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Chapter 1

Manifesting: Getting the Life You Desire

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Manifestation is one of those buzzwords that gets tossed around in coffee shops, podcasts, and daily Instagram posts, but what does it actually mean? If you've ever wondered how people seem to "call in" dream jobs, relationships, or opportunities, you're in the right place. Before we jump right into the middle of it, this chapter helps lay some groundwork.

For your manifestation project to be effective, you need clarity, so we start by getting a little clearer on the basic topic of manifestation. We then explore where manifestation came from because when you better understand its roots, you can better appreciate its fruits! Finally, we wrap up with some clarification about what manifestation is and what it isn't so you don't get fooled. Welcome to the journey! Let's get you manifesting.

Defining Manifestation

The word *manifestation* itself has come to mean different things to different people, and as a result, people's understanding of it can become muddled and diluted. Here are three different dictionaries' definitions of the word *manifestation*:

- **Oxford English:** An event, action, or object that clearly shows or embodies something, especially a theory or an abstract idea
- **Merriam-Webster:** The act, process, or an instance of making evident or certain by showing or displaying; or the action of materializing or becoming materialized
- **Cambridge:** A sign of something existing or happening


REMEMBER

The common thread running through all these definitions is the idea that something is being clearly displayed in a real and recognizable way. Manifestation is often thought of as something that comes specifically into physical form; however, traits like kindness and generosity, as well as circumstances like a loving relationship, are also things that can become evident and observable. *Manifestation,* then, is when something — whether it be tangible or intangible — actually becomes something you can recognize.

In historical writings, contemporary literature, and modern social media, *manifestation* typically refers to the use of specific practices, such as positive visualization, affirmations, and meditation, to attract desirable things and events into your life.

In this book, we take an even more evolved and holistic approach to manifesting, considering it a consciously co-creative process with God, Universe, or Source, to improve not only your own life but also the lives of other living beings and the entire planet. Taking this approach pulls in supportive forces from unexpected directions, allows you to dream bigger, and fills your life with more abundance than you can imagine.


REMEMBER

Because this book is meant to be non-secular, we refer to "Universe" as being your co-creative partner throughout the chapters; however, you're empowered to choose whatever term works best for you. If it's helpful, one of our students lovingly refers to God, Universe, and Source as G.U.S.

Exploring the Origins of Manifestation

Manifestation dates back to long before anyone was calling it manifestation. According to the Big Bang theory (which remains only a theory), the Universe went from no-things to lots-o-things around 13.8 billion years ago; it became manifest. Even though no one knows exactly when things began to emerge, everyone can agree that they've been coming into existence for some time.

The documented origins of people discussing conscious manifestation as you hear about it today go back approximately 4,500 years. Since then, it has been written about to varying degrees in prominent religious traditions, by ancient philosophers, and in new-age spiritual development thinking. Though who first described conscious manifestation principles is up for debate, most evidence points back to ancient India and Egypt.

Here's a quick rundown of the timeline:

- Around 2500 BCE, the religion Jainism promoted the idea that all living beings have a soul and are empowered to create their own lives by controlling their minds, speech, and bodies.
- Around 2300 BCE, the Pyramid Texts in ancient Egypt described the goddess Ma'at, who represented the concepts of truth, balance, harmony, morality, and justice as the norms for both nature and society.
- Around 2000 BCE, Hinduism, arguably the world's oldest major religion, emerged in the Indus Valley, where it promoted the concepts of dharma, karma, and reincarnation.
- Between 500 and 300 BCE, things really started to heat up as luminaries like Siddhartha Gautama (who became the Buddha), Confucius, Lao Tzu, Pythagoras, Socrates, and Plato all found themselves teaching and writing on the topics of how your mind creates your reality and how you can live a more fulfilling life by consciously choosing your feelings, thoughts, words, and actions.
- Between 0 and 700 CE, Christianity and Islam emerged as prominent religions, teaching the values of generosity, faith, thankfulness, devotion, and prayer.

Since the 1870s, the spiritual, religious, and philosophical teachings associated with conscious manifestation have gotten a refresh. Self-healing pioneers like Phineas Quimby and Louise Hay; self-help authors like Napoleon Hill and Wallace Wattles; and quantum physicists like Max Planck and Sir Roger Penrose have all made contributions to the idea that your conscious intentions, beliefs, feelings, thoughts, words, and actions interact with the Universe in such a way that you somehow can bring about purposeful results in your life.

Although people are still debating the exact mechanics of how things become consciously manifest, no one can deny the overwhelming abundance of teachings on the topic of purposefully creating your own life. Throughout this book, we share the most up-to-date (as of this writing) science and approaches to consciousness manifestation from the psychological, biological, spiritual, sociological, and quantum domains.


REMEMBER

The story of conscious manifestation is thousands of years old and still being written by you and thousands of other people who want a better life for themselves and to create a more peaceful, just, and equitable world.

Highlighting Manifestation Truths

You see us repeat several common themes across the book because they're so consistent and predictable as you proceed through your manifestation project that we confidently refer to the following as manifestation truths.

- **You're always manifesting, whether it be consciously or unconsciously.** Your life constantly and automatically continues unfolding and becoming real right in front of you, regardless of your level of purposeful engagement with it. When we talk about "manifesting" throughout the book, we're referring to the act of consciously manifesting your life rather than manifesting from your limiting subconscious beliefs. (See Chapter 3 for more details.)
- **Your subconscious beliefs are expressed in patterns of sensations, thoughts, words, and behaviors that manifest as your life results, circumstances, and environments.** What you believe is what your life becomes. If you want to change your life, you need to change your beliefs. (See Chapter 3 for more details.)
- **The Universe is constantly creating and never holds anything back from you.** It creates itself without judgment and doesn't treat people differently. Unlike people and society, it gives itself to everyone equally and without limit. (See Chapters 6 and 7 for more details.)
- **The Universe will reveal to you the opportunities and synchronicities to become the type of person who can live in a spontaneous flow of manifestation.** *Synchronicities* can be defined as the simultaneous occurrence of events that appear significantly related but have no discernable causal connection. Typically, the Universe doesn't bring you what you want; it opens doorways and aligns events for you to become the kind of person who can have what you want. (See Chapter 2 for more details.)

- **Everything you see outside you is a reflection of yourself.** You're the only person in the world who sees the world as you do because, in fact, your reality is a reflection of what's inside you. (See Chapters 8 and 15 for more details.)
- **Resistance is a natural part of the manifestation process.** All meaningful change comes with subconscious resistance, and fighting it makes things harder. Learning to accept and navigate your resistance is the smoothest path to manifesting what you want. (See Chapter 3 for more details.)
- **"What you cannot find in your own body you will never find elsewhere."** This quote from an ancient Sanskrit text called the Upanishads is a reminder that your reality is a reflection of yourself, anything you feel you're lacking on the outside is actually something you're unaware of on the inside. When you find it on the inside, you begin to see it on the outside. (See Chapter 9 for more details.)



TIP

If you ever feel lost or confused during your manifestation project, be sure to revisit these manifestation truths. Better yet, print them out and hang them up!

Addressing Common Misconceptions about Manifestation

Most of this chapter focuses on giving you an idea of what manifestation is, but here we cover a little about what it isn't. Following are some of the most common misconceptions we hear people have about manifestation:

- **Positive thinking alone is enough.** When most people first hear about conscious manifestation, they get the idea that simply thinking positively and visualizing what they want will somehow magically bring it to them. Sadly, this mindset was also true for us. We spent many hours on the meditation cushion visualizing a check in the mail that never came. ***Remember:*** Positive thinking is crucial for your manifestation project to be successful, but it alone has little power to bring about change. We've seen many people spend years in undesirable jobs and relationships trying to positively think their way into something better. At the same time, the opportunities to actually change their situations kept passing them by.
- **If you ask and believe, you'll magically attract things into your life.** This idea is very hopeful, but it's also incomplete and can therefore create disappointment. See Chapter 6 for a more complete breakdown of how the law of attraction actually works.

- **You can manifest anything you want.** This misconception often comes up as a way for someone to invalidate the conscious manifestation process. Though you can manifest just about anything you truly desire with enough time, energy, patience, resources, commitment, courage, and support, you can't manifest in opposition to the Natural Laws, which we discuss in Chapters 6, 7, and 8. For instance, no matter how badly you want to fly, no amount of flapping your arms will make that happen because it's in opposition to the law of gravity.
- **Manifestation is completely selfish.** Some people do use manifestation principles to primarily enrich themselves by extracting from other people's lives, but doing so always results in some degree of suffering for them, too. You can find any number of wealthy, miserable people. Spiritually based manifestation, as described in this book, encompasses the intention for gain and advancement for everyone; we refer to this as *win-win-win manifestation.*

Deciding What to Manifest

There is no limit to what you can manifest, as long as it stays within the bounds of the Natural Laws that we discuss in Chapters 6, 7, and 8. Most people's manifestation desires fall into one of the primary categories of health, wealth, and relationships. For health manifestation (discussed in Part 3) many people are interested in things like having more energy, healthy body weight, and especially healing chronic disease. Regarding relationships (discussed in Part 4), people often want to manifest better relationships with their family members, co-workers, and also find an ideal primary partner. Wealth manifestation (discussed in Part 5) is very popular for those folks wanting to release their inner blocks to financial abundance and change their relationship with money for good.



TIP

If you don't know what you want, ask yourself what you don't want and identify its opposite. That will often point you in the right direction!