

### STEP 1: Write it down

List of Desires: Write down a list of 10-15 desires; OR  
Crossroads: List the options you are deciding between

Don't know what you want? Notice some things you DON'T WANT – they offer valuable information as to what you DO want. (Write down the opposite.)

Writing brings you into a stronger point of focus and can help keep your mind from wandering.

### STEP 2: Narrow it down

Use feelings: Narrow down list of desires to top 5; or put options in order of preference

### STEP 3: Figure out what you're \*really\* going after

Determine the underlying reason you want each item criteria

#### An experience

"Formless" Eternal Feelings that *feel good* to you  
Cannot be taken away by anyone or anything

Examples: Inspiring others, Freedom, Joy, Strength,  
Feeling your "heart sing", Helping others feel joy

#### A result

"Form" Up & Down, depending on other people's reactions  
Usually linked with something that you can 'compete' with others and measure

Example: Money, Fame/Celebrity, Guilt, Approval, Status

#### Can you can expand this item into something that will help others, or determine the essence of what this item will bring?

(Example: if you want a relationship, how can you list criteria in terms of YOUR feelings, rather than criteria based on 'form such as appearance, age, height, profession)

It's ok if you can't figure out if it is an experience or a result. If you feel like it is something you want to create, go for it and set the intention (step 4)! Once you achieve it, it will give you more data to form new desires, and simply creating it will be a reminder that you are in fact a powerful creator, which in turn will be an inspiration to others.

### STEP 4: Declare Your Intention ("ask")

- Set aside 20 minutes  
- Write down "wouldn't it be amazing if....?"

- Write down 3 or 4 imaginary texts/emails/conversations with the first three people you will tell once you achieve this result.

- Sit for 15 minutes, and visualize (with feelings) all 3 or 4, or just 1 item

### STEP 5: SURRENDER ("let it go")

Stay in a similar 'feel-good' sensation (which will keep activating circuitry related to that sensation) by noticing all the things that are good in your life as it is now, and feeling excited for more. Let go of trying to figure out how it will happen – the mind-brain-body-system will create associations for new ideas that your 'goal-oriented', already-existing thought patterns are not able to come up with.

Words are part of the conscious mind. Emotions are more the language of the subconscious. The more intense the emotion you feel as you imagine it, the more your subconscious has to anchor onto so that it can spark multiple circuits associated with that feeling

Step 5 can trip us up! Remember this:

**YOUR NOTICE OF LACK GETS THE BRAIN TO REPEATEDLY ACTIVATE CIRCUITRY RELATED TO LACK**

### STEP 6: STAY PRESENT ("allow")

In order to allow your manifestation to appear, you need to notice and act on 'signals' that your subconscious is leading you to notice: news articles, a book that suddenly catches your interest, a person who appears in your life. Notice and act on urges and gut feelings. These are instructions for achieving the experience you intended.