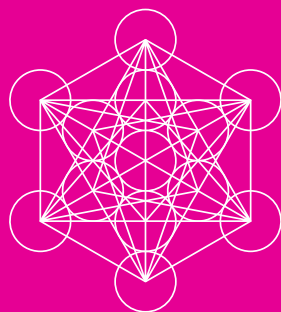


MASTERS OF MANIFESTATION E-BOOK

*a step by step guide to working with
universal laws to create and manifest your
dreams*



BY
JENNA LAYDEN
FOUNDER OF STAR FAMILY
WISDOM

Manifestation 101

Chapter 1

Fundamental Tenets of Manifestation
The Universe WANTS to Work for Us
Working with the Quantum Field
Timelines and Connecting to Possible Futures
The Human Energy Field
Chakras as Power Centers

Chapter 2

The Power of the Mind
The Power of the Mind: Your Word is Your Wand
Altered States of Consciousness
Being in a State of Receptivity

Chapter 3

What is a Limiting Belief?
Letting go of Limiting Beliefs
Letting go of Limiting Beliefs Exercise #1
Letting go of Limiting Beliefs Exercise #2
Facing Our Shadow
Creating Boundaries

Chapter 4

Common Misconceptions About Manifestation
The Practice of Manifestation
Mindfulness for Manifestation
Meditation for Manifestation
Practicing Gratitude
Practicing Affirmations
Practicing Affirmations: HOT TIPS!

Chapter 5

Things to Remember When Manifesting
Trusting Yourself: Developing a Relationship with your Intuition
Affirmations for Kindness and Non-Judgement
Becoming a Clear Channel for Your Higher Self
Rituals and Ceremony for Manifestation
FAQs About Manifestation

Appendix:

Appendix 1: The Cycles of Time and Earth's Descent into Dark Ages
Appendix 2: Shadow Work and Healing Resources
Appendix 3: Ways to Support Collective Healing
Appendix 4: Cycles of Life and Nature
Appendix 5: Manifestation Homework



Manifestation 101

We are so glad you are here!

Manifestation works. **It's not magic** (ok, it's kind of like magic, but it can be explained scientifically!). You simply have to understand how the Universe works and how to use your minds for the purpose of creating **the reality you really want**.

That's right... **MINDS**. Because we have three, the subconscious, the conscious, and superconscious (Universal mind).

If you haven't heard of the **THREE MINDs**, then you're probably doing it wrong, OR you're probably not getting the results you desire.

The Universe wants you happy, healthy and thriving... let's get started!

In this E-Book, we're going to blend Spiritual wisdom from our ancestors and ancient civilizations on Earth with new science that is beginning to corroborate these teachings. This ancient wisdom has been preserved for thousands of years by wisdom keepers and indigenous Shamans, who have shared the secrets of how to live in harmony with nature and the Universe.

Much of this Spiritual wisdom is also found in the great religions of the world. As with any original wisdom, over time the teachings can be distorted and misinterpreted. Some of what you'll learn here may sound familiar but might be slightly counter to teachings you may have received from a religion; trust your inner knowing and what feels right to you.

Life is reciprocal; life is sacred and all of life is connected. When we learn to honor this wisdom and live from a place of connection, live a place of love, and use our powers of creating for the greater good, we are working in harmony with all of life around us. And once we establish a trusting and loving relationship with the Universe and Mother Earth, you will begin experiencing the support from the Universe and Mother Earth.

Allow your inner knowing and you inner wisdom to guide you from this point forward. All that wisdom to override any of the limiting and negative programs you have received so far in your life journey.



Manifestation 101

What You'll Learn

How the Law of Attraction Really Works

How the Universe Creates Your Reality Using Your Subconscious Programming

How to Reprogram Your Subconscious Mind

How to Banish Limiting Beliefs

How to Create a Life Vision

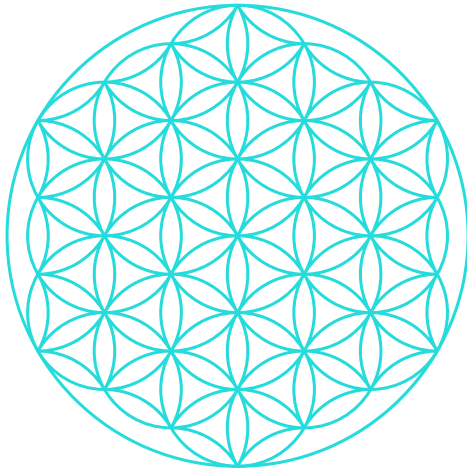
How to Become Magnetic for Endless Positive Possibilities



Manifestation 101

CHAPTER 1

Fundamental Tenets of Manifestation
The Universe WANTS to Work for Us
Working with the Quantum Field
Timelines and Connecting to Possible Futures
The Human Energy Field
Chakras as Power Centers



Manifestation 101

Fundamental Tenets of Manifestation

- Everything is energy and energy is directed by consciousness
- Consciousness is non-local, meaning you have a soul and that soul extends beyond your body
- Consciousness creates matter; what we think, how we feel, and our emotions give rise to the reality around us
- Everything in the Universe is connected through the Quantum field and we can influence future events and outcome
- We are working with three minds; our conscious mind, our subconscious mind, and superconscious mind
- Subconscious programming runs our actions and behaviors; because consciousness gives rise to the reality around us, most of our reality is created unconsciously
- Mindfulness, Meditation and Subconscious Reprogramming are critical for manifesting what you WANT to experience!
- Good vibes and Bad vibes are a THING!
- When we are in an altered state of consciousness or are in a hypnotic state, we are more easily "programmed"
- The Universe will reflect our inner reality; the Universe is holographic. As within, so without. As above, so below.
- We can not only change our external reality by using our mind, but we can also affect how our body operates and can change the expression of our DNA and genes
- If we practice acceptance, forgiveness and non-attachment, it becomes much easier to manifest our dreams



Manifestation 101

Fundamental Tenets of Manifestation

- We accidentally manifest things we DON'T want all the time
- We can manifest anything we DO want once we have control of our mind, emotions and feelings
- Harmony, order, and balance are inherent in the Universe; the Universe expresses energy in an orderly way
- WE can actually get in the way of that orderly expression of energy, and can sabotage ourselves by allowing fears, doubts and anxieties (chaotic and denser energy) to linger in our energy field
- We must learn to control our minds, and use our minds to direct the manifestation of energy into the physical
- Life is a game! Have fun playing it! The Universe wants to conspire in our favor!



Manifestation 101

The Universe WANTS to Work for Us

We have learned A LOT about the natural order of things in the Universe. While things on Earth are not always reflective of that natural order, we are now filling in gaps in our human history; those gaps, or lost points in our history, are showing us that humans once lived in harmony with the Universe and with Mother Earth.

In fact, human civilization is cyclic, meaning civilization rises and falls in cycles, reflecting the cycles of life in this Universe.

Humans have developed advanced civilizations on this planet no less than 4 times and at their height, these previous civilizations achieved peace, harmony and balance, living in flow with the Universe, creating a society that one would be proud to be a part of.

Long story short, as we study these ancient civilizations, we see they left us clues about the harmony and order that is inherent in the Universe. The mathematical and geometric calculations embedded in ancient sites around the world, speak to the very designs we see in nature and in the cosmos.

This "design" or "pattern" that we see throughout nature is a physical representation of how energy expresses itself in its natural form, in its natural flow. And that natural flow is orderly, and reflects a beautiful cycle of expansion and contraction.

See the downloadable "Cycle of Life" PDF that shows how Native American cultures viewed the elements and seasons as a representation of this cycle of expansion and contraction.



"I wish I could show you when you are in the darkness, the astonishing light of your own being" Hafiz



Manifestation 101

The Universe WANTS to Work for Us

We now know that the Universe actually WANTS to express energy in an orderly, harmonious way, however, our consciousness will actually direct the expression of that energy.

Humans have brains that are easily programmed, and those brains direct the consciousness of a person in a certain way: for good or bad.

We can be programmed with negativity and limiting beliefs, or we can be programmed with positive limitless beliefs.

And those programs we operate off of, create our reality. They literally create our reality.

Our brains direct our consciousness to interact with the Universe. And then the Universe reflects our consciousness back to us.

It's all pretty simple! Healing from trauma, limiting beliefs and controlling our minds when we live in a world that is overly chaotic, stressful and negative is the challenge!

We'll learn more about this in an upcoming chapter!



***"Words are, of course, the most powerful drug used by mankind."
Rudyard Kipling***



Manifestation 101

The Universe WANTS to Work for Us

From a Spiritual standpoint, we have come to understand that the Universe is actually programmed for our highest good. The Infinite Spirit, Great Spirit, Mother Spirit, God, Source, whatever you prefer to call it, has created an algorithm that is designed to support us.

Fundamental Tenets of How the Universe is Designed and How it Works For Us:

- It favors evolution and progress; continual growth and learning
- It is designed to learn, create and bring information back to the Source
- The energy of Source flows through everything; every Soul is a spark of energy from that Source; every Soul has a piece of "God" in it
- Source is the "great creator", having given life and expression to energy; LOVE is its original expression and intention
- But every being or Soul within this Universe also has the ability to create; we are all "miniature Gods" (that's an easy way to think of it!)
- The Universe is participatory; as we act and react, the Universe acts and reacts; it's a beautiful dance of constant creation
- Duality is a program that exists in this Universe; Balance, harmony and order are its preferred expression
- All life within this Universe is connected through a field of energy that exists; we are directly connected to our Source



If the Universe wants only good things and wants to support us, why do so many bad things happen on Earth? In the Appendix, you can learn more about Karma, and about how Earth fell into the dark ages and lost this wisdom for a period of time.



Manifestation 101

Working with the Quantum Field

Everything is energy!

As we have learned from Quantum Physics, when we break down the elements of matter we see that even particles are vibrating energy. The physical reality we see and experience around us is simply an illusion and can be manipulated, changed or altered based on how we work with the energy around us.

When you here the term vibes, that is based in science.

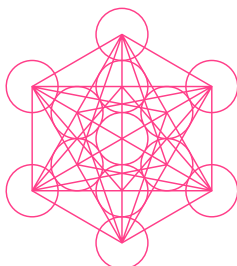
Vibes = Vibration

Vibration = Energy

When you say you picked on "good vibes" or "bad vibes" you are actually experiencing an energetic shift in your environment. As we tune into our greater senses and become a more sensitive being, we are able to experience and "feel" the vibes the around us in a more profound way.

To fully connect and experience higher dimensional "vibes" we must activate our energy body and bring it into full strength. A number of practices including meditation and yoga can be employed to strengthen your energy body. On the next page we explore the Human Energy Field and how to activate a your field to maintain a state of receptiveness and harmony with the Universe around you.

We are connected to the Quantum Field at all times, but in altered states of consciousness we can more easily work with the energy or attract the energy we wish to connect to.



"The Secrets of the Universe are kept by those who understand frequency, energy, and vibration." Nikola Tesla

Manifestation 101

Timelines and Connecting to Possible Futures

A timeline is like a thin cord of light reaching from the present into the past and future as we perceive it. All events and possible events that could exist in our Universe are recorded and are accessible via the quantum field.

We access the quantum field by creating stillness and emptiness in our minds and utilizing the space between breaths to connect to the higher dimensions where our higher self resides and to connect to the field of information that exists in our Universe.

In physics there is a principle called the Heisenberg uncertainty principle, which says the observer influences the outcomes of events; you may have heard of the double slit experiment that has begun to prove this observer effect. In the double slit experiment what we learn is that just by observing the double-slit experiment, the behavior of the photons changes.

The behavior changes JUST BY HAVING AN OBSERVER! This basically tells us that once consciousness is involved, the act of observing the event can have a meaningful impact on the outcome of the event. So, as we break down this science it tells us that our consciousness can be directed in a certain way to change the outcome of future events.



"The Secrets of the Universe are kept by those who understand frequency, energy, and vibration." Nikola Tesla

Manifestation 101

Timelines and Connecting to Possible Futures

Once we have been able to tap into the quantum field, and connect to a possible future that you desire more than your PROBABLE future, you can cement that connection with the subconscious mind.

Once that connection has been established, you will find new opportunities emerging, new decisions to make, and your life will start to move in the direction of the POSSIBLE future you are now connected with.

Many Shamanic cultures have used "timeline tracing" or "quantum journeying" to connect to all probabilities and attach our energetic cord to a different timeline. This historically has been used to help tribes identify danger, find food, facilitate healing, etc. Shamans are typically seen as the Spiritual leaders of their communities because of their ability to connect to unseen worlds and facilitate healing with Spirit.

In our Quantum journey meditations, Jenna Layden guides you in a way that blends North American Shamanic practices with Eastern traditions. There is no one right or wrong way to create a Spiritual practice, as long as we are honoring and respecting the energies we are working with and as long as we are practicing proper safety techniques.



The Shamans and wisdom men and women of ancient times were masters of the quantum field. And you can be too! A Shaman is a traditional energy medicine healer from indigenous cultures around the world. Traditional energy healing practices are still in use today in many parts of the world.



Manifestation 101

The Human Energy Field

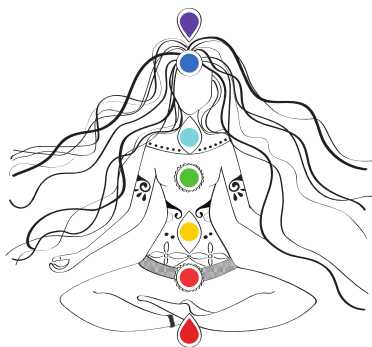
So what is a Chakra exactly?

A Chakra is a spinning vortex of light that consolidates and distributes energy throughout the body, or for any engineers in the room, a Chakra acts like an Electrical Resistor.

The human body has an energy field that is also known as a Merkaba, or light body.

This energy field can extend more than 50 feet in diameter when the field is healthy and functioning as intended. However, there are many ways in which our energy fields become compromised and weak. In general, the way most humans live is not conducive for maintaining a strong healthy energy field.

When the energy field is strong, we are more easily able to exchange energy with the Universe and can move IN FLOW with nature and the cosmos.



***"We are in the most healthy state when we can freely receive and release energy from our bodies. Most people hold energy in their bodies or allow the build up of negative energy, leading to disease."
Jenna Layden, Founder Star Family Wisdom***

Manifestation 101

The Human Energy Field

The human energy system consists of 7 primary Chakras (depicted to the right). Each Chakra aligns to particular organs and emotional states of being; when our physical and emotional states are clear and in a centered place, our Chakras are fully functioning, operating as intended.

Once all Chakras are activated a person may experience more psychic or paranormal activity, as the alignment of Chakras and free energy flow allows for ALL senses to be fully activated. Humans have the ability to sense and experience information from multiple dimensions, develop telepathic abilities, and manipulate energy when they are healthy, mentally disciplined and emotionally clear.

Opening and aligning all Chakras requires consistent practices and much mental discipline. Yogis have spent lifetimes in spiritual and physical practice to develop multisensory and psychic abilities.

The most practical application of this knowledge is to engage in regular emotional release exercises, while practicing kindness, acceptance and forgiveness to prevent the storage of negative emotions in the body.



"The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence." Nikola Tesla



Manifestation 101

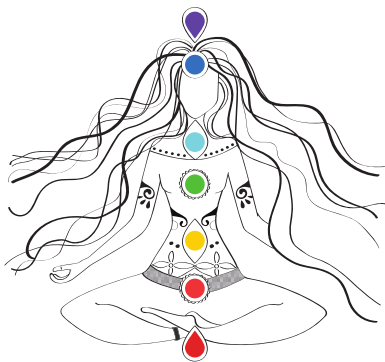
Chakras as Power Centers

Our Spirit is immensely powerful. In fact, it is so powerful that we don't bring all of our Soul's energy into our human body in a given incarnation; our soul's total energy is too powerful for the human body.

However, our Spirit is intimately connected with our physical body. So when we are not attending to the health of our Spirit, our physical body will pay the consequences.

Our reality is holographic. Not only does the Universe reflect our inner state of being in our physical reality around us, but our inner state of being has a direct impact on our physical health. Our emotions, feelings and consciousness can contribute to health and wellness or can contribute to disease and dysfunction in our bodies.

We can think of each Chakra, or Energy Center as representing certain emotional or psychological states. Build up of strong emotions, unprocessed traumas, and negative energy can begin to affect the organs and body parts associated with the particular Energy Center of those emotions.

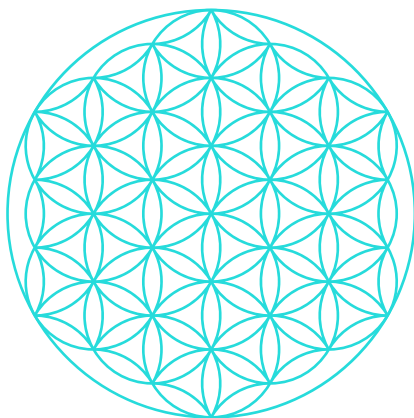


"The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence." Nikola Tesla

Manifestation 101

CHAPTER 2

The Power of the Mind
The Power of the Mind: Your Word is Your Wand
Altered States of Consciousness
Being in a State of Receptivity



Manifestation 101

The Power of the Mind

To understand how we create our reality and how we (mostly) unconsciously move through life, we must understand the THREE different minds we are operating with.

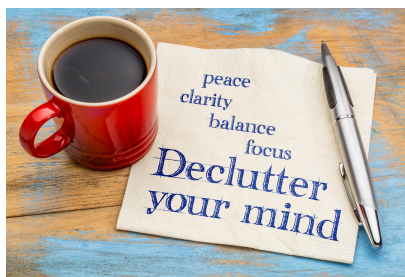
- **Conscious Mind**
- **Subconscious Mind (Unconscious Mind)**
- **Superconscious Mind (Higher Self)**

Our brains are like computers! And the Universe is like a computer! They're just two computers talking to each other, running algorithms and creating the next program.

The program that the algorithms create are the things and events that we experience in life. ***The Universe starts running the program based off of the algorithms we have created.***

But the good news is we can learn how to control those algorithms. The algorithms are our subconscious programming and beliefs. And when we change our subconscious mind, the algorithms change and then we start experiencing new things!

Change the algorithms, change your life!



"Most of our subconscious programs (or beliefs) are programmed into us before the age of 7 or 8; as a child we are mostly in a hypnogogic state and are taking on ALL of the programs and beliefs we are given." Jenna Layden, Founder Star Family Wisdom

Manifestation 101

The Power of the Mind

Conscious Mind

- Your active, logical and analytical part of your mind
- This is the part of our mind that is responsive to our environment
- This is the part of our mind we are using when we are problem solving or when we making an active choice

Subconscious Mind

- The part of our mind that is "programmed" like a computer
- The subconscious holds all of our unconscious programs and beliefs that affect our habits and behaviors; because consciousness gives rise to the reality around us, most of our reality is created unconsciously
- When the conscious mind is engaged or thinking, the subconscious mind plays in the background (this is how we are able to drive a car while having a conversation at the same time or how our body is able to function without us even thinking about it!)

Superconscious Mind

- The Superconscious Mind can be likened to our Higher Self, or Oversoul
- Our Higher Self or Oversoul connects to the Divine Mind of the Universe, or the Universal consciousness that connects us all
- Some terms like Akashic Records or Quantum Field are used to describe the consciousness of the Universe that can be used to access information of all that exists; while our Oversoul will have all of the information about ourselves, we can also access information from many different dimensions, times and places
- Hypnosis and Deep Meditation can be used to achieve an altered state of consciousness that more easily allows us to connect to our superconscious mind



"What we broadcast into the field is an experiment with destiny." Joe Dispenza

Manifestation 101

The Power of the Mind: Your Word is Your Wand!

Now we know we can be programmed with certain beliefs and because **our brain generates thought patterns based on our programming**, we must actively and consciously change those thought patterns to give our minds something different to respond to.

The mind learns by repetition and cannot hold conflicting beliefs or thoughts. Your minds do not care if what you say is good, bad, true, false – it will act on our words regardless.

Ask your mind to show you, give you what you want, or remind you of information you need – if you are in a relaxed state the information will come through!

The mind only works in the present tense; it does not know the difference between past and future. This is why affirmations must be practiced in the present tense.

"I am ____" instead of "I will ____"

The mind responds better to specific instructions and will respond best to vivid imagery.

The more precise and specific we can be in describing how we want to be, feel, or receive, we are creating something for our mind to use to create a vivid image; once we have an image in our mind of the how, why and what, we are giving the Universe a powerful message to respond to!

Your mind will create patterns around scarcity; it is so important to work on any subconscious programs that have been built around scarcity or perceived scarcity. For instance, some patterns and programs around scarcity can be ancestral and must be broken or changed now that the circumstances of our lives are different.

Your thoughts will form a blueprint that your mind and the Universe work to make your reality.

Regardless of how good your parent was, they likely instilled negative programming in you.



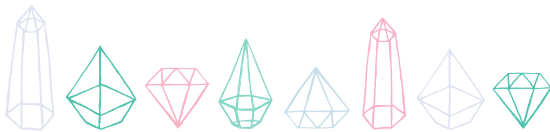
Manifestation 101

The Power of the Mind

How Do We Change the Algorithms?

Reprogramming our brains and our subconscious minds does require a little work. But it's quite possible to move from a state of negativity and limiting beliefs to a state of empowerment, strength and limitless possibilities.

- Heal; trauma deeply impacts our subconscious; we must do the work to face our shadow, heal our inner child, and release deeply held traumas
- Gaining and Maintaining awareness of our self talk, our unconscious behaviors
- Identifying our limiting beliefs, fears, anxieties and doubts that have been programmed into our subconscious
- Releasing, letting go and banishing those limiting beliefs; replace those limiting beliefs with new empowering beliefs
- Practicing mindfulness to avoid allowing ourselves to take on others' limiting beliefs; control your focus, awareness and what you are allowing into our consciousness



There seems to be more to the universe than random, chaotic, purposeless movement of a collection of molecular particles.

On the return trip home, gazing through 240,000 miles of space toward the stars and the planet from which I had come, I suddenly experienced the universe as intelligent, loving, harmonious.

Dr. Edgar Mitchell, US Astronaut

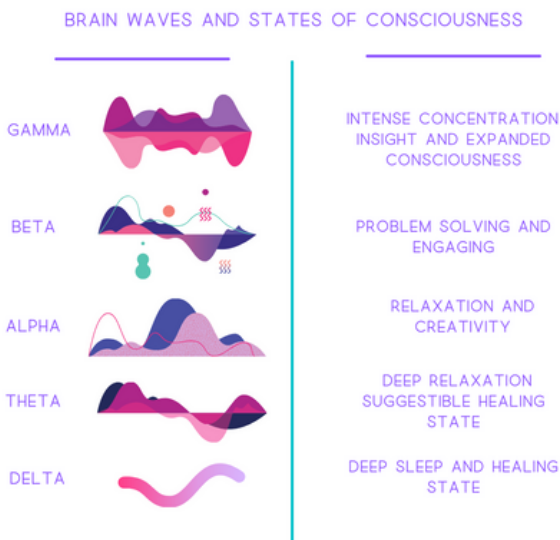


Manifestation 101

Altered States of Consciousness

Meditation is a practice that can take us into an altered state consciousness. As we become more practiced in meditation we can more easily achieve a Theta brainwave state, in which we will be most receptive to the "vibes" or energy around us and in which we can shift the energy in our field or attract different energy to our field.

See right for a description of the various Brain Wave states.



@STARFAMILYWISDOM



"Try one of the Activations to more easily connect to the Quantum Field and allow your subconscious to make the appropriate connections for your manifestation work. Once you see how it easy it is to put your subconscious mind to work for you, you'll be manifesting your dreams constantly!" Jenna Layden, Founder of Star Family Wisdom

Manifestation 101

Being in a State of Receptivity

Did you know that when you are watching TV you are in a slightly altered state of consciousness and are in a suggestible state?

When we are in a suggestible state our subconscious is more easily programmed.

Luckily, we can purposefully achieve an altered state to insert NEW suggestions and beliefs into subconscious and to UNDO any negative programming that we have taken on.

Holding limiting beliefs, fears, or doubts about your worthiness in this world is an automatic recipe for living in Fight or Flight Mode, which puts us in a state of resistance, rather than a state of receptivity.

Fight or Flight Mode = Stress Mode

- Stress mobilizes our sympathetic nervous system which keeps us in a heightened state of alertness, or activates the response to danger
- When you are in fight or flight mode, you aren't able to learn, create, or communicate well and you are focusing all of your body's energy on survival
- When we are stressed we shut down the creative mind or access to your higher self or access to the quantum field where you can retrieve ideas and inspiration (or manifest your desires)
- We are naturally wired to respond to stress and threats, but we are not meant to be in a state of stress or fear constantly



“One purpose of meditation is to get beyond the analytical mind to connect to the subconscious mind where unconscious programs exist... when we access the subconscious we are able to release old negative beliefs and align to new positive beliefs.”

Jenna Layden, Founder Star Family Wisdom



Manifestation 101

Being in a State of Receptivity

Science is now proving that our emotions and thoughts have a direct impact on the genetic expression of our DNA.

Negative Thoughts and Emotions = negative gene expression and disease

(**if you are in a state of stress, fear and anxiety, you are automatically generating a negative state that your body and the Universe are beginning to respond to)

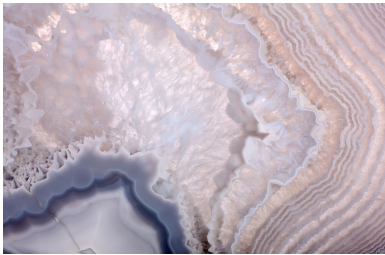
Positive Thoughts and Emotions = positive gene expression and health

So not only does our mind connect to our higher mind and Universal mind to create the physical reality around us, it ALSO impacts the physical expression of reality in our bodies, leading to a state of health or a state of dis-ease.

Did you know that 70% of our subconscious programs are likely not serving us?

The average person is operating from negative subconscious programs 90% of the day!

And if our subconscious programs are negative, and that causes stress in our bodies, how are we also affecting our health?!



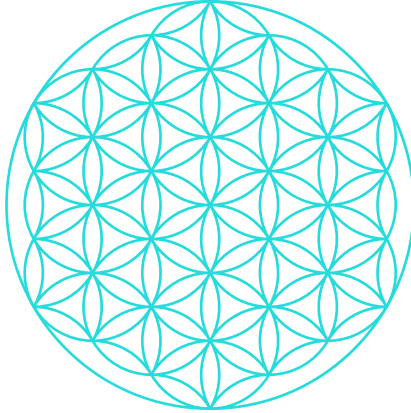
“Consciousness creates our reality, and our biology is part of that reality.” Jenna Layden, Founder Star Family Wisdom



Manifestation 101

CHAPTER 3

What is a Limiting Belief?
Letting go of Limiting Beliefs
Letting go of Limiting Beliefs Exercise #1
Letting go of Limiting Beliefs Exercise #2
Facing Our Shadow
Creating Boundaries



Manifestation 101

What is a Limiting Belief?

A limiting belief is a negative statement about yourself or reality that you deem to be true.


Limiting beliefs are self-fulfilling prophecies!

How we assign meaning to events produces certain emotions and beliefs.

The way we interpret certain events leads to limiting beliefs; and we consciously change the interpretation of events in our lives by changing our thinking.

Most of our limiting beliefs are formed by the age of 8 or 9.

Is your belief the absolute truth or just one interpretation of the situation?



What are some ways your parents might have spoken to you or responded to you that resulted in negative thought patterns or negative/limiting beliefs?



"Life starts when you make the choice to be authentically alive for the rest of it." Thomas j Leonard



Manifestation 101


Letting go of Limiting Beliefs

We must be honest about where we are at on our journey and must ask ourselves if we are still holding limiting beliefs about ourselves or the world around us.

Belief and Intention are your power to manifest, so if you have ANY subconscious blocks around scarcity or lack, you will unknowingly block your manifestation.

When we are allowing our negative subconscious programs to play on autopilot, our bodies are operating in a state of fight or flight it will be MUCH harder to manifest the positive things you are intending to manifest. If you are at all struggling with maintaining a state of peace, calm and receptivity, PAUSE and focus first on reprogramming those subconscious beliefs!

Taking control of your subconscious programming can allow you to live a more peaceful and healthy life, in addition to helping you manifest a physical reality that is fulfilling!



We can hold manifestation rituals, write our "lists" and speak affirmations to ourselves but if we have not addressed deeply held beliefs or programming that has impacted us we will be short changing ourselves from truly connecting with the lives of our dreams.



"You are what you think all day long" Dr Robert Schuller

Manifestation 101

Letting go of Limiting Beliefs

Are my behaviors stemming from a feeling of lack, scarcity, fear or other limiting beliefs?

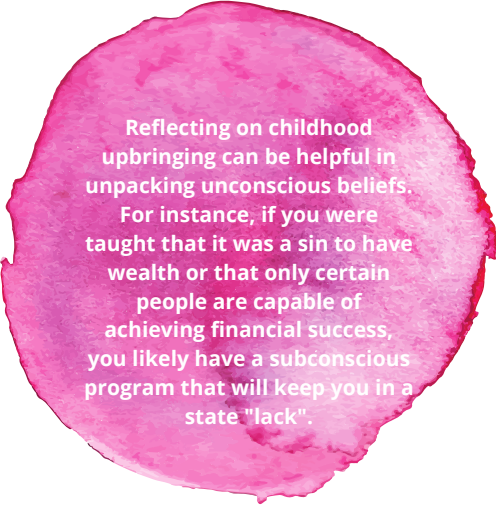
Do I actually have doubt about my ability to manifest?

Do I believe I am worthy of being wealthy?

Do I believe I am worthy of having the things I desire?

Do I have fear about having "enough" or being "enough"?

Do I have fears about how others perceive me?



Reflecting on childhood upbringing can be helpful in unpacking unconscious beliefs. For instance, if you were taught that it was a sin to have wealth or that only certain people are capable of achieving financial success, you likely have a subconscious program that will keep you in a state "lack".



"You are what you think all day long" Dr Robert Schuller

Manifestation 101

Identifying Your Limiting Beliefs Exercise #1

One way to identify our limiting beliefs is by identifying what conditions we have placed on potential outcomes or states of being in our lives.

Grab a pen and a journal!

Write to yourself, what is currently true for certain outcomes in your life in the following categories:

Love, Finances, Work/Career, Health, Social Life

Here are a couple of examples:

When I am _____ I will finally have

When I have the right job I will finally be _____

When I am successful I will finally have _____

When I get over my fear of _____ I will be able to do _____

When I am no longer angry at _____ I will have _____

The first blank is the limiting belief we are holding onto and the second blank is the the thing we must step into to achieve our destiny



Manifestation 101

Self Talk: The "What If" Exercise

We've learned that our brains are wired to respond to stress and threats. This keeps us alive! But we also get programmed to respond to our environment in a way that generates the same type of stress response.

When we play internal dialogue or talk to ourselves about our fears we are promoting a stress response, and promoting a negative cycle of internal and external reaction.

How many times have you said "What if _____?"

And how many times has "What If" been followed by a negative statement?

As a writing exercise, make a list of all the "What ifs" you've said to yourself.

"What if they don't like me" "What if I'm not good enough at the new job"

Then re-write the entire list and reframe it as a positive

"What if they all end up LOVING me!?" "What if I'm so good at my new job I get a raise in the first year?"

Remember, why is a negative outcome more likely than a positive outcome? It's not.

***** positive outcomes are actually more likely because the Universe WANTS positive outcomes!**

FEAR



"What If" followed by a negative statement



Manifestation 101

Let it Go!

OK GOOD!

Getting honest with ourselves is the hard part!

Now we can do the work to let go of those old limiting beliefs and create new empowering ones!

Please use the following tool kit to help you rewrite your story; as you rewrite your story and connect to new empowering beliefs you will be able to manifest the life of your dreams!

Rewriting our story, letting go of old disempowering beliefs and connecting to new empowering beliefs about ourselves and the reality around us is the real work of manifestation. Don't short change yourself by skipping through this!

Negative Subconscious Programming



Negative Beliefs
Negative Emotions + Feelings
Negative Events and Outcomes

Positive Subconscious Programming



Positive Beliefs
Positive Emotions + Feelings
Positive Events and Outcomes



Manifestation 101

Facing Our Shadow

It's important to acknowledge that some humans have experienced more trauma than others.

Our deep seated traumas and pain are our Shadow. Sometimes a limiting belief is just that, a belief we are holding onto that can easily be undone. But sometimes that limiting belief is actually deeply rooted trauma that must be faced, healed and released.

Some people will need to spend more time understanding their shadow and how to heal from experiences that have impacted them. Some people may be carrying less trauma and can remove limiting beliefs a bit easier.

Everyone's journey is different.

And everyone's journey is sacred.

There is no competition in the Spiritual world.

You are in competition with no one.

Don't worry about where you are on your journey. If you are moving forward, you are right where you need to be.

If you have experienced trauma, are working to heal from trauma, or are new to Shadow Work, please review the section at the end of course for recommended resources and support.

We can't look the other way and hope for deeply seated trauma to disappear overnight; it does require effort and work, and the end result can be so beautiful.

And remember, we are all human and healing.



Check out the healing and shadow work resources in the Appendix



Manifestation 101

Creating Boundaries

As we face your shadow and begin our healing work, we realize that certain experiences, people or situations may be contributing to negativity or suffering in our life. While part of our journey is creating internal strength to prevent these people or situations from negatively affecting our sense of worth or happiness, the reality is that by allowing those situations and people to remain prominent in your life you may be allowing unnecessary doubt, anxiety and suffering into your life.

It's your life. You set the rules for what is OK and what is not OK.

Boundaries are not only healthy for our mental state and our ability to remain at peace, but boundaries also signal to the Universe what you want and what you don't want.

When we put up a boundary with a person who has demeaned you or affected your self worth, you are saying to the Universe

"I am worthy of my happiness and peace. I am worthy regardless of what this person says."



Manifestation 101

CHAPTER 4

Common Misconceptions About Manifestation

The Practice of Manifestation

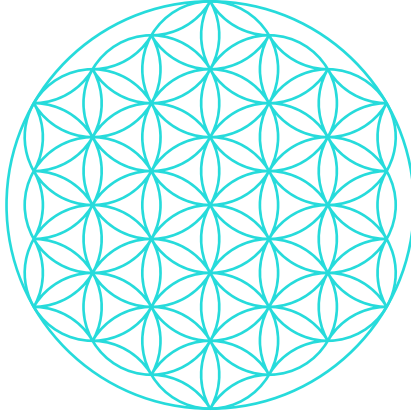
Mindfulness for Manifestation

Meditation for Manifestation

Practicing Gratitude

Practicing Affirmations

Practicing Affirmations: HOT TIPS!



Manifestation 101

Common Misconceptions About Manifestation

You're only suppose to think positive all of the time. WRONG!

Expressing and feeling ALL of our emotions is important - *let those emotions flow!*

However, staying stuck in negative thought patterns or negative cycles of emotions can actually begin to attract the things we don't want!

I've been taught that suffering is holy. WRONG. Learning and growing from our suffering is holy. Continued suffering is unnecessary.

All God, Source, the Universe cares about is that we are learning, growing and evolving, and bringing more love into physical existence.

It's bad to want money and material things. This is true if you do not have pure intentions with how you will use those material and financial comforts. Desiring material comforts to make ourselves feel better about ourselves is not the path to peace, success of happiness.

There was an old phrase that says, "**wanting nothing, attracts everything**" - this is speaking to the art of non-resistance and acceptance.



Manifestation 101

The Practice of Manifestation

To manifest the thing or event or event that we desire, we must act and FEEL as though it has already happened.

The Universe operates in the eternal now. Technically speaking, there is no past or future.

Everything is happening right now.

Whatever thoughts, emotions and feelings we are experiencing RIGHT NOW is what our subconscious is attracting for our future.

Those thoughts and feelings start warping space and time and you start attracting the future event. It's that simple.

So to connect to the future we want, we must dream it, feel it, see it and think it, before it has happened.

So how do I do this?

- Your Word is Your Wand
- Mindfulness
- Meditation with Intent and Visualization
- Daily affirmations; Continually implanting new empowering beliefs into your Subconscious
- Limiting Stress, Preventing Anxiety and Doubt
- Stay Open and Receptive to the Energies of the Universe
- Hypnosis and/or help from a mindset practitioner or coach to shed those old beliefs

We have been
programmed to believe
we are limited, when
we actually have
unlimited potential to
heal ourselves and
manifest the future of
our dreams



Manifestation 101

Mindfulness for Manifestation

How do I practice mindfulness?

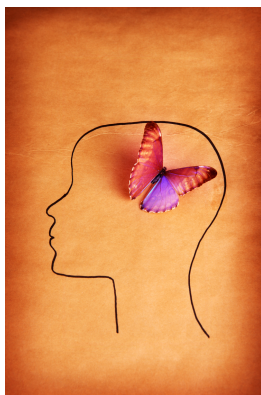
Mindfully, be aware of EVERY thought that comes into your head. If it is negative, or focused on an outcome you wouldn't want to experience, change it.

This requires active mindfulness and can be a bit of work at first until you have programmed your mind to automatically think those positive thoughts.

When you stay mindful you are operating in the present moment, from a conscious state, avoiding the subconscious programming.

Utilizing altered states of consciousness to access old limiting beliefs and change them can help fast track your manifestation process.

When you can practice being aware of your thoughts, you start to become aware of the fact that YOU are not your mind, or your brain. YOU are the awareness that can witness the activity of your mind and brain. And YOU have control over your mind and brain.



Manifestation 101

Meditation for Manifestation

To make subconscious changes or changes to our automatic processes and programs, we must quiet the analytical mind long enough to reprogram the subconscious.

Because the subconscious mind interacts with and cooperates with the Universal mind or Quantum Field, and because we know we can more easily access the Quantum Field when our brain is in a more coherent state or in an altered state of consciousness, we must practice present moment awareness.

Present moment awareness is a bridge to the quantum field and we can use mindfulness and meditation as our bridge to our future.

For instance, when we can feel harmony, peace and oneness in a state of meditation, we will more easily attract events that match the vibration of harmony, peace and oneness.

Once we have begun a meditation practice, learned to quiet the mind and connect with the field, we can begin to utilize visualization techniques to connect to the energy of the thing we want to manifest.

When you are in meditation, take a moment to visualize the thing you are intending to manifest, but visualize it as though it has already happened. What does it feel like, what are you doing, and what are you grateful for once your intention has fully manifested?

This is the FUN part of manifestation work and requires us to utilize our imagination a bit!

Really spend time feeling it, visualizing it, creating a movie of the event or situation in your mind. KNOW that it has already happened.

And most importantly, **practice gratitude for the joy, abundance, and happiness that you are experiencing once you have manifested your dream.** Sealing our prayers, intentions and dreams with gratitude is our way of locking in this energetic connection, allowing the Universe to begin working FOR you.



Manifestation 101

Meditation for Manifestation

Move into a meditative state by taking a few deep breaths, connecting with your body. Using the box breathing exercise is a good technique to reset our fight or flight response, slowing the nervous system enough to help quiet the mind.

Remember, when we are in fight or flight state, we are in stress mode, and it will be difficult to quiet the mind.

Slowing our breathing helps reset the nervous system and gives us an opportunity to start directing the activities of our brains, rather than our brains running on autopilot or responding our stress responses.

Connect with your senses, focus on your breath and celebrate the little moments when you are able to slow the mind to begin practicing stillness. Once stillness has been achieved, you can begin visualizing and connecting to the feelings of the things you want to manifest.

In this place of stillness we can also experience the feeling of oneness and the timeless state of being that you occupy when you are not in physical form. Take a few moments to appreciate this refuge from your normal reality!

Box Breathing Exercise

Breathe in to a count of 4

Hold for a count of 4

Breathe out to a count of 4

Hold for a count of 4

Repeat (for about 2-3 minutes)



Manifestation 101

Practicing Gratitude

GRATITUDE seals our new positive intentions and thoughts in a way that allows the Universe to easily respond to them.

The Universe is alive and it will respond.

Gratitude practices, like affirmations, help retrain our brain to see the GOOD in everything, and to remove EGO from our daily experiences. When we are more grateful, we are actually in a regenerative state in our bodies, stimulating the parasympathetic nervous system.

If Gratitude can affect our bodies think of how gratitude and positive emotion can affect the physical world around us.



What can you feel grateful for RIGHT NOW?!

Practicing gratitude in as many moments as possible is a great way to become MAGNETIC for all of the things you desire!

Manifestation 101

Practicing Affirmations

Affirmations are a way for us to slowly reprogram our brains' neural pathways to automatically think and feel a certain way.

Initially, it might feel counterintuitive or might not feel natural - that's OK! Just keep going.

You're literally reprogramming your brain. It's not going to feel normal at first.

Affirmations or mantras should be spoken in present tense or past tense, indicating to the Universe that the thing or feeling is happening RIGHT NOW or has already happened.

When we are "hoping" or "wishing" we are actually sending a vibrational signal of LACK to the Universe; If we're hoping or wishing for something, we are saying to the Universe "this thing isn't mine... I don't have it". What we want is for the Universe to feel the vibration of completion, of certainty, of perfect contentment. When we can create a feeling and vibration of being content and grateful for the thing we have or are experiencing, the Universe will give us more!

So we have to PRETEND to already have the thing, already be feeling a certain way, etc.

For instance, one of our favorite manifestation stories was about a woman who was manifesting her husband's return after a split. Every single day she conducted her affairs as though he was there; she even set a place for him at the table, maintained the other bedside table for him, kept room in her closet for his clothes etc.

After about 6 months of this practice and affirmation of faith, ***he came home.***

Another fun story is about a woman who was running low on cash, and by all logical interpretations of the situation she should NOT have been spending her last dime on something trivial. After meeting with her manifestation teacher, she set the intention for more cash to arrive in her bank account, did the affirmations, and held the intention with faith. To show her faith, she went ahead and spent her last few dimes on a something that would make her wealthy and abundant. Within days a surprise check and new job opportunity arrived.



Manifestation 101

Practicing Affirmations: HOT TIPS!

- Write them on your mirror with a dry erase marker! The important thing is to believe, say it with conviction, and begin to impress these new beliefs upon your subconscious.
- Say them OUT LOUD in the morning to start your day. Wake up empowered and ready to take on your destiny!
- Set a calendar reminder on your phone every day; for instance, I have "I am experiencing endless abundance and success" programmed into my phone as an alert. Every time the alert pops up, I read it, and let it sink in to my subconscious more and more.
- Keep a list in the notes on your phone. When you're in between activities, or waiting on friend, read them to yourself for an extra dose of subconscious programming.
- Get a friend to support your empowerment and manifestation journey - pump each other up!



***"Death and life are in the power of the tongue"
"By thy words thou shalt be justified and by thy words thou shall be condemned"***

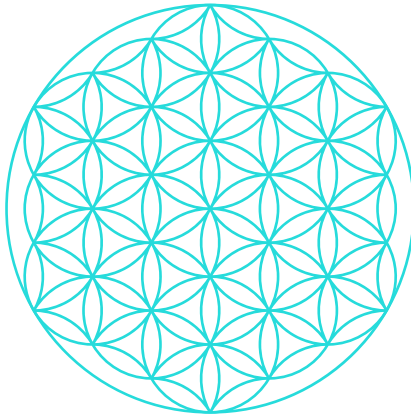
Jesus Christ



Manifestation 101

CHAPTER 5

Things to Remember When Manifesting
Trusting Yourself: Developing a Relationship with your Intuition
Affirmations for Kindness and Non-Judgement
Becoming a Clear Channel for Your Higher Self
Rituals and Ceremony for Manifestation
FAQs About Manifestation



Manifestation 101

Things to Remember When Manifesting

- **The Universe wants us happy, healthy and abundant**, especially when we are living in service to others and working to create harmony around us
- Fear and doubt is misdirected energy and must be channeled in productive ways to manifest the reality you really want
- Suffering is not necessary for our Spiritual development; in some cases we have "contracted" or planned certain events for our life and growth, however, most of the time, we are causing ourselves unnecessary suffering by not using our mind correctly
- Vision and action go hand in hand; once you have the vision you must take action!
- **Practicing non-resistance and "wanting" nothing will make you more magnetic...** allow yourself to go with the flow no matter the circumstance, KNOWING that your divine destiny is unfolding as intended
- **Poise = Power**
- Any disharmony in your environment is a symptom of disharmonious consciousness or thinking
- When you ask and set forth an intention, you MUST believe! Banish all doubt!
- **Be patient; it might not happen overnight. Hold the faith and intention!**
- Look for signs that it is happening; you'll get "leads" or signs that the things is beginning to manifest; **stay patient!**
- Take actions as though it has already happened or will happen shortly; show the Universe you have faith!
- **All emotional states are vibrations; you need to become a vibrational match with the reality you want!**

Manifestation 101

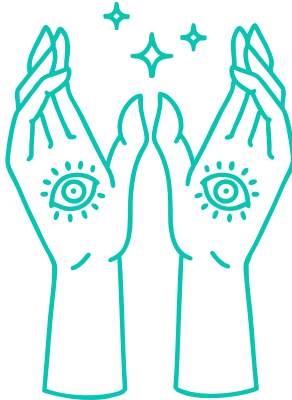
Things to Remember When Manifesting

- Establish the ideas of security, health, happiness, and abundance in the subconscious and life will be free from all limitation!
- Non-resistance is an art and when acquired the world is yours!
- You are continually manifesting all day every day. Your words carry vibration. Choose them carefully.
- You are completely demagnetized when you desire something too intensely. Set the intention and then trust.
- **Be specific about your intention.** The Universe will deliver in unintended ways sometimes!
- **As above, so below.**
- **As within, so without.**
- **Our external reality is a reflection of our internal reality.**
- Cultivate and honor your Spiritual practices.
- **The Universe responds to BRAVERY!**
- **The Universe responds to COURAGE!** Be fearless (within reason of course) and show the Universe you are worth it, and you're willing to SHOW UP for the rewards.
- **The Universe responds to BOUNDARIES.** This is you telling the Universe you are worthy. Worthy of more, worthy of better, worthy of respect.
- Honor and thank the elders, masters, ancestors and beings who came before you who preserved and shared these teachings.

Manifestation 101

Things to Remember When Manifesting

- Practice GRATITUDE
- Practice GRATITUDE
- Practice GRATITUDE
- Show the Universe you truly are grateful for the life you lead, the things you have, and the experiences that have made you who you are. Take the time to really reflect and dig deep. Gratitude must come from a place of humility and reverence for life.
- Practice service to others. We're all in this together and we only have one Earth. Manifesting for your own personal gain only is a long term recipe for lack of contentment and lack of ultimate abundance.



Dive deeper in your Manifestation practice by learning about ALL of the Spiritual Laws of the Universe in our 10 Spiritual Laws of the Universe E-Book or Course

Manifestation 101

When I do affirmations it feels like I'm faking it!

Fake it til you make it! Or rather, Fake it til you become it!

Seriously, at first it doesn't come naturally, but over time those new "programs" will start to take hold and you'll notice your brain automatically thinking those positive affirmations instead of immediately going into old programming or thought patterns.

As you start to notice little changes in your life, or as you notice the positive thinking coming easier, or feeling more natural, express gratitude.

GRATITUDE seals our new positive intentions and thoughts in a way that allows the Universe to easily respond to them. The Universe is alive and it will respond.

Affirmations for Kindness and Non-Judgement

I am worthy of love

I am growing and evolving and forgive myself for any actions I took when I was unconscious

I am just as capable of achieving my success and dreams as everyone else

I am beautiful just the way I am

I am successful and smart

I am in flow with the Universe and discovering my purpose

I am powerful and creative

I am grateful for all of the good in my life

I am worthy of my desires and dreams

I am on the right path and am releasing other people's expectations

Check out the mantra and affirmation worksheets included at the end of the course for over 200 affirmations for Health and Abundance!



Affirmations are a great way to begin reprogramming your subconscious. If we have been taught for years to be critical of ourselves or feel unworthiness, we must begin to use positive reprogramming. At first it may feel fake or hard to believe, but just keep going. Eventually it will begin to resonate with you on a subconscious level.



Manifestation 101

Trusting Yourself: Developing a Relationship with your Intuition

- As we heal, create new positive thought patterns and develop a state of receptivity with the Universe, we will start to experience things like Synchronicity, Intuitive guidance, and general feelings of something being "right" or "wrong" for us.
- As we create a state of being that is conducive for channeling our higher self, and living our lives by OUR beliefs and destiny, we will experience magic. Things will start to fall into place. Your body will talk to you more and you'll tend to just "know" the right next thing to do or say.
- As we start to experience these things we can question them, because our own internal guidance system and intuition is likely giving us directions that are very different from our programming or conditioning. We must trust. And allow.
- Once you start to trust that guidance and once you start to see the positive results from listening to that guidance, it makes it much easier to continue trusting and getting in flow with your own intuition.

Becoming a Clear Channel for Your Higher Self

Maintaining good physical health helps open up the flow of energy through your body, allowing your higher self to channel through you. This allows you to be more intuitive, receive the signs and messages from the Universe and create clear energetic connection with the things you desire.

Ways to become a clear channel:

- Do all the healing work! Process and release those stored emotions
- Exercise daily to move the energy
- Maintain a clean vegetarian diet or diet with only fish and chicken
- Lots of immune boosting and antioxidant supplements
- Detox with charcoal, sauna, and green juices (celery juice preferable)
- Drink smoothies with lots of fruit and veggies; add Flax for Omegas and healthy fat
- Get lots of healthy fat for your brain - avocado, flax, ghee



Manifestation 101

Cultivating a Spiritual Practice

By looking within and doing the work to heal and find peace, we can allow the infinite spirit of the Universe (or God, Source, etc) to move with us and for us. Quantum Physics is beginning to prove the existence of a unified field of energy, showing us that we are all connected, and that our inner world can affect our outer world.

Develop your Spiritual Practice using the teachings that ring true to you. Know that you are God, or a spark of energy from the Source of this great Universe. Unlike some organized religions, Universal Spirituality teaches that we can all find God within, that we are all from the same Source and are all one. It teaches that separation, fear, and doubt are all illusions, created by us in the 3rd dimension because of our descent into dark ages causing an inability to "see" beyond this dimension.

We are now "seeing" further and comprehending more as we awaken and ascend into the age of enlightenment. There is no better time than now to begin exploring your connection to the Universe and cultivating a practice of mindfulness, meditation and Spirituality. Remember, there is no one "right" Spiritual practice. A Spiritual practice is YOUR practice. So make it your own!



Use ceremonies and ritual practices as a way of connecting with Spirit and the Quantum Field; learn more about Quantum Journeying and Ceremony in the next chapter!



Manifestation 101

Rituals and Ceremony for Manifestation

You can utilize guided meditations and quantum journeys to begin your practice of connecting to the Quantum field.

Continue to build your own practices around meditation, ritual and ceremony that can help you connect to Spirit, or the Quantum field. Some of our favorite ways are below:

Moon Rituals: Using the cycle of nature you can get in sync with the flow of energy through the Universe

- Practice New Moon rituals and Full Moon rituals

Utilize daily morning and evening meditation to connect to Spirit and reaffirm your intentions; use your affirmations too!

Utilize the Solstices, Equinoxes and other Seasonal changes to guide the timing of your ceremonies

Honor the flow of manifestation and the rising and waning energies that we experience on Earth.



*learn more about ceremony and ritual practices in our **Awaken 102: Spiritual and Cosmic Initiation Course***

Manifestation 101

Rituals and Ceremony for Manifestation

Prior to beginning a ceremony or ritual, it is important to create sacred space, or protected space.

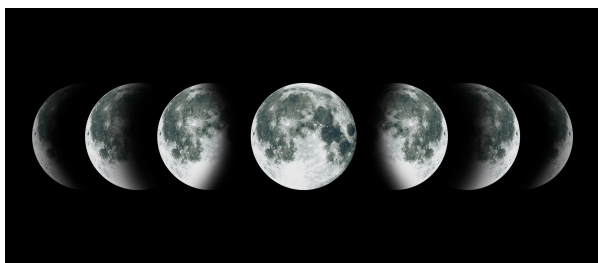
There are a number of ways to do this, including the prayer to the Great Spirit and four Winds/Energies that you heard in the Quantum Journey meditations. Below are a few examples of ways to create your sacred space:

Visualize a beautiful white light, or white pyramid around you; visualize this energy as protective energy

Verbalize out loud that you are divinely protected and that you intend to only connect to the highest vibrational energy of light and love in your ritual; ask your non-physical team and higher self for protection

Use sage or other smudging herbs to cleanse your space and create protection, warding off any negative energies

Close the sacred space when you are done with a prayer, thanking the energies you worked with and thanking the Great Spirit for the opportunity to journey into the realms beyond death.



*Check out our smudging guide on our website in the **FREE LIBRARY** section www.starfamilywisdom.com*

Manifestation 101

FAQs About Manifestation

What is the difference between Probable and Possible futures?

Probable Future = the future (or handful of future timelines) we are currently tracking towards. This is the most probable outcome based on how you are currently taking action and living your life.

Possible Futures = there are more than one! Technically speaking, there are an infinite amount of possibilities. So while you have a probable future or a few probable futures, there are SO MANY POSSIBLE futures available to us.

I only have space to think about all of my chores, tasks and to-dos. How can I spend time on this?

Prioritization. Yes, life is full of lots of to-dos! But you MUST prioritize yourself. What can trade-off? What can wait until tomorrow or next week? Have you asked for help?

Everything is happening to me so how can I change it?

STOP! That's a limiting belief and you've just put yourself in the role of a victim. The science of energy and consciousness teaches us that we DO create our reality. Shifts are possible. Do the work.

Isn't magic evil?

STOP! That's patriarchy speaking through you. Seriously though, that's just a limiting belief. Life is magical and some of what we experience can feel like magic, but we are understanding more and more about the nature of miracles, magic and manifestation through very credible scientific research. The science of energy and consciousness teaches us that we DO create our reality. Shifts are possible.



Affirmations are a great way to begin reprogramming your subconscious. If we have been taught for years to be critical of ourselves or feel unworthiness, we must begin to use positive reprogramming. At first it may feel fake or hard to believe, but just keep going. Eventually it will begin to resonate with you on a subconscious level.



Manifestation 101

APPENDIX

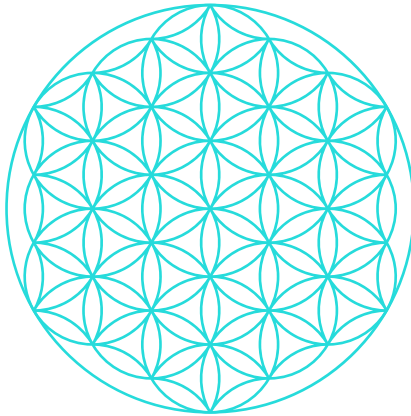
Appendix 1: The Cycles of Time and Earth's Descent into Dark Ages

Appendix 2: Shadow Work and Healing Resources

Appendix 3: Ways to Support Collective Healing

Appendix 4: Cycles of Life and Nature

Appendix 5: Manifestation Homework

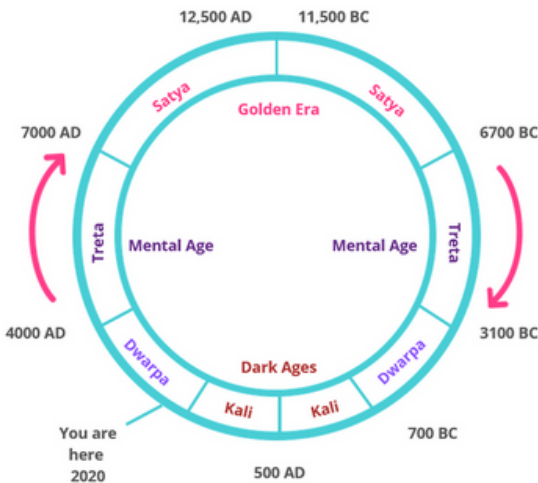


Manifestation 101

Appendix 1: The Cycles of Time and Earth's Descent into Dark Ages

In Vedic traditions, the Cycle of the Yugas (depicted to the right) represents the cycle of time that exists on Earth. This cycle is 24,000 years in total and includes 12,000 of ascending or elevating of human consciousness and then 12,000 years of descending into dark age or into a lower state of consciousness. At the height of the cycle, humanity is in a state of enlightenment, living in a Golden Era. The Golden Era lasts for about 9,600 years, and new research indicates that many of our most monumental sites around the world may have been built during the last Golden Era, contrary to mainstream accounts of world history. It is possible that later dynasties and civilizations simply inherited these great structures.

This cycle of time is driven by the position of the Earth within our Galaxy, allowing Earth to be exposed to different energetic currents at different points in time. The cycle is tracked using the Precession of the Equinoxes, which refers to the tracking of the constellations in the sky as the Earth wobbles on its axis. A full "precession" or cycle of the constellations occurs once every 24,000 years. Humanity is currently exiting the "dark ages" and beginning its ascent back to a Golden Era.



Manifestation 101

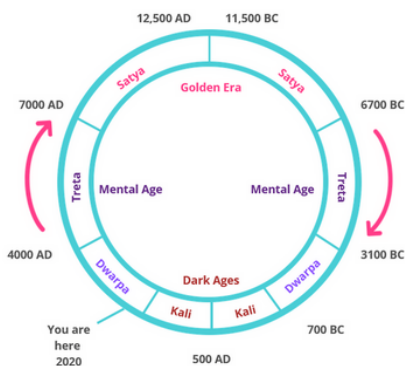
Appendix 1: The Cycles of Time and Earth's Descent into Dark Ages

This cycle of time tells us a lot about what has happened to humanity. We won't get into all of the details here, but many indigenous and Native American cultures speak of how we are in the 4th version of human civilization to have existed on Earth.

As the cycle of the yugas progressed in ancient times, the Earth was susceptible to lower energies or denser energies; during the descending cycle the Earth is not exposed to certain energies flowing through the Galaxy (because of where our solar system is positioned within the Galaxy), which makes it easier for humanity to descend into lower states of consciousness.

However, as we enter the ascending part of the cycle, we find it easier for human consciousness to expand and operate in a more enlightened state.

Unfortunately, Earth has been experiencing the negative part of this cycle over the last few thousand years; and now we are entering the ascending stages of the cycle which allows us to perceive more, become more enlightened and return a higher state of consciousness. Thus, a lot of the darkness and hate that has existed on Earth is being brought into the light; we can't heal what we don't see or feel, so humanity is being given an opportunity to face the shadow of the last few thousand years. What we are experiencing on Earth right now is very difficult and tumultuous collective shadow work.



Manifestation 101

Appendix 2: Shadow Work and Healing Resources

By looking within and doing the work to heal and find peace, we can allow the infinite spirit of the Universe (or God, Source, etc) to move with us and for us. However, healing from trauma and facing our shadows is serious work. Please utilize the following resources and seek support as you begin your healing journey. .

Books:

"How to do the Work" by Dr. Nicole Lepera

"Professional Troublemaker" by Luvvie Akayi Jones

"Rising Strong" by Brene Brown

"Daring Greatly" by Brene Brown

"Untamed" by Glennon Doyle

"Do Better" by Rachel Ricketts

Articles and Resources:

Me Too Movement Founded by Tarana Burke

<https://metoomvmt.org/explore-healing/>

Books on Race and Anti-Racism

<https://www.thegoodtrade.com/features/books-on-race>

Black Pearl Books in Austin, TX: Supporting Cultural Awareness

<https://blackpearlbookstore.com/>

Anti-Racism Books for Kids and Children

<https://www.nytimes.com/wirecutter/reviews/antiracist-books-for-kids-and-teens/>



Manifestation 101

Appendix 2: Shadow Work and Healing Resources

By looking within and doing the work to heal and find peace, we can allow the infinite spirit of the Universe (or God, Source, etc) to move with us and for us. However, healing from trauma and facing our shadows is serious work. Please utilize the following resources and seek support as you begin your healing journey. .

Articles:

How to do Ego Work

<https://yourholisticpsychologist.com/how-to-do-ego-work/>

What is Reparenting and How to Begin

<https://yourholisticpsychologist.com/what-is-reparenting-and-how-to-begin/>

The Feelings Wheel

<https://www.gottman.com/blog/printable-feeling-wheel/>

Stress Response

<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

Pods:

Brene Brown and Gwyneth Paltrow

<https://goop.com/the-goop-podcast/gwyneth-x-brene-brown-on-the-roots-of-shame-courage-and-vulnerability/>

What is Reparenting and How to Begin

<https://yourholisticpsychologist.com/what-is-reparenting-and-how-to-begin/>

On Purpose by Jay Shetty

<https://jayshetty.me/podcast/>

Unlocking Us by Brene Brown



Manifestation 101

Appendix 3: Ways to Support Collective Healing

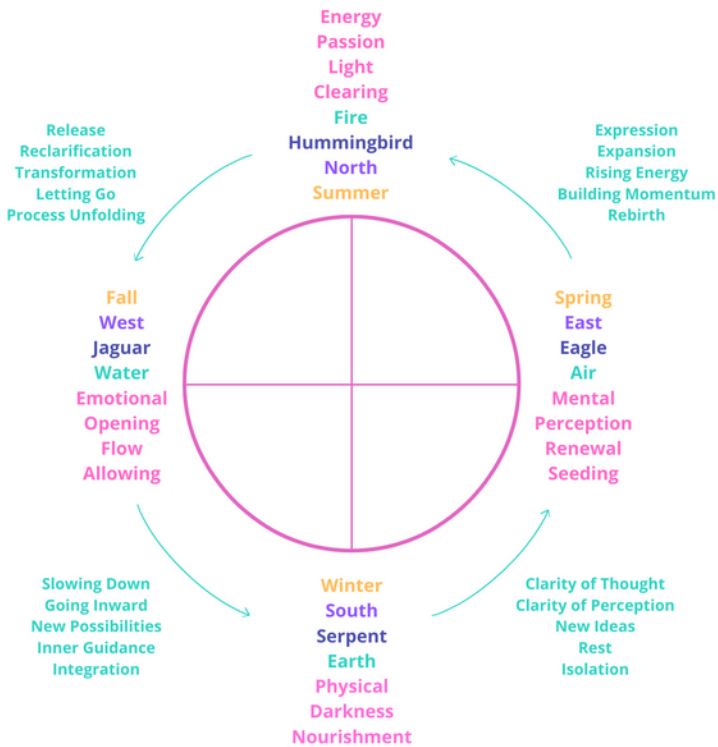
- Support lawmakers and politicians who are committed to dismantling the unhealthy and violent systems that have been created by the rise of Patriarchy and White Supremacy
 - Sign petitions, call your lawmakers, donate your time
 - Support organizations like Grassroots Law that are working for justice and policy change
 - Educate yourself on the systems that were created by Colonial/Patriarchal rule throughout this world
- Educate yourself about your privileges; if you hold privileges others don't, you must take actions and commit yourself to supporting work that creates equitable situations for all; use your manifestation work for the greater good, always!
- Find ways to lift others up; create your list of charitable organizations that are doing work you are most passionate about; as you manifest abundance, create more abundance for others
- Educate yourself about the climate crisis we are facing; we must be in right relationship with the Earth to manifest collective abundance; support organizations and politicians who are working diligently to face this issue with robust policy change



Manifestation 101

Appendix 4: Cycles of Life and Nature

To learn more about the cycles of life and nature check out our Awaken 102: Spiritual and Cosmic Initiation Course!



Manifestation 101

Appendix 5: Manifestation Homework

Congratulations! You've completed the E-Book! Now, it's time to start manifesting!

Follow this easy how-to guide to solidify your manifestation practice!

Daily

- Meditation (30 minutes minimum); not ready to sit for 30 minutes straight? Try 10 minutes, 3 times per day
- Move that energy! Stay in flow with the Universe and shed energy that is no longer serving you by moving your body! Do something active (preferably yoga!) every day for at least 30 minutes
- Use your Affirmations and Mantras! Practice Gratitude Daily!
- Pay attention to your mindset; are you thinking positive and empowering thoughts? If not, redirect your thoughts! Do this over and over until it feels natural

Weekly

- Use a manifestation meditation at least once per week to help you connect to the Quantum Field
- Journal to release emotions and "let it go"; don't store negative or charged emotions in your body! Use journaling as a way to explore your passions and interests as well!
- Find time in nature; connect with the Earth and reflect on how you are living the Spiritual Laws of the Universe

Monthly

- Use the cycles of nature to work with the Universal energies for manifestation; conduct a small ceremony on the New Moon, setting your intentions for the next month, next 6 months or next year; conduct a small ceremony on the Full Moon to release energy or things in your life that are no longer serving you
- Reflect on your Life Vision; make updates to your Life Vision as you are evolving
- Follow your intuition; listen to your body and that gut instinct! Start following your intuition and notice what happens!

Ongoing

- Engage in energy clearing and holistic health practices; Reiki, Shamanic Healing, Sound Healing, Acupuncture, Massage, Yoga, Qi Gong, are all great options
- Use the Quantum Journeys any time you need to reconnect with your soul on a deeper level
- Join group manifestation practices and ceremonies to amplify your energy!
- When you're ready for the next level, introduce chanting, mudras, and high frequency meditation music into your practice (learn about it in the Raise Your Vibe Course!)
- Have fun!! Follow your passions and interests fearlessly!



Manifestation 101

Source Material

- Written in Stone, Richard Cassaro
- Channelings from Bashar; Darryl Anka
- Messages from the Masters, Brian Weiss M.D.
- One Mind, Larry Dossey M.D.
- You are the Universe, Deepak Chopra M.D.
- The Convoluted Universe Series, Dolores Cannon
- The Power of Now, Eckhart Tolle
- Signs, The Secret Language of the Universe, Laura Lynne Jackson
- Original Wisdom, Robert Wolff
- Real Magic, Dean Radin PhD
- Law of Attraction, Esther and Jerry Hicks
- The Complete Works of Florence Scovel Shinn
- The Bible
- Jesus and the Essenes, Dolores Cannon
- Quantum Healing, Deepak Chopra
- Soul Journeying, Alberto Villoldo
- Anatomy of the Spirit, Caroline Myss
- The Pyramid Code, Carmen Boulter
- Fingerprints of the Gods, Graham Hancock
- Destiny of Souls, Michael Newton PhD
- Becoming Supernatural, Dr. Joe Dispenza
- The Biology of Belief, Bruce Lipton PhD
- Living in a Mindful Universe, Eben Alexander M.D.
- You Are Here, Tich Nhat Hanh
- The Presence of the Past, Rupert Sheldrake
- The Seat of the Soul, Gary Zukav
- Awakening to the Spirit World, Sandra Ingerman & Hank Wesselman
- Psychic Literacy, Ingo Swann
- The Conscious Universe, Dean Radin PhD
- Metatron Channelings, Various Sources
- The Instruction, Anslie Mcloud
- The Emerald Tablets of Thoth
- The Secret Teachings of All Ages: Manly P Hall
- Soul Retrieval: Alberto Villoldo
- The Stage of Time: Matthew LaCroix
- The Secrets of the Flower of Life Vol 1
- The Secrets of the Flower of Life Vol 2
- The Anatomy of Spirit, Caroline Myss
- You Can Be Younger, Marissa Peer
- Biology of Belief, Bruce Lipton
- The Secret Teachings of All Ages, Manly P Hall
- The Extraordinary Healing Power of Ordinary Things, Larry Dossey
- Becoming Supernatural, Joe Dispenza

