

The Process of Manifestation

A 4 Part Series for Mastery in Manifestation

Part 1 – The Basic Principles of Manifestation

Study Guide

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March 2010

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Part 1 -- The Basic Principles of Manifestation

Manifestation is not about creation it is about Beliefs, Perceptions, Thoughts and Words, which are the energies we use to manifest with. Everything we manifest is simply a mirror of these energies. To change the creation we must change the energy we use to manifest with.

While we are continuously manifesting, we are not always conscious that we are manifesting. It is the unconscious manifestation that is most powerful because it reflects our fears and doubts.

Manifestation is a shift in consciousness, the creation of something different that does not replace the old. It is a complete shift in our energy that puts us on a different path. Since the urge to change our life usually occurs during our worst nightmare, when our life seems to fall apart or it becomes very apparent that we need to change something because we can no longer ignore it. Yet this is our moment of power, when we can reclaim whatever power we have given away or not used and create new opportunities. Our worst nightmare can become our greatest blessing when we learn how to use these moments as openings to manifestation.

3 steps to manifestation:

- Know what you want
- Ask clearly and powerfully
- Stay focused on your intention

And then wait for the signs and results.

The wonderful thing about manifestation is that we are always manifesting something in our life. The challenge of manifestation is that it is always happening, in every area of our life. Everything that happens, every situation, person we meet, relationship or event is something that we manifested.

Even when it appears that nothing is happening, manifestation is always occurring. Patience is one aspect of manifestation that we must learn, although it is hard to have the patience to wait for the signs and outcome because we believe the manifestation process happens when we receive what we want. But the energy is in motion as soon as we create the thought. The process begins with our intention to manifest. The actual creation, what is formed from this energy, is simply an event that is part of the process.

When can we use this power? With practice, we can manifest our life in a continuous flow. But we usually wait to manifest until we are no longer happy with our current reality. Why does this happen suddenly—one minute we are fine with our life and in the next, we want something else?

When our current reality no longer holds any energy for us, we begin to disconnect from it. From a vibrational perspective, we have used all of its energy, shifted our vibration and

connection to it is no longer possible. This is a sign from our soul that we are ready for new levels of vibration and to manifest a new reality. It is an unconscious realization that we are ready for joy and peace, to live more powerfully and our need for change is the sign that we are ready to step into our power. Further soul growth is not possible on our current path.

This is when we are ready to consciously step into manifestation. We manifest from an unconscious position when we simply let life happen, are in victim mode and believe we have no power or control over any aspect of our life. We manifest consciously when we set an intention, by asking for what we want, and focus our energy on what we want to create. Conscious manifestation occurs when we are aware of the energy shifts we are experiencing and then use that realization to stay focused on our path and not get sidetracked by the feelings of disconnection from our current reality. Everything in our world is simply telling us that we are ready for a shift in consciousness and it waits for us to set the new energies.

This is a crossroads of transformation and we have several choices:

Regret all of the decisions and choices that led us to this place, thinking we made mistakes.
Blame others because they no longer fulfill our needs.
Think that something is wrong with us.
Blame the Universe for the changes we are going through, OR

Realize that this is a crossroads of transformation and welcome it as a sign that we are ready for new opportunities.

Here's a very simple overview of the manifestation process:

1. Recognize that the current state of dissatisfaction is an opening that will allow you to create a new reality
2. Stay out of judgment, criticism and blame
3. Remove doubt and fear
4. Believe you can have it and know it is yours
5. Ignore everything you hear from other people
6. Wait for it to happen while staying focused and paying attention to any signs that assure you your outcome is on the way.

If this is so simple, why don't we use it more often?

We have no trust or faith
We get stuck at various places in the process
We can't release or let go, or
We look for others to manifest our good or we allow ourselves to be guided by their opinions and judgments.

The process is simple but there are a few things we need to know to make it happen. There are a few rules we have to know about manifestation:

1. Divine timing is a constant factor in all of the energy work we do. While we have control over what we want to manifest, we do not have control over how or when it will happen.
2. The quality of patience is part of all of our lessons. We must learn to wait for the Universe to respond to our requests, trusting that it is creating the most perfect, best, most wonderful outcome in response to our desires.
3. We can never create for others what they cannot create for themselves. While we want to help others and make their lives better, we cannot use our power and energy to manifest for them.
4. We must learn to receive from ourselves—because we are manifesting for our benefit and this is the best use of our energy we must remember that manifestation, like forgiveness, is a gift we give to ourselves. Since the Universe often works through others to give to us, we may receive our manifestation from others. And we must learn how to receive from the Universe because it is the other half of the co-creation process, through which we manifest.

Are you ready to begin to manifest the life of your dreams? Let's get started.

Manifestation begins when you are willing to make the changes and are prepared to become the most powerful force in your life. It starts with releasing the victim paradigm:

We are all victims in some way, of our past, our life experiences, our family, those who betray us, our disappointments and fears

We all have experiences of what didn't happen, of not 'making it', of believing that some things are impossible or that happen to others and can't happen for us.

There are things we can't, will never do, be or have;

Some things will never work out, happen to others and not to us

We have limitations, boundaries, can't do certain things, do not know the right people, have the right background or education or are not in the right place at the right time.

Can you name one or more ways you are a victim in your life? These are the areas in which you feel helpless, hopeless, powerless or blocked by other people, circumstances or situations. Write them here:

1. _____
2. _____
3. _____
4. _____
5. _____

What you wrote above is an example of the fear energy you hold that blocks anything you try to manifest. Every area in which we feel we are a victim is an area of powerlessness. Since manifestation requires that we be fully in our power, victim thinking prevents that from happening.

Manifestation helps you overcome all of that and bring heaven on earth into your reality.

List five things you want to manifest in your life right now, do not think too hard, just list the five most important things you want to create in your life right now:

1. _____
2. _____
3. _____
4. _____
5. _____

Before we work on those things, we have to talk about the tools of manifestation, what we use to manifest which goes beyond stating what we want. This includes many other things.

As with any other aspect of our life path, manifestation is a process and every process includes many different contributing factors.

For the things you want to manifest which you listed above, what thoughts or beliefs do you have about them? What words would you use to describe them? Would you use words such as 'wonderful', 'amazing' or words like 'impossible' or that will never happen'. Do you think they are possible, are there other people whose needs or opinions you are considering, is there fear around time or opportunity, do you believe that you have the power to create them? Write down a few of your words, thoughts or beliefs here:

1. _____
2. _____
3. _____
4. _____
5. _____

Whatever you wrote above represents some of the energy you are putting into your manifestation. Unless your words, thoughts and beliefs are in synch with what you wish to manifest, you will create little or none of your heart's desire. All of your energy must be focused in the same direction or it will be scattered in different directions, making it hard to stay focused on what you want to manifest.

What actions are you taking to bring your heart's desires to fruition? Are you waiting for the Universe to bring them to your door or are you actively pursuing them? For example, if you want a better job, are you looking for one, talking to people who have similar jobs, networking with people who can be helpful to you? If you want a relationship, are you

waiting for the Universe to lead you to someone or are you participating in the process by meeting new people and being more social? Your lack of action shows you have fearful you are of these changes. Write down what actions you are taking here:

1. _____
2. _____
3. _____
4. _____
5. _____

Who is affected by your desire to change your life? The doubt and hesitation we feel are often the result of our belief that someone will not like what we do, or will have a strong opinion about it or we feel obligated to someone and feel that we have to honor these commitments.

Use the space below to write down the names of at least two people who you feel will be affected by your desire to change your life or, write down the name of at least one person who you believe stands in your way (you can also write both types of people):

1. _____
2. _____
3. _____
4. _____
5. _____

Of the people whose names you wrote above, write down the ways in which you believe they are affected by your desire to change or stand in your way. Do they criticize or judge you, are they demanding, do they have health or other issues they expect you to help them with? Are they the ones who demand your time and attention every time you try to create change in your life?

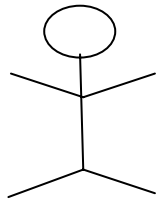
On the lines below, write down the ways you believe others prevent you from manifesting what you want.

1. _____
2. _____
3. _____
4. _____

5. _____

You may be doing everything you can , you may have already dealt with the people who try to stand in your way and you still cannot manifest what you want. Why is this happening? Because there are things that stand between you and manifesting. What are they? We can do the following exercise to show you what stands between you and manifesting.

The figure below represents you:



Draw a circle around the figure for each item below that is true in your life:

- there is an area in your life where you feel powerless
- you have regrets, past disappointments or failures
- you have any anger
- you have fears about anything
- areas where you could forgive but have not done so yet or are not ready to forgive someone.

Each circle represents an area where you are manifesting something in that vibration and each circle represents an area of healing to complete. The more circles you have around the figure, the farther you are from manifesting what you want in your life. But do not be discouraged, this is very useful information because it helps you understand why, no matter how hard you try, you cannot seem to change the details of your life.

Now we will identify the elements of the process and see what contributes to manifestation and how you can uncover the blocks to your manifesting power.

The role of thought, beliefs and actions

Each thought and belief directs the energy in your life, giving it form according to its vibrations. Since the energy has no judgment, it merely responds to the energetic vibration. This is true of every thought and belief, they are the tools you use to create your life.

Thought moves energy, beliefs give energy form and action expresses the energy we have created, moving it outward into our reality and that of those around us. This cycle continues as we create judgments about our creation, which become thoughts and beliefs and we begin the cycle again. To change the cycle, which changes what we are manifesting, we must do two things, move the source of the energy and add the element of intention to our thoughts.

When the energy we are moving is from the ego and the lower chakras, we are influenced by the energies of past, fully in our karma and repeating its lessons. Our manifestation efforts cannot create new pathways because we are not adding any new energy, we are simply re-creating from old energetic patterns.

Name two or more patterns that have repeated in your life, which you recognize are the result of old beliefs and thoughts.

1. _____
2. _____
3. _____
4. _____

Now that you have identified this block to your manifestation, you can add the element of intention, which releases the patterns and allows new pathways for the energy flow into.

What are some intentions you can set for yourself to create new pathways for your energy? You can set an intention for success, joy, peace, confidence, love, completion, or resolution, to suggest a few:

1. _____
2. _____
3. _____
4. _____

There are other influences that affect how you can manifest, and they include your emotional DNA, karma and cellular memory.

The role of emotional DNA, karma and cellular memory

These are our templates for the emotional energy we interact with, which is the energy of the earth. They are unconscious, powerful motivators and manifest our reality for us and are so

ingrained in every aspect of our being that we do not even know they are active. They are part of our heritage and accompany us into each lifetime, for the sole purpose of healing and release. But without conscious awareness and intention, we will follow their lead and continuously manifest according to the energies they present us with.

They all represent the healing work we have come to do, the transformation we have committed to complete and the obstacles to our ascension we have agreed to remove.

Emotional DNA is the template for all energies we will connect with and attract, it is the history of our emotional experiences from every lifetime;

Karma is the history of our actions and reactions, victories and defeats, history of abuse we have experienced and committed in all of our lifetimes. It is the energetic imprints, which we created in previous lifetimes, that we have come to heal and transform

Cellular memory is in our body's history of all of its physical experiences, the emotions associated with them and the fear imprints that we took from them.

Use the space below to identify some of the emotional DNA, karma or cellular memory you believe you carry. To know what they are, think of patterns you see in your life and in the lives of those around you. Difficult relationships, financial challenges, fear, doubt, are all part of this heritage:

1. _____
2. _____
3. _____
4. _____
5. _____

Our soul groups provide us with detailed and specific information about our energetic history so we are fully aware of what we have come to heal. While they may be part of our most challenging lessons, they are also our karmic guides, setting the energies so we have a known starting point for our healing journey.

The role of soul groups

Our soul groups carry the energetic imprints of our past life experiences and karma. They know them well, as they were there with us, either as our abuser or our victim, our partner or our adversary. Their only function is to put us into the energy of these experiences so we can decide whether we will follow another path or continue on the path of karma.

The most powerful soul group connections are our family, because they set these energies for us at the beginning of each lifetime. Then, as we enter adulthood, our partners, friends and acquaintances carry on to help us learn and heal.

Once we heal we can release our soul group energy and create new soul groups or stay within ours and create new vibrations for connection.

In the space below, name some people who you know are in your soul group. This includes the kind, loving people as well as the challenging ones. Next to their name, you can write the karmic lessons, energies, mindsets or experiences that you believe they were trying to help you with.

1. _____
2. _____
3. _____
4. _____
5. _____

In order to move energy we have to be able to envision being on a higher plane, in the space where the energy is different. When we can consider that, we can take steps into places where our possibilities are real, even if they do not exist for us in the moment. These are time timelines and dimensions we exist in simultaneously with the third dimension.

The timelines and dimensions

We exist in timelines which reflect the energies that we are working with. Each timeline represents an energetic vibration with its own karma and lessons. To move out of a timeline we must learn its lesson and choose to manifest a new reality. This is why, for example, someone who grew up with an alcoholic, abusive father will marry an abusive, alcoholic man. Their timeline, throughout many lifetimes, carries the energy of alcoholism and abuse. They can choose to continue to connect with alcoholic, abusive men in order to change them and validate themselves. Or they can change their energy to manifest a different kind of relationship.

We also exist in multiple dimensions simultaneously, although our mind's perspective only exists in the third dimension. In other dimensions we can be powerful, successful, happy and secure. Have you ever had a brief glimpse, perhaps during a daydream, of a more successful, happier life? You have just stepped into another dimension. We can bring those dimensions into our third dimensional world by shifting our consciousness to include them. We do that by learning to listen to our heart's voice and manifesting our dreams.

The key to manifesting a new, different, more fulfilling reality is to open our heart. So we will work on opening the heart, to help us manifest the life of our dreams.

In one dimension you could be having a challenging situation, while in another you could be free of that experience. You can move between dimensions and their energies by setting an intention for what you want to manifest and then you can connect to the dimension in which that reality exists.

First, we will open the heart, which opens the connections that allow you to manifest.

Opening the Heart to your Life Purpose

Manifestation requires two things, intention and faith. But a third thing is equally important and that is to have an open heart. In order to manifest a higher vibration, we cannot be in the energy of fear, powerlessness, or wanting validation, which are energies of the lower chakras. We must be willing to receive freely, abundantly and with the knowing that we deserve to receive all that we ask for. Thinking that if we give more others will give back to us, without the willingness to receive, results in our giving endlessly and never receiving anything in return. Opening our heart opens us to our life purpose, which is the best, highest and most perfect way we express our gifts.

Opening our hearts allows us to receive and that is important to manifestation because it is a process of receiving. We set an intention for the energy and then we receive the result. But if our heart is not open to receiving, we cannot accept what we are trying to manifest, as there is no opening within us for the energy.

Before we do the Opening the Heart meditation we will do the grounding work that should always be done prior to opening our energy to any healing work.

Grounding (class meditation):

This first exercise can be used to ground the body in preparation for meditation, clearing and healing work or as a release from stress. Any type of clearing work should begin with a grounding exercise, to ensure that whatever is cleared is released from the body with conscious intention. Any meditation should be done when you are free from distractions, focused on the work you are doing and in a place where you will not be disturbed. Please do not do this meditation and clearing work when you are driving a car or doing activities that require your full attention.

You can do this meditation any time you feel ungrounded, are experiencing difficult emotions or need to remind yourself to be within your physical presence. This exercise is very helpful to keep the body grounded during times of stress. It is very relaxing and centering and is an effective way to balance your energy.

Opening the Heart Meditation (class meditation)

The ability to manifest requires that we open the heart center fully, so that we can receive the blessings we are asking for with complete faith and trust. With an open heart we have released judgment, criticism and fear. We are fully open to receiving whatever we are co-creating with the Universe, who is our partner in this process, knowing that it is the best, highest expression of our energy and the perfect outcome in response to what we wish to manifest.

Choosing the timelines (class meditation)

We can choose the timeline we wish to be in energetically just as we can choose the location we wish to have our body reside in.

To choose a focal point for this exercise, write down one or two areas of your life that you would like to change, noting the situation as it currently exists and then next to it, what you would like it to be:

1. _____
2. _____

In this meditation we will work on timeline selection, to move ourselves into the energy of what we want to manifest. We have already completed the grounding, so we will not repeat it. If you do this meditation in the future, please be sure to do the grounding work prior to beginning the meditation.

You can use affirmations to help set your intention for manifestation, which helps you stay focused and centered within the energies you need to be in for manifestation.

I intend to be true to my heart's desire in every thought, word, belief and action.

It is my intention to live in joy, peace, to be in the endless flow of unconditional love and unlimited abundance in all that every aspect of my life.

It is my intention to follow the divine guidance I receive and to remember my Source connection in all that I do.

I set my intention to be in joy in all areas of my life.

I release myself from the belief that I am unworthy of receiving my heart's desire.

I acknowledge that I exist in absolute perfection in all ways.

I love, honor and respect myself and everyone in my life loves, honors and respects me.

I am worthy of all good things and allow myself to receive them in unlimited abundance.

I set my intention to be aligned with my highest potential reality and vibration and to express these energies in an endless flow of grace and abundance.

Spirit and I work together to create a wellspring of peace, harmony, joy and love.

Thank you for participating in the Manifestation class series. The next class will address Prosperity and Abundance. The purpose of the Process of Manifestation is to help you connect to your manifesting abilities. Each class builds on the information provided in the previous one and all of them together will help you become an abundant manifestor of your heart's desire in your life.

Remember to download your recordings as they will be not be available after March 31, 2010.

Many blessings,
Jennifer Hoffman