



# MANIFESTATION

Unlocking the Secrets of Abundance

Hey Abundance Seeker

The information in this eBook is here to inform and inspire you, but remember: it's just for fun and knowledge-sharing!

We've done our homework, but we can't guarantee that every detail is perfect, and we might have missed something. So, enjoy the read, but remember that it's all for your curiosity and creativity!

We all dream of living in abundance, but the magic starts when we act to make it happen!

This book is your launchpad—a foundation to build on and a guide to living a life overflowing with abundance and joy. Get ready to thrive!



*“Your thoughts become things;  
manifest wisely.”*

*Mike Dooley*

# INTRODUCTION

Like it or not, you're already shaping your life every day. You're manifesting your reality, even if you don't realize it!

Sometimes, your worries, beliefs, and mind tricks get in the way, making you miss out on amazing opportunities because you only "see" what your brain wants you to see.

But imagine if you could take control of all that? What if you could start creating the life you truly want, on purpose?

Manifestation is the ability to think something into existence. Sounds wild, right? But it's true—it happens all the time.

Once you understand how this works, you can start reaching your goals and turning your dreams into reality. It's all about knowing the process.

This eBook dives into the power of manifestation. We'll break down the principles and rules that make it happen.

You'll learn how to manifest anything you want in life, with practical tips and strategies to keep you on track toward your dreams.

Ready to make your biggest desires come true? Let's jump in!



# WHAT IS MANIFESTATION AND WHY IS IT IMPORTANT?

Let's start by getting on the same page about what manifestation means. Manifesting something in your life means making it happen—turning your thoughts or dreams into reality.

No, we're not talking about magic tricks but rather the natural laws of the universe and how your mind works. You can use your thoughts, feelings, and beliefs to bring what you want into your life, but you need to know how to do it for it to work.

*"Reality is a projection of your thoughts or the things you habitually think about." Stephen Richards.*

## The Purpose of Manifestation

There are lots of ways to manifest something in your life. For example, if you're unhappy with your job, imagine the job you want instead of complaining and visualize yourself feeling fulfilled. By focusing your energy on this, you may find yourself landing that dream job—and that's manifestation in action. You've created something that wasn't there before.

Manifestation gives you the power to achieve any goal or realize any dream as long as you have the right mindset. You've been manifesting all along—it's about doing it intentionally to create the life you want.

When you learn to manifest with intention, you can channel your energy into bringing your dreams to life. Your thoughts, emotions, and actions can work together to build your desired future.

But how does this actually work? Understanding the principles behind manifestation is key to using it successfully. Let's dive into those principles next.



## The Principles of Manifestation

Several key principles and ideas help us understand how manifestation works. These ideas explain how the universe operates and how our thoughts can bring things into existence.

The universe is guided by certain laws that influence everything around us—even if we're not always aware of them. By learning these laws, you can use them to create the reality you want.

Let's explore some of the basic principles of manifestation and see how they help explain this process.

### The Law of Attraction

The Law of Attraction is one of the most well-known principles of manifestation. It says that you attract what you focus on. When you think about something often, you start noticing it more in your life.

For example, if you buy a new car, you'll start seeing that same car everywhere. You didn't magically make more of them appear, but your focus on the car makes you notice it more.

Your thoughts can attract either problems or opportunities, depending on your outlook. Positive thoughts will help you see possibilities, while negative thoughts will make you focus on challenges. You attract into your life what you think about the most.

### The Principle of Cause and Effect

Another key idea is the Principle of Cause and Effect, which says that every action has a reaction. Every choice you make leads to a result, even if you don't see it right away.

This means that every decision, no matter how small, impacts your life. By making positive choices, you create the right conditions for manifestation to happen.



*“Manifestation is the bridge between imagination and reality.”*

*Deepak Chopra*

### The Principle of Giving

Giving is another important part of manifestation. The more you give, the more you receive. If you want positivity in your life, send positivity out into the world. When you give love, kindness, or generosity, you'll find that the world rewards you in return.

This principle works because giving puts you in a mindset of openness and willingness to receive. The more you give, the more opportunities you create for yourself.

We have beliefs and ideas that shape how we see ourselves and the world. These beliefs can sometimes hold us back, limiting our ability to manifest what we want.

If your mind is filled with negative thoughts or doubts, it can affect your ability to think positively and attract what you desire. These limiting beliefs have a powerful influence on your life, even if you're unaware of them.

To manifest successfully, you must first address these unhelpful thoughts and beliefs. Changing your thoughts about yourself can change how you think about the world.

### The Principle of Least Resistance

When it comes to manifesting what you want, the things you're most likely to achieve are those you resist the least. Letting go of emotional attachments and accepting what you can and can't change will lead to better outcomes.

Instead of focusing on the result, invest your energy in the process of achieving your goals. This is what you can control. Detaching yourself from outcomes allows things to happen naturally and at the right time.



*“Manifestation occurs when you align your mindset, belief system, and actions with your desired reality.”*

*Lisa Nichols*

Looking to bring your dreams to life? In this video, there are practical tips for manifesting that will help you turn your thoughts into reality.

Learn how to focus your energy, boost your belief, and start attracting what you truly desire. Whether you're new to manifestation or looking to refine your skills, these tips will get you on the path to success.

Ready to manifest your best life?

Watch Video Below



# THE THREE PILLARS OF MANIFESTATION

## 1 BEING

This is about being the person that you are striving to be. Learning to inhabit the beliefs and choices of a person who deserves happiness, who can achieve their goals, and who is committed to realizing their objectives.



Before you can do something, you must have the right mindset that will get you the results you want.

You must embody the values, beliefs, and thoughts that are needed to realize the dream.

Manifestation is founded on 3 distinct pillars that go far beyond just thinking a thought. Each of the three components must be present for the other two to work. Without one, the stool becomes lopsided and you fall over, failing to accomplish your objectives.

## MANIFESTATION

## 2

## DOING

Everything you want in life requires something from you. It may require learning, action, a change in circumstances, new choices or habits, or a change in your outlook. So, if you need to adjust your mindset, you must be willing to put in the work to do that, or to learn some new skills, then you must put in the effort. Doing does not just happen because you want it; it occurs when you make the conscious choice to behave, to move, to change, to learn.



It requires effort.

## 3 HAVING

Having is not the ultimate result you seek to achieve. When you have invested in the Being and Doing, Having what you want should become a steppingstone to a new goal, the manifestation of something new in your life. Having means that you have realized something important to you and that your journey is ready to continue in a new direction. It is time to circle back around to Being to achieve your new dream and begin the work of Doing to attain it.





# 9 STEPS TO MANIFESTING YOUR DREAM LIFE

Ready to turn your dreams into reality? Here's a simple and fun guide to manifesting what you want in life. Just follow these 9 steps, and you'll be on your way to creating the life you've always dreamed of!

Remember, nothing just falls in our lap, we need to do the work

**Step 1: Get Clear on What You Want** The first step to manifesting is knowing exactly what you want.

- Imagine you're placing an order at a restaurant—if you don't know what you want, how can you expect to get it? So, be specific. The clearer you are, the easier it will be to focus your energy on bringing it to life.

**Step 2: Visualize It in Detail**

- Now that you know what you want, it's time to picture it. Close your eyes and imagine having what you desire. What does it look like? How does it make you feel? The more vivid and detailed your visualization, the more real it becomes in your mind—and the closer it gets to becoming your reality.

**Step 3: Feel the Emotions**

- While you're visualizing, really tap into the emotions you'd feel if you already had what you want. Feel the excitement, joy, and satisfaction as if it's happening right now. Emotions are like the fuel that powers your manifestation engine, so rev it up with positive feelings!

**Step 4: Believe It's Possible** This step is all about faith.

- You have to believe that what you want is not only possible but that it's already on its way to you. Doubts are like speed bumps on the road to manifestation—they slow you down. So, ditch the doubt and trust that your dreams are within reach.



### Step 5: Take Inspired Action

- Manifestation isn't just about thinking and dreaming—it's also about doing. Once you've set your intention, start taking steps toward your goal. These don't have to be giant leaps; even small actions can make a big difference. The key is to follow your intuition and act when you feel inspired.

### Step 6: Stay Positive and Grateful

- Keep your vibes high by staying positive and practicing gratitude. Focus on what's going right in your life and appreciate what you already have. Gratitude acts like a magnet, attracting even more good things your way. Plus, it keeps you in the right mindset to continue manifesting.

### Step 7: Let Go of Attachment

- This might sound tricky, but it's crucial. While you're working toward your goal, try not to obsess over it. Trust that the universe is handling the details, and don't get too hung up on how or when it will happen. Let go of the need to control everything and allow things to unfold naturally.

### Step 8: Be Open to Receive

- Sometimes, what you manifest might come in a form you didn't expect, so it's important to stay open to whatever opportunities come your way. The universe has a funny way of delivering what you need, even if it looks a little different from what you imagined. Be ready to say "yes" to new possibilities!

### Step 9: Celebrate Your Successes

- When your manifestation comes to life, celebrate it! Recognize the power you have to create your reality and give yourself credit for making it happen. Celebrating your wins, big or small, builds confidence and momentum, making it easier to manifest even more in the future.



## The Influence of Emotions

Your emotions play a big role in manifestation. Positive emotions can speed up the process by helping your brain form stronger connections between your thoughts and actions.

When you associate positive feelings with your goals, you're more likely to stick with the actions needed to achieve them. Positivity is key to many principles of manifestation, and it's crucial for making your dreams come true.

Ever wonder why some people seem to effortlessly get what they want?

It's not magic—it's mindset!

"6 Killer Thoughts to Help You Get What You Want," has insights to help you level up your thinking and start making your dreams a reality.



Watch Video Below



# MASTERING YOUR MINDSET

## THE KEY TO STARTING YOUR MANIFESTATION JOURNEY

Before you can start manifesting the life you want, it's crucial to understand where you currently stand. This means taking a deep dive into your mindset, emotions, outlook, and values. Think of it as a self-assessment—a check-in to see how you're really doing and where you are on your journey.

By getting a clear handle on your current state of mind and emotions, you can identify any blocks or limiting beliefs that might be holding you back. This self-awareness is the foundation of successful manifestation, as it allows you to align your thoughts, feelings, and actions with your goals.

Taking the time to evaluate your mindset, reflect on your values, and assess your emotional well-being sets the stage for powerful, intentional manifestation. It's like getting your inner world in order before inviting your dreams to come true.

Grab your favorite pen, journal and drink. Let's start with this essential step and get ready to create the life you truly desire!

*“The universe responds to the frequency of your thoughts; manifest positivity, attract positivity.”*

*Joe Vitale*



# *THE SELF-ASSESSMENT QUESTIONS*

Here are questions to help you uncover any potential blocks that might be hindering your ability to manifest good things in your life.

- Are you feeling favorable toward the future?
- Do you often feel angry or upset?
- Do you value other people?
- Are you allowing your past to control you?
- Can you release grudges that you may be holding onto?
- What are my core beliefs about myself? Do I believe I'm worthy of success and happiness?
- Do I tend to focus more on what's going wrong in my life rather than what's going right?
- How do I react to challenges or setbacks? Do I see them as obstacles or opportunities?
- Do I often find myself doubting my ability to achieve my goals? If so, why?
- Am I surrounding myself with people who support and uplift me, or do I spend time with those who bring me down?
- How do I talk to myself? Are my thoughts generally positive or negative?
- Do I truly believe that I deserve the good things I want to manifest?
- Am I clear about what I really want, or are my desires vague and undefined?
- How do I handle fear and uncertainty? Do they stop me from taking action?
- Am I overly attached to specific outcomes, or am I open to different possibilities?
- Do I take time to regularly practice gratitude for what I already have in my life?
- Am I making decisions based on love, positivity, or fear and scarcity?
- Do I allow myself to dream big, or do I limit my goals based on what I think is realistic?
- How do I handle failure or rejection? Do I learn from it, or let it discourage me?
- Am I willing to let go of control and trust that the universe will provide what's best for me?
- Do I invest time and energy into self-care and personal growth, or do I neglect my well-being?

Reflecting on these questions can help you identify areas where you might be unintentionally blocking your own success and happiness. By addressing these blocks, you can align yourself more fully with the positive things you want to attract into your life.

When it comes to what you really want in life,

**DON'T TAKE NO FOR AN ANSWER, TAKE NO FOR A QUESTION AND GO FOR IT.**

*Bernard Kelvin Clive*

"What are you prepared to give for your dream?"

**IF IT IS NOT EVERYTHING, STOP PIPE DREAMING"**

*T.F. Hodge*

"Some people spend the best part of their lives living the dreams of others"

*Bangambiki Habyarimana*

Live in your dream. Refuse to wake up until it is completely over. Then dream again

*Bangambiki Habyarimana*

**"EVERY DREAM IS THE BEGINNING OF A NEW LIFE IN YOUR THOUGHTS"**

*Munia Khan*

MAKING YOUR DREAMS COME TRUE

Inspiration

**NEVER ALLOW REALITY TO GET IN THE WAY OF YOUR DREAMS**

*Mark W. Boyer*

**NEVER BELIEVE THAT YOU ARE ANYTHING LESS THAN EXTRAORDINARY**

*Kaiden Blake*

If I want more, I need TO GO AND GET IT, DEMAND IT, take hold of it with all my might, and **DO THE BEST I CAN WITH IT**

*Marchetta Melina*

**IT'S NOT WRONG TO HAVE DREAMS; IN FACT, TO ACHIEVE ANYTHING IN THIS WORLD YOU MUST HAVE DREAMS**

*Amma Sri Bhagwan*

**NO ONE HAS EVER ACHIEVED ANYTHING, FROM THE SMALLEST TO THE GREATEST UNLESS THE DREAM WAS DREAMED FIRST**

*Laura Ingalls Wilder*

**NOTHING HAPPENS UNLESS FIRST WE DREAM**

*Carl Sandburg*

All our dreams can come true, if we have the courage to pursue them

*Walt Disney*

## *What Are Mantras and How Should I Use Them?*

What Are Mantras? Mantras are short, powerful phrases or words that you repeat to yourself, often during meditation or throughout the day, to focus your mind and influence your thoughts. The word "mantra" comes from Sanskrit, where "man" means mind and "tra" means tool or instrument. So, a mantra is essentially a tool for the mind—a way to train your thoughts and energy.

Mantras can be spiritual or secular. They're used to cultivate positive thoughts, bring about change, or simply help you stay centered and focused. They're like affirmations but often have a rhythmic or melodic quality that makes them easy to remember and repeat.

### How to Use Mantras

- **Choose Your Mantra:** Select a mantra that resonates with you. It could be something as simple as "I am calm," "I am enough," or "I attract abundance." If you're looking for something more spiritual, you might choose a traditional mantra like "Om" or "So Hum," which means "I am that."
- **Set Your Intention:** Before you start using your mantra, take a moment to set an intention. What do you want to achieve with this mantra? Whether it's reducing stress, boosting confidence, or attracting positivity, having a clear intention will make your mantra more powerful.

**Repeat Your Mantra:** You can repeat your mantra in a few different ways:

- **During Meditation:** Sit in a comfortable position, close your eyes, and quietly repeat your mantra either out loud or silently in your mind. Focus on the sound and rhythm of the words, letting them guide you into a state of calm and concentration.
- **Throughout the Day:** You can also use your mantra during daily activities. For example, if you're feeling stressed, quietly repeat your calming mantra to yourself to regain focus and peace.
- **Before Sleep:** Use your mantra as a way to relax before bed. Repeating it as you fall asleep can help calm your mind and set a positive tone for the next day.



- **Focus on the Meaning:** While repeating your mantra, focus on the meaning behind the words. Let the positive energy of the mantra fill your mind and body. This helps reinforce the message and aligns your thoughts with your intentions.
- **Be Consistent:** The power of mantras comes with regular practice. Try to incorporate your mantra into your daily routine, whether through dedicated meditation time or by repeating it whenever you need a mental boost. The more you use it, the more it will influence your thoughts and actions.
- **Feel the Vibration:** If you're using a traditional mantra like "Om," try to feel the vibration of the sound in your body as you repeat it. This can enhance your connection to the mantra and deepen your meditation practice.
- **Stay Open to Change:** As your needs and goals evolve, feel free to change your mantra. What works for you today might not be what you need tomorrow, so keep your practice flexible and aligned with your current intentions.

**Why Use Mantras?** Mantras can help you focus your mind, reduce stress, and bring positive energy into your life. They're a simple yet powerful tool for manifesting change, whether you want to improve your mindset, attract abundance, or simply find more peace in your day.

Regularly using mantras can create a mental environment that supports your goals and well-being.

So, find a mantra that speaks to you, and start using it today! Whether you're looking for inner peace, clarity, or a little extra positivity, a mantra can help you get there.





# Forty ABUNDANCE

## Mantras

There is plenty in the world,  
more than enough for everyone.

Abundance is a human right and I deserve it.

I am abundant now, but my abundance will only grow.

I learn more daily and the more I learn  
the more abundance I welcome into my life.

I live in a pure state of fulfillment which  
allows me to take action and invite abundance.

I am generous because the more I give the more I receive.

I am aligned with abundance and prosperity.

I am surrounded by abundance and wealth.

I am receptive and open to the abundance that life offers.

I deserve abundance.

My success is inevitable, abundance is my fate.

I live my life abundantly.

My dreams of abundance will come true.

I believe there is enough in the world for everyone.

I live in abundance and financial prosperity.

I embrace the abundance mindset.

I manifest abundance.

I am deeply grateful that abundance surrounds me.

Abundance is mine.

I am capable of the greatness necessary to  
invite abundance.

Everything I want is on its way already.

There is prosperity constantly flowing into my life.

I choose to walk the path of abundance every day.

I grow in abundance.

Abundance flows freely through my life.

I release my resistance and  
invite positivity and abundance.

I naturally invite abundance into my life.

For every door that closes several more  
open because the world is abundant.

I live in harmony with abundance, so it is welcome in my life.

My abundance increases constantly.

I am grateful for the abundance in my life.

I am grateful for the abundance that is on its way.

My life is abundant in every way.

The abundance I welcome  
allows me to live my life freely.

Abundance provides me with a  
deep connection to the universe.

I have the permission I need to open  
myself to the abundance in the world.

Abundance is circulating in my life and  
my needs and desires are being met.

I have the power to create and actively choose abundance.

I am capable, I am strong, and I am abundant.

Abundance is available and it completes me.



*“Acknowledging the good that you already have in your life is the foundation for all abundance.”*  
*Eckhart Tolle*

**25 Powerful Abundance Mantras**

**Watch Video Below**



# MEDITATE ON ABUNDANCE

Listening to a meditation on abundance can be a powerful way to shift your mindset and open yourself up to more opportunities, prosperity, and positivity in your life. Here's why you should give it a try:

- **Shift Your Mindset:** Meditation on abundance helps you focus on the positive, rewiring your brain to see opportunities instead of obstacles. It encourages a mindset of plenty rather than scarcity, which is essential for attracting good things into your life.
- **Reduce Stress and Anxiety:** Abundance meditations often involve deep breathing and relaxation techniques, which can reduce stress and anxiety. When you're calm and centered, you're in a better state to manifest what you desire.
- **Enhance Gratitude:** These meditations often focus on gratitude for what you already have. Cultivating gratitude is one of the most powerful ways to attract more abundance, as it puts you in a state of appreciation and contentment.
- **Boost Your Confidence:** Regularly meditating on abundance reinforces the belief that you deserve to live a life of prosperity and joy. This boost in self-confidence can motivate you to take action toward your goals.
- **Increase Your Energy Vibration:** Abundance meditations help raise your energy vibration to match the abundance frequency. The higher your vibration, the more likely you are to attract positive experiences and opportunities.
- **Clarify Your Desires:** Meditation helps quiet the mind, making connecting with your true desires easier. When you're clear about what you want, you can focus your energy on manifesting it more effectively.
- **Create a Positive Daily Habit:** Incorporating an abundance meditation into your routine sets a positive tone for your day, helping you stay focused on the good things you want to attract.
- **Open Yourself to Receiving:** Abundance meditations encourage you to be open to receiving the gifts that the universe has to offer. This openness is crucial for welcoming new opportunities, wealth, and happiness into your life.
- **Develop Patience and Trust:** Meditation teaches patience and trust in the process, reminding you that abundance is a journey, not an instant fix. It helps you stay committed and optimistic, even when things take time.



- **Align Your Thoughts with Your Goals:** Regularly meditating on abundance helps align your thoughts, emotions, and actions with your goals, making it easier to manifest the life you want.

So, if you're looking to attract more wealth, success, and happiness, listening to a meditation on abundance is a great place to start. It's a simple, yet powerful tool to help you tap into the abundance that's already within and around you.

Listening to an abundance meditation is a powerful way to align your mind with the energy of prosperity and possibility.

As you relax and focus on the guided words, you begin to shift your thoughts from lack to plenty, opening yourself up to receive more of the good things life has to offer.



Watch Video Below



# *Life Purpose Assessment*



Now that you've enjoyed the videos, meditations, and started shifting your mindset about abundance and manifesting, it's time to dive into the fun part—the “Life Purpose Assessment!”

This assessment is designed to help you get a clearer picture of who you really are, what you believe, and what's going on in that amazing mind of yours. Think of it as a little treasure hunt for your true self—it's not a mystery, even if it feels like it sometimes.

The key is to tune in to your inner voice, that little whisper that knows what truly matters to you. By understanding what you value, you'll get a better sense of how these things can shape your purpose in life.

Hopefully, by now, you're feeling more connected to who you are. But here's the great news: living your purpose doesn't mean you have to turn it into a career! You can live your purpose every single day, in all the little things you do.

So, get ready to explore, have fun with the assessment, and discover even more about yourself. Your life purpose is waiting to be uncovered—let's see what you find!



I hope you have found useful tools in this ebook to help you on your journey towards abundance!

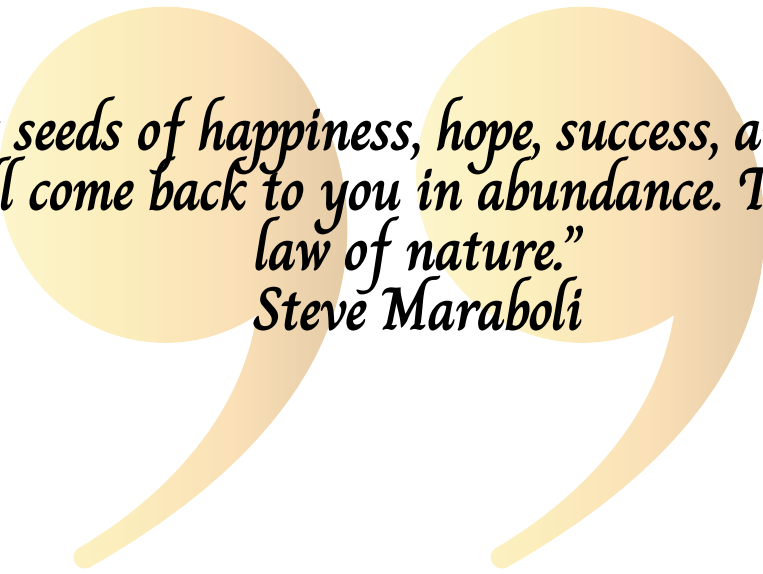
**Manifesting: Unlocking the Secrets of Abundance** has guided you through the essential principles and practices needed to transform your life.

By harnessing the power of your thoughts, beliefs, and emotions, you've learned how to attract abundance and create the reality you desire.

Remember, manifestation is not just about wishing for things; it's about aligning your mindset, taking inspired action, and staying open to the universe's endless possibilities.

As you continue on your journey, trust in your ability to shape your destiny and embrace the abundance that is already within and around you.

Your life is a canvas—now go ahead and paint it with the colors of your dreams!



*“Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature.”  
Steve Maraboli*



Julie Fairhurst is an accomplished author, writing coach, and the visionary founder of the Women Like Me Book Program.

With 36 published books and a proven track record of helping over 160 women become published authors, Julie is passionate about empowering women to find their voice, share their truths, and create meaningful connections through storytelling.

Her work focuses on helping women overcome fears and self-doubt to craft stories that inspire and transform lives.

Julie's writing programs, including her highly sought-after four-week course, provide tools, guidance, and motivation for women to tell their stories confidently and leave a lasting impact. Julie's dedication goes beyond writing.

She is committed to building a legacy of resilience and empowerment, inspiring women everywhere to embrace their journeys and turn their experiences into sources of strength and inspiration.

Through her books, coaching, and community initiatives, Julie Fairhurst continues to transform lives, one story at a time.

