

Ten Steps To Manifesting Your Desires

So you know the basics of creation, right? (See The Secrets of Manifesting Your Reality (<http://www.jonpeeoh.com/TSOMYR.html>) You get the idea, but you want more practical information. You want instruction. You want help. You want guidance. You want to know *exactly* how to apply this new information to your life in order to stop creating by default and begin creating by intent.

How about a ten step program?

People like ten step programs. There is a defined beginning, defined middle steps, and a defined ending.

People like definition.

So allow me to define for you now, the Ten Steps to Manifesting Your Desires.

As you may notice from the acronym running down the first letter of each step, this process has been created to make a positive DIFFERENCE in your manifesting ability!

- Step 1) **D**etermine Your Desires
- Step 2) **I**mage Your Results
- Step 3) **F**ollow Your Good Feelings
- Step 4) **F**ree Your Mind Of Obstructions
- Step 5) **E**nvision Success Daily
- Step 6) **R**eview Your Current Situation
- Step 7) **E**nable A Path To Success
- Step 8) **N**ag Your Subconscious Mind
- Step 9) **C**oncern Yourself With Life
- Step 10) **E**njoy Successful Fruition

Chapter 1: Determine Your Desires

Perhaps the most important step along the path to manifesting your desires is to determine what it is that you actually desire. For without that, you have no goal, and with no goal, no path from where you are to where you want to be. It sounds so simple as to seem stupid, but many people will tell you, they don't *know* what they want.

Of course, they actually do, they just don't believe that what they want is possible, and may not choose to want something lesser that they believe they can achieve. So the answer you hear is "I don't know what I want", when the reality is that those people simply want something that seems completely out of reach.

"Those people" may be you. I have found myself at points in my life, unsure of what I wanted. If I think back to those times, I know what I really wanted, but did not believe, at that point, that it was possible. It seemed almost wasteful to want something I couldn't have (we are taught that time is money, don't waste time, no loitering, stop daydreaming, quit woolgathering), so I simply fell into a state of confusion. Sound familiar?

Luckily, even if we are not currently conscious of what we truly want, the fact is that it's there, and on some level we are fully aware of it. So how do we reconnect with our true desires?

Start by looking around your daily life. Look at all of the things available. You will immediately begin to find things that you want – little things, big things, obtainable things, unreachable things. This is a good starting point.

The next step is to trace down the root of those desires. Let's say you want money. The root of that desire may be a desire for stability, peace, or perhaps full freedom. Most of us slave away daily at a job that means little to us, feeling that we *have* to in order to support ourselves, pay the mortgage, feed the children. And of course in our here-and-now, that is true. No point arguing – with our current set of beliefs, if we quit our job on faith, we would probably find ourselves living on the sidewalk before long.

However, the point of this text is to teach you to alter your beliefs, step by step, by creating small miracles along the way. Here I am defining miracles as beneficial occurrences that defy logic, science, and/or our current beliefs. Miracles can be something as simple as a relative sending a check in the mail right when you need it, or as large as having your every wish come true overnight. The size of the miracle is not important in and of

itself – the greatest miracle and the smallest occur with the same amount of effort on the part of the universe, (that is to say, none), but our current beliefs limit the types and/or sizes of miracles that we can experience.

Once again, no harm. We can adjust our beliefs until the biggest miracle seems like child's play, and that is our intent. We want to become the constant, conscious, joyful creators of our reality, moment by moment, second by second, willfully and happily.

So by continuing to trace your smaller wants and desires to their roots, you will begin to find those true desires you have. Most desires spring from the root desire of freedom. The world we live in is so hectic and time-consuming, draining away our energy day after day, leaving us little time to enjoy all the things we might enjoy if we controlled 100% of our time. The point of this e-book is to teach you to obtain freedom, step by step, using these principles as directed to assist you in bringing a greater awareness into your reality – the awareness that everything in your reality is created by you, and can be created any way you choose.

These principles work just as well on the smaller desires – a car, or a certain amount of money – but sometimes it's best to do your conscious work on the root desire and allow the smaller desires to take care of themselves. For you could spend an hour a day on a new car, and an hour a day on manifesting a million dollars, but if you spend thirty minutes daily on joy, you would have the new car, million dollars, and freedom that you wanted all at once, as they would all be parts of that greater desire.

So then, now that we have identified a desire we want to manifest into our lives, what's next?

Chapter 2 – Imagine Your Results

This is the part that I find to be most fun – well, most fun next to actually succeeding in manifestation! This is the part where you need to set aside a little private, quiet time. Find a comfortable place where you will not be disturbed, and just relax. Kick back in a reclining chair, soak in a bathtub, whatever your pleasure may be.

Now, we are going to have fun with our desire. We are going to imagine that our desire is already our reality. If you desire money, and want to buy a beach mansion with that money, now is the time to fantasize about life in that beach mansion – surfing, swimming, looking out over the gulf, sleeping in every morning, professional chefs tending your mealtimes, anything and everything that you would love. Splurge big-time! This is the next most important part of manifestation, and the amount of excitement and emotion you generate will dictate just how powerful a magnet you are to the universe for these desires. The more excitement and joy you feel in this exercise, the more quickly and surely your desire will manifest!

Set aside 15-30 minutes every day to do this, and vary as necessary to keep your joyful experience going. If you find yourself thinking about something that doesn't feel as good, or begins to pull you down, just switch your thought back over to something different. Often when we are first learning to do this, we may find ourselves backtracking and trying to imagine *how* we came to the results in our fantasy. More often than not, this direction of thought can lead to a nasty little tug in the solar plexus, which is your cue that you have just misdirected a thought. Go back to your joyful imaginary experience of *being* your desire, of *having* what you want. The longer you can sustain this, and the happier you feel about it, the stronger your pull for this experience will be.

Throughout your daily life, find little bits of time to snag for yourself – a smoke break at work, a quick visit to the restroom, your lunch break, whenever you possibly can, for even a moment, direct your thoughts back to this place. Just imagine very quickly some of the pictures from your last big imaginary adventure. Feel good about it, wink to yourself, and go back to your daily grind. The more time and energy you put into it, the less time you have to wait for it to manifest.

So now we've done the visualization part, and are continually revisiting, revising, and reinventing our vision in exciting ways that make us feel happy and leave us in a state of charged desire. What now?

Chapter 3 – Follow Your Good Feelings

So now you've done your work, are *doing* your work, and the universe has heard your desire and is moving to bring that desire into your reality very quickly. The very worst thing you can do at this point is to throw a negative thought or desire into the fire, as such will work contrary to your desire. You need to keep positive, detached, and happy as close to 100% of your time as possible.

So the first thing to notice is that whenever you begin to feel bad, you are misdirecting a thought. You are thinking something that is contrary to the creation you are attempting to manifest. If the thought you were having is not contrary to what you desire, then it would not feel bad. This can range from a slight icky feeling to full-blown anger, depression, sadness, disappointment, what-have-you. The point is that as soon as you notice this going on, you want to redirect your mind.

Some say to redirect your thoughts to something joyful. I personally find it difficult to go from a negative state directly into a positive state. Instead, I recommend you direct your thoughts to something neutral – something silly, unrelated, irrelevant, observatory, and impersonal. Something that you can occupy your mind with long enough for your emotions to smooth out. When you have regained a state of emotional neutrality, you may then direct your thoughts to something that will begin to make you feel happy again. This step may not be necessary for you – I find that it is very helpful for me.

As an example, let's say someone said something upsetting to you, and now you are in your car, driving home. You begin to stew or feel upset about what was said, and you realize that you are feeling negatively. So you then direct your thought to the car in front of you to the right. It's a red car, not particularly pretty. They must like it or they wouldn't have bought it, but I sure wouldn't prefer that kind of car. The color is dank and the whole thing looks poorly put together. But if that's how they like to drive, so be it for them. It's not my car, I like my car. No big deal, some people like things I don't like.

At this point, you notice that the icky feeling in your stomach has faded and you feel normal again. Now you begin to direct your thoughts back to the beach mansion...

This is merely one simple example of changing negative thoughts into positive ones. It is important to begin monitoring your feelings, as they will

indicate to you when you are creating things that you want to create (positive emotion), and when you are actively creating something you do *not* want to create (negative emotion). Monitoring your thoughts themselves are not necessary, other than redirecting your thoughts to something that makes you feel good when you find yourself feeling not so good.

This is very important – if you are doubting your creation or your ability or worthiness to *have* what you desire, you will be creating a situation in which you do *not* have what you want. The universe does not understand “no”. The universe creates in response to your thoughts, and the emotions your thoughts provoke. That is why we are so unaware of our power as creators – we are patterned to think and consider strongly those things that we do not want every bit as much, if not more, than those things that we *do* want, and so we magnetize them and bring them into our experience as well. We see these things we do not want and say, “I surely would not have created *this!*” But indeed you did.

So by redirecting our thoughts and experiencing good emotions as close to all-the-time as possible, you are giving your creation a clear path into your reality and allowing it to manifest more easily and more quickly.

So we’re clearing out bad thoughts and bringing in good ones by monitoring and following our feelings. Now what?

Chapter 4 – Free Your Mind of Obstructions

This is a more advanced form of the previous point. Sometimes you may find yourself truly assaulting your desire, and as you become aware of your propensity to do so, you may become very frustrated with yourself, deciding, “wow, am I a fool? How can I possibly stop myself from doing this – it’s completely ingrained!” And mostly, for all of us currently, it *is* ingrained!

I don’t offer a direct solution to our mind’s powerful insistence to “trash-talk” what we are trying to manifest. Some people may not have this problem. I found I had it to a small extent. Others I have spoken with seem to cycle between believing they can create their desires, then believing they absolutely can’t, back and forth.

This is like dancing with yourself in a circle – you may dance all night long, but you’ll never get anywhere.

Instead, I offer a work-around. Distraction! If you find that you consistently try to mentally attack your own creations before they manifest, then don’t feel down about it (once again, you will be creating against your desire and lending energy to the process – feeling bad is your clue). Instead, every time you catch yourself beginning to doubt, or feeling unworthy, or unhappy or sad, and know that you are likely to begin believing against yourself, then immediately distract yourself. Force your mind outward onto something – the TV, the internet, a book, strenuous physical activity... Anything to simply postpone what you are about to do to yourself.

At first it may seem you are losing the battle – keep at it, and before long you will find that you know in advance when to distract yourself. Perhaps you get a little moody before bedtime every night, and in that moodiness you may think thoughts like “who am I to have what I want anyway? I never have before. Nothing works out for me!” So pattern yourself to become interactive with something right before that time occurs. Be already involved in something stimulating and distracting before that mood hits, and you will not have those thoughts.

The main thing here is that if you *do* happen to have this problem, at least at first, do not dismay! You will not have to become a zen master to get your mind under control. Just find something else for it to do. In the waiting period between imagining and manifesting, we must try and keep our emotions and thoughts as neutral-to-positive as we possibly can.

However, keep also in mind not to feel bad if you have this tendency

– that will give you one more pity party in which to create negatively. Instead, just become aware of the tendency and reroute it. I am aware this section may not apply to everyone, but many people will need this, as distraction during the waiting time is a great way to keep things moving along in your manifestation, whether you are feeling good or simply neutral. The trick is not to offer negative energy, which works against your creation, whereas emotional neutrality doesn't hinder it. Always keep in mind that positive energy and thoughts are stronger than negative, so do not fret if you struggle with this at first. The fact that you are struggling with it shows that you are already winning, and most likely any setbacks will be minor.

Stay positive!

Chapter 5 – Envision Success Daily

So once again, the fact of the matter is that we are in one single moment, the “Now” moment, at all times. I personally feel that the biggest detriment to our absolute realization of this fact is that we sleep each night, breaking our periods of consciousness. However, the fact is that all time is right now, and all possibilities exist right now. What you are doing is attracting the right-now you want to take over the right-now you are presently experiencing.

The fastest way to make this happen is to continue to lend your excitement and anticipation to your vision. Each time you do this, you charge the magnet. This is a cumulative process. The stronger your magnet, the faster your manifestation. So each time you do the exercise outlined in chapter 2, the greater and greater the attractive energy of your “magnet” is becoming to that which you desire to attract.

We are not being repetitive for the sake of repetition, but because we are in a continuous state of creation, always, in the Now moment. Since we can not sit and focus on our desire until it manifests, due to our current daily commitments (not to mention our current bodily limitations), we must break this steady meditation up in smaller chunks. A chunk today, a chunk tomorrow, little chunks in the interim... Because this continues your perpetual state of creation, eventually you will and *must* have your desire!

Let me give you some examples of how I perpetually create my desires. Each morning, before my shower, I take a little time to clear my mind and remember what my primary creative desire is. I personally use sigils for each important desire I am working to manifest, so I keep these in a place where I can see them at this time. I focus on each one for a moment, bringing to mind what they each represent for me, and then take my shower and head out for the day!

Once in the car, I begin visualizing as I drive, lightly touching on all the most important aspects of my primary goal, the parts of the manifestation that bring me joy. In our earlier example, for instance, I might recall mental images of hanging around in my beach mansion, surfing, looking over the gulf, whatever. After a light imagining time, I refocus on my day, generally feeling much more awake and excited.

Throughout the work day, I may take small breaks to smoke, and when I do, I will go sit in a very peaceful area outside and put my mind back into the place where I have achieved my desire. I finish my smoke, feeling

better and more uplifted once again, and resume my day.

Finally, on the way home, I once again allow myself a minor imagining time, exploring the possibilities I intend to manifest very soon. Generally during this time, however, I add new images – things I have seen or imagined throughout the day that add to my overall desire. I integrate these quickly into my visualizations, and then drop the whole thing again.

Later that night, when the kids are in bed, I finally excuse myself to the bath, where I do my full visualization exercises, imagining, exploring, adding, changing, revising, and in general playing with the thoughts that bring me the greatest excitement, all the while focusing on my intent that this be my reality. When I begin to tire of this, and feel my excitement starting to wane, I stop immediately and engulf myself in a book for a short while, then continue my night. Before going to bed, I have my sigil(s) posted where I will see them. I look at them again, acknowledge my intent, and turn in for the night.

So you can see that this is a routine that saturates your day, although altogether this really constitutes no more than about 30 to 45 minutes each day, sometimes less. But the effect is powerful. I begin to see signs of progress and success coming in, and that brings me greater joy, and I feel gratitude for these small steps and focus on them while they feel good.

As you can see, this is a complete saturation of my existence with these principles, and is the most powerful way I can recommend to go about your daily life in a state consistent with your desires. You may devote more or less time, times or energy to this as you like, the important part is that you feel great about it and make this good feeling your primary daily experience. That is the essence of magnetizing your desires – feeling good!

So what's the next step?

Chapter 6 – Review Your Current Situation

This step is another method of bringing good feelings into your daily experiences, and minimizing bad feelings. Now reviewing your current situation doesn't mean that you focus on what you lack in your current life, or the things you wish you had. Quite the opposite! I want you to spend time each day focusing on the things that you already have in your life that you love and appreciate, and want to keep! Why? Because you are creating your reality via the things that you focus your attention and emotion on, and you want to continue creating the things that you have already created that you desire. The boost in positive emotion will also assist you in magnetizing your new desires as well.

So take a moment, each morning when you get up, or perhaps each evening before bed, and if possible, at intermediate points in your day, to review all of the things in your life that you are grateful for. Do you have a loving spouse? Mentally dote on him or her. Do you like your coworkers? Think about how much you appreciate them! Do you love your job? Think about that. Do you love a hobby or game you regularly participate in? Think about that!

Feel gratitude for those things in your life that you love, and you are effectively creating a strong magnetizing to other things like them. It may also be easier to stir up happy emotions focusing on what you already have and love, than it is initially to get excited about your visualizations. In that case, begin your visualizations with a gratitude session for those things you love in your life. Then merge that into what you would like your life to be. Enjoy the full picture for as long as it feels good, and you have effectively magnetized your desire.

Especially for those just starting out, this is a quick and easy transitional way to make new habits in the way you manage your emotions and thoughts, and can be a powerful agent of transformation in your thinking habits.

This can be another way to curb negative thoughts. When you find yourself feeling less than good, immediately move your mind to something you are grateful for. This will be an easy way to swing your emotions upward, and takes the focus off of the negative-emotion-causing thought, which you do not want to dwell on even long enough to identify it if you can help it. Start altering your bad feelings with gratitude and you will find it easier and easier to remain positive at all times.

The more you remain positive, the more your reality conforms to your positive demeanor, and the more things will be coming up that make you feel positive, and that will help you remain more positive, which will create more things that make you feel positive, and so on, and so on, and so on. I call this the spiral technique, and it is a very powerful mechanism for gaining momentum in your creative process.

Anything that perpetuates itself is more powerful than something that must be started over and over again. This is a self-perpetuating pattern that can powerfully overcome old habits and bring about drastic changes in your life for the better.

Just remember – gratitude, which is joy in what *is*, is a powerful way to create joy in what *is-coming*.

Chapter 7 – Enable a Path to Success

Sometimes your creation will come up behind you and tap you on the shoulder. Other times, you must do something to enable it to come. All we ever *really* must do is to allow it, but we all have current mental constructs and beliefs that can hinder our ability to manifest something directly out of the ether and into our hand. So we need to play by our own rules – that is to say, help the universe to gently *break* our own rules, until we have learned that our rules are no longer necessary.

So when you have magnetized heavily, the universe has solved the HOW of the creating and now simply looks for a way to bring it directly into your experience – a way that *you* can accept and allow.

So the universe will bring thoughts and events into your reality that will allow you to enable your creation to become manifest. You must learn how to recognize this process and accept the results. The way you do this is by noting your feelings. You may suddenly have a new idea that seems exciting to you. That is the universe trying to open a doorway for you. You get the idea, get excited, but then decide that it's impractical or wouldn't work, and there, you have just closed the door in your own face.

Instead, learn to trust your intuition – that is to say, your emotions. *Especially* when actively trying to manifest a specific desire. This is the most potent time for new ideas and thoughts to enter your mind, or for new situations to evolve that could cause you to do something different – something the universe has set up to bring about a result – the manifestation of your desire! Do not pass on these opportunities – trust them with all your heart and go for it.

And if you miss an opportunity and realize it later, fear not. “Opportunity only knocks once” is a false statement, and the universe will continue to give you opportunities to claim the actual manifestation of your desire. It can be no other way. But as long as you are following your feelings you can not possibly fail.

For example, let's say that I wanted to manifest a thousand dollars. One night I have a new thought – an inspiration to write a new e-Book for example. I had not even considered the thought of writing another one any time soon, and suddenly I find that I am excited about a new idea that is wanting to spring forth.

So do I turn the channel and watch That 70's Show instead?

No! I snatch up my laptop and watch happily as a ten step approach

to manifestation flows effortlessly into my word processor.

Ten minutes before the inspiration struck, nothing of the sort was in my mind, then suddenly it was. I trust that intuition. I also realize as I write that the words are coming so easily that they surely are inspired. I trust that process as well. And when the whole process is complete, I will trust that I have created a valuable information product that is worth every penny I will charge for it.

I also will trust that \$1000 will become manifest very quickly in my life, due mostly to this inspired act.

That is a simple and (you may have guessed) literal example of this process in action, and what has led me to this very page as I now write. I am very excited because to me, finishing a quality product is a high unlike any other, and hearing other people's excited responses is yet another high. The only fabrication in this story is that I do not have a specific, \$1000 desire I am working on – my desire is to bring quality information to people who are ready to benefit by it, and this makes my work a pleasure – no, a joy!

Chapter 8 – Nag Your Subconscious Mind

I haven't heard or read too much about this in other sources of information about manifestation, law of attraction, creating reality, etc. This is a very useful ingredient, to me anyway, and so I want to share it with you. I call it The Nag.

Your subconscious mind is a wealth of information, knowledge, experience and creative potential. This is because your subconscious mind is much more closely in tune with your true self – your spiritual self – your nonphysical reality. Just like the universe, your subconscious does not understand “no”, but whatever your subconscious accepts as reality, *is* for you.

Many of these exercises are helping to manifest, and many of them are affecting your subconscious on a consistent basis, which I am sure is a major factor in the actual manifestation of any desire. So why not cut right to the chase and assault the big boy yourself?

You see, the subconscious has this one little weakness...

It believes anything it hears over, and over, and over, and over...

Why do you think that when you are saturating yourself in astral travel books, that you have more astral travel experiences? Why when you're reading more psychic books do you seem to have more psychic experiences? When continually exposing yourself to create-your-own-reality books, you find yourself creating your own reality more easily?

Because of subconscious saturation!

This is not a new idea – suggestion has been around for ages. Mantras have been around for ages. Auto-Hypnosis techniques, although perhaps otherwise-named at different times, have been around for ages. These all fulfill one very important function – saturating the subconscious with your desires until the subconscious accepts them as fact. This causes manifestation immediately.

Take a peek around and see what you can find in the world of NLP, mind entrainment, and suggestion CD's. I have found some crappy products, as well as some wonderful products. My absolute favorites are Master Reed Byron's CD's, at <http://www.hypno-success.com>. In particular, the CD's for Powerful Magick Spells, becoming wealthy, and others that use his simple hypnotic lead-in followed by a succession of three or more streams of him speaking circularly to you, seem very effective. I am always hypnotized before the real entrainment begins, and I

only came to notice how cool the actual effect is by fast-forwarding the CD's through the hypnosis section and listening to the suggestion part of the CD's. For me, his voice is very relaxing and soothing, and the way he speaks, the patterns of pauses, seems particularly potent to me, although I can't say exactly why. You can generally also find small batches of his CD's going for cheaper on e-Bay, and if you stumble across them, I highly recommend them. (Note: I'm not getting paid a penny to saying that, and I get no commission on any sales – I truly recommend his products as ones that I have found to be valuable!)

Of course, that is good for lazy people (such as myself), but for more disciplined folks, there are mantras and autosuggestion. Auto-hypnosis is a book-long discussion in itself, and there are many fine books out there on the subject – look around. I spoke a fair bit about mantras in *The Secrets of Manifesting Your Reality* (<http://www.jonpeeoh.com/TSOMYR.html>), so I won't go into them here.

These are all great ways to pounce your subconscious with your desires in order to more quickly change your beliefs and create your reality. This can not replace all of the other steps, but should complement them! Nor is it necessary for success, but definitely helpful!

Chapter 9 – Concern Yourself With Life

During the waiting period between intent (visualization) and manifestation, when we are busy with our daily lives, it is important that we keep ourselves either neutral or positive in order to keep from risking the undoing of what we are working to create.

So when you are busy with life, be busy with life! Do not let your mind wander in a million directions at once, even if that is what you are used to. Focus in the Now, focus on what you are doing, and do what you are doing to the best of your ability and with joy. This serves to keep your magnetized desires moving your way, and also to keep you distracted from interfering with yourself.

In focusing in the present moment, we also become more acutely aware of the things we *do* enjoy about our lives, and we develop a greater sense of appreciation for these things, the value of which I described in chapter 6.

When your reality changes to the one that you desire, do you want to manifest something new and spend all your time that way? Or do you want to enjoy what you've created? By concerning yourself with life in a loving manner, you will pattern yourself to appreciate the good that you have already created. Because at some point, what you are creating will become the created, and you will want to enjoy that as well! What's the point of creating back to back to back to back if we are not enjoying that which we are creating?

The things you must do currently that you may not enjoy will not bring you down if you are concerned primarily with enjoying your present life and focusing on the positive aspects. Even when it's time to take out the trash (or any other unpleasant activity), your mind will be preoccupied enjoying your loved ones, and all will be well.

And the desires that you are currently manifesting continue to flow into your reality, unimpeded...

Chapter 10 – Enjoy Successful Fruition

And finally, *snap*, there it is! It has happened. Through whatever unlikely or even likely series of events, your desire is now manifest! It has happened! Hooray!

Focus now on your excitement at having manifested your desires. Concentrate for a moment on how *you* were the one who manifested this – *you* were the one who brought it into being – and love, cherish and appreciate this new creation.

For now you have what you desired, and new desires will be coming, and what you were previously imagining, you are now feeling gratitude for and enjoying. Thus is the cycle of life, the cycle of being. We imagine, intend, magnetize, manifest, experience, cherish, and begin again. Endlessly. This is eternity – this is infinite possibility.

Now that you have been successful, you *know* that this works – your faith is bolstered – your beliefs are changing. Now take another step, and when it manifests, another, and another! Inevitably, you will take greater and greater control of your life in the most positive of ways, by creating the reality that you love, deserve and desire!

Thank you for joining me on this joyful excursion. And as always, happy creating!

jonpeeoh