

# **The Manifesting Manual**

***How To Raise Your  
Manifesting Vibration™  
and Effortlessly Materialize  
Anything Your Heart Desires!***

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**(Free 1<sup>st</sup> Chapter)**

*What you would manifest  
if you knew you could not fail?*

## Introduction

You are about to experience the most incredible life imaginable! There are many techniques, secrets and manifesting tools contained within this manifesting program, which over the next 90 days will awaken the most powerful forces in the Universe that are deep inside you.

An unlimited source of energy has been dormant up until now, “sleeping”, waiting for the right moment in time to rise up magnificently throughout your being and ignite miracles in your life. Opening up this cosmic energy is not as difficult as you may think, yet is a metaphysical exploration that is more satisfying, loving, and empowering than anything you could imagine!

The ability to instantly manifest any desire may seem outrageous or inconceivable to you, as if manifesting was a mystical path reserved only for those few eccentric beings born with magical powers. Yet, the truth is that manifesting is a hidden gift we EACH contain inside! All that is needed are the right actions and mindset to unwrap this amazing natural talent. The following chapters contain the essential tools and secrets necessary to awaken this power inside you in 90 days or less!

Learning how to master your mind is what allows you to increase your Manifesting Vibration at will. It is most likely that right now your mind is mildly or predominantly untrained. Your thoughts are like a herd of wild horses that have been captured and imprisoned in a small fenced-in pasture. If you look closely, you may notice that your horses have been galloping in the same circles for years, creating ruts in the ground! It's time to set them FREE!

They want to play in the tender grass and distant fields beyond! It is within your power to help them find freedom by training them, regaining control over their reins, and showing them the way out of their imprisonment. This can be accomplished by practicing the manifesting meditations throughout this manual. When you have practiced the 8 habits manifesting routine for 90 days, your wild horses will never need this type of training again. They will be free and naturally follow you wherever you want to go.

If you talk with a conscious horse trainer, truly mastering a horse does NOT happen through trying to dominate the horse with a whip and painful spurs. True control occurs naturally from knowing how to communicate with each individual beast, and how to hold their reins gently yet with confidence. By working together with your wildest inner horses, you will discover how to master the reins of your mind. Soon you will be EASILY jumping over those 10 foot fences that were once stopping you from achieving your greatest dreams.

Training, taming, and finding unbounded freedom with this wild imagination within our mind is the ultimate process of self-discovery. We are here to liberate ourselves by finding total freedom through self-discipline. Just imagine what your life will feel like in 90 days from now when you have your mind, emotions and physical body at your service! They will be showing you how to access your unlimited manifesting powers and materialize anything your heart desires. We

believe the ultimate desired outcome is not to have so many material possessions that you become enslaved in an over-materialized world. It's our experience that the real purpose of manifesting is to discover an unlimited relationship with your mind that allows you to feel totally alive, at peace, in love, and absolutely free!

*"Imagination is more important than knowledge." ~Albert Einstein*

## **How to Raise your Vibration While Reading**

First, it is important to realize that a slower more relaxed reading pace is much more powerful than skimming over this information quickly. By reading each sentence deliberately and consciously, you will be more present to yourself and able to integrate the knowledge on a deeper cellular level. Ultimately, you will increase your vibration by actually doing and experiencing the actual exercises in this manual. However, while you are reading how to do the exercises, imagine yourself integrating and implementing them into your life and daily schedule.

To integrate this information in the most effective manner, do not read from your eyes and head, read from your heart and belly. How does one do this? Allow yourself to feel the words as you read them. Since your feelings are the most powerful instrument for raising your vibration, it's important to emotionally digest these words into your body. When you are FEELING yourself implementing this program into tomorrow morning, next week, and the next 3 months, you will effortlessly carry out the action steps with joy and a natural motivation! By taking each message into your heart, you will awaken the deeper natural wisdom within you, as well as accelerate the vibration within every cell in your body.

Another reading tip is to deliberately make the experience of "reading" an exercise in raising your consciousness. Explore how present you can be to THIS experience called reading. Notice how your eyes move across the words of each sentence. Observe what you are thinking as these words are read by your mind. Be aware of who (or what) is reading this manual, and making these assessments and observations. The more present you can be to this divine consciousness that is here now, the greater your divine consciousness will expand.

As you flip through these pages, practice relaxing your body and breathing. In fact, ask your body to release any stress or tension that it may be holding onto right now. This tension is unnecessary to hold while reading and actually lowers your ability to absorb new information. Allow your body to be like a sponge, loose and absorbent, so that each breath you take fills up your entire chest and belly. Reading in a resting, conscious, and curious way allows you to soak in the information as deeply as possible. A deeply relaxed body also allows your mind to let go, so that its rigid fixed belief systems can expand, allowing you to experience the amazing divine power inside you. The deeper you can relax and remain conscious as you read, the more easily you will absorb the magical manifesting mindset.

If your focus starts to drift at anytime and you miss something you have just read, immediately stop reading. Take a break, breathe deeply for a few minutes, and then return to the last sentence you read. If a drifting habit continues to occur, get up and engage in an activity that inspires you until you are excited again about learning how to raise your Manifesting Vibration! The mind can be very resistant in letting go of its old controlling ways and simply let you engage in raising your consciousness. You may try changing the time or location that you read at. With curiosity, you will find that this is all about increasing your consciousness and you can find your “groove” to experience this while reading. This is where you will feel the Manifesting Vibration seeping into you energetically at a cellular level.

*“Seek always for the answer within.” ~Eileen Caddy*

## **Clarifying The Manifesting Mindset**

Perhaps it's not the world outside of us that is filled with negativity, yet it is the mind's limited understanding, judgment and interpretation that is creating it. What if this negative mind was purposely negative, just so you were forced to look deeper inside yourself and eventually discover the all-power divine being you truly are. What if feelings of sadness, frustration, apathy, loneliness, and betrayal were just so you could have an experience of feelings like joy, acceptance, love, appreciation and a sense of oneness with the world? What would your life be like if every negative thought, feeling, and experience you encountered ONLY brought you into a deeper experience of appreciation and connection with this cosmic divine existence? I invite you to explore your true self, and see that the mistakes you've made along life's path were not road blocks, but building blocks to developing life mastery.

Success comes easily to those who are clear about who they are, why they are doing what they are doing, and what they honestly want to experience in their life. In order to gain more clarity and direction, look at what you are doing with your life. Why are you doing what you are doing? Is this what you really really want to be doing? If you knew you only had 90 days left to live, what would you do to help your soul's consciousness evolve and make a contribution to this planet? Please make time to look at yourself and who you truly are. You will achieve greater results in life simply by knowing the answers to these questions and really understanding why you are here on Earth right now.

Take a few moments to let the following 3 questions (below) marinate in the background of your brain before continuing to read. Your personal answers to these questions are a determining factor in the depth and speed at which you start manifesting your desires. When you know the answer to each question, write it down! They will be very enlightening to review in 90 days from now.

1. **If you could manifest ANYTHING in the next 90 days what would it be?**
2. **On a scale from 1% to 100%, how committed are you to manifesting this in 90 days?**
3. **What is really stopping you from manifesting this desire and how are you going to overcome it?**

If you feel hesitant, resistant, or afraid to look inside yourself...relax! Many people think that they will discover something terrible, flawed or disgusting and this thought sends them running in panic in the opposite direction. The truth is that when you slow down and take the time to look at what is inside your heart, all you will find is something amazingly pure, sacred, and divine! By doing this self-inquiry and life purpose investigation, you are creating more clarity on what your life map really looks like. Discovering what is truly blocking is often the secret to revealing what you are deeply motivated by in life.

Looking inside and seeing who you are will not make your life situation any worse than it already is. It will simply heighten your consciousness and allow you to explore yourself more intimately. By knowing yourself better, you can break through ANY destructive behavior patterns that may try to drag you down along life's path. Knowing your self will put you in the driver's seat, allowing you to become the divine master of your life. So are you ready to start your manifesting journey? Let's hear a BIG YES! I AM TOTALLY READY!! Let's begin...

*"What the caterpillar calls the end of the world,  
the master calls a butterfly." ~Richard Bach*

## **Starting Your Manifesting Journey**

Imagine what it would feel like if you were about to embark on a 90-day adventure across the highest peaks of the Himalayas. How would you mentally and emotionally prepare for this long, amazing and intense journey? What kind of attitude would you bring with you? The Buddha once said, "The wisest beings are those who are fearless, silent, and loving." Follow this advice on your manifesting journey and you will experience great everlasting value, no matter what happens along the way!

The key to remaining aligned with these three qualities (fearless, silent and loving) comes through facing and doing the thing you fear. How does one do this? First, you unmask your fear and see that it is simply excitement in disguise. When a successful mountain climber encounters a challenging piece of terrain he doesn't think about how scary it is, he thinks about how excited and empowered he will feel once he has conquered it. Your life is exactly the same. Look at all the different challenges you face everyday, and then notice which one is your Mt. Everest. How will you feel once you have reached the summit of the most challenging peak in your life? By welcoming, inviting in, and embracing your

fears you will eventually transcend them. By diving into and through them, they become powerless. The day that you can do whatever it is that you fear, you will feel an enormous freedom and success sprouting from every crack and crevice in your being.

If approaching your fears does not come easily, you may be holding onto a doubt that says you are not connected to an all-powerful Source of love, energy and information that enables you to create ANYTHING you want. Take a deep breath right now and let go of that thought....relax! The negative thinker and skeptic inside you is about to retire and be transformed. You have given your ego/mind way to much devotion, attention, and credibility for far too long! The mind is to be used by you. You are not to be used by it. You are the master, not the slave.

Mastering the mind is the greatest challenge of this journey. Yet, when you stop and realize that you are ALWAYS the conscious, awakened, and permanent decision maker behind every thought you have, you can choose to dive into or release any thought easily and effortlessly. Only with this realization are you the master who can instantly change your focus from thinking you are disconnected, tired, poor, and emotionally stuck, into feeling a constant state of love, abundance, high energy, and synchronicity. With this awareness, you will know that each personal fear you have is extra fuel for the fire that will burn away your ego and any negative patterns you have been holding onto. Self-doubt, fear, criticism, and judgment cannot control your life if you are the master standing there with open arms welcoming them in to be experienced. There is nothing wrong with having these experiences if you are open to harnessing the energy they have to break you free from your limiting mindset and ego.

When you become a pro-active participant in the 8 Habits Manifesting Routine (Chapter 9), you will see a significant increase in your ability to quickly transcend any fear and limitation in your mind. You will start knowing and experiencing this continuous connection with being the Source of awareness and Divine Presence behind the mind. Thoughts will come and go, and yet each life experience will simply happen naturally without any effort or struggle against it.

Like any adventure, climbing your Mt. Everest in 90 days or less may feel like an impossible feat to accomplish. However, if you take a closer look, you may notice that it has been waiting for you to conquer it for years! Some days it may feel like it's a fun green grassy hill to climb, while other days you simply walk around it and ignore its existence. Of course there are many paths to take in life and ALL paths eventually reach the same divine peak of consciousness. However, some paths are more direct than others and it is important to trust the path that feels right for you no matter how wrong it may seem to everyone else.

It may interest you to know that before I (Jafree) started writing this manifesting manual, my life was sinking into a quicksand of defeat and despair that felt like I was going to be destroyed. The following is a short story about this experience which may inspire you and even lighten the load you have before embarking on your manifesting journey. Keep in mind that every person in life carries their own karmic lessons, and it is each individual's life purpose to learn these lessons in whatever way he or she can.

*Before I started experiencing myself as a powerful manifestor, I was completely lost. My hypnotherapy business was a battle to get anywhere, my first love of life had just divorced me, my father had recently committed suicide, and I was struggling with everything from addiction to incessant laziness. I was so depressed I felt life was a continuous toilet bowl pulling me down into a deep pit of deathly stuckness. My dad's death made me believe this was a viable way out. I was so low I could not even imagine what it would be like to be excited, happy or feel in love ever again.*

*I was near the very bottom of this eternal pit of despair, struggling to get out, when a miraculous moment occurred. I realized that I was continuously feeling this heavy weight inside because I was fighting this apparent "negative" experience. I was constantly resisting the many dark and depressing thoughts I was having instead of simply trusting each life experience. Then it happened, one day I laid down on the floor and totally surrendered to experiencing this negativity inside. The heaviness became lighter and I started to feel like I had broken out of my shell and started to grow wings! Then this present moment awareness "woke up" inside me and I started to appreciate what I did have instead of what I had lost. I realized that a truly alive energy was always flowing through me and that it wanted to have fun and be creative with my life. I was actually excited to be alive again!*

*Several weeks later however, I noticed that this awakening did not have enough momentum behind it to sustain this peak vibration I had reached. So I started to experiment and explore what ultimately raises and sustains a higher vibration and consciousness. I tried a variety of spiritual avenues, meditations, yoga practices, and manifesting techniques. After many months of trial and error, I discovered the 8 habits routine, which sustained this peak vibration. The Universe "told me" to write down these manifesting meditations, habits, and techniques that would support the people of this world in raising their vibration.*

*After practicing the 8 habits for a few months, I noticed that everything about my life had drastically changed. I found a deep source of peace inside, fell in love, married my amazing wife, and for the first time was motivated to contribute my vision to the world. I felt unstoppable! As a result, my business tripled in volume and my wife became so inspired that she joined me in practicing this routine. Several weeks later she began to see dramatic results in her own life and business. She was so convinced of the power behind these techniques that she started to teach her own manifesting class! From this, we decided to incorporate both our manifesting knowledge and experience into one resource. The manifesting manual was conceived at this time.*

*Although we may occasionally still pass through small valleys, they are now contributing to a deeper spiritual awakening instead of pulling us into a toilet bowl of fear and despair. The good news is that you too will soon develop this same empowering attitude towards the lowlands you encounter. This manifesting manual will serve as your faithful guide through these valleys as well as rough and desolate terrain. As you continue to travel down the manifesting road, you*

will discover the true power of this manual, and see how it assists you in navigating through every challenging step along the way.

Perhaps you already have an encyclopedia of knowledge about manifesting, yet something backfired along the way, and you are still not able to instantly manifest what you want. Relax. You are not lacking anything. All the information you need is already contained within your being. Like magical seeds buried deep underground, they are waiting to be watered and fertilized, and sprout within you! This manual has been designed to nourish those lost or forgotten seeds with divine influence and inspiration! The manifesting routine will teach you how to tend your inner garden and allow miracles to effortlessly appear in your life again.

It is important to note that amazing things have happened to people in just a short time after applying this material. Many, who were devoted to doing the manifesting routine for just 3 weeks, experienced miraculous changes in their lives. Depending on their degree of enthusiasm, curiosity, and dedication to the program, their desires began manifesting right out of nowhere!

***“Don’t try to force anything. Let life be a deep let-go. God opens millions of flowers everyday without forcing their buds.” ~Osho***

Just in case nobody has told you, the effects of having a higher Manifesting Vibration are very contagious. Sure, other people may become negative, doubtful, jealous, and not accept you for stepping beyond their limited paradigm. Do not worry! In time they will be joining you, especially when they see a HUGE smile on your face from manifesting what you have desired all of these years! We have found that it is best to NOT convert anyone into this program, unless they are ready and willing to learn. It is like trying to teach a horse how to swim, when he will not be lead to the stream even for a drink of water! The day they see your own increased joy, success, and love for life, you will turn the greatest skeptics into devotees with effortless ease. You will get their attention when you start having more fun in one month than they had in an entire year!

As with reaching any great achievement in life, you will need an open mind and a devoted spirit. We know that after several weeks on this program, it may seem like you are in a spiritual boot camp. Your ego may gasp in horror at the exercises we ask you to do, or even feel that certain information is repeatedly drilled into your brain. Please do not take this personally. We know you are very brilliant, powerful, and wise. Yet, we also understand that the mind works much like a sieve. It only holds onto that which is deemed truly important and necessary for survival. With the proper training, your vibration will SOAR and you will be able to manifest anything!

Think about this manifesting program as doing million dollar spiritual pushups for your mind, body, and soul. Doing this 90-day workout will strengthen and expand your vibration, connecting you to the direct experience of pure Universal energy. It is as if you are about to turn on a thousand watt light bulb! We must prepare your body to be able to handle this amount of energy. When these manifesting channels are wide open, a new consciousness will arise inside you,

and your entire life will transform. Everything will become a sacred experience, and you will feel more connected to a loving, all-powerful, Universal God-source of intelligence and abundance than EVER before. Please note that our purpose is not to convert you to some “manifesting religion”. Our mission is to re-awaken that divine consciousness already within you so that you are effortlessly and joyfully manifesting your greatest visions and dreams!

Most mystics, gurus and spiritual teachers will tell you that if you are trying to fulfill your physical wants and desires, you are missing the source of happiness that is already inside you now. This is true, yet what they often side step is the fact that you CAN have the best of both worlds. This means you can have a spiritual connection with your Source, AND have lots of fun in this material world co-creating and receiving your heart’s desires. The unification of the material and spiritual worlds is the missing link to the world of manifesting. Although these two worlds may seem like polar opposites, they are not. This illusion has been created by the mind to stretch you, and allow more room for growth and maturity.

If you believe fulfilling desires is the only way to find happiness, watch out! Staying on the manifesting journey requires an open-mind that realizes great joy is always available right here and now. Yes, it is fantastic to fulfill your desires and GO for what you want, yet remember that there is more satisfaction currently inside your being than you may know. We believe manifesting your every desire is like the frosting you find on a birthday cake. It is not necessary to enjoy the cake, but it sure makes the experience of tasting it a whole lot sweeter! So go manifest that dream house, become financially free, travel the world, marry your soul mate, and live in a super fit body! Just make sure that you remember to celebrate each step along the journey, instead of waiting until you have arrived at your desired destination.

Along your manifesting journey, see yourself as a brilliant artist creating a masterpiece from an enormous knotted tree trunk. Sometimes you may hit a knot, freeze up, and feel stuck inside. Other times, thick layers will fall off, leaving you feeling free, proud, and accomplished. You may even become so absorbed in your artwork that you think you will never finish this masterpiece. We encourage you to notice when your mind becomes too busy chiseling away at details, or rushing to get it done on time. In the moments when you forget to enjoy the evolving beauty of this project, step back from your masterpiece and see that YOU are already a great work of art. Your life today is a culmination of many years (and lifetimes) of sculpting yourself. So sit back, relax, grab a cup of tea, and enjoy the creative process yet to come!

## CHAPTER 1

### DISCOVERING WHAT YOU REALLY WANT

*"Open your eyes and look within. Are you satisfied with the life you're living?" ~Bob Marley*

#### How to Reveal Your Heart's Deepest Desires

In order to become a magnetic manifesting being, you must first have a clear and specific idea of what you want to manifest. So what do you madly, truly, deeply want in life? Whether you know it right now or not, stop and sit for 15-20 minutes and meditate on any one or all of the questions below. The investigation and journey is worth more than finding out the eventual answers. Every minute that you sit, dive deeper into your questioning mindset that asks, "What do I really really want?" Here are some specific questions to get you started.

What will my LIFE be like when I am living my ultimate dream?  
What will my relationships, job, income, and health be like?  
What will my spiritual connection with the Universe be like?  
Who is it that I most want to be like?  
What will my ideal vacations look like?  
If I had everything I wanted, what would I be doing with my time?  
If I had all the money I needed, what would I purchase with it?  
What do I want my life to look like 10 years from now?

How will you know that you have discovered what you truly want? What are the signs and signals? First, your heart will open with joy when you see yourself experiencing your desired outcome. Your body will feel this excited tingling sensation as if it was screaming "YAHOOO!" followed by a sensation of relief and inner peace. When you know what you want, you feel fully alive. You notice that your blood is really pumping inside, causing all your senses to be alert and sensitive to life. Every time you think about what you truly want, you will feel extremely excited about the future!

By sitting and taking a deep honest look at who you are, and what you really want to experience in your life, something magical begins to occur. You start becoming aligned with your life mission, spiritual purpose, and path. You become passionate again about your life and excited about what you are creating! It's as if you have opened your eyes and heart for the first time, and can see the infinite number of possible ways you can easily achieve your goals. The more you surrender yourself to unraveling this inner mystery, the easier it is to understand and experience your spiritual journey. This inner alignment creates a more creative and expanded way of experiencing life, and is the path to trusting your intuition again. All self-doubt and fear that arises during this exploration will support you in diving deeper into your core, and in simply discovering the amazing infinite being that you truly are!

By exploring what you really really want, your eyes will feel like they are truly open and you will be able to see this divine Universe for the very first time. Synchronicities will start to occur. This is the Universe's way of letting you know that you are on the right track. It may even seem like your whole day is one big long YES!! These "signs" may come in a variety of forms. One could even be a successive line of green lights while driving, or the perfect parking spaces continuously opening up for you. It could also be a message you read on the bus that just drove by that spoke to your heart and uplifted your soul. In one form or another, the Universe is trying to reveal its miraculous magical existence to you in every single moment.

*"The winds of grace are always blowing,  
but you have to raise the sail." ~Ramakrishna*

Here is an exercise that can start raising your Manifesting Vibration. Imagine that you have just found out that you have inherited an enormous amount of money from an uncle you never knew you had. You have suddenly become wealthy beyond your wildest dreams. You have all the money you could ever need, all the time you need to spend it, all the energy you want, and an unlimited supply of creativity. Several years go by and you have purchased everything you always wanted, traveled the entire world, donated money to support all your favorite organizations, created the most fulfilling relationships, and manifested the perfect physical body and you are still super rich! What would you do over the next 90 days to make a contribution and impact this world in YOUR personal way?

Yes, this is a big question. If you cannot find any authentic desires about what you really want to create, go back to your childhood. What did you want to do for the world back then? Your desires have always been inside you. You do not have to make them up. They are what make YOU up. Have you ever tried to create a desire for something? Your desires to eat chocolate, go for a relaxing drive, or read a good book arise on their own accord. You don't decide to have the FEELING of wanting chocolate ice cream do you? Desires are embedded inside us, and naturally arise at the perfect time and place. In order to get in touch with these desires, we simply need to get quiet inside, be very very still, and listen.

To get really silent inside, sit in a comfortable position and become like a statue for 5-10 minutes. Tell the mind you are going to relax and downshift into a deeper quieter mode. Focus on becoming still and silent, like a stone. Don't move a muscle, yet remain relaxed and loose inside. Your body will breathe on its own accord; you don't have to do any of the breathing. You will soon feel like you have magically stopped time, and are now in an amazing state of timelessness. When everything inside you is extremely peaceful and quiet, you can easily see, feel or hear your greatest life dreams percolating at the core of your being. If this exercise is in any way challenging for you, most likely there are negative thoughts, feelings, or beliefs holding you back. Get ready to say goodbye to them for you are about to learn how to eliminate them in the next section!

*"The first problem for all of us is not to learn,  
but to unlearn." ~Gloria Steinham*

## **How to Eliminate Limiting Beliefs**

How often do you feel that something is holding you back from achieving your dreams? Do you feel unable to go after what you really want because somebody said you could not or should not? Have you ever allowed somebody's opinion of you to stop you from going for your dream? Every single one of us has felt blocked by some person, feeling, thought, or unconscious programming. Right now, on some deeper level, you are fighting negative beliefs about yourself and the world. You may not be aware of it now, yet these hidden thoughts and beliefs are major mental, emotional, and energetic blocks keeping you from manifesting the life you most want to have.

As a child, it is very likely that you heard the word "NO" over sixty thousands times before you were 5 years old. Since birth you have been deeply programmed with negative messages about reaching for and achieving your dreams. As a society, it is considered normal for us to feel afraid to go for what we want, especially if it is a big dream. Some of these thoughts may sound like, "Don't be a dreamer, those people never amount to anything in life", or "Be realistic, dreams don't put food on your table". Hearing this kind of programming over and over is what caused your limiting beliefs to form about yourself and the world. Your continual acceptance and repetition of these negative beliefs locks them in place in your psyche, and manifests as the circumstances and lifestyle you experience daily.

What are some of the limiting beliefs that plague your mind? Get out a piece of paper and write them all down. This exercise will shed some light on these hidden thoughts and help you become more aware of them. Some common limiting beliefs are, "I am not worthy, I am not good enough, I am too lazy to succeed, I can't trust myself, or it's more spiritual to focus on others instead of me." Do you realize that each of these limiting beliefs is just ONE thought? Once you see that each is simply a small and insignificant thought, then you can start choosing if you want to believe in it or not. You are the ultimate choice maker of your life. You are always the one making the choice as to what you want to accept as your experience of reality. Thinking outside the box starts with truly stepping into the box you are already in. Then, you can envision what it's like to step outside of this paradigm. This may be easier said than done, yet your conscious choice maker is awake and aware right now, and is already here taking on your future and the world. So, you might as well participate and enjoy the ride.

Often people find it extremely difficult to change old negative thinking habits because they have developed an inner defense mechanism. This defensiveness is what is also blocking you from feeling, imagining, creating and manifesting. This inner shield or wall of protective energy can be labeled as your inner cynic, skeptic, saboteur, or judge. It is stopping you from receiving the amazing life that you deserve! It is quick to judge and label the world as right or wrong, and good

or bad. It has forgotten that childlike connection with the pure state of curiosity. This saboteur-like voice is blocking you from the greatest freedom there is! Are you ready to rip off the mask of your inner saboteur and learn how to eliminate it?

First of all, if your inner skeptic had a face, what would it look like? How does it feel to be around your inner cynic? Do they have a certain tone to their voice or even walk in a particular way? What are the negative messages they are constantly telling you about yourself and others? What did this judgmental energy trick you in to believing about your friends, family and co-workers? Whatever this shielded fear based energy is, it is NOT YOU!! It is your inner GREMLIN that you inherited from other people's gremlins. You may notice that every time you begin to relax and truly dream about what you want in life, this fearful voice appears and flushes your energy and dreams down the drain. So, who runs your inner reality, you or your Gremlin?

The negative Gremlin energy inside of you is full of doubt, fear, skepticism, and feelings of isolation and separation. This is not the real soul inside of you! You are whole, perfect, and complete, just as you are. The Gremlin contains only negative ideas about the world, yourself and others. It makes you feel untrusting of this Universe. Each time you accept this negative judgmental energy as The Truth, you reinforce the negativity you manifest in your life. Saying things like, "I can't do this", "That will never work", "You are pathetic", or "They are hopeless", keeps you identified with this negative space. You can only experience your authentic powerful self when you are 100% separate from this fear-based energy. Eliminating your inner Gremlin voice will give you your life back by allowing you to harness your natural creative divine power. We invite you to make time to notice when your Gremlin is present this week by following this 3 step process.

*"Life's up and downs provide windows of opportunity to determine your values and goals. Think of using all obstacles as stepping stones to build the life you want." ~Marsha Sinetar*

## **Eliminating the Gremlin Exercise**

### **1. Separate yourself from the Gremlin**

Start with simply facing your Gremlin. Look at it and distinguish that THIS energy or voice is NOT you. Distance yourself from this negative thinking mechanism by seeing it far away in the corner of a white room. See that it is a healthy distance from you. Create an exact visual in your mind of what it looks like, and give it a name. Notice what your Gremlin is wearing, its hairstyle, and especially the expression on its face. If you cannot imagine your Gremlin, just think of a name for it. You can use some of our favorite Gremlin names like, "Judge Judy", "Skeptical Sam", "Doubting Denise", "Pessimistic Paul" or "Cynical Susie".

### **2. Acknowledge and Validate the Gremlin**

Truly the best way to deal with this nasty saboteur is to NOT resist or fight it, but to acknowledge and validate its presence. What happens when you fight with

anything inside yourself? It simply feels more real and grows stronger inside. Whatever you resist persists. Have you ever gone to a party and pretended that you were having a good time by putting on a fake happy face when inside you were truly in a negative state that you were trying to get out of? How successful were you at pretending and shutting out your inner negativity? Did you notice that the more you ignored your dark feelings, the stronger they grew? If you fight anything it will sabotage you, and force its way deeper into your mind. We recommend that you start with a calm, direct, yet very inquisitive approach. Start by listening to your Gremlin in a sensitive, and loving manner. Use messages such as, "I hear what you are thinking", "I understand what you mean" or "Yes, I see what you really want inside". When the Gremlin feels validated and heard, it will relax its fury inside you.

### **3. Create a Gremlin Melting Mantra**

Once you have validated your inner Gremlin, the next step is to shift your energy by focusing on an empowering phrase that will eliminate and transcend the Gremlin's negative vibration. Some examples of Gremlin melting mantras are:

**I can easily and effortlessly achieve my dreams!**  
**I have the power to accomplish anything my heart desires!**  
**I am truly unstoppable in creating my dreams!**  
**I know exactly what my heart most desires!**

If you really want to tame the Gremlin's voice, speak to it as if it were truly a small innocent lost child. Tell it that you will help it find its way home. You can start by acknowledging what it has been doing that you don't like, add the word "AND", then follow with your Gremlin melting mantra. Here are some examples: "I sensed that you are trying to control me AND I have the power to manifest anything my heart desires!", or "I understand that you don't believe I can easily achieve my dreams AND I now know I have the creativity to create anything I want!"

The more often you use this simple three step process, the easier it will be for you to set your Gremlin aside, and see what your heart truly desires. As your heart naturally opens, you will be able to trust yourself on a deeper level and someday realize that all your Gremlins are perfect teachers in your life, empowering you to grow stronger everyday. Each is perfectly designed to make you smarter, and inspire you to create the magical life you are here to live.

*"Life is a great big canvas, and you should throw  
all the paint on it you can." ~Danny Kaye*

## **Your Future Is a Blank Canvas**

Sometimes people are blocked from knowing what they really want because they are afraid of making a commitment. They just think of the word “commitment” or hear it, and freeze inside. They feel if they commit to doing ONE thing, they will be stuck with it forever, and cannot do anything else enjoyable that may come along. People are afraid of being imprisoned. However, what they may fail to realize is they are already trapped in the greatest prison there is... those uncontrollable illusions created by the mind.

If this is you, you are operating under the false pretense that you are without free will and that your future is someone set in stone. The truth is that right now your future is a blank canvas. It is bright, flawless, and totally free! You can become anyone you want to tomorrow. Who you are tomorrow is NOT tainted by what you did in the past or even who you are being in the present. It always contains the realm of infinite possibilities. The future is virgin-like, free from any concept, experience, or belief about who you were or think you are. These are the natural inherent qualities of everyone’s future and the future of this world.

Living as if the future is a blank canvas can be a dramatic shift for anyone. Yet, the instant you realize that the experiences you can have tomorrow are unbounded and limitless, you stop trying to manage and control your life and start enjoying the ride! If we are attached to who we think we will be tomorrow, our life will eventually become an imprisoning experience. This is because we are always experiencing new things and changing our identity. On the contrary, if we are not attached to who we are, your life becomes an awesome exploration and adventure! It all depends on how much you can let go of who you think you are and trust in this amazing Universe. The greater you can feel the freedom to become ANYONE or anything, the higher your Manifesting Vibration will rise to assist you in bringing your dreams into reality.

Your current design on the canvas contains all the images you have painted about who you were in the past, who you are today, and who you will be tomorrow. This is all a creative expression from your mind’s imagination, which is perfectly divine, and can ALL change in an instant. They are merely thoughts about who you are and have no real substance to them. You can reinvent your past by simply creating a new perception and interpretation of it, and visualize that NEW person you want to be tomorrow. Again your future is alive, fresh and FREE!

Without even realizing it, your mind is creating, designing and following through with some map, plan, or idea of who you are right now. The mind has a tendency to constantly paint new pictures on the canvas, and yet the future is a blank canvas, so there is always room for more! If you believe that the past creates the future, how do you know that it isn’t your idea of the future that creates your past? What if who you become tomorrow has nothing to do with who you thought you were yesterday? In order to become a conscious manifestor, you must learn to continuously live in this FREE creative space where you are always choosing the pictures you want to paint about your tomorrow, instead of leaving it up to the whimsical design created by yesterday’s

memories. When the mind is truly free from ANY limiting thoughts or beliefs, you will realize that ANYTHING in this Universe is possible for you to attain. This is when your life gets really exciting!

It is important to understand that living as if the future is a blank canvas also means trusting the great unknown and the infinite possibilities it contains. Something miraculous happens when you take on this mission. Stress leaves your body, you relax deeper inside about everything, and you experience an infinite supply of energy inside you that you may not have realized was there. Trusting life's unfolding process is the foundation for a powerful Manifesting Vibration.

Something very powerful and divine ignites inside you when you release your attachment to your mind's illusions of your past, present, and future. The constant struggle for attaining what you want suddenly becomes a big letting-go game. The borders on your blank canvas disappear, and you realize that what you can create happens first on the inside, in your imagination. Now, your life is about embracing the unknown instead of avoiding it. Those challenging parts of yourself become a place of curiosity and source of creativity, giving you a palette of paints and paintbrushes, with a divine inner direction to explore!

Beware that your mind will always try to get ahead of you, and re-establish its old concepts about the past and future. It feels comfortable being attached to ideas, and struggling to attain its desires. Your mind loves to think it is in charge of everything. Yet, the more efforting it does, the more struggling you experience, and the less inspired creativity flows through. To discover what you really want, no struggle is needed. The only requirement is a deep relaxation into the realization of the infinite unbounded being you already are.

The mind cannot grasp this. It can only comprehend specific techniques, strategies, tools, and formulas. It is very demanding and wants to know HOW I can have what I want NOW! It believes that there is only one magical formula that will work every time. The mind is a constantly searching mechanism that doesn't know anything but SEARCHING. It's always crazily looking for something substantial to help it reach the top of its magnificent dream. This perpetual desperate searcher is exactly what gets in the way of receiving the desired outcome you want! So let's free your mind from the stress it's creating in your life and give it the real purpose it has been searching lifetimes for. Let's start this inner journey by exploring the first powerful technique that will awaken and expand your ability to dream!

*"Be creative. Use unconventional thinking.  
And have the guts to carry it out." ~ Lee Iacocca*

## Opening Your Dream Gate

In order to discover what you truly want, it is important to know how to open up your Dream Gate and enter the garden of your greatest fantasies. Have you ever noticed how blocked your mind becomes when you are feeling down and depressed? It becomes consumed with how things are not working instead of what is possible to create. To get out of this dungeon, put your attention on the energy inside your heart. Your heart is where all your passions and dreams abide! The golden key to opening your Dream Gate is JOY! Ask your heart if it can handle any more joy right now. Is this possible? Of course it is! Your heart is the greatest love pumping valve there is! It is designed to continuously let in the goodies, and release the not-so-goodies.

As you open your Dream Gate, you will notice certain “coincidences” in your life that you can’t explain. These synchronistic events are glimpses of your hidden “peak states” from your highest Manifesting Vibration. An amazing relationship, situation, person, income or thing will appear and re-appear into your life, simply because your mind is clear and aligned with that higher dream and vibration. When you see something as being synchronistic, it is the Universe (and yourself) telling you that you are WAKING UP and tuning into the unlimited being you truly are.

If you want more JOY in your life, and are open to experiencing the unending pleasures life has to offer. Just say YES! Ask your heart to open to more joy than it ever has in your entire LIFE!! Give yourself permission to explore. You have not had this experience yet. The more joy and pleasure you let in, the more creativity and passion your Dream Gate will allow through. Start by setting the intention and asking for JOY right now! Imagine what this feels like, and soon you will experience more joy than you thought possible! The following exercise will open up your Dream Gate and give you more dream energy.

*"It is not easy to find happiness in ourselves,  
and it is not possible to find it elsewhere." ~ Agnes Repplier*

## The Dream Gate Meditation

Relax your bodymind by taking a few deep breaths.  
Allow your body to let go of any tension  
and your mind to release all concerns. Send your Gremlin away.  
Toss him into an incinerator or send him to his room.

Now focus on the energy of your heart. Imagine you are stepping inside the center of your heart. What does your heart look like? How does it feel to be inside your heart? As you look around, you notice that there is a lever that has the words “Dream Gate” on it.  
Is it set on low, medium, high or super high?

Slowly open the valve and let in more and more dream energy! Allow it to flow into your heart. How does that feel? Watch it rise from low or medium to maximum! As you feel the dream energy increase, imagine that it becomes so powerful that it starts radiating out of every cell in your body.

Now that your Dream Gate is open, imagine your dreams are inside. They are tiny little bubbles that float up from your heart into your brain. More and more dream bubbles come up with each breath.

Notice that one bubble seems to be growing bigger and brighter! It is your ultimate dream and fantasy! As this dream enters your brain, it expands to fit your whole body, and you step right into it!

Notice what its like to be inside your dream?  
What do you notice about your surroundings?  
What are you experiencing? What are you doing?  
Who is part of your dream? How do you feel?  
How does your body feel?  
Notice that you and your dream are becoming one.  
The dream is a part of you now.  
When you feel what it is like to be living this dream,  
slowly open your eyes and come back into the room.

Once you have done this meditation, you will have amassed a few nuggets of what your heart desires. Put a few specific ideas in writing! Take those EXCITING feelings that you want MORE of in your life, and imagine that they are coming from real life situations! Write them as if you were seeing them on videotape! The more video-like you can get about what you truly want to BE, DO, HAVE and EXPERIENCE in your life...the better! How does your dream life really FEEL when you are living it? Is it possible to do next month? Is there one important action you could take next week to create your ultimate dream and start experiencing more happiness, joy, and feelings of bliss in your body-mind?

### **Did you enjoy this 1st Chapter?**

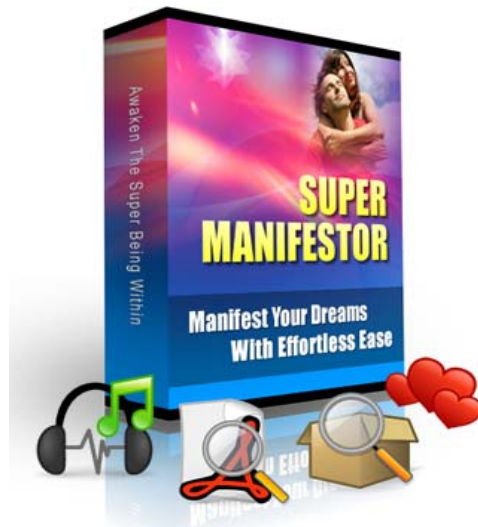
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**Jafree Ozwald**