

BEST MANIFESTATION

module 2

The Art is in the Process



Module No. 2

So we will start with Module No.2: *The Process of Manifestation*. This will also give us a formula to use whenever we want to manifest and I will explain because I've been testing manifestation for more than 10 years. Right now, I'm 37 and I first started using manifestation when I was about 22 years old. I want to give you an example, at some point I wanted a car and I had a vision board where I put the picture of the car that I wanted at that time – a Volkswagen Passat. At that time it was a pretty cool car especially for a young guy like me. I was looking at it all the time, I was you know picturing myself in the car and I was feeling excited. And I moved. I moved from that house and I forgot about the vision board, I forgot about the picture, I forgot about the car that I wanted but I actually ended up buying a much nicer car. I ended up buying a Mercedes ML which was a better brand, a nicer car, an SUV. So in a way with manifestation, how it happens is that many times we get what we want but other times it can happen that we actually get better things than those that we initially wanted. It's not something obvious because you can imagine when you were young you had some desires and of course they changed. You wanted maybe this and this and then you grew up and your ideas about what you want changed. So the formula that I like the most that I found is to decide

what you want – maybe you want a car, maybe you want a certain amount of money in the bank account, maybe you want a house, maybe you want a lover or more lovers, maybe you want to have a certain body. And after you decide what you want, and you can actually make a list no problem, you can visualize, you can picture yourself already having those and notice how you feel. Get in touch with your feelings. No, better get in touch with your excitement. Get in touch with your passion. Get in touch with your joy. And after you get in touch with those, drop the image, drop the visualization, just keep the energy, just keep the inside information without the mental images. Because like I said, it happened to me, it happened to others and many times you get actually something better. Sometimes, of course, you can get something less, no problem, but maybe it's more relevant for your spiritual progress, maybe it's something that you actually need. You want something but you get something else instead and you figure out that is actually what you needed for your next phase of growth, to push you further and to become a bigger person.

So I'll repeat the formula. Visualize in the present moment already having an experience of what it is that you want. Get in touch with that energy, with how you feel and keep that energy for as long as you want and drop the insistence that there is a particular thing or a particular way that things need to happen, drop

it, just keep the motions, keep the vibration and drop expectations, drop attachments. The next step would be to act on what it that excites you is. So, in a way the formula is a bit more complete. Actually, I don't like this part, it's not a bit more complete, the formula is fully complete when you also make actions but sometimes you cannot act directly onto something that you want. What is important about manifestation is that many times we have a bucket list, we want more items. Another important idea is to start acting on what is more exciting for you. So you can make a visualization, you can make a mental picture of what is it that you want the most, what is it that for you is the most exciting, you can feel the energy, you can drop the expectations, and with that energy, with that energy of passion and of excitement, just start doing things. It's very, very important to have no insistence, to have no expectations of what it is that you will be receiving or how it is that you will be receiving it because we have two components: the physical mind which is present in our body and the higher mind which is in spirit. The higher mind already knows what is the most beneficial way of giving us what it is that we need and how to push us further into infinity. For me for example, I have a much better life then what my goals when I was 16 were. In my opinion, I have a much better life. So if I was to remain fixed on the goals that I had when I was 16, I would have missed out on so many fortunate

events, on so many beautiful experiences of my life. And I'm pretty confident that actually my life will turn out even better than in my current dreams. Because sometimes the Universe can think so to say and can imagine way better things that would actually be for us, that would be something that nourishes our spirit, our soul, our mind, much better than we can imagine with our limited physical mind. It's important to remain humble and to allow God and the Universe to bring us what they think is the most representative energy that we can create within ourselves to reflect in the best possible way the energy that we have inside. I can explain further the formula just to make sure that you fully understand it because it took me a while to fully grasp it to be honest. So the idea to create the most exciting pictures and visualizations is to make sure that you can actually create the most exciting feeling, the highest quality feeling, the highest quality vibration that it can be on the inside. And that's the whole point, nothing else. Because once you can access the highest quality vibration, the highest vibration, the most exciting one, the one with the most passion, then the Universe –if you can maintain that energy, has to match that excitement. Of course, it's also important to act on it, to use that energy, to integrate that energy and to start making actions with that energy because, in a way, manifestation is complete when you are doing actions. It's also important to meditate but meditation is an action in itself. It's

not like just sitting around and doing nothing. During meditation you observe, but we will talk more about that in a future module. So acting and doing is something that grounds the energy of your total being. Lao Tzu, one of the most famous spiritual sages used to say 'When you fully surrender to the universe, the universe fully surrenders to you.' So when you allow the universe, you are humble with the universe, and you just have an intention like 'Just give me the best that is for me', it will not disappoint you. In fact, it may surprise you in a very, very positive way; it will bring you something better than what you initially imagined many times.

So that's why I'm not a big believer right now in having an existing idea on what it is that you want. I can talk about money because money is one of my favorite subjects because it's such a popular subject. Many people think abundance is a specific number but there are many, many rich people that have such a busy agenda, such a busy schedule that they don't actually have time to enjoy that money. They have maybe a big house, they have maybe a big gym and they don't really get to use it. So they have the potential of an abundant life, but they don't really have an abundant life because they're too busy working. I can give you an example, a story that I've heard – one guy from the West met a shaman from South America who was living, from Western standards, in poverty, he was living in the mountains and so he asked him 'How can you

live so poor?' and he said 'No, I'm so rich. Look at the views, look at the mountains, look at nature, everything that I'm having right now.' In a way, it can be like that with abundance. I mean, it's not so important the number in the bank. It's much more important to feel good about what you have and actually the Universe will bring you more when you have this kind of vibration. It's like with food, it's not so important necessarily the amount of food that you have, because we are obsessed in our days with quantity, it's much more important how good it tastes that food, how good it is.

I can give you some more examples from my personal experience. The best example is that I was having a million dollars in my bank account and I realized that I'm still afraid of poverty, I was still feeling poor. So this is not the place where I wanted to be and I was like, 'Okay, there is something wrong with myself.' I'm not saying a million dollars is too much money nowadays, but it's still considerable. I mean, you're not that poor with a million dollars. What people wrongly think is that by getting rich, you automatically become happy. And that's false. You just remain yourself with a larger amount of money, with a bigger amount of money. That's it, nothing else. So it's important to take some time and allow introspection. Once you start introspecting, you can get in touch with your beliefs, with your feelings, with your thoughts and when it comes to wealth, realize that if you are healthy you are already half

rich. You wouldn't sell an organ or a hand or a leg for a lot of money, right? When I was having a lot of money in my bank account and I had problems with my health I realized that money is not that important. It's funny that when you stop giving too much importance to money and you're less attached to it, somehow it flows easier into your direction. I'm not saying not to respect money, I'm not saying that you have negative emotions, I'm just saying that things don't manifest when you are attached to them. Things don't happen. That's why in Buddhism it's very, very important to lose attachments. Because when you have obsessive energy, it becomes negative energy. And the mirror, the universe, the reality stops reflecting the abundance, but starts reflecting the lack of it because anytime we are were obsessed, actually we have the fear that we might be losing out and the Universe just says 'Yes, okay, you will be losing out, no problem, your wishes my command'. So that's why it's very, very important to not be insisting on how the outcome should look in the process. You should not be attached to a specific result. So I'll just give an example for money. Just imagine whatever amount of money that you think will satisfy you being already in your bank account. It gets more exciting; imagine using that money to buy the house, to buy the car, to buy what it is that you want. Imagine having those, imagine how you feel and that's the highest feeling of abundance that you can actually create.

Then just drop everything else and keep that feeling of abundance. If you can maintain that feeling for long enough, the Universe will have to match it because everything in the universe is vibration. Everything is energy. Situations will appear, events will happen, many times unexpected, that will give you the opportunity to create the reflection of that abundance on the outside when there is that feeling and vibration of abundance already on the inside. And that's the fastest way to get results in manifestation that I am aware of.

With your love life I can repeat the same exercise. Picture the perfect partner or partners or whatever it is that you desire in your life. Whether are lovers, whether are friends, just picture the best scenarios where you feel truly loved. Notice and observe how these make you feel, and keep that feeling, drop the images and keep that feeling. Do it for as many times as you want. It's funny, but sometimes you will see that maybe the same images will stop being so effective, and you will see new images. So that's another point that one particular scenario is not necessarily the final result, the final response to what is it that you want, or what is it that you need. The feeling, the vibration is more important. Work on amplifying that. Because the Universe respects 100% vibrations and it will match your vibration and will give you that representation in your life. Don't insist on when it has to happen, because that insistence

comes from fear because maybe you don't fully believe that it will happen, just drop all kinds of ways of trying to control it.

Just focus on having the most intense vibration as most as possible. I really want it for 100% of the time, I cannot have it 100% of the time, I am still working on it. That's why most of my time right now I'm meditating, I'm still doing things, but most of the time I'm meditating, to make sure that the vibration I'm having is the highest I can have. I noticed myself that the more I can keep the vibration of abundance inside, the faster things start to change around. So that's actually the way to speed up things. But don't force it. Don't work with insistence, don't work with force. This is not how energy works. Energy is like water. Allow it to come.

Questions & answers:

Q: I would like to know more about this concept of vibration. You talked about it in the last module as well. I'm curious on what exactly are high vibration and low vibration and what's the connection to manifestation?

A: So we always have a total feeling within us. For many of us that feeling is a bit confused because we have mixed feelings. We have a bit of joy, a bit of sadness, a bit of guilt, a bit of other feelings, a bit of rage, maybe. Through meditation, you can observe and you can become more aware of the different emotional forces that are

within us. And that's why in spirituality, one of the first objectives is to achieve peace of mind and peace of emotions. Because once you do that, you can unify those forces and you can make progress much faster after that. That's actually the whole idea, to be able to – in meditation – to go beyond thoughts because the consciousness is structured like in a pattern. At the lower level you have the thoughts, at the higher level you have the soul and the soul has those emotions, has those feelings. Once you can go beyond your thoughts, once you can have a still mind that doesn't just come out with ideas like a monkey, you can much better observe and become more and more aware of your sensations within the body and of your emotions. After you can unify those forces, you make much more progress in the spirit, which gives you access to working with your deepest beliefs. I can give you an interesting example. We always have emotions because of specific beliefs. For something that we don't have a definition of, we cannot have an emotion. If it's not something familiar, if it's not something that we already have some concept of, we don't feel anything. So our subconscious mind is structured like that: at the least deep level you have thoughts, at a deeper level you have the emotions and at an even deeper level you have the beliefs. And I already said that the beliefs are the bricks of reality; that's even demonstrated by placebo. So what you believe fully becomes a reality. Where I'm

working the most right now is at the soul level, the emotions level because 90% of the time I have peace of mind and I slowly become more and more aware of my beliefs. I try in a way to just drop my beliefs to just give them more and more to the universe to become a better conduit of energy and to accelerate my energy and my vibration. It's important to take some time to introspect and meditate. First, relax your thoughts to go to a place where you have less and less thoughts that are just disturbing you, so you can become more and more aware of the emotions that you have in yourself. Once you have those emotions, you can ask the question 'What would I have to believe, to feel the way I'm feeling about this?' And you can discover the belief. Once you discover that definition, that thing you think through your physical ego to be the truth, you can ask another question like 'Is that the ultimate truth?' Many times, you'll discover that it's actually false, that is not the ultimate truth. And once you have the conscious realization of that, you also install the awareness over that section of your consciousness and everything will change, including the reflections, including your experience of reality.

Q: I would have a follow up, for a beginner like me do you have any recommendations of guided meditations or meditation tapes or something like that?

A: I think guided meditation has its purpose, especially in the beginning, to give you a roadmap into becoming more relaxed but I wouldn't do that too much. I think the best meditation is when you can stay relaxed, you don't have to stay in the lotus position or something like that. I mean, if a lotus position is something that makes you comfortable and makes you feel very relaxed, you can do that but for myself that doesn't work. So I just prefer to stay as comfortable as possible, have silence and put all my focus on the inside. In case I need an anchor point, I focus my energy on my lower belly, which in Taoism and in Buddhism, it's called the dantian. So this is a place that stores energy and rotates energy and it's also the center of our immune system. It's also the center of our power in martial arts when you do a move you focus on the lower belly to center yourself. It's also the center of our sexual energy. So you can observe the inside and if you want an anchor point because there's too much movement, there's like too much to move on the inside you can just observe and put your attention on the lower belly, two fingers below the belly point.

Q: I will try that. I've only tried guided meditations and maybe that's what I need to do to keep it simple.

A: With guided meditation you can achieve that in the beginning; however, you will make so much progress after a while. It's much more important to face the present moment, to see exactly what

happens right now, right here on the inside, and to calm your thoughts, to calm your emotions, to get into a place of more relaxation and of more inner peace. It's much easier and faster and much more effective after that to transform your consciousness fully from the inside out.

Q: So do you recommend meditating before in the formula of manifestation that you recommended?

A: I don't use the formula too much to be honest right now, because right now I'm meditating most of my time but I know it's something that most people cannot do given their circumstances of life. When I was in the beginning, I was allowing myself to have 10 minutes time in the morning and 10 minutes time in the evening to visualize and to feel the energy that I am feeling when I am with the results that I want in my life and to transmute that energy, to feel more and more that energy of abundance. Right now I'm at a point where I don't have to worry so much; I care the most about my spiritual progress. I still envision things that I want but I envision them only with the purpose of influencing my current state of being. So I am more advanced with that but for beginners, you can decide how much time you have, how much time you can allow and you can split that time between doing the manifestation, the formula and the

meditation. Actually, this too will start unifying more and more. And what do I mean by that? Once you meditate, you'll observe 'Okay, I have this kind of beliefs or that I have a lack of abundance in this area.' And then you almost automatically can do the manifestation formula like 'Okay, let's envision myself how I would feel if I had these results that I want in the present' and you do that and you feel those results in the present. You will feel that there are new emotions, there is a new energy and that energy integrates more and more with yourself. So in a way, you can actually do both. Not at the same time, but I think they work very, very well together.

Q: Yes, that answered my question. I think I will try exactly this formula; to start with meditation and get into higher vibration and then get to the manifestation formula. Thank you!

A: No problem. Are there any more questions? Because this module is dedicated to the formula and to explaining the formula and of course, we touch on some things that are meant for future modules but it's not a problem. We can talk about the important stuff as much as it is needed in order to fully understand and to start using them. More questions, please.

Q: You talked about going after the things that excite you in life. But after you achieve all your goals, everything that excites you, how do you find a new thing to focus your powers on? How do you know what is the best thing to focus on after you already have everything you want?

A: Actually, in module number nine we will talk about how to progress after you already got what you wanted. So we have a module dedicated for that. I'm not sure how much content I will have by then to be honest, because I mean, the content is pretty simple. However, it's very, very easy to screw it up. So it's important to really see these kinds of ideas from all perspectives. Right now, for me, it's rather simple, because I'm focused on the moment, I have no thoughts most of the time, I'm just looking at my vibration, I'm processing any source of negative energies and I am neutralizing them. Right now in the world, there's a lot of turmoil. I mean, I can sense that the energy is a bit messed up and I'm sure I'm not the only one noticing that with this COVID situation and stuff like that. I'm neutralizing any kind of negative emotions, and I'm doing my best to raise my vibration, to feel better and better. I'm in a place where I achieve peace of mind most of the time and I'm implementing more and more joy in my life. That's my next emotion that I'm integrating more and more in my physical state, the state

of joy, which comes naturally, you allow it and it starts to come. When you have the vibration of joy, things that you can enjoy start happening, like a lot of things. Trust me.

Q: I have another question about the formula. How long am I supposed to visualize a goal before I let go of it? Is it an hour a day or week a month, etc.?

A: It's not so important the visualization for the sake of the exercise of visualization. I mean, what is more important is actually being able to place in yourself the feeling of abundance, with as much power as possible and for as long as possible, if it makes sense. So everyone is different from that regard. For me, right now, I don't need a lot of visualization. I just have a small representation, a small symbol, and I focus a lot on the emotion. So, I know that other courses and other people just say focus on the image. Look at the image. And I think that's very, very slow actually, because you become attached to those images, and maybe they're not the most efficient way that things should happen. And I give you again the example of the car in my life, right? I had the vision of a Volkswagen Passat in the past on my vision board. If I was attached to that, why would I get a Volkswagen Passat, when it was much more exciting for me to get a Mercedes, an SUV. So people get very, very

obsessed with specific results and this is insistence. Many times the Universe has a much better idea of what would excite you even more, but it's like a mirror: it waits for you. It allows you to be able to first grow into a position where you can actually receive that.

Q: Do you have any tips for impatient people like me? I'm usually very impatient in every aspect of my life; so waiting for that manifestation to work seems like a very difficult task for me right now. So do you have any tips in that regard?

A: Well, it's a common thing to be impatient nowadays. I mean, it's not something rare at all; it's actually very, very common because we live in a society where we want this now and we get angry if something is delayed by a couple of minutes. So it's all about getting into a more peaceful state and understanding that we have to allow the Universe and allow God to set up the timing. It's about humbleness, understanding the long process, infinite intelligence, like the Universe has, like God has. We have intelligence, but it's still limited by the physical experience that we currently have. So it's much smarter to allow the Universe to set up the time. I can give you an example. I mean, it takes one woman nine months to have a baby, but nine women don't get it done in one month. Sometimes it is like that. Another example is that most people let's say they go

on a mountain, okay? Most people will be just obsessed about getting to the top of the mountain. 'I want to go to the top of the mountain.' but how about the trip? What about the experience you're having while getting there? Because my belief right now is that everyone will eventually get everything they want in this life or in other lives; and I think at least equal as important will be the story and the process of how you got it. Why rob yourself of that? Why should anyone take that from you? It's like in a movie. Why make the movie less than what it can be by bringing in spoilers. Why should you ruin your experience? Are you satisfied with my answer?

Q: Yeah, I understand the point. Just focus on the experience and everything will come. You just talked about past lives and I remember you talking about past lives in the last module as well. I have a question about that. Do you believe that being in touch with your previous lives, helps you become better as manifesting?

A: Well, I think the most important focus is the present. I mean, from my studies, what happens is that on a higher level of our being we split into multiple lives, that from a timeline perspective they happen in the past or in the future. That's how you can actually have access to future lives, because everything exists in the

present. But it's not your life directly. It's your life at the higher level that right now you are not aware of. So in a way, it's not so relevant for your present experience. When it becomes relevant, you will receive more information about your past life or about your future life and chances are you are having hundreds of those on an overall level. But what is relevant is the present moment, just focus on the now. Simplify things.

Q: I find it very interesting what you said earlier, especially about visualization. I didn't know anything about it until now. And I will try it.

A: People put maybe too much emphasis on visual things, on visualization. I'm not saying that's something bad. I'm just saying that it's just a way to get to the means. It's a tool, it's nothing else but a tool. So you should use visualization to help you get into the highest vibration that you can, that you are able to feel in the present moment. So that's how this tool should be used by someone who wants to get results in a much more effective way. We care about efficiency nowadays; we want to be as effective and as efficient as possible. So if you want to get that effectiveness, you should use that visualization as a tool. Ask yourself what would make you excited, maybe I don't know, driving a fast car or having

a luxury car, driving in the city with a nice girl around you or with two girls, I don't know. It's you who has to decide what makes you excited. And you visualize that but you take that visualization to as much as you can to just amplify your present state, how you feel on the inside. That's why I say it's a tool; because what matters is the vibration, how you feel on the inside. That will create the results. That will create the resonance in the universe because when we have a feeling of vibration on the inside, we all the time cast a signal in the universe and the universe matches our vibration inside, and it reflects that vibration with something that matches that signal. Does it make more sense now?

Q: Yes, it does.

A: If you want for the sake of having some more content, you can open up and tell me one of your goals, what would be like the most exciting thing to happen to you right now or one your purposes.

Q: For the moment, buying a car.

A: What is your ideal car?

Q: Alfa Romeo Giulia.

A: Can you imagine what would be the most exciting thing about having access to that car?

Q: It has a different presence, besides other cars. Let's say it's more beautiful, in my opinion.

A: But can you have a movie in your own mind? Where are you using that car in the most exciting way for you?

Q: No.

A: Why not take that further? Like, you know, just imagine yourself driving that car. Get to the perfect state of being. Get to the perfect feeling.

Q: Okay, let's say you don't have imagination. You can't imagine yourself in the car. What do you do? What can you do?

A: Well just think about the most exciting thing that will happen after you own that car.

Q: All right. Is it about the speed? The way people will see you after you own that car? Is that what you're talking about?

A: Well, it's your excitement. You should be able to envision and get to a situation that would make you feel as joyful as possible, that will give you the highest amount of intensity and long lasting emotions.

Q: I see. Let's say, I'm on the highway driving this car because it's a sports car the speed you can get with it.

A: You can almost make a movie right now, right? When you say those things, right? You can envision yourself doing that.

Q: Yes. Holding the steering wheel, looking at the road...

A: Okay, take that movie to as much as possible, to a point where you get the most exciting emotion on the inside. Drop the images, drop the movie and keep the feelings.

Q: All right, and if I have to say what I feel right now, excitement is the best word to describe it. Maybe happiness.

A: So that's the physics of it. Whenever you have those feelings on the inside, the more intense it is, and the more prolonged you can have them, the more you will send the signal into the universe and the universe will match. That's why I am saying that we're always manifesting because we always cast out the feelings; we always have a feeling on the inside. But the universe of course, being like a mirror, just matches back what it is that is inside.

Q: Can our visualization influence others?

A: From my knowledge, no. Our vibration can influence others but our visualization is just a tool. On the other hand, our vibration and how we feel, yes. I mean, you noticed it, right? When you are around people that are very, very excited it can raise you up and when you're around people that are very, very sad and depressed it can bring you down, you know? So, actually vibration, energy is what matters because that creates the impact in the universe. Even Nikola Tesla said that if you want to understand the secrets of the universe, it is a frequency of vibration. These are the secrets of the universe: frequency and vibration. That's what Tesla said.

Q: On a similar note, do you think you can manifest a specific person back into your life? Like maybe an ex-boyfriend or a family member?

A: Well, you could do that. However, I found out that maybe someone better will come along. I promise you that. I mean, that's my personal experience. I had moments in life where I broke up with somebody that I really cared about and in that immediate moment I wanted that person back with all my intention. And after a while, after some years, I realized that was not the best person for me. That was not the best person. The Dalai Lama said 'sometimes not getting what you want is incredible luck.' So it depends, because that's the problem with obsession, we tend to give extra meaning to specific things and events because they actually touch our personal ego. So the physical ego doesn't like to suffer, so to say, and he wants to control things physically. It is good to understand that the physical ego doesn't know everything and it's not built to know everything. The physical ego is built to allow you to have a physical experience. Because everything is within us, we are all consciousness; physical reality is like a dream – just a slower vibrating dream that gives us the illusion of reality. The experience is real, but physical reality is not and even in physics they understand that. Nothing exists without the observer. Is just a

potential of probabilities. So maybe you can look, you can make a self assessment. Let's use that example because I know many people that are in that position where they wish someone who used to be in their life back or wish to have that experience back. But what is it about that specific person or event that happened in the past that you want back? Couldn't you find someone or something even better? Because let's be honest, if it was meant for you, it would still be here.

Q: Yes, it does. I'm trying to think of free factors. So let's say for example, my ex-boyfriend manifests me back into his life. But I, personally, don't want to be back into his life. How does that function? That's why I asked, is it possible not?

A: Well, it's possible if you match his manifestation by your freewill as well. From my knowledge, you cannot possibly control other people with that. You can control yourself but you cannot control other people. Everyone lives actually in a discrete universe. We actually live in parallel realities. Your reality is built from your own consciousness' point. However, if we decide to be influenced by an ex-lover who tries to manipulate energy into making us come back into his life, I mean if you actually start to believe that it works,

maybe it will work. But if you understand that it's your free will, and that it's your decision, those will matter. You may want or not want to be with him again, it's totally up to you. It's not up to him because it's something that is about you and only you have free will to decide exactly what it is that you want. So it cannot be forced like that. Anything else related to that question?

Q: No, that's all I wanted to know; how does the power of manifestation work with free will? I mean, if you can influence someone beyond their own wants and needs, I guess.

A: No, not really. That's why sometimes, being too specific doesn't help either. I mean, you should always look at what gives you the most exciting feeling and drop the visualization. Drop the perceived ideal situation, because it happens many, many times that something even better can come on.

Q: I was curious because I think many people are looking into manifestation exactly for this, if you can manifest getting rid of an addiction, like to alcohol or smoking or drugs?

A: I think that's not necessarily the idea of manifestation because I mean, it's more one of meditation. In a way, manifestation and

meditation go very, very well together, because manifesting is basically receiving something that you don't already have. Here we talk about an addiction which it's something that you do have. Maybe introspection is much more useful for the situation like 'Look, what am I getting out of this? I mean, do I honestly want to stop?' If you honestly want to stop it, you will stop it. But if you don't honestly want to stop, it won't. So you have to be truthful with yourself in this situation.

A: So, I am curious, will you both start using this tool to see what kind of result you can have? Is it something that excites you? Is it something that you want to do? Or is it something you just want to try out to see how it was?

Q: Yes, I will definitely try it. Personally I've heard about manifestation from many other people and many places online but I never really had the drive to learn more about it but now that I do, I think I'm actually really excited to try it out because it definitely can't hurt.

A: Well, you are manifesting either way. I mean, it's not like you can stop manifesting; is just something that happens whether you want it or not. You just become more aware after using that

consciously why some things happen in your life that you don't prefer; because if something happens in your life that you don't prefer there's always something inside that causes that. There is an African proverb that says 'If there is no enemy inside there is no enemy outside'. Any other thoughts on that?

Q: For me, this is the first time I've heard about manifestation. The first time I had contact with it and I'll certainly try it to see how it works for me. I remember that I've heard somewhere that Connor McGregor does the visualization thing with every match that he has and he visualizes himself, winning the match every strike he does, or in which round he pulls on the opponent; and if it helps him, for sure, it will help me.

A: I'm sure he cares the most about the feeling, how he feels when he does that. I'm sure about it. It's important to have that vibration and is also important once you have it more than more and more to act on it, to start doing things that are a match to that kind of vibration. So that's actually the complete formula. The complete formula is to integrate that energy, that emotion, that feeling of abundance inside and to start acting. In your case, it's easy, in my opinion of course, just start doing better and better, and it will happen. Let that excitement motivate you because excitement is

also filled with energy. When you have energy to do the things that you want to do, you do them better and faster, with higher quality. You have more stamina and you have more resistance.