

Eight Steps to Manifestation...

Among many spiritual practices there is an agreement about the principles that govern our Universe. From these principles we can derive a basic process for manifestation. According to Universal laws, this process must be followed whether we want to bake a cake, make a baby or build a successful business. Here's a basic outline to get you started.

Desire: You start saying things like, "I want to", "let's start", "I feel like"

Action: You start taking action, such as doing research, buying sample materials, talking to people, gathering experience and getting passionate about your dream

Resistance: You meet resistance and begin to think, "This is hard, it's not working out the way I thought, I thought it would be much easier, it's more expensive than I thought." Resistance is a natural part of this process!

Acknowledgement of Resistance: To get past the resistance you have to acknowledge it. Review your goal, find a way around the barriers you've encountered and acknowledge that resistance is part of the process. You might also break your plan down into more manageable pieces. Then, just show up and do the next right thing, allowing the resistance to strengthen your desire rather than dampen it.

Originate: At this point you've done all your research and you must decide whether or not to go forward with the project. This is the big deciding point. You must also decide the scope of what you will do, and the conditions under which the manifestation is complete.

Formulate: You make your plan in this step. Be sure to allow for stretched resources and lack of results showing up in the next phase, which is a building phase.

Construct: Start doing your plan. In this phase, you will encounter more resistance and lack of results. Focus on producing small bursts of consistent effort to avoid burnout or loss of originality.

Solidify: In this phase, results begin to materialize. Delegate your tasks to others and give your creation free will. Stop being a micro-manager. Appreciate all that you have created. Your attention should already be on your next goal.

Good luck and have fun manifesting!