



# Manifest the Cost of Manifesting for Skeptics!



The first thing you need to know about manifesting anything is that it's contagious — the mojo spreads beyond the bounds of what your desire is. Start manifesting prosperity and prosperity flows in from places you can't even imagine. How do I know? Let me tell you a story about the power of conviction and the importance of remembering that more things happen that I couldn't imagine, than things I could.

A few months before I began writing this course, I realized that I was burning out in my regular individual sessions with clients. My mental energy was draining faster than it ever had, and I knew I had to change something because I didn't want to give my clients less than my best, and I didn't want to wake up in the morning without enthusiasm for my work.

This was a classic case of knowing that something had to change, but not knowing what it was. Knowing that something was pushing through me for expression, but not knowing how to define it. I wanted to plug in my formula, but because I couldn't do the "pre-production" step of thinking from the accomplishment of my desire — I didn't yet know what my desire was — I began by using it to define my desire. (See Troubleshooting, p. 102.)

Enter the formula: Step 1. I concentrated on the funky feeling that came over me when I sat and contemplated, "I Am. I exist. I am here, breathing, right now." Once I felt sufficiently off-center (concentrating on your I Am will do that; it's supposed to!), I went on to Step 2: "I Am that." That means I called up a feeling I've know from past successes and repeated to myself, "Isn't it wonderful! I'm so free, so prosperous, so healthy. I have discovered and expressed my next creation!" I didn't try to figure out what that was... I simply focused on the feeling of having fulfilled a desire.

Using Steps 3 & 4 I kept that feeling (still as yet unassociated with a specific desire) front of mind throughout the day, and made sure to fight off all conscious mind attempts to "guess" what would come next.

It took about 2 weeks, and I followed each inspiration as the stepping stones I knew them to be, until I understood that developing this course — and doing it using the formula — was my next creative, unique self-expression.

My thoughts interfered, believe me. My conscious mind's natural instinct kicked in: I was aware when I tried to categorize, fit into previously-established contexts, prioritize, and judge the viability of my new idea. I recognized what my mind was doing and counteracted with plenty of re-focusing from the feeling. I didn't tell anyone about what I was doing.

The course began to take shape in my mind just as a sometime-client of mine announced the launch of her marketing business. The timing was no accident, of course. The unfoldment of my desire led me to Emma, who — no surprise — had previous experience writing courses. Isn't it wonderful how if we stay out of the way, our desires show us exactly how they'll bring themselves into the physical world?

We began in March. Me, with a whole lot of writing in no order whatsoever, and Emma, with years of experience editing and shaping vague ideas into clear and streamlined copy.

As my course began to take shape I knew suddenly what my desire was, and that this course was part of the process of that desire's accomplishment. It became clear back in April or May that the production and sale of *Manifesting For Skeptics* would bring me the amount of money I'd need to retire from doing individual readings. I've remained excited about speaking, teaching, and writing as it was only the one-on-one sessions, hour after hour, day after day, that was causing my burnout.

That meant I was sharing my formula while also using it with utter conviction. At the same time, in real time. I carried on from the place of "retirement."

Think about this for a minute: I was developing a course that promises success while I was using it (in its unfinished state) as the tool to develop that success. And it is a success. It's in your hands right now because it's already done its job for me. I chose to live in the future, my desire accomplished "in the past," while also living in the present watching the desire unfold in the only way it could (because I created it).

But here's the other thing. Manifestation colors outside the lines. As I was getting ready to bring the finished course to the public, I received a text from my former husband. We divorced amicably about 30 years ago, and have occasionally texted or emailed, even had lunch if we're on the same coast. Well, my ex (who became a very successful entrepreneur after we split) sent me a text requesting my bank details. My dude sent me a high five-figure amount just because he was reflecting on the financial inequalities of our relationship back when we were married (I had been the primary breadwinner then).

Can you see how important it is to get out of the way? Never in a million years would I have thought my ex-husband would do what he did. He's always been generous, but I never expected his generosity to extend to me after all this time. If I had been stuck on a logical, strategic way to make money (and not a manifesting anything-goes kind of way), that gesture might never have occurred.

Understand and identify your dream. Create a scenario where it's real, based on a future event, time, or place. Get out of your head and into your feelings, enjoy some time every day living from that finished place, and then just start saying Yes! to the opportunities that float up. Never let your self-talk — or anyone else's talk — deter you from the only option you'll consider: success.

Now, down to business. You want to see just how powerful you are? I'm going to lay out the exact formula to recoup the cost of this course.

Set the scene in which you're telling a story about recouping the money you spent, or one in which you're celebrating a windfall, or experiencing prosperity. You'll be describing something that will take place in the future, and then you'll be imagining that scene as though it is very much in the present. You'll be inserting yourself into that future time, place, or event and reflecting on it as though it's in the past.

**Step 1:** Sit quietly where you won't be disturbed. As you fall asleep at night is also a good time. Focus on your Big-S Self by repeating "I Am," or by dwelling on the idea, "I exist. I am here, now." Soon you'll experience that funny duality, where your perspective might rapidly shift between a brief grasp of the enormity of knowing I Am, and the witnessing small-s self. This might take a couple of seconds or longer, depending upon how quickly your mind settles on any given day.

**Step 2:** Be center stage in the scenario you defined earlier. Pay attention to what you would see, hear, smell, taste, and most importantly, feel. Play this scene over and over until you feel a genuine sense of joy, relief, and/or peace. Gently bring yourself back to the present with a big smile and a couple of deep breaths, or allow yourself to drift off to sleep in you're already in bed for the night.

**Step 3:** All throughout the day keep this scenario front of mind by allowing yourself to dip into that feeling of joy, relief, and/or peace. Use prompts all around you, such as notes for yourself, setting alarms on your phone, tacking the success onto a regular part of your day ("This morning's coffee tastes even better now that I've just manifested money!")

**Step 4:** Get out of the way! Be extremely vigilant about your conscious mind's natural tendency to force everything to make sense.

That's it! Delight in your creative powers as you watch the Universe line things up so the cost of this course comes your way.

I recently worked through a similar process with a friend of mine, Dolly, who spent a big chunk of money to join a multilevel marketing group; her husband was furious. Shortly after joining (around the end of August), Dolly was able to see what her husband predicted, and realized she'd made a very expensive mistake. She felt guilty, dumb, and helpless in replacing the \$2000 she'd "invested."

Together, we set the scene.

Dolly defined her dream and how it would manifest. She chose Thanksgiving as the date, and crafted a scene in which she was telling her husband how thankful she was that the amount of money she spent had been replaced. In her mind, it was Thanksgiving morning, she was putting the turkey in the oven and puttering around the kitchen. Her husband came in and she turned to him with a big smile and said, “I have something to be thankful for. Wait here!” and went into her purse to pull out her checkbook. She showed her husband a deposit for the amount that she misspent, and glowed as he laughed and whooped with relief and joy.

I sat with Dolly as she focused on Step 1. She repeated, “I Am” for a few minutes, and soon enough I saw the muscles of her face relax. I said (for Step 2): “Tell me how you got all that money back!” Dolly recalled what had happened Thanksgiving morning (which, remember, hadn’t even occurred yet). When she was done, I said, “Tell me again!” and with even more enthusiasm Dolly did, adding new details here and there — but never once telling me how the money got into her checking account. I had her tell me a couple more times; at one point I think I said, “Convince me!”

At the end of our session, Dolly was free of fear, guilt, and shame. I reminded her to stomp on those emotions immediately if they came up again, and to revisit the joy and relief she was feeling during our session.

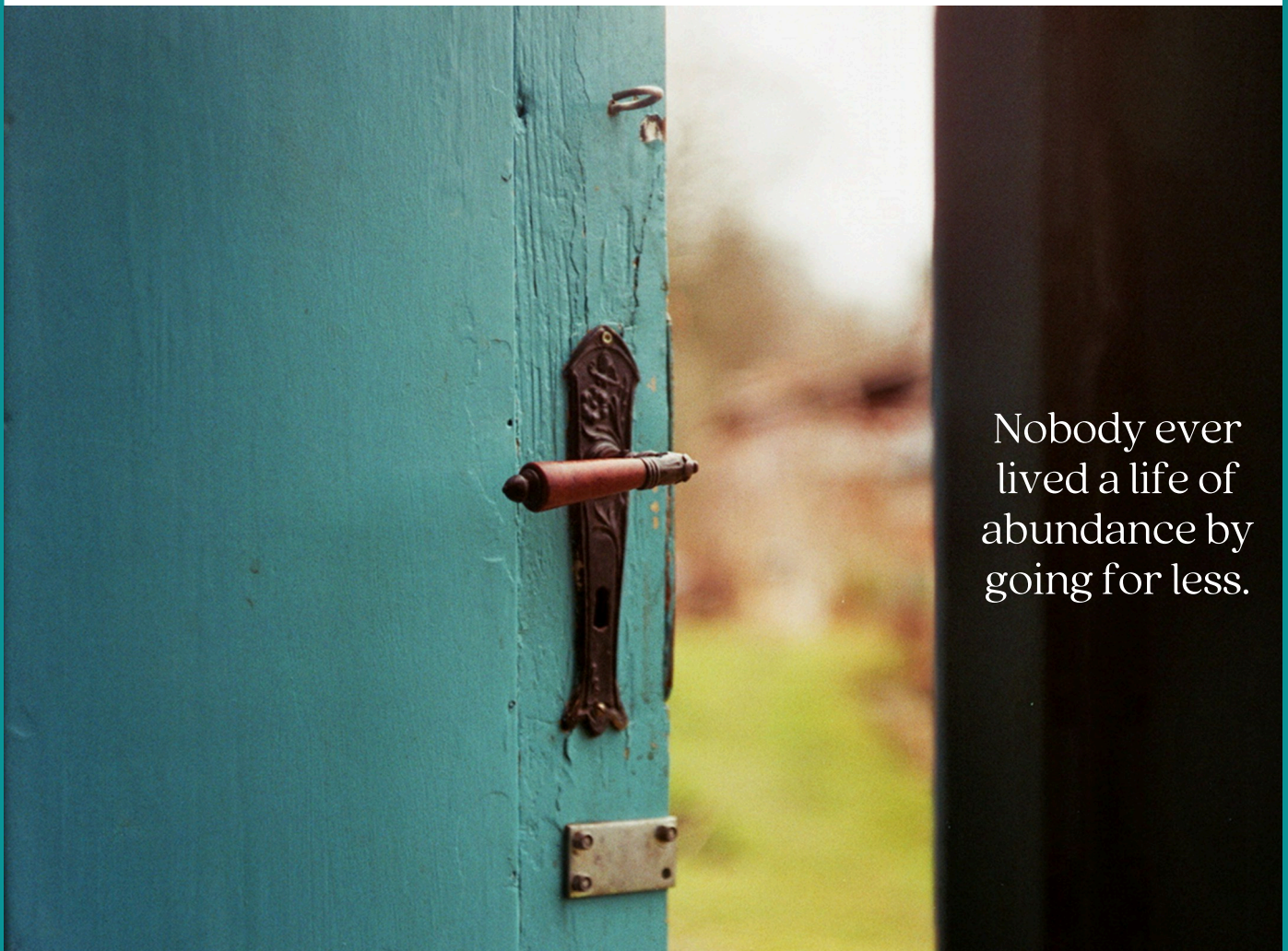
I know Dolly was successful because she called me this week (the week before Thanksgiving) to tell me this story:

Over the summer she attended a PTA fundraiser at her daughter’s school and bid on a chance to use a beach house in the off-season. She won the raffle, knowing it would be available only between October and January. Dolly put the winning ticket on her desk, figuring she’d get around to doing something after Christmas with her girlfriends as her husband expressed no interest in going.

Earlier this week (mid-November) Dolly heard from another parent at the school express disappointment that they’d miss her husband’s family gathering at Christmas because they’d waited too long to secure a place to stay. Well, guess what? That family gathering is happening in the same town as the beach house. After getting the okay from the fundraisers, that parent wrote Dolly a \$2000 check for the use of it! My friend can’t wait to show her husband her checkbook on Thanksgiving morning.

Just like Dolly did, you can bring (or bring *back*) into your life anything you desire. You spent quite a bit of money on this course. Follow the exact script above, and celebrate when the cost — and probably more — is returned. Let that be your first victory, but not your last. Go get more! More life, prosperity, health, love, career satisfaction, travel, joy, creativity... Nobody ever lived a life of abundance by going for less.

Now it's your turn. On the next page you'll find the four steps you can take to manifest the cost of **Manifesting for Skeptics**.



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## Pre-Production

Before applying the formula, set the scene you'll be referring to during your practice. Craft the scene (place, time, or event) where you will be as a result of having accomplished recouping the exact amount you paid for this course, added back into your bank account). Don't worry about how it happens!

**Write out your desire in your own words:**

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**Write out what you'll be doing, who (if anyone) you'll be sharing this exciting information with. Set the scene as though you're about to tell the most fascinating story of how a spectacular event occurred.**

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**I am in the environment/physical place of:**

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**I see around me:**

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**I hear around me:**

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**I feel (list emotions you'll feel as you see that exact amount in your bank):**

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### **Step 1**

Choose a quiet time during the day or do this step as you're falling asleep at night. Be still. Focus on your Big-S Self by gently repeating the words "I Am" or "I Exist" over and over to yourself. Take your time; let the shift happen and, when mentally relaxed, continue to the next step.

### **Step 2**

Imagine with all your faculties that you are center stage of the scene you designed in the pre-production step above. Think, talk, act in your mind from that place, time, or event. Tell the story in your mind of how delighted you were to find the exact amount of this course appearing in your hands. Tell the story repeatedly to yourself and stay in this impression until you emotionally feel conviction, joy, relief, or freedom. Let it go when the energy of it naturally begins to dissipate or your mind begins to wander. Take a deep breath and open your eyes to go about the rest of your day, or allow yourself to drift off to sleep.

### **Step 3**

Spend time during the day to pause and dip back into your story. You only have to do Step 2 once per day, but allow little prompts to keep your delight in creation right at the front of your mind. Remind yourself it's already happened. The money you spent on this course is already back on your credit card or deposited into your bank account. When you daydream or have a conversation with anyone about anything, silently add "and I manifested \$750!" or whatever amount you paid. Have fun with this; make yourself laugh about it. Whenever you return to the idea of your creation only, always ever do so from the finished scene you crafted.

### **Step 4**

Be vigilant about any self-talk and/or doubts that may arise during this time. Guard the integrity of your future "memory" with the precious conviction it deserves. If you've unwittingly spent time or energy doubting or disbelieving, revisit that scene at night before sleep or any other time and re-imagine it as you would have wanted to act.

***And there you have it! When (not if) the amount you spent is recouped, drop me a line. These kinds of testimonials are some of my favorites — and there are hundreds of them!***