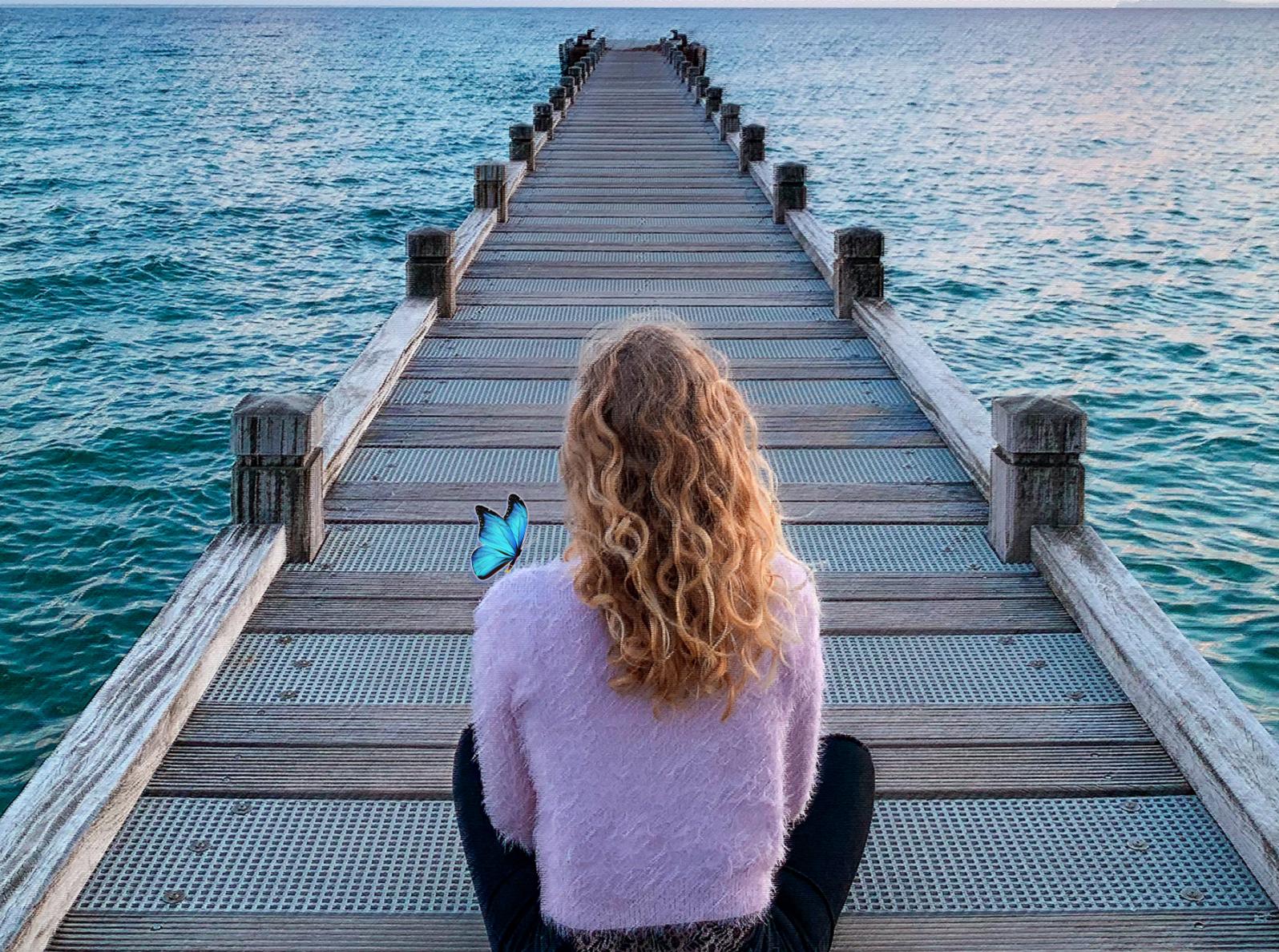


Aryana K. Rollins

The **MANIFESTING**
GUIDE



How to Work with Your True Self
to Realize your Dreams





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Manifesting Guide for Intuitive People

Preface

Hello, friends!

I am honored to walk alongside you on this journey of personal discovery and learning a proven method to manifest your desires into reality. You will be applying manifesting principles that are designed for people who like to analyze life, themselves, and others.

You think deeply about life and how to make yours as happy and fulfilling as possible. You are someone who realizes your challenges are opportunities to evolve. You are committed to your growth.

What you are about to learn can be considered secret knowledge. Even though over 100,000 people have successfully changed their lives with these processes, that is a pretty small number, given the current population is over seven and half billion.

To learn a way to AUTOMATE the accomplishment of your short-term goals by using your unconscious mind takes a mindset shift away from focusing on the how something will happen, to simply maintaining your focus on what you desire.

To ensure you are as successful as possible with this workbook, I invite you to keep an open mind and try the exercises.

Now, if you are a seasoned student of manifesting, believe me, there is something very different here. It goes into specifically how to rewire your thinking. I challenge you to read this with fresh eyes. If you catch yourself thinking "I already tried this, and it didn't work for me!" please put your doubts aside just long enough to apply the processes.

While it is true there is nothing new under the sun; I assure you, this method is different. It gives you a foundational understanding as to the role of your unconscious mind and how it works in creating experiences for you, both the good and the 'not so good.'

Understanding the role your unconscious fulfills and how to get it work for you is the first step of a comprehensive system of manifestation that you can rely upon and follow.

If you notice a critical mindset as you read, be forewarned that doubts like that WILL impact your results. You are not asked to believe what you read. You are simply being asked to follow the steps. Who knows, you might prove that doubting part wrong and wouldn't that be fun?



Here's your roadmap:

- Read each chapter thoroughly before doing the exercises.
- Complete the exercise in each chapter before moving on to the next one.
- You'll receive occasional emails that will include a video and audio to keep you on track; listen and apply this extra guidance.
- Schedule about 10-15 minutes a day to put into practice what you are learning at an optimal time of day, right upon waking in the morning.
- Post any questions you have on <https://Facebook.com/HigherTrueSelf>

I look forward to sharing this journey with you and celebrating your successes along the way.

Joyful blessings,

Aryana

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Chapter 1

Getting Started





Welcome to the Director's Seat of Consciously Creating your Life!

You are in the process of creating every waking moment, whether you realize it or not. Most of us aren't aware that we are co-creating our life experiences. When we anticipate the future and what is possible for us, while holding on to past regrets, it creates a stalemate.

We project our history upon any possible future outcome. Without a way to consciously create the outcomes we desire, we become limited to life happening at us. Some say it is like going through life sleepwalking. In one sense that is true, because what they mean by that is your unconscious mind is selecting how you will react and what you'll attract in your life.

Think about it: without clear guidance from your conscious mind as to your current desires, your unconscious can only repeat the past and it may not be the good parts of your past. If this sounds confusing to you, don't worry – it did to me in the beginning. We'll keep coming back to this until you thoroughly understand it and become awakened to your inner power.

Many people have been conditioned to believe that life happens to them. That they don't have much choice. While we can't change the family, we were born into or where we were born or how we were schooled. We can change who that made us into and subsequently from that new awareness we alter the life experiences possible for us.

Rags to riches stories are all around us. It is possible, and this book will introduce you to a step-by-step method to make changes in your life, beginning with putting you back into the driver's seat.

As you read this book, you will be being guided to a higher state of awareness and away from being a responder and reactor to your life. You'll be embracing your role as co-creator.

Two Important Mindset Shifts

- 1. Know What You Want:** Always have clear, strong desires you are committed to and recommit daily to your desire.
- 2. Switch Channels:** Catch yourself when you're feeling discouraged and negative and do what it takes to shift your mindset to be positive. We all have bad days. Ideally, we don't want those bad days repeated! Contrary to what you may think, worrying about what can go wrong keeps you focused on 'what's wrong in your life.' A worry mindset interferes with your ability to maintain focus on what you do want and inadvertently can create exactly what you don't want!



Where your attention goes, energy flows. Be aware that you are creating ALL the time, both the positive and negative. Many of us think magic is some form of manipulation and best left to a magician on a stage for entertainment. That is a limiting view.

It is “magic” that helps you manifest your intentions, and simply said... “Magic is the ability to tap into the power of the unconscious.”

Ra, the Law of One

What does this mean for you?

Conscious Creation is a system which gives you a way to access the vast creative resources which live in your unconscious, and to retrain the way you think about goal setting. You'll start manifesting things and situations that you want to happen, such as: establishing a habit of regular exercise, becoming happier, getting projects done with effortless ease, meeting new friends, or simply cleaning out the clutter in your home.

You can also use your unconscious power to transform areas of your life that you have been tolerating. Conscious Creation is what makes it happen.

Tips to Ground and Center Yourself

Manifesting more than you have had in the past takes something extra. But this extra energy is not something you have to go out and get. It is already inside and has been waiting for you to connect with it so it can support you in fulfilling your desires. Even if you don't feel smart or especially capable, it is. It has a supreme intelligence and capacity to get things done with grace and ease. This extra energy can loosely be named your unconscious mind.

When you begin to access and communicate with different parts of your mind, like your unconscious, at first, it may feel awkward. You may doubt yourself and wonder if you are doing it right. Just follow the instructions in this book.

Allow yourself a beginner's mind. You are learning a new skill. With practice, you will feel at ease with communicating with your unconscious mind and feel grateful when you can tap into its wisdom and practical life guidance.

To become a more consistent manifestor of your dreams and desires, you'll need two things.

1. Direct access to the creative power of your unconscious mind – for which this book will set you on the path
2. A deeper understanding of the “Higher Self” to reclaim your heart's deepest desires



The Manifesting Guide For Intuitive People

A Proven Way
to Remove Resistance



The "Higher Self" is a state of awareness some call their "Higher Self" and is a key to building Higher Self confidence that will empower you to make the right choices to manifest your dreams. The True Self Grounding Process offered below takes you on a gentle journey to discover your Higher Self, which is your essential nature. The Higher Self is that still, soft voice within, that whispers in your ear when you are about to make an important life decision and recognizes and loves you deeply.

[Click to get Access to the True Self Grounding Process](#)



Chapter 2

Know What You Want





One of the most important questions is to ask yourself “What do I want?” By the time we are adults, we have been scolded as a child to not be so demanding and to be happy with what we have. With enough adults saying this, you might have started to believe that it's selfish to have personal wishes and desires.

Or if you have been on a spiritual quest, you may have adopted the belief that desires are simply a manifestation of the ego, which implies that you should not feel complete or fulfilled, and if you do pursue a desire, then when you get what you want, it won't be fulfilling. Yes, desires can be from the ego, and yet not all desires come from the demanding ego.

Not All Desires are Created Equal

Some desires come from a place deep within you, your Higher Self. The Higher Self has an emotional intelligence that connects you with the heartfelt desires that it wishes for you to experience in this lifetime.

It's an inner wisdom that goes beyond your senses to the very essence of source and possibility. That wisdom always knows where to guide you if only you are willing to pay attention. You may have already heard this loving and loyal soft voice of your Higher Self whisper in your ear something like this: “You deserve to be happy; don't settle.”

When we request our desire with calm, determined focus and align with source energy using the Higher Self, we begin to make decisions from a place of stillness and divine design. The clues are always there, within you, and the miracles await you.

With this book in hand, you stand before infinite possibility. To begin to create a life where our dreams turn into reality requires you know what is missing in your life that will bring greater meaning and fulfillment. Then you can initiate the manifesting force to cause it to materialize.

WHAT do you WANT?

It's a powerful question.

You may think that it is an easy question to answer, but for most people, it is the hardest. Sometimes they don't want to admit what they want, or they are committed to people and situations that there is no space to even consider what they want. Life is just putting one foot in front of the other.

If you are reading this book, I suspect that you are ready to get serious about getting what YOU want. At first, you may have to figure out what desires would bring you meaning and fulfillment. Sure, we all could use more money, and that may be your top desire, but at the root of it, money isn't the true desire...



It's what the money will do for you to improve the quality of your life.

It might best for you to go directly toward the desire that the money will bring: time alone, calmer home life, less conflict in your marriage, more peace of mind, confidence, inner security, or something else.

As you go through this book, I invite you to dream deeper – not bigger, but deeper. Dig down into WHY you want what you want. This exercise in itself will bring you awareness about what is most important to you, which you may go after right away.

About the Creative Process

As we begin the process of manifesting your desires, let's talk about the creative process. Did you realize that when you THINK about doing something, your thought begins the creative process?

You may have heard the ancient wise master's advice: "Be careful what you think about." This counsel is valuable. Each time you think about a situation or feel an emotion deeply, you are sending your energies of intention to cause an outcome. If you are in a positive state, that is wonderful. If you are in a discordant, worried, negative state, you won't enjoy your creations.

To give you an example, remember back to a time when you felt in "the zone," where you were in your flow, effortlessly accomplishing. Grace and ease seemed ever present. You may have felt that something outside of you, like magic was making it happen. Thinking those days were simply happy accidents with which you had no hand in creating is the truth.

That was not some magical state, but something caused by you on purpose; you just happened to stumble into it and may have thought you couldn't re-create it. That's simply not true! When you work with the Conscious Creation process, you'll learn how to reconnect with that state, starting with you selecting your desires and learning how to "will" them into reality.

This book is all about reminding you of your inherent power to create. When you not only believe but KNOW you are the co-creator of your experiences, your life radically changes. This knowledge enables you to become more self-aware and conscious of what is happening in your life. Which means more abundance; attracting more of what you want and side-stepping what you don't want.

With Conscious Creation, a side benefit is that you become luckier, and synchronistic moments become part of life. You can also witness an increase in what may seem like miracles in your life.



Your First Lesson - PDF: Wish List Step 1

- Imagine you're a young child. It is a few days before your birthday. Your parents ask you to write a wish list of all the things you want. You're excited and you start writing. You trust your parents and anticipate good things will happen as a result of writing down your wishes. You tape your birthday list on the refrigerator. Obviously, you aren't a child now, but let's make believe you ARE an innocent child who is connected to an infinite intelligence/ source/ universe/ God/ collective unconscious/universal consciousness. You have a need and are requesting support.

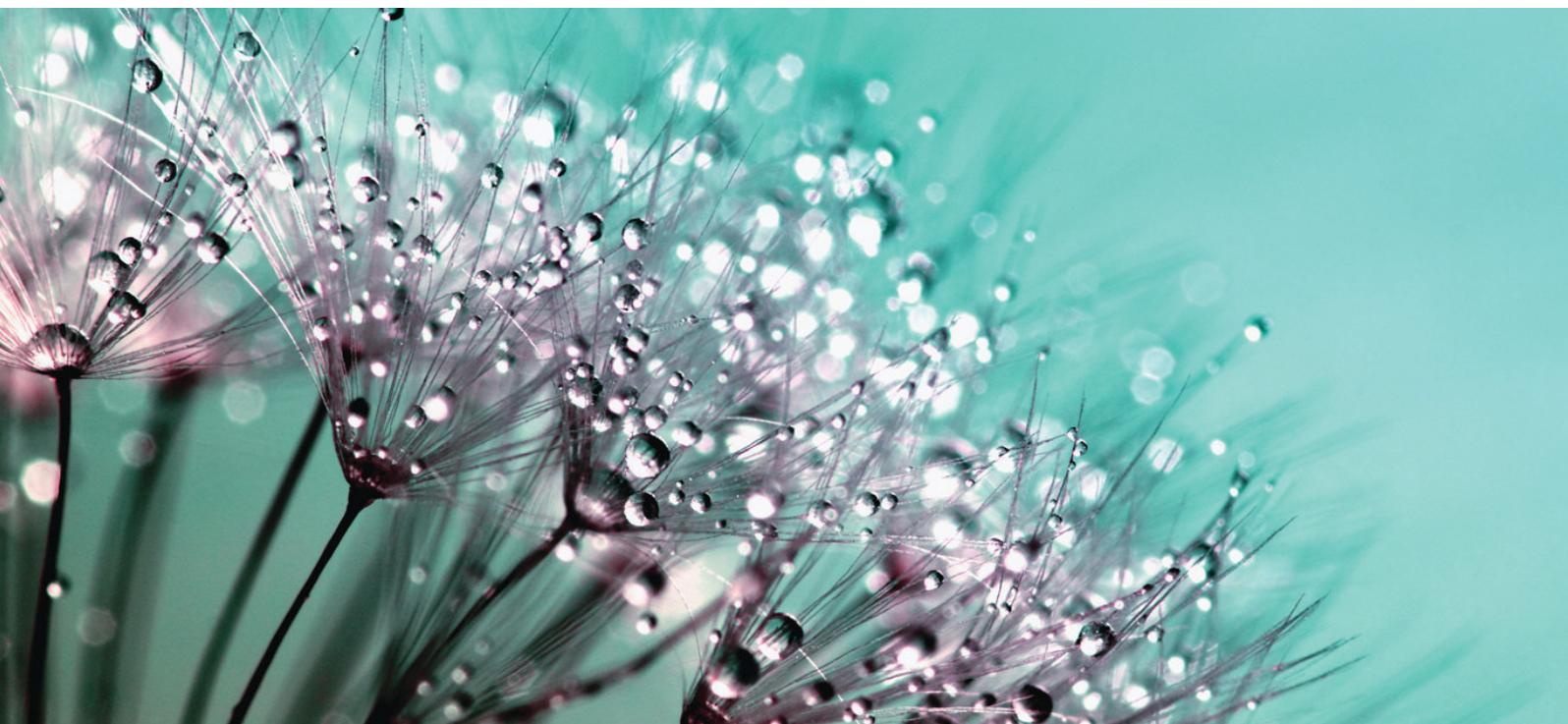
In the Conscious Creation process, you don't need to know in advance HOW you'll make these things happen; you just need to know WHAT you want it so you can claim your desire. You then hand it over to your unconscious mind, which is your access point to infinite intelligence.

- What do you want to change in your life? What new experience would you like to have? What would you like to get done or acquire in the next 30 days? Now write down all your short-term desires, casual or meaningful. Don't leave anything out.
- Keep writing until you've recorded every short-term desire. Dare to dream!

Now it's your turn to start writing. On the next page is where you will write your Wish List Step 1.

[Click to download Wish List Step 1](#)

[Click to listen to the Manifesting Wishlist Audio](#)



Chapter 3

Launch Your Rockets of Desire





Do you feel excited by some of the wishes you wrote? Did you gain new insights into what is important to you? Is there a rekindling of hope that didn't exist before you wrote your wish list?

It is how you feel about what you want that can make the difference between success and failure. Ask yourself right now: "What would it feel like to..." and insert one of your desires. You might feel the energy of excitement fill you as you connect with the hopeful part of you, the Higher Self, the part of you that believes in you unconditionally.

Hope is one of the empowering emotions. If you'd like to reconnect with this power, check out this Radio Show: [Manifesting 101: Hope Floats Your Dreams](#).

Stimulating hope and working with this energy can accelerate your manifesting abilities. If you find it hard to feel hopeful in this moment, it is likely you're carrying disappointment. Waiting for something to happen that isn't genuinely right for us can feel confusing. We may think we have failed, but maybe what we were pursuing wasn't right for us, and something far more aligned is waiting for us. Investing energy in something that isn't right for us can burn through vital life force, which is what we use to manifest.

Knowing what is right for you is a very important step in you reasserting your manifesting abilities. The good news is that hope is part of your nature, and you will be able to rekindle it.

As a child, you worked with your imagination to create worlds that made you happy, filling you with hope and possibility.

One of the secrets you'll be learning is how to work with your natural childlike ability to imagine new possibilities, but it doesn't stop there. You'll learn how to hand over the creation of your wish to your unconscious mind to help you manifest it.

You still have a childlike part of you that remains innocent and open to suggestion, like a blank canvas ready for paint. This innocent, hopeful part of you gets activated when you are enthusiastic about something, perhaps a new love, job prospect, a vacation, a new move, or something else. You are excited to have a new experience.

What you may not have known is that you don't have to wait for something good to happen – you can choose to connect with this hopeful, dreaming part of you which will become a valuable skill in manifesting your wishes and desires.

We've all lost some of our child-like abilities to imagine, create, fantasize, and be hopeful, believing our dream will show up. This natural, hopeful part of us became tainted by the critical advice of adults: "Don't be a dreamer, deal with the real world!"



Remembering how to articulate your desires to this childlike, hopeful aspect of your unconscious mind is the first step, which is what this book teaches you how to do.

There are a few steps to recover the creator abilities you naturally had as a child. The way you'll do that as an adult is by learning how to communicate your desires directly to your unconscious mind.

One of the first steps in the communication process is to recall memories of when you accomplished something, when you experienced something you wanted. Recalling success memories will remind you of your creative capacities. If you did it once, you could do it again. You are a creator.

Think of it like this: Your conscious mind (the part that decides what it wants) is the adult; your unconscious mind is like a brilliant child filled with enthusiasm and creative abilities but needs you to direct it. You do this by CHOOSING what you want and asking for help in a very specific way.

As your conscious mind and unconscious mind learn how to work together, they build a bridge between the two worlds of desire and manifestation.

Today you will start healing the broken bridge of these two worlds – the one of your innocent, hopeful belief and the one of your adult mind which may feel burdened with guilt, shame, regret, remorse, and even fear from unfortunate experiences.

So now let's continue with your wish list.

Review and Rate Your Wishes

You will be reviewing your wishes from column one of your wish list (page 11). Evaluate how important each one of your wishes is to you. Then, in a moment, you'll consider how difficult you think it will be to make it happen within the next 30 days.

Here are the steps:

1. Read each wish, pause, close your eyes, and feel into what it will be like when your wish is made real. How important is it to you? How valuable and meaningful will it be when it happens? Connect with those emotions and rate the desirability on a scale of 1-10: 1 = unwanted/undesirable, ten = a dream come true/desirable. Record that rating in Column 2: "Desirability." By the way, if anything scores less than a 7 in desirability, revise to make it a 10 or remove it from your list. You only want to work on wishes that are a true 10 in desirability.



2. For Column 3: "Difficulty," read each wish aloud and imagine that wish coming true. Rate each wish based on how much you believe it could happen. Imagine you need to accomplish this desire over the next 30 days, how difficult would it be? Now rate the perceived difficulty on a 1-10 scale: 1 = it will definitely happen, ten = very hard to imagine, feels impossible. When you review your deepest desires, sadness or even anger might come up when you realize how much you want your wish and that you don't have it already. Just observe your feelings and be gentle on yourself – remember, you are taking charge and learning how to manifest your desires now.

Your Fantastic Future

As odd as this may sound, it is possible to create a future experience from your history. Shortly, you'll pick a memory that had a positive result and project into the future what you'd like to experience again, with minor changes to reflect fully your desire.

Then, you'll pick a single wish that you'd like to happen from the wish list on page 4. You'll recall a time when you accomplished a significant success in that area of your life. For example, you shed a few pounds, started exercising regularly, or made some extra money.

You'll work with Wish List Step 2, where you'll bring these memories up, making sure the memory is related to the wish you would like to accomplish. For now, let's understand how your unconscious mind can be a supportive ally.

How to Retrain Your Brain for Success

The good news! As long as your unconscious mind has a memory of you doing, being, or having something, you can repeat that experience to do, be, or have that again. But, to recreate that success, your memory must be saturated with positive belief and emotions. It can't contain any blockers.

Blockers are a result of associating negative emotion with a situation. Often, we suppress our feelings and don't allow ourselves to experience them fully in the moment; negative emotions associated with a "success" memory create a contradiction. We want the success, but we fear the suffering we might have to go through to get it. Also, the energy it takes to suppress negative emotions can tie up our energy so much it prevents positive manifesting. We feel stuck – not wanting what we have, but also not taking action to change the situation.

When you free a memory of blocking energy, it releases the energy, so your unconscious mind can use it to create a new success free of fretful energy. With a little practice, you can work with your unconscious mind to repeat successful experiences over and over again.



Wish List Creation Step 2

1. Choose the Wish You Want to Make a Reality

Select one of the top desires from your wish list. Pick the one that most inspires you. Write your chosen wish at the top of the Wish List Step 2 Creation Form.

A wish might be to remove conflict in your marriage. Does this mean you stop arguing or does this mean you feel safe to express your needs? Be specific and clear about what you want to happen.

You can also use the wish list process for something tangible like a new car. Is the car new to you, or brand new? Being specific will help you manifest it. I'll give you an example of a wish I recently worked on that had to do with getting another car.

My wish: Get a car that suits my active lifestyle.

2. Gather Success Energy; Recall Memories of You Doing, Being, of Having What You Want Now

i. Find a quiet place where you won't be interrupted or distracted.

ii. Focus your attention on the center of your chest right above your heart.

iii. Imagine there is a window to your unconscious mind right there.

iv. You can ask it questions, like: "Show me memories where I accomplished what I wanted." Expect to get an answer.

v. To bring to mind specific successful moments, your question might be something like: "Please show me past successful experiences when I was satisfied and fulfilled getting or accomplishing _____."

As the memories come to mind of you having, doing, or receiving a positive result of your intentions, record these successful experiences on your Wish List Creation Form Step 2 on page 10.

"Success is when you achieve your intention or objective."



2. Gather Success Energy; Recall Memories of You Doing, Being, of Having What You Want Now

Consider each memory. In my case it was about cars I got in the past, but for you, it could relate to jobs where you worked on a new relationship, a financial windfall, or something else. Evaluate the level of fulfillment of each of the memories you recorded. As you think back ask whether that memory is complete and fulfilling. Or was there anything that you wish hadn't happened?

It is common that even though we get what we want, there can be aspects that are uncomfortable, and we could have done without. For example, when getting a new car, you may remember you overpaid, or the salesperson was pushy and aggressive. While you like the car, you still wish the buying experience had been different.

If so, that demonstrates there was some disappointment or pain. We are trained to work hard at what we want. It's not supposed to be like that.

As you bring memories to mind, you may notice negative thoughts or feelings coming up like, "Wow, was that hard!"

What does that say? It points out you are in contradiction; you want the success but don't want the suffering that came with it. This entire range of feelings associated with your success is stored in your unconscious mind and comes up whenever you consider that memory.

Your unconscious mind can go into protective mode, trying to spare you from manifesting something again that contained suffering. Because of the inherent contradiction, your unconscious mind isn't fully onboard to put manifesting energy into something in the future that could recreate pain. It can interfere with the creative process, making it hard for you to get your wish.

You don't need to worry about the contradictions. We'll deal with that in another chapter. For now, just rate the desirability.



How to Rate the Desirability of your Memories

Review each memory you wrote on your Wish List Creation Step 2, Gather Your Success Memories form (page 16) and ask yourself these questions:

- Would I like to have this experience again?
- Did it fulfill my expectations?
- Was the process joyful?
- How do I feel as I reflect on that memory?

If you want to experience everything that happened in that success memory again, rate those memories a 10.

Why is Rating Past Memories Important?

Each time you bring to mind a memory, you are consciously assessing how you felt about an experience. When you do that, the memory gets updated in your unconscious mind. What is stored in our brain is not permanent and unchangeable. There is neural plasticity to our brain (you can research this as we don't have time to go into this here). Neural plasticity means that each time you recall an event; you experience feelings about it and can create an update.

Your brain makes changes somewhat like when you open a Word document; you edit the document, and the file is updated. When you open that Word document in the future, you will ONLY see the current document; you won't see what you deleted. It is much like this for your memories. Each time you recall a memory, you review it from the lens of all your life experience up to that point. You apply your mature wisdom and reassess what happened from your current age, and with the mature eyes you have today, which is a good thing!

Your unconscious mind takes your feelings (a new rating assessment) seriously and will use them to determine if it is willing to re-create a similar experience for you today. So, if your wish list item is to get a new car that you love to drive, the Conscious Creation process you are learning here will make sure it has all the good parts and none of the struggle.

Now you do it. Record your ratings for each memory on the Gather Your Success Memories form on the next page.



4. Review and Rate How Easy it Felt to Accomplish That Success

Is there any negativity lurking within any of your success memories? Remember, even if we get what we want, often it comes as a result of forcing ourselves or having to deal with conflict. All that negativity becomes associated with our “success” and becomes recorded in our unconscious mind.

To ferret out hidden negativity, focus on the center of your chest right above your heart and review the first memory on your list, asking yourself the following questions:

- Did the success feel almost effortless?
- Was there struggle or difficulty?
- Did it flow smoothly or was it frustrating?
- Was there harmony or conflict?

Review and recall if there was negativity of any kind that taints your memory of that success. The awareness that comes by rating your memories helps you become conscious of what you don't want. Negative emotions can drain enthusiasm. As you learn how to review and rate your memories, you'll become more effective at rating your future intentions to make sure they are a 10, free of difficulty.

Now you do it. Rate and record on your Wish List Creation Step 2 form any perceived difficulty in making your success happen on a scale of 1-10: 1 = effortless, 10 = almost impossible.

Now, tuck your Wish List Creation Step 2 away in a safe place.

In the next chapter, you'll learn how the vast unconscious mind can either empower or sabotage you.

You're doing well; you're well on your way to consciously manifesting your wish into reality.

Chapter 4

Dare to Dream





What Can You Expect When You Dare to Dream?

One thing that might come up is a feeling of wanting your intention and then doubt or worry about how it will happen. We have all experienced this kind of resistance, but what most people don't know is that it is simply is a sign of contradiction.

Resistance occurs when your conscious and unconscious mind are in discord. They have conflicting agendas. For example, one part of us wants what a slim body will bring us, and the other part still enjoys the taste of donuts with our morning coffee.

Unconscious resistance wears you down and causes many people to give in or give up. Don't let resistance win!

Our power to manifest lies in becoming aware of this contradiction, so it doesn't distract us and take us off our intention. When you begin to notice these conflicting intentions, it is a good sign. It means that you are now becoming conscious of the blockers that had previously sabotaged your goals.

There was a time when those blockers may have helped you, when you were younger, to get your needs met or shield you from disappointment.

Now they are holding you back from trying new experiences, whether it is the slim body or the new relationship.

Within that false safety mechanism are disempowering beliefs telling you that you are not good enough, smart enough, or capable enough. These fearful, doubting thoughts are not you. They are simply interference that is distracting you from your desires.

Blockers can only hurt you or distract you if you pay attention to them!

How Blockers Work

- Blockers cut you off from your vital life force and enthusiasm.
- They block your manifesting power.
- They keep you away from your source energy.

No one likes to live in conflict, internally or externally. Our default pattern is to eliminate the contradiction which allows the blocker to decide for you. It takes the path of least resistance and settles the issue by stopping you from moving forward.



There's Another Way

To manifest your desires, your conscious and unconscious minds have to come to peacefulness and agree to work in a harmonious partnership. Whether you are aware or not, the underlying reason you're reading this book is that you have felt contradiction and have been stopped. You want to know how to manifest your wishes and desires. The vital piece is that your conscious mind and unconscious mind have to align with your intentions!

Respect Your Desires!

How much do you allow yourself to dream?

Sometimes people stop themselves from writing down all their wishes because they have been conditioned to deal with "reality," and they don't want to write anything down that is beyond their reach.

Recall the phrase: "You have to SEE it to believe it."

In Conscious Creation, the way we manifest is entirely different: "You need to BELIEVE it before you see it."

Working in the imaginary world is different from the way you were educated to rely on your logical reasoning brain.

Look at your Wish List Step 1, page 11 and read through it again. Are you surprised at what you wrote on your wish list? Did you write things on your wish list that feel more like 'to do's? If so, that is a clue that your logical mind was filling out the form.

On the other hand, did you allow yourself to dream and now, as you read it, you notice that you had almost given up on things that are still important to you? This might include such things as getting along with your spouse, shedding 10 pounds, getting a new car, or quitting sugar.

Be honest: Did you hold back from writing down what you sincerely desire to protect yourself from disappointment, for fear your hopes wouldn't come true? If so, go back to the wish list and add those longings, right now.

It can be painful when you realize that you have settled to life circumstances that you never consciously chose. We have all done it, and now it's the time to awaken your desires and claim what you want.

Or perhaps you still don't believe you deserve to have nice things.

Does ending a relationship and restarting your life seem like it's out of reach for you at your age?



We've all felt that way. Accepting intolerable situations doesn't happen immediately. It slowly washes over us until we just feel unhappy and unfulfilled. When we admit we have to make a change, we are faced with how much damage has been done to our self-worth. Doubt and fear can surface which causes us to contract and perhaps once again procrastinate on taking action and making the much-needed changes.

Adapting to unnatural environments is, unfortunately, part of 21st-century human living. To survive, we adapt to our environment even if it's not right for us. Then to add to that, when we become aware we MUST make a change, the unsuccessful memories of when we tried to change things come to mind and feed our worst fears. This state of mind sabotages forward movement.

We'll address how to resolve past disappointments in a later chapter. For now, change your state of mind and focus on the positivity of your wish. How will you feel when you accomplish your desire? Let that fill your mind and allow the past to wash away. For you to succeed with manifesting your wish, you must respect your desires, which means protecting them from negativity. As soon as you become aware of a negative mindset, either yours or someone else's, consciously say "Stop, disengage, and disconnect," immediately.

Switch the station your mind has turned to. Change channels!

Find what works for you. Try walking in nature, playing with a puppy, tell someone you love them or do something kind for yourself. Distraction can be a good thing when you consciously choose it to pull yourself out negative thinking. To disconnect from fear and worry is an important self-care discipline. Practice this.

Value Your Wish List

Whatever you wrote on your wish list is important to you, right? When we value something, it connects us to a natural motivating force. It's helpful to realize that values can change over time, depending on the stage of your life. Like in high school, where to fit in was the most important thing, now you might value self-expression above all else.

Or you may consider the thought that comes up when you get out of the shower and look in the mirror; you might be carrying a nagging wish to restore your teenage body. You become aware that wish might have been really important ten years ago, but now you value a healthy body no matter what size pants you wear.

Values evolve as we grow older and our wishes and desires need to keep up.



Longing for something that is no longer relevant takes your unconscious manifesting power and flushes it away.

Respecting your desires and knowing your current values will ensure whatever wish you choose to manifest will be meaningful and fulfilling when you accomplish it.

Your fears about change may be something you try to rationalize, using thoughts like, "that's impossible" or "I'm not enough as I am, I have to learn more."

When we listen to those kinds of thoughts, we resign ourselves to "this is just the way my life is." Those thoughts are brainwashing you to accept what you don't want. As you review your wish list, be aware of these doubting thoughts, like "How would that ever happen?"

Don't let those thoughts steal your dreams. Your dreams and desires deserve air time. When you write a desire down, it brings it into the light of day and empowers it. It comes to life and becomes more real as you claim it and say, "I want this, and I deserve it!"

Learning how to deliberately choose the outcomes you want and not simply waiting for happenstance is a skill you are re-learning.

When you begin to feed your dreams, your rational mind will try to override your wishes and desires with a commentary. It is trying to figure out HOW this will happen and wants to know WHEN. In Conscious Creation, you are training yourself to recognize those demanding thought patterns and to put them aside to quietly rest, and to allow space for your unconscious mind to facilitate your success.

It is the job of your unconscious mind to deliver intuitive messages to you that will reveal how to manifest your wish. It is your logically trained conscious mind that insists on knowing HOW something will happen before committing to it. The unconscious doesn't work like that. It just wants to know WHAT you want, and it can figure out the HOW for you if you allow it.

When you rekindle and maintain your natural childlike enthusiasm to dream, imagine and believe that anything is possible, and then it becomes possible. In experimenting with this process, you may have to remind yourself how you felt as a young child writing your birthday wish list. You wrote it, and you let it go. You didn't give a second thought about the how; you just knew what you wanted and expected you'd get it. Anything less is the rational mind interfering with the creative process.

Part of engaging the power of your unconscious mind is to maintain a hopeful certainty that your desire WILL happen.



Infusing your wish with lots of positive emotions and hope enables you to override doubt, negativity, and resistance.

To ensure your wish will be truly fulfilling at a heart level, you need to dig a bit deeper into what is important to you and your values, before you select the wish you want to manifest.

By completing this exercise, it will ensure that the wish you choose to manifest is really important to you. Sometimes we forget or don't realize that desire is no longer relevant and wouldn't be meaningful, even if we accomplished it.

What is important to you? Your wish list has to be congruent with what you value now and not coming from an "I should do this" or your "to do" list. When your desire is congruent with your values, it can pull you forward. There is no force; it is effortless and natural to you. On the other hand, when your objective contradicts with your values, you experience resistance every step of the way. Maybe you have wishes that aren't even your wishes. They have come from someone else, but you feel you should do it to make them happy and please them. That form of wishing WILL not be successful. Your Higher Self will only work for those wishes and events that are right for you.

Let's discover your top values so you can ensure that the wish you choose to work on is congruent for you at this time. Working with your nature is so much easier than forcing you to comply with some external measure of success.

Get ready for the Values Exercise on the next page. Even if you feel you know your values I invite you to do the exercise again as you may be in a different place in your life and a value tune up is always a good idea.



Clarify Your Values

1. Put a timer for one minute. Scan through this list of values below and circle what jumps out at you. Don't analyze, just scan. You will feel a sense of peace or find yourself taking a deep breath when you come upon a word that aligns with your values. It's almost like your Higher Self is saying, "Yes! You are finally getting the message. "
2. Pick the top five that resonate even if you don't understand why.

Abundance	Creativity	Leadership
Recognition	Decisiveness	Loyalty
Adventure	Compassion	Spiritual Growth
Self-Authority	Productivity	Professional Accomplishment
Work-Life Balance	Faith	Quality Relationships
Peace	Freedom	Self-Respect
Collaboration	Genuineness	Excellence
Community	Harmony	Joy
Purpose	Passion	Truth
Tranquility	Responsibility	Contribution
Privacy	Feeling	Vitality
Understanding	Forgiveness	Financial Security
Efficiency	Happiness	Self-Sovereignty
Trust	Gentleness	Structure and Order
Kindness	Love	Self-Expression

Great job – are you feeling an infusion of excitement and energy after doing this exercise? If so, great. If not, I invite you to do the exercise again when you have private space to self-reflect.

3. Now, record your top five values in Column 1 of the box below. Once you've recorded the value, listen to the True Self Grounding Audio and then close your eyes and focus on the center of your chest, above your heart and ask:

"Please show me a memory where I was expressing _____ (insert your value)."

Or, "Please show me a memory where I am experiencing _____ (insert your value)."

Here's an example: Say your value is privacy. You may recall when this value became important to you. Can you recall a time when someone invaded your privacy by looking at your email and acquiring private information? From then on, it became something you live by. You decided that you would not invade another's privacy and expect others to not invade yours.



Personal Value Exercise

Now it is your turn to do the Personal Value Exercise below :

Value	Memory Where You Experienced or Demonstrated This Value



4. Now, review the wish you want to manifest. Ask yourself: “Is it fully aligned with my top five values?”

For example, let’s say one of your values is understanding and you wish to get new friends. You decide to put this wish on your list because you don’t feel respected or understood by your friends about your passion for spiritual growth. You can’t talk easily to them about your insights and what you are learning. You have started to contract your self-expression, and it doesn’t feel good.

Becoming aware that current friendships are not in alignment with who you are is good feedback for your unconscious mind, especially if your intention is to attract new friendships. By becoming conscious of the discrepancy, your desire informs you that this wish is truly in alignment with your values and the timing is right for you to make this change. You’ll benefit by working on this objective now since it will be supported by your unconscious and easier for you to accomplish.

Now let’s look at another example. Maybe you have a wish to increase income. As you scan your values, you see self-authority stands out. If you have a boss who doesn’t recognize your skills your fulfillment and perhaps even income could be capped at that company, are you starting to see how values and your desires go hand in hand?

One more example: say you have a wish to change your residence. As you scan your values, you see financial security on your list, and suddenly you think, “Oh maybe the time isn’t right, right now. Let me focus on my value of financial security first and then revisit the idea of moving.” See how it works?

5. Now you do it. Record your most desired wish that is aligned with your top five values on Wish List Step 2, page 14.

What to Do if You Have Wishes That Aren’t Aligned With Your Top Values?

If you have wishes that are not aligned, it indicates there is a contradiction between what you say you want and what your values say are most important to you. If you have wishes that are incongruent with your values, simply copy them to a new wish list and call that your future wish list, which you can revisit later. You don’t ever want to throw a wish away, nor do you have to introduce a contradiction into yourself by forcing a wish that isn’t right to manifest at this time.

You are doing great work here getting to know yourself and what’s important to you. This deep work will help you immeasurably in the next chapters to manifest your deepest desires.

Chapter 5

The Cost of Forcing Yourself





The Cost of Forcing Yourself

If one of your life values is to follow through on your commitments no matter what, it is an admirable quality. However, if you are like this, you may find it has become difficult to stay aligned with your inner truth and still be true to your commitments.

There is societal conditioning through religion, parenting, and educational systems that say you must finish what you start. But real life is not always like that. When circumstances change, you are often being asked to reassess. Is the project, relationship, job, or friendship still enhancing and aligned with where you're going in your life and your values? Desires and wishes change over time, and it is important you respect that.

When there has been a significant change in your relationship, job, project, or even a friendship, this is where it would benefit you to pause for a moment. It could be the circumstances or your internal knowing that is calling you to reassess. It can help if you start at the beginning of the job or project and become aware of the reasons why you wanted it in the first place.

Remembering why you started a particular experience can help you discern whether the project or situation is still appropriate for you. Is it still fulfilling your needs and nourishing you?

If your value says, "Stay committed," even when it is obvious that it has become detrimental to your well-being, are you willing to permit yourself to reconsider? You could simply ask yourself today "Would I say yes, today, given what I know." Give yourself a few moments when you are alone and contemplate what that answer says.

If you get a clear sense of "no" and choose to ignore it, as many of us have, you have just overridden your Higher Self protection mechanism.

When somebody consciously DECIDES "come hell or high water" they will make something happen, they have also decided to deny their intuition. This means that they lose access to the internal guidance to help them navigate and know the right action. They have switched from working in their flow state to forcing the outcome, oblivious to the cost.

At times it can feel urgently necessary, especially when people are counting on you or there is a hard deadline to meet. Pushing yourself some of the time is part of living. We all do this.

The problem comes in if you operate like that most of the time. It becomes a self-defeating habit that will wear you down. Using the hormone of adrenaline to push through and get it done anyway and pay for it later in the form of illness. There is also the anxiety and nerve-wracking feeling that comes from letting a partner or family member down. Any form of pushing and forcing can negatively rewire your nervous system so that it becomes a coping pattern to



handle the unacceptable. While it is true that you will accomplish your intention working under that level of pressure, it comes at a price.

By living in this way, you damage the important relationship between your mind and body – or said in another way, the conscious mind and unconscious mind.

Your unconscious mind has previously recorded the successful outcome tainted with the depth of stress and frustration you experienced. This level of emotion can create future performance limits. Your unconscious will prevent you from taking on a potential project because you harmed your health the last time you did something similar.

Many of us got trained into this method for getting things done or relating. We watched adults pressure themselves to do what they didn't like, just to make money or get along. That was what was role modeled to us, and we took on the belief that this was being a responsible adult.

As young people, all we saw were people overriding their intuition and what was in their best interest. So you can see how this program got into our unconscious. Becoming an adult meant forcing ourselves, even when things didn't feel right. This can become such a habit that when life is flowing easily, we think we "aren't working hard enough." This is not good training for the unconscious mind! It is the opposite, in fact – when you are in your flow, your life is working.

Warning Signs That You Are About to Disconnect From Your Flow State

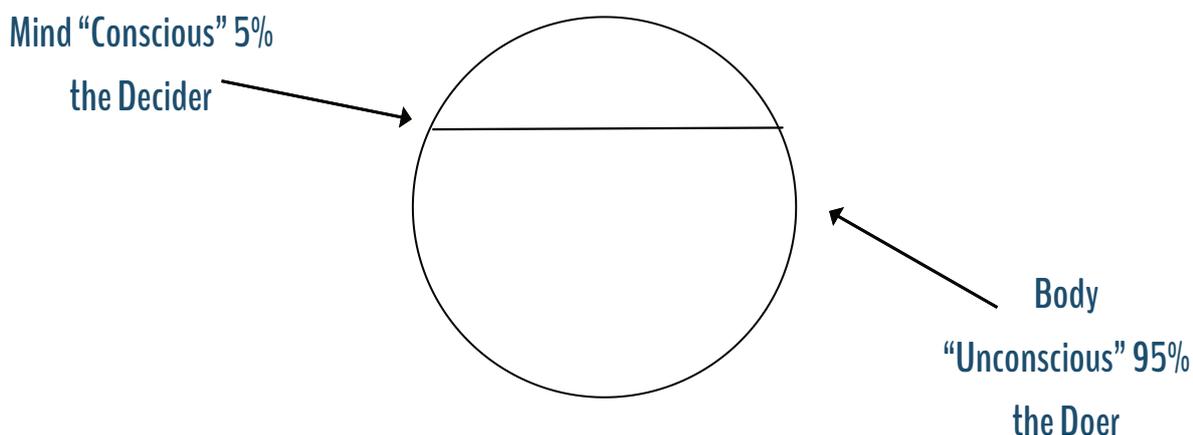
Notice when something seems to be more difficult than you expected. Part of the joy of life is to try new things and explore possibilities; we are designed to do that. The problem only comes in when you decide to stay on a path where you keep hitting obstacle after obstacle, never finding your flow.

What could be going on is not always obvious. The appropriate translation here is important. It might be a clue that a habit or belief may be keeping you committed to something that might not be healthy for you. Pushing your way through, whether it feels good or not, feels like a success, but it comes with a heavy price to relationships, to your well-being, and even to your finances. It is a self-defeating habit that is sabotaging you to talk you off your chosen path.



Why is Ignoring “Messages” So Damaging?

Over time, you damage the natural feedback loop between your conscious mind (the deciding part) and your unconscious mind (the doing part).



A little background understanding of the role of your unconscious mind may help here. Researchers say that your unconscious mind is responsible for 95% of what gets done in your life. Much of your life happens on autopilot, somewhat like a pilot flying an airplane. The pilot sets the coordinates of the destination and simply watches for changes that signal something needs to be reviewed. Then the pilot will decide to take it off autopilot and take back charge of the airplane.

This understanding is the way we are supposed to work. We decide and then the ‘autopilot’ of our body (our unconscious mind) takes charge to direct us onto the most direct and simple path to our desires. Obviously, we did not have an education in how to work with our unconscious mind. That is why it is so important for you to understand this dynamic for you to be more successful with your goals.

The role of your unconscious is vast – not only can it help you navigate your life, but it also takes care of your body. It takes care of breathing, your beating heart, and things such as walking, digesting, driving a car, and much, much more. Fortunately, we don’t have to concern ourselves with how to run our physical body – it takes over that for us, unless we ignore warning signs that speak about impending health risks. Imagine if we had to operate our body with our conscious mind. It would not only take too much time, but we would likely run it into a ditch on the first day and not know how to get out.

Now let’s presume that science is right about how the unconscious mind helps co-manage our



body and life. Think of your unconscious mind as a highly powerful machine. A machine that, once you know how to use it, will take you anywhere to give you the experiences you want and provide the resources you need to have those experiences.

You realize machines don't like to be abused, like driving a car at high RPMs in a low gear, redlining it with no regard to the impact on the engine. We often take better care of our cars than we do our mind and body. We push and force with no regard for the consequences. Even your cell phone can't keep running without being recharged.

We realize that's not good to drive our car in that way, so we don't do it. The difference between the car and our unconscious mind is that we are programmed with a clear sign such as a RED line in the RPM gauge of our car. The messages in our mind are subtler.

You weren't educated about the sensitivity of the machine you are in charge of, your body, until now. You didn't know that forcing yourself breaks down trust and is not good for the harmonious relationship with your unconscious mind. You couldn't have realized that your ability to manifest your dreams and desires requires cooperation – cooperation between your conscious mind and unconscious mind. Until now.

Operating Your Life From Your Head Only Is Doing Things the Hard Way

Each time you disregard intuitive feelings and force yourself, you are giving an override command, sidestepping the protective mechanism of your unconscious mind, like redlining your car over and over again. The attitude of "do it anyway" creates future blockers (protective mechanisms, so you don't damage the organism). You'll learn about the different types of blockers that shut you down in a later chapter.

Let's bring it back home to you with an example of forcing...

Remember a time when you had to work late to finish an important assignment? You were tired and perhaps even hungry, but you had to get the project done. You finished it, but with a feeling of resentment that you had to stress yourself that way. Looking back on that project, whether you are aware or not, the successful completion is tainted with negative emotions.

Enough experiences like this in your work or in relationships can turn what may have been a passion into something that is resented and subsequently avoided. Of course, employers don't consciously realize this, or they wouldn't put employees under such pressure, but that is the way of the current social standards.

Now that you know this, you can begin to become more sensitive and forgo forcing yourself in the areas of your life that you have control over. You can start restoring the important



connection and build on trust between your unconscious and conscious mind, so your unconscious mind will once again listen to what you want and not have to go into the protective mode by creating an obstacle for you.

Your manifesting power expands exponentially when you are consciously managing the power of your unconscious mind!

What would this look like for you? It is as simple as this. When you set an intention, you naturally find yourself flowing through your day and getting the right things done in creative ways. It almost feels effortless. You excitedly reflect back on your day and notice how much you got done.

Over time, you notice difficult projects are getting done naturally. You follow through to completion. When you intend to do something, you do it at the most appropriate and easy time.

You're learning the mechanics behind what may seem like magic. When you infuse your wish with emotional energy of positive feelings and hope, you'll be CERTAIN your wish will happen without needing to know how. This is what you are learning how to do in this book. You reconnect with the belief that you WILL be successful, just like a child feels when they engage in imaginary play. It is very real and vivid. You set the wish and then just wait to see the successful manifestation of your wishes.

When You Are Inspired You Are Unstoppable

Now that you know forcing comes with a price and you aren't willing to pay that price anymore, you might be open to another way of getting things done. Here's the simple structure.

1st Step – Desire: Know what you want – set your intention (wish list).

2nd Step – Guidance: Be open to signs and guidance to achieve it.

3rd Step – Successful Manifestation: Act on the guidance to bring it into reality. This guidance comes in the form of intuitive knowings, feelings, coincidences, and synchronistic moments.

Would you agree that the three steps sound pretty simple, as a shorthand form of manifesting your desires? By now you know enough to realize that there are blockages in that simple flow of desire – guidance – towards successful manifestation. Later on, you'll learn how to clear the blockages that interfere with what should be easy flowing guidance.

Remember: when you make decisions from your intuition and you steer from your heart, you become the co-creator of your destiny.



Recognizing Your Flow State Exercise

Exercise: Think for a moment about something you wanted to happen. You were deeply connected to the outcome and passionate about the result, yet every step forward you experienced an obstacle. You pressed on because your desire was so strong. You just could not shake the struggle. You arrived at your desired destination, but you suffered some bruises and bumps along the way.

Take a moment to remember how that journey felt, and record it below:

When & Where	Forcing the Outcome - Describe What Happened and How You Felt

Now recall a situation in which you had a goal in mind and every action you took toward it was effortless, comfortable, and easy. Your inspiration was flowing; doors just opened one after another. The next steps were clear. Nothing was in the way. You just saw it. You were inspired and then took smooth and easy steps toward success. Your desired outcome was more fulfilling than you could have imagined.

Now reflect on that experience and what it felt like, and record it below:

When & Where	Forcing Success - Describe What Happened and How You Felt



Read through what you wrote in the boxes Forcing Outcome and Flowing Success and ask yourself: What made the difference? What was going on that caused you to force the outcome? What was going on in your life that allowed the flowing success?

When we force an outcome, it is much like when we are stuck in traffic. We keep moving from lane to lane, hoping that somehow we'll get ahead of it. However, that rarely happens. On the other hand, when we take action that is inspired, we flow through our life like cars on an open freeway, effortlessly moving toward our desire.

How do we know if we are in forcing or flow?

Our body gives us clues through body sensations like a belly ache, constricted breathing, head ache or strong emotions when something isn't right.

When we are forcing something or when we are out of alignment with our Higher Self, it's important that we come to understand what those clues are and translate them effectively. Those feelings are our road maps which guide us as we navigate through life.

If it feels right, it likely is. If it feels uncomfortable or discordant in any way, it most likely isn't right.

Sometimes we override those emotional clues that are trying to tell us we are taking a more difficult route, leading to greater problems, or blocking us from being present to something even grander. We often do this because we are comfortable with what our ego mind foresees for us. While the answer that resides within our hearts involves trusting that you can't know all the steps before committing, for many people, letting go of forcing can feel scary and they would rather let the mind (the 5%) try to drive and make things happen.

Trusting in the unknown can feel uncomfortable in the beginning. When faced with uncertainty and choices, you can begin developing this trust by checking in with your Higher Self (listen to the grounding meditation before making an important, life-changing decision).

The good news! It becomes easier over time. When you pay attention to how accurate and more successful the decisions you make are, using your intuitive sense, you tend to trust it even more. Over time, as you notice you are making better and better decisions, you experience positive feedback and then it makes it easier the next time to trust your intuition.

If you feel like your heart is singing with joy as you consider an opportunity, take action (while checking in along the way to confirm that your path is still fulfilling – remember, don't stay committed to a path that is fraught with difficulty).



Trust in your Higher Self as your loving and inspiring escort to the most fulfilling and meaningful life you can imagine.

On the other hand, if you are filled with confusion or fear, step back and review that path before continuing. It could be a true communication from your Higher Self that the path isn't right for you, or it could be a timing issue, or even a blocker communication trying to keep you in its comfort zone and take you off your chosen path. Only time and reflection will tell you.

Discerning Genuine Higher Self Communications

Your intuition can inform you with knowing communications like this: "Yes, you can trust this person," "Take this job," which is easy to hear and to take action on. The trouble comes when blockers interfere with this communication and instead fill you with doubt, fear, and worry. Listening to negative feedback can stop you from taking inspired action.

How do you know which part is communicating to you? It is absolutely possible to hear the subtle voice of intuition and ignore the blocker communications with the right training.

There is more advanced training on this topic. In the final chapter, you'll be directed to where you can access that information. These tools will not only help you navigate day to day but will also help to get you the results you want for your wish list. You'll learn a way to develop your eyes and ears to hear your unconscious mind's feedback, so you can rely on it to help give you the guidance you need to make your bigger desires happen.

Chapter 6

What Fear of Success Really Is





The greater the success, the bigger the fall. What goes up must come down. Right?

Or so they say, AND so your unconscious mind believes! Many people know this instinctively, and they call it "fear of success."

To understand what causes this fear, here is a scenario you may relate to.

Have you ever experienced a connection with someone where you felt seen and really recognized? How long did the sense of connection last?

Do you recall who pulled back first? Was there an event that caused the relationship to go from magic to tragic?

As you reflect back on that relationship, what did you conclude? Did you feel more enhanced just by having that bonding experience? Or do you regret risking your heart and feel betrayed?

If you're like most people, overall you felt worse. When looking back, the loss and pain probably stand out more than the initial joy and bliss.

There is a good reason why you remember pain more easily than joy. Your unconscious mind is designed to store ALL your life experiences and is wired to protect you from possible pain. It will always remember the negative parts far more easily than the positive ones. Unfortunately, this creates fear and hesitation. We can literally "throw the baby out with the bathwater" and not even try.

Since avoidance of pain gets your attention faster than the promise of pleasure and joy, you may be stopped right at the threshold of a possible blissful moment. Your unconscious learns how to keep others at arm's length to avoid you being hurt again.

What happens over time is that we pass up many potential fulfilling relationships because our unconscious is deciding that we will not be vulnerable again. Or we attract the same kind of negative relationships to confirm our unconscious belief: that is just how relationships are.

Would you agree that keeping your distance from a potential lover versus opening your heart may be safe, but not as fulfilling?



There Are Many Types of Interference

Let's continue with the relationship example. Say you begin dating again after a difficult break up. This is someone you feel connected to. It's going well, and one then one day, out of the blue, your loved one stops returning your phone calls. You catch yourself thinking: "Oh no, here it goes again. I'm not investing more energy in something that will end up hurting me. I know what happens. It took me six months to overcome the last one!"

What you just read is simply your unconscious trying to protect you, to remind you of your history – which isn't a problem because that is a way we learn. The issue comes in when it infuses you with expectations and fear that you'll get hurt again. It's expectations that will likely turn out, because what we focus on, we create.

There are many types of interference and blockers to our successes. One of the primary ways you get stopped from successfully achieving your dreams is your unconscious mind, which holds your history and can bring up a compelling argument why you shouldn't try again. It is quick to jump to conclusions, assuming how something will turn out, usually with very little evidence.

When you are on the verge of any potential success that is beyond what you have achieved in the past, your unconscious goes on the alert. So it pays extra attention: something new is happening, whether it is a new relationship, a new job, or giving up any kind of sabotaging habit. Remember, the unconscious can easily re-create what you have already accomplished and if that is failure, well it can easily create failure. Creating something new takes imagination infused with hope, which is what this manifesting guide teaches you to do.

Until now, you may not have been conscious about what triggered your fear to back off from the new relationship, but likely you remember the feeling of wanting to create distance and eventually giving up.

We feel the negative impact of a blocker but will not usually be aware of the real cause that results in the loss of a loving relationship.

How to Recognize Common Blockers

Pre-Protective Blocker

This sort of blocker occurs where your unconscious mind tries to protect you from potential future loss. It is fast to react. It takes all your experiences and projects them into "negative expectations" that your future will unfold in just the same way it has in the past: "Oh, no I can't do that because it didn't work out before."



Sadly' the blocker will be right - that's because the blocker creates the expected outcome. It can create an argument, it can get you sick, it can cause you to forget an appointment. All of these unconscious habit patterns will create the blocker's expectations and become a self-fulfilling prophecy. You never even get to the interview, or to the coffee date, or to purchase the product. You don't even get to the class. You already know it's not going to work out.

This type of blocker is an experience stealer.

Habit Blocker

These blockers are simply behaviors that used to help you but have now become self-defeating. They don't mean you harm; it's just there is a momentum behind them. Coffee is a common habit blocker. You know you aren't sleeping well at night or you feel edgy and nervous during the day. For most people, they feel calmer and sleep is deeper and more healing when they eliminate coffee. Having a cup right upon waking, without even thinking about whether you'd like one, is automatic. Now if this happens after your decision to stop coffee, this is an example of a habit blocker. Your unconscious is choosing to have the coffee whether it negatively impacts you or not.

Now, not all habits are bad; it's just when the habit decides, and you don't, it becomes self-defeating.

Many habits can support you to get things done in an efficient manner. Automating something you do repetitively, like the way you drive your car, is a good example. This positive unconscious habit allows you to listen to the radio, watch for road signs, and think about what you want for dinner, all the while driving the car and navigating traffic safely.

If you have ever decided to break a habit, you may have noticed even with your best efforts, you find that the habit is stubborn. It can feel like the blocker has a mind of its own, and in a sense, it does. A habit mind! We all have them.

Clearly habits can sabotage you from making positive changes. For example, say you want to shed eating sugar to improve your health. The sugar habit is hard to break for most people. It has become obvious that the habit is blocking your intention. This is the time to make your intention obvious to your unconscious mind so that you can get this habit under your conscious control. That way, you can easily stay on track with your desire to drop sugar and improve.

Defense Mechanism Blocker

Are you sensitive to being criticized, corrected, or judged? How long does it take you to recover from an event like that? Do you feel rejected or wounded when that happens?



Just imagine you have written a post on Facebook and someone poses a different view or, in other words, contradicts you. You feel challenged, like they were starting an argument with you. You thought you were writing something nice and someone criticizes you. How would that feel?

Those kinds of events can trigger a defense mechanism blocker. When it is activated, it triggers all the memories of all the times you were criticized or contradicted. The feelings of discouragement, anger, remorse, and even fear of not being accepted come flooding in. You are left feeling bad and disconnected, not realizing it has nothing to do with the present moment experience of someone responding to your Facebook post. You now have another experience of "it's too risky to express my opinion; my reputation could be impacted." You believe that the person who commented now thinks less of you.

Your unconscious mind is ever aware, listening and witnessing everything that happens internally and in your environment. Blockers can develop quick retorts to get you out of feeling uncomfortable any time there is a possibility of being rejected. The blocker will do what it takes to make you feel justified and right and the other person, wrong. The defense mechanism can become hyper-defensive, going on the offense or attacking for no good reason, thinking everyone who has a different view is judging you. Hence you can now understand better the underlying reason for many communication breakdowns.

Hiding Vulnerability Blocker

These are clever blockers because they cause us to think that if you were in the right supportive and fully accepting environment, you'd be able to express yourself fully and then you'd be successful. It convinces you that it's the other person's issue. If only they were more encouraging and supportive. You tell yourself that they aren't supporting your dreams and without that support, you won't be fulfilled. You are being influenced to believe you can't do it on your own. The world is too big, too scary. It has you convinced that it is safer to hide and contract rather than be your biggest boldest self.

This blocker also persuades us that it is not safe to reveal our inner feelings because we think no one will understand us. We can't express our vulnerability and ask for what we need. We feel embarrassed or ashamed of past events, or behaviors. "Surely no one else did something like that; I must hide my shameful self." We then anticipate how someone will react if we share our failures or insecurities. We fully expect we will be rejected or the information we share used against us.

Over time, this causes our world to feel smaller and smaller. It's more difficult to trust and allow people into our inner world. Relationships become fraught with insecurity and doubt.

Blockers wear many disguises. These were just a few.



Where Do These Limiting Habits Come From?

Self-defeating unconscious habit patterns are born in a moment where you felt unsafe. Or it could be that you felt insecure and unsupported and you developed a way of dealing with it, which is now limiting you.

Keep in mind...You Are Not Your Behaviors!

You're so much more than the limiting beliefs and attitudes that blockers hold. When you decide to change your life is when unconscious blockers become stimulated. They resist change. They limit your beliefs in your capabilities. But now that you know where they come from, they don't have as much influence over you. You can choose to stop listening to their lies.

You don't have to subject yourself to limiting beliefs any longer. When you commit to your desire and allow your unconscious mind to help you manifest it, one of the side benefits is that you get to feel who you are without blockers. Experiencing yourself in positive forward momentum is a significant side benefit of this work.

The onion-like layers of your societal conditioning gently fall away, enabling you to experience the "you of you." The productive, patient, understanding, confident, successful, energetic, compassionate, efficient, loving you!

If you have ever been stopped or felt like you failed at achieving your goal, you now see it wasn't completely your fault; there were undermining influences and unconscious behaviors. My invitation to you is to approach this wish list and look at it with a whole new set of eyes.

In the following chapter, you'll learn the next step to conscious creating. Until then, be gentle on yourself and others. Remember, blockers love to be hard on you and other people.



If you aren't experiencing life at the level of fulfillment and joy you desire, it can be a good sign. It says that there is room for improvement. After all, that is part of life: having experiences, learning, changing, and evolving as a result.

Let's Talk About The Gap

When you become aware of the gap between where you are and where you want to be, it can elevate your motivation to change what isn't working. Hope infused with this motivation will help you be more receptive to intuitive guidance from your unconscious. When you listen to the intuitive guidance and follow through, it builds a relationship of trust between your conscious mind and your unconscious mind.

Your Unconscious Mind Interprets Everything You Think and Say as a Command to Action

As far as your unconscious mind processes things, your words are a magical wand. They are creating. Your words and thoughts are a command to action.

Complaining and criticism creates confusion. They produce anxious thoughts and there is no way for your unconscious to help you. You haven't given your unconscious a direct command as to what you want. There is no goal!

While we need to tell the truth of how we feel about our current life situation, it is critical to maintain a high belief and positive focus on our desired outcome, in particular, focusing on our feelings when our wish is made a reality. In this chapter, you will learn how to balance between dealing with life stresses and your current life situation, while maintaining a high-level energy belief on your hoped-for outcomes.

It's like this... one foot is in your current life situation and one foot is in the "heaven" of your manifested wish.

This process of living between worlds becomes easier when you start to see evidence that your wish is unfolding as you had hoped. Experiencing successes that you intend is a positive sign that you are successfully aligning your conscious mind with your unconscious creative process.

The importance of this harmony can't be emphasized enough. You'll significantly accelerate your manifesting abilities when you effectively manage this cooperative effort between your conscious and unconscious mind.

When you bring attention to the positive things happening in your life by providing some form of "good job" feedback to your unconscious mind, it helps you even more to accelerate your manifesting abilities. Most people thrive with encouragement and contract under criticism, your unconscious mind is no different.



Giving Constructive Feedback to Your Unconscious Mind

You will train your unconscious in what makes you happy and when it does this well, you celebrate. Like training a dog to do what you want it to do, it makes for a happy and harmonious home!

First, before we learn how to give constructive feedback to our unconscious, we need to recognize when the unconscious has gone off and called a blocker into action.

At the end of Chapter 5, you learned how your unconscious mind can hold contradictory intentions for you which produce blocker behavior. We have one more blocker type to go into. It is called a "veto" blocker. It can literally sabotage your most successful moments. Recall the last time you felt deeply happy. Life was good, and you almost felt "guilty" for feeling so happy, since so many people don't.

Veto blockers don't really mean you harm – they have simply learned to keep you from setting your sights too high, so you don't fall too hard. They do this by not allowing you to experience the passion, love, money, and success high, but instead, you maintain a manageable lower level of fulfillment. It won't allow you to rise too high. Veto blockers are the most common when we are succeeding in our career or in love. You'll be watching out for these in the Energizer Chapter.

The following is an opportunity to practice when a blocker has been triggered, so you can learn how to recognize them in the future. When you know how a blocker feels in your body, you are empowered to stay present while disarming them from blocking your wish.

How to Know if a "Veto" Blocker Has Been Activated

Blockers get their energy to circumvent your desires by using your feelings against you. Interestingly, when you resist feeling a negative emotion like sadness, anger, or frustration, you send a message to your unconscious that somehow, that feeling is to be rejected and feared. This creates an energy of resistance.

As you push away the negative feeling, the energy required to suppress the feeling becomes twisted and fearful, causing you to push away the negative feeling even faster the next time it happens.

Resistance is futile and burns up your manifesting force in fight, rather than powerful action. Practicing awareness about your feelings and allowing them takes repetitive practice.



There is nothing wrong with your feelings.

Emotions are simply waves of energy that are meant to inspire movement. E-motion = energy in motion. Learn to ride with the feelings and breathe through them as they wash over you, and you will be pleasantly surprised at how much easier it gets the next time.

Rejecting Your Feelings Puts a Denial Upon Your Manifesting Force

You may find this difficult to put into practice. Understand that it takes re-training to learn how to work with and use your emotions as they are meant to be used. In the final chapter you'll learn how to deal with the blockers that increase this form of resistance.

For now, remember... you don't have to act on every emotion. That is usually where the trouble comes in. It is a conclusion we come to when the emotion appears which causes us to take action that may be self-defeating. You may recall witnessing an argument between two people who profess to love each other. When trouble comes, and conflict follows, emotions may run hot. Things can be said that undermine the safety of the relationship.

Take out your wish list from Chapter 1, slowly review each wish, and begin to notice how you feel as you read the dreams out loud.

Get still in yourself, take a few deep breaths, and be present to your wishes. As you review each wish, close your eyes and become aware; do you feel any emotions of worry, fear, doubt, sadness, or even anger?

You may notice a thought come up like: "I am too old to find the love of my life." Or maybe if you have already gone through a divorce, you may fear another relationship might end in another divorce. If you are sensitive, you may even feel sensations in your body.

Practice Paying Attention to Your Body, Emotions, and Thoughts as Vital Communications From Your Unconscious Mind

Now become aware of your body's sensations as you review your wish list. Notice how your body feels as you go through the list. Is there tension in your shoulders, or restricted breathing, or tummy cramps? Do negative thoughts come to your mind when you move from one wish to the next?

As odd as this exercise seems, it is all part of the training process of becoming aware of the way your unconscious mind communicates to you.



If you are willing to develop a little sensitivity to your body, you will have more information from which to make conscious choices to stay on track to manifest your desires into reality. Awareness is the first step to gaining conscious control of these veto blockers.

Let Your Body Inform You

Blockers carry a unique energetic signature in your body. Each time a blocker expresses a veto, it obstructs the energy flow in the body. You may feel sensations such as a sudden headache, a stomach ache, tightness of breath, acid indigestion, tense shoulders, or other symptoms.

When you become consciously aware of the sensations in your body as they are happening, it gives you access to the keys to the kingdom of manifesting.

Learning to be aware of sudden changes in your body as you go about your day can make you more aware of your unconscious mind's veto response to something you may have been thinking.

For example, during an awkward conversation, have you ever experienced a sudden headache? Or perhaps when you heard bad news, your stomach dropped? These sensations in your body were reactions to how you were thinking and feeling.

Sudden changes in your body alert you to the potential that a blocker is about to become active. So instead of giving into worry, anxiety, or reacting with anger, you can press the pause button before acting. You will be taking conscious control of the blocker and preventing it from sabotaging you with an outdated response.

There Are Supportive Parts of Your Unconscious Too!

Your unconscious mind also maintains success habits that help you perform things quickly and easily with very little conscious attention. Reflect back to earlier today, on all the things you accomplished, like making a cup of coffee, preparing your breakfast, driving to work, performing your job, working on a computer, navigating all the complexity of your smart phone, and more.

Remember when you first learned how to do one of these tasks, like driving? You probably drove slowly, couldn't talk to anyone while you were driving, had no radio playing and you were surely not texting on your phone. Now consider how you drive with ease, think about what you want for dinner, check your phone, maintain the right speed so you don't bump into the car in front of you, check your side view mirrors before you change lanes, and more. That is a great deal of complex movements that require split-second calculations to respond to danger, wouldn't you say? Now, thankfully, driving has been an automated skill and you can do it with great ease.



That is the benefit of a success habit – something that brings greater ease to your life. You can learn to create these types of success habits on purpose to become better at whatever you'd like to do, like become a better communicator, a better writer, be more loving, be a better parent, be a more effective manager, a better public presenter, and more.

I am sure you are happy to realize that not only blockers live in your unconscious. There are also higher parts of your unconscious mind that are here to encourage you to fulfill your highest potential. One is called your Higher Self. Your Higher Self carries higher wisdom, which is ever present for you to use to facilitate more peace, joy, and success in your life.

You Just Have to Ask!

Your Higher Self may at times try to get your attention through thoughts, feelings, and body sensations. For example, when you are about to make a decision that takes you out of integrity, your Higher Self can mimic a headache to get your conscious mind's attention, as if it were saying, "Hey, buddy, this person doesn't have your best interests at heart; don't trust him!" The headache can vanish when you get the message. Your Higher Self can be a powerful ally to support you in manifesting your intentions and also can inform you when you are in self-doubt or fear by communicating: "Stay on your path! That fear is just a blocker. Don't give up! I'm here to help! It's not impossible!"

Your Unconscious Mind Contains Buried Treasure

You just need to learn how to develop two-way communication with it. Let's start training your unconscious mind to listen to you. Remember when you rated the desirability of your memories in Wish List Step 2? You can do this to empower yourself on a daily basis. By being aware of what fulfills you and makes you happy, you will consciously train your unconscious mind to do more of what pleases you.

Start by becoming aware of your day. You will be assessing the quality of your day to provide vital feedback to your unconscious mind in a way it can understand.

How to Provide Successful Feedback to Your Unconscious

Remember back to a time when your boss gave you an assignment to complete. When you completed the project, it is likely you got feedback on what was done well and what needed improvement.

Your unconscious mind thrives on feedback. Think of it as an enthusiastic child. It is willing and able to help you manifest your intentions it just needs to be informed on how it is performing for



you. Just like your boss gave you feedback, you should do the same. Consider your conscious mind as the boss and your unconscious mind your powerful employee structure. In the next chapter, you will be learning how to give your unconscious an assignment so that it can help you to manifest.

Let's start with a simple feedback rating about the level of satisfaction and fulfillment of your day.

The Steps

In the evening of each day, shortly before bed, reflect on your day:

- Did your day unfold as you intended?
 - Did your projects and tasks flow with ease and grace?
 - Did you complete all you intended for the day?
 - Was it frustrating and wrought with obstacles or disappointment?
 - Did you get off track and fall into sadness, grief, or anger?
 - Or was it a mediocre or "nothing special" day?
1. With the answers to the questions above in mind, rate the quality of your day on a 1 to 10 scale – 10 being stellar, completely fulfilling, and 1 being fraught with dissatisfaction.
 2. If you rated your day an 8, 9, or 10, select the peak moment of the day.
 3. In your imagination, surround that peak moment of your day with an imaginary bubble of white light.
 4. Now place that bubble into the area above your heart in the center of your chest and say the following statement: "Thank you for this success, I would like to experience more successes like this in the future."

Note: Step 3 and 4 of this Success Feedback method involve a process called anchoring. Anchoring is a simple way of linking success moments with future instructions.

Don't underestimate the power of this process. Becoming conscious of how your day went and rating it will help you become the conscious manager of your unconscious mind.

To keep track, you may want to start a daily journal or record your daily ratings on a calendar. I invite you to try the practice of the Success Feedback method for a month. I am certain you will be amazed at how positive feedback can be a motivator for your unconscious to perform even better for you.



Chapter 8

Make Your Wish



You're Getting Closer To Your Wishes Being Manifested!

Special instructions for how to use Chapter 8:

1. Read Chapter 8 all the way through.
2. Read the example of a wish list creation process from a real life wish at the end of the chapter.
3. Then come back and follow the steps in this chapter with the wish you choose to manifest.

Remember all those wishes you wrote down? In this chapter, you will select the one you want to manifest and learn how to use the power of focus to bring your desire into reality.

Conscious Creation works best when you focus your unconscious mind on a single wish so that its primary attention is on creating that. Besides blockers getting in the way of our manifesting abilities, we can also confuse our unconscious mind.

On a daily basis, we need to cultivate focus and take action on the intuitive cues that will help bring our dreams to fruition.

One of the keys to setting powerful wishes is to focus on what we want rather than what we don't want. It is important to generate a vision that feels whole, content, and complete. Being able to maintain this focus can mean the difference between success or "failure."

When we maintain focus on our desire, we are nurturing it like a newly planted seedling, tending to it and giving it what it needs. Whatever we consistently put our attention to will expand, so it is important to focus on what we want to flourish in our life.

In Chapter 9, you'll learn how to focus your unconscious mind on your wish. You'll then take steps to bring this wish to life by connecting to the inner wisdom that is both the source and the fulfillment of your desire. One of ways you connect with this inner wisdom is by tuning into your intuition, a form of intelligence that goes beyond the rational mind.

How Does the Unconscious Mind use Intuition?

Intuition is holistic. It is an attribute of our soul and doesn't have a win/lose orientation like our ego. It can be said that our intuition eavesdrops on the collective unconscious, giving us access to an infinite source of possibilities. When we are tuned into our intuition, we can get flashes of insight and make quantum leaps in creativity that our logical, linear mind can't make.



Instead of rigidly staying focused on a plan we have, rather, we can feel and sense our way, trusting our hunches and staying open and flexible. Intuition isn't a special gift; we all have it but it can be clouded by fear and agitation. Over time, we can lose access to intuition by ignoring it and allowing our rational mind to override it. The more you honor your intuition, the stronger the connection you have with it!

If you have been ignoring your intuition lately, don't worry. It is possible to cultivate a growing awareness so that you can once again rely on its messages to you. Psychic awareness is a learned skill and one that can be deepened through continued use. This is one of the skills we develop at Higher True Self-Life Change Training which you'll learn about at the end of this book.

Lack of Focus Disrupts the Harmonious Flow of Communications Between Your Unconscious Mind and Conscious Mind

To the unconscious mind it appears we want something one day, and then we don't. We don't remain focused on a single objective until completion, so it doesn't know what to manifest for us. Over time, it sees us as wishy-washy and unreliable.

It is important to understand that when you make a request, your unconscious mind works to gather what's needed to make it happen. When you don't follow through on your intuitive guidance it is providing, change can't happen. Over time, it relegates your wishes as unimportant and stops paying attention to your conscious desires. This may bring important understanding to you, as to why you have not achieved your intentions in the past. We are going to stop that right now.

Get your Wish List Creation Step 2 PDF. You will be only working on manifesting one wish at a time and using your power of focus to gain and hold the attention of your unconscious mind. Here's an example.

Removing the Negativity Using the Blocker Bypass

Note: You can download an example of a wish I manifested here: [PDF Wish List Conscious Creation Process Overview](#).

Allow about 20 to 30 minutes for this lesson.

1. Review your Wish List Step 2 form.

Remember, this form is where you recorded all the successes that contain an element of what you want now. From this list of memories, select a memory that is rated 4 or less in negativity/difficulty.



2. Record the selected memory in as much detail as possible.

Picture that memory and write in the box below your thoughts, your feelings, and your behaviors that are associated with that event:

3. Do the Blocker Bypass – cancel any negativity in your chosen memory.

Now you will learn how to bypass any residual negativity in the memory you wrote in box #2 above. Read through the memory and take a RED pen or BOLD marker and cancel what you don't want to experience again – any stress, worry, mental noise, pain, or struggle – by putting a line through it.

This Blocker Bypass works only on memories that do not contain much negativity. Recall the rating scale is from 1-10: 1 = effortless, 10 = almost impossible.

The Blocker Bypass is only effective for memories that you rated 4 or less. When a memory has a nearly impossible feel about it, we can become overwhelmed and frozen from taking action. We don't want to activate any feelings of "failure" or worthlessness.

Memories that have negativities that are above a 4 in difficulty and pain require a deeper blocker-clearing process. You will learn how you can clear these kinds of blockers in the concluding chapter of this book.



Here's my example:

I found my perfect-for-me Subaru Forrester. When I was searching, I felt excited that I could pick out my ideal car that suits my lifestyle now, AWD, so I could drive in the snowy mountains and also carry a lot of stuff on my Higher Self retreats. I felt supported by my friend as he advised me about what to look for in a car and how to find the best deal. It had great pick up, and had everything I wanted on it: sunroof, manual transmission, and I even got it in a special order electric blue color. I bought it for cash and I drove away with it that day.

4. Bring in the positives: Gently modify your chosen memory.

In the box below, write down what remains in box # 2 after you have removed the negativity. Take a moment and imagine your wish coming true and how you'd like to experience it.

- How would it feel to sit in that new car?
- What would it be like to be working with your perfect boss?
- How do you feel in your home that is now clutter-free?
- What would it be like to live in the city you love?

Now, you do it. What do you need to add to make your memory even more fulfilling and meaningful?

While it's important to make sure you expand your wish and make it vivid and vibrant, it is equally important to not make your "Future Memory" too big. This can make it appear almost "impossible" to your conscious mind and as a result, pushes the difficulty level up. To make sure you haven't pushed it above a 4 in difficulty, keep re-rating the difficulty level after each change you make.

Take your Blocker Free memory and apply your creativity to create a very appealing End Point Success Image by adding the positives below.



5. Create an Imaginary Experience - a Future Memory

To create an Imaginary Experience means you are making a perfect scene in your life. Like in a movie where the boy gets the girl, it is a single event that spans just a moment, not an entire movie or a lifetime. What will your scene look and feel like when you have successfully manifested your desire? Add whatever detail is necessary for you to feel excited and confident it will happen. Bring in all the components that would usually be present in an actual memory: What do you see in your environment? What are you hearing? And what are you feeling in your body? What are you sensing in your thoughts or emotions?

Now you do it: Record a Future Memory, a moment in time of you accomplishing what you want with grace and ease.

Write your future memory below in the box below:

The box above contains your Future Memory aka End Point Success Image.

6. Rerate the desirability and difficulty of your Future Memory – End Point Success Image.

Close your eyes and imagine your Future Memory unfolding exactly as written. Rate how desirable and completely fulfilling it will be on a scale of 1 to 10: 10 being ideal, you couldn't add a thing, 1 being awful.

Desirability: ____ (always needs to be a 10) Difficulty: ____ (less than or equal to a



7. Do a final check for completeness in your Future Memory - End Point Success Image.

You have modified your Future Memory to make it as complete and ideal as possible; you have brought in new aspects that would make it an actual 10 in desirability and fulfillment for you to experience today. Now record any changes in the box below.

Record your revised Future Memory moment of you accomplishing what you want with grace and ease in the box below:

8. Write down your final rating of desirability and difficulty.

Rate the desirability again. Does it contain all you truly desire with no hidden negativity? Read it through, be completely honest with yourself, and then rate the difficulty of it: 10 being nearly impossible, 1 being very easy.

Desirability: ____ Difficulty: ____

Congratulations, you have a clearly written image of what you want to experience, do, be, or have on paper that has a rating of less than or equal to a 4 in difficulty and a 10 in desirability.

In the next chapter, you will learn how to get your unconscious mind motivated to make it happen for you.

Great job with following through – your wish is waiting in the ethers and is about to come into physical reality!

Note: [Click here to download an example of the entire Wish List Creation Process.](#)



Chapter 9

Memorize Your Wish into Reality



Let's do a quick check-in. We've covered a lot so far. What is standing out for you? Have you been following through on the writing exercises? If not, that's ok – be aware that it is a common blocker pattern to start something and not follow through to completion. It's a way blockers keep us away from making positive changes.

This is a common pitfall for people to stop right before their goal is about to be realized. Here is the pattern. They set the wish and put it into motion and forget to listen and take action on their intuitive messages. They assume that their unconscious mind KNOWS what they want and that's enough.

It is not enough! We need to listen for and take action on the subtle messages that the unconscious mind sends to us. Without right action, the wish will not happen. The exciting part is that you'll learn how to pay attention and translate these important messages from your unconscious in the next chapter.

For now, let's do the important step of memorizing your wish into reality.

You may recall in Chapter 6, you learned that we have been trained away from using our brain in the way it was designed. This cut us off from full access to our manifesting abilities.

One of the ways we continue to be disempowered is to believe the “experts” know more than we do.

Each time we believe that someone more intelligent or wealthier knows what is right for us, we surrender our ability to fulfill our desires from the inside out. Trusting someone more than you trust your own fundamental knowing will, over time, instill self-doubt. It causes you to doubt the answers you can get from within, especially when these answers conflict with the experts' opinions.

The result: we stop believing in our OWN manifesting power. We stop trusting we can create what we desire! We believe the guidance from outside of us, that we didn't know enough or aren't skilled enough to successfully fulfill our desires.

Remember, as successful as someone might be, they DO NOT know what is meaningful and fulfilling for you!

No one knows better than your Higher Self, what is right for you, and most importantly, how to create what it is you desire. Now there is nothing wrong with learning from someone, but always, always, always, we need to check in with the Higher Self to see if the information is applicable and relevant for us. And if not, we need to consciously discard it on purpose.



To Believe in Your Causer Creator Abilities Is Essential to Manifesting Your Desires and Wishes

If you doubt yourself, you defeat yourself before even starting, which is why the Blocker Bypass (Chapter 7) is so valuable. It removes the residual negativity which creates “moving away from” energy. In other words, you want something, but you don’t want all that comes with a particular success. The contradiction pushes away your wish.

The path to your re-empowerment and Conscious Creation is simple but waiting for the results may not be easy. We are conditioned into immediate gratification, so if something doesn't manifest right away, we doubt the method.

Your wish may or may not manifest quickly, depending on multiple reasons, one of which is the degree to which you have stopped trusting yourself and are discounting your intuition.

I Believe You Can Do It!

Now with that said, before we do the final steps of getting your unconscious mind to agree to manifest your wish for you, let's make sure you have completed the necessary first steps. If you didn't yet complete Wish List Step 1 and Step 2, please do that now before you read further. Don't procrastinate –that is one of the devious ways blockers take you off track.

Prove your blockers wrong; complete the Step 1 and Step 2 forms now. You'll be glad you did.

If you have completed Wish List Step 1 and Step 2, congratulations – you are now ready to “make” your wish!

How to Make Your Unconscious Your Partner in Wish Manifesting!

Recall in Chapter 8 you were shown how to create a Future Memory – End Point Success Image that is clear of any residual negativity. If you did the Blocker Bypass correctly, your End Point Success Image is now blocker-free. You are now ready to gain the attention of your unconscious to help you manifest it.

Wish List Memorization Steps

Go get your Future Memory – End Point Success Image that you created in Chapter 8.

Read through the following steps from top to bottom BEFORE trying them yourself.



1. Make your wish an exciting high priority in your unconscious mind.

It hasn't yet happened yet, so you as you visualize it, you need to infuse it with everything a memory has – your emotions, description of what is in your environment, and even what you are hearing. When you FEEL your future memory (End Point Success Image) is vibrant, real, and deeply fulfilling, you're ready for this step.

Close your eyes and go within.

Visualize your End Point Success Image unfolding as you desire – your body discomfort free, free of doubts or concerns.

Experience yourself gratefully receiving your wish.

2. Read your End Point Success Image out loud 100 times while monitoring the desirability and difficulty rating.

Remember when you had to memorize a poem or your lines for a school play? You repeated it over and over again until it became second nature – so much so you could naturally speak the lines when it came to your turn. This simple power of repetition is what you will be using to gain the attention of your unconscious mind.

You are using the magnetic power of repetition to train your unconscious to memorize what you want, almost like setting coordinates in the autopilot system of an airplane. You can think of it like this: you are giving your unconscious its "lines" so that in the exact moment, it will say and do the right thing for you.

IMPORTANT: As you READ and VISUALIZE your End Point Success Image out loud, do so in privacy (note: don't absorb someone's views about what you are working on – that may discourage you away from feeling very confident and certain it will happen). After every 10th reading, cycle through re-rating the desirability and difficulty.

Each time you evaluate the desirability and difficulty, you are allowing your unconscious an opportunity to give you feedback and make necessary changes, like removing negativity or adding more desirability. Over time, this builds trust with your unconscious. You are restoring a relationship that says "I will listen to your guidance." This builds a harmonious alliance wherein mind, body, and soul are congruent with your intention and it WILL commit to work on your behalf.



As you read your wish out loud, don't read through it robotically, but rather be very present and take notice of conflicting thoughts, feelings, or body sensations that are stimulated. Do the Blocker Bypass by removing the parts of the End Point Success Image that are triggering dis-ease.

3. Rewrite your final version clearly and neatly on a clean piece of paper.

If you make any changes to your End Point Success Image, record them on paper so that you always have the most up-to-date and complete version of your End Point Success Image.

4. Now you are ready to anchor your End Point Success Image (EPSI).

- a. Focus on the area above your heart in the center of your chest. Visualize your End Point Success Image unfolding like a movie scene.
- b. Rate it to make sure it is a 10 in desirability.
- c. Surround the movie scene with a white bubble, filling that bubble with all the energy of your desire. Imagine you can place this bubble into the area above your heart in the center of your chest.
- d. Give the Command – This step is vital as it brings your wish out of your head and place it into your body where the unconscious has command.

Focusing on the area above your heart and say: "This is how I would like things to unfold as I accomplish or receive (insert the title of your wish), please make this happen in ways that are for the highest and best good of me and of all involved."

Fabulous job!

In the next chapter, you will learn the Daily Energizer Process which will infuse your End Point Success Image daily with the energy and optimism that it will be manifested.

Be a good leader of your unconscious mind, and it will empower you beyond belief!

Chapter 10

Daily Energizer Process





Infuse Your Wish with Belief and Certainty

Did you know that what you seek is seeking you? When you infuse your wish with emotions, it carries your emotional energy and it will find you. It can be said that manifesting occurs when you are clear and calm in the body, and not only through the mind.

When you are clear on what your wish is and it is congruent with your Higher Self desires for you, the next step is to release it. Notice when you are overthinking the process and remember to let go. You are surrendering in a sense to the process and have to believe that it will come to you in a timing and manner that is perfect for you.

Once you are clear of obstructing energies, you are no longer interfering with the creative process. Your wish will find you.

You're about to learn how to keep yourself clear and focused on a daily basis.

Now that you understand and are willing to surrender to be supported by your unconscious, the next step is to infuse your wish with emotional energy on a daily basis.

This chapter builds on your previous step of reading your End Point Success Image out loud a hundred times. If you have not yet completed this step, please do so before continuing with this chapter. Remember, the power of this simple act of memorizing allows your unconscious mind to hold the focus of your wish 24 hours a day, 7 days a week.

Your End Point Success Image, aka your Future Memory, is an event that hasn't happened yet. It is implanted in your unconscious mind with a vivid sense of that future experience and how you wish it to unfold – which is good. You just need to nudge it and infuse it with your desire, which this chapter will show you how to do.

Check in with yourself. Is it easy to hold a high belief that your wish is coming into reality? If this is hard for you, then you will benefit from what you are about to learn – the Daily Energizer Process.



Daily Energizer Process - The Steps

Timing is Everything

Step 1: Read your End Point Success Image and create a movie in your mind.

Imagine yourself receiving or accomplishing your wish. It can help you access your unconscious mind if you close your eyes to shut out your outside reality, so you can more easily go within. Each time you do this step, make your “mind movie” a bit more vivid. Do you see a plant, hear a bird, or are you at your post office box opening a big check? Do you see the smile of a loved one as they congratulate you?

Embellish this “mind movie.” Feel the steering wheel in your hands of your new car. Are you feeling the embrace of your new relationship? It’s important to not visualize beyond this success moment – maintain it as a single movie scene and not your entire life. Rate the image on a 1 to 10 scale. Is it still a 10 in desirability? If not, make the minor changes necessary to bring it to a 10. Document any changes that you made to your End Point Success Image on your paper.

Step 2: Anchor your Future Memory –create your End Point Success Image.

Create an imaginary white bubble around your End Point Success Image. Place this bubble in the area above your heart in the center of your chest.

Say the following command. “This is how I would like to experience - (fill in the blank) - please make this happen in ways that area for the highest good of me and all involved.”

Step 3: Take a big breath as you imagine this image settling into the area around your heart.

Step 4: Express your gratitude and thank your unconscious for its support and let the process go. In other words don't over think it or infuse it with doubt like: “Is it working?”

Commit to the Daily Energizer Process

If you forget a day, that's OK – just do the Energizer Process as soon as you remember. Consistency helps build a relationship of trust between your conscious mind and your unconscious mind. You have made a request to your unconscious to help you. Therefore, your part in this cooperative effort is to be consistent with the Daily Energizer Process.



By the way, you might have noticed the final step of the Energizer Process is to thank your unconscious. Expressing gratitude is more important to manifesting than many of us realize.

Gratitude is a Powerful Manifesting Primer

Gratitude is an expression of love. And love is the most powerful manifesting force on the planet. Have you ever noticed that some people seem to be naturally lucky? Then there are those people where everything seems to be a struggle, as if life is giving them a hard time,

Would you consider yourself a naturally lucky person?

Those who regularly experience good fortune seem to have a way to maintain an attitude of gratitude for whatever life brings. Then there are those who complain and suffer through life, rarely seeing the silver lining in the cloud.

Gratitude is a manifesting primer – here's my experience.

To elevate my Attitude of Gratitude, I developed a daily practice that begins by writing what I am grateful for. This exercise has grown into me projecting my intentions for the day from that place of gratitude and positive belief.

It only takes 5 to 10 minutes. My mood is elevated, and energy is focused and vigorous. I am filled with surprise and delight at how much more productive I am and how easy and effortless accomplishing my daily tasks has become.

By performing [Consciously Create Your Day](#) (new book available soon) process right after I've energized my goal using the Energizer Process, I am aligned with my highest vision for the day. If you have a pressing "to-do" list and would like to get more done with grace and ease, listen to the [Radio Show on Manifesting 101: Self-Gratitude](#).

Expressing gratitude is essential to leading a joy-filled life.



Celebrate When Your Wish is Manifested

Once you have successfully manifested your wish, express your gratitude to your unconscious for its support.

You can also celebrate mini-successes, like when something unexpected happens that's desirable like a synchronistic event. To do this say, "Thank you" out loud and make a physical movement with your body; perhaps place your palms together in front of your heart and say "Thank you," or perhaps touch your forehead and say "Thank you," or snap your fingers and say "Thank you." These gestures give your unconscious excellent feedback.

Whatever sign of gratitude you choose, be consistent so that every time something good happens, you express your appreciation.

This little habit can go a long way in building trust between your conscious mind and your unconscious, which then build a sustainable partnership.

Keep up your Daily Energizer Process; you are doing very well!

Chapter 11

Staying on Track





Manifesting Wishes as a Lifestyle

There is just one more chapter left. Let's go into how you can make manifesting your wishes a regular occurrence. When you successfully manifest your first wish, you feel empowered and have evidence that you are in charge of the changes you make in your life. Allow this to fill you with gratitude and excitement that life is no longer just happening to you.

To keep you in forward momentum in manifesting positive changes, it's a great idea to always have an active goal to focus on. It will inspire and uplift you as you witness wish after wish coming into reality.

How about this as a policy? As you accomplish one wish, immediately move to your next wish on your wish list. When you practice this, you'll find yourself responding to life, rather than pushing yourself to get things done. The next step will reveal itself naturally. Synchronistic moments become a way of life.

Let's get into this chapter, which will show you how to detect unconscious resistance that may attempt to take you off-track.

How to Manifest Your Bigger Goals

If you have bigger wishes, this Manifesting Guide is designed to get you started on working with your unconscious mind and becoming successful at short-term goals that are rated at 4 or less in difficulty. You've been learning how to train your manifesting muscles.

Imagine a method that enables you to achieve goals that you feel are beyond your reach. In the full program of Conscious Creation, you are not be limited by your history in any way.

In fact, with the full program, it is not necessary to have personal experience with a goal before you set it. For example, if you have never owned a home and now you want to, it is possible to illustrate to your unconscious mind what you want by referring to someone else's success. You can borrow someone else's experience, referring to a friend buying their first home or even using a memory of a movie scene you resonate with. The only criterion is that you have to emotionally identify with their experience – feeling excited that it is something you want too!

The Higher True Self – Life Change Training shows you how to do this and more. Remain on our email list to receive a personal invitation to our free webinars, which give you more information on how to manifest your bigger goals.

For now, let's keep you on track so you can manifest your desired wish.



Don't Give Sway to Unconscious Resistance

Here are some secrets on how to stay aware and not give in to blocker negativity.

Pay attention to these subtle and seemingly harmless and unrelated clues. Blockers are strategic. They divert your focus, just when you are about to succeed. They can invalidate intuitive messages or cause you to not feel body sensations that could interfere with internal guidance.

How to Spot Blockers in the Moment Before They Stop You

Unconscious resistance always is accompanied with a body sensation, thought, or emotion. Here are some clues you are about to be taken off-track:

- You tune out when learning something new, like this book.
- You notice things taking longer than anticipated, and you tell yourself you're wasting time.
- You get sleepy while working on something important.
- You start things, then don't complete them.
- You procrastinate on things you should be doing until you are forced into a frenzy and have to get it done.
- You fail to recognize an opportunity, so you lose it when you do finally "wake up."
- You become triggered and angry and notmal life frustrations, like traffic.
- You feel discouraged or anxious and allow it to pull you off-track, wasting valuable time and energy.

Blockers only surface when you contemplate change or are close to accomplishing your goals.

Here is the good news.

It can be a sign of elevated consciousness when you detect a blocker is active. You might be really close to succeeding.

Soon, you'll get so good at recognizing a potential sabotaging moment that you won't have to suffer at the hands of blockers. In Chapter 12, you find out how to turn a self-sabotaging thought, habit, or emotion into an empowering one in less than an hour.



Frequently Asked Questions

1. How long should I stay focused on manifesting my wish?

Answer: The quick answer is to stay focused on your request until you succeed, or you get a clear sign that the difficulty of your wish is more than a 4 in difficulty. If that is the case, I recommend you revise your request. Do the Blocker Bypass or reduce the pressure, which you learned how to do in Chapter 7.

Another support is to listen to [Mindful Manifesting Radio-How to Stay on Track](#).

2. Can I simplify or refine the Conscious Creation process?

Answer: You might have noticed how rigorous this process has been. Maybe you thought, “Why so many steps?” It is important to follow the steps described in these chapters precisely as written. You can learn how to simplify the processes to work more intuitively for you in the Highest Potential Life Mastery. For now, follow the instructions in these chapters and enjoy your wishes.

3. What do I do if my wish does not materialize?

Answer: If you have followed the steps in this book and you still haven't manifested your dream after 30 days, it is likely that the difficulty level was beyond a 4. For new students, it is common to underrate the difficulty level. You might have had an overly confident attitude and rated the difficulty lower than it really was.

Review your wish to determine if there is any hidden negativity in the Future Memory – End Point Success Image. If you find negativity, review Chapter 7, and use the Blocker Bypass to remove it. Once the negativity is removed, you need to re-anchor your revised End Point Success Image. Then review Chapter 8 for the instructions on how to anchor your revised wish.

You can also check with your Higher Self to determine if this wish was for your highest good to work on at this time. To check with your Higher Self, do the following steps:

1. Listen to the [Higher Self Grounding Process](#)
2. Read your Future Memory – End Point Success Image and ask your Higher Self “Is this wish for my highest and best good to work on at this time?”



3. If you get a yes, ask your Higher Self to rate the difficulty and desirability. If it is more than a 4 in difficulty, reduce the scope of your wish to be less difficult or do the Blocker Bypass to remove hidden blockers. If it is less than a 10 in desirability, bring in the necessary changes to elevate the value.
4. How do I know when I have cleared a blocker?

Answer: Here is a quick way – become aware of changes in your behaviour or habits. For example, if previously you procrastinated, deferred an important conversation, felt nervous, or avoided an activity, and now you feel at ease and confidently act, then that is a clear sign you have removed the blocker.

Here is an example of when I KNEW a blocker was cleared:

“I was asked to speak at a networking luncheon for local female entrepreneurs. As I was preparing the talk, I noticed that what I wanted to say was bold and direct. I felt nervous that it would likely stimulate resistance in the audience. In the past, I would have modified my message to ‘go along’ to not turn away possible business. This time, I knew it was time to express my truth.

The day of the speech came. As I walked in front of the audience, I felt uninhibited and confident. I recorded the talk and watched the video of it later that day. It felt so great to witness how quiet and thoughtful the audience became.

After the speech, people told me how it touched them and helped them break through their resistance to making a change they had been putting off.

Sometimes the ‘truth’ isn’t so comfortable to hear, and being the deliverer of it can be even more uncomfortable, but I was glad I did it.”

5. How do I achieve bigger goals that are beyond a 4 in difficulty?

Answer: In this book you have been shown how to create a wish by leaning on a past success experience. Do you recall you took a memory and gently modified it to reflect what you want today? Bigger goals require more advanced techniques. So even though you may not have a memory of a loving, permanent relationship, there are advanced creating methods, so you can achieve something you’ve never experienced before.



6. Where do I go from here?

Answer: The next natural step is to learn how to clear blockers, especially the ones that relate to emotional performance limits. These are the sneaky blockers that pull you back just as you are about to succeed, almost like a short chain on a dog. The dog is yanked back right before it is about to reach its target.

By clearing these types of blockers before you pursue your next goal, you will feel more confident and certain that you will be successful in achieving it. In the next chapter, you will be invited to step beyond the power of your blockers and remove them before they even get a chance to interfere. So instead of setting a goal and waiting for the blocker to frustrate you, you will be able to identify it and resolve it, so your bigger wishes are resistance-free. Isn't that exciting to know?

Keep up the good work of awareness!

Chapter 12

Liberate Yourself from Blockers





Celebrate All You've Learned

Do you know how few people actually finish something they started, especially when it comes to making transformational changes in their life?

We've just completed a powerful journey together. Congratulations for hanging in there until the end! That demonstrates discipline and commitment to yourself and your goals.

Well done – excellent job!

Let's recap on what was covered:

1. You learned how to re-engage your childlike hopeful mind to create a wish list.
2. You learned the importance of rating your desires according to the level of fulfillment and perceived difficulty.
3. You empowered your unconscious mind by giving it constructive feedback on past experiences.
4. You discovered what blockers are and how they became established in your unconscious mind.
5. You learned how to remove hidden negativity from memories using the Blocker Bypass.
6. You created an Future Memory – End Point Success Image that your unconscious mind agreed to help you manifest.

Why Learning Alone Isn't Enough

Sadly, due to blockers, some people are prevented from applying what they learn. The self-help industry knows this and recognizes most people are looking for the next quick fix. That's why self-help is a multi-million-dollar industry. And yet the industry is not educating people about how the unconscious works and how to be aware of what happens when you become triggered. And most importantly, there isn't a step-by-step method on how to clear unconscious resistance, so it doesn't stop you from making positive changes.

The result is that the seeker blames themselves for not following through on what they learned.



They can end up thinking there is something wrong with them, because they don't get the results promised. It's not you! You should now know it isn't your fault if you haven't successfully applied the books you've read or the programs you've taken.

Blockers prevent us from applying what we are learning!

This guide was your first step to understanding how your unconscious mind can empower you and also trick you. You have begun the process of learning how to get it to work for you!

What We Believe We Deserve is What We Get - Plain and Simple

When we align with natural law life flows, there are natural energetic laws that influence our manifesting abilities. For example, "The law of desirability," which means "What we believe we deserve is what we get – plain and simple." How do we set ourselves up to deserve less than we really want?

It starts when we accept less-than-fulfilling life experiences, like a job where our boss projects his/her anger and frustration upon us, or an intimate partner who is dismissive and doesn't see our uniqueness. These experiences are not Higher Self-aligned, which means that your Higher Self is not present and is not guiding you to ultimate fulfillment and joy. You are basically driving at night without headlights.

Over time, those kind of life experiences build in an expectancy that that is the way work is, or that is what you have to tolerate to be in a relationship. You drop your standards and allow unfulfilling experiences to continue, even when you feel something is off. You don't trust your senses or feel confident to speak up or make a change.

Tolerations are energy drains, because every time you think about that boss or negative relationship, it pulls you off your center and out of the present moment, so you don't hear your intuition. This continuing experience causes us to conclude that we don't deserve a loving relationship or easy money or a good boss. This conclusion builds beliefs in our unconscious mind, as if we have given it a direct command that that is the way life is.

How does this impact your manifesting abilities? Even though we have attracted what we want, if we have an unconscious program of "lack of deserving" energy, it can blind us so that many times we don't recognize our wish is right in front of us.

An essential part of Conscious Creation is to raise your worthiness factor. How much do you feel you deserve your wish coming into reality? Don't dismiss this question with an off handed "of course I do." Really sense into your feeling of its probability. If you don't see it's probable, it



likely won't happen.

When you make your wish from an elevated self-worth, you are easily able to hold the vision and draw your success to you. You feel you deserve it and are willing to claim it.

Do you sense there are mental and emotional blocks that are getting in the way of you feeling worthy of good things happening for you?

If so, you're not alone; here is your recommended next step:

Breaking Through Barriers – The Acceleration Process, a recorded four-session webinar series.

What you'll learn in this program:

- Establish and cultivate an Inner Anchor Point (a communication tool to speak directly with the unconscious mind).
- Re-establish a two-way communication with your Higher Self so you can start hearing your intuition again.
- Identify your unconscious set point for making money and elevate it, so you feel worthy of attracting more money.
- Elevate your self-worth, which means you feel deserving of even bigger goals.
- Develop necessary success skills which enable you to bounce back from discouragement quickly, so you don't accidentally attract more of what you don't want.
- Become able to identify blockers that are standing in the way of manifesting your goals, and learn how to remove them at the moment they arise.
- Learn how to permanently remove blockers/unconscious resistance.

Plan Your Next Step - New Student Opportunity

If you are reading this book, you are entitled to receive a discount for one of our self-study programs.

You can get instant access to the **Breaking Through Barriers - The Acceleration Process**, a four-video self-study program for just \$159



14- Day No-Risk Money-Back Guarantee

Some people need to experience something to determine if it's right for them.

That's why we offer a 14- Day Money-Back Guarantee on our home-study programs. There is no risk.

You have nothing to lose, other than breaking through barriers that have blocked the joyful experiences you so deeply desire. [Click here to purchase](#). The most important things to invest in are tools that elevate your self-awareness and self-empowerment.

Consider it an investment in your future happiness, fulfillment, and success.

Act now – [click here for the self-study program](#). I wish for you that you receive your deepest desire.



About the Author



Before you select a teacher to guide you to the deepest parts of your manifesting abilities, you might like to know that they walk an authentic path, which they are inviting you on...

A freedom seeker since she was 16 years old, Aryana left high school, then moved to England, eventually landing in New York, where she finished her education at university, taking algebra for the first time – not recommended, she says!

Her desire to live life on her terms continued...

At 26, she returned to England where she began her spiritual studies, and like anything she does, she immersed herself, mind, body, and soul. This put her on a track to becoming part of the human evolutionary change.

After five years of deep study, a radical lifestyle shift happened when she moved to Venezuela. She was touched by the lack of commercialism and how happy the local people were. They had what other people would say was “nothing,” and yet they were kind, loving, and generous. Natural people!

When she returned to the US, she settled in New Jersey, becoming a mother for the first time at 34, fearlessly choosing to home-birth her first child and follow a path of homeschooling, aligned with her life principle of “do no harm.”

Bringing her young child along, she became an entrepreneur, teaching seminars on how people could take their health back by using natural remedies, like essential oils.

Then at 41, she found her true passion – empowering people from the inside out.

She discovered a method that taught her how to achieve her goals by working directly with the unconscious mind and collective unconscious. This took goal-achieving and manifesting to a whole new level for Aryana. She saw how her past experiences had created limiting thoughts and disempowering negative emotions, which had blocked her manifesting power.

She contacted the author of this holistic goal-setting method. After two years of intense study and five more years of integrating the knowledge, she became licensed and certified to teach this system of self-empowerment.

One student called the curriculum at Higher True Self - Highest Potential Program “an MBA in personal development.” Another student said it was the last course they would ever need.



About Higher True Self - Life Change Training

If You Have Tried Other Goal-Setting Systems that Haven't Given You Permanent Results You'll Want to Read This.

When we want to make a big change, we have to change who we are being first. It is from that new place of being our life unfolds differently.

Are you looking to create a new identify, one that is successful and fulfilling?

Would you like a proven and permanent solution, so you can consistently achieve your goals?

If so, then we can help.

Aryana K. Rollins, a human potential teacher and transformational mindset coach with over 15 years of experience, has been helping people just like you to align with higher levels of fulfillment.

She teaches proven systems to guide you to:

- ✓ Create two-way communication with your Higher Self so you get intuitive guidance when you need it
- ✓ Eliminate self-doubt and fear
- ✓ Establish relationships where you can be your genuine imperfect self
- ✓ Experience joy that powers your goals and intentions, so work doesn't feel like work
- ✓ Yes, systems proven to triple or even quadruple your income

You'll learn how to ...

Retrain Your Brain to Attract the Life
You REALLY Want to Live!

This is a scientifically proven approach that teaches you how to partner with the power of your unconscious mind's manifesting abilities.

You get a complete goal-setting methodology AND learn how to perform self-healing processes that will help you throughout your entire life.

If you're ready to release the hidden blocks to success, and discover how to unlock the unlimited potential inside you, then [click the Work With Me](#) to schedule your 30-minute consultation with Aryana right now!



The Manifesting Guide For Intuitive People

A Proven Way
to Remove Resistance



You have begun your adventure with this book and if you are reading this sentence right now, it means you have successfully finished the book and entered the world of the profound and the magical!

Get your seatbelt on – more change is a-coming.

Meet Aryana and the other amazing freedom seekers at Higher True Self – Highest Potential Program at www.FaceBook.com/HigherTrueSelf

What if when you had a thought or wish someone was actually listening?

Someone who could make that wish come true?

What if there was a part of you:

- That was an objective observer noticing all your thoughts and feelings
- That recorded everything you thought, felt, and experienced
- That actually had manifesting capabilities

That manifesting part is real and wants to help.

All you need is to know how to communicate your intentions and desires.

"All my life I've had to work hard to achieve my goals. And, even though I've been successful, it seemed like I put a lot of effort out for little results. It was so frustrating to see other people succeed with less effort and better results.

I wished for the longest time for life and success to come more easily.

Then I met Aryana Rollins and started working with her one-on-one learning to use this process.

I was amazed at how easy and effortless things started to happen for me. I wasn't even trying and things started to shift. Success was finally easy."

Rayana T Starre
Business & Marketing Coach

The Manifesting Guide for Intuitive People is a Proven Way to Remove Resistance.

There is secret knowledge in this book that over 100,000 people have used to transform their lives.

With this secret knowledge, you will learn how to:

- Use your intuition as your guide to bridge the gap between your conscious and unconscious mind
- Use your unconscious mind to achieve your short-term goals
- Remove resistance and clear blocks to manifesting
- Put your manifesting abilities on auto-pilot



Aryana K. Rollins has degrees in Psychology and Accounting and is licensed to teach Cybernetic Transposition. For over 15 years has taught clients how to remove resistance and blocks in order to achieve spiritual growth and material success. She is the creator of international transformational programs such as; Breaking Through Barriers, Power of Focus, and the Highest Potential Program.

Aryana intuitively guides clients on how to identify blockers, set clear intentions and chart a course to remove all obstacles unconscious or conscious to manifest their goals in the important areas of their lives.

www.HigherTrueSelf.com