

## **More Manifestation** **By Julia Griffin**

The previous manifestation article explained that we are all creators, but we tend to create what we don't want as opposed to creating our hearts' desires. One of the secrets of manifestation is finding the place where we dwell in our perpetual thoughts and emotions. Many of us focus on our doubts, fears, and limitations wonder why our lives are painful or unhappy.

Essentially, we are all programmed to create negatively. We even go so far as to create a false identity called the ego, and, unfortunately, most of us spend our lives listening to our egos as opposed to our souls. We perpetuate what we don't want by consistently focusing on it.

Manifestation is the act of creation. We are all creators, and we all came here to create. The question is whether we decide to create through negative or positive programming. Fortunately, there is an answer. Through meditation and manifestation techniques, we can learn to create through the matrix of our souls. We can learn to see a positive outcome whenever our minds project doubts and fears. We can actually learn to project our dreams on the movie screen of life, and, not only see them, but create them. If we want a new car, we must imagine ourselves in it as we drive the old one.

As we learn to overcome our negative thoughts and feelings -- which are eventually expressed as words and amplified in this form -- we learn to open to our True or Higher Self (which is incapable of participating on a negative level). In this place, we can find a way to counter our negative thought forms, and, more importantly, unremittingly hold the picture of the desired outcome.

So learning to change the focus of the mind is part of manifestation. This begins with choosing to actively manifest one of the heart's desires. Usually, we have had this desire for our entire lives, or the present conditions in our lives, such as needing prosperity or wanting love, dictate it.

We can begin by dedicating two fifteen minute periods to meditating on our desire. It is best to meditate first in the morning and just before sleeping. We not only choose a desire, but we make a picture or hologram of the desired outcome. For example, before writing this article, I imagined its placement on the page, and I saw readers understanding and benefiting from my words. I didn't bother to imagine myself writing the article -- I saw the desired outcome instead. Then we choose to meditate on it twice daily, and we try to see the manifestation in daily living.

Commitment, dedication, a strong will, and a passionate desire are essential to manifestation. We must want "something" so badly that we are willing to commit to daily meditation, visualization and constant observation of the self. We must watch our thoughts, learn non-reaction to the negativity of others, or the apparent illusion of moment-to-moment living. Someone will always reflect our doubts, whether in a magazine article or in conversation. We must be vigilant and refuse this "appearance" of negativity.

As we move toward our goal of manifestation, many desires will come into play. These desires will reflect the duality of our own nature. A few of the desires will reflect the envisioned manifestation, and some of the desires will be in direct opposition of the goal. Ironically, we must give up 1,000 desires to manifest one true desire of the heart. We can do it by keeping

constant contact with our hopes and dreams.

We can also watch for signs. We will know at some point that our manifestation is occurring, and then we must work more, not through physical action, but through vigilance of thought and feeling. There will also be steps for us to take -- things will begin to happen, opportunities will present themselves. And we must act on them. This is known as correct action.

Faith is a necessary part of manifestation, and nothing can be created without it. We must believe we are creating our heart's desire, and we must believe we can do it. We must come to believe our lives are the reflection of our thoughts and feelings, and it is possible to change our thoughts and feelings so that we can create. If we follow the steps, all things good will manifest in time. This time period is known as "grace",. It is the moment God's energy and our energy merge to *create together* a manifestation in physical form.

As we learn to manifest, life becomes more joyful. Our expectations of happiness increase, not only in our mental pictures, but also in our lives. Not only will we manifest our hearts' desires, but we manifest a new identity, our True Self, or, who we really are. Life becomes clearer, and obstacles and struggles diminish. Whole patterns of our old unhappy identities will vanish. It is what is known as the Lightness of Being.