The Cycle of Manifestation

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| **Steps to Consciously Allowing True Desire to Manifest:**  | **Be aware of these subtle feelings that block the manifestation of true Desire:** |
| You make a **choice**. | You feel confused, indecisive, overwhelmed, non-committal, distracted, resistant. |
| You consciously **hold desire** in your heart and make choices from that place in your heart. You keep your desire as your **focus** as you let your heart discern what it needs and let your mind contribute to the strategy. | You feel distracted, focused on what you don’t want, judgmental. You are in your head. You feel cynical and pessimistic. |
| You make a plan. Write a **plan of action** that you will take to support your desire. Here are some examples of things you can do:* Make a plan.
* Make a vision board.
* Network with people who are in the industry in which you desire to succeed.
* Make a budget and spending plan.
* Seek the help of an expert.
* Join a club
* Make a To Do list.
 | You feel distracted, unable to sit still, unable to focus, overwhelmed, bored. You feel confused or helpless unable to figure it out. You feel pessimistic. You feel afraid. You feel unsupported. |
| You make a **commitment** **to the desire**. This means that even when your ego gets bored or your desire doesn’t show up in the way your ego wants it to, you are still committed to your desire. | You feel afraid, apprehensive, doubtful, not trusting, angry. You feel comfortable in your limited perspective. You feel half-hearted. You feel doubtful. |
| You **commit to KNOWING** that it is yours. You act as if it is already yours. You wear the confidence of the person who has what she or he wants. You wear this confidence naturally because you TRUST that it is yours. This is your KNOWING and it is your knowing that calls to you what you want. (And remember that if you DON’T KNOW or DON’T TRUST, then you need to do your Shadow Work to find out why and to shift your consciousness. | You feel distracted and detached from the successful outcome. You feel afraid to commit. You can’t envision. You feel foggy in your mind. You don’t trust. You feel pessimistic, unworthy, unlovable. You feel like you’re not good enough, or talented enough, or smart enough, or pretty enough.  |
| You feel the **appreciation** before you even begin to see manifestation. If you KNOW that it is yours, then you can easily appreciate it now. If you notice that you do not feel appreciative, then do your Shadow Work. You can also fall back on gratitude, although it is a lower vibration. | You feel angry, resentful, alone, vulnerable, mad, unseen, unheard, unprotected. You feel doubtful. |
| You **practice** KNOWING your success and your innate magnificence. Knowing + Action = Success! Look for evidence of your success EVERYWHERE! Practice feeling success. Practice taking action from the place of success. | You feel overwhelmed, too good to be true, doubtful, low self-esteem, numb, void of feeling. You feel disconnected. This feels unbelievable. |
| Your **feeling** is your prayer. Feel excitement, feel enthusiasm, feel curiosity. The Universe must respond by delivering you more of your primary feelings and focus. Manage your feeling state with Shadow Work, meditation, journaling and other exercises that help you get clear, grounded and positively focused.. | You feel distracted, lazy, uninspired, resistant, overwhelmed, angry. |
| **Give birth to your desire… Let Go! Let God/Goddess!** Childbirth can be either suffered or celebrated. As your desire is born, you may experience obstacles and challenges that threaten your commitment or make you want to cut corners or just flat out bail. Recognize the beauty in this sacred process as you give birth. Let Source Energy’s UNIQUE expression flow through you and your life while you focus on the NOW. Remember that your egoic self is limited and can only imagine as much as it knows, but Spirit is infinite and loves to surprise you! Don’t clench up and block the flow.  | You don’t trust. You feel out of control. You feel confused, apprehensive, doubtful, obtuse, impatient, desperate. You give up… Or you can start over from the beginning… |
| **When Things Go Wrong…**1. You left out or skipped one of the steps above.
2. You had an opinion or judgment about yourself or life.
3. You accepted a false belief.
4. You had a habitual response to the Now.
5. You identified with a fearful paradigm.

 **Solution:** 1. Do your Shadow Work to change the thought within the story.
2. Then, go back to the first step of the Language of Desire—Understanding Your Desire. Uncover what beliefs, thoughts, limitations, and resistances are blocking the pure expression of your True Desire and then go to step 2, Honing Your Desire.
3. Refocus on your true Desire and then enter the Cycle of Manifestation to help you get to the powerful, creative space to Allow Your Desire again. Remember that all thought creates. The last thought on the subject is the one currently in the cycle of creation.
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