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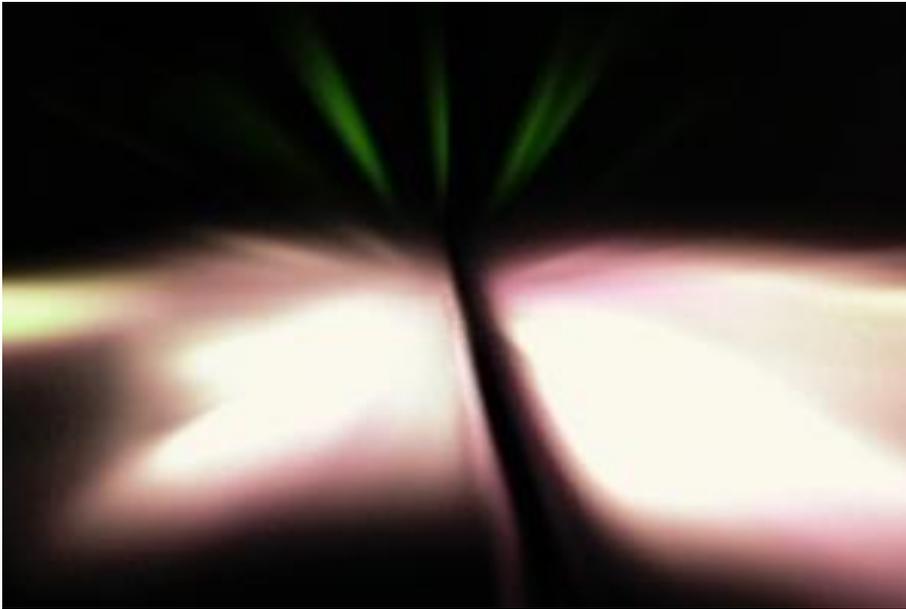
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Foreword

For a manifestation to be seen as successful or to be perceived as such there are certain elements that should be addressed, such as the mind and body working together as one. We will have a look at all of this here in this book.



Manifestation Maestro

Manifest What You Wish

Chapter 1:

The Basics On Manifestation

Synopsis

Some people would say that manifestation is done through the energy expounded when a choice is made. Generally it is taken to mean that something is brought into “being” which implies that manifestation is limited to the physical elements but herein lies the phenomena as manifestation does also seem evident in our thought process.



The Basics

Popular perception and perhaps rightly so implies that all good, bad and generally things that randomly happen can have some element of manifestation linked to it. It is possible and probable to create into existence element that would otherwise not exist with the mere thought process. People who are in control of their life generally attest to the basic rule and don't really look upon it as a phenomenon but rather as a tool to make things "happen".

The energy or aura surrounding the thought process will then be able to transcend into the physical realm, while engaging the root chakra. There are many technical terms linked to the exercise of manifestation but the root of it all focuses around the ability to stay centered in both body and mind.

The conscious and unconscious choice an individual makes always has some effect on the surroundings. The trick is to try and harness this "energy" to have more impact on the unconscious choice over to the conscious side so that the effects can be positively experiences and expected in everyday life and functions. In the big picture scenario the general point of understanding revolves around the fact that every choice made is done with the "root chakra" either consciously or on a subconscious level which is directly linked to the outcome of each choice made.

Chapter 2:

Determine What You Really Want

Synopsis

In the quest to achieve various feats in life either on an everyday platform or within the general life span of an individual, having the ability to clearly understand and acknowledge what is needed or wanted will prove to be an incomparable asset.



Figure It Out

The reason most individual have difficulties in achieving what they originally set out to do is because very few have a clear and grounded idea of what the end goal should be, thus the ever important point to ensuing a clear understanding of what is wanted is the key to the successful outcome.

Here are some valuable tips on how to be able to start anything and see it to a successful completion with the desired results not having to be compromised.

- Spending some quiet and focus time on the issue at hand help to create the clearness of the mental process whereupon the idea and outline is addressed.

This quiet contemplation when done on a regular basis help to create a powerful energy that can be a balancing and harmonizing tool for the mind, body and spirit. This can also be interpreted as being able to connect with the inner “voice” or “gut feeling” that most individual depend upon.

- When the mind schools itself to be able to reach a quiet plateau, several positive elements can be evident. Thought processes can be clearly outlined within the mind’s eye and a more beneficial brainstorming exercise can be unfolded.

Thoughts and ideas can be linked to skills and capabilities in a more realistic and acceptable scenario. Using a notebook to record these ideas that come to mind is one way of figuring out what is most attractive, desirable or attainable for the individual.

Dreaming is also another way the individual can explore any hidden desired and consequently focus on positive elements that may contribute to the successful achievement of it.



Chapter 3:

Maintain An Attitude Of Trust

Synopsis

Trust is perhaps the single most important element in any equation. Trust in one's self and in others is something that should always be taken seriously and without any flippancy.



Trust

When an individual is in the process of embarking on a project trust in his or her capabilities and ability to see the project to its successful completion is both necessary and a prerequisite.

For every individual the daily trial and experiences become easier if there is an element of trust evident always. The same principle applies to the business world where trust is looked upon and the seal that holds all things together.

The attitude of trust can be defined into two distinctive categories which are active and positive components. In the active trust component there is a clear and ever present level of trust in the leadership, veracity and reliability of the parties involved in the business relationship.

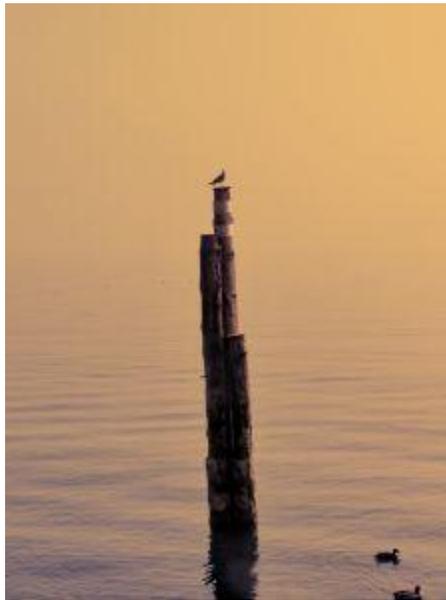
The passive trust component is reflected in the absence of having to worry or be suspicious of the other parties within the business relationship. Though frequently taken for granted this element should not be underestimated when it comes in the smooth and successfulness of any endeavor.

Cultivating the habit of being genuinely interested and concerned in all the various facets of an endeavor and its probable problems is one way of maintaining an attitude of trust. Often individuals dismiss the importance of seemingly smaller elements of nonverbal and body

language impacts. These also play an important role in helping to maintain the element of trust.

When all parties are comfortable and open within the relationship then the element of trust can be further enhanced as a clear understanding of the various needs and wants are addressed accordingly.

Being able to deliver or achieve whatever has been mapped out will also ensure the level of trust is maintained and even strengthened. Being dependable is one of the key components of trust.



Chapter 4:

Goals Are Important But Don't Fixate

Synopsis

Having a goal for everything has its merits and is really helpful and rarely harmful, however if this goal becomes a dominant part of the individual's life then this is where problems can begin to manifest itself.



About Goals

Keeping a certain level of focus on a goal is a very positive thing but if the focus eventually becomes a fixation then the negativity that this fixation bring to the equation can eventually cause the endeavor to fail or have other negative consequences.

Some of the more obvious signs to watch for in regards to becoming fixated on a goal are as follows:

- Having the irrational belief that success is only achieved if there is an uncompromising level of perfection. Though perfection dictates to a certain extent the quality of the end goal, it is however very unwise to pursue this element without considering other implications.

Sometimes the allowance given for mistakes can actually help raise the individual's capabilities to meet the challenges at hand.

- Being rigid and not allowing any changes to be made for the betterment of the project is also another sign of the individual becoming too fixated on the goal, and thus losing sight of the other possibilities that may be beneficial or even better towards achieving the said goal.

This is especially so if the goal features are dependent on many variables. The ability to adjust accordingly and understand the need

for flexibility is important in ensuring the end results of reaching the goal successfully is not disrupted.

- Some individual's become so fixated in their own perception of what the ideal "game plan" should be to achieve the desired goal that they often fail to see that there may be other ways which are better if not more effective that can be used to ensure the same positive results.



Chapter 5:

Envision And Truly Feel Deserving

Synopsis

Having the correct vision set up for achieving a certain goal is good and often beneficial but this must also be accompanied with the element of the individual's feelings of truly deserving the goal perceived to be achieved.

The dangers of not having this very important feature in place could reflect in the inability to successfully accomplish the intended goal.



See It

When an individual is totally convinced that his or her is truly deserving of the end results in the equations then the process towards achieving anything becomes smoother and easier for all involved.

There is definite scientific documentation that shows the connection between the exercise of achieving the goal and the deserving factor linked to this achievement.

If an individual is truly and completely assured within themselves that they are truly deserving then the mental and physical elements will work together to ensure the positive results needed to achieve the intended goal.

Having a positive mindset that focuses on the project at hand will help the individual find ways that are appropriate and beneficial, as this mind set will play a very important role in keeping the individual from any negative feeling of being undeserving.

Therefore it would be prudent to ensure that the mind is totally convinced that the goal or project embarked upon is truly deserving of the individual's attention and effort as this ensures the commitment level for success.

Another way to build the confidence levels that often contribute to the element of feeling deserving would be to execute the process towards reaching the goal or project in a manner that can be measure through very visible and tangible results.

When the project envisioned unfolds smoothly the individual will be able to feel the truly deserving element according to the positive results achieved and the more this is felt the higher the motivation to continue to strive for better results.

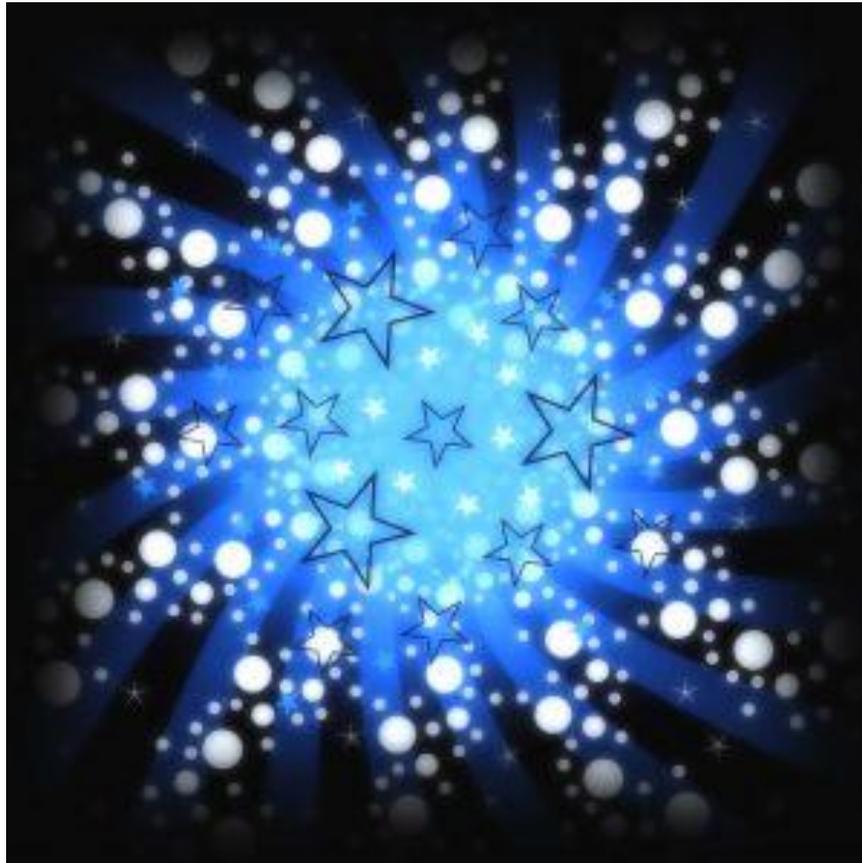


Chapter 6:

Remember Like Attracts Like

Synopsis

Contrary to what some people believe there is a certain amount of truth that links the like minded together.



What You Draw In

Research has been able to point out time and time again that those who have the same characteristics, mannerisms, mind sets and other similarities tend to attract one another or generally commune together. This of course has its own negative and positive attributes.

Below are just some of the positive attributes to the like attracts like theory, which would be advantageous to note if success is the end element intended to be achieved in any endeavor.

- Understanding the thought process whether positive or negative will eventually attract similar minded individuals, is very important when deciding to embark upon a project.

When there are a lot of positive mind sets involved then the likelihood of success is almost guaranteed. This is mostly because in the face of adversity these same positively like minded individual will strive towards finding an effective solution for the problems as opposed to lamenting or simply walking away or even shunning the problem.

- The same concept of like attracts like when it comes to personalities also applies to the individual's thought process. Also scientifically concluded is the fact that negative thoughts can and will manifest itself into existence as it unfolds itself in attracting negativity from all around.

Thus it is always prudent and advisable to “watch what one thinks” as these thoughts are very like to manifest into corresponding negativity dictated by the Law of Attraction.



Wrapping Up

Remember that it is always wise to situate one's self among positive elements, whether it is among positive people or positive circumstances.

When the surrounding circumstances are positive then the individual will greatly benefit from the positive influences too. Learning from or simply picking up positive tips is one of the advantages of this exercise as well as drawing what you want into your life.

