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## Manifesting Exercise

By Julia Griffin



My Manifesting Exercise uses simple techniques to develop your natural ability as a conscious creator. This is a form of meditation that helps you to realize your goals while developing peace of mind and a deeper connection to the One.

These are meditations with a purpose. You can be as specific or general as you like. My students with a diligent practice achieve remarkable results. This exercise works if you devote 10-20 minutes each day to the meditation. You can create positive change and greater happiness quickly by taking this simple step.

I offer this meditation because the best changes in the world are created through higher consciousness. I sincerely hope that you attain this shift in consciousness, as well as your dreams. Below are a few notes on using the exercise.

### Opening your Heart

The Pink Heart exercise opens your heart to the Divine. You learn to open to receive the vast love of the Universe. From this place of openness, it is natural to feel joy and inspiration about your desires. True desires abide in your heart.

### Observation and Interacting with the Screen

We move between an observer state and an interactive state during the meditation. When we experience ourselves as the person on the screen, we are actually creating a "future image", as a projection of the True Self.

Observing a positive outcome aids in creating a manifestation because many of our mental and emotional projections about the future are negative. These states are projections of the ego — we know this because they come and go. They are impermanent.

(I often ask in class, "Who is observing the picture on the screen? Who observes the inner dialog?" The answer is your True Self, the part of you that transcends duality. The part of you that is always present, awaiting your awakening.)

Anger, sadness, fear and other emotional upsets are temporary. The "feeling" of connection with the Divine is permanent. If this state is achieved, then this meditative connection is easily repeated. It deepens through devotion to practice.

All of the wonderful experiences in our lives are projections of the True Self. They do exist in the Quantum or Akashic Field. We have only to "imagine" that we are there and to take action from a state of "being" when the Universe prompts. (While you should take act on opportunities, let the Universe provide the "how" of your desired manifestation.)

These imagined states do exist in the Quantum Field, and, they become our "reality" as we learn to focus on them instead of our old negative patterns. In a sense, we learn to rearrange our energetic field.

Alchemy suggests that our feelings and sensations create "how" we will experience our manifestation when it occurs. As we interact with our envisioned future — by becoming the picture on the screen, we create more positive emotions and sensations. These emotions and sensations become our experience in the future.

If we project our present feelings into the future, then we experience our present feelings, even if we do manifest the perfect relationship or amazing prosperity. If we have feelings of abandonment or rejection now, then we will still experience them — in the perfect relationship. When we interact with

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our hologram, experiencing the future as though it is now, it is wise to imagine vitality, youth, happiness and joy.

## Protecting your Creation

It is best to keep our desires hidden in our hearts. For this reason, the exercise includes pulling the energetic particles on the screen back into your field. We protect our imagery with the four sided blue pyramid so that our truest desires are tended by the keeper of our hearts — the True Self. The heart — an anagram for Earth — is much like a garden. The seeds of our desires should lie in the earth until they burst through the soil, eventually bearing fruit. Having faith and keeping the silence is part of the success.

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## The Meditation

To purchase Julia's Manifesting Meditation, please visit her website:

[www.ancient-echo.com](http://www.ancient-echo.com)



Julia Griffin is an intuitive healer who has successfully transformed the lives of thousands of people through her manifestation and meditative techniques. She teaches these techniques in her group classes, one-on-one sessions, and e-courses. Julia has been a contributing writer for Spirit of Maat. She has a deep understanding of energetics based on extensive studies. She is an alchemist, astrologer, herbalist and Reiki master. She has the ability to communicate with plants and animals. She lived with wolves for nine years, while developing her intuitive abilities.

She recently launched the Julia Mystery School e-course; these workshops embody advanced teachings for those who want to deepen their understanding of how we create our personal "reality". Julia offers a free monthly newsletter that includes manifestation, meditation and energetic techniques, the One True Self e-newsletter at [www.onetrueself.com](http://www.onetrueself.com)

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