How To Manifest What You Want
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http://www.AttractionMindMap.com
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“However the mind can conceive and believe, it can achieve.” - Napoleon Hill

Have you found it hard to get something that you want badly? Well you are not alone. It happens to a lot of people. Sometimes it seems that no matter how hard we try, plan and work, we are just unable to achieve our goals. It can be pretty frustrating, especially when others keep telling you that goal setting is all that you need to achieve your dreams.

Perhaps, you have read many goal setting books or have even gone through a workshop on it yourself. Most of them basically tell you the same thing: set a long term goal and then, break down that long term goal into smaller sub-goals so that they can become achievable. You are required to break down those goals further until you know exactly what you need to do each day. So all you have to do is complete each of your tasks each day and you’re on your way to success. Easy, right?
In the first place, it would be easy if you actually took the steps you needed to take to achieve your dreams. But most people just write down goals and then fail to do anything more. They never find the motivation or drive to take action.

Unfortunately, setting goals and trying to achieve them is not enough. Writing down your goals is not enough and neither is planning out your action steps. Obviously, if these things were enough to get you what you want, you would have it all by now. But you don’t. I’m also sure that you’ve done many of these things time and time again with the same results….frustration!

Well, I’ve got good news to share. The good news is there is a simple key to changing your dreams from wishes into realities. Most people miss out on this important key; this is why they never achieve their goals. If you’ve been bothered by your inability to make your dreams come true, then this book holds the answer for you!

The missing key is visualization. You need to manifest what you want through visualization. Visualization is a powerful tool for
success. You may not already know this but it is a resource that you and everyone else have. Once you learn how to manifest what you want, you will begin to see success like you’ve never dreamt of before. It will be truly be the start of a life worth living!

What is visualization?

To attract money, you must focus on wealth. It is impossible to bring more money into your life when you are noticing you do not have enough, because that means you are thinking thoughts that you do not have enough.” --- Rhonda Byrne From “The Secret”

Visualization is a technique of using your conscious mind to imprint your subconscious mind with your desire. In reality, your mind works on two different, yet totally intertwined, levels; consciously and subconsciously. Each of the levels has its own specific purpose and function. Visualization helps you align both parts of your mind for greater success.

Your conscious mind is the logical, thinking mind that you use every day. You have direct control over your conscious mind. You can mold your thoughts, which influences your feelings, actions and eventual results.
Most of us focus on using the conscious mind while trying to achieve a goal. We use our conscious mind to plan, think and act. However, success may not come to us if we are sabotaged by our own subconscious thoughts. Just imagine if at the back of your mind, there is a thought that says “you do not deserve to be successful” or “money is the root of all evils” or “it is just too difficult to be rich”. With a thought (or many thoughts) like this, would you think that it will be easy for you to get what you want?

Hence, if you focus your attention only on your conscious mind, you are like trying to run a footrace with only one leg. Your success will be limited. You may not even get what you want. Your subconscious mind needs to be used as well. This is why simple goal setting is not good enough. It is only half of the full equation.

Your subconscious mind is the storehouse of your emotions, experiences and beliefs from your past. This part of your mind is the “feeling” part of your mind and it influences your behavior and thoughts in hidden ways. Although your thoughts have control over
your emotions, actions and results, your “programming” from your subconscious mind is where the process really begins.

Visualization helps you tap into the power of your subconscious mind. It helps you use both “legs” in your race to your goal. When you know how to tap into your subconscious mind, and get both parts of your mind to work together, you will get what you want more easily, quickly and completely.

Just imagine having whatever you visualize come to you effortlessly. Instead of daydreaming, you’ll be consciously manifesting your desires and bringing them into your life. That is a nice thought. Wouldn’t you start dreaming bigger and better things for yourself? Wouldn’t you start living life on your terms?

Manifesting what you want is really not anything new or a “trick” that you need to be fearful over. When you use visualization to achieve your goals, you’ll be among great company. The technique has been used for centuries by leaders such as Napoleon Bonaparte,
business moguls like Andrew Carnegie and even sports stars like Michael Jordan and Wayne Gretsky.

The goals that you visualize don’t have to be material goals. Although a lot of people start visualizing their dream car or dream home, visualization can be applied to just about anything. You can change your attitude, your weight, your relationships, your feelings, etc. Just about anything you want to change can be changed with visualization.

Why it works

“We don't attract what we want, we attract what we are.” --- Unknown

Your subconscious mind works on unseen levels. Have you ever heard the phrase “everything starts in the mind”? The mind that is referred to is the subconscious mind. Your subconscious collects information from your daily experiences. It collects messages you hear, situations you experience and feelings you have. It holds onto these pieces of information and forms the basis of your deepest beliefs.
Whatever your subconscious holds as true is what you see manifested in your life. Remember, your subconscious programming is the first step in the chain of events that leads to your results. If you want to take a good look at what your subconscious believes, look at your life around you. Everything you are experiencing is a direct result of your programming.

If you can control what goes into your subconscious mind and reprogram yourself for success, then you can achieve your desires. Visualization is a powerful tool for reprogramming. It taps into your main “command center” and reroutes how you live your life. That’s why change cannot be lasting unless you create the change in your subconscious mind.

Your subconscious mind primarily responds to the feelings that are evoked by experiences. The key difference, however, between the conscious and subconscious parts of your mind is that the conscious mind responds to reality, daydreams and memory in
completely separate ways. On the other hand, your subconscious mind responds to those three things as the same thing.

The subconscious mind has the same emotional response to a memory of an event as it does to the event when it takes place in real time. The more you think about a particular event or circumstance (and evoke the feelings associated with that event) the more you program your subconscious mind. It doesn’t matter if you’re remembering an event, experiencing it, or visualizing it. Your subconscious mind is effected in the same way.

When you use creative visualization to picture your goal coming to fruition, you are relying on this property of the subconscious mind. As you visualize and feel the emotions of your goal coming into fruition, you are programming your subconscious. Now that you know this, you can take control of the programming and effect real change in your life.

The re-programming of your subconscious mind will help you gather the resources, people and events to yourself to make your
goals a reality. You’ll have your subconscious mind as an ally in your path to success, rather than your past programming tripping you up. If you’ve ever had a problem that you feel you can’t get rid of, the problem has been your programming.

Keeping the right attitude when visualizing

“Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything.” - Napoleon Hill

In just a moment, we’ll get to some powerful visualization exercises that will help you manifest your goals. However, first you need to understand the importance of mental attitude when you are doing the visualization exercises.

Although your subconscious mind is the basis for your life experiences, your conscious mind has a powerful effect on how you perceive those experiences. Your mental attitude can make or break your efforts to reprogram your subconscious mind.
Remember, you need both “legs” to get to the finish line. If you start these exercises with the attitude of “this is never going to work” your conscious mind is crippling the process. You’ll end up even more frustrated and disappointed.

Positive thinking is important, and it is especially important when you start this process. Get your conscious mind in line with your goals and give the following exercises a shot. Approach them with a positive attitude and an eye toward success, and it will make all of the difference.

Visualization Exercises
"Your imagination is your preview of life's coming attraction." - Albert Einstein

The following visualization exercises are effective in reprogramming your subconscious mind for success. When you do these exercises consistently, you’ll begin to see changes in your life. You’ll be using both your conscious and subconscious minds together in order to manifest your goals.
The key factor in using visualization properly is to have a clear list of goals before you begin. Your goals can be focused on one portion of your life (like relationships, health or wealth), or they can be widespread. Sometimes people find it more useful to focus on one area of their lives to change. However, others like to take a widespread approach to their manifestation efforts.

No matter what you decide, you need to write down your goals in specific terms before you begin. The more specific you are, the better. For example, instead of simply wanting a new car, pick the type of car that you want: the make, the model, the color, etc. Be just as specific with other things in your life. Choose the type of relationship you’d like to have. Change your “I want to be rich” wish to a specific dollar amount.

Why the need for specificity? Visualization works when you immerse yourself in the “daydream” of your future life. Remember that the subconscious mind doesn’t know the difference between a memory, a real time event, or a fantasy. It responds emotionally to each in the same exact way. Need an example? Think about a sad
memory from your past. Even though time has passed, you’ll no doubt feel powerful emotions associated with that event.

Take a few moments and write down a list of specific goals, dreams and wishes for your life. You can focus on one area, or take a few hours and target for widespread change. Write down exactly how you want your career to develop, or how you want your family to life to operate. Write down how much you’d like to weigh, or how much you want to make. Write down the specifics of your dream home or the dimensions for your fantasy yacht. Get everything on paper before you begin, and your visualization efforts will be much easier.

The Visualization Meditation

"Feeling is the language that speaks to the Divine Matrix (the Universe). Feel as though your goal is accomplished and your prayer is already answered" - Gregg Braden

The simplest way to start using the power of visualization to manifest success is to practice daily visualization meditation. You can start with just a few minutes a day and then work up to longer periods of time.

Attraction Mind Map
Start your meditation session by picking an event, circumstance or experience from your list of goals. Make sure you are wearing comfortable clothes and are in a place where you can relax for ten to fifteen minutes. Turn off the television, unplug the phone and just relax.

Begin by closing your eyes and clearing your mind of all of the worries from your day. It is best to do this exercise whenever you can feel most relaxed. This is your time to focus on the future and to visualize your success. Start by thinking of your goal and then begin to visualize it. Immerse yourself in the experiencing of attaining that goal. See yourself sitting on the deck of that yacht, or receiving those checks in the mail. Picture your family having a peaceful and fun-filled evening together. See yourself meeting the man or woman of your dreams and sharing a happy life together.

Think of the process this way: instead of visualizing in your mind’s eye, you are going to be “living” in your mind’s eye. Immerse yourself in the experience totally. Imagery is the language of your subconscious mind, and you when you use the visualization
meditation you are speaking directly to the part of your brain that you need to reprogram.

Make the mental image as specific as possible. Flesh out all of the details of your experience. What is the weather like? What are you doing? Most importantly, feel the feelings that you associate with attaining your goal. Get excited, feel your heart race and feel the enthusiasm you have for life. Get connected with the feeling of what it means to you if you get what you want. The emotional response to the process is very important, so get your feelings involved.

During the meditation, if you have any negative thoughts or feelings about your goal, do your best to ignore them for the time being. Don’t worry about how you are going to afford the new car or the new house. There is no need to bother with the details at this point. It is not your job at this point to figure out how it is going to happen. That is the job of the Universe. Your only job is to visualize your success completely and reprogram your subconscious mind.
Some people find it helpful to do their visualization meditation right before bed. The subconscious mind doesn’t sleep, and if you program images into it before you go to bed, it will work on the “problem” for the rest of the night. Remember, your subconscious mind works in unseen ways to help manifest your beliefs and desires. Hence, if you do this exercise at night before bedtime, you will give your subconscious more time to bring your goal into reality.

The Visualization Board

"Dream lofty dreams, as you dream so shall you become. Your vision is the promise of what you shall one day be, your ideal is the prophecy of what you shall at last unveil."

- James Allen

Sometimes people respond better to visual images rather than images that are created in their own minds. If you are one of these people, using a visualization board may be the right method for you.

Visualization boards are helpful tools for surrounding yourself with the images of the life that you want to leave. Creating one is
simple to do, and you can edit your board as you achieve your goals, or as your goals change.

Start with the list of goals that you created earlier. The next step is to find images that correlate with those goals. This can be done over several days, and you can continue to collect images after your board is “done.” Gather together some magazines, images from your computer, pictures of you on vacation and sort through them. You can use images and words together to define your goals. Make sure to include your own picture on the board as well. See yourself among the things, circumstances and people that you desire to be around.

Collect your images and words over the course of a day, or a few days, and then let your pile sit for a while. Return to it after a day or two, and then sort through your pile again. Pay close attention to your emotional response to each image or phrase. Only select the images and phrases that you feel excited and passionate about. You want to get an emotional charge out of looking at your visualization board, so choose your images wisely.
After you’ve collected the appropriate images, it’s time for a little art project. Pull out your glue stick or your thumbtacks and post your images, words and phrases all over a piece of poster board or on a bulletin board. Make sure it’s big enough that you’ll notice it each day. (Alternatively, you can also use the Dream Manifestation Kit, an excellent resource in programming your subconscious for lasting changes.)

You can arrange your images in categories based on the part of your life that they’ll affect. You can have a relationships section, a money section, a health section, etc. Group like pictures together so you can create an overall image of that portion of your life.

Each day, take a few moments to look at your visualization board. The repetition on the subconscious level will begin to reprogram your subconscious mind. Over time, you’ll draw unto yourself the people, events and beliefs that you need in order to achieve your goals and the success that you desire.

Remember to stay positive as you look at your board. If you have thoughts of “this will never happen” or “this is silly” your
conscious mind will be working against you. Ignore your internal critic and just go with the process. Before you know it, you’ll be bringing your goals and dreams into reality.

There are tools to also help you with eliminating negative thoughts and emotions that exist at the subconscious level. One effective tool that I have found useful is EFT. I have documented many of my personal findings on using EFT on my blog.

At the same time, I highly recommend The Silva Method on its techniques on how to make powerful manifestations. It is a mind control program that has been developed by Jose Silva years ago and is scientifically proven. The techniques are based on using active meditation. To-date, there have been millions of people who have reported excellent testimonials with using it. I’ve personally had a number of successes with the Silva program.

Just like a muscle, the more you practise visualizing, the more you are going to benefit. If getting what you want is important to you,
then you should do this on a daily basis. Somehow, getting what you want gets easier!
"Have in your mind that which would constitute a miracle for you. Get the vision. Suspend disbelief and skepticism. Allow yourself to take the journey toward real magic."

- Wayne Dyer

I hope that you’ve enjoyed this report.

Abundance always,

Evelyn Lim

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