

The Power of Manifesting

Jim Carruth

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Introduction

This is a book about manifesting. What is manifesting? Manifesting is imagining what you want to create in your life, and then making it happen. Manifesting is a great and wonderful mystery. Just as our modern technology may look like magic to a primitive society, manifesting may look like magic to a society so wrapped up in dealing only with their physical nature, they have forgotten their spiritual side. This is because, in our rush to develop externally, we have lost touch with our internal, spiritual nature. Look around you and see how many of us are leading full, rich lives, while others live in fear, poverty, and negativity. This is what I am suggesting has happened to our society. We have forgotten our spiritual nature.

Our technology has gifted us with many wonderful machines to do a variety of tasks, but what good is it if so many of us end up feeling just like a part of the

machine? We need to find ourselves again, in the midst of these advances. We need to start creating our own reality, so that we can regain control of our lives. We need to access our own spiritual technology, which lies within us, waiting to go online. Together with modern technology, we can have the best of both worlds.

Books on creating your own reality have been around for years, so what makes this one different? For one thing, those books don't really explain how these principles work. They just say that they work, and that you shouldn't worry about how it works, just so long as it works. They want you to take their word on it. I don't know about you, but if I know how something works, I am more inclined to believe in it. And if I really believe in something, I am more apt to spend time practicing and making it happen, through the proper knowledge of its mechanics.

Manifesting, as explained in this book, is a group of techniques for creating what you want in life. It can be used to create anything you desire, except to control or harm others. You can use it to realize your dreams, change your circumstances for the better, or improve your life in any way you see fit. However, you cannot use it to change other people, or their circumstances. Each one of us here on earth must bear the responsibility for our own free will. To manipulate others is black magic, and will always backfire on the practitioner, with serious karmic repercussions.

But if your desire is to create a better life for yourself, through improving your own circumstances, manifesting is a skill well worth taking the time and effort to develop. And like any skill, it can be developed to a high degree of sophistication. It all depends on what you put into it.

If you tell someone about the wonders of the soul, while they are busy trying buy a house or build a business, there isn't going to be much interest on their part. But if you show them how to make the house and the business happen, then you will get their full attention.

If you use a spiritual technique to make something physical happen, a connection is made in the brain. It is as if a little light comes on and tells you that the spiritual and physical are related somehow. The spiritual side of man has always been there to discover, but we seem to have gotten so trapped on the material level that for many of us, spirituality simply isn't an issue.

We are too busy trying to make a name for ourselves, trying to make our fortunes, or simply trying to survive. We get so caught up in it that we are almost unaware of the greater part of ourselves, which remains hidden and waiting to be explored, just below the surface. Scratch that surface and you will begin to understand what treasures are waiting for you to experience.

What I propose to show you in this book are techniques for creating what you want in life. If what you want happens to be an improvement in your physical

conditions, it really doesn't matter. There are no limits as to what you can accomplish. You will be using spiritual techniques to accomplish this, and growing spiritually in the process. You will soon become aware of this as you prove it to yourself through your own experiences.

The physical and spiritual realms are really two sides of the same coin. We have been taught that they are different, and should be kept separate somehow, but they are not. Otherwise, you would not be able to use a spiritual technique to get physical results. This idea that spiritual and physical are different is a misunderstanding of the true nature of reality. True, this is a physical world we live in, and for this reason there aren't very many people who are purely spiritually inclined, who can still retain a sense of balance.

God exists in the material world as well. In fact, the material world is here for our experiences and growth. To ignore either the physical or spiritual aspects of our being would be a mistake. They are of equal value, and one should never be ignored at the expense of the other. A balance between the two is what is needed.

If you met a family who was living in poverty, but you were on your way to them to deliver the news that they'd just been claimed as long-lost heirs, and had a fortune and a kingdom waiting for them, you'd be pretty excited for them, wouldn't you? Somehow, they just got lost in the shuffle, and it is your job to reunite them with their heritage. This is how I feel now, in presenting

this book to you. Somehow, in all our technical and material expertise, we have lost the use of our inner, spiritual abilities. It is my deepest hope, through the pages of this book, to show you how to access them again, and in the process, help you reclaim your heritage as materially powerful and spiritually enlightened beings.

Jim Carruth
Los Angeles, 1993
Pasadena, 2009

Chapter 1

Summoning the Genie

When I first began consciously manifesting, it took the form of a prayer. I had quit my job as a technical illustrator at the Kaiser Center for Technology in Pleasanton, California, where I was working only two days a week while attending Cal State Hayward University. The old Datsun that my father had given me was falling apart little by little, and I could not afford to keep it repaired. I had just quit school, where I was studying music. Throughout college, I enjoyed taking whatever classes that had interested me, while the other students were studying more practical subjects.

So, seeing no immediate future for me in music, and after seven years of being the perennial schoolboy with no degree in sight, I felt it was time for me to face the working world full-time. Besides, I wanted to buy myself a new car. There was just one problem - I had only one job experience listed on my résumé.

At the time I was living in Berkeley, and had found another part-time job working in a local print shop while looking for full-time employment. I was not having much luck finding a job in my field, and was relieved to at least have the print shop job to tide me over.

One day I showed up to work, and the owner of the print shop told me to go home, that things were slow just then, and because of this did not need me that day. I was to be on-call from then on. This rattled me significantly. I went home, and in my upset state, decided to pray. I didn't pray for money, or even a job. As I recall, the exact wording I used was "career guidance." All I was asking for was a clue as to which way to direct my energies, since what I had been doing up until then didn't seem to be having much effect.

Within the hour, the phone rang, and it was a job shop, (a temporary agency for technical illustrators) asking me if I was available to work that day. This particular job shop was one of the places where I had previously sent my résumé, but had given me to believe that there wasn't much hope for me to get work with them because of my lack of experience.

In this case, however, a company had called them who was in dire need of "warm bodies" to work on an upcoming proposal, and needed all the help they could get. The company was willing to take a chance on me, and that chance was all that I was asking for. Wow, that was fast service, within the hour! It was then that I be-

gan to make the connection between thinking about what I wanted, asking for it inwardly, and then having it happen.

After several years of working as a temporary, I decided to set up my own freelance business. I figured that I could always fall back on temporary work whenever it became necessary. I was quite industrious in those days when it came to drumming up work for myself. I spent three hours every morning on the phone to various companies, following up on the résumés and sample sheets I had sent them. When I had tried for weeks and still could find no work, I decided to do a manifesting session. Only this time, instead of using prayer, I used a visualization technique.

I started off with a period of meditation first. I just allowed my mind and body to get completely relaxed, and then allowed that state to deepen further. After about 45 minutes, I introduced the visualization technique. I pictured me, here in my apartment in Berkeley, with skills in graphic art and technical illustration. I believed in my skills, and I knew they were of value. Then I pictured an aerial view of the Berkeley and San Francisco Bay Area. I imagined someone within the area having a need for my skills. I then made a connection between myself and that person, whoever it turned out to be.

Invariably, this resulted in my receiving a call a day or so later, and I was working again. The physical appa-

ratus was in place. The phones of the city were working. Résumés had been sent, calls had been made. I had done all that I knew how to do on the physical level. All that was left for me to do was to activate the connection on the inner level. The physical result would follow. And I did this while fully believing it possible, after I had put myself into a state where I knew I would not consciously resist, which was accomplished by the meditation.

There are some important things to note about this second story. Before I used the visualization technique, I had exhausted all the physical possibilities at my disposal. In other words, I did not expect to get a job “out of the blue.” I had worked for it. I still didn’t know where the work would come from, but I knew it was out there. That knowing, or faith, added emotion to the session, which is like adding fuel to the fire. Also, I did not introduce the visualization part until after 45 minutes of straight meditation had occurred. Otherwise, the mind is too busy, too caught up with fear, too frantic to be able to receive the visualization part without resistance. You must prepare the ground first before trying to plant the seed. That is what the meditation does. It prepares the way.

I used the technique again whenever I had a tight deadline and wasn’t sure if I could get the job done in time. In the mornings before starting work, I practiced my visualization technique. I’d sit quietly, and after a period of quiet meditation, I’d see the job finished, and

imagine the customer very happy with me, shaking my hand and congratulating me on the fine job I'd done. Then I'd see them handing me a check.

I got so confident with this routine that I did not consider the job completed until the scene had completely played out the way I had imagined it. I remember thinking once, while at a dinner that a client had taken me to, at the conclusion of a very large job, "No, it's not over. He hasn't shaken my hand yet." And sure enough, it came out just the way I'd envisioned, down to the last detail. I was simply getting good at developing the skill of manifesting.

I continued using the meditation and visualization technique, even when I wasn't working for myself anymore. Once I was at a job where I was under considerable stress. I took it in stride as a part of the learning experience. Every morning during my meditation, I asked for prosperity to manifest. Now, prosperity can be anything. I purposely kept it vague this time, leaving the specifics up to God.

The job where I was working had become almost unbearable. The client had it in for me, tripping me up at every opportunity, trying to make me look bad before his company and my employer. I had crossed him by asking, during a meeting with him and my boss, to kindly remove himself from our assembly line so that we could get our work done. I was respectful towards him, but the damage was done. He, in turn, did every-

thing within his power to make my life miserable. I was actually losing sleep over it, waking up in the middle of the night, fearing what he was going to hit me with the next day.

One afternoon, during this period of my life, I went home for lunch, which I didn't usually do. I lived close enough to work at that time so I could if I wanted to. I checked to see if the mail had come, and there was a letter from a large employer, wanting me to call them to set up an interview.

I had made manifesting such a routine part of my day that I had forgotten that this was something that I had asked for. It took me a little while to make the connection, and then I was amazed at how reliable this manifesting was turning out to be. It became something that I could count on, yet it was so unbelievable each time it happened, so out of the ordinary, that I never took it for granted. To me, each occurrence was magical.

Needless to say, I got the job, and went on to another phase of my life. The upshot of this story is that the résumé I had been called in on had been sent over two years before. I found out later that the company's personnel office routinely threw them out every six months. The manager in charge of hiring me had taken it out of circulation and had hung onto it personally, so that he could call me when the periodic hiring freezes imposed upon him by the company were removed. Normally, I would have had to send in a new résumé every

six months if I had wanted to keep my name in their active files. The fact that the seed had been sown over two years before, and then somehow came to my rescue right when I needed it the most, proved to me how mysterious and wonderful this manifesting process was. How could I have known two years before how things were to work out! You may understand how manifesting works, as I explain later in the book, but you will never know how the changes will come to you, or from which direction. This is what I mean when I say that manifesting is a great mystery.

Before closing this chapter, I will leave you with one more example of how manifesting has worked for me in my life. The new job, although better in many ways, was not without its ups and downs. There was a period of time when I was working with several people who, for whatever reason, did not like me. These people were not afraid to make this known to me and others within the group. The environment I was working in had a very negative vibration, and it was quite an effort for me not to react to it. Once again, I used a manifesting technique to get me through this trying time, but this technique was a little different than the ones I had used before.

In manifesting, you cannot create for others a reality you would like them to have. In other words, you can't create how you would like someone to act towards you or anyone else. You can only create for yourself. That means that you can either remove yourself from the

negative situation, or release yourself from the effect it has upon you. The reason that you cannot create reality for others is that we all have free will. How would you like it if someone tried to manipulate you into doing something that you didn't want to do? Those who do try to inwardly manipulate others are into the lower occult energies, and it will always backfire on them. But for those of you who are experiencing negativity in any of your relationships, and can't simply walk away from it at this time, here is an extremely powerful and effective technique for this purpose. It is safe and effective, and has no karmic repercussions associated with it.

First, prepare yourself with a period of meditation, just as you would prior to a manifesting session. After you are deeply relaxed and are providing no conscious resistance, visualize the person that you are having the friction with in your mind's eye. Surround them with white light and love, and say inwardly to them, "I love you, and release you to your highest good. You love me and release me to my highest good." Even if you don't really love them for the way they are treating you now, say it anyway, as if you were at least trying to make the attempt. Remember, intent is very important. Repeat this process for a number of days, or as often as you feel necessary. If you are being constantly attacked by the negative situation you are in, then do it every morning before you go into the situation.

In my case, two things happened as a result of this

technique. First, I worked next to a woman who was very negative toward me and most days wouldn't even speak to me. If I needed a piece of tape or a new x-acto blade, she made it abundantly clear to me that I was to walk all the way over to the supply cabinet in the next building if I wanted anything, and that for me to entertain the thought of borrowing something of hers was simply out of the question. In reality, the supplies were all owned by the company anyway, so that the idea of personal ownership was moot. She even looked daggers at me if I accidentally tossed a piece of paper in her wastebasket, as if the empty space left in her garbage can was some sort of a precious commodity. My attitude was one of working together, and hers was not.

The one thing we had in common was a love of rock music, particularly British bands. One day I came into work after my morning session using the technique, and she started talking to me (which she normally never did) about one of her favorite rock groups. She was actually quite pleasant to me, and that is how I knew the technique was working. I was saying inwardly to myself that she wasn't going to hurt me in any way, and that all I cared about was that she realize her highest good in life, which I assumed did not involve abusing me. Again, the technique was not manipulative towards her, only myself. I was just releasing myself from the situation.

Ultimately I kept my attention high and did not succumb to the negativity around me, of which there

were many more incidents other than one I used as an example.

The second result was that I was transferred by my boss to another part of the company that I did not even know existed. I had my own office, and worked from then on in a very professional environment. I was saved from the negative environment by being placed in a better one. The principle this illustrates is my outer situation changed to match my inner one. Since I kept my inner attention high during the negative attacks, my outer situation ultimately came around to match my inner workings. This is a very profound principle.

Through all of my experiences, I felt that the dynamic of my manifesting techniques were two-fold. One, I had the presence of mind to ask for the things I wanted through the discipline of manifesting, and two, God wasn't granting me anything that wasn't in his plans for me to have.

Chapter 2

Finding Your Way and Beyond

After showing the first draft of this book to a friend, he suggested including a chapter for those people who simply didn't know what they wanted out of life. He felt there were more who fell into this category than those who knew what they wanted. I had been concentrating so hard on writing the how-to part, that this thought hadn't even occurred to me. My friend said that not knowing what you want in life is the cause of much unhappiness in the world today, and ultimately results in a waste of human potential. A challenge, or a direction in life, actually creates human potential, for without having to work towards something against some sort of odds, you will never know what kind of stuff you're made of. We learn about ourselves by facing challenges, not avoiding them.

I have always known what I wanted, or at least what I thought I wanted. Either way, it doesn't matter, because

once I am on the trail of something, the game is afoot, and it either works out or it doesn't. Traveling the path is the exciting part. Sometimes I think I come up with exotic hobbies or interests just so I can have the fun of tracking down the books or materials required. It's a bit like a scavenger hunt and detective work combined.

Once I have worked through the lessons involved, another interest may come along, or life may put something in my path that I must deal with. Finding your way in life involves two dynamics, the immediate day-to-day adventures and problems, and the long-term, overall shape of our lives. What we choose, and how we choose to face it, affects both of these dynamics.

How could someone not know what they want in life? To begin to approach this subject, let's look at some of the more common reasons for not knowing what you want. They are external pressure, internal ignorance, and fear.

Let's take the first issue, that of external pressure. I remember back in college, the students who went straight through school in four years. They were usually accounting majors, and looked like they were in a hurry all the time. They never took an art or music class unless it was required for graduation. They never stopped to smell the roses, or take part in some of the more interesting aspects of student life. They never lingered over coffee in the coffeehouses, discussing their plans or philosophies in life.

They had an agenda in mind, and I had a feeling it was their father's agenda, not their own. And since Daddy was footing the bill, they towed the line. They were not inclined to introspection.

This is one example of how external pressure can manifest. It usually starts with a well-meaning parent, wanting what they feel is best for the child, without ever giving the child a chance to express their individuality. External pressure can come in this form from close friends and relatives, or simply from the world in general.

This type of pressure serves a very valuable function, while growing up. It gives you something to rebel against. Rebelling against your parents is natural, when it comes to finding your way. It's the first challenge you face when becoming an adult. Your direction in life should be your own, not your parent's. After all, it is you who have to live it, not them. Realizing this, taking responsibility for it, and respectfully going your own way when the time comes, is a part of growing up.

Rebelling against external pressure gives you a chance to express your individual desires, and doing so in the face of adversity strengthens you. I wonder how many of my accounting student friends have had to suffer through mid-life crises by now, for failing to come to terms with their own rebellion, and by not standing up for themselves when they had the chance.

Sometimes people grow up so dominated and controlled by others, that the second reason, the condition

of internal ignorance, can manifest. If you are kept so busy and off-balance by trying to please everyone else in your life but yourself, you will create a situation where you are not listening to your own internal voice. This is the voice of your heart, telling you when something doesn't feel right. You have become so externally directed that the thought of doing what you want in life is unknown to you. You've never been given that chance, and have never even entertained such thoughts. They are foreign to you.

A person who goes along this way for much of their life usually needs some sort of crisis to bring to their attention around to the fact that they have been living someone else's life, and not their own. They actually create the crisis, in much the same way as a person who doesn't pay attention to a pot on the stove until it boils over. The crisis is actually an opportunity for them to grow, and to start taking responsibility for their own life. It is up to them to recognize it as such.

Listening to your own internal voice is something that you develop and learn to trust over time. It is tuning into your intuition, and is much a feeling as it is a knowing. If you are constantly being dominated by others, you must first get away from all the outside influences, and then begin to listen to what's going on inside. Over a period of time, this ability will grow, guiding you into situations favorable for your growth, and alerting you to dangerous ones. As you work with it, you will learn to trust its wis-

dom. It can be thought of as your higher self.

The third scenario has to do with fear. You may know what you want to do in life, but are so afraid of it, for whatever reason, that you deny yourself the experience. You feel that you are going to fail, or not succeed in the exactly way you want, and so don't even try. This is the trait of a perfectionist, and it usually is inherited from a parent. You have to be willing to risk failure if you are going to succeed. If you are constantly afraid of trying, you will be frozen, unable to move.

There is no harm in trying something and failing. In fact, I would prefer to see that, than someone who never ventures outside the parameters of safety. When we play it safe, we risk not having the experiences we want in life. When we take risks, we are indicating that we are ready to grow. When we take foolish risks, we are indicating that we want an audience.

Pick a path with the potential for risk, for it will also have the potential for growth. I call these risks challenges. A challenge can be anything you go through that stretches you beyond your current limitations. Just make sure it is something you want with all your heart. To know this, you will have to become familiar with your internal voice.

If some of the issues raised in this chapter fits your situation, and you feel the need for further exploration and clarification, don't be afraid to seek professional help. I have had occasions in my life to work with thera-

pists when the need arises, and it has helped me tremendously at the time. Some of these behaviors have been imposed upon you in the form of childhood conditioning, and are not your fault. Becoming aware of them and changing them, however, is your responsibility.

The very fact that you're here on earth means that you have come here for a reason. You have a mission in life. Begin by looking at everything that happens to you, every challenge, every frustration, every joy, every situation that you create consciously or unconsciously, as a lesson. It is a part of the learning you have come here to do. Your first task will be to find out what your purpose here is. Here are several suggestions as to how to go about it.

One way to find out your direction in life is to simply to ask for it to be revealed to you. Get quiet, away from other people and influences, and during a period of silent prayer or meditation, ask God, or the energy of all life if you prefer, to guide you towards your purpose in this life.

Another way to find out is to simply move towards that which attracts you in life. We all have certain things we like to do, certain things we're good at. These are called tendencies. If you follow your tendencies, you will find out what it is you're good at doing, and that may lead you to what your true direction in life will be.

A third way to find your direction is to manifest it, using the principles in this book. To do it that way, you

would first sit down for a period of meditation. Then you would introduce a visualization, seeing yourself with a goal, moving confidently towards it, or an affirmation saying, “My purpose in life is now being revealed to me. I now know what direction my life will take, and have begun to take steps toward it.” Your direction in life will be shown to you, so be prepared to take action by following up on this information.

All of creation is here for us to enjoy and learn from. It is my belief that an individual soul takes many, many incarnations to fully complete this process. The soul craves whatever experiences it hasn't had so far, and will prompt you in that direction. If you have already done something once, or many times in past lives, why do it again? This may be your lifetime to try something different. If the direction you choose is not right for you, you will know about it very soon. The way to find out is by trying.

Once you have begun to manifest your purpose, trust the process of challenges and growth you will undoubtedly encounter. If everything in life is too easy for you, chances are you've become expert at whatever it is you're doing from previous lives, and that is a sign to move on to greater challenges. It is through these challenges, and things not going so smoothly all the time, that our greatest learning comes from. If you adopt this attitude, it will guide the overall curve of your life, as well as helping you through the day-to-day adventures.

How do you know if you've found your purpose in life? You should be excited, or scared. Something will definitely be going on with you. You may quit your job, move to another state, or get out of an old relationship that's not working. Change will come to you as you pursue your purpose in life, but it will feel right. You will be excited by life, because you've introduced some element of risk.

Once you're learned to take some risks, and can see the pattern of growth you've established, give some thought to the higher purpose of your path. Learning to manifest a prosperous lifestyle may give you the opportunity to help others, or to concentrate on your spiritual growth. Begin to think in terms of what your goal may enable you to do, outside of your accomplishments alone. Start thinking beyond your goals, beyond your limits.

Once you've set a direction in life and attained it, ask yourself how you can you use that accomplishment to help others do the same. If you start thinking this way now, you are including others in your plans as you pursue your goals. It will help keep your attention high as you find your way in life.

Chapter 3

The Real Price of Failure

The price of failure is not measured in failing in and of itself. Nor is it simply not getting what you want in life. The price of failure is paid in the amount of regret you have in not taking a chance on getting the kind of life you want.

Once at a job, I was having a conversation with a fellow worker about his pay grade. We were both technical illustrators, but he couldn't understand why I came into the company as a senior technical illustrator, while his classification was as a junior. It made a difference to him, not so much in status but in pay. He was trying to figure out why I got the higher rating, when it appeared to him that we both did much the same thing. As we talked, it became clear to me that he was quite upset about the situation.

I explained to him about the years I spent as a freelancer, developing quality pieces for my portfolio. He

said he didn't have time to do any freelancing. I explained to him how I had to occasionally borrow money to make my rent when a client was late in paying. He told me he had a family to support. I told him how I spent two to three hours on the phone each day drumming up work. The thought of having to find work for himself every day terrified him. He wanted to have the kind of portfolio that would get him a better job, but wasn't willing to take any of the risks.

On the other hand, there were quite a number of things he could have done to improve his situation. He could have taken art classes outside of work, or simply developed new portfolio pieces on his own. He could have then interviewed for a better position elsewhere with his new portfolio.

Had his family been supportive, he could have found temporary work and developed a freelance clientele between assignments. There was a variety of things he could have done, but he was either afraid to try them, not imaginative enough to think of them, or simply gripped by the forces of inertia.

The willingness to try something new or to take a risk is one of the things that will help you raise your vibratory level. It is an indication of your intent to change your life, when backed up with appropriate action. My friend simply wanted to complain and not do anything about his situation. Unfortunately there are many people like him. It doesn't make the world a more inter-

esting or better place. If I succeed in doing anything, I would love nothing more than to inspire people to manifest what they truly want in life. I feel it is also my responsibility to remind people what the real price of failure is. It is the regret of not taking an kind of chances in life when you had the opportunity to do so.

To end this chapter on a high note, I would like to relate an experience I had lately. My wife and I were at a health fair, talking to a friend of mine who had a booth there. My wife had just gotten a new job, and the owner of the booth was congratulating her. He said that there were a lot of people out of work right now, and yet she had gone ahead and found a better job for herself at a higher salary.

I thought about the importance of what he was saying, with regards to manifesting. My wife knew that there was something better for her out there for her, and didn't let the bad economy intimidate her. This illustrated for me how these principles of manifesting can work even in bad times. Although you can respect whatever situation you're in at the time, you should never feel limited by it.

Chapter 4

The Four Principles of Reality

Manifesting is defined as imagining what you want to create in life, and then making it happen. From this description, it appears as though we are trying to manipulate reality to our own specifications. Actually, we are attempting to magnetize and draw in the resources and know-how pertaining to our goal, and then doing the rest of work ourselves. It's a combination of magic and hard work. If we are going understand how manifesting works, it is important to know a little about the nature of reality. I have broken it down into four basic rules; 1) Everything is made of energy, 2) There are two categories of energy, manifested and unmanifested, 3) Manifested energy exists in diversity, and 4) Diversity creates illusion.

Let's take the first rule, "everything is made of energy." Energy is fluid. A scientist will tell you that everything is made of energy, vibrating at different rates.

It can appear as solid, liquid, or gas, depending on its vibratory rate. Atoms vibrating slowly are perceived as solid, while those vibrating quickly are perceived as liquid, and so forth. Vibratory rates can be changed. If you took a block of ice and melted it, you will have changed its vibratory rate from solid to liquid. Heat the liquid to its boiling point, and you've changed it to gas. And if energy is fluid, then its importance to us in manifesting is the knowledge that nothing in life is fixed. We can change things, if we know how.

The second rule is, "there are two categories of energy: manifested and unmanifested." Both are forms of God. Pure, unmanifested energy has the potential of creation, and is limitless. When this energy springs forth into manifestation, it is called creation. Manifested energy has identifiable characteristics. Knowing these characteristics will help you learn how to manifest. I will detail the characteristics in following chapters on the rules of energy.

The third rule is, "manifested energy exists in diversity." This diversity is organized in the form of a hierarchy. For example, energy that manifests as light is organized into a spectrum. The spectrum goes from ultraviolet on one end of the scale, to infrared on the other. Every color between, no matter how different it looks, is still made up of light.

The fourth rule is, "diversity creates illusion." The fact that creation is so diverse is what gives variety to

our lives. There are so many things to experience, so many things to do, to become, to taste, to try. A really varied life is a full life. Imagine how dull life would be if there were only one kind of music to listen to, or one kind of ice cream, or only one kind of work you could do. Life without diversity would be very dull indeed.

This diversity creates an illusion, because everything in life is made up of exactly the same stuff; energy. And if all life is made up of energy, then it must follow certain rules that apply to energy. Learning those principles will help you create your own reality.

I would like to expand upon these rules a little, for the purposes of illustration. As I said in rule number three, when energy manifests, it takes the form of hierarchy. Let's take an example from modern life, that of a large corporation. At the top, you have a chief executive officer, a president, vice-presidents, managers, supervisors, on down to the rank and file. Each person works their way up via job experiences, or the proper college degrees, until their level of responsibility matches the level of the new position they wish to attain. Wanting to move up is the beginning of the evolutionary spiral. Beneath all of this, you have atomic structure; atoms, molecules, all vibrating at different rates. Everything is fluid, or nothing would be able to change. And change is the rule. If this were not so, we would still be living in caves with dinosaurs running around.

You may have heard of the concept, in Eastern phi-

losophy, of Maya, or illusion. It puts forth the idea that everything is an illusion. Yet to us, things seem very real. If you crash your car into a house, are we to understand that by Eastern standards, this is merely an illusion, or some sort of trick of perception? Not at all. What I believe this concept is getting at is a comparative reality, based on hierarchy.

For the moment, let's define God as pure energy, in its unmanifested state. As it takes form, it comes to us in the shape of hierarchy. Everything is structured in levels, leading ultimately back to its source, which is God. What the concept of Maya is saying, is that in comparison to this ultimate reality, everything else is but a shadow, or illusion.

It would be like confusing a movie with real life. A movie is simply a projection of life. When we go to a movie, we are aware that the actors, the scenery, the music, the director, etc., are not physically with us in the theater, but originate from another location, or source. In the same way, we are projections of a greater reality, or source, which is also unseen.

Maya would have us consider that the reality we experience on a day-to-day basis is as much an illusion as the movie, when compared to real life. Add to this equation the transitory nature of life. If everything changes, then nothing is permanent. If nothing is permanent, what can we hold onto? Life changes out from under us, whether we like it or not. Fame and fortune, lov-

ers, careers, artistic and scientific accomplishments, all come and go in the space of a lifetime. And if something is constantly changing, it can be said to have an illusory nature.

A magician makes a name for himself by performing an illusion. He turns his beautiful assistant into a tiger. Or a building contractor knocks down a row of houses to put up a new shopping center. If we don't understand the nature of reality, the creation of the new shopping center looks just as mysterious to us as turning a woman into a tiger. There is nothing in the world you can think of that has remained the same over time.

Everything has changed except God, and there are those among us who believe that even God is evolving, through the process of creation and evolution. God learns through the act of creating, and we learn by experiencing every aspect of that creation. And since we are made up of God in the form of manifested energy, it could be said that God is experiencing himself through our experiences, and evolving as we evolve.

Since change is the rule, how would you want to change things? Normally, we move in the direction of less to more, from limitation to freedom. That is why I say there is nothing you can want that is wrong, provided it is for yourself and not others, because whatever you want takes you in an upward movement. No one ever wants less than what they have, or more limitations placed upon them. You will always choose something to

manifest that you don't have, something that is slightly beyond your reach, and then evolve to the point where you can have it. Once you've had the experience of attaining a particular goal, then the process begins again with a new goal.

And where does all of this lead? Back to the source of your being. After you've attained everything worth attaining, and had every experience in the book, you will begin to manifest the desire for the ultimate experience, that of union with God. Every other experience will have some sort of limitation attached to it, and only when you've reached the end of your experiences will you begin to create one without limits. It becomes your next logical step. The direct experience of God will be the last stop on your evolutionary journey. After that, it's up to you. You can stay and help others along their way, or return to the source, one with God.

When you were a child, you probably couldn't wait until you were free of the limitations placed upon you by your parents. And yet when you were finally on your own, you took it in stride. You had new responsibilities, new limitations to deal with. It may be just as hard for you now to imagine going from a limited state to one of complete liberation and absorption in God, but the echoes of this dynamic are all around you, at every level of existence. Limitations are cast off little by little, step by step. So it is not such a stretch to take this thinking all the way to its logical conclusion.

If you keep these ideas in mind now, while manifesting your intent, it may help to shape your desires. If you know where you're going, perhaps you'll understand the greater meaning of the lessons you'll encounter, and this knowledge will help you through the rougher spots of the growing process. And if nothing in this world is permanent, then the hardships attached to your lessons will pass as well.

Look around you. Is there anyone who can honestly say this world couldn't use a little evolution? Would you rather live next-door to someone who has manifested a beautiful life, with well-behaved children, and a responsible attitude towards others, or someone who is still working out the basics of survival? If you develop the skills detailed in this book, you will be developing tools for personal evolution, as well as creating the life you desire. And you will show the way to others by your example.

Chapter 5

The First Rule of Energy

In the last chapter I touched upon the idea that if all of life is made up of energy, then it must follow certain rules. Know the rules, and you unlock the secrets of life. Also, if you are going to spend time practicing and developing the techniques, you must begin with some level of belief that they will work for you. If you are never given a satisfactory explanation of how they work, then how can you be expected to believe in them? The first rule of energy, as it pertains to manifesting is, energy follows awareness.

Think of energy as being similar to electricity. You buy a piece of electronic equipment. You plug it in, turn it on, and the equipment does what the designers intended it to do. The designers have an awareness of what they would like the equipment to do. They design the circuitry to route the electricity through the proper channels; a transformer here, a capacitor there, and computer chips

to keep track of it all. The designers' energy, taking the form of engineering know-how, follows the awareness of how they would like the equipment to perform. And in turn, the energy of the electricity follows the awareness, or in this case, the design inherent in the circuits.

We design our lives according to the energy and awareness we have. The more awareness, the more energy. The more energy and awareness you can put into your career, home, or creative accomplishments, the more they will flourish. By sitting down to manifest something, you are allocating energy to something that you are already aware of. You want to become more aware of it, so that you can accumulate the energy necessary to make it happen. When your awareness becomes a constant desire to create a specific thing in your life, it is called intent.

Let me show you an example of how this principle might manifest in your life. You sit down to meditate, with the intent of creating your own business. You know the creative side of the business, but to really make a go of it, you need more practical knowledge. You visualize yourself working away in your shop, doing what it is you want to do. Your customers are happy, the money is flowing in, and everything is going well. You are excited. You want it to happen very badly, and your intent to do so is strong.

Because the "how" of manifesting is mysterious, in that you do not know where the help is going to come from, begin looking for help from any direction, even

from sources that you may have previously discounted or were unaware of before. God may use this request of yours to put you through some very needed lessons, so it may not happen exactly on your terms. Let's face it, if you knew exactly where the help was going to come from, you wouldn't even need to practice manifesting. You'd just go to that source and ask for help. Part of the fun of manifesting is not knowing which direction it will come from, but in knowing that it will indeed come.

So, you begin practicing the manifesting technique. The energy you are putting into this request is following the awareness of how much fun and rewarding it would be to have your own business. The next thing to happen could be any one of the following: You see an ad in the newspaper. It literally jumps out at you. It's for a seminar in how to run the particular type of business you're interested in. Or an old friend calls you, someone you haven't heard from in years. It turns out that this friend knows someone who can help you get your business off the ground, and just happens to mention this fact in an offhand way.

Or someone new comes into your life who eventually becomes your business partner. Someone who can attend to the practical details, leaving you free to concentrate on the creative aspects of the business. Remember, you are asking for this help. When it comes your way, be ready to jump on it!

Part of the skill of manifesting is in learning

how to recognize the connection between what you are asking for, and what comes your way. It could be that what comes your way is very innocent, and might have come your way anyway, without using the manifesting technique.

Although there seemingly may be some truth in this, it is important to realize that when you begin manifesting, you are taking conscious control of your life. When you do not consciously set any goals for yourself, and just go along haphazardly, you are still creating your own reality, but doing it unconsciously. Your subconscious mind is making things happen, but on the surface, everything looks as though it is happening at random.

When you begin to manifest, you take it out of the hands of the subconscious mind and begin to direct your life at the conscious level. You are no longer asleep at the wheel. So be aware of what is coming your way, once you begin to manifest. It is part of the process of taking control of your life and guiding it in the direction you choose.

This principle also works in reverse; awareness follows energy. This has more to do with how others see you, which can affect your manifesting, because we all are susceptible to how others view us. In the first instance, your energy follows the awareness, or intent of your desire, as you bring into your life the energy and resources necessary to make your intent happen. Once this has begun, others see it and get the idea that you are seri-

ous about making your dreams happen. Their awareness of you follows the direction of the energy you have put into making your business happen. As they express their belief in you, you begin to accept it as well, because you see yourself reflected in those around you. Your dream then becomes a self-fulfilling prophecy.

Chapter 6

The Second Rule of Energy

At the end of chapter one, I gave an example of how my job circumstances changed from one of being in a negative environment, to being placed in one of a more positive and professional nature. I cited this example from my personal experiences to illustrate a rule of energy that I believe to be very profound, and that is, your outer circumstances must change to match your inner circumstances.

It affects us whether we know it or not, because so often our surrounding circumstances dictates what our personal experiences at the time will be. Many times I've been in a job, suffering through all kinds of stress, and my thought at the time was, this is not my war, it simply comes with the territory. I walked into this room, and this is what I found. I can walk out again, depending upon my personal power. If my inner circumstances match what is going on in the room, then I will stay. If

they don't, then there is nothing that can keep me from leaving if I choose to go.

Think of a violent riot, going on in the streets of your city. You are not one of the demonstrators, but happen to pass through the area on your way home. Now you are in the middle of it. Do you think the police or the demonstrators care whether it is your war or not? If you happen to be in the way of a brick or a baton when it comes your way, you will get hit just the same. Your job is to realize that this situation is not of your making, and because of this, you do not belong here.

So many people get trapped in jobs, personal relationships, business partnerships, etc., because they think they can't get out. They mistake a temporary lesson for one of permanent residency. If your inside circumstances no longer match the situation you are in, you will either remove yourself from it, or be removed by unforeseen events, such as in the case I described at the end of chapter one (moving from a place of negativity to a more professional environment at my job). Knowing how to recognize this is key to changing your situation and experiences. And once you become aware of how this principle works, you can see it everywhere you go.

It is true that you may pass through certain situations and experiences that manifest as lessons. Do not avoid them. If they hold a certain learning for you for a certain time in your life, it is good to go through them. It is a temporary situation, and will pass. You will have

gone through it and learned from the experience, rather than haphazardly staying in a bad situation, or avoiding a needed lesson. Learn to recognize them as such.

Here is another example of this principle. We've all known people with a poverty-consciousness. They feel that the world around them is somehow "dirty" and don't want to soil themselves by getting too involved with it. They work at low-stress, low-paying jobs, as if making any effort or taking on any responsibilities at all is simply beyond their capacity. If you go to their house, it is very Spartan in nature. There's a sleeping bag on the floor, and maybe a mattress and a few sparse furnishings. There are no creature comforts in evidence. The person's circumstances fits their awareness perfectly.

On the other hand, we've all known people who create beauty wherever they go. It is a conscious intent with them. They may not have much money, or have an average income, but their place always feels warm, is beautifully furnished, and inspires you to spruce up your own place after you've been for a visit. You like being around them because their energy is good. Their surroundings fit their awareness, exactly.

These are examples of how the outer situation matches the inner situation. How does this principle work? It has to do with your vibratory rate. All matter is alive with energy, but vibrates at widely varying rates. A piece of granite appears solid, but on the atomic level, a scientist will tell you that the atoms and molecules are indeed

moving. They are moving slower than other types of matter, such as water or steam, but moving just the same. People vibrate at widely different rates as well. Do you think that the vibratory rates of Jesus Christ or Jack the Ripper are exactly the same, just because both are men? Well, think again.

You can change your vibratory rate by manifesting your intent. When you have successfully been able to change and maintain your vibratory rate to a higher level, your outer circumstances will change to match. You can also lower your vibratory rate. Think of a man who maintains a high standard of living for himself and his family. He becomes involved with drugs, and gradually loses his house, his job, his wife, his family. He has successfully lowered his vibratory rate, and now has the outer circumstances to match. He will have to raise his vibratory rate back up to where it was, or better, to get back what he previously had.

Now I would like to go into a little more detail about changing your vibratory rate, and how it works. Your intent creates a bridge between what you have now and what you want to bring into your life. It begins this process of changing your vibratory rate, through bringing in the awareness, people, materials and other resources you will need. Your energy and hard work, your “jumping” on the things that come your way, and taking the necessary actions, completes your task and brings it to fruition. To illustrate this principle more thoroughly, I

will use an analogy.

Let's say that you live on the fifth floor of a ten-story building. Everything about you is average - your job, your clothes, your relationships with others, your furnishings, how you've decorated your apartment, even down to where you choose to go on your vacation and what you eat for dinner. You don't know any other way to live, and are unaware that there is another way to live. You are leading a fifth-floor existence.

One day you meet someone from the tenth floor. You make friends with them. They invite you over for a visit. The first thing you notice is the stupendous view they have from their penthouse. Their apartment is furnished with antiques and artifacts collected from their many trips around the world. You compare this to your own life; you're still using the milk crates in which you kept your books while at college, and have never even been out of the state.

They tell you of their travels. The life they live, and the way they live it is exciting to you. You like the way their apartment looks, and you begin to think about doing something different with yours. You begin to wonder about life in other countries, something you've never even given a thought to before. And you want to travel, to begin to have some of these experiences for yourself.

The important thing to note about this analogy, is that the guy who is living on the fifth floor is not motivated to change until he meets someone from the tenth

floor. This is another very profound spiritual principle. I don't know how many times I've heard or read about spiritual teachers who recommend that you keep company with other, high-minded individuals, if you are to make progress. The reason is two-fold; first, there are always people more advanced than you in any given group, and second, you will always gravitate toward the ones who will raise your vibration, and avoid those who bring you down.

So, our fifth-floor friend meets someone with a higher vibratory rate, the tenth-floor person. He is impressed. He begins to see what the tenth-floor person has created for himself, and wants to do the same. He becomes dissatisfied with the way his life is, and begins to think of ways to improve it.

Now, let's take this analogy a little further. Let's say our fifth-floor friend begins to manifest a tenth-floor life, using the principles outlined in this book. Here is how it might play out; First, our fifth-floor friend is frustrated because there are no tenth-floor apartments currently available, but as the process unfolds, he becomes aware of someone who is moving out of their tenth-floor apartment in six months. He acts immediately on this by telling the landlord that he is interested in the apartment.

He can't afford the new tenth-floor rent as of yet, so he begins to concentrate on his job. Where he is working now, he is pegged as a non-producer, but he becomes

aware of an opportunity at a rival company and applies for it. Where he avoided additional responsibilities before, he now seeks them, so he can make his move up the vibratory scale. He begins to save money and pay off his debts, so that he will one day be in a position to travel. He becomes frugal and intelligent with his money, whereas before, he was careless and wasteful.

Ultimately, he moves into a position where he can achieve his tenth-floor existence, but first he has to go through all the thinking and hard work that will enable him to raise and maintain his new vibratory rate. The manifesting brings in all the necessary parts, and he takes on the responsibility of putting them together.

The connection I am trying to make here is this: A person with a tenth-floor vibration has access to all the things on the tenth floor. Once you know how to access the tenth-floor level, from your position on the fifth floor, you can begin to make use of it in your life.

At first you learn by visiting the new level, through intent and meditation. Then you begin to adopt the attitudes and customs of the new level, as revealed to you in your meditations, and in the things that come your way through manifesting. Over a period of time, you become the higher vibratory level, because you have absorbed it through constant access. This process never ends. You always keep evolving to higher levels.

The way you begin to change your vibratory rate is to first expose yourself to higher planes of existence. You

can do this by wanting it in your heart, and then seeking it out at your level. Move towards that which attracts you and lifts you to a higher plane. They should be things you are willing to work for, things you believe are attainable.

Hang out with advanced souls, or at least those who are further along the path than you. Don't be afraid to seek out teachers if necessary, and read all that you can of spiritually uplifting books. Find a meditation group you like. Do everything and anything to be next to others who have a high vibratory rate, and avoid those who bring you down.

You'll know who they are because they try to manipulate you, or keep you mentally off-balance, and generally drain your energy. Spiritually uplifting people empower you. Their energy is clean and non-manipulative. They want you to succeed because they know it will lift the vibration of the entire planet.

Once you have begun to change, keep your attention high by not reacting to the negativity around you. Acknowledge that it is there, or you will be in denial, but don't buy into it. It is like moving from a bad neighborhood to a good one. The bad one exists, to be sure, but you are not obliged to live there in fear. You can move, and I recommend you do so as quickly as possible. Your regular meditation practice will help you greatly in keeping your attention high, as you move to new vibratory levels.

Chapter 7

Intent

The first technique in manifesting is intent. When your awareness becomes a constant desire to create a specific thing in your life, it is called intent. Intent is a powerful combination of awareness and desire. It is the connecting point between where you are now, and where you wish to be. It is meant here in the wider sense of the word, such as having a purpose in life. Desire is important, for it implies emotion. If your desire is strong, you will be passionate about it, and passion adds fuel to the fire of your intent. Think of intent as the type of vehicle you ride in, and desire as the type of fuel it burns. If your motivation is weak, your vehicle will be like a steam train chugging along, and your desire, like coal. If your motivation is strong, your vehicle will be like a jet plane and your desire will be more like jet fuel.

In deciding what your intent will be, first we must consider the area of limitations. I like to think of limita-

tions as training wheels on a bicycle. For a certain period of time, we need them in order to learn. When we reach the higher speeds, they just get in the way. At that point it is better to leave them behind. We all feel severely limited by life, especially when setting out to accomplish something against what appears to be great odds. But if you think of those odds merely as training wheels, and our manifesting as bicycle-riding skills, as you progress, you will learn how to leave your limitations behind, just as you did with the training wheels. Ultimately you will learn that there are no limits, but for now you will need your limitations in order to learn.

Because manifesting works in a step-by-step fashion, it is good to begin with an honest appraisal of where you are in life, and then take it one step further. I call this “the next logical step.” Pick something you know you can attain, that is in the direction you would like to go. What is it that you want? There is nothing in life you can want that is wrong, provided it is for yourself, and not another person. The reason for this is that the soul craves what it has not yet experienced. The Bible says, “Ask and ye shall receive.” I say, “If you don’t ask, you don’t get.” So ask.

Another thing to consider when mapping out your intent, is to keep in mind that human beings are multifaceted. Imagine a jewel, such as a diamond. There are many sides cut into it, which reflects the light as it turns. Each side is cut as precisely as possible, as allowed by the

jeweler’s power and skill. You are like that jewel, in that you also have many sides to your being. You are also the jeweler doing the cutting.

Most people have a creative side, a spiritual side, a sexual side, a practical side, and a fun-loving side. In life, if we are truly to evolve, we must address all of our sides. Otherwise, it would be like going into a gym everyday to work out one tiny muscle in your left arm, while neglecting the rest of the body. You would create a very strange looking physique that way. It would be off-balance and out of proportion.

For the sake of balance, when considering what it is you intend to do, try to consider all the facets of your being. For example, when I am manifesting, I usually include goals that incorporate an increase in health, finances, life experience, and spiritual awareness. That way I am advancing on all fronts simultaneously, and not leaving a portion of myself behind. Also, working four issues at a time is not so overwhelming that my mind is overloaded. It is a reasonable amount to handle.

As I said in the first paragraph of this chapter, intent is the connecting point between where you are now, and where you wish to be. I would now like to expand upon this idea. When you sit down to meditate, with the intent of creating something in your life, you are activating certain connections that are already in place. For example, let’s say you want a job in a certain field. If you

don't have the necessary skills to do the job, then you go out and get them. If you don't live near a city that has that type of work available, you move. In other words, you remove all barriers between yourself and that job. You get as close to it as you possibly can.

Once you've sent out your résumés and done all your telephoning and interviewing, and anything else that you can think of, all that is left between you and the job you want is the connection to the person who is ultimately going to hire you. Since you don't know who that will be, leave it open to whatever comes in. The point I am making here is you should not be consciously trying to manipulate one specific employer. Make the connection inwardly, through intent. See yourself interviewing, relaxed, sharply dressed and at your best. See someone shaking your hand and welcoming you into the company, with the salary and benefits you want. What you are doing when you visualize this success is tapping into your own future and bringing it into the present.

Let me elaborate on this last concept a little. Your present is made up of your past actions and intent, and your future will be created by your current actions and intent. On the spiritual plane, there is no concept of time as we know it, but on the physical plane, it is divided up into small units such as seconds, minutes, hours, days, months, years, etc., so as to create a common convention. We agree to meet at a certain time, so we create

an artificial division of time to facilitate this. If you are unfamiliar with this idea, you can experiment with it by sitting alone quietly, with no clock or other distractions around. Try to feel when a second has passed. Try to feel when it has turned into a minute or an hour. If you do this, you will sense the truly elastic nature of time. This explains why time seems to fly when your attention is fully engaged, and why it drags when you are bored. Time becomes a division only when you decide to call it so. It has no other intrinsic value. Therefore, time as we know it, on the physical plane, is nothing more than a commonly agreed upon convention.

When you intend to create the connection between yourself and your new employer, you are acknowledging that all time is happening now on the spiritual level, and that it plays itself out in a specific order on the physical plane, according to your rate of growth. Therefore, you are able to make the connection between any one of your possible future scenarios, such as the connection to a new employer, and bring it into your present through manifesting your intent. The connections are all in place. You are now activating them with the electricity of your desire, through the wires of your intent. Manifesting is flipping the switch.

Effective manifesting is a balance between your intent, your ability to recognize what you've asked for when it comes, and the passion you put behind your desire. An overly passionate request can add negatively to

the mix, if you become too impatient for things to happen. Be sure to choose something you really want in life. If you really want it, you'll want it a month from now as well as ten years from now, if it is something truly worth working towards. And if the desire is strong, you'll be able to keep up the passion for it for as long as it takes to create it. It's not that you are taking so long to get what you want. You are learning the dynamics of a technique that will hold you in good stead your entire life. It will empower you, as you build faith in your abilities.

Certain things will happen quickly, while other things take a little more time. It has less to do with the effectiveness of the technique or how well you practice it, and more to do with the readiness of the person doing the manifesting. Although I feel it is important to add here that it is a skill, and as with any skill, it can be developed to a very high degree of proficiency.

Let me give you a little example of how the time factor works. It took me ten years to realize my dream of moving from the San Francisco Bay Area to Los Angeles. I came to visit a friend of mine who was working in the film industry in 1977. I visited L.A. in the spring, when the weather was beautiful and there was no smog. The weather was cold, crisp and clean, and I felt a sense of adventure and fantasy in the air. I visited the Magic Castle and Disneyland, and came to feel that here, of all places, I could make my dreams come true.

I finally moved to L.A. ten years later, in June of

1987. I simply had some growing up to do in the meantime, and when the time was right, it happened very quickly. I lined up a job and an apartment in less than a week, and then went back to the Bay Area to give my landlord and employer my notice.

On the other hand, there have been times when manifesting has happened extremely fast, such as the example that I gave in the first chapter, when I asked for career guidance and the phone rang within the hour. Things will happen for you at the rate at which you are ready. And when you are ready, you are in a better position to appreciate it. As your vibratory rate increases, and you become able to handle more, things will begin to accelerate. It depends on your rate of growth.

When I first moved to Los Angeles, I worked for an advertising agency. Since I was not meeting anyone at work that I had anything in common with, I decided to start my own monthly party for spiritually-oriented people. I called it the New Age Social Club. Four months into hosting the party, I met the woman who was later to become my wife. At the time, however, she had a boyfriend. I was very much interested in her, and she seemed interested in me as well. With a boyfriend on the scene, I was not inclined to interfere. I remember sitting down, looking at the situation, and asking myself why I was bringing someone into my life who was not emotionally available to me. Then the thought occurred to me, I was the one who was not emotionally available!

I had put up a wall around myself, thinking it was the fault of the women I'd been meeting, as to why I could find no viable relationships. I had closed myself off, and this unavailable woman I was now interested in was a reflection of my current state.

Within a few days after I'd come to this realization, she called to tell me that she and her boyfriend were in the process of breaking up. He wanted to see other people, and that freed her up to do the same. She said that he was afraid his presence on the scene, without my knowing the truth of the situation, would inhibit me from asking her out if I wanted to do so. I am relating this story to illustrate the point, that things will manifest when you are ready. Once I realized that it was I who was not open, the situation changed (or became clarified to me) almost immediately, and created the opportunity for us to get together. We were married a year later.

As you move from one vibratory level to another, you become open to more and more possibilities. This is called growth, and growth is a double-edged sword, in that it can be both painful and rewarding. You may have to go through some much needed lessons to get to where you are going, and this may involve some painful experiences from time to time. On the other hand, you will arrive on the other side of your lessons stronger and wiser than before. Your comfort level, as you pass through the painful parts, will depend upon your

willingness to go let go of your old patterns of thought. Remember that the old ways of thinking only tie you to your old vibratory rate, and that is precisely what you are trying to change. To resist these lessons is tantamount to not wanting to change, clinging desperately to your old vibratory rate. Don't be afraid to embrace growth. Growth is evolution.

Imagine if you told your parents that you didn't want to go through puberty. All the growing hurt your bones, you said, and the hormones kicking into your system would just confuse and upset you. Had you the ability to make such a choice, you would have remained a child to this day, without the freedoms and responsibilities that you now enjoy. By willingly embracing your lessons, whatever they entail, you make it part of your intent to grow, and this attitude will advance you that much further. You are taking responsibility for your own growth, and reaping the rewards that come with it.

Consider your intent carefully. What is it you want? How strongly do you want it? What limitations will you have to work through to get it? Are you willing to work through those limitations in order to grow? Will it develop all facets of your being? Are you ready for it now? What must you do to get ready? Will you still want it if it takes years to manifest?

One of the nice things about manifesting is that it will come to you at your own rate, at the rate you're ready for it to happen. It's like a built-in safety mechanism.

A few times, I've sat down with the intent to manifest something, and after it starts coming in, I find out that it was something I really didn't want after all. Finding out what you don't want is part of the process as well.

To end this chapter, I will tell you a little story that my meditation teacher has commented on upon occasion. It's actually more of an object lesson than an anecdote. He tells it to illustrate how one's actions must always follow their intent. You're in a coffee shop, talking to your friend, and he tells you all about the plans for his life. He tells you his dreams, and how he plans to accomplish them.

Upon further inquiry, you find that what he is doing with his life now has absolutely nothing to do with bringing his dreams to fruition. You scratch your head and wonder how he figures he has any kind of chance to do what he wants to do, but because you're his friend, you don't wish to burst his bubble. Bringing up the practical aspects of how he plans to make his dreams come true might be seen as negativity on your part. However, you can see from what efforts he has made so far, he hasn't got a chance unless he changes direction completely.

If you begin to manifest something, and you find that you are resisting the lessons or tasks that come with it, you might want to reconsider your intent. It should be something you feel good about working towards, however long it takes.

Make it something that you are constantly excited about, and are looking forward to happening. Make your actions match your intent. This attitude ensures success.

Chapter 8

Meditation

Meditation, in and of itself, is neutral, like a blank sheet of paper. Like the sheet of paper, it can be used for any purpose; to draw up battle plans, or write a poem to your heart's true love. There will be times in your life when you will need it to do both. Meditation clears off the desk of your life, allowing you to reorganize your empire on a daily basis. If someone asked me to manifest my life without the aid of meditation, it would be like asking an artist to create a masterpiece, and then handing him a piece of paper that's already been drawn on. First, you need a clean sheet of paper. Then you can create your masterpiece.

Our lives are full of stuff. We are busy people. To really be able to see the situations we get ourselves into, we must first develop a facility to detach from the situation, and then be able to see it for what it is. In the quiet of our minds, with no interference, we can see what

is going on, and from there, develop problem-solving strategies.

Meditation offers a quiet space for the mind. It is a unique and different state of mind than the waking, sleeping, or dreaming state. During meditation, you can see the contents of your mind from a detached point of view, as it parades before your eyes. The ultimate goal of meditation is to be able to stop thought and experience God directly. To be able to do this takes many years of preparation and training. You also need to have an extremely evolved vibratory rate, which takes many years of practice to develop.

Before you get to that stage, however, you can use meditation as preparatory stage for introducing your visualization technique, and in this respect, it is a major part of the manifesting process. To begin with, I recommend that you start with half an hour a day, then gradually build up to an hour.

Find a quiet place at home or work where you can get away from people and any other external distractions. After work, or at lunch may be a good time, if you have an office where you can close the door and get some privacy. Or you might want to go to your car. Experiment to find the best place and time for you. Turn off all the radios in the area if you can, and take the phone off the hook. You are disengaging from the external world for a while, so you do not want to be accessible to it.

Sit up straight in your chair, and loosen your cloth-

ing so that you can breathe. Breathe deeply and slowly, all the way in, and all the way out, like a bellows. Sometimes this is referred to as yogic breathing. Focus your attention on the action of the breathing, and just allow whatever is in your mind to come up by itself. If you find your mind wandering too much, gently bring it back to the breath. Think of it as allowing your awareness to ride on the breath. This will develop a skill in concentration. The breathing relaxes the body automatically, while the focus on the breath sharpens your awareness. This will result in a state of relaxed alertness. Allow this state to deepen. Let your body get more and more relaxed, while your mind gets more and more focused. You will gain a feel for this process with practice.

If you have a travel alarm, or a watch with a built-in alarm, set it for twenty or twenty-five minutes. After it goes off, you can then begin your visualization technique, which I will discuss in the next chapter. The idea is to stay in meditation for as long as you possibly can before beginning the visualization phase. The reason for this is two-fold; 1) You will be so relaxed that you will not resist the power of the visualization. It will be more effective that way, and 2) By sharpening your concentration through the focusing technique, you will be better able to visualize what it is you wish to create. When you have worked up to an hour, stay in meditation for forty-five to fifty minutes before you begin to visualize. You want to create a ratio of roughly three-quarters medita-

tion to one quarter visualization.

If you find you are falling asleep during meditation, adjust your sleeping schedule so that you are getting enough sleep. Do not use meditation as a time to nap, for you will not get the benefits it offers. The object is to remain alert, yet relaxed. Find a time to meditate where you will not be interrupted. Meditating just before bedtime is usually a bad time because you are tired at the day's end. Morning, noon, or early evenings are best.

For the really adventurous, try setting your alarm for 3 in the morning and meditate from 3-4 a.m. It's an excellent time - the energies of the world are quiet, and there is a really clear vibration that you can tap into. After 4 a.m., you can hop back into bed for a couple of hours or so, and if you go to bed around 10 p.m., you will have had five hours of sleep already, so it is not that much of a hardship.

Experiment with different forms of meditation. There are all kinds of ways to meditate, and different books available for you to explore. I have given you a basic method, which is a really grounded technique, but it is not the only way. The breath brings you deeper into the body, and grounds you, as your consciousness goes higher. It is a balanced technique, and you can't go wrong with it, even if it is the only one you ever learn. I encourage you to explore the world of meditation, so you know what's available to you. Over the years I have changed my technique, plus there have been different

things going on during my meditations, different phases of growth that I have passed through. Meditation is not static, it changes constantly. This is a sign of a good, solid practice.

I'd like to give you a little background on meditation, so you can get a sense of its importance in the evolutionary process. At the base of the spine, in the subtle physical body, is an electromagnetic energy called the kundalini. When you sit down to meditate, the kundalini energy is activated, and begins to rise up the spine. There are seven major energy centers in the subtle physical body, called chakras, and literally thousands of lesser centers. The kundalini passes through these centers during meditation, activating them. It would be analogous to having electricity moving through a circuit. A switch is turned on, through the action of meditating, and the kundalini energy runs through it like an electric current.

When it reaches the brain, the kundalini begins to activate circuits that currently are dormant. You have probably read that we use only a small percentage of our brain. Until these parts of the brain are activated by the kundalini, they remain dormant. Once they are awakened, more and more energy can run through the brain during meditation, with the result of raising your overall vibratory level. This is the preparatory process I alluded to in the beginning of this chapter when I said that the ultimate goal of meditation is to be able to stop

thought and experience God directly. This does not occur until the kundalini has opened up all the dormant areas of the brain, and made many other changes in the body.

The reason is that experiencing God directly involves running a tremendous amount of energy through your system. Until you have been properly prepared for it, you will not be able to handle this much energy. The exciting part is, once you begin to meditate, you can actually increase your body's capacity to handle more and more energy. You are accelerating the evolutionary process by encouraging the kundalini to begin the transformation process that ultimately leads to enlightenment.

When you meditate, the kundalini, in its campaign to accelerate your growth, will begin to clear away old ideas, impurities, etc., and anything else that stands in the way of your vibratory movement upward. You will become aware of things coming up in your life that you will need to deal with. Don't be put off by this. It is part of the growth process. By sitting down to meditate, you are signifying to the kundalini that you are ready for this evolutionary process to begin. It is an intelligent energy, and will move at a rate you can handle, and even faster when you begin to take on the responsibilities of a higher vibratory rate. It can be accelerated further by finding an advanced teacher of meditation.

Many people feel that they are too busy to meditate. They are so busy with the stuff of their lives that they

can't even find time to give their stuff a rest. I have a few thoughts on this subject. First of all, meditation should be considered a pleasure, not chore. Think of it like going to the bank and scooping out a couple of million bucks from your account. You'd find time for that, wouldn't you? Meditating is like going to the energy bank. As far as finding the time, if your life is in such a state so that you can't even get a half hour to yourself, then I would suggest that you need to regain control of your life, because obviously you are letting everyone else run it for you.

Once you start to meditate, be willing to put the time in. It is an ongoing process that you will benefit from your entire life. We are always working on bringing something into our lives, and meditation is an integral part of that process. Don't give up after a week. You wouldn't go to the gym for week and expect the same results as someone who has been working out for years, would you? Give meditation the same respect.

So you can see why meditation is so important. Even without manifesting, it is the number one technique for personal evolution. Combined with intent and visualization, it is given direction and meaning, becoming a powerful tool in the manifesting process.

Chapter 9

Visualization

Once you have completed a period of meditation, you are now ready to introduce the visualization portion of the manifesting technique. Visualization is simply seeing what you want to happen in your mind's eye. Meditation prepares the way for this by producing a relaxed, alert state. Visualization then makes the right connections between you and your object of desire.

Visualization can be the creative part of your technique. In other words, you can have fun with it. Make it your own. See what you want happening in your life, in any way you like. Add passion and excitement to it. Let's say you want to manifest more money.

To do this in a creative way, you can visualize opening up your mailbox in the morning, and seeing a pile of checks falling out, or wading through piles of twenty dollar bills in your living room. The important thing to create is how this feels to you. If you create a feeling as-

sociated with the image, it will go a long way in helping you establish the new vibratory rate at which this can occur.

Right now you are feeling your old vibratory rate, which includes your current limitations. Imagine how it would feel to have those limitations removed. That feeling is the beginning of creating your new vibratory rate. So any picture that you can create, to help you to feel what accomplishing your dream would feel like, is fair game. Just be sure to create a picture you can believe in, one that feels real to you. Experiment, have fun with it, and don't be afraid to change it around from time to time. It is an ongoing learning process. You will learn what works for you, and what doesn't.

Some people have a natural gift for visualization. They perceive life in a visual way. Perhaps they are artistic by nature. But what if you are not so visually oriented? You can still practice a form of visualization that will help you develop this skill, called affirmation. Use affirmation in much the same way as you would visualization. Introduce your affirmations after you have completed the meditation part of your manifesting technique. If you have a hard time picturing what it is you want to create, then simply state your request, as if it were now a fact.

For example, let's say you wish to raise your income level from 30k to 40k a year. Your affirmation might go something like this, "I am now making 40k a year." Re-

peat it several times throughout the visualization/affirmation portion of your manifesting session. Feel what it would feel like to make this much money. Imagine yourself doing what it is you would like to accomplish with your new salary, and for those of you unable to visualize, affirm it in the form of a statement. "I am now making 40k a year. My bills are all paid off. I am taking a trip to Europe this year. I am saving a \$100 a month, etc."

An important thing to keep in mind here is to create a feeling of immediacy. Your order has been placed, and your request is now on its way to you. Begin to believe and feel in your heart that this is so. The more feeling you can put behind it, the more effort you will put into the things that come your way as a result of your manifesting. Remember that part of the skill of manifesting is recognition. During the period of your life in which you are practicing manifesting, begin recognizing things outside of your sessions that will help you to accomplish your goal. They are coming your way because you have asked for them, so don't worry about what form they come in. They will come in the form that you need them to come in, so you will be enabled to accomplish your goal. Learn to recognize them as such.

As an example, let's take the new salary request. You are visualizing or affirming going from 30k to 40k a year. While you are out and about in the world, begin paying attention to things that might be able to help

you to accomplish this. Perhaps you will see an ad for a computer vocational school which you previously ignored, but now you decide to sign up for classes. Or an ad for a better job in your field appears in the paper, and somehow just happens to come to your attention. Or a friend tells you about a new company needing someone with your skills, and are about to place a help wanted ad. Be ready, willing, and able to jump on anything that comes your way, once you have begun to manifest your intent.

Visualization is not complicated. There are two aspects of it, time and connection. As explained in the chapter on intent, you are reaching into your possible future, pulling into the present the results you desire, and making the connection inwardly between the two. In the case of the salary increase, you know consciously that other people have done it, so why can't you? You are inwardly connecting to the time in your future when you will be making the higher salary, and preparing yourself now for it by doing whatever is necessary to make it happen. You are in essence, taking responsibility now for the new vibratory rate you will be experiencing later. You are tapping into your future, and bringing it into the present, bit by bit.

The connection part is easy to understand. Begin by knowing that the new position is somewhere out there now, and the only thing lacking between you and it is the proper connection. Both components of visualiza-

tion, time and connection, are involved with knowing. You know that there is a job out there with your name on it because other people have done it, and you have the necessary skills. If you know the job is out there, then you know you can connect with it. If you connect with it internally now, the external connection will follow.

The whole purpose of visualization is to create the feeling associated with knowing your dreams are already attained. It is a skill that can be developed. Images and affirmations will help you to do this. Feel that what you want is now a reality. Know that it is out there, and that you've just connected with it, and are in the process of reeling it in. How does it feel to go from 30K to 40K a year? Feel that feeling. The steps which will enable you to do this are on their way, and if you successfully complete each one, you will attain your goal. Remember that energy follows awareness. By creating the feeling of knowing, you are creating a very high state of attention, a very high awareness around your goal. What will follow will be a very high energy helping you to make it happen.

Once you begin to get the hang of it, you can use visualization in addition to your regular sessions, while you are out and about your regular business. You can change the outcome of some situations, simply by visualizing or affirming them to come out the way you'd like.

I'll give you a recent example. I was in a store purchasing a gift for my wife, around Christmas time. I was on my way to a meditation class afterwards, and wasn't quite sure if I was going to make it on time. I took my purchase up to the counter and wrote out a check. The cashier used a computer verification service to approve the check, but was experiencing a delay in processing it.

I began to worry if trying to do this before my class was such a good idea. On the other hand, if I didn't do it then, there was not going to be another time when I was going to be in the area, and to have to make a special trip to this particular store might have given away the surprise. I decided then and there that everything was quite alright. I visualized the sale going through without a problem, and then getting to my class on time without rushing. I seized the moment and intended it to come out the way I wanted. At precisely the moment I turned my thoughts around, the computer beeped and my check was approved. I arrived early to the meditation class with the gift safely in the trunk.

This everyday use of visualization is extremely useful in changing whatever situation you happen to be in. In this respect, it is excellent practice for your regular sessions. But it also serves another purpose, as well, that of keeping your attention in a very high state while you are manifesting. When you begin to manifest, do not be negative about what it is you wish to attain. Act as if you already have it, and it will keep your attitude posi-

tive. Remember that energy follows awareness. If your awareness is extremely high and positive, you will attract very high energy to you. And if your thoughts are dark and negative, you will attract dark and negative experiences to you. Your outer circumstances must change to match your inner circumstances. Make an effort to monitor your mental state so that you do not unconsciously fall into a negative thought pattern. Strive to keep your attention high.

Chapter 10

When Will It Happen?

If you begin to manifest something, and it happens fast, that would be magic, wouldn't you agree? Although things can happen very fast, unless you are very advanced, manifesting doesn't usually work this way for the ordinary practitioner.

However, I believe manifesting to be very magical indeed. Otherwise, it wouldn't be worth writing a book about. With respect to timing, my experience has been that it works as fast as you are ready for it to happen. But you can definitely speed up the process by getting ready. You can prepare yourself by finishing up with your old ways, and being ready to take on the responsibilities of your new vibratory rate.

As I mentioned in the previous chapter, the visualization or affirmation technique can be used in everyday circumstances. It is a fast-acting form of manifesting that can be used to change whatever situation you're

in, such as waiting in line at the store, getting stuck in traffic, etc. You may try and turn the situation around by seeing it turning out the way you want. It's good practice for your manifesting technique, and it serves to remind you that you create your own reality at every moment.

Now it may be that you can't do much about the traffic, but you never know, It just may happen that the jam is caused by an accident up ahead, and its clearing may coincide with your visualizing. You have to do it in good faith that it will work, and it generally works more often than not. I'll give you an instance where I've used this technique with some success. I'm on the phone trying to reach someone, and the line is busy. Four or five dials later, I am still getting the busy signal. I am getting uptight because I really want my call to go through. I relax for a few seconds, visualize the call going straight through, and then redial. Voila! my call goes through.

When you don't get the outcome you desire, be open to alternatives, such as another way off of the freeway, in the case of the traffic jam, or the possibility that this is simply the wrong time to reach that person, as in the case of the phone call. Normally you can alter the outcome of the situation you are in by visualization, but there are times when a lesson is being given to you, and in that case, the situation may not change. You need to pay attention here if that's what's happening. For example, if you are an extremely impatient person, then

you may manifest getting stuck in traffic over and over again, until you learn patience. If you don't learn patience that way, you may be given a car accident to learn from, or whatever it takes to get your full attention. If that is a life lesson that you have come here to learn, then no amount of visualizing will help you avoid it. If this is the case, it would be better to visualize patience happening in the midst of your traffic jam.

By becoming aware of your lessons, you can work in harmony with them, and it will increase your manifesting ability. The faster you become aware of your lessons, the faster you can work through them. Manifesting will help you to work through them more efficiently, if you are paying attention.

If you are getting a certain situation again and again, or the same lesson in different forms, then you are not paying close enough attention to them. You need to work through that lesson, or you will get it again until you do. You cannot move up the vibratory scale until you have worked through whatever lessons you need to work through on any given level.

It is by working through them and learning from them that you will not only avoid getting the same lessons again, but you will be able to advance to the next vibratory level. There, you will receive new, more interesting lessons, but at least they won't be the same old tired lessons you were getting before.

The point I'm making here is to not get too con-

cerned as to the timing of things. When you visualize, do it in a way that keeps your attention high, and yet is detached from the outcome. Leave some room open for it to happen the way God, or energy, wants it to. If you constantly visualize things happening and they don't happen quite the way you want, you may set up a cycle of frustration and disbelief that will impede your success.

Don't be like the spoiled child who is always begging daddy for things, and then when you don't get exactly what you want, throws a temper tantrum. Instead, why don't you try adopting the attitude of a strong, spiritually competent warrior, who is ready to fight, yet uses all his powers to avoid one. If you don't get what you want, the fight will be with yourself to learn self-discipline. If you do get what you want, accept it with humility as an unexpected gift, and then go on to your next lesson.

It is important here to keep in mind why we manifest. We manifest to accelerate the process of evolution. Personal evolution takes place in the lessons we are given. That's why there's nothing you can want for yourself (not others) that is wrong. By manifesting something to happen in your life, you are signifying to God that you are ready to go on, ready to learn your next lesson, ready to jump to the next vibratory level.

When you don't ask for things, it is either an indication that you don't know enough to ask, or you have your hands full as it is. You are not quite ready to go on just yet. You should never use manifesting to avoid les-

sons. Along with creating your desired situation, comes added responsibilities. By asking for what you want, you are indicating that you are ready to take on those responsibilities. When desire and responsibility do not manifest together, disaster usually is the result.

Let me give you an example of this. Joe Schmoe wins the lottery. He is wealthy beyond his wildest dreams. Although he is now financially set for life, he has never even had a checking account. He doesn't know the first thing about handling money because he's never had any before. All his friends ask him for loans, which they figure they don't have to repay because he is so rich. When Joe takes his friends out to dinner, it is assumed that good old Joe will pick up the tab. All his poor relations come out of the woodwork and hit poor Joe up for dough.

Having basically not changed much, even though his circumstances have, Joe goes bankrupt within three years. When his friends can't get money out of him anymore, they go away, cursing him. Joe takes to drinking, and five years later, his life is in the toilet. He is worse off than if he had never won the lottery.

Joe was given a perfect opportunity to learn the new responsibilities that go with his newfound wealth. He could have learned how to invest his money wisely. He could have told his friends that if they wanted a loan, they can go to a bank and apply for one just like everybody else. He was afraid of losing all his friends, but he

lost them anyway. Not seeing or understanding what was happening to him, he turned to drink as a way to deny the truth of the situation. He was given a wonderful opportunity to learn a lesson, but completely failed to recognize it as such. Joe saw it all as the fulfillment of his desires, but did not take on the responsibility that went with it. He ended up ruined as a result.

On the other hand, we've all heard about people who have lost millions, only to turn around and make it all back again. Take somebody like Donald Trump. For a period of time, all you read about in the newspapers was how his empire was close to bankruptcy, yet he bounced back. He knew how to take responsibility for his wealth, and learned his lessons very quickly. He didn't wait until he was bankrupt before taking action. He moved swiftly before disaster hit, saved his empire, and probably became richer in the bargain. He was willing to take on the responsibility that goes with wealth.

The point I making here is not to discourage you, but to drive home the idea that along with the increased vibratory rate you are trying to attain, comes increased responsibility. If you accept this, and what it implies, you will do wonderfully with your manifesting. Unfortunately, the world around us today is full of examples of people who don't want to take any responsibility. I am simply trying to prepare you for what may come with the territory, and also to give you a sense of the timing, with respect to why things in the manifesting

world happen when they do.

Have you ever heard the expression, “be careful what you wish for, you just might get it,”? The intention behind this statement, I believe, is that when you do finally get what you want, you may also get some things that you don’t want, such as the lessons that come with it. When you begin to manifest, be willing to accept the package as a whole. The purpose of growth is to stretch you. As I said before, it can be a painful process. Afterwards, you will have enlarged your concept of yourself, and be ready to move up the vibratory scale. There is no upward movement without growth.

I’ll give you an example from my personal files. For a long time, my wife and I were wanting a larger house to live in, but felt we could not afford the higher rent. So, we stayed where we were, not quite ready to move. One day, our landlord gave us 30 days notice to leave, saying that he was taking the property off the rental market. He gave us a relocation fee to facilitate finding another place, as provided for by law. When we found another place that same night, we congratulated ourselves on our speedy success in manifesting. We finally got what we wanted, the bigger house, and decided that we would just have to stretch ourselves to make up the difference in rent.

It turned out that the new place was in a significantly worse neighborhood, even though it was only seven blocks away. My car and bicycle were stolen. The house

had electrical and plumbing problems. Unbeknownst to us, the owners of the house hadn’t made a mortgage payment in seven months, were facing foreclosure, and preparing to file bankruptcy. Although we initially got what we wanted in some respects, we also got much more than we bargained for. We ended up finding another place after three months, but this time we were a little more careful in creating what it was we wanted. Apparently it was a needed lesson for us, but after the lesson was learned, we quickly moved on.

The issue of timing is an important one to consider when manifesting your desires. Things will happen for you, but they are more likely to happen when you are ready. Manifesting helps you to get ready, by pulling in the resources needed to make it happen.

This may take a period of time, such as in the ten years it took me to manifest the move to Los Angeles. Or it may happen right away, as in when we found our new house the same night we were given notice. Since you don’t know how long it will take, allow time for an incubation period. After a period of manifesting, your desire will build up pressure, and then may burst out onto the scene very quickly.

In the example I gave of the ten years it took me to manifest the move from San Francisco to Los Angeles, I believe that it took me so long because there were things I needed to learn in those years, things relating to the maturation process that prepared me for what was to

come later. At the time, they were things I had no idea I needed, yet when I began going through my experiences in Los Angeles, they held me in good stead. I experienced a high-stress job situation, working for an ad agency after first moving here. I fell in love and got married. If I hadn't been properly prepared for these events, I believe I would not have handled them as well. Sometimes it takes a period of time to accumulate enough life experiences in order to prepare you for what is to come next.

The move to Los Angeles, from a growth point of view, was one of the best things I ever did. Many times I questioned the validity of the idea, but I always returned to it again and again. Before the move, I was doing alright for myself. I lived in a nice apartment in a good neighborhood, with a good job, and a few good friends. I wasn't entirely sure if it was such a good idea to leave. Something kept nagging at me to do it. I wondered if I could ever be happy if I looked back on my life and saw that I had avoided doing it simply out of fear. It was my next logical step, and I decided to take it.

Once you start manifesting, trust your instincts. There may be reasons you are unaware of, as to why you want a particular thing. Your best opportunities for growth and maturity may come from seeking out and attaining your heart's desire. If it takes a little courage to leave behind a safe or comfortable situation, first be sure it is for something that you really want. Then be

prepared to take whatever lessons come your way in the process. No one ever succeeds by constantly playing it safe. You might have to take a chance on yourself once in a while, if growth is what you want. If you believe in yourself, it could turn out to be the very thing you came here to do. If your heart is trying to tell you something, listen! Chasing after your dreams may turn out to be the best decision you can ever make in life, even if it appears foolish to others from a practical point of view. It's your life after all, and not theirs.

One Sunday I attended a doll and memorabilia collectibles show in Pasadena. A woman was selling baseball cards at a booth, and I asked her if she had a first-year Sandy Koufax baseball card. We got to talking about Koufax, who, as it turned out, she knew before he ever got into baseball. "His family didn't want him to play baseball at all," she said. "They wanted him to go into law, like the other members of his family. They were being so stupid about it, until one day he said I don't give a damn, and went into baseball against their wishes." I told her that if he hadn't had such a strong tide of family resistance to pit himself against, he may never have developed the will to succeed.

The challenges that come your way, once you've begun to manifest them, will strengthen you. Only after you've accepted the challenge of each lesson and overcome its obstacles, can you realize the dream you are intending to manifest. By wanting your dream, you are

signifying that you are ready to move on. Prepare yourself by finishing up with your old ways, and then begin taking on the new responsibilities that come with the new vibratory rate. If you adopt this attitude, and welcome your challenges, then you can turn whatever situation you're in to one of growth. And if nothing can happen to you that is not an opportunity for growth, then what do you have to lose? You have absolutely nothing to lose but your limitations.

Chapter 11

Advanced Techniques

The first advanced technique I want to discuss has already been touched upon in previous chapters, but I feel it deserves special mention here. It is called keeping in a high state of attention. It means literally thinking about your goal all the time, and keeping your attention fixed on that higher principle which ultimately will lead you to succeed. It comes into play most often when dealing with the world.

As you may have observed from personal experience, the world can be a very nasty place from time to time, especially in large cities where many of us live. When faced with the more negative aspects of city life, one tends to develop certain attitudes, usually negative, as a result. I am not recommending that you ignore these experiences, nor am I saying to put a good face on a bad experience. Acknowledge them for what they are, and then move on. By keeping yourself angry about this per-

son or that situation for long periods of time, you only lower your own vibration. When this happens, the bad guys have won. They love nothing more than to get you down and keep you there.

As a rule, negativity brings you down, while being positive brings you up. If you are able to extract the lesson from a bad experience, chart a course of action for dealing with it, and quickly get back to your higher goals in life, you will spend less time in the doldrums and more time in the clouds. That is the essence of keeping in a high state of attention. Your mind is constantly moving in an upwardly direction.

When our livelihood or safety is threatened, or we are terribly inconvenienced in some way, this is an extremely hard thing to do. With practice, staying in a high state of attention will slowly become your natural state, your adopted country. Going back down into a negative place will take increasingly larger amounts of energy to achieve and maintain. It won't feel right for you anymore.

This is a sign that you have changed your vibratory rate. When you prefer to keep your mind on more positive things, and can still take care of the business that is bothering you, it can be said that you have mastered the art of keeping in a high state of attention. It is an awareness you can be working on at any time, no matter where you are or what you're doing. It will have a lasting influence in your life, and can even affect those around

you. It is like a force field you project, that other people will register at some level of their awareness. This attention field will affect them in a positive way as well.

The other advanced technique comes into play when you've already manifested your intent, and have a fairly strong purpose in life. The more responsibilities you take on in life, the more problems you will face. You can use manifesting as a technique for problem solving. You simply manifest the solution, or a series of possible solutions.

Let's say you are an engineer, or a scientist of some kind. You don't really need to manifest your intent in life, because you've already gone to college to get your degree and are now working in your chosen field. What is your chosen field made up of? Problems, that you have been hired to solve. Problems that have real physical consequences, with deadlines, and cost considerations. They are very real problems.

When you sit down to practise your manifesting technique, make it your intent to be open to new solutions that you haven't considered before. Ask, or visualize, or affirm the solutions being revealed to you. Then take a break from thinking about them. Let your mind go on to other things. Do something else, to give those problem-solving brain cells a rest. You may find that the solutions are revealed to you when you are most relaxed, or otherwise occupied. They may appear to you in a dream, or when driving home late at night, or when

your mind is daydreaming. Know that they will come, once you've asked them to.

With practise, eventually all of the things in this book can become second nature. You can even learn to manifest without formally practicing the techniques first. All you need to do is fully understand the principles. You can just think of what you want, and it manifests. The most advanced technique is no technique at all. You just think of it and it happens.

Epilogue

Authors are technically not much different from you or I, except that they have expertise in something, and a facility for communicating it. Good teachers teach what they know, but what works for them may not work for you. I have tried to put forth the concepts in this book with a variety of different examples, so that you might understand what I'm trying to bring across. It is hoped that the reader will get the general sense of the concept through the examples, but understand that no one can tell you exactly how these will play out in your life. I say this out of respect for each person's individual circumstances. I can only encourage you to try it for yourself.

These teachings are not original with me. When I first encountered them, it was with a degree of skepticism. Even though I did not believe in them outright, part of me accepted the possibilities inherent within them. Over the years, I have encountered them again

and again, from different sources, as I alternated between working with them, and forgetting about them. Each source seemed to be saying basically the same thing, that we create our own reality. It was not until I had worked with these principles for a number of years that I realized how they worked, and began to develop a facility with them.

At the beginning of this year, I manifested a desire to work with people on a spiritual level, and this book was the result. As a part of this commitment, I welcome your comments and questions. Please write to me in care of this website, and I will do my best to answer all letters as quickly as possible.

Jim Carruth

jcarruth@earthlink.net

<http://www.jimcarruth.com/mybackpages/>