

MANIFESTATION *Masterclass*

These manifestation principles are for everyone who wishes to master the art of manifesting their dreams, whether it's to get more money, love, opportunities or simply create a better life.

Here, I provide you with a complete picture and step-by-step guide through the process of manifestation, releasing blocks and receiving the result. You will be surprised at how easy it is to manifest your desires once you have the keys.

Principles of Manifestation

1. *Tools of Manifestation*

Desire, imagination and expectation are our tools of creation.

Desire + Imagination + Expectation = Manifestation.

- Imagination isn't hard work. It's a natural ability that begins with daydreaming. So, relax and daydream.
- Bring emotion into the imagination. Feel what it would be like to already have your wish.
- Hold the visualisation for 33 seconds. It doesn't matter if you go over the time.
- Release, then take a moment to receive the wave coming back from the future.

2. Manifestation Blocks

Once you have released the vision, either you will feel what it feels like to already have your wish, or secondaries will come up, from past experiences. Welcome all these emotions, without being identified with them. Be the observer, and allow yourself to

feel all emotions until they pass. Don't be disappointed in or fight negative emotions; they are just part of a process.

Come back to your visualisation, and again observe any secondaries that come up, until there are no more secondaries, and all you feel is the positive wave coming from the future.

Allow yourself to enjoy the feeling of having succeeded for a moment.

Repeat once a day, noticing how expectation increases each day, until the desire manifests.

3. Receiving & Future Causality

Expectation comes from the future, not from the emotions. Don't waste time trying to fire it up emotionally. It grows by receiving the wave of the future. It starts with the feeling of already having it, then this turns to expectation.

Every time we begin to create something new, it triggers old creations to re-assert themselves. Memories of past failures first appear as doubt. These secondary manifestations just need to be felt. Welcome each feeling until it passes.