

Spiritual-based Manifesting of Results

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Introduction

Do you always get what you want in this life? Do you want more money? Do you want a (better) romantic relationship? Do you want to improve your health? What else do you want? Of course, if you always get what you want, you don't need to read this article.

If you sometimes get what you want, but believe or hope that you can improve your batting average, then you should continue to read. Some people are better at manifesting results than others. I believe that there are perhaps 10 people on the face of the globe today who always get everything they want. For obvious reasons, they remain hidden and keep a very low profile.

We'll start with the actual rule about manifesting results in life. It is simply, **"That which is like unto itself is drawn."** This rule is also commonly known as the law of attraction.

As mankind develops spiritually, many people are beginning to realize that they can attract better results into their lives. That's what this essay is about.

To begin with, we need to agree on some simple premises. The first is that our beliefs determine how we act in almost all circumstances. By beliefs I'm referring to what we've been told is true about the world. For example, we've all heard that the path to success is through hard work.

The second premise is that we learn our beliefs in part from our parents and our peers and our society. The other source of beliefs is personal experience.

The third premise is that energy is always moving into matter. It's up to us to harness this motion. The great part is that this motion never stops and we can enter the flow at any time. This means that we can start over at any second, so we have lots of chances to work with the flow.

Another way of looking at Spiritual Manifestation is that everything is energy and everything vibrates. We attract the same vibrations we emit. Positive people attract positive results. Negative people attract negative results. The obvious conclusion is to only hang out with the positive people.

Now, I have a question for you to think about: What if everyone that you learned from was at least partially wrong?

A reasonable conclusion from thinking about this question is that you were given many incorrect beliefs and you are consequently suffering from them today.

I'm going to try and change the incorrect beliefs that many of us hold to beliefs that will serve us better. Bits and pieces of the knowledge that I'm going to impart have been

partially known by many people in the past. In fact parts of it have been known for thousands of years. The problem is that “common sense”, the Puritan work ethic, various other philosophies, and well-meaning but ignorant teachers have suppressed this knowledge. Albert Einstein said that, “Unthinking respect for authority is the greatest enemy of the truth.”

To use this information effectively in your life, you will have to generate an unwavering belief in its truth. In order to generate strong belief, humans use education, emotion, experience, reason, and evidence. In order to change the in-grained beliefs that are causing problems in manifesting results in your life, I'm going to present evidence generated from all five of these approaches.

Based on my own experience, I can assure you that Spiritual-based Manifesting works. It has generated some remarkable results in my life and, no-doubt in yours also. If you are unaware that it has worked for you in the past, here is a great step to help you become aware of when it is working.

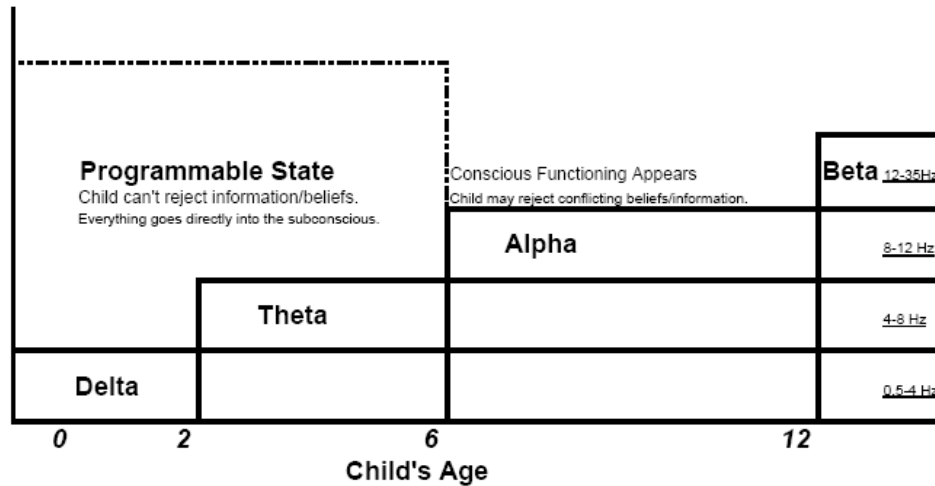
To begin to see evidence in your life that this principle works you must start a Synchronicity Journal. Write down every instance where things appear in your life at just the correct time, even if it is something as simple as someone calling on the phone after you've been thinking about them. This journal will gradually provide you with a strong belief about manifestation as you build up evidence day after day.

Common Problems with Manifesting

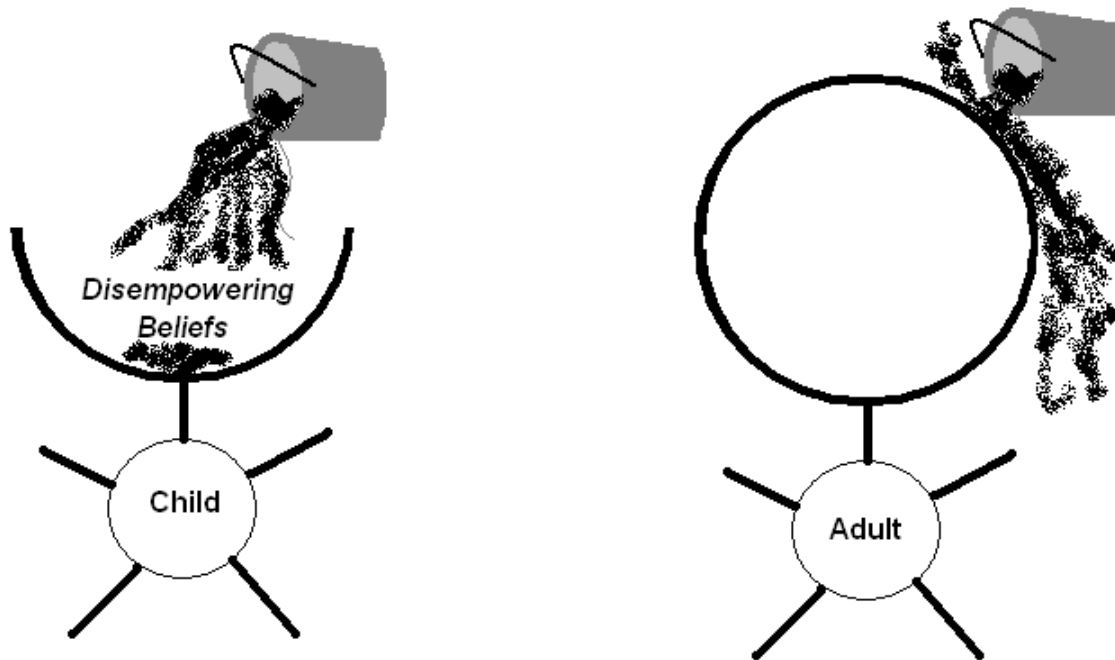
Here's how we humans work. There are essentially three parts to us that are useful in understanding how Spiritual Manifestation acts. **The first part is the Conscious mind.** This is the part that thinks and reasons. Our free will lies here. It is limited in processing power to about **4096 bits** of information per second. Our conscious mind can accept or reject any idea. No person or circumstance can cause us to think about ideas or thoughts we did not choose. The thoughts we choose eventually determine the results in your life. All pleasure, pain, and limitation is originated in the conscious mind OR accepted uncritically from an outside source.

In fact, due to brain maturation factors, up until the age of 6, children lack the ability to reject thoughts that are inserted into this part of their mind. The following chart demonstrates the relationship of maturation and brain wave states on a child's ability to reject conflicting beliefs.

Brain Wave Activity in the Developing Child



This is a critical issue, since many, many people suffer from ideas imposed by parents or teachers at an early age. The power of these ideas may be overthrown, but this can only occur if a person is aware that they are subject to the constraints caused by the idea. The following diagram graphically illustrates this concept. Credit for this type of diagram belongs to Bob Proctor. See the book, "You Were Born Rich" by Bob Proctor in the library section of this website.



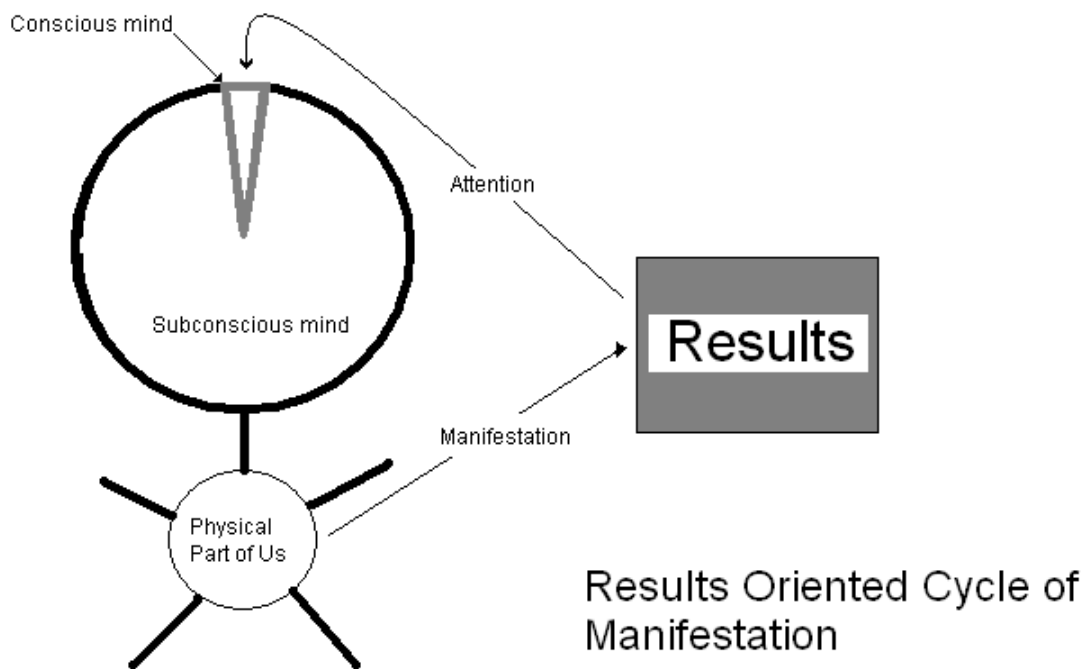
Children absorb beliefs uncritically and can't reject them. Adults can reject ideas.

A good example of what we're discussing happened to my daughter. A teacher told her that she would never be any good at math, since girls had no mathematical ability. She certainly lived up to that prediction, even though she had been fairly good at math prior to that incident. It took a lot of work for us to overcome that statement by an "authority figure."

The second part is the Sub-conscious mind. This is the power center of your existence. It functions throughout our body. Every thought that our conscious mind chooses to accept, this part **MUST** accept. It has no ability to reject. However it processes more than **4 megabits of information per second**; about a million times more information than our conscious mind. This explains how we can know more about a new person in a few seconds than we often realize.

Once an idea is accepted in the conscious mind and is repeated enough times, it will filter into the subconscious mind. This part of us expresses itself in feelings and action. If we consciously choose to repeatedly think a thought, it will become fixed in this part of our mind. Fixed ideas will continue to express themselves through our physical selves without any conscious assistance until they are replaced. Such ideas are often called "habits." These ideas are better understood as any form of either negative or positive ideas. For example, thoughts of lack and ill health will manifest in poverty and sickness if entertained long enough. Thoughts of prosperity and good health will manifest just as easily.

The following diagram shows the unfortunate pattern that most people take in their thinking. When we focus our attention on our current results, those results are the subject of our conscious ideas. Dwelling upon our current results will force them into the subconscious mind and ensure that they become manifested physically. This cycle can work either for or against us depending on whether the results we're focusing upon are "good" or "bad" in our scale of values.



People have traditionally believed that it is very difficult to re-write the subconscious part of our mind. Today's energy-based psychology is based on the premise that changing a belief is no more difficult than changing an error in a document in a computer. We open the document, make the change and then store it away again. Energy-based psychology provides hope that we all might learn to manifest positive results more easily since it provides tools to quickly change our limiting beliefs. For more information on energy-based psychology and its use, please refer to the following books (links in the library section of this website): "The EFT Manual" by Gary Craig and "Instant Emotional Healing" by Pratt and Lambrou.

The third part of us is our **Body**. There is no part of a human body that isn't found in other mammals. What makes us different is that our body is the instrument of our mind. It's the vehicle we use to use to interact with the material world. Unfortunately, we usually focus on it as our primary mode of existence. This is a primary source of misery because the body is controlled by our collective belief in causality. This limits the body's ability to manifest our orders.

These three parts come together in a chain of action. The connection is that beliefs that are caused by the thoughts that our conscious mind fixes upon are impressed upon our sub-conscious mind and that part of us then forces our body to live out those beliefs.

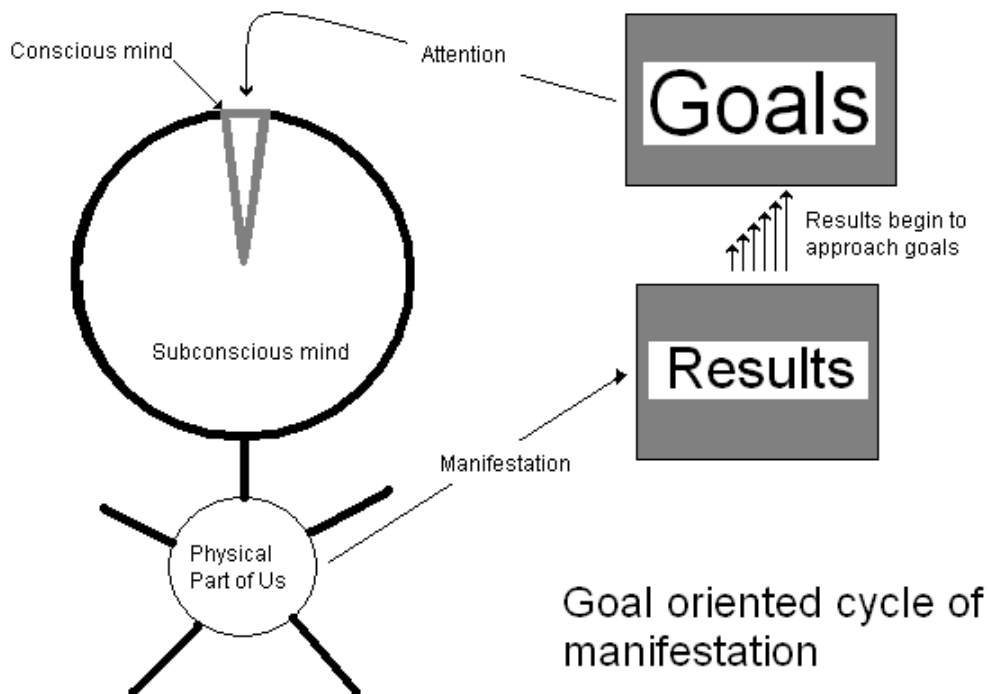
The Pathway to Control of Manifesting

The basic problem is that most of us focus on our current results. We must focus on a desired goal and not on we've gotten in the past or are getting right now. Focusing on a goal creates a conscious thought of achieving. That thought, when maintained over time, forces the subconscious to accept it as a belief. Once it is a belief, the body works

toward the goal and eventually the results we want manifest. The purpose of our current results is for us to use them as a basis to imagine better results. The contrast between what we are currently manifesting and our imaginary picture of something better creates a desired goal.

The true secret to utilizing this technique lies in how you approach it. Jesus said that we should be like little children and this is exactly how we should place our spiritual orders. We need to ask in a carefree manner and with an attitude of expectation of the fulfillment of our wish. Once we ask, we must not constantly revisit the asking action. The more we worry about receiving what we want and the more times we ask, the less likely we are to actually find it in our life. Such worry is representative of a lack of faith. We think that maybe the universe hasn't received our order or didn't understand it, so we try again and again. If we'd just wait with open minds and a pleasant expectancy, we'd improve our chances for success greatly. Notice that I'm not saying that we shouldn't think about what we desire. That's how we create the belief of receiving it. We just need to avoid thoughts of a doubting nature.

The following diagram expands on these ideas. In it we see that if we focus our attention on our goals and not on our current results, our goals will become fixed in our subconscious mind and this forces them to be manifested. It may be that they manifest all at once, or there may be many successive steps in moving from our current result state to our desired goal state.



The mysterious thing about this type of manifesting is that we humans don't automatically "Get it." We have to learn a whole new set of beliefs to become facile with this process. Our internal bias affects us. We want the result to come in a specific manner. We always need to remember to look around to see where the results are – they will be there. They just may not be in the form we expect. For example, we may want to receive a million dollars from the lottery, but instead stumble into a business

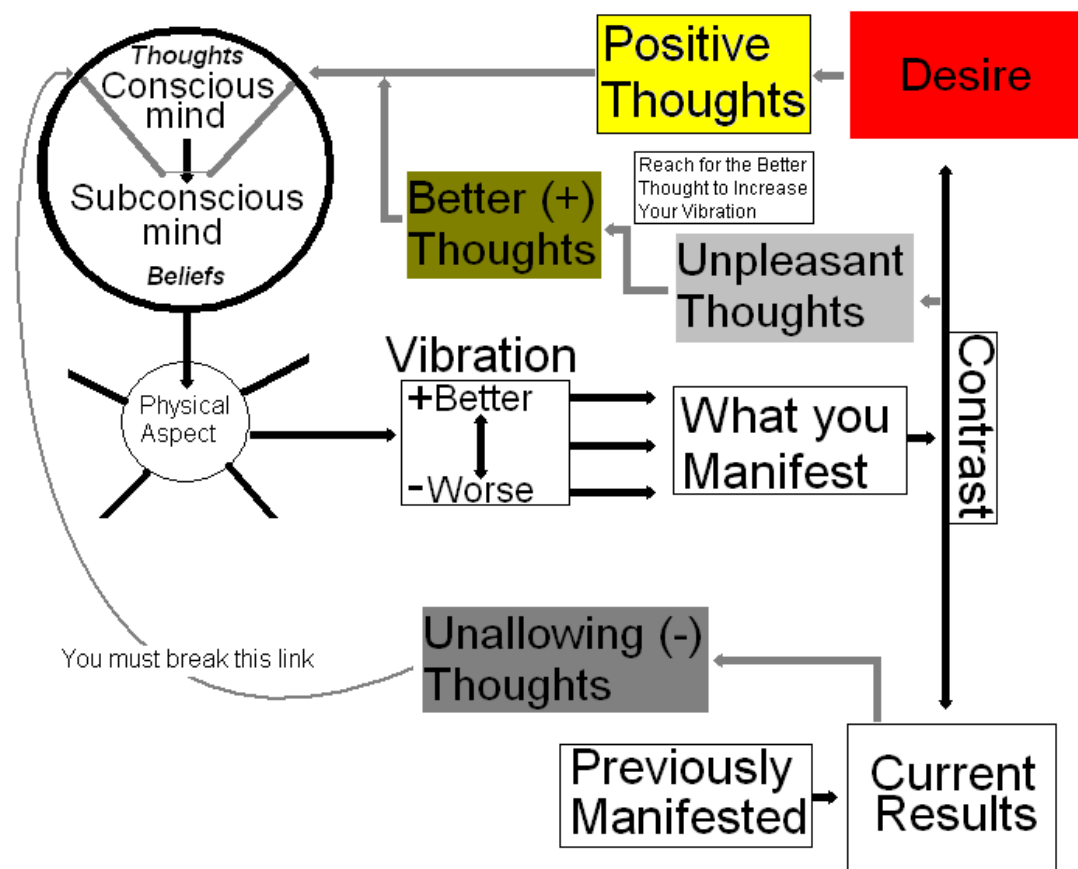
opportunity that could generate the money. If we are solely focused on purchasing lottery tickets, we probably won't recognize the business opportunity.

The main problem almost everyone encounters is that we all do what comes natural for us as believers in classical causality. We spend our focus on the unwanted results we're currently receiving and that insures that we just get more of the same unwanted results. As we sow, so shall we reap. It doesn't matter if our focus on our current results is one of acceptance or resistance, the mere fact that the current results are the center of our focus is enough to ensure that we continue to get them.

We hold onto old ideas and old things because we lack faith in our ability to obtain new ideas and new things. We limit ourselves. We never truly enjoy any item that we believe we must hold onto, because we all worry about losing such items. This worry gets in the way of asking for new things with a high level of belief. It's hard to believe we can have something new, when we are coming from a position of lack of belief that we can even hold onto what we already have created in our lives.

The Complete Cycle

A complete diagram of the manifestation cycle as I conceive of it may serve to illustrate all of the points I've tried to make in this essay.



This diagram shows that the previously manifested results we are currently receiving may create un-allowing or negative thoughts if we focus on them. This is the negative side of the cycle that we must learn to break. All results are manifested from the physical aspect of our existence by means of the energetic vibrations that we hold and create. If the vibrations are better, then we move up the contrast line and our results become closer to the desires or goals we have.

Our desire creates positive thoughts and these are the ideal food for manifesting the results we want. If the results you are currently generating are lower on the contrast line, the more likely they are to generate unpleasant thoughts. The true secret we need to master is to take every unpleasant thought and convert them into slightly better thoughts. If we do this repeatedly, we'll gradually drag our manifested results up to the level of our desires.

Conclusion

In summary, our beliefs determine our actions. Our conscious mind dwells on thoughts that then become beliefs in our subconscious mind. Once in our subconscious mind, beliefs begin to manifest in the physical universe. They may manifest by using principles that have been discovered by scientists.

Quantum principles are starting to give tantalizing clues as to how we might jump from a universe with poor results to a universe with the results we want and not remember the movement. It's up to us to learn how to make those jumps, no matter how they occur, in the direction of our desires.