

# Manifesting Quick Steps

## Step 1. Make a decision to have what you want, when you want it.

This is deceptively simple. It would seem that making the decision to have whatever you want would be easy, but most people are tentative when it comes to being specific. People say things like “It would be nice if...” and “We’ll see what happens when...” That won’t work. First, you must state that “I am in the process of...” or “I will be” when making a decision. Make sure you’re clear on *when* you will receive the results. You must be resolute, and allow no one (not even yourself) to undermine your confidence in your decision.

So what do you want? Start thinking and practicing now. Here are a couple of practice sentences to get you started.

I am in the process of becoming a millionaire by the time I am 50.  
I will be living a life of personal and financial freedom on or before my 45<sup>th</sup> birthday.  
I am going to have a weeklong Italian vacation in (date)

Start small. “I’m having chicken for lunch today” is a very decisive statement. “I am going on vacation in Los Angeles for a week in June” is also decisive. Once you have practiced and mastered this decisive language and know exactly what you want, you are ready to move on to step 2.

## 2. Be clear about the outcome.

The next step is to be extremely clear about the details of the outcome. This is done in the context of what you **DO** want, not what you don’t want. Practice visualizing yourself in the situation you want to create. How do you do this? Once again, the simplest way is to start small.

Think about this: when ordering a salad in a restaurant, you choose the type of lettuce, vegetables, cheese and dressing. You visualize how the salad will look when it arrives at your table. You are clear about what you want. After all, when you’re thinking about the salad, you don’t have a visual picture of a chicken sandwich in your mind, do you? Of course not! You have a visual image of the salad you wish to eat. It works the same with bigger items, like financial freedom. You must visualize the money, the bank statements, investments or just plain truckloads of money arriving into your life.

## 3. Detach from the process.

One thing that holds many people back is not knowing “how” to do something. Forget it. The “how to do it” instructions will appear after you have clearly defined what you want.

Take the example of ordering the salad. After you order, you don’t have to worry about how the salad will take shape. Every restaurant prepares salad differently, but the outcome is the same – it arrives at your table ready to eat. It is the same with all other events in your life.

#### **4. Expect that it will happen.**

Just as you expect the salad to arrive at your table ready to eat, you can do the same with other things in your life.

Once you are decisive and clear about what you want and not trying to control the process, set an expectation that what you want will in fact appear. It may not appear in the way you thought or at the precise time. In fact, it may not appear at all! Possibilities you thought were a sure thing may disappear. You may even experience frustration, anxiety or impatience trying to control the outcome. Ask yourself “What lesson could I learn from this experience?” and turn it into a personal growth opportunity.

#### **5. Be Open To Possibility**

As I mentioned in the last step, the path to the outcome may (and probably will) show up in ways you never imagined before. It is your job to explore possibility. Suspend judgment of how things should be done based on your past experiences and ask yourself “Is the situation, person or resource that is in front of me supposed to help me on my journey?” “If so, how?” When you ask the question, you will be given the answers – one step at a time.

#### **6. Practice Gratitude.**

Are you thankful for the things you have in your life right now? Do you look at your challenges as opportunities to grow or burdens that needs to be eliminated? When you practice being thankful for specific events in your life, *including the burdens*, even when you don’t understand why they appear in your life, your ability to manifest accelerates almost to the speed of thought.

Through all of the ups and downs in my life, I have had very few days where I’ve felt sorry, angry or held back by whatever took place in my life. Instead, I’ve spent a lot of time asking myself, “How does this benefit me?” which is not only a much more positive challenge to solve, but a much more insightful one as well. Many times, the answer at the moment is “I don’t know, but the situation will serve a purpose in the future.” And it has.

Manifesting circumstances, money and change in your life can be almost instantaneous. A few years ago, I was in San Francisco for the very first time. Across the bay, I could see the beautiful island Alcatraz. I really wanted to visit the island, and I was only in town for 48 hours. My time was booked except for that very day at 1:00 p.m., so I decided I would visit Alcatraz then. I did what any tourist would do when they wanted to see an attraction – I went to the ticket booth and requested a ticket.

The woman behind the glass said “You can go next week or the week after that. We’re all sold out for today.”

Now here’s where manifesting comes in. You see, I had made my request to be on the 1:00 p.m. boat that day to Alcatraz, and I was being told I couldn’t go. I stepped back for a minute and thought to myself, “I’m going to go to Alcatraz today at 1:00 p.m. I guess that’s not the way for me

to get there.” I had been very clear in my decision and about the outcome, now I needed to detach from the process. So I did.

Leaving the ticket booth, I was pondering my next steps when a man popped out of a shop on the boardwalk and yelled “Two tickets to Alcatraz!” I had expected that it would happen, and I was open to possibility. It was a good thing too, because in order to get my tickets, I had to see a timeshare presentation! So off I went. I saw the presentation and almost bought the timeshare, got my tickets and was on the boat at 1:00 p.m. That day, I spent a wonderful afternoon on Alcatraz.

Practicing these steps means taking action, being consistent and being open to change. Getting what you want does not always mean that it is easy. Challenges occur. Emotions, other people’s negative views and comments set you back. But in the end, it all comes back down to your choice. Choose to get what you want and it will happen for you. That’s a promise. Guaranteed.