

Lessons Learned and Wrap Up

Looking back on the course now, I know you have learned and achieved so much. Starting with learning how the law of attraction works, we then moved on to how to love yourself as you are, we then learned about the three steps to creation and why feeling good is so important and feeling good unconditionally is the key to everything you want. You have also discovered some of the amazing new science which is now discovering how powerful our minds are in creating our personal physical reality. Science such as epigenetics, quantum physics and the latest neuropsychology.

You then moved on to learn and practice a powerful and easy way to connect with your subconscious mind, which controls the majority of the way you behave. That is your self-hypnosis the Yoga Nidra. In the process Manifest Your Desires You then created your own unique Personal Power Affirmation that you can use and change if you want, throughout your life. You then learned how to change your limiting beliefs to new positive and empowering beliefs chosen by you. You've also learned a simple but powerful deepening process called the Staircase Deepening which will help you attain an even deeper level of self-hypnosis whenever you wish.

So now you have all the tools you need to help you to feel good and to change your thinking and beliefs. You can use these tools again and again throughout your life as long as they continue to feel good to you. Use these tools whenever you choose, and you will find the more you use them the quicker you will get to a deep level of self-hypnosis which will enable your affirmations and visualisations to be placed into your deep mind where they will continue to work to bring about your dreams and desires.

Hopefully the most important lesson you have learnt is that by changing how you think and how you feel you can change what shows up in your life. You create your reality by how you think how you feel and your beliefs. So rather than focusing on what is happening in the moment, focus instead on how you feel and find the best feeling thoughts that you can find. With the help of the tools and techniques you've learned here, you can change your limiting beliefs and create a new life for yourself.

If you have any questions about the course or how to use these new powerful tools please don't hesitate to contact me by email at Chris@manifestyourdesires.com or leave a question here.

I would also really appreciate, if you haven't done already, if you could go now and leave a positive comment and rating that would really help me in being able to get this information out to more people.

I want to thank you and tell you that I really appreciate your being here and I have so enjoyed presenting this course to you. Be playful and easy about this, have fun with it and don't make hard work of what you have learned. Trust that you are completely worthy and have access to the infinite intelligence that does surround you. With everything you've learnt in this course let your dominant intent be, to pay attention to how you feel and reach for that unconditional feeling of alignment, well-being and feeling good and then watch what happens. If you can ignore the reality of what is, and put more emphasis on what you feel and feeling good, you will discover that you can be, do and have anything you desire.

I hope you have had many insights from this course, and through the information, learning your self-hypnosis and the meditations provided I want you to know that you have improved your vibration which is your point of attraction you have created a new set point, you've rebooted your mind and so more good things will flow to you.

Bye for now and know that things are always working out for you.