

**THE 8 DAY
MANIFESTING
MAGNET
E-COURSE**



**Jumpstart Your
Natural Manifesting
Abilities Now!**

8 DAY MANIFESTING MAGNET

Welcome to your 8 Day Manifesting Experience!

Congratulations! You have taken the first step towards learning how to manifest your desires faster and easier!! To Begin, read one chapter each day for the next eight days. This will jumpstart your manifesting vibration. Each new manifesting assignment contains "homework" which if you actually follow through and do it each day, you WILL increase your vibration and see a shift in your natural manifesting abilities! If your spam filter deletes a message, you can always return to this page and review any missed lesson in your course. Also, if you want to speed ahead you can do the course at your own pace.

It's good to know that the miracles you begin to experience in your life are just the tip of the iceberg with regards to what is possible by mastering the science and art of manifesting. There is much to understand about the power of your mind. The first thing to remember for the rest of your life is that What You Think About You Become! If you think this course will work, it will. If you doubt it, you may prove yourself right again. If you have saboteur voices in your head stopping you from creating your dream life, you will want to read and practice the Remove the Gremlin techniques in the 1st Chapter of The Manifesting Manual. Download it instantly by [Clicking Here Now!](#)

Are you ready for your first manifesting lesson? A truly awakened, inspired, and empowered life is on its way towards you below...enjoy your journey!!

"You are never given a wish without also being given the power to make it true." ~Richard Bach



DAY 1

How to Set a Powerful Intention

"You are never given a wish without also being given the power to make it true." ~Richard Bach

Imagine you want to grow an apple tree orchard and you decide to plant a few hundred seeds, thinking that the more seeds you plant the greater the chance for success. Yet, you find you only have the time to water, fertilize, and care for a few of these plants. With only 16-18 waking hours in your day, you have the resources to either give hundreds seeds one drop of water each, or pick out those few special seeds that your heart truly wants to care for, and give your full attention and loving nourishment to them. The fewer intentions you set, the more powerful they become.

Just like each plant requires water, sunlight, soil, air, and the right temperature to grow, the more love, inspired actions, commitment, patience, and positive trusting energy you can give each seed, the greater the harvest will be in your future. These are the five necessary ingredients in creating a powerful intention. You'll find that the more you can give these five simple qualities to your specially selected desires, the faster your fruits ripen and the bigger your harvest becomes. With every intention you create, you have the choice of how much love, inspired actions, commitment, patience, and positive trusting energy you want to invest into them. The moment you have decided on which few special desires you most want to manifest, you have just planted the seeds and might as well already start tasting your fruit!

So which desires are the most important to give roots to in your life? What kind of "fruit" would you like to harvest in 3 months from now? Think about what is it that you MOST want to focus on and give your personal energy to? What do you want to have manifested into your future? What do you really want to be doing with your life? Who do you want to become? This is your opportunity to plant

some powerful intentions into your Universe and start harvesting your ultimate garden.

An abundant life full of health, financial freedom, great relationships and spiritual connection is readily available for you, if you know how to plant these seeds.

How do you know if you have chosen the right seeds for yourself? Listen to your body. The physical sensations your body gives you will let you know if you are focusing on something you truly can manifest in the certain time frame you desire. Take this moment to think of something specific you might want to manifest. Now notice how your body reacts when you think about it. Does your heart open and expand, or tighten and contract?

If you feel more expansive, open, excited and yet also more relaxed, grounded and secure you can know you're focusing in the right direction! Sensations that make your heart feel more joy, excitement, energy, and passion yet have no real grounded feeling to actually doing them will make your body feel apprehensive, rigid, depressed, apathetic, or tired. When you dream of manifesting things too big or small for your current vibration, you are simply choosing to plant a future barren tree.

It can at first be challenging to know how to find the right intention that is neither too big nor too small. Since there are often many negative thoughts as well as overly optimistic voices inside, we feel that we are going to harvest a million apples or be starving in the gutter like a beggar. The most effective way to distinguish the healthy from the not-so-healthy voices in your head is to notice if there is a "should" involved. If you are "shoulding" on yourself you will feel a lack of energy to actually do inspired actions towards manifesting your desire. A "should" will make you feel that everything you do is a chore, and you'll have a tension in your body at the end of the day. This tension will decrease your manifesting abilities.

A truly powerful intention that is in alignment with your current manifesting vibration will come directly from your heart, your own source of inspiration, and is uniquely and completely yours. It is not based on the expectations or desires of somebody else. You are doing daily inspired actions towards it because you want to and are excited about helping others. If you think you "should" do something because of society's expectations or what your dad, mom or family thinks you should do, you will always struggle with manifesting your dreams. Manifesting effortlessly comes from being passionate! Only

through feeling vast amounts of joy, love, and the freedom to truly enjoy your life and do what YOU want, are you able to manifest your greatest harvest with ease.

Remember that it is also possible to turn any "should" into a real desire. You just need to focus on what you appreciate about it instead of it being forced upon you. So be patient with yourself in this planting, watering, fertilizing, harvesting process. Make sure you are HAVING FUN in your work, and always check inside your heart to see if you are truly doing what you are passionate about. Enjoy!

Your Manifesting Homework Assignment

This is an assignment in learning how to set a powerful intention that is neither too big nor too small. This is going to be a short list of what you truly want to BE, DO and HAVE manifested into your life within the next 8 days. Write them down below, and rewrite them if necessary. Take at least an hour to define the right intentions for you! You would spend this much time planning a week vacation, so why not planning your life? Make sure that what you write down is truly exciting, risk-worthy, reasonable and attainable. As a general rule, it's often better to set smaller goals than HUGE ones, since your vibration will increase dramatically through attaining any goal, rather than always falling just short of it.

When you set the right intention you might feel a little nervous or scared, yet this can be excitement in disguise! Notice how you truly feel each time you think about it manifesting. There may be a tingling feeling, or a sensation like you're about to go on a wild rollercoaster ride. Just remember that there is ALWAYS great excitement inside you beneath the fear. By reaching towards your intention through your actions, in your conversations, in your visualizations, and who you're being in the world, you'll enjoy the journey more and manifest more exciting experiences along the way. And lastly, make sure to list your manifesting intentions in order of priority. Write the intentions that are the MOST important first, and the ones you are least excited about towards the end. You have 24 hour to do this first assignment. This is your life, you can make it FUN!

My 8 Day Manifesting Assignment

Name _____ Date 8 Days from Today _____

List your top 3 "Who I Am Being" intentions. Anything you can FEEL can be included in a "who I am being" intention. Some possible examples include the way you are being in the world, such as your new attitude around certain people, how you are feeling inside in general, having more laughter, a lighter approach to life, how you're experiencing your intimate relationship, if you're learning a new habit, shifting a personality trait, setting stronger boundaries, changing a belief, overcoming a fear, ending procrastination, eliminating a fear etc

1 _____

2 _____

3 _____

List your top 3 "What I Am Doing" intentions. Any action you could video tape yourself doing fits into a "What I am doing" intention. These include things like walks in nature, exercising 30 minutes a day, signing up 5 new clients in your business, meditating 30 minutes a day, making love, getting a massage, designing your dream home, designing a financial plan, interviewing companies for a new career, preparing a special meal for yourself, etc...

1 _____

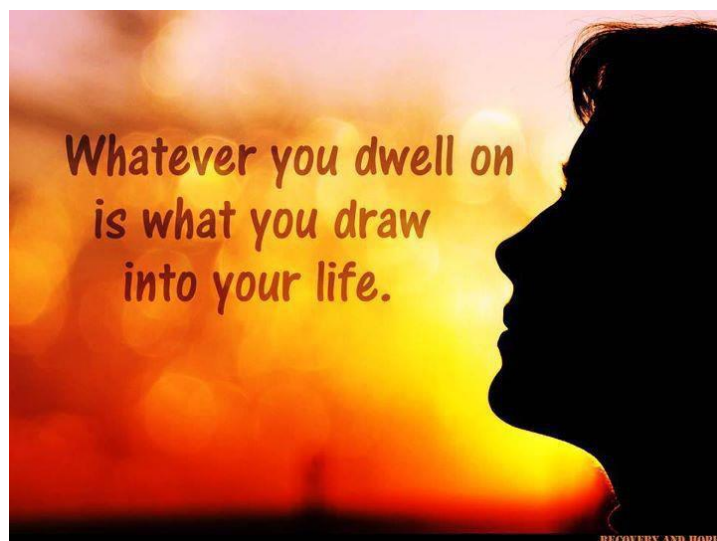
2 _____

3 _____

List your top 3 "What I Have Manifested" intentions. These include actual physical things you want to have physically manifested. Some examples of "What I have manifested" intentions are a certain amount of money in your bank account, a new pair of shoes, a trip to the Bahamas, a new job or business opportunity, a fun new friend, a new client, your dream car, or even perhaps your dream house.

***"A soul without a high aim
is like a ship without a rudder." ~Eileen Caddy***

It is important to refer to this list everyday to ignite your manifesting powers. The mind needs to be reminded where its heading in the future, and by simply reading your goals and FEELING them as if they've already occurred, you start to manifest them into your life! So print this page out and post them somewhere you'll see them everyday. On the wall next to your bed, on the refrigerator, at your office, next to your computer, on your bathroom mirror, in your car, or wherever you tend to be the most present, conscious and spend your time. Enjoy!





DAY 2

Fertilizing Your Manifesting Soul

***"What the caterpillar calls the end of the world,
the master calls a butterfly." ~Richard Bach***

Now that you've decided on which "seeds" you're going to plant and manifest into your future, it's time to plow through your soil (soul), pull out the weeds, fertilize the ground, and stir it up with rich energetic nutrients. The foundation and contents of your soil represents your body's overall physical energy. The consistency of how fertile (receptive), relaxed and rich you feel will determine if you'll struggle with manifesting what you want, or attract your desires easily and effortlessly.

Think about how challenging it is to grow any plant in soil that is full of old rocks, dirt that's depleted of nutrients, and covered with bramble, sticks and weeds. The first step in your soil revival and fertilization process is identifying exactly what, where and when you are perpetuating these difficult conditions in your life. This can be easily discovered by making a list of everything you tolerate in your life. Those daily tolerations will basically suck your energy dry until you find a way to eliminate them, or approach them with a new attitude and positive mindset.

Another soil depletion is the all too common "clutter" within the mind. This is often the number one cause your soil may be covered with weeds that are stealing essential nutrients from your manifesting seeds. Have you ever noticed what happens when you have too many things on your mind? Your life feels depleted of energy and those negative feelings, fearful thoughts, or worrying habits end up sneaking in when you least expect it. In order for you become a powerful manifesting magnet, you'll want to simplify your life and clear away this inner clutter. The moment you do, you'll be in touch with your true, rich and abundant soul. Here are a few exercises that will instantly shift your vibration and help you to increase your energy, consciousness, and manifest overall good feelings inside. It is time for

you to see and FEEL the divine abundant garden that already exists deeper within

Your Manifesting Homework Assignment

Over the next 24 hours, your job is to practice clearing away the tolerations and clutter in your mind. Any tolerations, mental cluttering thoughts, negative thoughts about yourself, others, and the world are to be written down on a piece of paper and labeled your BE AWARE LIST. When you know the bramble that is your path, you can avoid it. Once you are aware you can distance yourself from those little negative thoughts that tend to slip through, you'll stop feeling separate, inferior, or stuck in your life.

Below is a 4 part emotional "weeding process" for you to use on your inner world. It will turn every weed into fertilizer! Don't take your weeds too seriously remember that soon you'll be seeing new positive thoughts sprouting up and feel that this is the most empowering inner work you have ever done. So have fun and enjoy!

1. Determine what negative thoughts or feelings are impacting you

To locate your negative thoughts, practice "listening" to your body and it's wisdom. This is done by simply paying attention to your chest area throughout the day. Whenever your heart area tightens, feels stressed, or contracts, this is a sign that you are unconsciously choosing a small negative perspective of reality. Every time you catch yourself contracting, stop! Notice this contraction and realize that you are one step closer to letting it go.

2. Feel it, relax into it, and breathe through it.

Whenever a negative feeling/thought/sensation becomes strong, simply relax into it. Give it space and permission to be here. Being with the feeling is something you probably haven't done yet, and is the key to transforming those weeds into fertilizer. Challenge yourself to actually see how long you can remain in the stuck, sticky, uncomfortable tight, bodily sensations. When you find a good one, it may only last 10-30 seconds, yet may feel like an eternity. As you

relax into the feeling, you'll notice that it changes, and you are changing with it!

Keep relaxing and breathing deeply and slowly with and "through" the negative feeling until you can sense the feeling that is beneath it. The roots of those weeds may be buried deep, yet the divine soil is always beneath.

3. Dig deeper when you get stuck.

Often the biggest challenge in the weeding and fertilization process is allowing yourself to stop and feel what's going on inside. When denial, resistance, or avoidance occurs, it's time to get out the shovel! Return to your worst negative thought again, and see how it feels. If you feel you have too much past programming and resistance to allowing yourself to feel a negative sensation, breathe deeper and focus more! Do you want your seeds of desire to have rich soil for easy manifesting? Remember that this is a process and with focus you will make progress. Your body will always tell you the truth, so you cannot bury your rocks and weeds. Be aware. The mind is often calculating and cunning, and will lead you towards a nice enjoyable distraction. If this is the case, it's good to know that weeds do multiply if you don't tend to them.

4. Do Emotional Release Journaling

Create some space in your schedule where you can be alone from 15 minutes to an hour or more. Get out your favorite pen, journal, diary or just several random pieces paper and start writing. Don't use a pencil or keyboard unless necessary, there is more flow of energy in a pen that can move with your emotions. The goal of this exercise is to write from your emotions. It can be positive feelings, negative, or both it won't matter. Just write words that come from your FEELINGS. Just keep writing whatever that comes through you.

Do not try to write in full sentences, use correct punctuation, or have it make sense. Just let go and let it out to flow! Keep your pen moving no matter what and write down every little thing that shows up from your feelings until there is NOTHING left! If you don't know what to say, just write, I don't know what to write, and keep going. When you truly feel complete and honestly have no more feelings in your body or gibberish in your head, then stop. Do not read any of it upon completion. Just tear it up, burn it, or shred it. Make sure that it physically disappears. Then, proclaim out loud, I have let this go!



LIVE LIFE AS IF
EVERYTHING IS
RIGGED IN YOUR
FAVOR

RUMI



DAY 3

Creating Sacred Time for Manifesting

"Your Sacred Space is Where You can Find Yourself Again and Again"-Joseph Campbell

How much time do you currently spend doing the things you KNOW will give you more energy, consciousness, inspiration, and motivation to manifest the life you want? How often have you read about a great technique or exercise and did not implement it simply because you never made the time to follow through a priority?

Studies have found that the biggest reason why people don't change their negative habits and remain in unhealthy lifestyles is that they don't make time to implement the ideas they know will help them. The golden key to manifesting success is learning how to create sacred time for yourself, so you can experience a higher vibration of joy, freedom and ecstasy around manifesting your dream.

Now what do we mean by "sacred time"? We mean that you treat this allotted timeframe as if it's the most important meeting you'll have in your life. Simply because you are the most important person in your life, and this is a meeting with YOU! Guard this time like you would protect a very valuable jewel that is old, precious, and sacred.

The more you value this time, the more you will learn how to appreciate yourself so that you can manifest a life that you love! When you block off 1 hour of sacred time to practice visualizing, feeling and meditating on the who you want to BE, what you want to DO with your life and what you want to HAVE manifested, in time you will inevitably increase your chances of attracting those desires to you!

The depth and strength of your commitment to this sacred time determine the level of actual manifested results you experience in the future. Watch out for the excuses that your mind may use to try and pull you away from your sacred manifesting time with yourself. The mind may attempt to get you to believe that there is something else

that is more important for you to be doing. Keep your priorities in line and remember that this time is truly sacred. The more you are able to guard this time like a precious jewel, the faster and easier your manifestations will show up into your life.

The 6 Secrets to Creating Sacred Time for Yourself

1. Imagine yourself creating this time in your day and FEEL it will happen.
2. Plan for it and reschedule so that you KNOW you'll have the time for you.
3. Ignore interruptions, distractions. and old negative habits.
4. Never reschedule anything over this time (unless it's life and death critical)
5. Create healthy time boundaries with your other appointments in your day.
6. Do it before you do anything else in your day.

Studies have shown that when you schedule an activity into the beginning of your day, there is a significantly higher probability of completing that activity. Also, focusing your energy on manifesting at the beginning of the day will help you vibrate at a higher level throughout your entire day! Therefore, we suggest that you give yourself the gift of sacred manifesting time as early in your morning as possible.

Your Manifesting Homework Assignment:

- 1. Determine when you want to schedule your sacred manifesting time.**

Write this appointment down! Put it into your day-timer or palm pilot

and make it concrete. Name it "Sacred Manifesting Time" or "My Visualization Time" or something that truly inspires you to do it.

2. Read through your list of desires and dreams silently and then out loud.

As you speak each desire, feel it, and then visualize that it is already happening to you! Sit for several minutes and visualize yourself experiencing the things you wrote down on your sacred list. Imagine that each one is happening to you in your life!

Take time to focus on the details and FEEL how you feel in this situation. Doing this exercise will create many unimaginable rewards.

3. Imagine that your desired outcome is released from your body and goes into the divine Universe which is waiting to receive it.

Feel as if your desire was received fully and completely by the all-intelligent, loving, and powerful Universe. Know that the Universe has acknowledged your desire as sacred, and that it is on its way to being manifested for you!

*"We make a living by what we get.
We make a life by what we give." ~Winston Churchill*

YOU
are a
GOD
in
AMNESIA



DAY 4

How to Become a Money Magnet!

***"Our greatest glory is not in never falling,
but in rising every time we fall. ~Confucius (551 - 479 BC)***

Your relationship with money is what defines how much of it you have, or how much of it you lack in your life. If you were relating to money as if it were a person, what relationship do you have with your money today? To magnetize a more wealthy, fun, joyful and free financial situation, you will want to create a totally abundant and expansive connection with money. You will want to imagine that money is your friend, and that you are a money magnet!

When you started to think about how did you start feeling inside? Do you get a sense of being excited, anxious, calm, cautious, light, heavy, or free? Take a moment right now to really notice what you feel, and where you feel it in your body. What happens to you when you say or think about the word money ? The word "money" happens to be one of the most emotionally charged words in the world today, and it could be impacting your life in a negative way.

Start by finding and dropping your core negative beliefs about money, and choose to accept that there is an abundant supply of money available to you always. Whenever you have a worry, fear, or negative thought about money, you are lowering your energy, vibration, and connection with your natural Divine Abundance and decreasing your ability to receive more money. Do you feel that if you really loved money it would separate you from the spiritual world? The truth is that you will become a more spiritually alive and awake being by practicing feeling financially free.

Your thoughts and feelings are what create your reality. If you think negative fear-based thoughts about money, you will attract negative bank account balances. By focusing on how easy it is to pay your bills, provide yourself with rich nourishing healthy foods, and take care of yourself in the most loving and luxurious ways, you will increase your

abundance consciousness. When you feel rich in the inner world, you will manifest abundance in your outer world.

Dedicating your sacred time to creating a positive emotional connection with money will do wonders for your bank account. Recognize where wealth is already present in your life. This will instantly make you feel richer, and every rich feeling you have will magnetize even more money to you. Have you ever noticed how easy it is for wealthy people to attract more money, while poorer people seem to attract more poverty? We are powerful manifesting magnets. Whatever we focus on is what tends to grow in our lives!

There is no limit as to how much money your bank account can hold, it's literally infinite. And it's good to remember that you can potentially create a new relationship with money at any moment. The degree of internal shift you make is also totally unbounded and limitless. How you were raised with (or without) money as a child, your adult experiences with it, and your current belief systems mean absolute nothing to your pure potentiality to create something new today. When you are 100% devoted to continually creating an expansive relationship with money, you will see everything change. What do you think your bank account would look like in a year from now if you stopped having "poverty thinking" and simply lived in Abundance Consciousness?

"There is nothing in a caterpillar that tells you it's going to be a butterfly." ~Buckminster Fuller

To become a Money Magnet, it helps to think about what money actually is. Money is simply energy. It's a form of energy just like the warm rays of sunshine, the wind blowing through the air, and the waves in the ocean. This current of energy (currency) usually takes the form of tiny electrons in computers holding specific binary codes around the world. You have the power to manifest more or less electrons depending on your belief in the size of your monthly monetary container. This is the amount of money you believe you will make this month.

This illusionary "container" is based on your level of abundance consciousness which is impacted by how you are vibrating (in joy-ville, flat-line, or dumpster-ville) and how expansive and positive your thoughts become throughout the day. When you are consistently expanding your financial feelings, you will eventually remove the

ceiling off of your container and let in the true infinite flow of electrons! This will give you more time to relax, meditate, be in nature, give more to charities, create awesome relationships with friends and family, and feel financially free.

To start manifesting absolute abundance in your life today, release your resistance to receiving the abundance that you want and start thinking thoughts that promote abundance consciousness. What is it like to expand your thoughts, feelings, energy and vibration around the word "money" right now? If you don't know, get curious about it. Notice where your body is resisting, holding on in fear, or analyzing the situation.

Explore what it's like to feel totally abundant and financially free! Take a few minutes to imagine and feel what it's like to be a super wealthy person who is relaxing on a beautiful Hawaiian beach watching the sunset. Give yourself full permission to enjoy this feeling of financial freedom inside. Notice what happens around your heart and chest when you visualize and feel this scenario.

***"We make a living by what we get.
We make a life by what we give." ~Winston Churchill***

Your Manifesting Homework Assignment

1. Write down your core positive and negative beliefs about money.

Take out a blank sheet of paper and draw a line from top to bottom. On the left side write down the beliefs you have today around money that are blocking you, limited, poverty stricken or simply negative. On the right side, list the opposite beliefs, rephrasing them in the most abundant, rich, wealthy and life affirming way.

2. Write a "Law of Abundance" Check

Get a blank check and make the check out to yourself for whatever amount that you want. Really, whatever number feels exciting, real and true for you. You can write it for millions or something smaller and more easily digestible in size. Then, write in the date when you receive this money. Be realistic, this date will officially become your "Abundance Payday!" Sign the check in the signature space "The

Universe" and in the memo area write "Paid in Full". Stick this check in your wallet for this will instantly start attracting more money to you. This exercise has worked wonders for many people we know. In a few days, some of our friends attracted a plethora of new clients to their business, while others received monetary gifts from the Universe for no special reason at all.

3. Stop your mind and shift from poverty thinking to abundance consciousness

Start by being VERY aware of your thoughts around money. Whenever you see a limiting, lacking, or "not enough" money thought come up, immediately shift your thought to visualizing you are a vessel for an infinite abundance of cash! Some common poverty thoughts are:

How will I pay my bills?

I was born poor and I'll always be poor.

It's the economy's fault, my lack of education, no skills, I'm depressed.

There's just not enough money for me.

That's too expensive for me.

Each time you hear yourself think a poverty thought, say STOP out loud and imagine a big red "Stop Sign" in front of the poverty thought. Then, take that negative energy and breathe it into your heart on your in-breath, and release it as light and abundance on your out-breath. Your heart is the most amazing alchemist there is.

Keep transforming the poverty into abundance with your heart until there is nothing left. Then, imagine every cell in your body is overflowing with Divine Energy and Abundance and talk out loud about how much money you do have, and how more money is already on its way to you. Remember you are always connected to the Unlimited Abundant God-Source. You have full permission to accept the Divine Abundance and Prosperity into your life.

"You can achieve magnitudes more in a few minutes through state of being and deliberate thought than by years of hard work. The wealth gap in this world is proof of this. Effortless success involves intent and detachment, not struggle and control." ~David Cameron

THE MORE REAL
YOU GET, THE
MORE UNREAL
THE WORLD
GETS.

John Lennon



DAY 5

How to Manifest Amazing Relationship

"Never Judge People by their Past. People learn, People Change, People Move on"- Unknown

Relationships are the playground on which we get to swing, and explore every aspect of our being. Without relationships you would discover very little about who you are, and experience a small amount of growth and evolution in your life.

The relationships or lack of relationships that you have in your life are an exquisite reflection of what's happening within you right now. They are not a problem to overcome, but rather something for to truly enjoy. The people you relate with on a daily basis are a flawless mirror that enables you to see who you truly are, and how you can express yourself more lovingly. They are some of the best vehicles for increasing your manifesting vibration.

Manifesting an amazing relationship with someone starts with a gentle focusing on what you appreciate, love, respect, and accept about that person. Whatever you put your attention on expands and grows, so why not look for what is sweet rather than sour?

If you find that you have a bitter relationship with someone, you have been spending time thinking about what you don't like, love, or appreciate about them. If you can keep your attention upon that which is pleasurable, enjoyable, positive, lovable, and uplifting about someone, your energetic state, manifesting vibration, and overall positive mood will increase, thus causing them to contagiously open up and shift in a way that they are most needing.

If you cannot find ANYTHING you like about someone, you are not being curious. The truth is that you can't know all dimensions of someone, and "figure" them out in even a thousand lifetimes. The "good" that you are not seeing is hidden behind your judgmental mind. This person is a divine being of the Universe. Investigate

where you are judging them as being wrong, stupid, or lacking in some way, and realize that this small part of "them" that you are focusing on is also inside YOU!

Creating the ultimate connection with someone takes being completely willing and open to be fully felt, heard and seen. By being vulnerable, totally defenseless, and deeply receptive, you can explore your innermost essence and experience profound states of intimacy with the Divine.

You already have the power to transform your most difficult relationships into empowering, supportive, and unconditionally loving connections. How do you think you would feel differently about your life if it included more amazing relationships? Here is your manifesting exercise for creating an amazing relationship...enjoy!

***"Everything and everyone around you
is your teacher." Ken Keyes, Jr.***

Your Manifesting Homework Assignment:

1. Make a list of what qualities you appreciate about this person.

Everybody has some great qualities no matter who they are. What do you truly appreciate about them? Let go of how you would like them to be different, and see how your life is enriched by their presence. Look at all the little things you appreciate about them. How do you enjoy the way they treat you? What do you appreciate about what they have said to you? Remember to look ONLY at what you appreciate or love about them. Whatever you focus upon, grows! Spend 5 minutes a day creating your list, focusing on the list, adding one more quality to this list, and appreciating this person's qualities.

2. Assume that this person has already shifted their behavior.

Each time you interact with them, speak with them AS IF they were already this new person that you love. For instance, you may think and state thoughts such as:

- Thank you so much for being honest with me",
- "I can feel that you love me unconditionally",

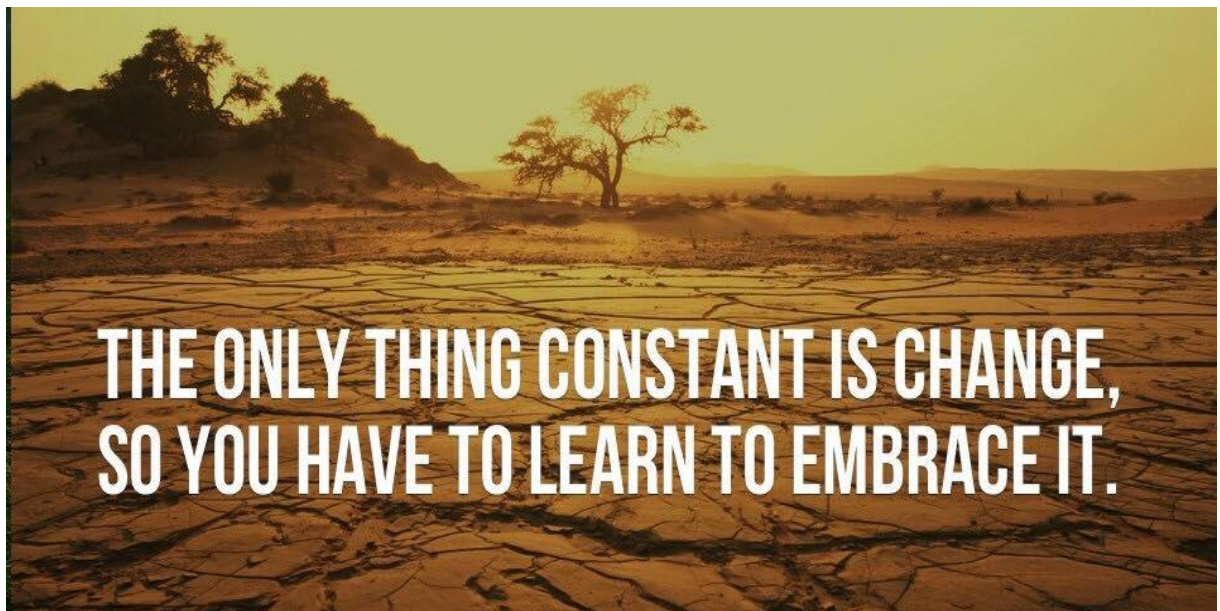
- "I trust you. I know I can count on you ,
- Thanks for being so awesome at doing XYZ.

If for some reason you see or feel that they returned to their "old self" that you wanted to get rid of, simply imagine a golden beam of light coming out of your heart and going into every cell of their body, melting their old self. Then breathe into your heart the qualities of this negative person you see in them, and on the out breath breathe more golden lightness into them.

Do this until you have completely cleansed them (and your negative projection of them) so that it is 100% freed from your body. If you feel there is even .001% negative behavior in them, take another cleansing circulation breath until it is totally disappeared.

"If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?" ~Stephen Levine

Exercise your power to manifest an AMAZING relationship today!





DAY 6

How to Live in Inspired Action Everyday

"Losers Quit When they Fall, Winners Fall Until they Succeed"

How are you choosing to live your life today? Are you going to force yourself to tackle those "to do's" on your plate or, are you going to see that you "get to" do these things today, and can choose to approach them more lightly and playfully? Living in inspired action, happens when you are paying attention to your heart and noticing how fully you are allowing yourself to enjoy each action you are taking. Being inspired comes from living in-spirit. When you are connected to your Source or Spirit, you can easily learn to enjoy any action in life if you are simply experiencing it and not judging it or yourself.

Live your life as if it's teaching you something vast, mysterious and amazing! Realize that one of your greatest lessons in life is to learn how to be fully present in whatever you're doing and celebrate your aliveness! What if your main job on Earth was to truly enjoy EVERY single action you are taking? Do you think you can choose to approach every future action from a spontaneous place of joy and gratitude, instead of feeling that "you have to" or "need to"? The biggest truth is that you do "get to" be here right now, and every problem you see is merely an opportunity for spiritual awakening in disguise.

Choosing to approach everything with gratitude and inspiration is one of the great golden keys to awakening your manifesting abilities. It positively stimulates every nerve fiber and cell in your body, causing you to sip from the joy and nectar chalice of your life! When you were a child, how much of your time was spent in inspired action versus now?

Children are naturally in inspired action. They live from a place of freedom, spontaneity, and excitement for what's next! You can see it in their eyes when they wake up to greet the day and play. This is

your reminder that you can be that playful child again. Stop taking everything so seriously! The goal of life is to enjoy it, not to be pushing yourself to rush through it. Rushing is an act of violence against yourself.

When you force yourself to do things out of a sense of not having enough time, or feeling like you "should" do this thing, you instantly close down your manifesting vibration. In fact your entire body, mind, and energy contracts when you are pushing yourself to do something that is not inspiring. Contraction is based on resistance and fear, and is stopping you from expanding to receive what you want. The secret to boosting your manifesting vibration is to do actions with a playful and spontaneous inspiration in such a way that your heart begins to sing! When you operate daily from this space, you'll automatically attract greater abundance, more opportunities, support, health, love, and the ultimate resources.

One of the biggest quantum leaps you can take towards living everyday from this place of inspiration is to uncover the "shoulds" that are running your life and say good-bye to them! A should is anything that you believe you must do because it is expected of you. It's a feeling of "I have to", "I need to", or "I've got to" do this "or else xyz".. Most people take on shoulds due to deeper feelings of guilt, overwhelm, responsibility, and fear of consequences that are programmed into their internal software at a young age. The fact is that you can do the same action everyday and hate it or learn to love it.

It simply depends on how fully you can let go of your should around it and embrace the truth that this is a spiritual journey you're on, with each situation a profound teacher pointing you back towards your soul. Everything is an opportunity for you to live from inspiration and awaken to the divine being that you already are.

***"Where there's seriousness, there's ego.
Where there's laughter, there's God." ~Unknown***

Your Manifesting Homework Assignment

1. Uncover the biggest shoulds that are running your life.

As you go through the next 3 days, simply notice the shoulds that are running your life. Some common shoulds people have include:

- I should be working harder ,
- I should help them out",
- My body should not look or feel this way ,
- I should be having more fun"
- "My spouse should act differently."

2. Write down all your "shoulds".

Every time you uncover a "should" write it down. Prioritize them with the biggest shoulds that are running your life being first on the list. Pay close attention to where and when you were "shoulding" on yourself, and what was it really all about. Notice where you tend to feel pressured during your day, and notice if there is any feeling of a "should" there. Usually, if there is some form of stress, there is a "should" behind it. Write the message down exactly as you hear it being said word for word.

3. Explore who you borrowed this should from and give it back!

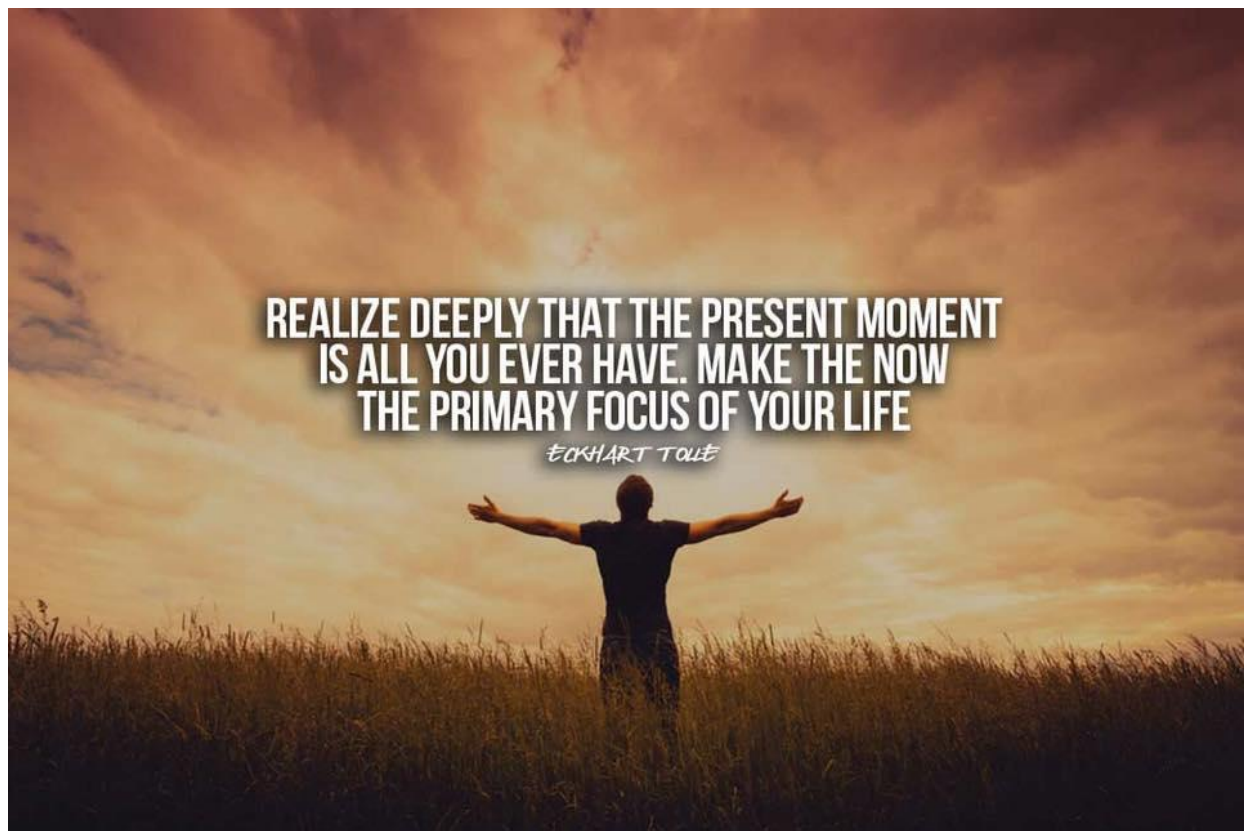
Every "should" you have belongs to someone else. You temporarily borrowed each one of them from someone in your past. Do you really want to hang on to their shoulds for the rest of your life? What does it feel like to inherit their "should"? It's like keeping someone's old smelly gym socks from the 4th grade wrapped around your neck for 20 years. Notice how your body feels and responds to hanging onto this should. If you don't feel anything, hold on a little tighter until you can feel it register a sensation in your body.

Who do you know that believes in this should ? Is it your Mom, Dad, sibling, school teacher, pastor, society, your boss, etc? If you can't figure out who it belongs to make somebody up. Give it to Mr. Supposed To from the year 1905, or Mrs. You Better or Else down the street. Think of anyone real or imaginary who would believe in this "should" and write down this person's name next to your inherited "should" message.

To give the should back to its rightful owner visualize this person (or people) standing right in front of you. Notice what they are wearing, how they are standing, and look at the expression on their face(s). Now say out loud, "Here is your "should" about xyz (describe the should). I no longer need it anymore and am giving it back to you. Thank you for letting me use it!" Then, visualize putting your should in a box and handing it to them. See them thanking you for giving them this gift. Notice how it feels to let go of this "should"!!

4. Visualize your new inspired life.

After you've given back each of your "shoulds", imagine yourself living your life from this new free and inspired space. How do you feel? Different? You may not be used to this free light feeling, as if they took the invisible boundaries off the Universe. Yet, just notice how your approach changes to your everyday actions! What NEW actions are you doing now that weren't able to before? Practice FEELING this new aliveness, freedom and inspiration each day





DAY 7

How to Transcend the Negative Mindset

"To be the Best You must be able to handle the worst"-Wilson Kanadi

Do you find that your mind is constantly obsessing about what's not working, not happening, and not going the way it should? If you experience yourself spending hours of your day focusing on what you DON'T want to occur what do you think you're going to end up manifesting? Exactly what you do NOT want! Since your thoughts create your life, one of the greatest lessons is learning how to transcend ANY block, problem or negative mindset that you feel trapped in. This happens easily and effortlessly with this simple 3 step method that you can use at anytime or anyplace.

The first step is to find out what the problem actually is. One of the biggest issues people have is that they are continually trying to figure out what's wrong with them. They are always investigating what they don't like about themselves, and thinking that one day they will be able to change that aspect and feel better! The fact is that if you're always focusing on what's "wrong" instead of "right" inside you, that's what you'll see and experience in your life.

It's like driving down the highway of life with globs of dirt, bugs, and muck on your windshield and constantly focusing on them. Instead of wiping the window clean, or looking beyond the smudges at the pavement, the map, or the destination in front of you, you spend 20 to 30 years focusing in on the smashed bugs and yesterday's goo on your windshield! It's vital to remember that your real manifesting power lies in where you are placing your attention right now.

The second step in transcending the negative mind is seeing 'who' is identifying with your problem or issue. If you look deep inside yourself, you'll notice that you've got a pretty old and dramatic story behind each problem that you are manifesting in your life.

There is an entire plot, scene, character formulation, and real "movie" in your mind about what terrible things happened to you! You're clinging to these ideas, beliefs, and dramatic energy and making them feel like they are still happening to you today! The real problem is that your mind becomes so wrapped around this past drama that it becomes entertaining, captivating and addicting. Who did what to whom, what they said to me, how I reacted, what they should have said but didn't etc... It's all a great and wonderful sob story because it's all about YOU!

If someone else told you their same dramatic story over and over, it would be incredibly boring and you would eventually ignore them. So who would you be if you became bored with all your dramatic, whining, fear-based stories from your past? Nobody or nothing? Truly becoming this "no-thing" is what most people are really afraid of.

Explore the part of you who is caught in this over-identification with your story, and you will see that you will stop clinging onto your negative mindset forever!

The third step is to remain curious and to creatively design an empowering, fun, positive and exciting new future you! What is the journey of life worth if there is no pot of gold at the end when you reach "The Destination"? Once you feel connected with an idea of who you prefer to become tomorrow, it is thousands of times easier to drop your old victim, powerless, and poor me games of the past and start being pro-active in creating a positive fantastic life!

If you can identify with these qualities "outside" of you, they must also exist INSIDE of you for you to be able to have any kind of reference point that allows you to identify them.

Realize that when you are creating a field of curiosity around you, and inside you that permeates every thought that pops into your head, you are becoming highly receptive to manifesting this newly empowered you! The mind is ALWAYS imagining something. Be conscious of it, and use it's amazing focusing ability to visualize yourself doing the things that make your heart sing!

"Do not go where the path may lead; go instead where there is no path and leave a trail." ~ Ralph Waldo Emerson

Your Manifesting Homework Assignment

1. Free yourself from your worst negative identity.

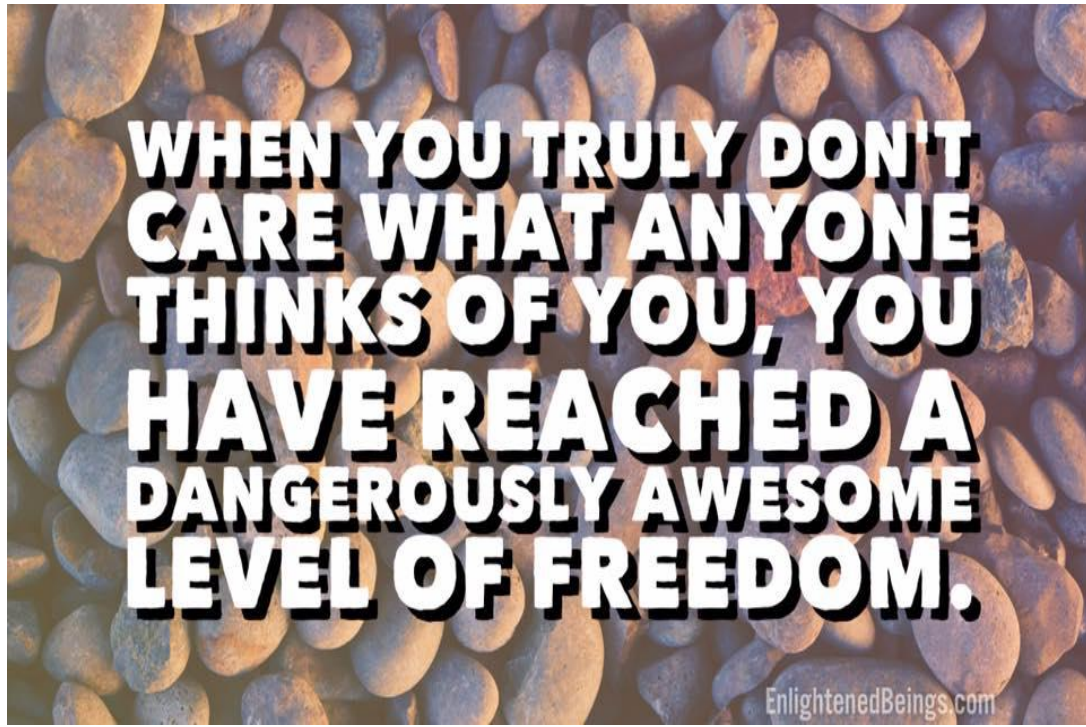
Sit upright in a comfortable chair and relax into your body. Breathe so slowly and deeply that you can hear yourself breathing. For the first few minutes, silently watch and witness this experience. Then gently and consciously welcome your greatest victim role and powerless sob story. Imagine seeing yourself acting out this role on the big movie screen and the juiciest clip keeps repeating itself! The projector is stuck! Notice how dull, boring and ridiculous it becomes to actually replay this worst movie scene incessantly. Replay it in your mind so many times until it becomes the most boring experience you have ever had. Really feel the boredom with this scene.

Imagine a crowd of people in the theater watching you on the screen and everybody is trying to keep their eyes open, yet many are picking their noses, twiddling their thumbs, and dosing off to sleep! Keep playing it again and again until you can actually laugh out loud about it. Once you can truly and honestly laugh a real belly laugh, you have released yourself from who you have identified yourself to be, and are free from unconsciously repeating this insane and ridiculous drama in your mind again. Laugh until it hurts and you will be free from it forever.

2. Design the new 'you' and breathe it into your body.

Think about all the qualities you see in others that you wish you had. Perhaps they are confident, wealthy, generous, strong, joyful, unconditionally, compassionate or at peace with themselves. The more juicy the feeling you get in your body around each quality, the better! Make extensive written list of all these qualities, characteristics, gifts, and gems. Pick the top 5 qualities you MOST want to have from this list, and imagine each word is written on 5 beautiful balloons. What is amazing about these balloons is that the air inside of them is magically filled with the word written on it! Take several breaths to inhale each balloon separately, and notice the feeling you get as that positive energy penetrates into every cell of your body. Every time you exhale, let the quality spread throughout your body and sink into the space between the cells. After you have inhaled all of your

balloons, visualize yourself on that big movie screen again with bright golden lights all around it doing the things that makes your heart sing!





DAY 8

The 4 Secrets to Unstoppable Confidence in Yourself

***"To be a Champ You have to believe in Yourself
When Nobody Else will"- SUGAR RAY ROBINSON***

I want you to stop right now and take a moment to truly acknowledge, honor and respect yourself. Look at what an amazing being you are ! Thank yourself right now for taking the time from your busy life to learn more about manifesting. You are truly an open-minded adventurous explorer of life.

By deliberately recognizing these open, conscious, and receptive qualities inside you everyday, you open up your manifesting valve, become more confident, and turn into a Manifesting Magnet! Other people want to be around those who are open-minded and have the audacity to approve of themselves.

The more you remain open, receptive, and appreciative to everything the Universe delivers you (both the good AND the bad), the more you'll naturally be full of joy, abundance, and find success with everything that you do. Inside each of us exists the hidden possibility of having the attitude of openness and willingness to explore life's new experiences and experiment with something unusual, new, or out of the blue. It takes a truly courageous and self-confident person to be open to experiencing all the dimensions of life.

***"Experience life in all possible ways good-bad, bitter-sweet,
dark-light, summer-winter. Experience all the dualities. Don't be
afraid of experience, because the more experience you have, the
more mature you become." ~Osho***

Often in life we find ourselves getting stuck in limiting patterns, vicious circles, and busy habits that cause us to forget to create space for the experience of recognizing and respecting ourselves. Notice if you are constantly needing to be stimulated and entertained by some outer source of information (T.V., radio, newspaper, books, gossip, etc) and are being distracted to such a degree that you feel you have no time to just relax inside and truly enjoy being with yourself. One of the greatest secrets to unstoppable confidence is finding peace within you! Learning how to let go, relax, and truly enjoy being around YOU is a one-way ticket to having inner peace.

I invite you to take just 10 minutes every day to stop, relax and recognize you are an amazing being. Let's see if you can give yourself permission to respect you! Think about one person who you respect in life. What do you respect them for? Now look inside yourself and see if you have even a fraction of that same quality or energy inside you. You must, since you wouldn't be able to see it in them if it didn't already exist in you. So allow yourself to send this powerful energy of honor and respect to you, in the same way you were giving it to them.

If you don't stop and send yourself the admiration, the Universe will one day force you to stop (or create bigger blocks/problems) just so that you will slow down, look inside you, and spiritually evolve. The world may create circumstances that cause you to feel empty or like life is meaningless and purposeless. It may force you to catch a glimpse of how emotionally dry and stagnant you feel inside. This glimpse can often propel you to break out of the velvet rut you are in, and start looking deeper inside.

Take just a few seconds to look inside and appreciate ANYTHING about yourself right now. Did you do it? How did that feel? Even the smallest taste of gratitude, respect or appreciation will open up your vibration more. Let in as much as you can today and see how long you can actually remain in this feeling and vibration.

The 4 Secrets to Unstoppable Confidence in Yourself

The more frequently you allow yourself to explore the experience of these 4 experiences below, the more you'll have unstoppable confidence in the world.

- 1. Accepting yourself exactly as you are right now.**
- 2. Self-respect, self-honor and self-appreciation.**
- 3. The stillness and silence at the inner most core of your being.**
- 4. Feeling that everyone appreciates you and truly loves you.**

Connecting with these 4 powerful secrets will also skyrocket your manifesting vibration, and make it easier for you to attract anything your heart desires. By expanding your "inner walls" and limitations of how deeply and frequently you explore these qualities, piece by piece you remove the ceiling on your "inner box" which also extends the boundaries of your "outer box". This means that when you start to grow internally, you will be able to manifest a greater abundance externally.

You will be able to start attracting everything you want in the areas of relationships, finances, health, travel, career, and home. Our natural manifesting powers increase with every stretch we make to grow internally. Enjoy!!

Your Manifesting Homework Assignment

1. Take one step out of your "inner box"

For the next 3 days of your life, take a small step out of your comfort zone and send loving, respecting, appreciative thoughts to yourself more than you're used to. Make time each day to rest inside and let yourself relax until you find inner peace with yourself. When anyone gives you a compliment take it IN deeply and completely without hesitation. Let yourself truly love YOU!

2. Take one step out of your "outer box".

Do something completely new, different, radical, or transformational for yourself or someone else. Perhaps it's giving a friend an unexpected gift, or calling an old enemy and saying "thank you", or giving \$10 to a homeless person.

If you have trouble thinking of what you can do, notice where you are feeling stuck in your routine of having the same old repetitive conversations, thoughts, routines, judgments, experiences, etc... By doing something radical in your "outer box" it will cause you to step out of your comfort zone in your "inner box" and find more freedom, love and enlightened thoughts on the inside.

3. Touch a new person's heart or soul.

When you take a step out of your box, make that extra effort to say something positive, loving, inspirational or uplifting to that person. When you "touch" someone's heart, you are open and willing to have your heart touched. Perhaps you could contact someone you haven't talked with in years, let somebody know you truly love them, or allow yourself to say something appreciative to somebody you never really liked.

Do anything to shake up the old hum-drum, 9 to 5, clock working habitual world and revive your own soul by spreading the love! What do you think your face would look like in the mirror if you touched the heart and soul of a new individual everyday for 30 days? What would your life look like after doing this? Every time you touch another being, you raise your vibration another degree.

***"Disillusionment with yourself
must precede Enlightenment." ~Vernon Howard***



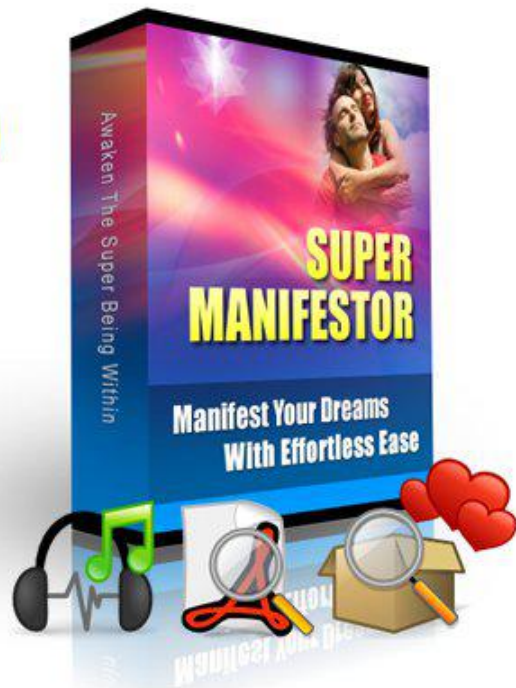
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Many blessings to you,
Jafree Ozwald
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