

BEST MANIFESTATION

module 1
The First Step



Module No. 1

So, we've heard about manifestation. Manifestation was very popular, became very, very popular when the movie 'The Secret' came out. It was a sensation, tens of millions or even hundreds of millions – I'm not sure about the number watched it and were influenced by it, it was on Oprah a couple of times, so everybody started to understand so to say the secret of life, how your thoughts, how your feelings attract what you want in life. However, there are more than ten years now since 'The Secret' was released and the question is *Does manifestation work or not?* because by now people had the chance to experience with it, had the chance to try different ideas, different exercises, different scenarios and maybe they had or hadn't succeeded, so that's why the first stage has the idea of asking somebody if they really believe manifestation works or not. Because it's very, very profound – do we have the ability to create our life, to be greater, to decide what kind of life do we want? Or do we just have a destiny where things are just scheduled for us and we just have to accept it, something that we cannot change, we just have to respond and react to what happens to us? Or is it something that we can actually change, something that we can create? Of course, most people will say the creation would be a much more exciting scenario and my belief is that we are creating

however if you think about it. In our life, we came into a family, we have a certain physical appearance, we have certain intelligence, and we have some certain characteristics, so in a way this is destiny. It's like in poker, we were dealt with a hand, however we had the ability to choose what we want to do with this hand and the options are infinite. That's why you see a lot of success stories; I mean, most people care about wealth these days, if you look at two thirds of the billionaires that exist in the world, they were self made. Two thirds – which is the big majority. So, the vote I hope to be, I mean we will check it because I'm creating this course before we have the results of the survey, anyway I'm hoping that people will say that manifestation is real, that manifestation works, that we can actually create our own life and we are not only let's say, victims of destiny. But we will see, we'll probably show in time what the results are and you'll get to see for yourselves.

So let's get into the subject even more. *What is manifestation?* Most people, and I used to be like that as well, think manifestation is something like a goal setting which is not so far from the truth in a way. So you set up some goals and maybe you put up a deadline, I used to do that when I was younger; I was in my early 20s and I had a long period where I was experiencing with manifestation for goal setting, so I would put on a piece of paper my objectives, what I want to receive from life and I noticed that many of them worked,

some of them didn't, however it was a bit random. In a way it was good that most of the goals actually worked, but I learned out from a book I was reading at that time and from so to say most of the manifestation courses I was taking, they always had this deadline – like you have to meet this objective by this specific date which is something that the corporate world uses a lot but as you can see from results, it doesn't always work. It works sometimes, but it doesn't always work. What is manifestation, is it goal setting? I think it's not really, because it happens many, many times in life that we get what we want but sometimes we don't and we get disappointed and also other times we do get what we want and we still get disappointed. Let me tell you a little bit about my background right now so you can know exactly where I'm coming from. I'm 37 years old, I've studied manifestation since I was 21, I've started with goal setting and I was actually able to accomplish many of my objectives through manifestation, for example I was able to become a millionaire by the age of 30, I was able to travel most of the world that I wanted to, I was able to have the lifestyle that I wanted to, I stayed a lot in Asia, in America so I've traveled the world, I was having of course success in business and in my late 20s I realized that although I was achieving so to say my life goals, although I was in a way winning in life, I was still not really, really happy. Everything on paper was great, I had a successful business, I had

a loving girlfriend that was very, very beautiful, I had a nice car, I was traveling, I was partying, and I mean everything should have been perfect, but somehow I was not happy still, and that puzzled me a bit. Why? Why does this happen? And then something actually bad happened. I got rheumatoid arthritis and psoriasis. I was faced with a situation where I had a lot of money in the bank, I was successful but I was sick. I went countless doctors in Romania, in Germany and they didn't had the solution, they couldn't heal me, so here I was with a situation that put me in depression for maybe six months even more where I didn't know what to do, I knew about manifestation but at the time – when you feel very, very depressed you don't have the best time you just cry for yourself, you have sad thoughts and it's really hard to move in a positive direction. However, I still kept in me the sparkle, the willingness, the mindset that I could achieve anything I want so that I can succeed in getting what I want. This in a way puts me on a path to follow some holistic methods. I saw a book on Amazon about treating psoriasis focused a lot on nutrition and I saw a lot of testimonials so I thought OK, this actually might work. And it worked. I got better and I was managing my health condition and still doing business and still trying to live my dreams. However, I was more interested in happiness and more interested in health, most of my 20s I was more focused on business, on marketing, on

management and on learning how to be more successful in my career. As I got older, I realized it is an important piece of the puzzle but it doesn't complete the puzzle, by far. I was seeing that most people were having trouble in their lives; that no matter where you are you still want to go up to another level and another level and another level... so in a way most people are always struggling. That's why I was interested in becoming more spiritual, in how to achieve true happiness, in how to be like maybe Jesus or Buddha or some other big personalities that existed and largely influenced the world. Because I was seeking by intention these things, life presented me with unexpected opportunities. I was invited to see a healer in China that could perform miracles. I was maybe a bit skeptical at first but it came from a person that had nothing to gain from deceiving or fooling me. And I was actually very, very excited and interested in meeting that person and when I got there I was literally shocked, because I was able to see with my own eyes how somebody can perform miracles with energy, like putting fire on a piece of paper with bare hands or levitating physical objects. That made a profound change inside of me. I came from a background of science, I finished computer science in Bucharest, I am an engineer. I also know a lot about marketing and stuff like that so I can say that I was very, very skeptical of people that believe in miracles, in saints and other things like that. I believed in

manifestation, in our ability to create our own world, but I was more a student of psycho-cybernetics, the work of Maxwell Maltz. I was more a student of the subconscious mind and I understood that it has amazing powers, but here in China it was the first time where I witnessed how somebody could do something extraordinary, that you would only see in Marvel movies in my face and I learned that technique. I cannot perform miracles because it took him tens of years of practice and meditation and learning with different masters but I followed his school, his methods. This got me fascinated with these kinds of things, it got me fascinated with becoming a better person spiritually. I began researching in actively pursuing more traditions and schools that had incredible masters. In total I had three schools, one is Qigong another one is Nei Dan both from China, and another one is shamanism which probably originates from Peru. In the past seven years, I've been focusing most of my time on progressing spiritually using these tools. My financial life is settled. I'm at a point where I'm retired, I've got income coming from resources and I don't have to work anymore. I still want to work but only for stuff that passionate me and I actually believe creates something beneficial for the world. My love life is very good, I'm happier than ever with that. My health, I still have psoriasis but I don't mind it, I've completely healed my arthritis which was the bigger problem, because at some point in the past I could barely

walk. Right now, I see psoriasis as a way to make sure that I'm focusing on my body, on myself, on nutrition, health and spirituality first and foremost. It's getting better and better and I'm convinced I will heal but I don't mind the process anymore. I started manifestation with a goal setting approach but I saw that the deadlines many, many times are something that doesn't really happen. Many times in life, if you think about it, you think about something, you really, really want, you are pursuing it, you are very focused and you don't get it. You stop thinking about it, you start focusing on other stuff, have different activities and all of a sudden, you realize that the thing that you wanted in the first place actually happens. I'm fully convinced manifestation works and the movie 'The Secret' was not in my opinion able to be complete, because the process is a bit more complex. We don't really need to learn how to manifest, I really believe in fact we are manifesting all the time, every thought we have, every motion and belief that we hold on to has the power of manifestation. We are constantly each day, every day manifesting our life. We are creating our world without understanding many times, but we do. People will say hold on, I didn't vote to have a bad life, I didn't vote to not have success in my love life, I didn't want this disease or some other things that people experience without having a preference for them. Manifestation is happening all the time, while they are saying that.

The universe is like a mirror, manifestation is like a mirror. Think about how when you smile in the mirror, the mirror smiles back at you, when you are sad and have a frowny face , the mirror can't possibly smile at you. Manifestation is more like that than like goal setting, because there are many things that we want in life and it's not only so to say our choice in a way, and I give you the example of a good love life. You may have all the good intentions in the world, but still need a bit of luck in order to find the right partner or partners for that. In business, some of the most successful people admit that luck was a factor of their success, they came at the right time, they had the right tools and not only that but they had some other fortunate ends that allowed them to become very, very successful. I'm not saying to rely on luck, I'm saying that in my opinion this kind of luck has to do with manifestation, with what your energy is, what you are doing when you look in the mirror – are you smiling or are you frowning? Are you happy or are you sad? Most people when are not successful with money they want to try new things, new things, new things, some of them don't even try they complain and they just say 'I'm setting a goal of becoming a meal planner or having this house or this car, I'm having positive thoughts about it and I hope I will attract it in my life' and to some degree it may work, however if you have positive thoughts five or ten minutes a day and the rest are negative ones think what is

actually happening in the mirror – you're smiling five minutes and the rest you are frown. That's the problem we don't need to learn how to manifest, we already are manifesting all the time. The idea is to learn how to be conscious about it, how to choose what we manifest. Carl Jung, who is one of the greatest psychologists, said 'Until you enlighten your subconscious mind it will rule your life and you will call it destiny'. Another idea is that 'The Secret' is not complete because it only talked about let's say daydreaming, about surrounding yourself with positive thoughts and emotions but it didn't talk about action which is very important because the universe is like a mirror, it will reflect through events that are happening in your life in a way something that you created but in case you are actually frowning at the mirror you will not accept it. Until you accept the negative thoughts and emotions you cannot do much to change them and the mirror will not play games with you it will only show your true reflection.

Let's tackle the subject of financial abundance. People want to become rich. It's a common theme on social media; it's one of most people's objectives. However, what they need to realize is abundance comes in all sorts of ways. I've met on a few occasions people that were extremely rich and they didn't have the lifestyle that I would want. In a way it's a good thing to relax yourself about the targets when it comes to manifestation, because the universe

always gives you not necessarily what you want but what you need. Think that we exist not only in this life, that we are spirits, that we had other lives, reincarnation is something that happens. There are some people that even under hypnosis they can remember a language that hadn't been used for a long time or they have different memories of some other past lives. There are books that describe clinics that you can go to connect with the spirit world and other lives and the goal is not only to have a life and to get what you want in that life, the goal is to prepare yourself to become an infinite person that doesn't destroy itself. There was a fable that talked about a guy who was in Vegas and some angels came and asked him 'What is heaven for you? 'What I want is to be able to go to the casino, win the jackpot every night, go home with a girl that I chose and have a wonderful time.' That happened for a number of days until he got bored and bored and called the angels and told them look 'I'm tired of this', so they asked him 'Do you think that's actually heaven?'. That's the fable. In a way, we don't have and I don't have the knowledge – because I'm stuck in this physical life for what it takes to be infinite but we are already infinite so we don't understand exactly what God or the universe is preparing for us and nobody can know about this. However we need to trust the process of life. That there is a creator, there is a god and he wants what is the best for us. If you think about it, manifestation is a tool

that helps us to become what we want to become. The reflection is just a feedback, it happens all the time, sometimes we don't like it but the truth is that if you have poverty in your life maybe you have poverty inside, if you have a lot of love in the outside life maybe you have a lot of love on the inside as well, if you have a lack of health maybe there is something that you need to heal about as well. And soon you will come to realize that the universe always gives you what you need to receive. The whole reality is an experience but is also a feedback mechanism and what is the main component of the manifestation is your state of being in the present. Because of course, we know about quantum theory how everything is actually the present, there is nothing outside of the present. It comes to my mind a saying from a movie that I liked 'The past is just a memory, the future is just a dream and all you have is this moment and that's why they call it the present' and it is like that; we have anxiety about the future, what it brings to us, sometimes we are excited but most of the times we are worried about it. We have sad feelings about what happened in the past, the bad experiences that affected our life. In a way the truth is that we no longer need to experience those, what it was, what it was, what it will be, all that it is in this moment. So in order to have a conscious manifestation you need to connect more and more with the present because manifestation happens only in the present. There is nothing outside the present.

When you think that goal setting –I'm not saying it's not a valuable ritual – will make up for other stuff that you do in the present, maybe it's not entirely true because the Universe doesn't care so much about our wishful thinking it cares a lot more or to say it even more loudly is influenced directly by our vibration. And our vibration happens with our beliefs, our energy in the present moment, our thoughts and actions. You can look at what is happening many, many times with lottery winners, how they win the big prize, maybe tens of millions and they get back into poverty very fast. It's a clear statement that the inside didn't change and they can have money for a while but if the inside is not the one of a wealthy person they don't become worthy themselves. There are many people that believe money is evil, the root of all evil so what does that in relationship with the money? In a way, it repels money from their life because you are intentionally sabotaging yourself into not wanting money. I am not saying that you should love money more than anything else because in my opinion that's a mistake too because money is a resource but you should treat it responsibly, you appreciate it, you like it but you don't put it ahead of more important things like your health. Of course, in a way money is value, money is like a service that you can get from other people and the Universe is not a fool, it rewards people with money, the people who deserve it. The fastest way and probably the best way

to get more money is to make sure you are able to give a lot of value. There are exceptions but many times people that receive money in a –let's say not worthy way they just waste that money. That money brings them experiences and manifestation that they wouldn't have preferred in the first place. In order to become wealthy the best way is to realize that in many ways you are already wealthy and to act in providing a lot of value to other people so other people can give you back value as well. How can you realize that you are already wealthy when you have little money in your bank account or you have a lot of debt? Think about that. How much money would you want to receive for an arm, for a leg? Would you trade that? Most people wouldn't. Another thing is the love life that is important to many people. Many people enter a relationship with the idea of getting something and they complain about the fact that nobody loves them and they are not lucky regarding love. But would you want to be with a person that wants to be with you only because they want to receive things from you? Or would you want to be with a person that actually cares about you, that cares about unity, having a fulfilling relationship where there is a win-win for everybody. With what kind of person would you like to be with? You have to think about that as well. The mirror of manifestation – although some people may consider it not fair or too manipulative – it's actually very fair because it's a feedback

loop for growing yourself as a spirit and as a soul and also expanding your mind. The fastest way to change the world is to change ourselves. We have to be able to introspect, to reflect, to understand, to question our beliefs and what is the relationship with our beliefs. Do we think something is bad? It becomes bad. Do we think something is positive? It becomes positive. So it's not only about visualizing ourselves having a certain experience – that helps but it's not the full process, the full process is with integrity, it cares about integrity, it cares about enlightenment of thoughts, of emotions, of actions so it matters what you think, how you feel, what we say and what you do. The more we want to have conscious manifestations, the more we want to unify everything that we do, we think, we believe into one and take full responsibility for what we are doing. To some it may sound tiring because with thoughts for example it's hard to control them or there are some periods when we are depressed, we are in a bad emotional state and it feels like everything is going against us. But there are temporary periods and the positive about this is that we can grow during them, we can build emotional muscle, we can build mental focusing clarity, we can meditate, and we can make sure we eat healthy. Some people will say 'OK, we set a goal – I want to lose a certain amount of fat' but what are your actions towards it? Because if you only daydream, it will not be enough. You can

daydream all day but if you are eating fast-food and bad foods and you don't move your body at all, you cannot fool the Universe or even your own body with something like that. Some people will say 'Yeah, but this is a lot of work what you are saying'. Well, you're doing the work anyway. You're always having thoughts, emotions, you're always doing something, but who are you? What kind of person do you prefer to be? What kind of person defines you? What is your spirit? What is your character?

I am sorry for not being a perfect English speaker. I am not native in English so sometimes I may have some grammar mistakes but what should matter the most is the content that I am revealing. Life gives us a constant manifestation of who we are and of what we do. The problem is that most people are on some kind of an autopilot and they don't observe, they don't think and analyze how they are and what they do and they just expect different results.

Albert Einstein was saying that insanity is doing the same thing over and over again, and expecting different results. So the idea is that for the outer world to change the inner world has to change. You can start by observing what kind of thoughts you have. Are these thoughts the ultimate truth or are they just ideas that you just borrowed from somebody else, or from the media or from society, from your parents? You have to understand that each

belief, each idea that you hold on purely to them affect your life. In a way you are paying rent for them. Are they useful? Are they something that you prefer or something that the ego prefers as a way to have an easy way out? Manifestation is real but only the people that can take full responsibility for it will actually get to enjoy it fully. It's like they say about self made people. Everybody is self made but only the successful ones admit it but everybody's self made. So to move forward, to make sure that you get the life that you prefer and to have the experiences and to achieve the objectives that you want to experience and to achieve it is good to take full responsibility. One habit that some of the most successful people have is to take some time with themselves and to analyze, to introspect, to see what they're doing – what is good and what is not so good. To meditate is another good idea because in meditation you can observe your inner world, you can observe your thoughts and not take them for granted anymore. Is this a positive thought? Do I want to receive this thought as true or not? Or is just a fight that I'm having because I'm not in such a good emotional state? What is my emotional state? What kind of emotional state do I prefer? What are the thoughts that keep repeating and form beliefs?

For all of these modules we will have an exercise. The exercise for this module will be to get in touch with taking

responsibility for manifestation. Do you think manifestation is real? If you really think about it most people will say that 'Yes, many times I was thinking about getting something I really wanted and I really tried to achieve it and then I forgot about it and somehow it happened that I received it' – it's a process that happened to many so they can relate to that. That what we think about, what we really want after that we act on it and another important thing is to let go of expectations and to detach from it and you actually receive it. So what about the bad events that happen in your life?

Now I will take into example my own health. I had some bad misfortunes as some will say in my life which I see now that they were blessings in disguise. My bad health condition was an opportunity to get in touch with my inner being and myself, an opportunity to become truly happy. I was in a happy position by society standard for having a lot of money, by spending a lot of money, and by having a rather hectic lifestyle but it was tiring, and it was not very fulfilling. So it was an opportunity to build inner strength, to change my nutrition, to learn different forms of meditation, to understand much better manifestation, and how to create my own life which matters a lot more. I mean, it doesn't matter how much money you have in your bank account. What matters is how your life is. Are you doing what you enjoy doing? Are you fully satisfied in the present? Or you're just in a shallow

perspective where you look for status, or you look for symbols of something that you don't really have on the inside. Or another example, I have had a burn on my face since when I was nine months old. When I was little I thought it was a disaster and that nobody would like me. Right now, I can see that it was a blessing because it forced me to do more in that direction. It forced me to want to compensate by doing better what I needed to do, by building muscle when it comes to relationships with people. And right now I don't have any negative side effects from it. In fact, my love life, like I said, is very, very cool. And I still have a scar on my face. And nobody cares about it. But it was a way to build emotional muscle for me in the past and right now I can say almost that I like it. It makes me different, it makes me stand out.

There is a concept in the advanced spiritual world that there is no good or bad. It's only the way we see it. In Napoleon Hill's book 'Think and Grow Rich' one of the most important principles is that in every adversity, there is a seed of potential that can bring a much greater benefit that will fully compensate for more diversity. In my experience, life is like that. If you can accept the negative that is perceived by us as negative, there is a opportunity to understand the way – or sometimes the way just comes to you when you're ready – in which you to step on a journey that will bring you much greater rewards than the negative experience that you

have and will fully compensate for that negative experience. So the best idea would be to become responsible for what happens right now in your life because when you become responsible, you're no longer a victim and when you're no longer a victim, you can actually do something about it. We can choose to be victims but we cannot choose to be victims and successful at the same time. So what is the choice, to be a victim or to be successful? Some people get something out of playing a victim as well. In fact, we learn this as babies. We learn to cry when we want attention. We learn to maybe try to manipulate at a young age to get things that we want that we don't believe we would receive another way. But this is not the best approach, because in life we can receive everything we want with integrity, with transparency, and deserving it. If we are willing to act with integrity in the direction that we prefer. And the best benefit is that when we take full responsibility, we can allow more passion to come into our life.

Warren Buffett, who is probably the best investor of all times, said 'tap dancing to work'. The best way to become successful is to tap into your zone of passion. So in case you are thinking of preparing something that you want to give to the world, that is valuable, and in order to receive value back, the best would be to pick something that you are very, very passionate about, because passion by itself is something that we want to experience. Passion

contains a lot of excitement, a lot of good energy and as I have said, our present energy is what matters the most in the process of manifestation. I will teach specifics about how manifestation works and which is the best tool for making manifestation work in the next module. For this module, I will say that one of the best ways to move in life is by picking things that you want to do in order of excitement. So out of all the options that you have, what is the most exciting one, what is the one that you have the most passion for? You don't need to do too many things. There are some people that believe that in order to become successful, you need to do a lot of things. Again, I can give the example of Warren Buffett, who works a few hours a day and is very, very successful. And there are other people like that, who don't need to work too much in order to be successful but it's important to follow your passion. It's important to follow your excitement. It may happen that when you follow your passion and you follow your excitement, you will actually put in a lot of work. It's not a requirement, but it may happen. It's not something bad, if you like what you're doing it's a great thing.

This is maybe a good idea to allow a **Q&A session**.

Q: Do you think manifestation will work if I still have my doubts about its success?

A: It can work. Doubt is a component of manifestation itself, because everything that we do and everything we are is an aspect that affects the mirror of manifestation. In a way, when you have a doubt you have a belief in that doubt. We always have 100% belief in something. You believe in something to be the way it is or you believe in some doubts about it, so this is like a split of belief. Yes, it affects the end result of manifestation. The solution would be to look at the doubt and to fully analyze if this doubt is something empirically true. Is this doubt an ultimate truth? Is this the way the Universe works or is it just something I am having because I may have some beliefs that are not fully aligned with what I prefer to be. Can you give a specific example?

Q: I was thinking more generally if not believing enough in the spiritual world or maybe being for your whole life focused on scientific proof and then finding out about these seemingly amazing tools but still having doubts if it will work. I don't have in mind anything specific.

A: Well, when you have doubts it is like canalizing energy toward another direction because you still believe in something. You believe in the lack of what is and yes, you can experience that. I

am not saying not to look at science but even science most of the time admits – in fact, recently I read about NASA recognizing CSI's confirmation of transcendental meditation, chakra astral projection and manifestation in parallel universes. You can do some research.

Q: Do you believe there is a price to manifesting? So if I get a lot of fortune will something else in my life become bad? Is there a need for something like a cosmic balance?

A: There is a price to smile in the mirror and the mirror to smile back at you? The mechanism is automatic. It doesn't validate from a judgmental perspective that this is good or this is bad. God doesn't really care about this dogma like for example religion does. You don't need to be this kind of person for God to love you. No, God loves you either way, anyway, it's unconditional love and by God, I mean all that is, the Universe itself. You exist and that's the simplest proof. The fact that you exist, the consciousness of all that is allowed you to exist because everything is consciousness first and foremost and even physics understands that. I should know because I studied quantum mechanics in school, I am an engineer in computer science so we studied a lot of physics, advanced mathematics and the observer is the most important part which actually is not only influencing matter but it creates matter. Physical

reality is like a dream, we're having this slow dream that exists within our consciousness. We used to believe that consciousness is something from our body, but actually the body is contained in our consciousness. So it's like a dream you're having when you go to sleep, but it's physical, something that happens more linearly and science cannot disprove that. Actually all the evidence is for that. So maybe you have some other doubts, maybe you believe you are not worthy which is another idea, but then we go to beliefs. What do you truly believe in? Can you be objective?

Q: I get it. You're saying that I'm only limiting myself and the Universe is not limiting us. If I believe there is a price, there will be a price.

A: Absolutely. 'If you think you can or you can't you are right' Henry Ford said that. I think he was right because every little thing we believe or we doubt influences the overall process of manifestation. That's why 'The Secret' is incomplete because it's a good part of what they are saying, that they introduced to a large amount of the population the power of positive thinking and the idea that we are constantly vibrating and attracting in our lives the match of that vibration. However, it's incomplete because it's not only in the good times that manifestation happens, it's in the bad ones too. It's not

like God is always watching us and blah, blah, blah. No, he's watching us because he is all powerful, all seeing, all observing but not for punishing us, but because he loves us and he gives us what we are. The manifestation is like that because the Universe has only one answer to anything that we give to it and that answer is 'Yes'. For example, when you say 'Am I right?' The universe replays 'yes'. 'Am I stupid?' and the Universe says 'Yes'. 'Is it easy?', 'Is it hard?' The answer is 'Yes' because it allows us to choose but it gives us the feedback to further choose what we prefer. The Universe cares the most about infinity because it is infinite and if we had instant manifestation we would basically self destruct. We could go on maybe a hundred years, maybe a thousand years but at some point we would be like 'OK, let's end up our existence' which is not possible. When we die we wake up in spirit and realize this was just a dream and take on a different life.

Q: I like this notion of the Universe's answer always being 'yes', that really puts things in perspective for me.

A: What I am doing right now is that I am constantly meditating; I already achieved the ability of not having thoughts because I don't need so much let's say content from my own mind. I found out in the past that most of the thoughts I was having were worrying. So

one of the ideas of Asian arts' spirituality is to enter a state where you are thoughtless. I was able to achieve in the present a state where I have no thoughts for more than 95% of my time. In a way it's easy for me to speak a bit of essential and to close a case but it takes me more effort to come out with more and more ideas. The more I can answer questions, the easier it is to create relevant and meaningful content because some of the ideas that you have wouldn't be my natural choice because some of them don't occur to me anymore, like the one about doubts. Anyway, I fully agree that most of the people think it's a valuable question but from where I am right now I look at doubt as a thought or a feeling and I sense if it's something I prefer or I don't. If it's something I prefer then I preserve it but I don't accept it as a given I process it first. I only can do that because in my life I meditate for 98% of the time. When I'm having an interaction I'm meditating, when I'm speaking to you right now I'm meditating.

So what is manifestation? In this module my intention was to make people accept that whether they like it or not manifestation is a constant effect that happens in their life. There is even a movie 'Groundhog day' where this happens over and over again until you change something. It's a nice movie. We could recommend some of these movies and tools in the workshop. The frowning in the mirror will always happen to you back until you learn how to smile.

In a way, the Universe is a bit passive because it only does what you do but the benefit is that when you smile it cannot help but to smile back. This is done so you are a greater soul, you are the person that does the change so you can actually enjoy the reward, enjoy the self-esteem that you get from knowing that you were the one to make the change in the end. There is a lot of satisfaction in that. When you become successful a lot of the satisfaction comes from knowing that you became successful by your own merits. I think it's a very important component for self worth, optimism and stuff like that.

Module No. 1's goal was about getting people to take responsibility that manifestation is an effect and something that is happening to them whether they like it or not and they can witness samples of that – sometimes through goal setting, something through small experiments like when you think about something and somebody just calls you and other stuff like that.

Module No. 2: Process of manifestation. Here I will teach a formula which is the best one I've encountered in my experience for making manifestation work long term. Not only now but for having something that gives you what you want and also gives you fulfillment.

Module No. 3: Process of continuity and waiting to receive what we want because one of the biggest problems like I've said is deadlines. The Universe doesn't really happen with deadlines. Like with a baby, ok it takes about nine months but you can't put a date exactly on it. The same is like with how an apple grows, it happens around that time, but there is not an exact time. It just takes as much time as it needs. The problem is that many people are in a controlling mindset. Everyone wants things as soon as possible and that can grossly affect the process of manifestation and sabotage many people. What happens if the outcome that you hoped for doesn't happen or at the specific time you wanted it. Some will think that manifestation doesn't work and enter a negative state and make the outcome disappear for a good while. So they will be back at ground zero.

Module No. 4: Complete vibration. This will also discuss water and nutrition.

Module No. 5: Thoughts and beliefs. Emotions too, I think this is where I will also tackle how the subconscious mind is structured because most people don't have any idea and as you make more progress into meditation, into expanding your conscious mind it's

very important to know this. Beliefs ultimately determine what you receive. The most important part is the energy of the present but of course beliefs are the building block of reality.

Module No.6: Inner peace accelerating the manifestation. Inner peace is the desired outcome in spirituality. As you can see this is not a manifestation tool, like a trick because those can only work on the little stuff. When it comes to the big stuff they fail. One of the highest goals in life would be to achieve inner peace. I have that most of the time, except for some small moments but I know what I am doing and I am getting back to it very fast.

Module No. 7: Emergency situations. What should you do when you are in a desperate position? Here I would talk about different scenarios. For example when somebody has a specific need or a depression because I am sure there are some people who have been through those, are in those and don't know how to handle them.

Module No. 8: How to receive the desired outcomes. Many times people get what they want and they are still not happy. We will talk about how to make progress after you already turn some of the objectives into reality. There was this thing that actually happened to me where I made a lot of money, I had a good relationship, I was

healthy. So what's next? Many people go into drugs and bad habits so you want some tools that could help you build an even brighter life.

Module No. 9: How to enlighten the subconscious and limit the beliefs that we have plus I will also talk about ego which many say is the biggest enemy we have. Here I would like to have a big Q&A session, to talk about tips and tricks.

Q: How specific can you be with manifestation? How specific about financial success or a partner? Can you manifest something like that?

A: The more you go broader the easier it is to get success. I can give you an example of a love life. Somebody could say that in order to have a happy love life they want someone who is tall, blonde, has big breasts and so on. So the more specific you are, the more you diminish your chances of creating success and happiness faster because you are in a position of rejecting. Rejecting anything else that comes to you and nothing comes to you by chance. Nothing that comes to us is an accident. When we take time and observe what we need to learn from a specific lesson or from a specific partner – I'm not saying that if a jerk comes into

your life you should be with that person and make things work – I'm saying that maybe somebody who's brunette and not so tall has other qualities that you don't consider at first and could actually gives you a bigger satisfaction than what you were imagining in the first place. When you are being very, very specific you are stealing from yourself, you are limiting yourself. And with money it works the same. Let's say your idea of wealth is having one hundred million dollars. People will ask 'So what are you going to do with that kind of money?' You say you are going to invest it or something like that. If you ask most people what they are actually going to do with that amount of money they don't know. Okay, the house, the car, but what else? It's much more important to have the experience than to have ego for these specific things to happen because the Universe always gives us not what we specifically want but what we need.

Q: In your opinion, is there something that you can't manifest? Nobody could manifest?

A: Everyone is constantly manifesting all the time. So it's not a question of something that cannot be manifested because everybody is already manifesting. It's the perspective of what they are manifesting. Many people manifest a lot of poverty, not a lack

of abundance that they are manifesting, but an abundance of poverty. That's how it works. Everyone is abundant; everyone is made in the image of the infinite creator – God. Some of them are just little babies when it comes to understanding how manifestation works and how to consciously manifest what they actually prefer.

Q: Are there any science that my manifestation efforts are working? Can I look for science that what I am manifesting is coming true?

A: Why do you need that science for? Validation? Do you believe manifestation is something that is ever present or not?

Q: I've just gotten this information from you so I need to sit with it for a little bit. It's not something that was known to me before.

A: I hear from a lot of people things like they were thinking about someone and that person's starts calling them or they were looking on their phones and see a number which means they are in synchronicity or a good state which is a reason to be happy. It's fun in the beginning but when you are constantly looking at your screen and see that '00:00' or whatever but after a while is not so special anymore. This happens to me a lot as well. Maybe some people find it a valid tool for manifestation working but after you know

100% manifestation happens anyway it's not such a big deal anymore.

Q: Maybe I could rephrase my question. Is there any way to not lose hope in the fact that manifestation will work?

A: It's funny when you say hope about a process that has been validated for so many times, for something that is happening all the time anyway and you can't do anything about it to change it. It's like losing hope that when you breathe there would still be oxygen. Maybe you can connect with your lack of trust because all the time you have 100% trust in something. Is that something a clear thought or is it a doubt? For example, maybe your doubt is like will this work for me? But I am telling you that it is already working for you. You can think about how maybe you wanted things in the past and they just happened. Am I right or not?

Q: Yes.

A: Most of the things that you really wanted and were like a goal actually happened. Isn't that a validation?

Q: So basically the answer is to just trust the process because it's already happening.

A: Trust the truth. Don't try to add negative meanings to it because when you add those is like when you're frowning at the mirror. We receive proof that what we do works and then somehow we want to experience and play a little bit with the dark side and be like 'OK, so this doesn't work...'. The Universe then says 'Yes, it doesn't work' and then all of a sudden it stops working. It's not an ultimate truth but it's the reflection of your inside.