

**FROM MEDITATION TO
MANIFESTATION**

McCLAIN MINISTRIES

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Meditation should become a lifestyle and done on an ongoing basis. Remember, you can manifest anything in your life. It does not need to be a physical object or money; it can be health, happiness, situations such as holidays, job promotions, pay rises, losing weight, feeling fitter, being more creative and need not just apply to yourself but indeed to anyone at all. It is extremely important when applying this process that you have complete faith in God and the object of your desires will manifest. You must know beyond any doubt what so ever that your desire will be granted in full and brought into physical reality.

Chapter One

Spiritual Meditation



An excellent time to meditate your desires is at night, just before sleep, when you are most in touch with your subconscious mind . . . although this exercise can be performed at any time of the day in this position. Again ideal times of the day are just after arising in the morning or just before sleep at night. At these times your brainwave frequencies are at significant vibration levels, creating a state of mind that is highly conducive to visualization and imagery.

First, you want to start with a good state of relaxation, but not to the point that you will drift off to sleep. The best position is sitting totally upright on a hard chair with your spine completely erect and never leaning against the backrest of the chair.

One particular benefit of performing meditation exercises at night just before sleep is that you will carry the focus of the object of your imagination with you in the sleep state after the exercises are complete and this will assist the process of influencing your subconscious mind. Again though, in order for these exercises to be fully effective you will need an adequate, preferably deep state of relaxation and remain mentally focused throughout the exercise without drifting off to sleep.

- Commence by closing your eyes. Next create an image in your mind as vividly and realistically as possible of an item or situation you wish to manifest into your life. Do not worry if your visualization skills are not perfect from the outset.
- Imagine the object of your desire in the present tense; in other words knowing that it already exists within your own reality. If you are manifesting a new television set for example, you should actually “see” your ideal new TV set already in position in your living room, with yourself and your family already happily seated around and watching it, while hearing the television, viewing the moving pictures and experiencing your reaction to what you are viewing.

- **Bring as many other senses of your imagination into your scenario as is appropriate such as hearing, smell, touch and taste. Imagine for example as vividly and realistically as possible your family sitting around your new TV set watching your favorite program. See the images of the screen as clearly as possible and be totally engrossed with whatever you are watching. Hear your family members' conversation as they watch the program with you. If you have a pet, visualize your pet sleeping on a rug in front of the TV. Imagine any accessories located on top of the TV. The more detail you can add, the more effective it will be. This applies to whatever you are attracting into your reality such as a new house or car for example.**
- **Place as much emotion behind your visualization as possible. Feel and know as intensively as possible your manifestation is already a complete reality. Feel with as much emotion as possible your feelings of great joy, passion, enthusiasm, appreciation and gratitude. Emotion is a very powerful force and the more emotion you can inject into your imagined scenario the more powerful the effects.**
- **Maintain in your mind this complete visualization together with all other senses and emotions for at least 10 minutes, 20 to 30 minutes being better. If however, you feel tired, or unable to maintain the experience fully in your mind, it is better to finish that session and commence again later.**

The more you can experience and above all become excited by the object of your desires, the more rapidly they will manifest into reality. Your ability to manifest anything, large or small with speed and effectiveness will depend on having faith and always remaining positive throughout the process. Negative thoughts and actions will cancel out any positive desires both at the conscious and subconscious level. Whenever possible physically move in the direction of your desire, for example if you want to manifest a new house, you should take positive actions to physically go out and look for one. You do not have to worry about whether you can afford it or not, that would be a negative thought and result in canceling out any of your positive actions. In the case of your new house, the very act of physically going out and looking for the house of your desires will reinforce your faith.

The same principles applies to any material thing or situation; the more you physically take steps in the direction of your desire, the more emotion you can feel as a result; the more you integrate the object of your desire into your very being, the more powerful will be the effect and sooner you will be able to realize the manifestation. Never delay your actions, never wait until tomorrow, because the next day you will defer until tomorrow again and you will never take that important first positive action in the direction of your desires. Never force your desires in a direction accordance with your perception, because to do so will have a negative and therefore counterproductive effect that will be exactly the opposite of that which you intend.

As soon as you know your desire, have asked for it and are experiencing it, you must then take steps toward it and allow God to manifest your desires into reality in ways you could never imagine.

One last point. Always think in the present tense. Do not allow yourself to become stressed by any apparent lack of results. Always endeavor to maintain an air of complete calmness, relaxation . . . knowing that the object of your desire is already a total reality and that all you need to do is become physically aware of it to physically experience it.

Here are the steps once again:

- 1) Know Your Desire
- 2) Ask For Your Desire
- 3) Experience Your Desire
- 4) Take Action Toward Your Desire
- 5) Express Gratitude For Your Desire

Chapter Two

IT'S CALLED FAITH



It is the tendency of human beings generally to make demands, become impatient and frustrated and to force things whenever life does not seem to go their way or in a perceived timetable. God, simply cannot be rushed. Everything in the entire Universe happens in a perfect sequence.

Keep in mind that everything that has ever happened, is happening now or ever will happen in the future already exist. The primary goal in the meditation process is to realize that we are an infinite spiritual being, created in the image of God. Having followed the process, never crave results, wonder where the object of your manifestation is, or why it seems not to be yet appearing into physical reality. Rather be totally calm, happy and above all grateful that your desire has been heard, has already been granted and even now is manifesting into physical reality.

Force is a very negative energy and will always result in having the opposite effect to that intended. This fact is important. The more you are in harmony with the flow of God's perfection the more rapid your desires will manifest. It's called FAITH. Faith should not be sporadic, insincere or weak; it should always be integrated into your very being, just as God, the Holy Spirit and Jesus are integral aspects of your very being. The flow of the Universe is constant and never wavers even for a moment. If it did waver then the Universe would collapse in an instant. That same law of the Universe is in each and every person as an expression of God's creation. Believe in your own creative powers as an infinite aspect of God and His power that flows through you. When the Revelation of this concept saturates your very being then total joy, harmony and peace will radiate your being and effortlessly your desire will manifest.

Relax. Know that you are a child of God, that the entire Universe including your individual reality as a spiritual being is unfolding perfectly and there is absolutely nothing that you cannot be, do or

have. If this sounds like the Law of Attraction . . . you are absolutely correct. It is the Biblical Law of Attraction.

Chapter Three

ENERGY INFLUENCES ENERGY



The Law of Attraction requires faith, positive thinking and a peaceful state of mind. The importance of positive thinking is crucial to physical manifestation. In accordance with Universal Laws and in particular the Law of Attraction, the way in which we think and the thoughts that we hold most strongly in our minds have a profound effect on our lives in every way and indeed much more so than most people might believe. To many a thought is something intangible in that it cannot be seen or even measured. Nevertheless, thought like everything else God created in the Universe is energy. And Energy influences other Energy.

Many people can and unfortunately frequently do become trapped in a cycle of negativity due to 'perceived' negative things happening in their lives. For example, they might have lost their job, feel stuck in an unhappy relationship, physically experiencing a lack of money or any one of numerous other such possible adverse circumstances of the sort faced by millions of people every day. Many people are, for example, understandably worried about a lack of money for the provision of basic daily needs. What most people do not realize is that by dwelling on these 'perceived' problems, constantly thinking about them and imagining the worst, automatically bringing more of exactly the same problems into their lives thereby compounding the problem even further as it becomes self-perpetuating.

Thinking about lack results in more lack, thinking about abundance results in more abundance, such is the way of the spiritual realm; the power of thought is incredible. It is for these reasons that the wealthy often become even wealthier and the poor often become even poorer; everyone is constantly creating their own reality in exact accordance with the way they think and perceive their own existence and reality, whether it is from a positive or negative perspective.

Everyone without exception is a creator in the physical world. This is a "God given" aspect of all human beings; we all have the freewill and the power to determine the content of our own destiny. The way in which we think and the faith we put behind those thoughts are therefore extremely important. It is particularly important, no matter how difficult circumstances might seem to be, to think as positively as possible at all times. For example, if you were to go on a job interview with negative feelings about the prospects of being given the position you applied for, then you will most probably not receive the position. If on the other hand you go to the job interview knowing beyond any doubt whatsoever that you will be offered the position, then the chances are you will indeed get it.

Exactly the same principle applies with life in general; only by thinking the most positive thoughts while excluding all negative thoughts will you attract those things you truly desire.

On a more conscious level, if you really need something in particular to happen in your life, 'charge' whatever it is you need to happen with as much positive emotional energy as you possibly can. Never, ever think even begin to think for a single moment that it cannot happen for you, because it most assuredly can; God has infinite abundance, anything and everything is possible, and everyone really can have anything they truly need and desire.

This is all well and good someone might say, but I am genuinely in severe financial trouble and as a result my relationship is genuinely suffering. Difficult though situations such as these surely are, it quite simply cannot be stressed enough that the more the person negatively dwells on their perceived situation the worse it will surely become due to the Universal laws in operation, including the Law of Attraction. The more someone focuses on a perceived lack of money, the less money they will receive. The more they focus on a perceived failing relationship, the more that relationship will surely fail.

The solution to these situations is to break out of the self-created cycle of negative thinking and to start thinking only in the most positive terms at all times. It is particularly important to go to bed at night thinking only the most positive thoughts, never dwelling even for a minute on any situation in negative terms. Just before sleep the

link to the subconscious mind, which in fact is by far the largest aspect of the mind, is particularly powerful, and will in turn influence your physical reality.

Always therefore think in terms of plenty as if all genuine needs have already been met. As previously mentioned, it is most important to know beyond any doubt whatsoever that whatever you desire and focus on is already a reality.

All thoughts must be in the present tense. For example, never, ever think in terms of "I want more money" or "my relationship will improve" or "I need a better job". The use of the words "want", "will" or "need" will simply make matters worse, the implication being that a problem already exists, and therefore "I want" will place you in a state of perpetual "wanting". The correct way of thinking and speaking therefore is; "I have plenty of money" or "my relationship has never been better", or "I have never been more healthy".

In the spiritual realm where thought energy takes shape, there is no concept such as space or time. Our positive energy will therefore first of all attract the corresponding energy of the Universe before manifesting.

If a negative thought ever enters your mind it is very important to be aware of it and to replace it immediately with a corresponding positive thought, preferably a thought that is totally consistent with your ongoing objectives and desires. Another very powerful way of reinforcing positive thoughts is by the use of the Word of God and positive affirmations.

In summary, positive thinking at its most effective level is therefore much more than simply thinking positively about a particular circumstance, it should become a mindset, a way of life. By thinking constantly only in the most positive manner you will ensure only the most positive things manifest into your life. For example, if you wish to always have sufficient money for all your daily needs you must always think and speak positively and with as much conscious Faith, energy and emotion as possible that you already have that money in your possession; never let a contrary thought enter your mind; if such

a contrary or negative thought does enter your mind, even for a single moment, you must dispel it immediately. And again, never think in the future tense, only in the present tense to the extent that it already exists within your physical reality.

As space and time simply do not exist in the spirit realm your desire already exists, faith will bring it into physical manifestation.

To help your current desire manifest, recreate the feelings of great joy and happiness surrounding previous events in your life; previous blessings. By recalling and recreating these feelings and emotions, and projecting them onto your ongoing thoughts of whatever it is you wish to manifest will influence your current attraction, thus helping the results to manifest more rapidly and in a more powerful way into physical reality.

Your mind, consciousness, thoughts, emotions, words and imagination all work together as creative powers. The more conscious you are of you, the real you, the spiritual you, the more powerful you will become. By this I do not mean being conscious of your physical body, but rather the total spiritual sensation that comes with the absolute knowledge and certainty that you exist as an immortal creative being, an aspect of God, created in the true image of God.

Chapter Four

WHAT ABOUT HEALING?



Just as we have the ability to create our own reality by attracting and manifesting our needs and desires into our physical world, we equally have the ability to manifest healing. Healing is simply another aspect of the Biblical Law of Attraction.

We create our own reality at all levels including our "outer-reality" the physical world we experience, and our "inner-reality".

Healing through faith during the meditation process can be very powerful and highly effective; there are no limits as to the level or completeness of healing by utilizing the meditation method. There have, for example, been cases of inoperable brain tumors completely disappearing, resulting in a full and "miraculous" recovery. There are numerous cases of other, supposedly malignant and incurable cancers being fully cured where traditional medicine has not been successful and doctors have all but given up on the patient.

As you will see with the following healing meditation method it is extremely important to visualize in the present tense, knowing beyond any doubts the ailment is already completely healed. In fact the correct way of visualizing for healing purposes is not to think in terms of the ailment at all, but rather only in terms of the complete, radiant health of the person being healed. But remember, the meditation method that I will share with you is more about faith than the process itself. Faith is what gets the job done.

An interesting application of how faith works in principle is illustrated by the "placebo". A placebo is an inactive substance, for example water, given to a patient who believes it to be real medicine. In numerous cases a patient is cured simply by taking the placebo alone with no genuine supporting medication. This works because the patient sincerely **believes** that the placebo is in fact real medicine that will cure him or her. In these cases the patients have

subconsciously used their own faith to heal themselves often to the surprise of doctors and others concerned; a complete cure.

The patient visualized themselves as being cured as a direct result of taking what they believe to be an effective medicine, thereby manifesting as an observable cure within the physical body.

This process works both ways of course and there are people who unwittingly become ill due to the subconscious use of negative faith. This occurs when a normally healthy person strongly believes they are or should become ill for some reason, perhaps out of guilt, or for example as happens in the case of someone considered to be a hypochondriac. This belief coupled with the person subconsciously imagining themselves to be ill, will in turn bring on the illness in accordance with The Law of Attraction.

The above reference is the healing process in reverse, but the principles are exactly the same nevertheless.

This can also happen when a person actually wishes or asks to contract an ailment in order, for example, to take time off work. The wish and desire held within the mind, reinforced by imagination, is sufficient to ensure the ailment is contracted and the desired time off work manifest as a complete reality. Of course to the person concerned it was probably just "wishful thinking", not realizing that thoughts influence energy in the direction of the desired effect, whether the thought was within the mind at a conscious or subconscious level.

In full accordance with the Law of Attraction, the power of thoughts held within the mind has a profound effect on the body. Often people say of illnesses, "it is all in the mind", and more often than not this is true whether they really believe this statement or not. That is why satan constantly tries to control our mind because if he can control our mind he can wreak havoc in our body.

Remember, along with the Law of Attraction, the immutable Universal Law of Cause and Effect is always at work; nothing ever happens by chance. So it is important to know the root cause of any ailment whether it is physical or emotional.

In deep meditation you can find out the cause . . . questions can be asked and answers received regarding the origins and reasons for an ailment. With the benefit of this knowledge the appropriate actions can be taken in order to remedy those aspects of life to which the ailment relates. The physical body must always respond to your will and the thoughts you hold in your mind. Therefore it is wise to be fully aware of the thoughts being held in your mind at all times. This will ensure that you focus on only those thoughts that are consistent with the reality you wish to attract, including of course perfect health. **“For as he thinketh in his heart, so is he . . .” (Proverbs 23:7).**

It is advisable whenever an illness occurs spontaneously; even while healing is occurring during the meditation process to give some thought as to the possible reason for the illness. All ailments have an inner origin that can be identified and fully healed. Should you receive an answer during meditation in the form of a vision or perhaps a dream, then you should take heed and act upon it immediately. You may experience revelation as to your eating habits or exercise regiment. Or it could simply be that you are out of fellowship with your Creator.

As previously mentioned, the process of healing is almost exactly the same as the meditation method covered in chapter one.

Here is an example of an effective healing session:

First locate yourself in a place where you can relax completely without being disturbed. It is better to sit upright in a firm chair as previously discussed, but lying on a bed is fine, providing you can resist the urge to fall asleep.

Now imagine, with as much concentration, will and total knowing beyond any possible doubt that this area of your being is completely whole and resonating with vibrant health.

Use all of your senses with the power of your imagination to visualize, feel and enjoy this total, complete and absolute health. Visualize your entire body, and in particular the area of your ailment to be **glowing, resonating and radiating total, complete vibrant health**. Feel how joyful it is to experience such perfect health.

Never for a single moment focus on the presence of the ailment, but rather only on that area being in absolute, complete, vibrant health.

As with all meditation, your thoughts and imagination must always be focused completely in the present tense, and there should never be the slightest doubt in your mind of the reality of the absolute vibrant health of your body, both at the site of the ailment and as a whole.

Imagine how well you feel, how joyous you feel, and above all how completely grateful you are to be enjoying such perfect health.

Perform this exercise with as much concentration, emotion and focus as possible at least twice each day for ten minutes or more until you are fully healed. As with all meditation, generally, just before sleep at night or just before arising in the morning are excellent times for the healing process simply because your conscious mind is much more in communication with your subconscious mind. The more frequently you perform your healing exercises, the sooner you will be fully healed.

Each healing session has a cumulative influence on the Energy involved. So the more you practice healing in accordance with these exercises, the more the Energy will become enduring as it acts in the direction of healing. Like everything in the Universe, healing is about the influence of Energy by the mind. Everything is Energy and Energy responds to the mind. Influencing Energy in the direction of total, complete, and the most vibrant health must therefore, in accordance with immutable Universal laws become an absolute reality, there are no exceptions to these laws.

To the medical profession and people generally, cures manifested in this way seem to be truly miraculous. People who have been told by doctors that they are "terminally ill" seem to shed all signs of their previous illness in favor of total health. There have been numerous cases of people curing their own "inoperable" cancer, brain tumors, and even dissolving gallstones without any sort of physical medical intervention.

One reason why some people can not be healed is because they believe in their own mind that only doctors, surgeons and other

members of the medical profession can "cure" an illness. Unfortunately, that very belief will ensure that true supernatural healing will not be effective.

It is sensible to visit a doctor with a persistent ailment, and to respect their advice, but it is extremely important to know the true origin of healing is faith in God. Even if you are given a course of medicine, exercises or even a surgical procedure, view these as secondary influences while always knowing that the primary and true healing influence is by virtue of the power of the Holy Spirit.

After each healing session feel extremely grateful for the fact that your entire body is enjoying **complete and vibrant health**.

Never allow the slightest doubt to rise in your mind and never, ever imagine yourself to be anything less than in **complete, vibrant and perfect health**. Never say things like, "I am going to be healed or healing will be mine soon." You are healed already, you are healed NOW! Always, at all times concentrate on total and complete vibrant health including the area of your ailment, feeling, experiencing and knowing the reality of this without the slightest doubt in your mind.

It is fine and even beneficial to focus specifically on the area of your ailment, but only in the context of total, absolute, vibrant health of that part of your being. This reality can be reinforced during your normal daily activities by reminding yourself often how extremely healthy and well you feel. You can also repeat an appropriate affirmation such as; "I am always enjoying perfect, complete and radiant health". Again, this affirmation must always be in the present tense. It is also very effective to place an affirmation where you will always see it. The more you integrate your total, complete and vibrant health into your being, the quicker it becomes your absolute reality. Use all of your healing scriptures i.e. **". . . with his stripes we are healed, Isaiah 53:5**). And watch the miracles manifest before your very eyes.

Chapter Five

Service or Selfishness?



In order to spiritually mature there are fundamental lessons to be learned. These include, but are by no means limited to:

1. Unconditional Love for all Life
2. Service to Others Before Service to Self

Service to others will be discussed first. The importance of service to others is thoroughly covered in the Bible and is the subject this parable:

"And the apostles said unto the Lord, increase our faith. And the Lord said, if ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, be thou plucked up by the root, and be thou planted in the sea; and it should obey you. But which of you, having a servant plowing or feeding cattle, will say unto him by and by, when he is come from the field, go and sit down to eat? And will not rather say unto him, make ready wherewith I may sup, and gird thyself, and serve me, till I have eaten and drunken; and afterward thou shalt eat and drink? Doth he thank that servant because he did the things that were commanded him? I think not. So likewise ye, when ye shall have done all those things which are commanded you, say, we are unprofitable servants: we have done that which was our duty to do."
Luke 17:5-10

In this parable the "servant" works in both the fields and in his master's house for his 'keep', in other words food, drink, shelter etc . . . But on this occasion his 'master' asked him to do extra work. Upon his return was given only his usual meal before he was allowed to relax. Seeing this he considered himself to be an "unprofitable servant".

Let's dissect the parable further. The mustard seed was among the smallest seeds in Palestine, while the sycamine tree (Greek), probably a black mulberry tree, lived up to six hundred years. It required a vast root network to draw up the ground's nutrients.

Jesus is illustrating that a little faith can do surprising things, especially if merely through a spoken word it can pull up a tree with a vast root system and hurl it into the sea. He makes the point to not fret about how great your faith is; only apply what you have and watch it work. The disciple's main responsibility is to trust God.

Out of such faith should come service. Jesus' final parable describes a servant or more precisely a slave. "Slave" (doulos) was Paul's favorite self-characterization. The service of God's servant is not a matter for negotiation but is a duty. The ancient household servant was responsible for many activities, from working the fields to preparing the meals. A ancient servant's work never seemed to be done. Such is also the case here. Jesus pictures a servant coming in from a long day of farming or shepherding, only to be asked to prepare the owner's dinner. The servant will not get a meal until the master is served. Not only that, the servant will not be thanked as if he had done something special. Rather, he will do it because it is his duty: "We are unworthy servants; we have only done our duty." This attitude is in sharp contrast with that of the Pharisee in 18:12. There is no selective obedience here, no bargaining to do something for the master if he does a favor in return. Our closest contemporary analogy to this obedience is the discipline of military life. Servants display humility (unworthy servants) and know their position.

In the Jewish Mishna, 'Abot 2:7, a rabbi says, "If you have studied the Torah, do not claim merit for yourself, since you were created for this." The same is true of service for God. Committed service is a disciple's privilege.

So the disciple's life is lived in community with others and God.

One of the biggest reasons for the degradation of "society" over the last two thousand years is increasing selfishness, where everyone is "looking out for themselves" at the expense of others - at no time in history is this more true than it is today with people generally fulfilling their own requirements before those of others.

It is happening at all levels of society from the individual to powerful governments. For example, The United States government has spent hundreds of billions of dollars, which will become trillions of dollars in their invasion of Iraq, justified by the contrived "war on terror",

when the real reason is selfish control of oil reserves in Iraq due to dwindling oil reserves in the United States and to make the already wealthy, wealthier.

In the meantime millions of people around the world are dying of starvation and disease. And tens of thousands of families in America are losing their homes due to the greed of the "financial market" that misled vulnerable people into taking "sub-prime mortgages" at "teaser rates".

On a more individual level, many people put themselves before others in a constant quest for money and material possessions, often far exceeding anything they could possibly need or indeed use in this physical lifetime.

You will note that the parable in Luke starts with a lesson about faith. In its entirety, this parable not only describes the importance of 'faith' but in the importance of service in the context of refining faith. If we are to develop our level of faith to that of Jesus Christ - to the degree where 'miracles' can be performed, we must follow His example.

Keep in mind at this point the reason our Lord was the most powerful person to have ever physically walked on Earth is because He was totally **"God-Realized"** and everything He accomplished was in perfect faith. Jesus knew that He was an expression of God and did all His work in that knowledge with "Perfect Love and Perfect Faith." This distinction is what separates Jesus from everyone else. We are all sons and daughters of God. Heirs and joint - heirs with Christ, but the difference is . . . Jesus was completely **God-Realized**. Therefore this must be the objective of everyone . . . to become **God-Realized**. The road to this objective is paved with what I call Higher Self Actualization (to be discussed later).

So developing faith is not a part time, "9 to 5" thing, it is an ongoing process of purification and miracle working perfection where service to others and service to God is of central importance.

If by providing selfless service to others, even if it means doing more than you are expected without "pay", you feel cheated, taken advantage of or "ripped off" you will never fully experience miracle

working faith. But when you begin to realize the faith that arises out of service . . . faith like Jesus . . . "miracles" will become more evident in your life. This is why Jesus links service to faith in the parable.

How can anyone feel truly cheated when we have been given the ultimate gift of Eternal Life - ask yourself how much service is that truly worth?

And we must also keep in mind that we are all 'One' - so when we provide service to others we are providing service to all of humanity which we are all an integral part. Therefore when we help others we help ourselves. You see, separation is an illusion exacerbated by the enemy - there is no separation. We are all one.

So the meaning of the parable is clear:

Develop the mindset of service to other before service to self and it will empower you to develop the faith needed to work miracles.

Chapter Six

Positive Affirmations Are Vital To Your Success



One of the major secrets to success with anything, be it wealth, health or anything else that you desire is to involve the immense powers of the subconscious mind. The subconscious mind is around 90% of your total mind power as opposed to the 10% of the conscious mind that you usually use in your normal daily waking state.

The subconscious mind is sublime; it will accept anything you submit to it without question and will then act upon your instructions. This process enables your desires to manifest into your life where you can experience them in full.

With this concept there is quite literally nothing that you cannot be, do or have, nothing at all. Heaven is infinitely abundant and knows no limitations of any sort. You, as a co-creator, are therefore only limited by your powers to know, imagine and attract your desires.

In order to attract your desires, you have to know and ask for them.

Think only in terms that your desire already exists in your reality, a feeling that you are already experiencing and enjoying your desires as well as the wonderful emotion of gratitude in receiving them.

This is where the power of affirmations really comes into its own. The conscious, rational mind will always endeavor to reject anything that does not appear to be "real", logical or attainable. It does not know, at a conscious level that you are infinitely powerful and capable of realizing any of your desires. The conscious mind will therefore reject anything it "disagrees" with and will accordingly block your wishes; that is why it is important to constantly wash your conscious mind with the Word of God and powerful affirmations.

Fortunately, as the subconscious mind is all powerful, much more so than the conscious mind, all you need to do is to use the Word of God and the power of positive thinking to impress your wishes and desires upon the subconscious mind . . . which will in turn, cause you to know that your desire already exists in your life.

The power of positive thinking can be enhanced and reinforced by the use of affirmations. An affirmation is a short statement repeated frequently in the present tense in order to impress the intent of the affirmation on to the subconscious mind.

As with all positive thinking, affirmations must always be phrased in the present tense as if the desired result has already become an absolute reality. This will attract and influence the spiritual realm in accordance with "The Law of Attraction."

As with negative thinking, many people are in the habit of dwelling on problem areas in their life by repeating exactly that which they do not wish to happen. Until finally manifesting into the physical world as a negative reality . . . compounding the original problems and making them even worse.

Like positive or negative thinking, affirmations can also affect the people around us; any affirmation involving other people will be transmitted and picked up by the people concerned, who in turn will accordingly subconsciously react to it in either a positive or negative way. **It is extremely important therefore not to even subconsciously repeat negative affirmations, no matter how difficult a situation might seem.**

For example, a person might keep repeating to themselves such statements as:

"I will never get a promotion on this job".

Or: "I will always be short of money".

Or: "My relationship will never improve and become a happy one".

These are all examples of negative affirmations which in turn will result in the problem becoming even more of the reality

of the person affirming these negative statements. The person who is constantly repeating these negative affirmations, either consciously or subconsciously, will be much less likely to receive a promotion in their job, will have even less money than before and might well become even more trapped in their unhappy relationship.

Again, everyone constantly creates their own realities whatever that may be. Positive thinking and conscious positive affirmations will therefore not only bring correspondingly good things, but will also transmute existing bad things into their corresponding good things. Beyond the confines of the three dimensional world of matter there is no time or space, so it is never to "late" to transmute a negative situation to a positive situation; all time is Now, the Eternal Now.

In the examples above this person should always immediately suppress any negative affirmations they find themselves repeating, and immediately replace them with the equivalent positive affirmations; they should for example be saying:

"I am so pleased with my excellent job promotion."

Or: "I have all the money I really desire."

Or: "My relationship has never been better or happier."

This might well seem somewhat difficult to do, particularly in what is perceived to be difficult circumstances or where the reality appears to be totally the opposite, but such circumstances are only temporal and can always be transmuted to its opposite and desired positive circumstances.

It is also important that the affirmation, like positive thinking, is never stated in the future tense, for example, "I will have a job promotion"; this implies the indefinite future; that a negative situation already exists and the result cannot therefore manifest positively into your present reality. Again, dwelling on negative situations and repeating them over and over in your mind will result in an ever deepening vortex of the same negative situations.

Rejecting all negative thoughts and replacing them only with their opposite is vital. Most positive affirmations will result in eventually manifesting your desires into your own physical reality.

Many people generally tend to use negative affirmations on an ongoing and much more subconscious basis without ever even realizing it. For example, someone might say to themselves or even aloud; "I simply cannot complete this task", or, "this is much too difficult", or very often on a health level we hear people say, "I do not feel at all well today". These are all examples of subconscious negative affirmations that will become negative realities; the tasks will never be completed, will be always too hard, and the person will continue to feel unwell.

It is very important to remain alert at all times to these negative thoughts and affirmations, immediately transmuting them into their positive opposites as they arise and before they have their effect, for example; "I have easily accomplished this task", and, "that it was very easy indeed" and "I feel so fit and well today."

It is also very important to not only make use of affirmations in order to consciously manifest desired changes in your life, but also to be alert to subconscious, negative affirmations that must be immediately transmuted to their positive opposites without delay. The more often an affirmation is repeated, consciously or otherwise, the more quickly and effectively it will manifest into your observable reality.

An excellent time to repeat affirmations is just before drifting off to sleep at night, and just after waking in the morning before arising. At these times your conscious mind is most in communication with your subconscious mind.

Repeat the affirmation throughout the day; write down the affirmation on notepaper and place copies of them around your home, repeating the affirmation frequently and whenever you are reminded to do so. If you make use of a personal computer for long periods of time, it is a very effective idea to have a copy of your affirmation on your PC desktop. You might not always notice the affirmation, but it will still be integrated into your subconscious mind where it can begin its effect.

The ideal affirmation must be as short as possible and totally unambiguous. It is important to note that the subconscious mind cannot easily assimilate long statements. The subconscious mind, immense and powerful as it is, is actually very child-like in the way it perceives and is much more easily influenced by short, appropriately worded statements. Also the subconscious mind never, ever questions any statement; it will rather accept the statement as an absolute fact and set about bringing the object of the statement into reality.

Affirmations must always be stated in the present tense and most importantly charged with as much feeling and emotion as possible. You must act as if the result has already manifested into your life as reality; a fact that you should have absolutely no doubt in your mind. You should intensely feel the joy, happiness and all other emotions involved, which will generate the corresponding positive effect in accordance with The Law of Attraction.

Affirmations should never be performed in a stressed situation or where you cannot adequately relax or concentrate. For maximum effect affirmations should be repeated several times each day while being in as relaxed a state as possible and continued until the affirmation has become a physical reality. Affirmations can often become a physical reality very quickly , but at other times might take longer. Note that we use the words "physical reality", because as soon as you start stating the affirmations with the degree of emotion required, then the object of the statement will instantly be answered and made a spiritual reality.

The speed at which an affirmation becomes a reality depends on numerous factors including the complexity of the desired result, the number of people involved, the frequency of repeating the affirmation and most importantly the extent of emotion, focus and faith being placed behind it. **Never become anxious for the results of the affirmations to be realized or wonder why they have not manifested as yet.**

Developing and maintaining faith in your affirmations will result in belief, and it is the belief that will bring you into energetic,

harmony with the object of your affirmations, allowing the object of your affirmations to manifest into your reality.

Here are some examples of well-constructed affirmations:

Attracting great business success:

**My business attracts more new customers every day
My business is highly profitable
My customers are very loyal
I enjoy a high level of repeat business
I effortlessly achieve an unlimited income stream
I am always alert to new business opportunities
My customers think very highly of me
I easily create new sources of money
My ability to attract money is unlimited**

Attracting great wealth:

**Money flows to me effortlessly
I always have everything I desire
I manage my money very effectively
I always welcome new sources of income
I instantly attract to me everything I desire
I welcome great abundance into my life
I greatly enjoy everything I have
I can easily attract anything I ask for
I enjoy giving money to worthy causes**

Attracting perfect health:

**I always feel in perfect health
I never contract diseases from other people
I am glowing with health, energy and vitality
I am always at my perfect weight
I always feel radiant, joyful and well
I never feel tired
I always feel full of energy
I always enjoy a good night's sleep
I always consume plenty of water, fruits and vegetables**

Enjoying a fantastic memory:

**I can recall anything at will
I remember everything that happens in my life**

**I remember names, places and events effortlessly
I have a very powerful memory
I learn and remember new things with ease
My memory is constantly improving
I have total confidence in my memory
No memory is too distant to remember
I can remember anything, about anywhere from any situation**

Enjoying complete happiness:

**I always feel completely happy, joyful and contented
I am completely happy with my life, family and friends
I love myself completely in every way
I only attract happy, positive, joyful people
I feel radiant with joy, happiness and contentment
I always feel active, dynamic and enthusiastic
I am glowing with energy and unconditional love
I always feel very enthusiastic
I love my mind, body and soul**

Enjoying complete self-confidence:

**I face all situations with total confidence
I have total faith in God
I always feel completely motivated
I believe completely in everything I do
I know that everyone has complete faith in me
I always ask for help if need it
I feel very comfortable around other people
I always look forward to new situations
I always look forward to meeting new people**

Enjoying perfect relationships:

**I always attract people who are perfect for me
People always find me attractive and irresistible
When I meet people they like me instantly
I always look for the good in everyone I meet
People enjoy being around me
I am always at perfect ease in my relationships
Everyone I meet enjoys my personality
I can attract new relationships at will
People find me relaxed, calm and easy to be with**

Enjoying perfect weight:

**I am always the right weight for my build
I do not put on weight easily
I have complete control over my eating
I only eat when I feel hungry
I only eat healthy, non-fattening foods
I can lose weight easily if I wish to do so
I never feel hungry between meals
I can say no if people offer me food
I drink plenty of water**

Stopping smoking:

**I have no desire for tobacco
My health is much better as a non-smoker
People enjoy being around me now that I do not smoke
I do not present a passive smoking health risk to others
I never have a craving for a cigarette or other tobacco
I save alot more money by not buying cigarettes
I never think about cigarettes
I enjoy breathing fresh, clean air
My clothes smell fresher as a non-smoker**

Lucid dreaming:

**I can fully remember my dreams when I awake
I remember to record my dreams when I awake
I always know when I am dreaming
I take full control of my dreams
I can create any situation at will in my dreams
I can go anywhere and do anything in my dreams
My dreams are always vivid and memorable
I can meet people who have passed on in my dreams
I am fully aware during my dreams**

These are just a few, very powerful examples of what can be achieved with well-constructed affirmations.

Always think as you wish things to Be, NOW! Two of the most powerful words that you can possibly think or say are "I Am". As you live your life always stop your thoughts short of a statement that implies the future tense and to transmute it into the present tense. So "I will" becomes "I am", "I want" becomes "I have" and "I might" becomes "I do". Also keep in mind that there is absolutely

no such concept as "try". We either Do something in the present Now, or we do not Do anything; "try" simply does not exist except as a concept of a person wishing to achieve something.

I "want to feel well" should not be allowed to proceed as a thought and should be immediately become "I am feeling very well". This thought takes the reality of feeling well from some point in the perceived future that never arrives, to actually feeling well in the present. So a strong thought of "I am feeling very well" will manifest into your reality in the Now.

Similarly, if you have a bill that needs paying and you believe that you do not have the money to pay the bill, never think in terms of "I want the money to pay this bill", but rather "I have the money to pay this bill effortlessly". Bringing this statement into the present tense rather than a future statement of lack will cause the means by which the bill can be paid to manifest into your reality and the bill will be paid in full. It is even better not to concentrate on the money to pay the bill. Just consider the bill paid NOW! How it gets paid is God's responsibility.

Always keep in mind; God delivers in absolute accordance with your faith; there is no exception to this Law. Again, "I might succeed at this task" implies never "actually" succeeding. The "might" places the success into the indefinite and infinite range of possibilities and never as an actuality. So "I might succeed with this task" should become "I am enjoying complete success with this task" and that success will then become your reality.

So in summary, if you wish to realize an eternal life where you really do experience eternal bliss, you must always think in terms of the Eternal Now, always think in terms of the present tense, and always remember these words "I Am", using them all the time in the context of the reality you wish to create for yourself. Creating your own reality is an ongoing, joyous and productive life, not just something to "do" when it suits you. Those who understand and consciously apply the above concepts to their lives will be richly rewarded with the level of health, wealth and happiness to the exact extent of the focus of the thoughts and faith that created that reality.

Chapter Seven

"Being" Comes Before "Doing"



Many people in the world today operate with the belief that the only way to achieve anything is to take a physical action, often motivated by greed, fear, uncertainty and other negative, irrational and human emotions. It is this desire to physically "do" something in order to force a desire that often brings about the opposite effect. It is simply not possible to "do" anything against the flow of the perfection of the Universe and God's immutable Laws. People are therefore focused on "Doing" instead of simply "Being". In order to achieve anything it is first necessary to "be" rather than to "do". It is therefore always the "being" that precedes the "doing", it should not be any other way.

This is of course is not to say that we should never "do" things. Quite the contrary in fact; action is very necessary, but the action must always be aligned completely with God's Will; you first must "be" and then you should "do". It is by being an open channel, always receptive to intuition and guidance from the Holy Spirit that the necessary faith arrives requiring an action that is in total alignment with God's Will.

In terms of receiving abundance you might for example have projected a desire for something in accordance with the Law of Attraction and the realization of that desire will sometimes include the requirement to take a physical action in a certain direction in order to align the faith involved. Although we all create our own realities we must first invoke "being" before "doing."

This manual will show you how to escape the shackles of human behavior (premature doing) by teaching you the process of manifestation and attracting into your life anything you desire. You must first of all decide precisely what you desire. Part of this process is to think very deeply or better still to meditate on your desire in order to be absolutely sure that it will add to your life in a positive and fulfilling way. This step should never be hurried.

Once you have decided what you really do want, you need to turn your attention fully towards it, no longer as a desire but as if it is already a total reality in your life, experiencing all of the emotions associated with it.

You continue to do this while being totally open to the Holy Spirit and circumstances that will start to appear in alignment with your desire. When these circumstances arrive, **it is then that you must immediately recognize and take the appropriate actions according to the nature of the message. Please note that it is only at this stage that actions are required.**

The final step is in the receiving. It is very important indeed to be in total harmony with whatever it is you are receiving. It is worth noting that many people actually do attract abundance to themselves without realizing it, by virtue of their faith, however they simply do not know how to receive. This is analogous to a door whereby the person is on one side of the door, while everything they have ever desired is piled high on the other side of the door, never being able to open the door to “deliver” the desire the person attracted. Ask and you shall receive, but only if you have the channels open to facilitate the receiving. It is necessary to understand how to receive that the door might be permanently open.

So therein is the true **paradox** of human behavior. Mankind is stuck in a “no pain, no gain” attitude of society, driven by materialism, vanity and the uncontrolled ego, with a perception that in order to achieve anything worthwhile direct physical action must first be taken. This is brought about by the materialistic focus of people generally . . . largely as a direct result of conditioning from a very early age by a society who has lost its way.

Children from birth are indoctrinated into this system by parents, relatives and well meaning teachers. Even though children will from birth instinctively know why they are here, the assault of material indoctrination is so powerful, and from so many different human influences that the conscious mind takes over and overwhelms their true knowledge and purpose, while ignoring the constant stream of inner guidance from within.

From that moment on the child becomes a victim, “working” in the physical world for material possessions, taking whatever direct physical actions necessary to achieve the perceived objectives and forcing things in that direction. People not only spend their lives chasing physical, material things in order to satisfy the constant demands of the ego, family and others, but they do so often to enhance their own lifestyle and conform to the expectations of others. Or very often quite simply because it is “the way that things are done”. Other physical actions are motivated by greed, fear and uncertainty, all still very insidious characteristics of much of mankind today.

It is only when this human **paradox** can be set aside that mankind can once again fully align with God’s Will and once again become a true channel of the abundance, freedom and absolute joy that is the right of every single person as a child of God.

Remember, it is always the “being” that precedes the “doing.”