

HOW TO MANIFEST EXACTLY WHAT YOU WANT

*10 tips for getting started
with manifestation*

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TIP 1

Define Your Desire

Get very clear on what it is that you want to manifest. Be specific and write out the details you wish to attract. When we are trying to attract things, we manifest from our state of mind and feelings about the desire. If your core desire isn't matching what your details define, you may find yourself in a cycle of hot and cold. So, be sure to know exactly what you want, so you can get exactly that!

TIP 2

Identify Self Concept

Self-concept is EVERYTHING when manifesting. You are always manifesting from your state of mind and your self-concept is made up of numerous states of mind. So write out whom you feel you currently are such as "I am beautiful, I am healthy, I am depressed, I am struggling.." those are all states of mind that make up your self-concept. Get a piece of paper and write down your current self-concept and on another piece, write out your ideal self-concept (whom you wish to be).

TIP 3

Reimagine Your Life

Now that you have seen where your current self-concept is, it's time to reimagine yourself as someone who embodies the new concept. You must take yourself into your imagination and see yourself as this new person. Become this new person and assume it until it hardens into fact. Reprogramming your past will do wonders for you and allow you to change your current reality. My facebook group has over 100 videos on how to manifest and change your life. Make sure you join and watch the videos.

TIP 4

Revise The Past

Neville Goddard, the greatest teacher of the law of assumption, says revision is the best tool we can use to change our reality. I recommend getting all of his books asap! Revision is the act of going into the past in your imagination and seeing a memory and changing it to what you desire. This takes practice but once mastered, it can change your whole world. I created a method based on revision called Neurocognitive Reprogramming that I do for clients and it works wonders to heal the past pain and trauma. Book a session on my website for more help.

TIP 5

Live In Your Mind

The imagination is the most powerful creator in the universe. It is truly connected to God and is the reason, you see everything around you. When you first see something coupled with feeling it, in the mind, you have started the attraction process. Start living in your mind as much as possible to bring about what you desire. Once it's seen and felt in the imagination, the seed has been planted, next, you just have to patiently wait for the harvest to come. The harvest has its own appointed hour, so just have faith and know its coming.

TIP 6

Script The Past

Scripting is one of my favorite tools for manifesting. However, I teach that you should write from the past. In your journal, put today's date and then write as if what you desire, your perfect day, has already happened. Such as "Yesterday was amazing! I had the perfect day and we did..." do that every day and watch your desires come quicker! This is basically written revision. Have fun with it and get creative knowing everything you desire is yours now!

TIP 7

Meditation

Meditation is extremely important to quiet the mind and allow for it to be programmed how you desire it. When you are meditating with the right meditation music, you can get really deep into the subconscious mind and program it in your favor. Meditation is effortless reprogramming of the mind. I recommend you do this once a day and visualize your perfect reality while meditating. I sell 9 guided meditations for love, money, body, anxiety, Goddess, king and many others!

TIP 8

Grounding

Grounding is when you stick your feet or hands in the earth and rebalance your feminine and masculine energy. Mother earth resonates a healing frequency that can literally heal the body by just connecting with her. I recommend you stick your feet in the grass, sand, water, anything that is living and feel the power of mother earth as she works to balance and heal your mind body, and spirit.

TIP 9

Be Present

Time doesn't actually exist. The past, present, and future are all happening at the same time. When you think of your reality as if everything you desire is here now, and don't focus on "where is it? When will it arrive?" You allow for the joy to be felt of already having it. Practice presence as often as possible and watch your level of bliss and joy skyrocket. Remember we manifest from states of mind, so practice the state of bliss/joy, so that you can manifest faster.

TIP 10

Letting Go

Letting go doesn't mean to forget your desire and never think of it. In fact, it means quite the opposite of that. Letting go means to go further in your imagination and see your desire as if it were already completed and harvested. You are letting go of the fear, the anxiety, and the questioning of where is it. You let go of the idea that it isn't already here. You become the new concept of "I am the person who has it all" and embody this state as much as possible. Dive in, Believe in yourself, and never take no or an answer.

What's Next

Now that you have these amazing tips, it's time to put them to practice! Make sure you are a member of my free Facebook group to watch all my long videos, designed to help you become a master at manifesting.

Also, you can purchase one of my guided meditations for \$10 off using the code Love at check out. This is my gift to you for downloading this guide.

Feel free to book a session with me as well to help reprogram out limiting beliefs and become the person who has it all. I love you!

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