find it hard to have a positive outlook on life as our mind is accustomed to have a skeptical approach on things which usually includes the “what ifs” and “what happens” if you fail.

Negative automatic thoughts are something you can get rid of, remind this to yourself anywhere and anytime when your pessimistic thoughts get the best of you and influences your state of mind as well as actions.

What you focus on expands. Everything is within your choice. When you choose to give in to your negative thoughts, the outcome will be negative. However, when you focus your mind and energy on positive threads and make this a habit, you are able to see a significant transformation in everything you do.

Overcoming The Shadows Of Delay



Motivation has barriers including confusion, unrealistic goals, and loss of the sense of reward, poor strategy to do routine practice, irrational thoughts and goals related gaps. It is common to experience all of these barriers but that does not mean you should give up on your dreams and delay your progress in achieving them.

You must keep your motivation going and have the feeling of urgency to pursue what you want as there is no such thing as the right time. Every second counts and you either do it or you don't.

This seriously helps you to set your mind to focus. Focus with a clear, concise plan of action. Try these tips out to kick off the lazy circle of delay and grab dose of daily urgency to drive you to a step forward for dreams, goals and ambitions. Make sure you are deeply interested in whatever you intend to do. Then, take action!

- Keep your daily routine busy, use your attention for something valuable
- Keep your mind filled with positive thoughts. This will influence your outlook on things and how you execute your day to day tasks
- Practice an active lifestyle. Physical activities have a direct influence on both your mental and physical well-being
- Keep your spirits high and search for things that will keep you to stay motivated
- Always fill your thoughts with healthy, safe and positive mantras/statements that you can relate with, where it will help you visualize your fruitful outcomes and polish the art of manifestation for your self-designed destiny

You are responsible in manifesting your dreams. Help yourself in making your dreams come true. Give credits to yourself for your positive mindset as well as coming this far.



Visualization Of Your Goals

Visualization works! It is best to use on a daily basis for the achievement of your life dreams, goals and everything you want. As you learned previously on how to make smart goals, you need to complement the daily goals with detailed visualization processes.

The process of visualization involves visualizing the most effective way you would want to pursue your goals, as well as the feeling you have when you have finally achieved it.

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