

7

SIMPLE STEPS TO MANIFEST WHAT YOU WANT IN LIFE



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The following are the 7 steps
for you to follow to have a
successful manifestation...

STEP 1:

MAKE THE REQUEST



STEP 1: MAKE THE REQUEST

Write down what you want to manifest as if you had it in your life right now. Be specific and clear. Request that it come to you in your highest and best way.

It is important that what you're requesting be what you really want and be very clear. The more details you put in your visualization the more chance you will have to bring it into your life. When you make a visualization, you need to visualize it as if it is in your life now.

You need to be very specific, that means if you want something specific you have to make sure that you know **EXACTLY** what it is that you want to manifest. General requests may not happen or may happen in a way that you did not expect.

Therefore, in making your request you need to specify:

- What do you want?
- When do you want to have it?
- How will it look in your life?
- How does your heart feel once you have this in your life?
- Who is sharing it with you – or is it only for yourself?
- How does it feel like to have this in your life now? and
- How does your friends and family react once you have this in your life?

Always make sure that you manifest for your highest and best and that it be brought to you in highest and best way.

Example: If you are manifesting for more money, ask that it be sent to you in the highest and best way and for your highest and best because you do not want to have an accident then receive the insurance money. You want the Divine/Universe to send it to you in the best way possible so you can enjoy it fully.

STEP 2:

VISUALIZE IT



STEP 2: VISUALIZE IT

It is important to visualize what you are requesting.

The act of visualization brings it energy as energies are what creates our world. So, you need to visualize what your realized request will look like when it has arrived in your life.

See that it is coming to you now and ask yourself the following questions:

- What does it look like?
 - What color is it?
 - What shape is it?
- How does your life look like with this visualised reality in it?
- How does it make you feel?
- How will this make your life better?
- How is it changing your life?
- How does you heart feel? and
- Who is there with you?

Always make sure you clearly visualize the goal you want to manifest because the act of visualization helps it become a reality.

STEP 3:

TAKE THE STEPS NEEDED



STEP 3: TAKE THE STEPS NEEDED

Remember that you also have a part in your manifestation. You need to find out what is in your control and then act on this and do it. Any action steps you take will help you get there.

What steps can you take to manifest what you want and make it happen? Let's say you want to create that ideal vacation of a lifetime. Part of your steps could be to:

- make the plan to create that vacation;
- look at your vacation schedule at the office;
- find the place you want to go;
- start saving money;
- talk to the people you want to bring with you;
- set up a date;
- book the flight;
- plan the event; and
- other details.

It is important that you do your part and not just wait for it to fall onto your lap.

You need to find out what is in your control and what you can do, and then take the steps you need to make it happen.

By acting on your request you add to the energy of creation and also show to the Divine/Universe that you are serious and you really want this to happen.

STEP 4:

DELEGATE IT



STEP 4: DELEGATE IT

Now it is time to delegate.

After you have done everything that you could do that **IS** in your control, it is time to surrender and delegate the rest to the Divine/Universe.

Delegate everything that is out of your control to them and let them take care of it for you.

It is important that you let the Divine/Universe take care of the rest for you and completely surrender because they know what is for your highest and best and they will bring it to you in the highest and best way.

By delegating you are taking it out of your hands and you are giving it to them then trusting them to take care of the rest for you.

STEP 5:

TRUST THE PROCESS



STEP 5: TRUST THE PROCESS

You have to trust the process. Trust you will receive it. There is a bigger force at play helping you out. Do not doubt, do not question, and do not challenge. Know it will come to you when it's time.

After you have done the work that is in your control and have delegated it to the Divine/Universe, your next step in the process of manifesting is for you to trust that they are taking care of you, so:

- do not doubt;
- do not question;
- do not hesitate; and
- do not get frustrated.

The goal is for you to just trust the process and everything will happen the way it is supposed to.

It is like when you are ordering a pizza:

- you take the phone to call the restaurant;
- you place your order; and
- you hang up.

You took the steps in ordering your pizza:

- now you just have to wait;
- Surrender; and
- trust that the pizza will show up so.

This is the same thing with any manifestation:

- you place your order;
- you surrender; and
- delegated to do Divine/Universe.

Then you just trust the process that it will come to you at the right time, in the right place and, in the right way.

STEP 6:

FORGET IT



STEP 6: FORGET IT

Once you have finished it is particularly important for you to forget about it.

What you need to do after trusting the process is to just forget about it and let everything figure itself out.

Forget and let go of the outcome.

Don't worry about how your request is going to come to you or how it is going to manifest. When your energy is ready, when you are ready, when the universe is ready, it will show up at your front door.

It is just like when your pizza will be ready, and you will be ready to receive what you just manifested or requested.

Don't worry about a timeline, it will come to you at a time that the Divine/Universe sees as best for you.

Timelines are always good because they will allow you to create the momentum and making it happen, however do not be stuck on that timeframe, be flexible and be open to allowing it to come to you when it is supposed to according to your divine timing.

Sometimes your energy is not ready for what you requested, so things might not come your way as you wish it would. That does not mean it is not coming, it just means right now your divine timing and alignment is not quite ready, so trust the process, forget about it and just keep living your life.

Stop dwelling on the outcome. Let it go, move on with your life. Your manifestation will show up when least expected, when the Divine/Universe is ready to send it to you according to your divine timing.

It is like the expression is: *Let go and let God.*

STEP 7:

TAKE IT



STEP 7: TAKE IT

This last step is about taking your manifestation in, owning it, and receiving it.

A lot of time after they surrendered and trusted in the Divine/Universe, people seem to get stuck at the point of taking or accepting what they have requested or manifested such as:

- whether it is a trip;
- whether it is a partner;
- whether it is new clients, and
- you name it.

A lot of people have been brought up to believe that if they take things or if they receive things that are gifted to them, they are considered selfish or greedy.

They have been brought up to kind of dismiss wanting to receive or receiving a gift that comes their way.

So, step number seven is very much focussed on owning the manifestation and understanding and believing that it is OK for you to take what is given to you.

It is OK for you to make the manifestation and also OK to receiving it.

When a manifestation comes to your door do not feel bad, do not feel ashamed or guilty and own that it is OK to receive this assistance, this manifestation.

It is like when we talked about ordering the pizza, after you have you placed the order, you need to trust the process and know that the pizza is going to show up and that you deserve to receive this 'divine' pizza.

Here you also have to take into consideration that if your doorbell rings you still have to go open the door and pick up your pizza at the door. So, your manifestation is like this pizza and you need to pick up when it arrives at your doorstep.

You need to pick up the event when the Divine/Universe is ringing your doorbell and showing you these little gifts, your manifestations, knowing that you do deserve them and that they are for you to enjoy.

Consider the possibilities that are presenting themselves to you related to what you requested or manifesting and from there take them because you deserve it, own it.

Be proud and own that which you deserve. It is because you have made the request, you have worked for it, and then the manifestation will be completed.

When it finally arrives, take it. Do not hesitate, do not resist.

Be confident and receive it.

If the delivery man rings your doorbell, do you dismiss him? No!

Take what belongs to you and enjoy what the Divine/Universe is sending to you.

If you need some help with your manifestations, do not hesitate to contact us at:

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or

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