

A tropical beach scene with turquoise water, a pier, and boats. The sky is blue with light clouds. In the foreground, there are large, light-colored rocks. A white boat is on the left, and a red and white boat is on the right. A pier with a white canopy is on the right. The text is overlaid on a white rounded rectangle in the upper half of the image.

*10 Simple Steps
to
Manifesting Your Desires*

*by
Apryl Jensen*

No matter where we are in life, our power lies in the present moment. With every cause, there is an effect. With each thought we think in our minds, there is an effect in the outer world. We are influencing energy all the time--since we are thinking all of the time.

The difference between random thoughts sending their power out like arrows sent in any and every direction, and the type of thinking that results in receiving our specific desires is achieved by following these simple guidelines.

First, a certain outcome is intended. Remember, an intention is a signal sent from you to the Universe—it is an expression of your desires.

Second, the intention is specific and definite. Use your mind and free will to decide and DEFINE what you desire. Can you imagine a dictionary without definitions? Or placing an order at a restaurant by saying, "I'd like something to eat." Define what you want!

Third, the person is CERTAIN about what he or she wants.

Fourth, little or no attention is paid to the details of the physiological processes involved. In fact, paying attention to the details actually inhibits the flow of the impulses of intelligence that will produce the outcome. This can even result in slowing or preventing success.

Fifth, The person takes the attitude of non-interference.

Sixth, The person expects a result and has confidence in the outcome.

Seventh, There is no anxious attachment to the result. If you are anxious about falling asleep, then it is hard to ever fall asleep!

Worry, Uncertainty, and Doubt are the 3 primary obstacles that prevent us from making use of the power contained in every intention. The power is still in the intention, but we turn it against itself. When you doubt that a desire will come true, you are essentially sending out a self-defeating intention which the field computes as cancelling your first desire.

Eighth, There is a self-referring feedback involved. Every fulfilled intention teaches you how to fulfill the next intention even better. When the result occurs, it confirms the power of intention at the conscious level and honors your mind's need to understand and believe. This increases your confidence, and makes success more sure. The effect is self-reinforcing. This changes doubt into certainty. People whose desires don't come true also experience feedback, but it reinforces failure.

Ninth, At the end of the process there is no doubt that the outcome was obtained by a definite conscious process that extends beyond the individual to a larger reality.

Tenth, the person is in gratitude, and completes the process. He or she is now free to move on to create again.

Learning about working together with the Universe has completely changed my life around. I share all about making manifesting a part of your life every day, and how it can change your life as well. Learn more here: www.EverydayManifesting.com

Another excellent resource for learning to manifest the life you desire is the book, I Create Reality by Christopher Westra. It was one of the first I read, and still my top favorite. Learn more about I Create Reality here:

ICreateReality.com

Thanks for taking the time to learn more about how to manifest in your own life. Below is the shortened version you can print out and post on your wall. These concepts are based on the principles from Rapid Eye Technology, created by Ranae Johnson. To learn more, see:

<http://creatingconsciously.com/rapid-eye.html>

Take Care,

Apryl Jensen

CreatingConsciously.com

10 Simple Steps to Manifesting Your Desires

First, a certain outcome is intended.

Second, the intention is specific and definite.

Third, one is CERTAIN about what he or she wants.

Fourth, little or no attention is paid to the details of the physiological processes involved.

Fifth, one takes the attitude of non-interference.

Sixth, one expects a result and has confidence in the outcome.

Seventh, there is no anxious attachment to the result.

Eighth, one collects feedback to guide the process.

Ninth, at the end of the process there is no doubt that the outcome was obtained by a definite conscious process that extends beyond the individual to a larger reality.

Tenth, one is in gratitude, and completes the process. He or she is now free to move on to create again.