

Good Morning to all my beautiful friends out there!



I am guided to introduce all of you to a new word; a word that will change your life:

MANIFEST-a demonstration of power or purpose; a future event accepted as inevitable; to create.

This word has definitely changed mine!

The only thing about this word that makes me sad is that I see so many people creating lives that they are unhappy with and don't even realize they are creating them *on purpose*.

To those of you who are new to the word *manifest*, I must warn you, it took me a while to fully understand its meaning and power. So at the end of this article, you may not get it completely but I guarantee it will start you thinking of every day events in your life and you will see them with a fresh set of eyes!

That is my intention!

So, what is manifestation? How do you do it?

Manifestation is a gift we all have engrained in us. It is driven by our thoughts. Everything we think of...everything we dream of...the way we react to events in our lives-the negative and the positive. It is part of our soul...part of the universe.

If you are always thinking-"I am so tired of never having any money"-then you will always struggle with money!

If you are always thinking-"Everyone else always seems to get whatever they want and nothing ever works out for me"-then you are manifesting that reality!

Whatever you focus on is what you create. Whatever you focus on negatively-is also what you create. So be cautious of your thoughts. No, this is not like a drive-thru for your

thoughts! You can't think about your dream car and have it appear in your driveway the next morning. But, it can open the pathway over time to get your dream car! It could be from a new job opportunity or the lottery!

How and when you get it is not important..it's opening your heart to receiving it that is important.

It takes time and consistency of a thought to create it. That is why it is so important to break negative thought patterns in our lives. To stop the negative results that we ultimately do not want.

Years ago I had set the intention to buy my first home. I had lived in apartments my whole life and never experienced living in a home-with an upstairs and a garage. It was a dream of mine.

I was a single mom of 2 children with a good job..not a great paying job but it was consistent and steady. And I remember telling people, "I don't know how I am going to do this, but in 3 years I am buying a house!"

I had set my intention..I sent my dream to the universe..it was no longer in my hands!

Now, this is where manifestation comes into it. At the time I had never heard of the word so it was not a conscious tool I had at my disposal.

But I made a choice-I made a decision. I didn't know how I would pull it off. If it took four years or five years, then that would have been okay as well. It was not about the how or when. But it came from my heart and soul. It was something I wanted so badly and came from a place of love. Not to be materialistic or to prove anything. But truly just a dream to have something I never had. Something I could share with *my* children.

To *manifest* something it must be put into the universe surrounded by love. If it is put into the universe any other way, you get it back the way you sent it. Negative out=negative in!

During the next three years, I was promoted twice. Found a financial advisor that helped me set a plan using my 401K as a way to reach my goal. (I found the financial advisor from a co-worker that was in a conversation as I randomly walked by!) It was something I was thinking about over the course of two days and didn't know where to find one. I needed a referral since this was my life's savings on the line..I couldn't go to the Yellow Pages...the universe was working with me. Sending me the pieces to my puzzle..Manifesting my dream!

I received a community calendar in the mail that I never signed up for or received before and I lived in this town for over twenty years! In this calendar was a course for First Time Home Buyers. It was a 4 week program for \$25 and happened to fit perfectly into my schedule!

During this time I was visualizing my new house. What it would look like. I knew I wanted something different-not a "cookie cutter" house. As a suggestion from a friend, I

started taking pictures of houses that I would see that had something about them that I loved—the lines of the house, a beautiful tree in the front yard, or just the feeling I got when I saw it. I posted them together where I could see them—visualization! I pictured myself there—in them. Having the key to the front door!

Okay, so now the money was coming, I had gotten the knowledge, and I started to hone in on a clearer vision of what it would look like. The key to this was the feeling from the journey..the appreciation of the ride. The truth is, which each step I got more excited and more confident that I could do this!

I thought about the first thing I would buy for our new home—If I could choose anything, what would it be? What is the one thing that means “home” to me?

So I went and bought two white light-up reindeer for our front yard! For the front yard we didn't even have yet!

The point is, I was ready for the universe to give, I opened my heart to receive. The universe had sent me all these little pieces to the big puzzle I didn't how I would complete.

And we completed it!

Three years and 4 months after I set my intention I closed on our home!

When we were packing to move, I had pulled the pictures of the houses down that I had taken through this journey. And then I saw it---my new home had all the pieces of each of the houses that had inspired me.

The color of this house, the windows of that house! I had gotten it all!

For the purpose of this article, I have not added all the negative things that happened along the way. It was not a smooth ride; and I was definitely scared to death. But, I will tell you, I truly believe it was how the negative things were dealt with that projected the positive so profoundly.

If I had dwelled on the negative, I would have gotten more negative. This is a scientific fact.

“Strength is a matter of a made up mind”-Wayne Dyer

It is something so simple..but so powerful. Once you make up your mind and surround it with love..you are sending it to the universe. The more you think about it, the more you picture yourself already there—you are *manifesting!*

But there is a catch—if on a daily basis you are sending negative thoughts to the world, you are undoing your work. This is where some smaller examples need to come into play.

We have all been there—we have all done it. But we need to be conscious of our power and start to use it for the better.

Start to make a shift—in our lives and in the world.

So, say you are in the grocery store, the cashier is elderly and slow at ringing in your order. She is having a hard time scanning things in and needs to call the manager over twice. You need to get your kids at daycare and have a full night ahead of you.

What do you do? How would you feel? What thoughts are you putting into the universe?

It is simple..you have two choices-positive or negative?

Do you want to live a positive life full of joy and abundance or a negative one filled with obstacles and delays?

This is your power—you are manifesting your life.

Whatever you are thinking about is literally like planning a future event. When you are worrying, you are planning. When you are appreciating, you are planning...What are you planning?

-Abraham-Hicks

I used to be the one that would get frustrated and think she should retire and that she is completely inconveniencing me! And it would never fail that I would hit every red light when I left or there would be an accident—but something would always happen! Which only made me more angry and these events just grew throughout my evening. We have all been there.

Thanks to the power of the gift of *manifestation*, I am a different woman.

I now look at that same elderly woman and see her with compassion. I picture her life—that at her age, why does she still need to work? Why is she not taking this time to herself? Did her husband pass and she is all alone to take care of herself? And I instantly become patient. I may smile at her or crack a joke to make her feel more comfortable—to let her know it is okay.

My heart goes out to her. I am sending love into the universe and I will most likely hit all the green lights on the way to pick up my kids!

It is a little thing but can you see how a thought, a simple split second thought can change how you feel for another?

It is these thought patterns that will change your life. Your life experience will start to shift. You will start attracting what you put out into the universe. You will start to *manifest* a life of joy and abundance. A stranger will let you go first in a line; you will start to hear the words “please” and “thank you” more often.

But, remember..you can't hear those words until you start speaking them to another!

I am challenging each of you to sit for a moment and think of an example in the past week of a situation that you had a negative thought about. And then play it again through your mind with a positive thought.

Isn't it easy? Something so simple-that only you can control!! You have the POWER!

Whether you are inspired to continue this process to change your life or struggling with this exercise; Angels Teach can help!

In my work as an Angelic Life Coach with Angels Teach, I guide my clients on how to use these tools and help them find triggers to break the thought patterns they have learned through our society or their upbringing. Messages from our parents can be difficult to shift. But with these tools and techniques partnered with my personal guidance; I have had great success helping my clients *manifest* anything they want from their life experience.

With the mention of this article, you will receive a free 15 minute Angel Card Reading (\$25 value**) when you sign up for our Life Coaching Program – this is 3-one hour sessions where we will work to break through any blockages you may have and teach you to clearly use your thoughts on a daily basis to be full of gratitude for the challenges as well as the rewards and help you obtain clarity on what your heart truly desires-to *manifest* what fills your soul!

****Offer expires June 25th**



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p.s. please forward to anyone in your life that is struggling and would benefit from this guidance to help them change their destiny!