



## Module 1

### The Fundamentals of Manifesting

I know you are going to be in a great rush to manifest. You will want whatever it is you want – NOW! How do I know this? I know this because I am the same. I am an impatient manifester, which can trip us up – more on that as this training rolls out.

The first thing you need to know to start moving you closer to what you want is how you manifest. So that is exactly what we will cover this week. This will mean you can start noticing where you are going wrong.

**WARNING: This is a chunky week but vital you understand it then you can start to manifest faster.**

We will cover the manifesting basics:

- How you actually manifest
- The fuel for manifesting
- The importance of your words
- The manifesting language
- Manifesting malfunctions
- Journaling - Starting to get the clarity you need to manifest

**You will find a video to watch as part of Module 1 content – I suggest you watch this first!**

As you can see there will be quite a lot of important information this week but whilst it is a big load of content, it is really important you understand this, **so don't skip it!**

In fact, going over it a few times will really help your understanding and give you even better results.

### **How You Actually Manifest**

Manifesting, Cosmic Ordering, Working with Law of Attraction are all working with the same Universal Energy. It is creating with energy. I guess you could say it is like thinking about something and it happens – I like to think of it as magic or a miracle as that is what it feels like when things start to turn up for you.

You can manifest anything you want - material actual items, large and small, I have done houses, furniture, cars and cash.

But you can also manifest love, health and basically anything you want, even time.

I honestly believe the best thing you can manifest is inner peace but that is not to say I don't love my Range Rover, homes, holidays and other material things too!

In very simple terms how you manifest and place your order with the Universe is with your Energy. This means what you focus on. So, your thoughts and feelings are so important. They are like little magnetic waves going off into the Universe and attracting more of the same back to you. Like attracts like!

The past does not matter for manifesting in the now is what is important. Working in the now with positivity will allow the Universe to deliver all you want. You need to take control of your manifesting power.

Some of this may seem difficult at first, uncomfortable or you may even think - I do this anyway. But I ask you to look really carefully at each step and be really honest with yourself. This will allow you to manifest your desires.

In simple terms, what you focus on becomes your reality. Positive attracts positive and negative attract negative.

Stay positive and concentrate your thoughts and feelings on what you want. Ignore what you don't want, so you don't get more of it. Remember it is Law, the Universe has to deliver whatever you order.

You have to distract yourself from what you don't want, pay no attention to it, like a naughty child and focus on what you do want, the well-behaved child.

You can confuse the Universe by sending mixed messages, this is why it is so important to have head and heart in harmony.

## The Fuel For Manifesting

The fuel or energy you need for manifesting is the vibration of feeling good. You need to know how whatever it is you want will make you feel when you have it and focus on that. You have to be a match to that vibration now. (More on that as the training continues). For now, though the better you feel, the faster more good stuff will come to you. It is when life starts to flow.

So, the more fun and laughter you can have, the better. I always say when you are laughing you are allowing. That means you are open to receiving good stuff and not blocking good stuff flowing to you by negative thoughts.

Packing as much joy and fun into your life really helps. I also know life is a series of ups and downs and things can knock the fun right out your life. When that happens, your only job is to feel a bit better as quick as you can so don't attract any more negative things into your life.

I like to have a list in my journal of "Things To Do When I Am Feeling Blue" as it happens to us all.

Having that list means I can go straight to it and I don't have to think. I can try out those things and if all else fails I set the intention to sleep it off but to wake up feeling more positive.

Write in your journal your list, here is mine to help you:

### Things To Do When I Am Feeling Blue

- Journal on what is really going on for me.
- Play uplifting music.
- Talk it out with someone.
- Swim or exercise.
- Watch a movie.
- Watch a something that makes me laugh.
- Have an orgasm.
- Sleep it off and with a clear intention to wake up more positive.

***Share your list in the group.***

## **The Importance Of Your Words**

Our words don't actually place our order with the Universe. However, they can indicate how we feel, and it is our feelings and vibration that places the order. So, you can say an off the cuff remark and it won't instantly manifest, worry not!

A wise move though, is to pay attention to your choice of words as they are indicating your feelings and a great place to start to understand where your manifesting might be going wrong.

Be careful how you choose your words – saying something is too expensive or I can't afford it. Tells the Universe you are not worth it and also tells yourself that. Try saying it is not right for me now, or I will in the future keeps it positive and importantly possible.

Always ask in the positive tense, don't use the word - Don't, e.g. Please don't let me be late. Instead say "Please let me arrive on time".

Don't use the word: need, who wants to be a needy person.  
Say I require, I want, I will have, I am going to....

If you say I am busy with work, you will become busy, you create with your thoughts and turn your life into what you require.

If you say everything goes wrong, it will.  
I have no money; you won't have any.

Say how you want it to be, not how it actually is now. (It is not a lie, but creating your reality, it just about timings).

Whilst words are great place to start, words can also be empty until we put our emotions and feelings into them.

E.g. We will all have received a heartfelt "Sorry or thank you" and an empty "Sorry or thank you", the difference being the feelings and emotions. Which is where the feelings and then the vibration come into play.

## **The Manifesting Language**

The language the Universe understands is our thoughts and feelings, aka our vibration - not our words. I can't stress this enough.

If the universe delivered everything we said, we would be inundated with so much and a lot of crazy stuff at that! But it only delivers what we truly believe we FEEL we deserve.

Feelings/Emotions, this is the language the Universe understands and really important to understand.

It is the feelings that are important with manifesting, packing out your visualizations with all the feelings and emotions that the manifestation will feel like when it arrives. We do this by using all your senses.

As it is the feeling you are after, this takes the pressure off the manifestation.

Whatever you are wanting to manifest, give yourself permission to start being the person you want to be. This might feel like pretending at first, but remember it is going to become real soon enough.

More on this as the weeks roll out, but to start with spend at least 5 mins each day pretending to be the person you **want** to be.

Even if you feel like you don't have enough time to sit down for a cuppa and relax, do it!

Even if you have not got the ideal job you want, act that you do.

Even if you have not got that amazing relationship you want, draw in those feelings it will give you and walk around pretending to be in love.

Whatever is on your list to manifest, act for at least a small amount of your time that you have it already, by doing this you are creating it.

We all know people, who are so positive but bad things keep happening to them. It is because they are not working in their heart only their head. You have to have head and heart in harmony and feel it, not just think it.

When you want to manifest something, you have to feel as if it is already here. Be a match to that vibration you want. You need to feel good every day, so enjoy the journey. Manifesting is not about the end result as when you get what you want there will always be something else you want. It really is about the journey!

### **Manifesting Malfunctions**

We all manifest without realising it, so we can bring into our lives what we don't want, rather than what we do. This is probably what a lot of people are doing just now by focusing on problems and issues.

**Fact:** Worrying is a learnt behaviour. I mean have you ever seen a new born baby worry? Nope, me neither. We learn to do it and worrying is manifesting exactly what you do not want.

With awareness and noticing where your thoughts are going, you can start to turn this around and start attract to you what you want instead using Law of Attraction. Sometimes though you may find it works and sometimes it doesn't.

**Fact:** Life **will** get in the way but, in the training, you will learn ways to navigate this and become a powerful manifester.

When it does go wrong ask yourself what have I been focusing on? Sometimes when we don't focus our energy in the right way, or overlook some detail, we don't manifest exactly what we want.

Or maybe we think we have followed all the steps but our order did not arrive. This is when I ask you to look carefully over what happened, did a little bit of doubt creep in? Did you maybe discuss it with someone else, which is fine, but maybe their response triggered something in you. Really look back over the whole process, pull it apart and see what happened.

Don't feel upset, cross as that will bring more of that in, instead learn from it and feel confident you know what went wrong so that next time you will do it right. The Universe always delivers what you are feeling so, make sure you feel as good as you can for as long as you can.

This an abundant universe we are in, there is always enough to go around. Manifesting must be not be done with greed, or to get the better of someone, but for the highest good of all.

You must also not be envious of someone else, but happy for them and praise success were ever you see it. If you are critical of the way someone else attracted money is pushes it away from you.

When your neighbour gets the new car you really want, think about it as the Universe is bringing it closer to you, showing you what is possible, next time it will be yours.

It is no good ordering something you don't think you deserve as this cancels your order. As soon as doubt creeps in that also cancels your order too.

When first starting to get to grips with manifesting don't over-order because if you ask for too many things at once you can't concentrate on believing you will receive it, so keep it one thing at a time.

By doing this and working upon it you will find it can happen really quickly, almost instant. I remembering asking for furniture on the Saturday evening by the Sunday morning it had

arrived, a unit, table and mirror, all free from someone I didn't know. Now even Amazon would struggle at delivering that quick!!!

I know we are complex beings and often put restrictions on ourselves and get in our own way with our limiting beliefs but we also have the power to change it. You are going to get to know yourself on a new level and learn to lift those limitations.

It also takes a bit of time to build that new energy you want, rather than the old energy you have been operating on for decades. So don't give up with manifesting. Each day you are getting closer and sometimes deeper work needs to be done, but you have so many tools in this training to help you.

## Journaling

I recommend everyone gets a journal; it can just be a notepad but you are going to need to do some writing down. Everything is better written down.

My Manifesting Journal would be a great tool to help you stay on track with your manifesting and you can order your copy via Amazon or direct from me [here](#)!

You can use your journal to get to the bottom of how you feel, as you will know now feelings are so important when manifesting.

One of the biggest manifesting blocks is that people are not clear on what they want. They say they want to be happy or abundant.

Imagine if you were the Universe and you got an order for happiness from someone would you know what they want? No, you wouldn't, neither does the Universe.

So, this week try out these exercises in your journal to start getting clear on what you want and be prepared to go deeper on this next module.

## Exercise:

Write in your journal.....

- What does Happiness mean to you?
- What does Abundance mean to you?
- How does Happiness feel to you?

- How does Abundance feel to you?
- How will you know when you have got Happiness?
- How will you know when you have got Abundance?

**See you in the next module and if you have chance re-read this module, do! It is such important information.**

