



MASTERING MANIFESTING

Your guide to manifesting anything you want -
no formulas, no rituals and no secrets.

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INTRODUCTION

Thank you for choosing to download Mastering Manifesting! This e-book is not intended to be an in-depth review of the ins and outs of the Law of Attraction (I want this to be short and sweet for you!) but it will give you the information that you need to start manifesting and getting results from working with the Law of Attraction straight away. I know you're going to get so much value from this e-book and you'll be manifesting like a pro in no time at all!

Before we get started there are a few things we need to get clear on. Most people who try to manifest anything will quit very soon after, when it doesn't work for them straight away. So to help you be successful in manifesting the things you want, here are the top 3 things you need to know before you start manifesting.

THE TOP 3 THINGS YOU NEED TO KNOW BEFORE YOU START MANIFESTING

#1 – Manifesting is a skill and it takes practice

You have been taught that the world works in a certain way (take action and work hard to make things happen, think your way through things, figure it out, etc.). Well, manifesting works differently, and you will need to practice thinking and perceiving differently. Which means, you will be going against patterns that have been so deeply instilled in you that it may feel uncomfortable to start with. So, here's my suggestion. Start with a beginners' mind. Remember when you were learning to ride a bicycle? Did you expect to do it perfectly the first time? Would you expect anyone to do it perfectly the first time?

Sure, there is such a thing as beginners' luck, and you will have areas where you have less resistance and will be able to easily manifest the things you want (and areas where you have more resistance and manifesting is slower), but your goal should be to be able to manifest anything, and that means, learning how to overcome resistance and feel your own energy – and you do that by learning and by practicing and by observing your results – what starts to show up in your world, and realising how you have caused it through your energy and your thoughts.



#2 – Be mindful who you speak about manifesting with

Not because manifesting is woo-woo or weird (you’ve been doing it since the day you landed earth-side), but because not everyone is open – yet – to who they really are and how powerful a creator they are. Which means, when you go and start talking to them about manifesting, unless they’re already on board with it, they’re likely to rain on your parade, or put you back in your place, or make fun of you. Which is fine, as I’m a HUGE fan of taking a view that absolutely no-one else’s opinion matters at all, and I strongly recommend that you cultivate this attitude too, but – while you’re getting strong in that attitude, look after your own energy.

Look after your own life. Keep your manifesting to yourself until you prove it to yourself, and then go and loudly proclaim to your bestie or to Jan at the water cooler about how amazing manifesting is. Yeah?

#3 – Start with easy things

This way, you will start manifesting faster with things that you have very little attachment to and therefore resistance around. You’ll start to get results, and get feedback that manifesting IS working for you – and it’s a buzz when you realise things are showing up in your life simply by practising thinking about them! I don’t recommend starting to truly learn

manifesting with something like a car, a house or a relationship etc. I mean you can, but you will (probably) walk straight into a load of resistance around the subject (yours, or you would have what you want already) and it will be a longer process.

Start easy, see what works for you, and what doesn't, and *then* take what you've learned and start applying it to the bigger things that you want. Then you can manifest the house and the car and the dream holidays and the money in the bank.

Most importantly, play around with manifesting and have fun with it. The more light-hearted and playful you are with it, the faster it will work for you. So let's have some manifesting fun! Are you ready? Awesome!

WHY MANIFESTING ISN'T ABOUT GETTING STUFF (AND HOW KNOWING THIS HELPS YOU TO GET YOUR STUFF)

If there is one idea that I wish I could get across it is this – manifesting is not about the stuff. It's not about getting the car, or the guy, or the girl, or the money. But hang on, isn't the whole point of manifesting so that you can get the 'stuff' you want? In my opinion, no. It's about living in alignment – consistently, consciously – with who you really are, with the version of you that already has all of the stuff you want.

Stuff comes and stuff goes. But when you can master manifesting your stuff, you don't have so much 'need' for stuff – because you can manifest anything you need. See? And the energy of needing, and even of wanting, is very far removed from the energy of having. Manifesting is all about managing your energy. When you can master your energy, your vibration, how you show up in the world, regardless of what you can physically see with your eyes in front of you, then you will master manifesting. And, it takes time.

Let me share with you a little story to help make this point. In the last days of 2007, when my life was a bit – messy, let's say – I took myself on a 3-day meditation retreat with a Tibetan Buddhist Society. I had never meditated before, and it was somewhere between torturous and thrilling –



hard work but also finding access to a part of me I had never discovered before – quiet, still, knowing.

In truth, I only started meditating because my life and my job was stressful, and I wanted a reprieve. I wanted to cope. So I kept meditating after that. I was not looking for anything to happen with meditation, it was simply that I felt less stressed and more calm when I did it every day. It was hard to drag myself to my mat and to sit still for a whole 20 minutes. But it was helping me to feel better, so I kept doing it.

Fast forward 7 years from that meditation retreat, and I experienced a spontaneous Kundalini awakening – a profound energetic shift, an explosion of energy, an intense state of alignment and seeing the world through the eyes of source. I won't go into details of that, but the point I want to make is this. A Kundalini awakening is a prized experience. Many people have developed many practices to try to achieve it.

There is a whole school of yoga based around working with the Kundalini energy. There are meditation practices, tantric practices, breathing practices and crystals you can work with that help to activate the Kundalini energy. And most people who try, never experience it. But there was little old me, just doing my meditation most days (and even having big breaks from it at times), not looking for anything to happen (I didn't even know about awakenings) but instead just living the practice and BOOM – the

experience found me.

Can you see my point? There is a HUGE difference between the energy of seeking and the energy of being. When you are seeking something, you are telling the Universe, through your vibration, that you don't have it. And so via the Law of Attraction, the Universe can only bring you more of what you're vibrating – seeking, and not having.

Flip that over then to a simple dedication to living – being – what you want, without anything around you having to change, without any conditions having to be met, without anything actually having to manifest for you, and you will offer a vibration that says I am, I have – and the Law of Attraction will bring you MORE of what you are already saying you have.

And so you most certainly will have what you want, through being what you want. The doing part is in the middle, and depends entirely on firstly being.

I found this to hold true for me when I started consciously manifesting. The more I focused on the 'stuff' I wanted, the further it slipped away from me (because I was unknowingly telling the Universe that I didn't have it, so I got more of 'not having it').

The more I shifted my focus to getting into a better feeling place, every single day, noticing my energy, my moods and emotions and making how I felt my biggest priority, doing whatever I could every day to shift into a positive mindset, into feeling happy, uplifted and enjoying my life, the more I noticed things start to show up for me.

Little things like helpful people, delightful strangers, things going my way – getting the good carpark, having great timing, being in the right place at the right time. And big things, like new business opportunities, a steady stream of clients, peaceful parenting. Under the Law of Attraction there are not little and big things, they're all just things.

Can you do that? Can you shift your focus away from trying to get the stuff, to simply living, being, enjoying your life, no matter what may or may not be going on in the physical world around you? This is the path. It is not the glamorous path, it is not trying to instantly manifest a million dollars or the fancy car or the amazing relationship or the new clients or whatever

you want. It is the path of showing up for yourself consistently, living as best you can in alignment with already having what you want, and truly appreciating what you already have to appreciate.

Try less, be more.

Your Action Step

Meditate every morning. A daily meditation practice is the foundation of living in alignment and manifesting the life of your dreams. As well, you radically shift and raise your energetic vibration when you meditate. 15 minutes every morning is enough, 10 minutes is ok if you're short on time, 20 minutes is great if you want to, but you don't have to.

Make it not negotiable. If you don't know how to meditate, simply ask to be shown what to do and be open to receiving the answer (manifest it!). This is the first step in mastering manifesting. Oh, and in living a happier, more positive, more inspired, healthy life (you do want that too, don't you, along with all your stuff?).

HOW MANIFESTING REALLY WORKS (IT'S NOT A SECRET...)

Manifesting works via the Law of Attraction. The Law of Attraction is simply that we are vibrational beings, and we live in an attraction-based Universe. Everything in our lives is on some level a vibrational match to the vibration WE hold. To attract different experiences into our lives, we have to change our vibration (our energy) to be a match to whatever it is that we want.

And so this is what we do when we are manifesting – we are consciously, deliberately tuning our own energy, our own vibration, to be a match with the vibration of whatever it is that we want, so that we 'attract' it to us.

We do this by managing our thoughts and our emotions. Our emotions are the best indicator of our vibrational level, by the way, so you'll want to start paying close attention to the way you're feeling on a daily (or hourly!) basis. We manifest what we want by feeling what it's like to have it now – long before we physically have it. To do this you need to use your

imagination – you get to imagine what it would feel like, and start acting as if you already have what you want.

Now, this is so different from what we have been taught and conditioned to believe! ‘I’ll believe it when I see it’ is a classic quote to represent this idea, the traditional view that you can only believe something or feel what it would be like to have it, once you actually have it. But if you only do this, you will never have what you want, because you will never become a vibrational match to what it is that you want. Instead, you will be a vibrational match to not having what you want, so that is what you will attract. And with a belief like that at play, how are you ever going to get anything that you want?

So we’re going to drop that, right now, any old programming that says you have to have it (whatever ‘it’ is for you) before you can feel what it would be like to have it. And we’re going to start flexing our imagination muscles and start really imagining what it would feel like to have the things we want in life. And I’ll bet that as soon as you have even read that sentence, your mind will start throwing up objections, like ‘it can’t be that easy’ or ‘but I’m no good at imagining’ or anything else that comes up for you. Don’t pay it any attention – just do your best to imagine having what you want anyway.

What you feel is what you get

It is important to be aware of what you’re thinking, but the most important thing to be aware of is how you’re feeling. If you are feeling happy, joyful, uplifted, trusting in life etc. you will find that you are able to manifest what you want quite easily. If you are feeling frustrated, annoyed, tired, irritable, impatient etc., you will find that manifesting what you want is elusive. In fact, if you try to manifest anything from this energy, you will only add more of what you’ve already got, which is probably why so many people have tried to manifest using the Law of Attraction and end up feeling jaded and like it just ‘doesn’t work’.

The thing is, the Law of Attraction is ALWAYS working, and it’s always bringing you more of whatever energy you’re spending your time in. It’s worth repeating that last sentence – the Law of Attraction is ALWAYS working, and it is always bringing you more of whatever energy you’re spending your time in. It is fundamentally important, if you want to

be able to master creating what you want in your life, that you learn how to manage your own energy. A huge part of the ‘work’ of manifesting is bringing yourself into a better feeling place, where you feel happy, inspired, uplifted, peaceful, etc., as much of the time as you can.

Here’s the rub – how do you feel happy when you don’t have anything much to feel happy about, or if the thing you’re wanting to manifest, say a relationship, money, a job, clients, a house etc., is an area of your life that doesn’t feel good, and perhaps even feels worrisome, or worse? This comes back to that idea of having to see it to believe it. Do you have to have the things – people, objects, money – to feel happy? Or can you decide that you’re going to find ways to feel happy, before there is anything physically in your world that you feel happy about?



It’s not as hard as it sounds. Most of us have things in our lives that we love and that we do feel genuinely happy about, and things in our lives that we wish were going better. So to get better at manifesting, you simply want to give more of your attention – your energy, your focus, your thoughts – to the things that ARE going well and that you do feel already happy about, and give as little attention as possible to the things that aren’t going so well. Again, this goes against the grain of what we’ve been taught – focus in on the areas of life that aren’t working, and fix them, dammit! When we do that though, we just make those areas bigger, and we get more of what we don’t want. It’s time to start doing life differently!

Instead, we want to amplify and make bigger any feeling of happiness, of joy, of relief, of wellbeing. And because of the Law of Attraction, the more time we spend feeling those feelings, the easier it gets to hold that energy, because the Universe is delivering more of it to us – we get more and more stable in it, so we get more and more happiness and joy and wellbeing.

The opposite is also true, for the lower end of the emotional scale. This is why depressed people have such a hard time feeling better – they're in an energy that is bringing them more and more of what they don't want and it's virtually impossible to even find a happy thought from that place. The energetic vibrations between depressed and happy are simply too far apart. (In that case, the person needs to gradually shift up their energetic frequency upwards - from depression, to anger, to frustration, to boredom, to hopeful, to optimistic, to positive expectation, to happiness and joy. It's quite a journey, but it's the only way up.)

To sum it up – manifesting works by making yourself a vibrational match to the things you want to have or experience in your life. You do that by managing your energy, which is reflected in your emotions. You can change your emotions by changing your thoughts and by doing (yes, doing) activities that help you to be in a great mood.

Your Action Step

Do something you love every day. You are important, how you feel is important and making time for you to do something that feels good to you, is important. What is that thing for you? Is it reading? Painting? Walking in nature? Dancing? Listening to music and singing out loud? Pottering in the garden? Getting a coffee at your favourite café? Watching a movie? Learning to speak French? Pottery? Fixing up a car? Riding your bike? Doing yoga? Whatever it is that you love, make time for you to do it every day. If you don't have a lot of time, start simply with just 5 minutes. Make it not negotiable.

THE EASIEST WAY TO START MANIFESTING TODAY (AND KNOW THAT IT'S WORKING FOR YOU)

What is the easiest way you can start manifesting – consciously – today, and get feedback that the Law of Attraction is working for you? There are

many answers to this question but I'm going to share with you what has worked consistently for me. Of course, there are more and if you already have or if you find another way that works best for you, then do that! This is simply what my trials and (many) errors have led me to, and I know that it will work for you too.

Let's play a game. Start by getting clear on something you want. For the sake of practice, I would suggest something you have little to no attachment over – how about a free coffee? Or a \$5 note? And then spend a few minutes thinking about that thing. Thinking is perhaps not the right word. Try imagining it in your head. What does it look like? Can you imagine seeing yourself holding onto it? Wrapping your hands around the coffee someone just bought you? Bringing it up to your lips? Noticing the smell (that delicious coffee smell...)? Or can you see someone handing you the \$5 note, noticing how it feels in your hand, how crinkled or straight it is, the colour, and what you do with it. Do you fold it up and stick it in your pocket? Do you straighten it out and carefully place it in your wallet? What does it feel like, having just put it there?

Can you get a sense of what's happening here? These are some basic visualisation techniques, which are incredibly powerful in helping you to imagine yourself having something. A couple of minutes is all that is needed to start the process. And for something that you don't have much resistance over, something that you're not attached to having or not having, you will be surprised at just how quickly it can appear in your world.

Now, your job is to forget about it and go and get on with your day. There are a lot of Law of Attraction teachings that say you should focus your thoughts on what you want as much as you can. Funnily enough though, that has never worked out so well for me (which can only be because in focusing my thoughts, I was zeroing in on the 'wanting' part and not the 'having' part, so just be mindful of where you're putting your thoughts and energy, always). It is easier to set and forget. Set your intention, tell the Universe what you want, imagine having it (see yourself very clearly having it) and then release it and move on with your day.

You can come back to this during the day, the important part being to keep it fun and playful. If you come back to it with an energy of 'it hasn't showed up yet', well, you'll find that that's all you get. If that happens, simply drop the subject and think about something else.

The final part is to acknowledge it when it does show up for you. Because it will, and how quickly it does is dependent on how much resistance you're holding, or not holding, around having that thing.

Your Action Step

Play a manifesting game every day. Choose something small, irrelevant and fun, and spend a few minutes focusing on it and visualising it as I described above. Set and forget, then watch with amusement as it shows up in your world in the most delightful way. And when it does, acknowledge it – I created that, just by imagining it!

THE 3 MOST COMMON MANIFESTING MISTAKES (AND WHAT TO DO INSTEAD)

Everyone who has ever tried to consciously manifest something they want has experienced failure. Just like every child learning to walk for the first time at some point fell back down. So now that you know that, let's just accept that the path involves learning what works and what doesn't, and that it will involve trial and error. And to make your path a little bit easier, I'm going to share with you the top 3 mistakes that I see people make (and that I have made) in manifesting using the Law of Attraction.

Mistake #1 – Seeing only the problem

This happens All Of The Time with clients that I work with. It's a little conversation that goes like this:

Me: "So what do you want?"

Client: "Well I don't want (insert thing), and I hate the way that (insert another thing) and I get so frustrated when (insert thing someone else is doing) and..."

It repeats a few more times than that but I won't bore you with the details – I'm sure you get the idea. Most people, when asked what they want, will tell you what they don't want. And in doing that, what are they focusing their attention and their energy on? What is the Universe then bringing



them more of? The Universe and the Law of Attraction can ONLY bring them more of what they don't want as that's where they're vibrating. That's what their energy is doing. That's what they're attracting. So don't do that.

Instead, get really clear on what you want! If something is not as you'd like it to be, stop dwelling on it, stop talking about it, stop telling it how it is and instead, decide what you would LIKE your situation to be instead. And start talking about that asap!

Mistake #2 – Complaining

We all know that complaining pretty much sucks. But how easy is it to sometimes get drawn into a conversation that involves complaining? Way too easy. The thing is, you do always have a choice. For yourself, you can decide that you speak positively about things, or you don't speak about them.

And when you're in conversations with others that involve complaining, you have choices. You can remove yourself from the conversation, you can speak positively yourself and stop the complainer in their tracks, or simply leave the conversation. Whatever you do, DO NOT get drawn into complaining or negativity of any kind. Even if it feels good in the moment, even if it feels like you're connecting with the other person through

complaining – I promise you, it will do you more harm in the long run if you do. But why is that?

Complaining is like saying to the Universe “I really don’t like this thing and I want everyone to know about it” and the Universe is like, “Okay, well here’s some more” – because the Law of Attraction isn’t keeping tabs on what’s good for you and what isn’t, it’s just lining up energies of like vibration. Add to that, when you’re talking with another person about things you don’t like (or things that you do like for that matter), the vibration is amplified – so you get a pretty strong momentum going for something you don’t want. Don’t do that!

This is what to do. Speak positively, or don’t speak it. And if someone starts complaining to you, look after your own energy and get outta there. Seriously!

Mistake #3 – Keeping score

This is like trying to bargain with the Universe: “But I’ve been really good, I’ve meditated for like 8 days straight, I’ve thought the positive thoughts... and I still don’t have my stuff – Universe, where’s my stuff?”.

It doesn’t work like that, unfortunately. Because even when we’re doing all the ‘right’ things, there are many factors to manifesting that can mean your ‘stuff’ takes a while to arrive. Things like, resistance you’re carrying that you’re not aware of, or how long the momentum needs to build in a positive direction before your stuff DOES show up, and even the logistics of time and space – the Universe needs time to line everything up in order for it to deliver your ‘stuff’ to you.

So what do you do instead? This is the path of faith in the Law of Attraction. This part is really, really super important to get. If you’re only doing the meditation and the positive thinking to get your ‘stuff’, then your vibration is already going to be off, as there is a catch there. Your energy is conditional. It says ‘if I do X (meditate, think positively etc), then the Universe must bring me Y (my stuff)’ and in saying that, you’re affirming that you don’t yet have Y (your stuff). So the Universe can only bring you more of not having Y, which means – no stuff. Yes?

This is where it’s important to set and forget. Get clear on what you want.

Write it down, visualise it for a few minutes and then go on with your day. Every day. Remember I talked earlier about the difference between seeking and having? This is the same. Settle in. Walk the talk. Do the meditation and the positive thinking just because it feels good, not because you want ‘stuff’. This change in perspective changes everything. But you’re going to have to take that one on faith. Oh, and as a side effect, you’ll find yourself feeling calmer, more centred, happier etc. You just have to take the good with the good!

THE 3 THINGS EVERYONE WANTS TO MANIFEST - LOVE, MONEY & HEALTH

There are three things that pretty much every human on the planet wants, and no surprises, these are the top things people want to manifest when they start using the Law of Attraction. And that’s cool, of course, people want to manifest the things they really want. Why else would you use the Law of Attraction? But here’s the thing. These three things – love, money and health – are pretty loaded. They come with a lot of baggage and a lot of history.

Think, limiting beliefs, stories, patterns and mindsets that simply don’t allow for the possibility of manifesting them (I’m not worthy/lovable/healthy/slim/attractive/rich/good enough/smart enough etc.). And whenever we have beliefs or patterns or stories that tell us we ‘can’t’ have something, then via the Law of Attraction – we can’t have it. It’s that simple. (Tip: check in with some of your beliefs, where are you blocking yourself from having the things you want?).

In this section, we’ll have a look at each of these three areas in detail, and you can see where you might be resonating with each of these, and what you can do to start manifesting any of these that you want right now.

Love

Yes, you can manifest a relationship. Or you can manifest an improved relationship if you’re already in one. You can even influence the behaviour of people around you, in relation to you, by practicing a vibration of what you want to see in them (I’ve done this to create a much more



harmonious home life with my son!). You cannot, however, force anyone into anything. Any vibration of force is waaaay out of alignment with the higher, joyful, loving vibration that we want to be manifesting from.

Here's one of biggest things that trips people up in manifesting relationships – fixation on a person. As in, for whatever reason, getting stuck on the idea that a particular person has to be 'the one' and becoming so enmeshed in that idea that even though the Universe might be lining up a perfect partner, they simply can't come, because the strong energy of fixation on a specific person – and of not having the desired relationship with that person – is blocking them. Don't do that. Manifest the relationship based on how it feels – sure, true, loving, deep, secure, connected etc. – and let the Universe handle who shows up.

And then there is conditional love. That is, in order for me to love you, you have to do (insert desired behaviour here) or not do (insert undesired behaviour here). And under the Law of Attraction, this just won't hold up. When you do this, you severely restrict your own ability to create the relationship you want, because you're saying that you will only vibrate at a place of love if another person is pleasing you in some way, when you have no control over how that person will behave. Talk about giving your power away!

You need to instead get unconditional, and decide how you want to feel about your relationship, no matter what any other person in your life is

doing or not doing. And when you get stable in your own vibration of having what you want, things are going to happen. Anyone in your life who is not in alignment with that relationship is going to leave your life. Anyone in your life who is able to be in vibrational alignment with what you want is going to start showing you the behaviours that align with what you want. And if there is no relationship already in your life, someone who is in alignment with what you want is going to walk right into your life.

This is what you can do. Simply decide how you want your love life, or your relationship to look and more importantly feel. You can do this with any relationship in your life, not just romantic relationships. Then, from the place of knowing how you want to feel, start to imagine feeling that way. Remember the simple exercise we did earlier, with the free coffee and the \$5 note? Do the same thing, but this time do it for your relationship.

Yes, it will take time. All of us have some pretty strong momentums going on in relation to the big things we want in life, so you need to allow for a new momentum to build before you start seeing changes in your physical world. And any time you find yourself focusing again on what you don't want – stop. Breathe. Decide to think about something unrelated but that feels good, or simply look at a flower or other pleasing object for a few minutes, and then shift to your new story of what you want and have. Build on your new momentum. And then go on with your day (no keeping score!).

Practice it daily, walk the talk, do the work. It/he/she will come, and when it does happen, you will just *know*.

Money

The most Googled question about the Law of Attraction must be how to manifest money. Because let's face it, most people on the planet are vibrating at a place of not having money. And it's usually been handed down to them from their parents, who got it from their parents, who got it from their parents, etc. And then there are the rich people who seem to have it all so good... can you see where this is going? Straight to crappy vibration town on the complaining bus, that's where, so I'll stop.

Money is a huge topic. I can only scrape the surface in this e-book, but this will help you anyway (and besides, sometimes less really is more). So here we go.

Let's say you want to manifest money, from a place of not having enough money (or at least, not as much as you'd like). Can you then, from that place, decide that how you think and feel about money is going to have nothing – NOTHING – to do with what is going on physically for you, in relation to money? That what you decide to think and feel is completely removed from whatever is going on in the 'real' world?



Here's the thing. Everything that has already manifested for you is based on your past vibration. It's gone, it's done. But everything that is coming to you now is based on your vibration NOW. Now. Now. Now. Do you see? The only way to really shift your energy around money is to decide, moment to moment, for as many moments as you can string together, that you have enough, or more than enough, or an abundance of, or a free flow of money into your life.

It's not easy, but it is the only way to shift your vibration around money. Remember we talked about being unconditional in relation to love and other people? Well, it's exactly the same with money. Most people are offering a vibration in response to what they can see in front of them, rather than deciding upfront how they want to feel about their financial situation and focusing their attention there.

Plus, money is one of the harder subjects to shift your vibration around, because it tends to show up everywhere – it impacts so many decisions even in just one day. But hard or not, getting unconditional about how you

feel about money is the only way to start shifting your energy and attracting more of it into your experience.

Try this, when you're in a good-feeling mood (that is, not when you're stressing over money!), so perhaps after a walk in nature or after meditating. Take a page and write what you want your money situation to be, in feeling terms. How does it feel to know that you always have all the money you want or need? To know that you can pay for all the things you want and need?

I'm pretty sure that for most people it would feel secure, sure, safe, easy, fun, confident etc. Fill your page with the feeling words, and at the end write an affirmation like 'I appreciate all of the money that flows into my life'. Do this every day for a month, just because (and remember, no keeping score!).

The key is to practice a different vibration around money every single day. And when your old money story (or what has currently manifested) is in front of you, pay no attention. Then you stop, and breathe. You shift your thoughts and your focus to something unrelated that feels good (or go look at that flower again) for a few minutes, then remember your new money story. And then go on with your day.

Health

Full health is a state of ease, of connection to your Source energy. The trillions of cells in your body are constantly responding to the energy flowing through them. Any physical condition that has manifested is simply the result of not allowing your source energy to flow. Of closing off, blocking it, of giving attention to unwanted things. The only thing that will ever, truly, shift you to good health, is allowing your Source energy to flow unhindered. And that is easy to do.

Now clearly all of what I've just said goes against the grain of what most of the world believes around health – and it may be challenging for you to hear too. My purpose is not to argue the case for the Law of Attraction, it is simply to help those who are ready to apply it powerfully in their own lives. So if that is you, and you would like to experience great health, no matter where you might be starting from, then read on.

What do you do then, if you experience unwanted health conditions? Well,



you do exactly the same things we do for anything else unwanted – we have to train ourselves to get unconditional in the vibration we offer around that thing. That is, we have to find a way of feeling good in our bodies, of feeling healthy, of feeling well, no matter what the physical reality might look like in any moment. And then get really clear on what it is that we do want, which is usually easy to do with health – we simply want to be well and in great health. And we start lining up with that – what would it feel like, to have great health? And of course this is where it gets tricky – how can you imagine what it feels like to be well when you're sick? Or overweight? Or in pain? Or suffering in your body? And so we have to do our best to be unconditional, even for just a few minutes every day, to start building energetic momentum towards wellness.

Here's why the Law of Attraction is so powerful in sustaining great health. Say for example you're overweight, and you've tried every possible diet and nothing has ever really worked for you. In this example, you are trying to find a solution to your weight problem without having first shifted your energy towards being a healthy weight. And so diets appear to be the answer. But what vibrational level do you suppose 'diets' are hanging out on? Are people of a healthy weight (generally speaking) going on diets all the time? Or is it something that people who are overweight tend to engage in? Can you see where this is going?

Dieting is usually on the same vibrational level as the weight problem.

You have to work really hard to stick to it and most often, the minute you relax, the weight comes back. Doing the energy work is different. This is where you work to shift your energetic vibration first, to a place where you're on the same energetic level as 'healthy weight'. Then, from that energetic place, you will have access to the thoughts, and then ideas, and then the actions, that will lead you to having a healthy weight. And exactly what that looks like for any individual person will be different. This is when the weight will start to fall away effortlessly; this is when it will stay off.

So what can you do right now, for any unwanted health condition? Same as always! Spend time each day practicing how it feels – as best you can, you don't have to be perfect – to have great health, to feel wonderful and free in your body. Make it unconditional, don't keep score. In this case also, breathing deeply into all of your body will help, as will meditation and energy healing, as these are especially helpful in helping the physical body to open and for the flow of Source energy to be restored. And as always, the practice is the path. Do the energy work. Walk the talk.

THE TOP 5 MANIFESTING MYTHS AND HOW DEBUNKING THESE WILL HELP YOU MANIFEST FASTER

Myth-busting time! Manifesting is loaded with myths about what you should and shouldn't do. Let's crack a few of them open and clear them out now.

Myth #1 – You don't have to DO anything

Not true - this is the idea that since you just imagine having what you want, that you don't have to actually DO anything in the real world to make it happen. While on some levels this can be true – if you can truly bring yourself into full energetic alignment with what you want that it magically comes to you – it's not usually the case.

What really happens is this – you spend time imagining having what you want, feeling how it would feel to have it, and then you get an idea about something. Something you feel compelled to do, someone you feel the need to call, a sense of going to a place or event. This idea IS a manifestation! So if you're manifesting something and you start getting

new ideas, follow them for sure. As they will be leading you closer and closer to the having of what you want. This is the path lighting up for you.

As for doing nothing? Think of it like this. 'Even though I don't know what I have to do right now, I trust that when the time is right, I will know exactly what to do' and leave it at that. It is true that rushing straight into action to force or work hard for what you want is not manifesting; rather, manifesting is more about letting the idea come for the right action to take, and then taking that action without hesitation or delay.

Myth #2 – Manifesting will get you exactly what you want

Not true - manifesting will bring you exactly what you're an energetic match for, which may or may not be what you 'want'. So to get the things you want, you need to be very clear on what it is that you really want, not just your surface-level desires.

Let me illustrate that with an example. Let's say you work at a job, and you don't particularly get along with your boss. So you decide to 'manifest' a new job, which you do pretty easily. The only problem is, after a few months in your new job, you realise you don't much like your boss – pretty much the same as your old job. Different person, same issue. What gives?

In this example, the job (surface level) has changed, but the underlying vibration (don't get along with my boss) has not changed! A better way of going about getting what you really want is to focus on how you want to feel when you're doing your job, not on the job itself. So you would decide to manifest things like feeling appreciated, feeling recognised, feeling respected or however else you want to feel in your job, and let the Universe be the determiner of how that comes about.

Perhaps your current boss would start treating you differently. Perhaps your boss would get a new job and leave the company. Perhaps you would find a new job somewhere else, where you have a great relationship with your boss. Perhaps you would feel inspired to start your own business instead. Who knows?

There are infinite ways the Universe can respond to your energetic vibration. The trick is to get to the true, underlying desires and focus there in your manifesting. And then take your hands off the wheel for long

enough that the Universe can actually deliver it to you. Easy, right?

Myth #3 – You have to focus really hard on what you want

Not true – you don't have to spend all this time thinking about what you want so that it will come to you. In fact, a lot of the time, it will be easier to manifest if you aren't thinking about what you want all the time – this is especially true if you are manifesting something that you have some resistance around. But why is that?

This happens because when we really want something and we have wanted it for a while, and it hasn't come, the most dominant energetic vibration is usually the 'I don't have it yet', not the 'I have it' vibration. Which is understandable, when you remember that most people will, until they learn otherwise, simply offer their own vibration in response to what they are physically seeing in their world (raising hand waving over here!).



So if you go and focus really hard, and spend lots of time thinking about what you want to attract, it WILL work if you are purely holding the vibration in alignment with having what you want, but if you tend more to the side of vibrating at 'I don't have it yet', you will only increase the momentum of that energy – so you will get more of 'I don't have it yet'.

The trick out of this cycle is to get really clear on your intention of what you want to manifest, at a feeling level (e.g. I want to feel in love, I want to feel abundant, I want to feel healthy in my body) and spend a few minutes

each day doing your best to feel what that feels like for you, and then quit it! Then, bring your attention to going generally happy, generally uplifted, generally feeling wellbeing, by thinking about things that are already in your life that help you feel like that.

So no, you do not have to think about the thing you want all the time for it to come to you. And often times, less time thinking about it helps it to manifest faster for you.

Myth #4 – You can't have any negative energy

Not true – manifesting is all about getting really clear on what it is you want, and then shifting your own energetic vibration into alignment with the vibration of having that whatever-it-is. But how do you get really clear on knowing what you want? Most often, it comes from an experience of knowing what you don't want! And when you're experiencing something you don't want, chances are your own energy will take a dip, even temporarily, which we can experience as 'negative energy'.

In reality there is no source of negative energy – energy is just energy, and the negative experience simply comes through blocking your own flow of Source energy. Which you can do by thinking unhelpful thoughts, criticising yourself or others, judging yourself or others, complaining, focusing your attention on things you don't want, etc.

The interesting thing to remember is that it's only through experiencing this 'negative energy' that you gain deep clarity on what you do want – which you need to do before you can experience it. So there is actually a benefit to 'negative energy'! The trick is to be aware of it early and not get stuck there, but to shift your attention as soon as you catch yourself in negativity.

This topic of shifting your attention and energy is almost a book in itself, but for now, just try this. Find an object that you love to look at. It could be a crystal, a trinket of some sort, a piece of jewellery, anything at all but preferably something you can keep with you. When you find yourself sinking into negative thought patterns, and you become aware of it, simply pull out your object that you love, and focus on it intently. Look at the colour, look at its texture. Notice how it feels in your hand. List in your mind all the reasons you love it. Keep doing this for a minute or two. Then, simply go on with your day with an intention to keep a positive focus.

Repeat as many times as necessary! Yes, it can take a lot of repeats and a bucket load of faith, but keep going.

Myth #5 – Manifesting doesn't work for me

Not true - manifesting is always working for you, whether you're consciously aware of it or not! Everything in your life experience has come to you through your energetic vibration. This can be challenging for many people to hear, especially when they have experienced traumatic or other negative events in their lives. And there are a lot of people around who are not yet ready to be responsible for their lives in this way. That's ok. Everyone is at where they're at. The only question is, where do you want to be?

It's also worth thinking about all the positive things in your life that you have already manifested. And as you do so, think about what you were thinking and feeling in the times leading up to your positive manifestations. Were you already in a place where you were feeling good, feeling happy and uplifted in your life? I'm willing to bet that for some time before really positive things have manifested for you, you've been in a good place yourself – emotionally, mentally, physically.

In reality (and I use that term loosely), most people have a mixed bag of positive and negative manifestations in their life. And there is nothing inherently 'bad' in manifesting things we don't want, as it helps us become even more clear about what we DO want to manifest. The trick is to do just that – always get clear about what you do want, then do whatever you can to be in the best feeling place you can in any moment. And that's it!

5 SIGNS TO LOOK FOR THAT SHOW MANIFESTING IS WORKING FOR YOU

There are a lot of misconceptions around about what manifesting looks like – most people who try it don't know what to expect, and so don't recognise the signs that their energy is shifting and manifesting is working, and they quit right when they need to hold the energy a just little more. So to help you out, here are some common signs that manifesting IS working for you, and that you're on the right path.

Sign #1 - You start to feel better

In any way whatsoever, when you start to feel better in your life, regardless if it's around the topic you're manifesting on or not, this is a sign that your energetic vibration has started to shift. And since feeling is the most powerful element in attracting (you will attract what you feel, every single time), this is a big indication that what you are doing is working, and physical manifestations will HAVE to come to you. Be patient and don't keep score.

Sign #2 - You have new ideas and new thoughts on the subject you're manifesting on

This is another manifestation after feeling better. You start to get access to new thoughts and new ideas. This means that your energetic vibration has shifted, and is starting to line up with the having of what you are wanting. When you get a thought or idea that is new around the subject you're manifesting on, acknowledge it as a manifestation in itself, because it is. And if it's something you can take action on, DO IT! This is showing you the path towards having what you want.

Sign #3 - Synchronicities start to show up for you

Happy coincidences occur. People start to appear in your life who seem to be uncanny in the familiarities or resonances you have together. You happen to bump into people who know exactly how to help you. The book that falls off the shelf at your feet is the exact book you need to help you take the next step. The money that you need to buy that program or trip suddenly shows up for you out of the blue. The path opens up for you. Synchronicities are a strong sign of manifesting working for you!

Sign #4 - You start to get 'signs' about what you want

Okay, this starts to get into woo-woo territory, but do be aware. That random message you saw on a billboard wasn't random, it was a message for you (especially when you've driven past it that many times and never noticed it before, then suddenly you do notice it and it has meaning..). Same goes for that random post on your Instagram feed, or that email you clicked open from someone who's emails you usually skip over, but that had a powerful message for you.

These are all signs that you ARE coming into vibrational alignment with what you want to manifest. The reason you suddenly start seeing these things is because you are on the same energetic frequency as them. Interestingly, you can only be aware of things that are on the same energetic frequency that you're vibrating at.

Sign #5 - You stop caring about whether your 'stuff' is coming or not

As you've discovered that just feeling great in your life is all you ever really wanted in the first place, and that wanting more stuff was simply your way of reaching for happiness. And usually when you hit this place, your 'stuff' starts flowing in pretty rapidly.

LAST THOUGHTS

I really hope that this book has helped you to get a clearer understanding of how the Law of Attraction works and how you can apply it in your own life. But let me be really, really clear on this. Understanding in itself, will not bring you results under the Law of Attraction. There's no way around it, it's about living the teachings, about doing the work to shift your energy and your thoughts into alignment with the things you want to manifest in your life.

It is not a one-time thing. It does need total commitment every day – all day. And any teacher who says differently is doing you a big disservice (and yes, there are some manifesting teachers out there doing just that).

For me personally, I got caught up in the intellectual knowing of the Law of Attraction, and thought that would be enough. It wasn't. Despite everything I knew, over a period of about two years of learning, not very much had changed in my life experience, in what I was manifesting. I had some random great manifestations, don't get me wrong, and I knew that this stuff worked, but overall, my life wasn't really going that great. And I had no excuses.

It wasn't until I broke down (a bit) and realised I had to commit to living the energy side of the Law of Attraction that everything shifted for me. To doing the hard, persistent work of constantly checking in with myself, with how I was feeling, what I was thinking. And then deciding, moment by

moment, to reach for a thought that felt better. To reach for a feeling that was better.

And even though I knew all the theory, there were no guarantees. There was no prize for gritting my teeth and deciding to take the deep breaths and refocus my thoughts when I would have much preferred to explode into anger. Or when it would have been so easy to get on a rampage of complaining, or have a self-pity-party.

And sometimes the momentum you have going on a subject is just too strong and you do fall into those patterns. And it's okay! You just bring yourself back as soon as you can, into a better feeling place by focusing yourself on general wellbeing.

Words don't teach. Only practice teaches. But I can PROMISE you that your life will change immeasurably for the better when you commit to the practice. The secret? There is no secret. Enjoy your life, find good things to appreciate and focus on every day and let the good feelings you experience be enough in themselves. That's when your manifesting will go to a whole new level. And have fun with it!



ABOUT THE AUTHOR

Jacqui Calvert is an energy healer, coach and Law of Attraction teacher, and has been messing around with manifesting since sometime in 2012. Her mission in life is to free minds - by helping people understand and use the full extent of their creative abilities.

Jacqui's background was far removed from spirituality or anything 'woo-woo' - she was an accountant for over a decade and lived a very normal, run-of-the-mill kind of life. The only point of difference - she had always seen energy, but had no idea what it was.

Fast forward to falling pregnant with her first child in 2012 and her world started to shift - visits from spirit guides, feeling 'called' to leave the accounting world and pursue energy healing and experiencing a spontaneous Kundalini awakening a few years later. It was after this that her interest in the Law of Attraction fully blossomed, and she has been on the path of mastery ever since, with ever-increasing satisfaction at her conscious creations.

Jacqui works with clients all over the world in 1 on 1 coaching sessions and small group programs to help them consciously create the life they dream of living - which has a lot more to do with happiness, wellbeing and deep satisfaction than it does with fancy cars and jet-setting lifestyles. If you would like to find out more about working with Jacqui visit **jacquicalvert.com**.

