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# **Foreword**

Manifestation is about exploring your inner self and exploring it to that extent where your dreams can become part of your regular life. This is true and it is very much possible because there are people who have learned the art of manifestation and they have made their dreams come true and there is a law known as the law of attraction. In this EBook I will tell you the whole philosophy behind manifestation and behind the law of attraction. These two terms may sound confusing to you but if you go little deep and search about them then, you will know that both of these terms are part of our regular life and with little effort you can learn how to control them.

Manifestation gives you direct control over your life and they make you stronger and humble in a sense that you come to know the realities of your life. You can see a dream, think about something special, set a goal for your life but without proper manifestation of those thoughts, dreams and ideas you will not be able to make them happen and you will not be able to implement them in your life and make these thoughts, dreams and ideas real.

To take advantage of manifestation, you need to know the exact logic of manifestation in the first place. Once you know the components and procedure of executing the manifestation techniques then, you can do all those things which are really important in your life.

## ***Mastering Manifestation***

Discover And Live The Art Of Manifestation To Achieve Your Ideal  
Lifestyle

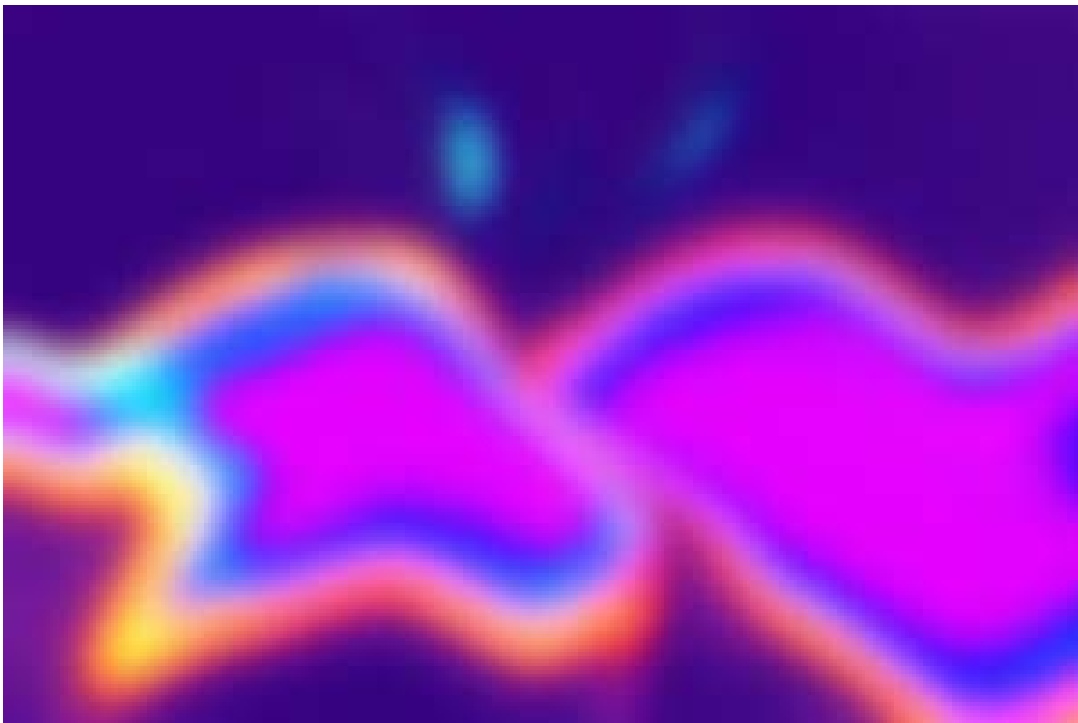
# Chapter 1:

## *Introduction to Manifestation*

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# Synopsis

## 1: INGREDIENTS OF MANIFESTATION



## **What Goes Into It**

If you take more regulated definition of manifestation then, according to Wikipedia “Manifestation is a belief that one can by force of will, desire and focused energy makes something true on physical level”

In other words, you can say that manifestation is the ability to control physical aspects of life through your mind power. This is a very powerful tool if you can learn it properly because it can make all of your wishes and dreams come true but this does not happen without any struggle instead struggle is needed to bring everything up. There is a more complex or I will say more detailed definition of manifestation according to David Spangler and he states that

“Manifestation is the art of fashioning a co-creative, synchronistic, and mutually supportive relationship between the inner creative energies of a person’s own mind and spirit and their counterpart within the larger world in order to bring a new and desirable situation into being.”

Human thoughts are very powerful phenomena and according to a theory every human experiences more than 50,000 thoughts a day and all of these thoughts depict on the personal life of that person.

The house you own, the car you drive and bank balance you have, are all the outcomes of your thoughts and once you hear this then, question comes that can we manipulate our physical life by thinking in a more focused way and bringing those thoughts into existence? The answer is a straight yes because this is what manifestation is all about.

## **Ingredients of manifestation**

Powerful and focused thoughts are often n enough to bring all your tangible and intangible needs into existence but it needs a very concentrated effort and if you add two more things in this effort then, no one can stop you from living your dream life.

Your thoughts should be backed with powerful emotions. Emotions are like back bones of thoughts and it is really important that when you think about something then, you must feel in the exact same way as you will after achieving that thing.

If it is confusing then, take for example the thought of being afraid by something or some situation and it often happens that when you think about being frightened in a situation then, eventually you end up being frightened at that very particular moment by showing gestures like shivering, swatting or other similar things.

This is exactly what I mean from backing your thoughts with emotions. You should feel that emotion that how will you feel after marrying that perfect person or how will you feel after getting behind the driving seat of that new Mercedes Benz?

The second ingredient is action which will make you closer to your dream. Your actions should be synchronized with your thoughts because it sometimes happen that people think in another way but act in another.

Such people never get 100 percent from their life because in order to make it happen, you need to focus and you need to concentrate on

your actions. Never do what you are not thinking. Other than synchronizing your actions, they should also be very enjoyable for you because if you are not enjoying what you are doing then, it will become a halfhearted task and halfhearted tasks do not get full results.

Thoughts have the power to change your world but in order to do that, you need to make your thoughts stronger and passionate and then back them with emotions and in the end when you start taking steps towards your desire then, no force can stop you from getting till the end.





# **Chapter 2:**

## ***Intention Manifestation***

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### **Synopsis**

- 1: SEE EVERYTHING WITH A POSITIVE FRAME OF MIND
- 2: START APPRECIATING YOUR LIFE
- 3: START A NEW BEGINNING
- 4: FREE YOURSELF FROM DESIRES
- 5: START TAKING YOUR DESIRES AS YOUR GOALS
- 6: WRITE A BOOK
- 7: KEEP MOVING WHILE PACING YOUR SPEED OF ACHIEVING SMALLER GOALS.



## **Intent**

First of all, you should know that manifestation is not something which can get you rid of challenges of life. Challenges are part of life and if you go deep in manifestation mastery then, you will know that manifestation can make things worse for lazy people.

Just sitting in your couch and thinking about your desires, goals and wishes will not get you closer to all of them. Some people think that manifestation is a spiritual thing and it has nothing to be with reality but as a matter of fact, manifestation is all about realities of life and it makes you to accept the realities of life and make them even better.

As long as you are useful to others and others are not getting hurt by your emotions, actions and feelings then, you are on the right path. Some people ignore the realities and live their dream life without bothering much about real people. This is not the approach to manifestation instead you can call that approach a self-centered approach. You can get the concept of manifestation by acting on this small phrase that states that

“Be the change which you want in world.”

There is another phrase which says that “think before you make wish because you every wish can come true” this is very much true because it can happen many times that you think about something stupid and after a while, you experience that it has actually occurred in your life.

For example you might think that you could have lived for another year or so without marriage and it can happen that after 6-8 months later of this thought, you could be in middle of a divorce and then,

you will be thinking that you are losing everything which you have in life.

There is a step by step guide for learning manifestation and this guide can really help you in making your wishes come true.

### **See everything with a positive frame of mind**

First of all, you should learn to remain positive. Positiveness is a blessing which everyone cannot have but you can learn to be positive. Some people are there, who have a very settled and well-maintained life but they still remain hungry for more and they always keep thinking about other things.

They do not admire their own life but they keep thinking about negative things which they do not have. This is a wrong approach to life which can lead you to some non-satisfactory life.

### **Start appreciating your life**

This is a very concrete and very important concept which can take some time to be clear but you need to admire your life. You need to believe in concept that everything which you have in your life is there because of your own choice.

Stop blaming third parties for your loss and failures and accept the fact that whether you achieve a success or failure but you are the only one who should be accountable and responsible for it. Cherish your life and start believing that if your life is not giving you what you want then, you need to struggle even more to get all that because life

cannot be unfair with everyone, it gives you whatever you think for yourself.

### **Start a new beginning**

You should dump all the bad thoughts and show respect for your life which is better than half of the people living on planet earth. For example if you have internet access, you are healthy, you can read and write then, these are things which lots of people on earth do not have.

There are people who live their 90 percent of life without electricity. There are people who are born without arms and legs. There are people who have to work in 60 degree temperature just because they do not have education on their part.

This is all life but you are given with so many blessings and you should admire them and make most of them. Do not let small things like some financial crises or some family problems ruin your life. This is obvious that no one has a perfect life but no one also has a worst life because the things which we think are worst are lot better for some other people and sometimes life which we do not want, some people are dreaming to live that life.

### **Free yourself from desires**

When you desire something then, you declare that you want something but at the same time, it also gives the meaning that you do not have something. These two are closely related thing but you should desire according to your caliber and tend to get that desire in your real life as soon as possible with your struggle and effort.

## **Start taking your desires as your goals.**

When you have a wish then, do not make it an unachievable one instead try to visualize it as much as possible and try to make it a goal. Never think about time which you will spend in achieving that particular thing but you should always be focused about it.

The most you think, nearer you will go to that wish and you will start completing the tasks of achieving it but this requires an endless belief in yourself and in your thoughts.

## **Write a book**

This may sound little funny to you but I have tried this logic and it has worked for me. You need to have a book which you should write at your own. Make a statement of everything in this book and make sure that you are writing your goals on the first page then, start your journey towards those goals one by one.

Start writing each and every step which you take for reaching towards a goal. Never write just one big goal in this book instead divide each goal in sub goals and try to achieve one small goal every day. This will make your day productive and will make your to feel lot better.

Keep moving while pacing your speed of achieving smaller goals  
When you are achieving your goals then, start increasing your speed of completing those smaller goals.

In start try to complete one in a day and then keep progressing to two and three a day. Once you think that you have completed enough then, reassess your progress towards big goal once in a week.

You may see some changes in long term goals but once you reassess the situation then, you can also reconfigure your path and establish some new strategies.

For instance, if your goal is to buy a car then, try to save some money every day and then, reassess the progress every week. This will keep you interested in the goal as well as will keep showing you that how much closer you have got to your goal.

Once you have gone through all of the above steps then, you will become closer to your goal and at some point, you will not need that book anymore instead you will memorize your goals and you will not need to read and write them every day before bed instead you can plan your strategies in your mind.

This is what manifestation is all about. Once you achieve that level of mental control then, you can say that you have learned manifestation and you can achieve everything through your thoughts. So this is all about intention of manifestation. There is no rocket science involved in this process but once you learn this, it can change your life.

# **Chapter 3:**

## ***Advantages of Intention Manifestation***

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### **Synopsis**

**1: INSPIRATIONAL THOUGHTS AND IDEAS**

**2: INCREASED AWARENESS.**



## **The Benefits**

The idea of manifestation is very unique and innovative which says that we can control our reality through our minds and by setting up a specific goal we can program our subconscious to achieve that goal for us. There are some very important things which you need to learn and know while practicing manifestation. In following discussion I am going to tell you about those things.

### **Inspirational thoughts and ideas**

To achieve anything, you must have a strong belief and inspiration after that thing. This really works and I have experienced it myself. Before setting up any goal or desire, you just sit back with a blank mind and relax and let the thoughts come in your mind at their own. Once you can do that then, you will have some very pure thoughts.

Someone has said that universe sends you thoughts in form of hunches and inspirations but you cannot agree with this idea without practicing manifestation.

Once you are into learning and achieving manifestation then, you will know that you are giving thoughts like never before and these thoughts will also have a purpose and meaning with them. It is just an amazing feeling that what you think in your conscious mind is executed by your subconscious mind.

### **Increased awareness**



Einstein once said that “You cannot resolve a problem at same level of conscious from where it is being aroused instead you have to go a new level of conscious to solve any problem.”

This was little confusing for me in the start but now when I have gone through stages of manifestation and I have learned some of it then, I have realized that it is very true that some problems are such that you cannot think of their solution by any means and no matter how hard you try but those problems keep bothering you.

This is not the case now because, now I know that there is solution for everything and I am at a different level of awareness.

Many of my unsolved problems have evaporated. This is all because of intention manifestation because my thoughts are more focused and I feel more alive and energetic than ever before.



# Chapter 4:

## *Ways To Achieve Manifestation*

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### Synopsis

1: SET UP A GOAL

2: VISULIZATION AND ATTACHING POSITIVE EMOTIONS WITH  
YOUR GOAL



## **How To Get It Done**

If you are really moved after reading all of the above discussion and you also want to try manifestation then, there is a simpler approach for achieving it rather than that detailed approach which I mentioned in chapter 02. This approach is simpler and easy to grasp and it is perfect for starters because it gives you simpler instructions and simpler tasks to execute.

### **SET UP A GOAL**

This is first step which should make sense because goal setting is very important to live life but when you are practicing manifestation then, your goals are needed to be more specific in nature for example at personal level you can set goal for weight loss, to quit smoking or to go back to school and if you are more on high level then, you can make a goal to gather 10,000 dollars in a month or cure an incurable disease.

All of this might sound little hazy and funny in start but once you get hold of things then, there is a power in universe which can make your subconscious mind to act on the instructions which your conscious mind sends.

### **MAKE A PLAN TO ACHIEVE THAT GOAL**

Just sitting at home and thinking about a goal will not bring you closer to that goal instead you need make a definite and exact plan which you can follow.

Most of the people think that manifestation is some kind of magic and everything will come true just by thinking hard but believe it or not

but thinking is just one part of manifestation and you need lot more to work with.

There are some goals in life which you will not know that how you are going to get there but this is the beauty of intention manifestation that once you start thinking about that goal then, you will always find a way and your subconscious mind will guide you through very specific and exact way.

You will be able to plan out everything. Write the things which you want and write down steps which are needed to be completed in order to get that bigger goal. This can be tiring at times but for the sake of your good life, you have to do it. Once you are accustomed to it then, you will take it just as fun and you will start enjoying all this.

## VISULIZATION AND ATTACHING POSITIVE EMOTIONS WITH YOUR GOAL

This is last and in fact most important step in intention manifestation because according to most of the authors, subconscious is not affected by only words and thoughts.

You have to attach some intense emotions and keep visualizing that goal in your mind. This will keep the subconscious more interested in that goal. Even if you have a goal and a very definite plan to achieve it but still, you cannot get it without proper visualization and emotional stimuli.

This is about seeing yourself on the other side of the road and getting excited about it. Its little tough idea to grasp but you can learn it like this that if you want to marry a particular girl then, before marriage,

you need to get as much excited as you can just by imagining her as your wife. This can bring about lots of excitement and joy in your life but you have to feel that excitement and joy before time and that state where you are happy even without achieving that goal will make your subconscious to awake and work around that goal.

There is no guarantee that intention manifestation will directly change your reality but one thing is for sure that it can really affect your life by influencing your subconscious.

With effective and focused strategy to bring manifestation in your life, you will definitely bring about change in your life and you will be able to integrate manifestation in your life.

So even if all of these above mentioned things do not make sense to you, you still have to make your thoughts focused and bring emotions and visualization in your life. It will bring about a very general and good change in your life.



# **Chapter 5:**

## ***Evidence For Manifestation***

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### **Synopsis**

- 1: PRODUCTION OF ENDORPHINS IN HUMAN BODY
- 2: PERSONAL EVIDENCE GATHERING FOR MANIFESTATION
- 3: SCINTIFIC EXPLANATION OF MANIFESTATION



## **What Is Demonstrated**

Some people do not believe in manifestation and this was actually my opinion before I began my research about manifestation. I found out that law of attraction may not be valid but manifestation definitely exists in our lives. It is a very strong phenomenon which has lots of wider aspects to support it. In fact, these days it is scientifically proved that manifestation really exists and it has certain effects on human life.

There are lots of concrete evidences available for manifestation but in this discussion, I will describe few of them.

### **Production of endorphins in human body**

First of all let me tell you that endorphins are natural family of opiates which produces certain feelings of happiness, relaxation, pain, reduce tension, help wounds in healing, improve immune systems and other similar aspects are associated with endorphins.

According to a research, it is seen that positive thoughts and good feelings boost the production of endorphins in human body which ultimately make you happier, more satisfied, healthy, and immune and more relax. When we become healthier and carry less tension then, we become able to cope with life's challenges in a better way.

### **Personal evidence gathering for manifestation**

There are some evidences which are scattered around the world and we have to gather them to believe in manifestation. There is a saying that people always tell their success stories more than their failures

and that is true. If someone tells you all about his success and nothing about his failures then, you must know that something fishy is going on.

Similar is the case with manifestation because in start I found too much success stories of manifestation being implemented and changing lives and I felt something bad about these stories because there was not a single story which stated that manifestation disturbed someone's life.

This may sound little odd but when I went little deeper into it then I found that there are countless people who have become very successful just by implementing manifestation in their lives because people were working very hard to integrate manifestation in their lives. If all about manifestation was wrong then, people were not so dumb to work so hard to implement a false belief in their lives.

### **Scientific explanation of manifestation**

Modern day science sees the world as one big universe in which everything and everyone is connected to each other. Manifestation also serves the same purpose of oneness. It makes sense that when I act or think then, it sends a ripple throughout the environment and that ripple affects the whole universe.

Similarly I am also affected by the ripples caused by others but if we can make our own ripples of thoughts and actions synchronized then, they can create a new world for us where our thoughts will have priority and our subconscious mind will work to achieve things for us which we have always wanted.



The above mentioned endorphin production process is also a strong scientific evidence and it proves that may be there is no physical law involved in manifestation but it really exists.



# Chapter 6:

## *Obstacles In Achieving Manifestation*

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### Synopsis

#### 1: ELIMINATE “HOW” FROM YOUR THOUGHTS



## **Issues**

Lots of people start to manifest their ideas and desires but they suddenly realize that how this is going to happen? How that is possible that we think of something and the whole universe will start to help us in getting that?

### **Eliminate “How” from your thoughts**

This is simplest approach to manifestation that you let things go and do not over think about them. You just need to make sure that your thoughts, desires and actions are synchronized as much as you can.

After making your thoughts clear and focused, you need to leave other things on nature and let the nature help you. There are endless possibilities to achieve something but it is just that our conscious cannot think of those possibilities but once you relax and leave your thoughts to do the work then, things will start to unfold and you will be achieving things in lots of unorthodox fashion.

If you started to figure out the way then, you will be limited to very small number of ways and in this very limited choice, you will be stuck for unlimited time. It can be hard for the mind not to think about possible ways after you have made the goal very clear in your mind because it is job of the mind to analyze, think, synthesize and find a way out.

The core point is that you do not need to make mind thing instead let the mind do thinking at its own because when you think intentionally then, you will come up with 10, 20 or may be 50 ways of achieving something but believe it or not there are always thousands of ways

which your mind can manifest if you allow it to. To explore those thousand ways, you just need to make the decision and set a goal and let the mind do the calculation at its own and take you there.



# Chapter 7:

## *Importance of Manifestation In Personal Development*

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### Synopsis

#### 1: SIMILARITIES BETWEEN MANIFESTATION AND PERSONAL DEVELOPMENT



## **What's Crucial**

If you are living a successful life then, it may be not very important for you to think that how did you achieve that success but all that matters is you have achieved it.

This can be really helpful idea for knowing the importance of manifestation in your personal development. This is all about thinking and just thinking but not considering how. Manifestation makes your life better but without telling you how. This is the simplest form of manifestation which you can know.

Clear thoughts are necessary for manifestation and similar clear thoughts are necessary for personal development. You need to identify yourself, in order to make yourself more productive and more accurate.

These are very basic things which you need to implement in your life and if you see these things then, most of the things are common in manifestation and personal development.

### **Similarities between manifestation and personal development**

There are lots of techniques and tactics which are similar in manifestation and personal productivity. For example goal setting is important in both manifestation and personal development because without setting a productive and precise goal, you cannot make yourself productive neither you can achieve manifestation.

Another common thing is to take actions, in order to achieve those goals which you set. This is important and it is also present in both personal development and manifestation that only thinking about the goal will not take you to the goal instead you have to work your way towards your goal by putting some real effort.

Presence of emotions is another thing which you need to have in both situations because you cannot be productive as long as you do not know about the feeling that you will get after making something real.



# Wrapping Up

The core purpose of this book was to introduce some spiritualism in your lives and manifestation is first thing which makes you to believe in spiritualism. The world around you is sum of all the thoughts which you have in your mind.

This is simplest definition of manifestation and there are different ways to achieve manifestation. You can make your thoughts alive and real by implementing manifestation in your life. This may sound little odd but there are people who have been practicing manifestation and it has changed their lives.

There are lots of success stories associated with manifestation and these stories are very much real. In this EBooks I have tried to tell you the exact ways of practicing manifestation with evidence that these methods are real and applicable. You can get real results by implementing these methods in your life.

