



Manifest
**YOUR
DREAMS**

LAW OF DELIGHT

Confronting your blocks
to create the life you
dream of and deserve to
have.

.....

ISIS JADE



MANIFEST YOUR DREAMS.

MANIFEST YOUR DREAMS

START LIVING THE LIFE YOU DREAM OF
& DESERVE TO HAVE, NOW.

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With the current world situation being so volatile, many of us are feeling fear and uncertainty. As humans we always seem to have a tendency to overcomplicate things...

The best part about manifesting your dreams is that it is SO SIMPLE. If we have the focus and clarity, we have the ability to completely transform our lives...

And yes... even this entire world.

This program I'm going to take you out of spinning your wheels around in circles repeating the same painful cycles, to forming a new empowered way of being that propels you straight forward to achieving your goals.

We know that to progress in our life we need to overcome fear.

However, more depressing the news and media is, you may feel that your dreams for a better life feel stymied.

Regardless of the world's climate, though, there are still plenty of opportunities available for anyone who wants to reach out and grab them.

This could be in relation to starting a new business, a new love relationship or simply deciding to start socializing and getting out into life and having more fun.

Some people may be naturally cautious or even fearful. Others may have experienced abuse as a child, or in love relationships and consequently suffer the associated traumatic symptoms such as

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Complex PTSD, PTSD or agoraphobia (I'm personally speaking for myself, here. I've had to overcome a lot of major fears, uncertainties and pain after my abduction and time spent trafficked.)

Certainly individuals who have suffered abuse often have deep and intense cellular trauma, which understandably makes them feel like contracting and hiding rather than expanding.

The truth is this... emotional embedded fear can be crippling, and it can seem like a daunting challenge to open one's heart and be an effective, deliberate creator when fear and pain prevails.

Our subconscious mind's job (which communicates to us through emotional sensation) is to keep us safe from danger. The problem is, when the fear and pain of 'danger' has been over-stimulated – our mind may interpret anything new as extremely risky to our personal safety boundaries.

Our emotions become like a virus program set on maximum security alert assessing anything 'incoming' as a potential high risk threat.

When we are living with embedded fear and pain we are caught in the trap of uncomfortable comfortable zones. We are dying on the inside because we are not growing – yet we are too terrified to do anything new to create our new life and growth.

This is a place of deep depression, and the extreme pinching off of the flow of life and wellbeing.

How Do We Know What Is Safe?

It would be wonderful if everyone and everything that we felt potentially terrified of could somehow qualify itself to us in a way which appeased our fear.

The problem is if we are closed off, shut down and fearful, our vibration does not accommodate this. We are not an energetic match for growth, possibilities and the open space for new and wondrous events and people to enter our life.

Many people focus on teaching the Law of Attraction. They tell us this law rearranges life to match us up with the events, people and situations which are a match for our vibrational offering as it stands. Therefore the 'opportunities' which have presented (if any do) are much more likely to grant us 'more of' the deep fears, constriction and pain we already feel.

However, there's a short-cut strategy to bypass all the messiness that The Law of Attraction creates in our lives.

The truth is this: In order to create anything new in our life we need to be open-hearted, we need to feel positive, and we need to be able to open up to the new possibilities and the joy of manifesting a new healthy expansion of our life.

Now, that being said, I teach a completely different dynamic – called The Law of DeLight – which is the first, preeminent law of

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creation that triggers all other Universal Laws to cooperate on your behalf. The Law of DeLight, as I teach in my book, DELIGHT: An Enlightened Path to Transforming Your Life, Effortlessly, is essentially the Single Law of Mastery that I was taught by my tantric guru before he passed away.

I promise I hear you – I have known what it is like to have agoraphobia totally and feel incredibly unsafe in life. I personally understand just how crippling it feels to feel SO constricted that the very thought of opening up to anything new feels like you will be annihilated.

I went through an incredibly long, painful and slow journey to open up to life after my own experiences with trafficking: from isolation, slavery, rape, torture, and several near-death experiences over a period of six months before I finally escaped. It took me a long time (over eight years).

After my last divorce, where I finally realized my own patterns of self-sabotage and victimizing behavior, it was much easier to let go of my old patterns and embrace a new way of living and being. I was able to break through much more easily – because I knew what I needed to do – and in fact received even greater insight (inner-sight).

This I understand very deeply...

We nearly always want something outside of us to help us feel better so that we can START to open up and expand.

But this is the deal....

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You have to find the way to feel better and open up to YOURSELF FIRST and THEN you will be able to open up to life.

The Need To Move Past 'Protection'

When dealing with pain and fear there is a time span where you need to stay locked down in order to emotionally survive the onslaught. This 'cocooning' is needed to grieve, to find space within yourself to feel safe and to start to heal. In fact it is a very healthy choice, and far more preferable than seeking addictions in order to try and avoid the pain.

But it is important to know that it isn't healthy to stay in this 'lock down' place of cocooning indefinitely (I speak from years of seeking to protect myself from what I perceived to be an entire world that wanted to hurt me.)

This is where it is important to become a healthy, divine, infinite partner to yourself – so that you can listen to, trust, love and know yourself intimately.

Time alone is definitely needed to work on yourself and heal your inner wounds, but staying protected and hiding from the world because of intense fear is taking it too far.

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This may be your necessary position when you first start recovering, but your inner work needs to move forward gradually, and then more and more create balance with 'life' as well.

If you prolong your cocooning period, your energy and life force will start shutting down. If the shutting down and pulling away from life has not included working on yourself then you will just stay stuck in the crippling peptide addiction of regurgitated emotional pain.

If you are doing inner work on yourself, you still need to co-create your expansion with life in order to stay happy and healthy. This is the Pathway of creating a life that utterly delights and excites you!

The inner work is so you can expand and co-create with life healthily much faster and more effectively than if you didn't do it.

It also means that you won't have to keep living out the repeated results of your unhealed wounds again, and end up AGAIN back at square one.

If you are not opening up into life to receive and create new things, then there are only three places (all ineffectual) that your energy can be focused on...

the pain of 'what is',

the 'horror' of the past, and

the fear of 'failing again' in the future

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Law of DELIGHT is a very simple principle. It triggers everything else to manifest and unfold effortlessly.

Now, most people say The Law of Attraction is responsible for everything in your life – but, that’s an oversimplification. There are 777 Universal Laws in operation upon your life at any time. It is called The Universal Codex for Reality Creation. Trying to manage “working on attracting anything” creates an uphill battle from your cocoon.

That being said, I want you to understand this: You cannot create anything new when your attention and energy is focused on physical survival.

This means – It is impossible to be UNHAPPY with your life now, feeling pain and fear and expect it to get better.

It simply can’t!

Anything or anyone you acquire from this emotional offering is only going to bring you (yes you guessed it) more unhappiness.

Inner and Outer Expansion

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The Law of DELIGHT is about co-creation. It's far more about EFFORTLESS MANIFESTATION of your most ideal reality that begins RIGHT NOW.

If you feel severely contracted and fearful of 'life' it may feel extremely difficult to get your focus away from emotional pain, fear, trauma and associated depression and helplessness. If you have been abused all of these feelings are 'normal' side effects.

So how do you overcome the pain and fear, and the urges to contract and protect yourself so that you CAN open up fully into living the life you long for and DESERVE to live?

And...

...how do we become an energetic match for the experiences that we want to have – when opening ourselves up previously caused so much pain and fear?

We need to understand that if we stay in fear and pain and try to get out there in life – it is likely we are going to BUMP into exactly the things that we fear.

To stay with the same formula (pain and fear) and expect different results truly is the definition of 'insanity'.

I call this unconscious survival.

What is the inner pain telling us? I believe it is telling us so much more than just – this is the result of what happened in the past.

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I believe our subconscious selves are ALSO telling us “Don’t go out in life like that. WARNING! WARNING!”

I believe this is one of the major reasons we experience deep fear. It is warning us. It’s how our emotions would feel before walking into a lion’s cage.

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How Focusing On What We Don't Want Keeps Us Stuck REPEATING Our Old Patterns

We need to firmly embrace that life is not random and that we are not powerless creatures at the whim of life's battering us about.

You are not a victim. You are a creator.

When we understand that we can be powerful conscious creators instead of powerless unintentional victims to others, we call back our power to shift. We can effortlessly get to the core of who we are and what we delight in most in order to manifest the desired results in our life.

Nothing in our life has happened 'to us'. All of it has been called forth from some inner part that seeks to heal or address something that is disharmonious in our field. Why? To empower us to return to our original state of Divine Light & Divine Love – Otherwise known as DELIGHT!

I want you to think about this. When we are vulnerable to victimization in life, it means we feel fear, pain or doubt on any

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particular topic. Thus, we are unconsciously linking our energy field to people and situations we “think” we need at the subconscious level.

All people who hurt and who are hurting are vulnerable. They are people full of fear, pain and doubt – that’s why they lash out and damage other people. Likewise inconsistent and disappointing vocations, friendships, pastimes - even accidents and ill-health are all energetic realignments to remind us that fear, pain and doubt – the tools used by the brain to focus on physical survival – are the dominant energies ruling our lives.

I hope you can understand – however - it is not about “raising” your vibration in order to expand into life effectively. It is getting into alignment with the core of who and what you truly are @ the Soul Level – and removing the layers of distortion so your unique energetic frequency is clear, strong and potent to create the unique reality you dream of.

This following sentence is the number one reason why people keep matching up with what they don’t want.

Thinking that saying “NO” to something keeps it away.

When we realize there is something that is Not Aligned With Our Desired Reality – then we need to RELEASE the pain of that experience so that we can STOP focusing on it. As long as you are focusing mentally on heartbreak, loss, disappointment, fear, doubt,

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skepticism, you are letting your tiny mind take the driver's seat of your life – rather than the heart of your soul. The mind lies and deceives us constantly. It is solely wired to focus only on your physical survival. Its wired for fear, drama, chaos, and reactivity. But the heart of your soul – this is naturally wired for joy, delight, purpose, power and peace.

For example, let's talk about deliberately manifesting the truly ideal, healthy relationship of our dreams

Let's say you have realized you don't want pathological lying, abuse, non-accountability, malicious vengeance, woundedness and betrayal in your life.

Let's face it who would?

Ideally, now, because you know you DON'T want these things, you need to release them from your energy field completely and get your natural core vibration flowing out and reflecting who you are @ your soul level. If what you DO desire is: integrity, support, compatibility, honor, emotional authenticity (accountability), reverence, genuine love and loyalty. This is alignment with your soul's core.

Beyond that, you want to utterly DELIGHT in those characteristics, which means being willing to unearth those characteristics in yourself, FIRST and delight in them within yourself, SECOND.

I want you to read back through those two lists of 'what you DON'T want' and 'what you DO want'.

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I want you to take very close notice of how these lists emotionally FEEL for you. Not think about them, FEEL them.

The first one – understandably feels vile.

The second one (especially when you have healed enough to really tune into it) feels glorious.

The first list is NOT the truth of what your Soul intended you to live – hence why it feels so repellent.

The second list IS the truth of what your Soul intended you to live – hence why it feels so glorious and downright giddy!

Can you understand this – and how powerfully your Soul truth speaks to you as per your intuitive feeling?

What is REAL for you feels great.

What is FALSE for you feels repellent.

You entire life is being creating right now from deep within you. It is all coming from your subconscious programming which communicates to you directly via your feelings, thoughts and emotions.

Your emotional state on any topic in your life is exactly the results you are going to procure in your life on that topic – period – because that is EXACTLY what your subconscious programming is set at.

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Focusing your emotional state on cultivating DELIGHT, wonder and joy in your life, you'll undeniably manifest everything that delights your soul, bring you joy and are a wonder to behold.

We can't fake it, because it doesn't matter what you try to tell yourself through your mind, and who you try to pretend to be in life. If you make out you are a confident person who has no emotional baggage, yet your inner mental state you are shoving down is screaming with fear, pain, suspicion and old traumas – those 'things' are exactly what will continue to appear and unfold in your life.

It could be the last business you owned lost a lot of money on and you still carry the fear and scars. This could be the trauma of your previous partner who cheated on you and betrayed you. This could be the abandonment of your father which occurred 30 years ago and every man has abandoned you ever since. And of course the list may go on and on...

Now this is a big KEY...

Even though your feelings, thoughts and emotions on every topic let you know what your subconscious programming currently is, you DO have the power NOW to deliberately shift your energetic and emotional state (by doing a little inner work) to change the results of your entire life. EFFORTLESSLY.

You see – when your inner story shifts back to the core of who you truly are @ the Soul Level - your outer reality will follow. It is inevitability. Once you change your inner story you will feel

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completely different about expanding toward any topic that you previously felt fearful about. It will feel possible, and even exciting, and it will not hold the pain and fear that it did previously. Then (and only then) will life reflect back to you the different results.

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The Shift From Saying “No” To Saying “Yes” To Life & Your Dreams

If your focus is stuck on saying “NO” to life or keep telling yourself “I don’t know what joy feels like, what delight feels like, what peace feels like, etc” – your emotions, thoughts and focus are on what you don’t want. You are going to manifest experiences that create chaos and drama, leaving you feeling terrified, angry, resentful, hurt and contracted about trying to force what you want to have happen.

It won’t feel possible, and the thought of trying to make it happen may even feel traumatic.

Is it any wonder you can’t expand and want to stay within your four walls, numb on medication or even hide underneath your bed sheets?

The only and real answer is you have to create a monumental shift...

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This shift is less about your thinking and more about your energetic emotional state.

DELIGHT is your ENTIRE mission in this program.

Why I say this is your entire mission, is because everything else from that space becomes easy.

The results of delighting yourself fully in life allows you to drop the energetic distortion of desperation, neediness, fear, lack and uncertainty. What you dream of and desire for yourself is now solely focused on what utterly DELIGHTS your heart and soul to create! And it begins with the shift into delighting yourself right now. Its that simple.

Rapid manifesting is nothing more than delighting yourself fully in your life and opening to receive all the dreams and desires of your heart.

The Law of Delight is your Divine Promise.

Your inspiration and energy can then flow into the inspired action of creating 'what you delight in most'.

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You receive guidance in the form of epiphanies, inspirations and sign posts from life leading you forward into your reality creation, and it feels natural and joyous for you.

Can you feel this...please do – because I am not kidding when I say the following...

Trying to expand into life and trying to create anything new when your energetic focus is set at to the tune of merely trying to survive life, is NOT effective. More than this it is disappointing and it wastes an enormous amount of your life in repeat painful cycles.

And most people are addicted to the Negative Emotional Energy Loop that cultivates drama, fighting, conflict, chaos and pain.

If you don't go within yourself and clear out the junk in your trunk – you are going to go without.

You cannot create or manifest new pipelines of abundance when you are reeling over financial disaster.

You cannot manifest people with integrity when you are caught in the agony of being pathologically lied to.

You cannot manifest supportive, loving people when you resent the lack of loyalty and betrayals you received in your past.

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You cannot co-create genuine love when you are torn apart because you received the agony of a love that wasn't real.

You must let go of the past completely – and tell yourself a radical new story about the past in order to embody and embrace a radical new reality for yourself.

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How do things 'become' real in your life?

You become aligned to yourself @ the Soul Level - FIRST and then your life will shift radically into a new timeline.

This isn't about "raising" your vibration to become a "vibrational match". You always have been a vibrational match for everything you dream of and desire. It's about removing the distortion in your life about who and what you truly are. Getting to the core of your Divine Truth. Operating from within the Heart of Your Soul. Rather than the monkey mind.

In fact, this is so simple, that simply by focusing on your true core vibration – the Vibration of what DELIGHTS (which is the strongest resonating energetic force in the Universe, according to all the ancient sacred texts I've read and studied for ten years) – you INSTANTLY and EFFORTLESSLY manifest your dreams as reality!

When you enter into the energetic state of DELIGHT are saying "YES" to life & your dreams!

The Universe Rewards Those Who DELIGHT Themselves FULLY in Life.

I realize how powerless you may feel to shift from a painful focus into the focus of delighting yourself.

However, you will find it is TOTALLY doable – I promise you!

Sure, logically you know this is possible, but you *still* worry, don't you?

In short, it is simply your fears, thoughts, beliefs and emotional states that are really stopping you from experiencing your dreams. You don't need to chase them, pursue them or run after them. After all, every dream and desire you have is already within your field. You simply need to drop the façade – the illusions – the distortions- and embrace the truth.

How Fear Empties Us & Destroys Our Dreams

The emptier and more in pain and fear we feel, the more destructive, disappointing and painful our outer experiences can become.

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If we allow our mind to continue with the story that we are empty, that life is painful, that fear is something we cannot face, we are living life unconsciously and destructively rather than consciously and constructively – simply because life delivers the identical results of our inner focus – and continues to no matter how hard we fight back with the ‘doing’, ‘chasing’ need to “force” things into a different outcome.

It is simply about observing that everything in the physical Universe is energy at its core, which means it is all responding to energy. At our core, the energy we radiate outwards is a confluence of our belief systems, feelings, subconscious programming, and reactions to our reality.

If we don't go to our painful inner vibration to forgive ourselves, release it and let it go, our mind gets more and more involved with resentment, frustration, anxiety, depression and significantly adds to the pain by trying to force the outside to behave differently in order to create some sort of inner relief.

You see, your cognitive mind does not look within – it focuses exclusively outwards. Now, a lot of people assume cognitive mind is ego – but the truth is our ego is an essential necessity that can empower us to achieve through motivated purpose, or limit us with our pain. In fact one of the other Secret Universal Laws is known as the Law of Ego – that we must balance our ego and our essence to be well-rounded, whole, infinite creators capable of creating anything we desire.

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Yes, in extreme cases the ego becomes so consumed with pain that a False distortion arises up as an identity we begin to believe is us – and this becomes an entity all of its own. Then life becomes a pathological exercise of disconnection from our selves @ the soul level. We forget at our core who we truly are because we are too invested in the illusions of the false self – the pain body surrounding our energetic field as a shield trying to protect ourselves from the dangers of “out there”.

The more full we are of delight, wonder and joy, then the more content and In-Love we can create through alignment with ourselves - our inner life becomes more luxurious, rich and fulfilling then the more satisfying, loving and stable the results manifest the outer Universe. From your true core = radiates outwards a stable, strong vibrational resonance unique to you - and life's outer results are called forth from a place of deep inner knowing, self-love, self-worth, abundance, appreciation and solidness from within.

Ironically things don't have to have certain outcomes for our delight, joy, love and authenticity to be present and felt.

There is an ability to just 'be', and not have to frantically grab and force things to fix the agony of inner emptiness. 'Ships come in over smooth waters'...meaning there is the space within to create the calm synergy and 'allow in' the good stuff from life and it can be chosen responsibly without rushing – rather than making poor choices as 'a quick fix.'

When we understand the most fundamental underlying Codex of Creation – The Law of DELIGHT – we remember how silly it is to

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have our focus on the outside to try to fill our inner emptiness, and how we need to partner with ourselves to become this fullness radiated outwards.

The relief from the agony and anxiety of fear and emptiness is profound by doing so. Not only will we get the stuff we want FOR REAL – we also get to feel great even before it turns up!

Truly win / win all the way!

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Being with Your True Self

Inner contentment is not the Delight vortex. Yet It is the beginning of the smooth waters we need for vibrational realignment. It is a sense of inner peace that we must establish deeply within ourselves. However, when you fall in total unconditional love and delight with yourself – rather than blaming, shaming, shoulding and guiltting yourself – that state dissolves all other unnecessary pain bodies in an instant, allowing your inner radiance and natural core power to shine through like a beacon.

A person fully in love (true love, not the narcissistic façade of love) and in delight with themselves is utterly magnetic, potent, and indescribably desirable not just to the Universe, but to everything and everyone that exists within it. So yes, your number one job is to sit with yourself, delight in the magic of your soul, and fall head over heels in love with yourself – first.

Now, a lot of people say the mind is opposed to beingness, but that's completely untrue.

Nothing is opposed to beingness. In fact, the mind **FOLLOWS** your **FOCUS**. If your focus is on lack, then it is not focused on abundance. If your focus is on the truth -that you are already abundant, then abundance is the result!

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The mind, when in fear, focuses outside the self. It obsesses about lack and 'I don't have' and tries to focus on ways outside of self to fill the painful inner emptiness. The mind creates a self-perpetuating cycle of disappointing, painful and disconnected results.

A skeptic's mind is focused on lack. It says "Show me the goods and then I will believe and feel better"... When you hear this, know that is a person who is conditional. They conditionally love, conditionally create, and are powerless to achieve real results in their lives. They may have temporary successes, financially, but they may also be constantly stressed out, have broken relationships, and basically an internal disaster.

It's certainly not surprising that no matter what the mind is focused on skepticism, whatever it does create – enough will never be enough. Its constantly judging and projecting to protect itself from pain.

The lack-focused mind is NEVER appeased or content.

Your Inner Divine Self knows its fullness and unlimited power. It knows it is infinite. When you are living your life through your Inner Divine Self you know you 'already have'. You can feel it, know it and live it even before it turns up.

The Inner Divine Self states "I am Divine. I am Divine Love. Divine Light. Divinely guided. I am DELIGHT. I am a Creator. I feel whole, full and content RIGHT NOW and am eager for more – and the MORE show up".

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The mind wants to follow a leader. It doesn't want to lead. If you focus on Your Inner Divine Self, and put your soul back into the driver's seat of your life, your mind will take a back seat and follow along. Your mind is a cooperative, collaborative partner, not the master. The sooner you understand this, the more powerful you will become.

Your Inner Divine Self contains all the true Authentic Power which emanates from deep within WITHOUT having to change outer conditions.

The Inner Divine Self is delighted RIGHT NOW– and has a true and abiding peace. Its just been disconnected from you for awhile – the separation and blockages between you and your soul are simply pain bodies and distortions that need to be cleared away like cobwebs and dust.

Think about this....there is nothing you have ever wanted in your life such as a particular outcome, material item, success, approval, or relationship other than you trying to fill a void you believe you carry inside. You long to feel inwardly whole, healed and at peace.

Ironically many of these things you did happen to acquire to try to feel better were fleeting, disappointing or didn't work out – and despite striving for them frenetically you still don't feel whole, healed and at peace.

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And you may not have appreciated them or enjoyed them when they did turn up. Maybe this was because you were so scared of losing them...

The term 'self-sabotage' comes to mind...

Maybe, just maybe you were trying to put your 'horse in front of your cart'. You thought these things would bring you the inner state you desired – rather than realizing you have the power to BE this inner state and then you will create these things for real as an extension of yourself.

Not because you NEED them to give you yourself – simply because they are an unfolding of MORE of yourself.

And the term MORE isn't a greedy based term.

MORE = MOST OPTIMAL RESULTS & EXPERIENCES

That's all that "MORE" means energetically @ the Soul Level!

I hope you can feel the power in the difference.

The difference is vital – it is profound.

It changes everything...

You may be starting to realize – if you want to live your life from a position of Authentic Power and be authentically happy, it means

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turning your perceptions and beliefs about life around 180 degrees from 'the 'outside in' to 'the inside out'.

If you struggle with this – then Becoming Unstoppable may be a very beneficial program for you to invest in.

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Do We Grow Or Not Grow?

Life responds to our vibrations accordingly...

Powerless living creates more powerlessness.

Authentic power creates authentic results.

If we are living our life through powerlessness of feeling empty, hollow, or broken, not only are we not getting great results, we are also not growing or personally evolving.

The reason being the lack and fearful mind does not know how to seek within. It is outer focused and it blames its stresses, pain and fear on the outside world.

If we are committed to living a conscious and authentic inner truth, we observe life and our results knowing life provides vital feed-back as to the quality of our Inner Being's vibration and we make adjustments accordingly.

We realize it is totally futile holding other people responsible for our negative belief systems (regardless of how they got there), because they are ours and no-one 'on the outside' can change them for us – only we can – IF we wish to have different results.

What Are Our Unhealed Parts?

At this point we can realize our real goal is to reconnect with our soul on the inside and allow our Divine Self to fill us up naturally with delight and joy for any experience that we want to create real results outside of ourselves.

This obviously means losing the fear and pain that may be lurking inside us (or loudly jumping up and down and screaming).

Let's call these painful, fearful parts – unhealed parts.

Now – you aren't broken, you aren't unworthy, you aren't in need of some magical, quick fix. The reality is these parts are just distortions we need to clear and reintegrate with & realize we are always whole, healed and healthy!

Unhealed parts are very different from healed (congruent) parts which emotionally feel great. These healthy parts harmonise with our Inner Being, with our Soul and with all the desires we wish to unfold in life.

As a stark contrast, think of your unhealed parts as faulty parts in a car which start whining or making weird noises and cause the car to start 'acting up'.

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This is exactly what your unhealed parts do – they create distortion in your energy field – something that is triggering for you – painful, anxiety causing, depressing, disappointing (that is how they communicate to you – through these various sensations) and then your life goes – well – not so well.

What are these unhealed parts exactly?

Quite simply they are fearful and painful beliefs your mind carries about yourself, life and people. These belief systems are the culprits holding you stuck in the illusion that you are separated from the good you wish to experience and that everything you dream of and desire somehow is external and far away from you, and you need to pursue, or chase or work hard on - like a mountain you need to climb.

In effect the only thing that is between you and what you really want to feel, experience, be and do in life is these inner disconnected unhealed parts.

Isn't that awesome to know – that you don't have to trek all over the planet trying to sort out problems by trying to force things and people to be a different way in order for your life to change.

The ONLY things you need to fix is right under your nose within yourself! That's SO much more convenient!

Identifying the Fears Holding You Back.

Are these types of fears paralyzing you into passive inaction?

- D Fear of the unknown
- D Fear of failure
- D Fear of change
- D Fear of lack of support
- D Fear of the worst case scenario
- D Fear of success

Look inside you.

What's really stopping you?

Are your fears holding you back?

The good news is that you can learn to transform those fears into an unstoppable positive force of effortless manifestation!

Now, let's examine each of these types of fears and look at how they could be affecting you. You'll learn what causes your fears and *exactly* what you can do about it. You'll also find specific action steps you can take to overcome your fears so you can live the life you've always dreamed of.

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Are Your Fears Based in Reality?

I often tell my clients & students that all FEAR means is *False Evidence Appearing Real*. In fact, the vast majority of our fears never come to pass. Experts have estimated that 90% of our fears are about things that *will never happen!*

This means we waste an awful lot of time and energy worrying about things that don't matter. Yes, no matter how traumatizing your past may have been, the fears holding you back today, aren't based in functional reality.

There's a great portion of our energetic resources wasted on anxiety depression and worrying. That energy is better redirected towards joy. In fact, the energy depletion that comes from practicing anxiety and depression leaving you drained all the time is due to your addiction to feeling this way.

Yes, depression, worry and anxiety are all practices. You didn't realize you became an expert at these energetic practices based in the societal programming and paradigms you are carrying about "not enough".

Why waste so much of your time and energy practicing these experiences if they are not optimal to what you truly desire? I don't know, maybe because you secretly delight in living like that?

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Yes – I know all the research claiming it's a “brain chemical imbalance”, but where did that imbalance begin? And do you honestly believe since they cannot accurately test for these imbalances that a pill is going magically “fix” your imbalance?

The imbalance is something that is far deeper – and it is the disconnection you have within yourself – how you have separated yourself from your Source. Your Truth. Your infinite energetic resources.

All the time and energy we spend worrying about things we *know* we can't do anything about, plus all the wasted effort *worrying* instead of *taking action* to overcome solvable problems – but all of this gets us nowhere!

Now back to the question: Are your fears real? Yes. You may fear something that isn't real, but the fear itself is very real and extremely powerful.

Your fear can take the wind out of your sails faster than any challenge. Fear can stop you in your tracks. Fear can suck away your confidence and destroy your hopes and dreams. Fear drives depression, anxiety and full blown panic attacks, ptsd episodes, all of it. ***But fear can be harnessed and transformed into the strongest motivator! I am living proof!***

THE FEAR EFFECT

Even though fear is felt in your mind, it causes a physical reaction in your body that you can very quickly become addicted to. The “*fight, freeze or flight*” reaction to your fear can:

- D Pump adrenaline into your body
- D Speed up your heartbeat & stop your digestion system from operating
- D Make your breathing shallow and quick
- D Make you sweat
- D Cause a panic attack

At times, fear can save your life if the danger is real. But in most cases, the danger doesn't exist. It *does* exist, however, in your mind, so you suffer the consequences of your fear anyway. It can cause anything from stress and anxiety to heart attacks.

DO YOU CHOOSE FEAR?

Can you imagine the great strides you could make if fear weren't an option – if you spent all that time and energy on moving forward toward your goals instead of sitting around worrying about the bumps in the road?

Are you letting fear be an option in your life? How much time do you spend conjuring up doom and gloom with the “*What ifs?*” You can make the choice to eliminate this self-defeating habit and take action every day to reduce your fears.

You must acknowledge that your fears are real and realize that it's playing havoc with your life every time fear raises its ugly head. As humans, we all have fears of some kind, but ***we also have the power to change how we allow fear to affect our life.***

What Causes Your Fear?

Analyzing what caused your fear in the first place can go a long way toward helping you overcome it. After all, somewhere along the way you developed the fear, and then your mind found ways to validate and strengthen it.

Here are some of the most common reasons for your fears:

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1. **Childhood experiences.** Even experiences you've long since forgotten can be the cause of many fears. Those experiences are still stored in your subconscious and can affect the way you think and feel about current experiences.
 - D For example, if a dog had bitten you as a child, you might be afraid of dogs to this day. Even though many dogs wouldn't hurt a fly, whenever you see another dog your subconscious reminds you to be wary, and these thoughts then further validate the fear.
 - D Perhaps someone called you stupid at school. To this day, even though you may have a high IQ, you feel that you aren't smart and fear that others will think your ideas are silly. Every time you make a mistake, you validate to yourself that you're 'stupid,' which reinforces your fear.
 - D If you're a creative and artistic person who doesn't trust your own instincts, it may be because of one insulting comment a teacher made years prior. It can affect your entire life, even if you know now that the teacher was wrong.
2. **Observations.** Many of the things you see and hear about today could be the cause of many fears.
 - D If your brother lost his job and it caused an upheaval in his life, this could be fueling fears during the current recession.

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- D Seeing the failures of others might have ingrained fears into you about never being able to succeed, no matter how much you want it.
 - D In the same way, seeing great success from your friends or colleagues might also stir up fears within you. You might feel the pressure to compete for fear of failure.
3. **Beliefs.** Throughout your life, you've learned things from others. Many times these things aren't based on facts and may even prove to be incorrect. They could have been only opinions, but you learned them as truths, and they cause fears that keep you from pursuing your dreams.
- D For example, you may fear success because you grew up believing that all rich people are greedy snobs. Every time you met a greedy rich person, it validated this belief. Your fear of becoming a greedy snob overcomes your desire for financial freedom.
 - D You might even believe that money is the root of all evil and that you'll be doomed to hell if you have any kind of financial success. Naturally, your fear of eternal damnation will keep you from succeeding.
 - * You may fear having a great relationship with someone because you've seen too many relationships fail, and you don't want to risk it. You believe relationships invariably end up on the rocks.

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Your experiences, observations, and learned beliefs are at the root of your fears. If you reflect on your fears, determine what they are, and then trace them back to their beginnings, you can often gain insight as to why they might be holding you back.

Once you've figured this out, you can start the process of overcoming your fears. But you need to figure out what it is you want to overcome before you can do anything about it!

TRACE THE CAUSE OF YOUR FEAR AND CHANGE YOUR BELIEF IN IT

Fears can keep you from achieving your dreams, but after some reflection *you can find the fear behind the fear and overcome it.*

Once you've found the underlying limiting belief, you can start feeding your mind with new information that builds a fresh mindset. You can validate and strengthen the new beliefs by focusing on things each day that support your success.

Here's how this strategy works, step by step:

1. **Write it out.** Get out a sheet of paper and something to write with.
2. **Start with the obvious.** Write down an obvious fear that limits you. We'll use a lack of confidence as an example.

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3. **The good, the bad, and the ugly.** Underneath your fear, list every time your lack of confidence stopped you. Write down the positive outcome that could have occurred had you not stopped yourself. This step helps you make the conscious decision to change.

4. **Quote yourself.** What was your self-talk in your most unconfident moments? What was going through your mind?

5. **Remember.** What experiences, observations, or beliefs could have made you feel this way? Write them down. Go back in your memories as far back as you can.

6. **Ask yourself, “Why?”** Are there additional fears that could be causing the lack of confidence? Find the fears *behind* the fear.

D Are you afraid people will think badly of you? Why?

* Do you fear failure so much that it takes away your confidence? Why?

7. **Reflect.** Could you have been misinterpreting some of these experiences negatively in order to validate your fear? Are you trying to reinforce your fear or break it apart?

8. **Determine the truth.** Write down new beliefs based on truth, not fear.

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- * For example, to combat your fear of failure, write down all the times you've succeeded at anything – big or small.

Change your focus to success instead of failure.

9. **Validate the new belief.** Each and every day, notice and congratulate yourself for every success. You'll be building a new pathway in your mind for your success channel. Soon the pathway for the fear of failure will fall into disarray as the one for success is strengthened.

Fear is an emotion. Many times you may feel stressed or afraid without really knowing the cause. This strategy will help you find your fears, acknowledge them, then break through your limiting beliefs.

It will force you to develop a new, positive mindset that you can strengthen with each passing day. Eventually, your subconscious will accept the new belief as the truth it seeks to validate.

With this method, you're truly facing your fears without trying to ignore or bury them.

Once you've determined what your fears are and you've started to change your beliefs, there are still more actions you can take to jump-start your new life without fear! In the next section, we'll look at some specific types of fears that may be holding you back, and give you actionable tips and techniques for overcoming them.

Strategies to Overcome Specific Fears

FEAR OF THE UNKNOWN

Fear of the unknown is one of our greatest fears. When we don't know what's ahead, we often let our wandering mind take over. Our imagination goes wild with one scary "*What if*" after another.

- D What if he doesn't like me?
- D What if I don't make this sale?
- D What if I get laid off?

On the other hand: What if he *does* like you? What if you *do* make the sale? What if you *do* keep your job?

Which scenarios do you focus on? If it's the first three, then your fears are in control.

Follow these tips to lessen your fear of the unknown:

1. **Know what you want and how you want to get there.** When you know what you want, you're anchored and focused. You aren't blown willy nilly by the slightest breeze. ***You act rather than react.***

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* When you get in your car to go somewhere, you can't see the entire route, but you aren't scared to start the car, are you? In the same way, make a plan to achieve your goals and get started on your way. If you have to take detours, so be it!

2. **Be prepared.** Planning ahead naturally helps to reduce your fear of the unknown.

D Go ahead and allow yourself some “*What ifs*” and make contingency plans for *probable* obstacles. The difference here is that you're preparing solutions in advance, not simply worrying about everything bad that can happen. You're making it easier on yourself.

D Example #1: Keep an emergency kit in the trunk of your car with a flashlight, flares, tools for minor repairs, and a first aid kit. Do regular maintenance to keep the car running smoothly.

* Example #2: Add funds to a savings account regularly so that you have the money to cover emergencies. A good goal to start with is to accumulate an amount equal to 3 months of your household income.

3. **Be flexible.** Keep your plans flexible so you can adapt them if need be.

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4. **Seek solutions.** When challenges arise, devote your time and energy to finding workable solutions, rather than fretting and worrying. Worrying won't get you anywhere.
5. **Nurture your curiosity.** When you're curious about something, you feel a sense of excitement. Life is an adventure! Become curious about what adventures lay ahead for you and you'll look forward to whatever may come, rather than dread the worst case possibilities.
6. **Live in the moment.** Yesterday is already done and tomorrow may never come. All you have is the present. Every moment is precious, so make every moment count!

When you immerse yourself in the present moment, you don't even think about – or fear – what may be around the corner.

- * The best example I've ever seen about living in the moment is the movie *The Peaceful Warrior*. The movie is based on the life of Dan Millman, a world champion athlete.

When a tragic accident leaves him paralyzed, a mentor appears who teaches him to live in the moment. Although the doctors say he may never walk again, Dan stuns them all when he uses his philosophy to become a world class athlete once again.

Not only can living in the moment eliminate your fears for the future, but it can also propel you toward a life of happiness!

FEAR OF FAILURE

Are you preventing yourself from pursuing your dreams because you're afraid you might fail? One of the best ways to lessen this fear is to know with certainty that you're going to succeed! And the best way to have this confidence is to set S.M.A.R.T. goals.

What are S.M.A.R.T. goals?

S.M.A.R.T. is an acronym for the ultimate goal setting technique.

Here are the 5 steps for setting S.M.A.R.T. goals:

1. **Specific.** Avoid generalities. Rather than saying you want to run faster, you can say that you want to be able to run a mile in four minutes flat.
2. **Measurable.** You should be able to measure your goal so that you know when you've reached it. If you want to save more money, then put a dollar figure on it. If you want to lose weight, then state how many pounds you want to lose by a specific date.
3. **Attainable.** Regardless of how big your goal is, divide it into attainable micro-goals. If you want to lose 20 pounds, then make a monthly goal of losing 5 pounds each month for 4

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months. As you reach each smaller goal, you'll be motivated to keep working toward the bigger one.

4. **Realistic.** Do some self-reflection here. Are your micro-goals realistic for you? Be honest for the best success!
5. **Timely.** Set a timeline for your goal. In doing so, it will keep you focused on achieving each micro-goal, while helping you brush away distractions.

Here's an example of a S.M.A.R.T. goal: *I will save \$50 per week by depositing the money into a savings account.* It meets all the criteria above. If my bigger goal is to save \$2,500 in a year, the smaller weekly goals will get me there in 50 weeks. It may seem like a long time, but success is *more than possible* with a rock-solid plan.

Also, you'll want to be flexible with your goals. If you need to, adapt your plan – there's nothing wrong with that! It's better to make a new plan that will work for you than to worry about failing in your original plan. Your success will reduce your fears and spur you on to completion.

Realize, also, that everyone has some sort of failure in order to really succeed. *In reality, the same mistakes you fear might be the one thing that brings about your success.* Overcoming challenges often gives you the ideas you need to succeed.

For example, Thomas Edison tried hundreds of times to invent a commercially viable incandescent light bulb. Each failure taught

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him something that brought him closer to success. How do we remember him? Do we think of his failures on his journey to success, or do we think of his success – the light bulb?

Changing the way you think about failure can help transform your fears into success!

FEAR OF CHANGE

Another biggie that affects many of us is the fear of change. Does change make you uncomfortable, even if it's a change for the better?

One of the best ways to get more used to change is to initiate changes yourself. Start with small changes in your daily routine.

- D Take a different route to work.
- D Try a new food. You might like it and find a new favorite.
- D Read a book or play a game instead of watching TV.

Think of these small changes as adventures. Little by little, you'll get used to making changes on a regular basis and discover many pleasurable consequences as a result. These good feelings will start to replace your fears.

The idea is to build your tolerance for change. Soon enough, you'll find that you're looking forward to more and varied

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experiences, and even the big changes will be easier for you to handle without fear!

FEAR OF LACK OF SUPPORT

Sometimes you may fear that no one will support you in your pursuit of your goals. This fear may be unfounded or it may have some vestige of truth behind it.

Here are some tips to help you get to the bottom of this fear and take action to stop it:

1. **Discuss your feelings with loved ones.** The trick here is to first determine why you feel the way you do. Talk to the people that you'd like to support you. Find out the truth – will they support you or not? Let them know what you desire in terms of support.
 2. **If you get positive feedback, set mutual goals with the other person.** By involving your close family and friends with your goal setting, you'll be far more likely to gain the support you desire.
 3. **If you get negative feedback, ask them why they feel that way.** Work out a plan together that eliminates the obstacles holding back their support.
- D Perhaps it's a fear of their own that prevents their support. Work with them on reducing their fear.

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- D If the reason is because they think you need to further develop your knowledge or skills first, then take the advice to heart. Are they right? If so, proceed with further education. If not, show them how qualified you are.
- ▶ You have four options: Act on the advice of others, come to a compromise, prove yourself and your qualifications, or find another support network to rely on.

When you've put everything out in the open like this, your fears will lessen because you now have the knowledge you need to deal with any lack of support, if it exists.

FEAR OF THE WORST CASE SCENARIO

One of the greatest fears that can paralyze any of us is the biggest "*What if*" of all: the worst case scenario. However, just as with the *fear of the unknown*, remember that most of these fears never come to pass.

Take these actions to bring the fear down to a size you can handle:

1. **Stack the odds in your favor.** Give your project more of a chance to succeed than to fail.
- D Do your research on the best ways to succeed with the project or venture.

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D Further your skills or knowledge *before* starting the project.

D Get your support network in place.

D Set your S.M.A.R.T. goals.

D Take action on some small, achievable tasks to jump-start your successes in your plan.

2. **Be prepared.** Make your contingency plan for a quick recovery just in case.

D Figure out your recovery plan if the worst case scenario *does* occur. If you fail in a business venture, how long will it take you to regroup and move forward? If you don't get the job, what are you going to do next?

3. **Weigh the risk with the reward.** Is your reward of a more fulfilling life worth the risk of a few months of hardship if things don't work out?

D In many cases, you'll discover that the risk is worth the reward.

Once you've stacked the odds in your favor and you've prepared for a quick recovery, you'll feel more secure and you'll be ready to move forward with confidence.

Fear-Releasing Exercises

In addition to the techniques and strategies we've already mentioned, you can do simple daily exercises to grind your fears into dust and take back control of your life. You can reach out for your dreams, or let them wither and die, strangled by the fears within you. It's *your* choice.

Here are some exercises you can do every day to reduce your fears:

1. **Keep your self-talk positive.** All day long, you're involved in a dialog with yourself inside your mind. When a fearful thought presents itself, acknowledge it, then say something positive to yourself. If an image of failure shows up, replace it with an image of success.
 - D **Use invocations – not affirmation.** Affirmations are empty statements that most people sit there and read thinking they can change the way they think. You must use invocations. Invoking the internal shift through a deep emotional energetic investment in filling every word and your body with the energy needs to break free.
 - D Use the strongest vocabulary in your power to structure your invocations and make them deeply potent and personal.

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* **Here are some strong invocations to get you started:**

- ▶ FEAR does not control me. I control ME.
- ▶ FEAR has no power here. I have ALL the power here.
- ▶ Fear is merely false evidence – I am the truth!
- ▶ I destroy fear and embrace my power to create and live freely!
- ▶ I am fully delighted with me and my life!
- ▶ I have everything inside of me to thrive!

D Write some of your own invocations that you can repeat to address your personal fears, and then repeat them every time you feel anxious or worried.

2. **Guided meditations.** Guided meditations can melt away your stresses, fears, and worries to relax you at the end of your day. On the other hand, it can also energize you and strengthen you for the day ahead. Take advantage of its special qualities to eliminate your fears and bring peace to your life!

A Simple Meditation Technique:

D Go into a quiet room, close your eyes and clear your mind. A good way to do this is to focus on nothing else except your breathing until your mind quiets down. Take slow, deep breaths.

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- D Once your mind has settled, take yourself to your happy place. Imagine a place where everything is good, beautiful, and peaceful. Enjoy just being there in peace.
- D Then visualize all your fears floating away. Think of them as clouds of smoke, dissipating in the gentle breeze. You breathe in courage and purity and breathe out fear.
- D With your fears gone, think of all the benefits of your life without fear. Imagine yourself having already achieved your dreams with courage and ease.
- D Feel the positive emotions – the joy and pride of being present in the moment. Let this excite and energize you!
- * When you meditate every day like this, it's gets easier to master your fears because you're choosing a peaceful heart over a stirred soul.

3. **Release your fears by doing what you love.** You can release your fears by journaling, painting, exercising, or engaging in any other activity that helps you to relieve tension and anxiety.
4. **Do what scares you.** You'll never know just how much control your fears have over you until you confront your fears head on. Just do it, even if you're scared. Once you've faced your fear and made it through, you'll feel like you can face anything, and you'll develop a stronger courage, too!

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- D ***Take this one step at a time.*** For example, if you fear public speaking, start out by just talking to a stranger. Then, push yourself further and extend your comfort zone little by little.

- D As you develop courage, you'll often find that other fears dissolve away. In your mind, things won't faze you as easily and, if you can tackle that fear, you have the power to take on anything!

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Are My Anchors To The Past Preventing Me From Manifesting a New Future?

First of all we need to know Who We Are – and by that I mean we need to know ‘How Am I REALLY Operating?’

The truth is when we are unconscious we really have no idea. Maybe it wasn't until life ‘kicked’ us enough times that we even started looking at our life consciously.

Before we become conscious we are a product of our environment. What we have previously experienced and what we are presently experiencing defines us.

If you are unconscious, whatever has happened to you is affecting you and it is the thoughts, feelings and behaviors that you base your life on. This is what belief systems are. They are thoughts and feelings that you have repeated and entertained enough that they become ingrained ways of being.

When our thoughts and emotions are anchored in painful events from our past then we are living in reaction and survival programs. We are not flowing into the creation of new experiences.

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The following information is some of his techniques and ideas, combined with my own beliefs / intuitions on this topic.

To understand What We Are Creating in our life from the inside out we need to understand the Quantum Model of Creation. The Quantum Model states that in every moment of now multi realities exist. This means there are 'all possibilities' which could be energetically aligned with.

Therefore in every moment of now you DO have the ability to choose a new vibration and align with a New Self, a New Emotional Pattern, a New Life and a New Future.

But to have this option you need to access The Now.

The possibilities of a different trajectory – a different timeline to step on – ONLY exist in The Now. It is not accessible in the past or in the future – only the 'right here / right now'.

Let me explain how this can be an issue if you are still anchored in the emotional pain of the past.

To align with a different trajectory path we need to change vibration in order to be an emotional match for this new trajectory path. We need to be able to feel we deserve it, that we are the

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fullness of this path inside us, and that we know we are connected to it emotionally.

Once we can achieve this we are literally living the PATH of this NEW LIFE, and everything within us and outside of us will unfold to support and create this new path.

When our energy is still stuck in the past (emotional pain) this is the trajectory we are on – and it is the only trajectory we have access to. Therefore our past MUST continue to become our present and our future timeline unless we can change the trajectory path within ourselves.

If we don't, it is a definite path of recreation of more of the same. It is an unavoidable straight line of more reaction and survival and being defined by painful external circumstances.

This is the creation of the 'old self' over and over again.

Hence no evolution and growth. This is the slow method of evolution meaning it may take you a million years to evolve your 'self'.

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Sadly this is a 'normal' human model.

This allows us to understand it is IMPOSSIBLE to create a new future if our emotions are still anchored in your past...

Therefore to stay stuck in your emotional limiting belief systems and keep experiencing the pain of these belief systems – means that you are not evolving. You are in fact 'dissolving' ...you are breaking down instead of breaking through.

Your dreams are yours for the taking. Your fears are natural, yet you can naturally overcome them!

Who Are You Really?

Here is a very simple exercise that you can do to understand whether or not you do have a healthy vibration (are clear of the past) right here / right now, in order to create rather than regurgitate your life.

Stop, sit down, close your eyes and have absolutely no distractions outside of yourself. No noise, no interruptions and no outer stimuli.

Spend at least half an hour with yourself bringing your attention to just 'being' in the moment of now – and not thinking about anything...simply feeling.

Open the Awaken the Goddess Within Audio, and listen for the next 52 minutes.

This exercise is incredible revealing, because you will meet the Real You...the You Who You Are Right Now.

The truth is when you are distracted by anything outside of yourself (your environment) you don't actually know Who You Are – you don't know what level of vibration you are operating at. You may have been very used to reacting to your environment rather than being in contact and connection with yourself.

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The illusion in life is that your creations are to do with your reactions to your environment – yet they are not. Your creations in life are all coming from your vibrational quality (your belief systems) that reside within yourself.

Now without distractions you are meeting the REAL YOU. The real you is your subconscious vibration, because your subconscious is responsible for 95% of your thoughts, feelings and actions in the world. It also accounts for virtually everything you attract into your life – because attraction and creation (for good or bad) is vibrational.

Now, after listening to the audio, conduct the following exercise:

Now the Real You is present. Your internal programming may start bringing up emotional pain. It may be thoughts and memories, events, obsessions etc. These are all painful and defunct belief systems which have anchored you to the emotional pain of your past.

Your emotions may get impatient, frustrated and even angry and keep trying to take you to future events. Such as what I need to get done today, or what I am doing on the weekend.

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This is your emotional vibration wanting to self-avoid – not ‘be with self’ and escape being with self.

Do you realise how fascinating this is? Can you see how much your inner programs can be disconnecting you from your True Power as a creator in The Now.

This is SO VITAL to understand, because if you are stuck in the emotional anchors of your past, or self-avoiding by continually going toward the future you are separated from being able to access a New Self trajectory life path.

You are separated from your infinite possibilities, change, evolution or growth.

The Mind's Experience is Not in the Now

Now we really can understand the meaning of ‘If I don’t go within I will go without’.

Your mind and logical thinking has ability to follow Your Inner Divine Self and Life in The Now. But that’s all.

We have all programmed ourselves out of the present moment, and become entrenched in contracted, fearful survival modes. This

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level of vibration causes the need for lots of ‘doing in reaction’ as a result of the re-creation of painful experiences in our lives.

That is what fear does. It is a survival mechanism that doesn’t take the long view of effective creation – it simply offers survival tactics in the moment. That’s what triggers, reactions and intensely focusing on ‘the outside’ is all about.

By anchoring you in the emotional pain of the past and victimization, your fearful mind convinces you this is a necessary warning against it happening to you again in the future.

The incredible irony is RATHER than avoiding this pain by hanging on to it – you ARE living your past over and over again with no way out – with no chance of a different or prosperous future creation. Your emotional body knows no difference between the pain of yesterday and the pain of NOW – it is all the pain of NOW.

A healthy ego doesn’t live in pain. It’s vibrant, in-charge, and confident. The healthy ego balances and FOLLOWS Your Inner Divine Self! The Ego Manifests the Essence! It’s that beautiful and lovely to behold.

The now always manifests to become your future.

An unhealthy ego avoids being present in the now by trying to second guess the future consistently. This is its way of ‘pitting against life’. Trying to stay ‘one up’ and ‘ahead of what could go wrong’.

This is of course another fearful defence mechanism.

A hurt and unhealthy ego hasn't learned how to just relax and be in The Now, because it would be out of a job. It doesn't realize it's real job is to FOLLOW and BALANCE ESSENCE. A hurting ego is in fear of every moment of now, and is continually recreating more fearful moments of now. The hurting ego has a painful body – it is invested in keeping pain going to keep you afraid so it can ensure your physical survival.

A hurting ego really does believe it has your best interests in mind. After all, it saw what happened when you got hurt in the past. So it recreates these hurtful situations, mainly out of patterns it's programmed into the mind.

The truth is, however, your ego is actually asking Your Inner Divine Self to help it release its pain and bring it back into a healthy place so it can follow and balance and manifest your pure essence into the world!

This is why you may appear addicted to people and situations which are incredibly painful for you. You aren't, addicted, that is. You are – at the heart of it, trying to uncover the pattern and release it. You may not have realized these painful definitions from your environment are the only way you can establish that you do in fact exist.

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It is not until you start partnering with your Inner Divine Self to heal and release the pain your ego suffers that you will know that there is a much healthier and much more fulfilling way to exist.

The hurting ego at its core feels unworthy of being loved and accepted in the now. It needs to seek drama outside of itself to exist. This is why it hangs on to the past – literally – as in blaming others, or it simply logically ‘resolves’ ‘I’ve dealt with that’ without having taken the responsibility for inner emotional processing.

The healthy, balanced ego has little to fear and little to envy. It has a deep sense of trust and love and belief in Your Inner Divine Self.

The hurting ego is like a little child who is horrified about feeling imperfect and admitting there are any dysfunctions or flaws.

Truly – unlike what any other teacher is sharing with you, I’m telling you The Law of Ego states a healthy ego in balance FOLLOWS essence to manifest outwardly the Inner Divine Being and manifest Abundance with Confidence and clarity. The healthy ego truly does want to love you, support you and heal you unconditionally and will do whatever it takes to rattle your Inner Divine Self Awake – including repeating the only patterns it knows until something wakes you up.

The healthy ego is NOT the voice in your head that tells you that you are not worth your own attention. That’s your hurting little inner child. The hurting ego is just a little child who desperately needs

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your Inner Wise Self, Your Divine Essence to heal it. It's afraid of healing, because it's afraid of the unknown. It's afraid, because of its history, and it doesn't know what to expect.

The hurting ego disconnects from you in fear. The healthy ego focuses on wholeness, joy, and seeks to FOLLOW your Essence.

So, now that we got that cleared up.

Manifestation is Much More Than Just Positive Thinking

If you are simply trying to 'positive think' yourself toward a new future this is usually your hurting self trying to force new results.

In our normal human experience this can be an attempt to offset the pain, fear and emptiness which is taking place within the existing painful subconscious programs.

Unless we have done the inner journey of accepting, embracing, meeting, healing, releasing the pain and loving our inner fearful ego, we are not a model of loving, accepting and approving of ourself. If we are separated from loving and connecting to our Inner Divine Self, our choices will come from disconnection, and fear and lack – they are egoic rather than authentically empowered.

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If we try to overlay a new trajectory through ‘positive thinking’ without attending to our existing Inner Being and belief systems, the results always default back to the existing subconscious programs we have running.

It may seem we are getting results, but they won’t hold. They will spin around, and what seemed ‘wonderful’ will turn out to be ‘more of the same’.

This is why certain people are broke again after winning the lottery within five years, why some entrepreneurs continually gravitate between success and bankruptcy, and why people leave relationships and then attract the identical relationship over and over again.

These people are simply living out the choices, actions and events which prove the validity of their entrenched subconscious belief systems.

Hopefully you are starting to realise that in order to put yourself on a New Life trajectory path you need to break free from the pain, fear and survival programs of your past – and you need to work on yourself in order to change this.

There is ONLY ever one reason why you are not manifesting a new future for yourself – and that is because you still have emotional anchors holding you locked in past patterns of stuckness.

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To let go of your past is as simple as making the choice every single day to let go and release it.

Your hurting ego has survival DNA. This is made up of literally thousands of ancestral years of programming. By doing the work in this course, you are beginning to directly change the hardwiring within your brain so you can become an effective and empowered creator.

So back to the exercise of simply 'being with yourself' without any distractions. The place where you meet the Real You.

Can you observe yourself here?

Can you observe your pain and start to see what your vibration is really up to?

Can you observe how much pain and anxiety you feel, and / or how agitated and how much you try to escape being with yourself by wanting to move to a future event?

When you first do this exercise and you realise the significance of it, you may be incredibly shocked as to how distracted, anxious, angry or depressed you feel. Then you need to take ownership – because this is the vibration you have unconsciously allowed yourself to become.

This is the present level of emotional vibrational mastery you have over yourself.

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Straight after doing the exercise and experiencing emotional pain, you may wish to self-medicate by going for a drive, visiting someone, contacting someone, eating food, taking an alcoholic drink, having a cigarette, playing a computer game , or watching TV – or even putting on some music to cheer yourself up.

Please know this even listening to nice music is STILL an outer distraction required as a prop to manage your vibration – but in effect what these props are, are a distraction from yourself. As long as you are using ANYTHING outside of yourself – rather than working directly ON yourself you are a product of your environment and you are NOT becoming a Source to yourself.

Even happy songs used to manage your vibration mean you are reliant on your environment for 'self'. True emotional mastery is being the emotional Source to yourself.

Without you becoming this true and full Source to yourself, your environment will always trigger you, control you and you will stay on a genetic trajectory rather than creating your own evolution.

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Your Direct Path to Manifesting What You Want in Life

I encourage you to do the exercise of being with yourself without distractions and observe yourself honestly. Write down your results. Note what comes up from your past and how you try to self-avoid into the future. Know that if these aspects of yourself are present, your egoic survival functions are separating you from creating a New Future.

1) Stop working so hard at resolving, releasing and freeing yourself from the past. Instead, start playing with me one-on-one to powerfully and effortlessly achieve your dreams – this is essential for you to move into the ‘space’ of being able to access other timeline possibilities. I have multiple tools and strategies available in my Private Coaching programs. Contact me at isis@isisjade.com to learn more.

2) Continue practicing meditating and bringing yourself more and more into ‘being in the now’ – then you train yourself and your vibration to open up to the joy of New Pathways and Creations.

3) When you are ‘clean’ and whole enough in The Now and truly love, partner, and accept yourself – you will embody the deservedness to feel, know, dream and create what you would love to have in your life. Then you can start mentally and emotionally

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becoming the architect of your New Life. Now your life will take off and start taking shape beyond description.

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What to Do When You Get Stuck

You have been working really hard on yourself, your dreams and your goals, you feel yourself become more aware, more aligned with what you want, and you know how much better you have got at honouring yourself.

And then something happens...

It feels like it all falls apart.

Your limiting beliefs come to the surface and you feel like you can't move forward any longer.

Sound familiar?

There certainly are periods in life when we hit a wall and start to feel emotionally stuck.

When we are emotionally stuck life can be really confusing. It feels like we don't have a clear picture, or a clear path.

These are the times we are clearly at crossroads.

Certainly this means we have reached a 'juncture' – a time when our heart and our head are not in synch and life isn't flowing with us either.

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You Know What You Want But Don't Know How To Get There

So let's investigate what being emotionally stuck is...

Being stuck is a fearful gut feeling that something is not right, that you should not proceed, or you have no idea how to proceed.

Maybe you know what you would like to create, such as:

- A healthy new relationship
- A fulfilling career
- More prosperity
- A better relationship with (name of person)
- Improved health
- etc. etc.

If you mentally know what your goal is – yet emotionally don't feel confident and equipped to create this goal – then you have a struggle going on.

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You may even know logically the definite path you need to take, yet emotionally you feel inadequate, intimidated or overwhelmed – or at the very least confused.

If you have survival programs operating in your deep subconscious then your fears may be incredibly irrational. You may look at your environment, see many other people creating what you would like to – yet you have fear and blocks going on within you which feel really hard to overcome.

Gut feelings can be incredibly confusing and misleading. This can produce frustrating questions such as “Is this an intuitive message or not?” “Is this my gut trying to warn me about something, or is this just my own fear?”

Many people think their intuition is granting them a message – when in fact their gut feelings are coming from faulty belief systems formed in the past.

It actually isn't until false belief systems are cleared that you do have access to clear intuitive messages.

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Beliefs Opposing Your Wellbeing

Maybe your life has been so stuck in survival that you can't imagine dreaming of goals and aspirations.

Okay...so what is really going on when you feel emotionally stuck?

I believe it is this...

We have emotional belief systems which are keeping us anchored in the opposite of the wellbeing we would like our life to be.

It's really important to understand that belief systems have nothing to do logically with how you would like your life to go.

I find it incredible that we were educated to know very little about our emotional belief systems when they are running almost our entire life (95% of our choices and behaviours by the time we are 35 years old)!

What are belief systems?

They are thoughts / feelings that we repeatedly experience. The stronger the emotional charge that occurs with a thought, and the

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more often the thought / feeling occurs – the more powerfully entrenched is that belief system.

The unfortunate thing about faulty belief systems – understandably – is that they form around really important issues in our life. The things we feel most strongly about.

Belief systems become more than a habit – they become your way of operation – they become your way of being.

It takes great determination to change ingrained belief systems – and many of them remain undetected by people – simply because they can be so deeply unconscious.

Belief systems only become evident when people take the effort to become metacognitive (inwardly reflective). Belief systems are not recognised without insight (inner-sight) – and the logical mind is very limited in recognising and accessing belief systems.

The language of belief systems is not the language of the mind – it is the language of the emotions. It is as a result of becoming emotionally intelligent that you start understanding and working on your belief systems.

Here are some examples of common belief systems which can be in opposition to the wellbeing we wish to experience.

- Life is painful and a struggle
- I never follow through with anything

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- People I love don't support me
- People I love hurt me
- People I love leave me
- Nothing I do works out for me
- I don't deserve anything good
- I always have to do everything myself
- I can't trust anyone but myself
- When things go right, something has to go wrong

As you can imagine this list can be extensive...

'Life' is always energetically calling us forward into the flow of wellbeing, and expansion towards our Divine Good and is continually granting feelings, inspirations, messages and opportunities to achieve this expansion.

That is what 'life force' gloriously does.

However, as we know life doesn't always flow like that.

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The reason it doesn't is because IF we have an associated defunct belief system in opposition to this expansion we hit a brick wall internally and / or externally.

Or we completely ignore the 'cues' of Source and egoically create another path with inferior choices as a result of emptiness, fear or neediness – which is all about seeking the quick fix to avoid dealing with emotional pain and our limiting belief systems (ourselves).

Our disconnection from wellbeing is false belief systems digging their heels in, causing internal emotional pain, fear or doubt and / or something in life 'showing up' as the manifestation of a false belief system.

It is so important to understand – this is how life works when our inner world is not a match for our true flow of wellbeing.

The Results of Belief System Sabotage

Belief system sabotage whether internal or external feels like rubbish!

We feel all locked up, fearful and confused, and often something we did not want to happen turns up and knocks the wind out of us.

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When we feel confused, scared and in emotional pain – what we USUALLY DO is go to our mind and start analysing!

Now that I really understand how to get clarity, relief and growth as a result of embracing and addressing the emotion – this fascinates me.

HOW is the human condition about experiencing ‘dilemmas’ and ‘emotional pain’, yet we were NOT taught the true solutions to gain positive results from dilemmas and emotional pain?

‘Blender brain’ is exactly what happens when the results of a defunct belief system affect us and we try to work out logically what on earth the emotional pain is about.

All this ever does is separate us from getting in contact with the belief system – let alone having the ability to release it and change it.

By thinking about the emotional pain ALL we do is go over and over ‘the story’, create more stress (high range beta-brain wave and adrenaline and cortisol), and reinforce the painful belief system by creating more associated peptide manufacture.

By going over the story with no resolution (we have no control over anything that isn’t ourselves) we have just reinforced the negative belief’s power over us.

Have you noticed that when you are obsessing mentally that it is incredibly difficult to get solutions?

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You know nothing works for you when you are obsessing in your mind. You know you are only 'guessing' – you have no true answers, and you keep going back version, after version, after version – trying to create yet another logical answer to get some peace – but to no avail.

It is scientifically proven that high range beta brain wave is NOT an intelligent or effective brainwave. It is ONLY suitable for primitive survival functions, and has access to nothing other than primitive, fearful, self-preserving thoughts.

What it does is scan information from the past, logically go on 'what it knows' (the triggered false belief system) and tries to create strategies from past fears as to how to offset danger and retain survival in the future. A future your brain has NO ABILITY to predict!

If the past belief systems are very twisted and fearful – beta brain wave (stress / fear / self-doubt / panic) can make people do some pretty deranged things.

Such as words and actions which can't be taken back and create immense damage.

When we attack emotional pain with logic it hurts even more and we may get incredibly obsessed about our problems to the point where they feel all consuming. Now there is a bigger problem when we can't let go of the issue and reach inner peace.

If the painful emotion continues, we need to self-avoid to cope. The choices are – use addictions to distract from the pain,

medicate to dull it, or project it at and attack someone else in order to offload it.

Making Room For Infinite Intelligence

In my audio program, book and course, Infinite Intelligence, I outline how you can get directly linked up to an infinite wellspring of magnificent information to allow your life to unfold.

Have you ever noticed that when you let something go that often in the most incredible (even miraculous) ways the solution presents itself, or exactly the information you need just shows up.

I can assure you there is NO coincidence that this often happens in your life. This is the reason why it happens....

... because you got yourself out of the way.

You were no longer obsessing about what you did or didn't have, what people think, what happened in your past that hurt you on this issue, your fear in the future about this issue, or the doubt / fear / lack or panic now.

When you get out of the way you become peace. By being it – it comes.

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You grant the space for something else to present itself. This 'something else' is Who You Really Are – your Infinite Intelligence. Your Infinite Intelligence can only come from within.

It is only by letting go of your attachment to outcomes and conditions needing to be a 'certain way' (conditional living and loving) that you can just 'be' and allow this bigger part of yourself to 'show up'. It will only present when your ego is not in the way.

This ability to open up to something bigger than your limited self is not accessible through your logical mind.

When you are in high range beta (blender) brain you are cut off from your Infinite Intelligence – you are stuck with your limited ego trying to battle it out with the world around you (defensive survival programs) – and of course the results are awful, because you are not in flow with the well-being of life – you are separated from it.

Not only are you separated from your life – the REAL truth is – you are separated from yourself.

This is actually the greatest source of pain in your entire life.

All other losses and separations and hurts are really just representations of your separation with yourself.

When you are connected to Source there is nothing you can lose that was worth having, and there is nothing that you really are which can be taken away from you. You are all that you need right now as well as the embodied potential of All That You Are To Come.

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Which Mind Is In Control?

The illusion is that your logical mind is controlling your emotions, and therefore is what you need to work with.

Do you really believe that your mind has been in control of your emotions?

Simply look back at your life to answer that question honestly...

Here is a huge issue with the mind trying to control the emotions.

Emotions are the results of perceptions (belief systems) regarding the thoughts or events we experience. Within the chemical composition of emotions (peptides) we only have brain functions that exist within the range of those chemicals.

Therefore if we experience a trigger of incredible self-doubt, or self-condemnation the only thoughts we have access to within those events matches the chemicals of self-doubt and self-condemnation.

We may seek advice outside of ourself – how we should think differently, how we can think differently – and many examples of why we can think differently – yet our subconscious mind (where the belief systems reside) does not hear any of that and continues

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to keep manufacturing the corresponding peptide chemicals. It feels differently to this 'advice'.

If we are experiencing a very egoic fearful belief system that creates a heavy and painful charge (a trigger) – the brain wiring and functioning that is available at that time is low in consciousness.

The body has contracted, Infinite Intelligence has been separated from (pinched off), survival programs have activated and the thoughts which arise are victimised, egoic and lack personal accountability (because victims victimise).

Emotional intelligence on this issue is grossly underdeveloped.

Trying to logically breakthrough to yourself or such a person in this state (even after the event) may be incredibly limited. There simply may not be any access to the evolved perceptions regarding this issue – that brain wiring is simply not available yet.

Logical concepts (no matter how logical they sound) are not believed if they are not embodied.

How do we think, feel and behave?as per what we believe – as per our belief systems.

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How To Get Unstuck

Can you imagine getting your car bogged in mud?

You know what would happen if you pretended it wasn't and you put your foot down harder on the accelerator.

It's the same with our emotions. The only reason we are having fearful, doubtful or confused thoughts about anything is because we have conflicts going on between our natural expansion of wellbeing and our belief systems.

This is how you can start moving past engaging your 'blender brain' and start opening up to Infinite Intelligence.

First of all stop doing the things in your life which are keeping you separated from yourself and are not allowing you to create a healthy relationship with you.

The truth is we can't partner anything or anyone healthily in life until we have mastered how to partner ourself.

Partnering yourself means being intimately in connection with yourself. It means working on yourself.

Turn off the TV, walk away from the computer, stop texting or having to visit people and do activities to stay distracted from yourself. Go somewhere quiet with yourself instead.

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Having a journal and a pen with you is a wonderful idea, because it really helps you access your inner self.

Feel into the confusion and the pain. Now here is the challenge – don't think about it in outer terms such as "He did this, or she did that. How dare that happen etc."

You need to understand this is the beta part of your brain which keeps you separated from yourself, energises your pain body, creates you as a victim and disempowers you every time.

To get connected to Infinite Intelligence, and access emotional peace, solutions and direction in your life – chop your head off and put it under your arm. Stop looking to the outside and using the critical brain which loves to judge, uses false belief systems from the past to make decisions now, and has to categorise everything as 'good' or 'bad'.

When you feel into the emotional pain (not the story – that is completely irrelevant) ask yourself "Why is this hurting? What is it within myself which is the real reason for this pain?"

By doing so and stilling your mind and being receptive to the answer you will start getting some amazing insights.

And guidance...

And solutions...

As well as incredible peace...

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You will also start to clearly and deeply understand how that 'outer event' or 'limited thought' you just had causing you to feel stuck is a pattern. It is a limited belief which you have been playing out for a long time.

You will also get a sense of your own true power.

Which is 'all of this' (your life) is being created from within you.

You will then understand that when you change your perceptions and beliefs about yourself, and let go of the painful events of the past that your world will change beyond description.

Now you are evolving.

Now you are tapping into and becoming the Infinite Intelligence that you really are.

Now you are getting unstuck.

9 Tools to Activate Manifesting Energy - NOW

These are my nine tools you can implement in your daily life right now to start activating manifesting energy:

1. Note what you focus on.

Start by paying attention to what you focus on. Do you pay attention to what's going right, or what's going wrong? When you're working on manifesting your dreams, obstacles and challenges will arise, but when you focus on what's right, you become an incredible problem-solver, which builds confidence and quickly raises your energetic vibration. You will move through obstacles quicker.

2. Keep a worry no more list.

Since the brain is Velcro for negative experiences, it is natural that we worry so much. It's just the brain's tendency. Keep a worry list for 2 weeks. The minute you start to worry write it down. This not only helps release the heavy energy that often keeps us stuck, but at the end of 2 weeks you will notice none of the worries were

warranted. Your brain will have proof that worry is a waste of energy.

3. Practice diaphragmatic breathing.

Breathe from the belly, not the chest. This type of breathing activates the parasympathetic nervous system (rest-and-digest), which helps produce a sense of relaxation and contentment and allows us to be calm and clear when taking inspired action. You can purchase my Tantric Belly Breath Program at temple offerings at <https://lawofdelight.com>

4. Quiet the monkey mind with meditation.

Meditation quiets the monkey mind, which is naturally biased toward negativity. Meditating does NOT mean you stop thinking. It simply means the grip around your thoughts softens. Meditation helps us withdraw attention from stressful, negative patterns we've created over time. You can buy and download my program: Effortles Meditation

5. Move your body in whatever way feels good to you.

Negative emotions get stored in our bodies on a cellular level. Moving is one way to release stress and negative energy. It doesn't have to be intense; you can dance, practice yoga or go for a walk.

6. Keep an appreciation journal.

Appreciation – not gratitude - is one of the simplest ways to get back to our core Divine Self. When we recognize our great fortune and appreciate all our blessings, it automatically puts us in a "feel-good" energetic realignment.

7. Write down your goals and connect to your "why."

Writing your goals will not only help you get clear, but will help you create inspired action steps toward your dreams. Connecting to your "why" means connecting to the feeling that achieving the goal will give you. When we connect to the "why," we expand our vibrational field and become magnets for attracting the people, circumstances, etc. that will help us achieve our goal.

8. Visualize what it will look like when you receive your dreams.

Read your written goals first thing in the morning and before going to bed at night; then take five minutes to visualize and connect with the feeling of achieving your dreams. Get it into your subconscious mind!

9. Feel like you already have what you want.

Be like a kid who allows no impossibility to enter her manifesting realm. "Feeling" helps us release any doubt and negative energy. It generates excitement and positive feelings, which support us to take inspired action! So go test drive that car you want, or feel what it will be like to have the perfect partner in your life, because feeling is believing!

The 10 Steps to Manifesting Your Dreams, NOW.

1. Keep the END in mind.

Ask yourself, what specific quality of life will the object of my desire bring to me? Why do I want this? Will it bring more Love, Harmony, Joy, Peace, Wisdom or Prosperity? Once you identify your real goal, do your best to assimilate that quality without the object and you will be deliberating achieving a vibrational harmony with the object you desired in the first place. When you acquire vibrational harmony or magnetic sameness with your desire, the object of your desire or something better HAS to come into your life, for it is the Law!

2. IDENTIFY EXACTLY what you want.

The number one rule to Manifesting your Dreams is to “keep your eye on the ball.” The Universe does not process negatives – only energy. Therefore the question to ponder is what do you want? The question is NOT “what do I not want” except to identify more of what you DO want.

3. EXPECT your dreams to come true, without attachment.

Expectation propels your desire and opens the runway for your dreams to land quickly, easily and gently. Additionally, with expectation as your fire, you will be less likely to run out of “desire fuel”! Likewise having no attachment to HOW they manifest or from which direction, keeps the pipeline flowing to you with ease and grace!

4. IMAGINE it in the now.

Imagine how it FEELS to have what you desire RIGHT NOW! “Your point of attraction is now.” Therefore, whatever you are feeling and focused upon right now is what you are in vibrational harmony with and are manifesting into your life.

5. Be ENERGY efficient – be conscious of your “energetic leaks.”

Feeling the lack of something only manifests more “lack of that something.” On the other hand, deliberately choosing positive feelings and focal points will keep you in alignment with your desires.

6. Maintain a LASER FOCUS on what you want.

Give it your attention. Use tools such as setting goals, writing and repeating affirmations, visualization, gratitude journaling, creative collage, treasure mapping, creation wheels and meditation. Relax, listen to yourself, state the affirmation and visualize the accompanying action and feeling. Remember, “Wherever you go, there you are!” – therefore, BE mentally and emotionally where you want to GO physically.

7. Be UNATTACHED.

Maintain your desires but be unattached to the specifics of the outcome. Never limit the Universe by being disappointed if it isn’t in your life right now or isn’t coming as fast as you think it should. Be careful of being attached to the how, when, where, and who details. Turn it over to the Divine Higher Self. and release your dream with statements such as “this or something better is manifesting in my life right now. I let it go and prepare to receive my good.” ALLOW the universe to let it flow to you easily!

8. Go on an APPRECIATION RAMPAGE.

Relish the moment and be appreciative of all that you have. Be aware of every opportunity that comes your way and honor where you are on your path. Look at each experience as neither good nor bad, but as an opportunity to learn and grow. Don’t scold yourself when you make a mistake. Develop an affirmative statement,

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describing your correct performance, in the present tense and allow your light to shine! See through the eyes of love. Choose to live in joy and spread it to all you meet!

9. Let Go of the PAST and follow your HEART!

Once and for all. Release the fears and prejudices that come from previous experiences. “Heaven’s not beyond the clouds; it’s just beyond our fears.” Regret and fear are the thieves that rob us of today. Accept responsibility for your life. Know that there are no victims. This means really forgive and forget, live without opinions, throw out your old baggage and live fully present in the moment at hand while following your heart’s guidance and desires for tomorrow. Your heart will never speak in fear – only in love. Follow your heart and you will have all that you desire.

10. DREAM BIG! Ask for more than you “need.”

You are Divine, Infinite and you can claim your Divine birthright to unlimited Prosperity, Peace, Joy, Love and Harmony. Ask for all that you desire (in alignment with your values) and have the faith to relax and enjoy the journey.

For those of you who are truly serious about making something big happen in your lives - this year, please look into my coaching programs.

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With love and warmth,

Isis Jade

<https://lawofdelight.com>

Law of Delight

Courses

Books

Journal

Planner

Coaching

Certification