

Manifest Your Desires

Creating Your Personal Power Affirmation

Writing a List of Desires and Desired Changes You Wish to Manifest

Manifest Your Desires utilizes the Law of Attraction and enables you to;

- ✓ Attract the abundance you deserve
- ✓ Realize your full potential
- ✓ Attract the relationships you desire
- ✓ Remove negative conditioning and limiting beliefs
- ✓ Accept yourself fully as you are
- ✓ Improve health & wellbeing

We live in an energy based universe with energy based laws which govern all things. The Law of Attraction is one such universal law which draws to you the essence of whatever you predominantly focus your attention on. Put simply, that which you focus on will manifest or what you think and feel is what you get. So if you are mostly thinking about what you want, you get what you want and if you are mostly thinking about what you don't want or the lack of it, you get more of that.

This process is designed to help you create your Unique Personalised Power Affirmation. When this positive statement is used in conjunction with a suitable self-hypnosis/meditation technique such as the Yoga Nidra, it enables it to be placed within your deep mind where it will continue to attract the things you desire, and have a positive impact on your life. If you are willing to believe that you have the power, by focusing your awareness and imagination on what you want, you will consciously manifest a new reality for yourself.

The principles learnt in *Manifest Your Desires* can be utilized throughout your life, and will help you manifest the things you desire and change your negative beliefs to positive empowering beliefs. When you use your Personal Power Affirmation you will be focused on feeling good and everything you want will manifest.

THE PROCESS

You can transform your life if you throw yourself into this process. One of the best ways is to get clear on what you would like to happen in your life.

This is your opportunity to let yourself dream. Unleash your imagination, and write about the life you really, really want. Don't leave anything out!

Include the fun, the excitement, the successes, the adventures, the creativity, the experiences, the connection and the love you really want. Imagine a future where your dreams come true and you are living the most amazing life; a joyful, healthy, wonderfully successful and totally fulfilling life.

Let your imagination run wild without judging or worrying about how you will do these things, or what others may think, or even the spelling or way it is written. Just let the ideas flow. These could be descriptive paragraphs or simply words or phrases. The idea is to just capture everything that comes to mind. If you want, you can go back to expand and add details to your vision. Be bolder, dream bigger and know that anything is possible – and most of all have fun, enjoy the process and allow the magic to happen!

Imagine you are in a place where you have everything you need, to create whatever you want – in which you are totally safe and secure, and where you have;

- ♦ An abundant capacity for health, vitality and well-being;
- ♦ An endless amount of money and wealth;
- ♦ Unlimited talents and abilities;
- ♦ No limitations what so ever;

Using the questions below to help you, please create a list, *in your own words*, of all the dreams, desires and desired changes you wish to manifest in your life. List them one at a time, as you think of them (without categorizing or re-arranging them) and *sequentially number them*. E.g. (1), (2), (3). Please see the PDF provided in the resources section Desired List of Changes Example. Give yourself at least a week to complete this list, so it covers everything you desire.

Questions to assist you to create your 'master list'

(With some representative, sample answers to guide you)

Business, Career and Money

How much money do you want to have? What things would you like to buy and do with more money? Write about how fabulous it will be to love your work and enjoy your ideal career. This may be working for someone else, or enjoying your own business venture or it could be both. Describe the amount of money you'd love to be making or have, (be specific) and how that will make a difference in your life. Be as specific as you can about what your life looks and *feels* like when you are enjoying success in this area and making the kind of money you've always wanted.

How much and what sort of abundance or career do you want to **ATTRACT**?

I want to have... I want to attract... I want to experience... I want to enjoy...

Health and Vitality

List all aspects of your health including weight, nutrition, how you feel, and the physical activities you would love to participate in now, and those you would like to experience in the future. Describe how you look and feel when you are your ideal physical self and enjoying all the fun activities you've always wanted to do.

What level of health, vitality and well-being do you want to **ACHIEVE**?

Do you have a health issue or illness you want healed? Do you want more energy and stamina? Do you want a good feeling body?

I want to increase... I want to be able to... I want more... I want to be...

Fun and Enjoyment

Describe all the fun experiences you'd love to have over your lifetime. These could be seeing a famous band or musician, scuba diving or snorkelling on a beautiful reef. Watching your favourite

sport live. Going to the beach on a beautiful sunny day. Travelling to a certain part of the planet or experiencing a particular adventure. This is like your bucket list of fun things to do.

Family Friends and Relationships

Imagine you are in your ideal loving, supportive, divine relationship with someone special. Describe the specific qualities you would enjoy in your partner and how much joy that would bring you. You may want to also include your relationships with your parents and siblings and how you'd like them to be if they were ideal. Imagine your life was filled with supportive friends, encouraging business associates and you were part of a community that inspired and delighted you.

What sort of relationships/circumstances do you want to **ATTRACT**?

What *new, currently absent, desirable*, situations/circumstance/relationships would you like to attract into your life?

I want to attract ... I want to become... I want to feel... I want to experience...

What sort of relationships/circumstances do you want to **REDUCE or ELIMINATE**?

What *already present, fully active, non-desirable*, situations/circumstances/relationships would you like to change?

I want to change... I want to have less... I want to feel less... I don't want as much... I want to get rid of... I want to stop having...

Spiritual and Personal Growth

Write about the spiritual and personal growth you'd like to experience. Imagine you are totally connected to your Inner Being and Source. Imagine you live each day knowing anything is possible because you feel totally supported, protected, inspired and empowered by something bigger than yourself.

Emotions and Behaviours

What type of emotions or feelings do you want to **INCREASE**?

Describe how you want to feel as you are living the amazing ideal life you've always dreamt of.

What type of behaviours/skills do you want to **ACQUIRE**?

What are the *new, currently absent, desirable*, skills/abilities/behaviours you would like to acquire or learn?

I want to have... I want to be... I want to have the ability to... I want to learn how to... I want to know how to...

What type of behaviours/potentials do you want to **INCREASE**?

What *already present, under active, desirable*, skills, abilities/behaviours would you like to increase?

I want to increase... I want to be better able to... I want to be more...

What type of behaviours do you want to **DECREASE or STOP**?

What *already present, fully active, non-desirable*, skills/abilities/behaviours would you like to change/reduce?

I want to decrease... I want to be less... I want to have less... I want to stop being... I want to stop feeling...