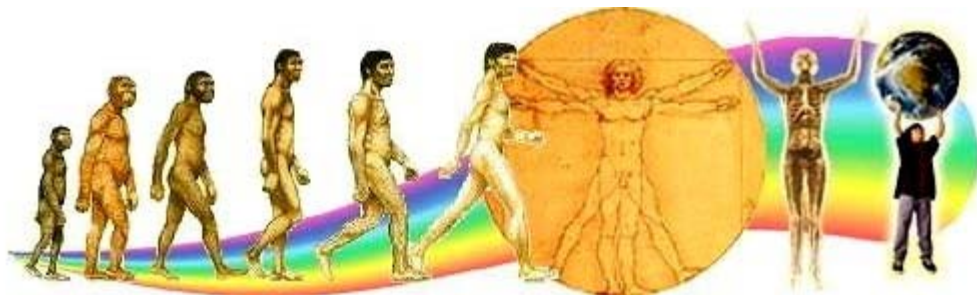


**Three Powerful, Dirty Little Secrets for
Manifestation with the Law of Attraction**

By Richard D Ingersoll
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Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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Introduction

The Secret was responsible for turning millions of people on to the Law of Attraction. What could be more exciting than learning that the universe, in fact reality itself, is merely an external extension of your own internal thoughts, beliefs, and expectations? It's amazing to think that five years ago this information was not yet public, and most people had no idea that life could be molded to their desires.

Of course, with the Law of Attraction now mainstream, everyone is interested in how to make it work for them, and how to make that process as simple, effective and reliable as possible. The Secret was a fantastic introduction, but left out quite a lot in terms of how-to information. The basics are there, but there are no truly specific techniques for manifesting desires into reality.

Perhaps you have had some success, and now you are excited about learning how to have more. Perhaps you have not been able to get the Law of Attraction working in your favor yet. No matter where on the spectrum you are right now, this report will help you to get moving along quickly using the Law of Attraction. No more will you fumble in the dark looking for the elusive light switch. It's time to bring the mechanics front and center, and learn exactly how to manifest your desires into the physical world.

Life is a mysterious event, and the only reason that we don't perceive it as such is that our brains have analyzed out the mysteries. In growing up, we had to learn to categorize each experience or item into a neat little box so that we could comprehend life quickly enough to get by in our demanding society. We had parents, friends, teachers, all grabbing at our attention and forcing us to keep up. The mysteries of life can be overwhelming, and in order to maintain an "acceptable" presence among these people, we had to cut, chop, label, and categorize.

The bad part of this is that due to the Law of Attraction, when we categorized things into boxes, we limited our descriptions of the "real world". In doing so, we disabled our ability to experience the wonders and mysteries of life. We forced the world into a dull, predictable model, and therefore all we now perceive is that model. In fact, there are miracles, mysteries, and incredible things going on around us all the time. We can stand right in front of them and miss them, due to our brain's ability to block out things that don't fit into our beliefs about life.

Think about that! Any information that passes into your awareness is first filtered through the physical senses and parsed by the brain. If your brain decides to omit something, you won't even know that you perceived it. If there was a glowing light, shaped like a gorilla, speaking in Latin and floating in the air in front of you, your brain may well cut that out as entirely non sequitur. You would have no idea that the floating, talking, glowing, Latin-speaking gorilla was in front of you at all. You would not hear it, you would not see it; it would not exist for you.

In a way, that is what happens every day. Our brains simply disacknowledge some of the information that comes through, and we wander through a dull reality wondering why people continue claiming that life is full of mysteries. It's no wonder that people have a hard time learning to use the Law of Attraction, much less perceiving the fact that they are already using it 100% of the time. You can't get a good view of the ocean from under the water, and you can't get a good understanding of reality from within a predefined, limited box of perception.

For this reason, in the beginning, you will have to suspend your disbelief. That sounds tricky but it's really quite easy. All you must do is take a playful, child-like attitude towards working with the Law of Attraction.

You don't have to believe or expect anything. Just do the exercises and remain watchful for the results. Keep a "what if" attitude, such that you curtail your thinking from reinforcing a limited view. "I just don't think this is possible" should become "I just don't think this is possible... but what if...?" That tiny slice of open-mindedness is all that you need in order to begin seeing the results of the Law of Attraction in your daily life. By suspending your disbelief for a short time, you will find very quickly that you never have to go back. Your lack of disbelief will change into real knowledge that the Law of Attraction is real and working for you at all times.

As you continue replacing old beliefs with new knowledge, you will find your entire world beginning to brighten and become interesting, mysterious, and wonderful. That is truly the meaning of life - to live fully in this amazing creation that is the physical world. There's no better time to be a part of this reality than right now, so let's begin learning how to bring magic and spice back into your life!

Chapter 1 - The Deepest, Dirtiest Little Secret Nobody's Ever Told You

That's right - I'm going to start off by giving you the deepest, dirtiest little secret that you've never been told. There's an excellent reason that nobody has told you this - most people don't know it themselves! In fact, most people use this secret against themselves on a daily basis. It is a form of black magic to use power unwillfully and without good intention, and in a way you could say that 99% of the world's population is practicing black magic, unknowingly, day after day and year after year. Is it any wonder the world is so violent and angry?

Let me begin by reminding you of who and what you are. Everything that ever was, is now, or ever shall be is a part of the whole. Everything is connected - there is no true separation between anything at all. Everything in the physical world is made out of atoms, which are made out of smaller and smaller particles. At the bottom is one uniform particle which only takes on different shapes by changing its configuration. In fact you, I, the air, and all solid matter are simply different configurations of this one fabric of particle/wave. If you go down to a small enough level, there is absolutely no way to distinguish between you and the chair you are sitting in, for instance. It is all one fabric of reality, with different configurations that cause the illusion of separate entities and things.

This is how a psychic can tune into other times, places, and people. This is how remote viewers can see other places. This is how you get a thought about a friend you haven't seen in forever mere seconds before the phone rings. Information travels through all matter, and all matter is actually one fabric. We have merely conditioned ourselves to focus our energy on the external entity that we believe is our self, and we ignore information coming from any other entity or thing. This is also the fundamental way in which the Law of Attraction works. Your intention becomes encoded information which travels out of you through the other particles/waves of reality. This information shapes physical reality, and if it is strong enough will manifest the full intention that the information carries. Another word for information is energy, so when I'm speaking of one or the other, I am speaking of both.

Every entity that carries consciousness has a field of energy around them, known usually as the aura. This is outward-radiating energy/information from that consciousness, which carries beliefs, hopes, fears, expectations, and any other number of things. If you've ever noticed that someone always seems to have terrible timing, or on the other end of the spectrum, terrific luck, that is a function of the aura. The energy in the aura goes out ahead and draws the person into or away from things that don't meld with that person's energy. All energy is interactive, so you may notice that one group of people always seems to leave right before another group arrives, and vice versa. These are two incompatible energy systems repelling one another. Interpersonal dynamics is a fascinating field, but that's not what we're here to delve into.

So with all of that said, it's time to get to the dirty little secret. But wait - there's a little more groundwork to be laid. Be patient - it will all be worth it!

Our physical world is made of a uniform field of vibrating matter. Particles vibrating at a certain frequency are the very basis for our physical reality, but there are other levels of reality in which the frequency vibrates much faster. If you think of this in terms of microwaves, you can get an understanding. Two microwaves moving at very different frequency can flow through each other without affecting one another. In this way, the higher-vibrational realities are overlaid here and now on our physical reality, but due to the difference in vibration, we do not generally perceive these realms.

The astral plane is one such realm, as is the mental. Each vibrational realm appears to occur at different

octaves of the vibrational scale. There is also an angle between each plane, which is why it is difficult to move between them. Any of you who practice active out of body work may notice a direct shift in orientation when moving into the out of body sphere. This shift is the angle between the physical and astral plane. Once accustomed to the process of rolling out of body, this usually becomes imperceptible, but it is there.

The higher vibrational realms are where thought occur. Thought is of a much higher vibration than physical matter. Our consciousness exists on multiple planes simultaneously, but we, as the human minds, only perceive the physical. Our thoughts, however, are occurring on a higher plane. On the upper planes, as you can learn via out of body work or lucid dreaming, thoughts become reality instantly. The moment you think of something, it appears. On the other hand, the moment you stop thinking about it, it fades away. That's the advantage as well as the disadvantage of the physical world. Once something has enough energy to manifest in the physical world, it remains even when no more thought is put into it. Also, there is adequate time to fine-tune and mold thoughts before they take form, which can allow you to get exactly what you want. On the other hand, the time-delay between thought and manifestation can be frustrating, and in many cases we do not put enough energy into our desires to actually allow them to manifest.

Now that we've laid the groundwork, it's time to reveal the dirty, mean little secret that will allow you to begin manifesting far more quickly than others. This little trick was not revealed or even touched upon in *The Secret*, and I have seen it mentioned maybe only in one or two other places. When I reveal this secret, hold your horses! You won't be blown away - in fact, you may even groan. But once I've explained this to you, you will understand the power of this secret and realize that it is in fact one of the greatest tricks one can use to manifest desires into reality.

Are you ready? The secret is... your spoken word.

That's right - the words that you speak are the most powerful magic in the universe. Why is this? Because the act of speaking creates physical energy, sound waves, using the intention behind the words to charge that energy. This means that rather than thinking and thinking and feeling and feeling and waiting and waiting for thoughts to manifest from the higher planes all the way down into the dense energy of physical reality, you have already brought your intention across the divide and that intention-charged energy is now physical in the form of sound waves.

Have you ever noticed that often when you wonder something aloud, the answer immediately presents itself? Or that when you say "now where is so-and-so?", so-and-so shows up? Why do churches pray aloud in unison? Why do Buddhists chant? Why are we taught that lying and cursing are wrong? Sure, lying and cursing are societal taboos, but upon what are they based?

The answer to all of these questions is that the spoken word carries immense power. The problem is, our reality has become such a noisy place that chaos has taken over. Have you ever noticed that gossips are generally unhappy people? Do you think that means that unhappy people tend to gossip, or is it possible that gossiping makes unhappy people? Really think about it! When someone is speaking negative things, putting that energy out into their aura and reality, what do you think is bound to happen? That dirty energy they charged and manifested will form into negative experiences, people, and objects in that person's life. In many instances, this is attributed to karma, but karma is really only another word for cause-and-effect. If you manifest negative crud in your life (cause), you get negative crud in your life (effect). That one's such a no-brainer that the cause and effect are the same thing! All of this because people are not aware that their spoken word holds infinite power.

Magicians (not stage magicians, but true magicians) are aware that their words are immensely powerful, and so choose the words that they speak with the utmost care. In Yoshukai karate, one of the main tenets is to "be prudent in speech". Why do you think that is? In *The Four Agreements*, Don Miguel Ruiz and Don Jose Ruiz say, "Be Impeccable With Your Word". In fact, that is the first of the four agreements!

Think carefully when you speak. I realize this may take a slight reworking of your social habits, and may estrange you from some of your old friends, but it is very important that you wield this power with the greatest of care. If you truly want your life to become magical, and you want to create your ideal reality, your spoken word is your greatest ally as well as your greatest enemy.

Thoughts, as mentioned, occur on a higher frequency plane. You can think a hundred harmful thoughts and negate them with one strong positive thought. It's no big deal. You have time to work out the negative and reinforce the positive before your thoughts begin to manifest in the physical world. You don't have this extreme time delay when you are emitting positive or negative thoughts directly into the physical realm through speech. You've already put it out there - it will become something. If you master this one skill, however, you will have completely mastered your reality. There will be no need for anything else. The day will come when you will always speak meaningfully and with a purpose, and you will see the manifestations of those intentions occurring nearly instantaneously. And this is another reason that this deep dark secret is not widely known - most people do not want to realize how powerful their word is. It can be a truly scary thing, but only by recognizing it and taking control of it can you harness that power to your benefit.

Compared to the results of taking control of your power of speech, the efforts required in retraining yourself to use the word as a tool of manifestation are very minimal. Just become aware as many times each day as possible, what you are saying (or just said) and what energy that carries with it. When you realize you just spoke a negative intention, merely catch yourself and say "I won't do that again!" No need to beat yourself up or fret. Habits take a little while to change, and it will take some work to get to that point. Just becoming aware of it constantly will allow you to naturally transform your skill at speaking until you have become very concise with speaking only that which will bring positive results to you. Because reality is one fabric, you can also use the power of your words to heal others, help others, or harm others. Be sure that you are helping and healing, and not harming. This is why praying for people is so effective, regardless of your religion. While praying in thought helps, praying out loud helps far more quickly. Make a habit of praying aloud for those who need healing and help. When you begin to notice the power of your word, you will begin to understand the true power you have over your reality. This is a gift coveted by kings!

It is important to learn to stop creating negatively using your word, but it is equally important to learn to create positively. There are several ways that you can do this. Simply by stating the positive thoughts that you have aloud, you will begin using this power to better your life. When you think of something that makes you happy, stop for a moment and say it aloud. Say it aloud two or three times, and feel the implications of what you are saying. Then let it go and go back to what you were doing.

Have you ever noticed that some people stop for a moment when deep in thought and mumble to themselves, then continue thinking? This is an unconscious use of this technique. That person is subconsciously stopping to reinforce a certain thought into the physical realm. It is a brilliant method of manifestation, and one you should use whenever possible! Get in the habit of speaking happy, positive, or thankful thoughts aloud.

Another way to use this power is to speak your intentions aloud during your meditation/visualization sessions. I don't worry with tense - I simply speak the noun or verb intended. "A big beautiful house", "a brand new car", "a Nintendo Wii", "incredible friendships"... whatever you want, speak it aloud. You can also use a willful demand, such as "I will have a new car", "I will have my dream house", "I will have my Nintendo Wii now!" Both techniques are powerful. I like the "I will" method too because it cements the fact that you will this creation. Your will is what becomes reality; your will is very powerful!

You can also use mantras, but there are two ways in which mantras work. One of them is very useful for deep meditation, and one is more useful for manifestation. Both will work, for reasons I will explain now. A mantra is powerful because you are mixing the power of your spoken word with the power of repetition. In other words, you are giving more and more and more energy to that desire, and using a mantra you are manifesting all of that energy directly into the physical plane. When using a meditation mantra, often the point is to repeat something until it becomes meaningless in the mind, at which point you may begin to transcend your normal state. This is useful because it allows the intention to sink into your subconscious, which is a powerful ally in manifestation. However, the other mantra usage is equally powerful at reaching the subconscious, and may yield faster results.

The difference in the two is the mental focus on what you are stating in your mantra. If your mantra is "I will have a new car now", but you repeat it endlessly without seriously focusing or concentrating on it, you are taking the meditational-mantra route. There is nothing wrong with this. However, if you focus on the desire behind the mantra mentally while you repeat it, imagining that new car fresher, brighter, and more vividly as you continue to repeat the mantra, then you will be adding a lot more focused energy and emotion into your physical sound-wave manifestation, and that will equate into a more powerful, speedy physical result.

You may have noticed that I just told you to make your mental image brighter and fresher. This is a very powerful tactic in the game of visualization. If you treat your mental screen as a TV or computer monitor, you can imagine turning up and down the controls. Make your mental image brighter, bigger, louder, and more colorful. This will cause you to feel a much stronger emotional response to the images, which in turn translate to more energy being locked into your intention. Richard Bandler wrote about several such tactics in his NLP classic, *Using Your Brain for a Change*. [I recommend delving a little into the world of NLP](#). This fantastic science will teach you loads of tricks for using your mind to your advantage. Our minds are our links between physical and non-physical reality. Learning more about how our brains work allows us more control over how our minds function. The more we know about that, the more we can apply this knowledge to our manifestation efforts.

Here's another trick that may sound strange at first. Record yourself speaking your intentions aloud. For anyone who's only familiar with a tape recording, this could get a little tedious. But for those of you who have some technical skill, this should be a snap. Using a computer and a microphone, record yourself speaking your intentions. Then save the file and play it in a loop. You can play it when you're around, and it will become background noise that will enter your subconscious. You can also play it when you're not around, as that recording is charged with your intention. By playing the recording you are continuously impressing that intention into the medium of sound, which means you are creating quite a bit of physical energy around your intent. When done right the products of this maneuver can be scary! What would you do if you set a repeated recording to manifest \$1000 and four hours into your day somehow \$1000 comes your way? That's enough to freak you out, albeit in a very good way. Be very careful when you use this technique - it is so powerful that you must truly pick your words and intentions carefully.

I hope you are beginning to see the power with which your spoken word can manifest your desires into

reality. Becoming impeccable with your word is perhaps the greatest skill you can ever master. You don't have to master it in order to use it for your benefit, so start right away. Experiment with these techniques and begin remaining aware when you speak as to what intent or energy you are putting out into the world around you. When you are watching for it, the results will be much more obvious, and you will quickly be able to verify this process.

Chapter 2 - Your Greatest Ally and your Worst Enemy

I believe I referred to your word as your greatest ally and your worst enemy above. So maybe it seems odd that I'm writing another section with that header. However, there is another ally/enemy you need to become aware of. This is an entity that you need to, at least for the time being, think of as something separate from yourself. Once you gain control of the information you feed this entity, you will be able to merge back into unison with it. What is this entity to which I am referring? Your subconscious mind.

The subconscious mind plays an astoundingly powerful role in the emergence of your physical life. Your subconscious more or less chooses what you will and will not experience and is coded by your long-term thinking habits and beliefs. Basically, the subconscious can be thought of as the supercomputer that you have programmed to bring you the day to day categorized reality that you now perceive.

Life itself is very different. It is a swirling, vibrating mass of energy in various configurations that is ever changing. This energy, perceived via your senses as sight, sound, etc, is parsed and edited within your brain using the programming of your subconscious. What you then perceive is merely a representation of reality, as viewed by you. You don't actually see reality; you see the brain's representation of reality. What bits of reality you are able or unable to perceive is dictated by your subconscious mind, which in most ways is little different than a machine. This machine is, generally speaking, resistant to change, otherwise your reality would change as frequently as you encounter a different thought.

However, by bombarding the subconscious with an idea, eventually the subconscious accepts that idea and will then integrate that into your reality. Have you heard of the 21 day rule? If you can work on a habit for 21 days, use a meditation program for 21 days, or use a mantra/meditation for 21 days, you will finally get the permanent results you are after. This is based on some research that showed that 21 days was the average amount of time it took the subconscious mind to accept a new idea that it was presented daily. This is fascinating, as it shows that we can change many aspects of our lives simply by being persistent. It's no secret that persistence and perseverance are highly spoken-of attributes of successful people. This is a great reason why that is true. These people pushed forward with their new thoughts/desires until they finally became subconscious "knowledge", which then brought that success into their physical lives. There's really nothing to it, except that most people are unable to remain focused on a goal for any period of time.

By the way, if you want to verify the fact that "21 days" is a real, oft-used phenomenon, simply Google "21 days" (with quotes) and scroll through a few pages. How to learn X in 21 days is the most common thing you'll find. From programming languages to diets to healthy routines to hypnosis to habit changing, the evidence is right there for you to look at.

Now, obviously we want our subconscious to be backing our efforts rather than cutting us off. When new information goes into the subconscious, it is flushed out in our dreams within the following 3 nights. That's why you hear about people having great success with something for 3 days, and then suddenly relapsing. This is especially true with one-time hypnosis sessions. The subconscious has to keep your reality steady, predictable, and meaningful (as you have defined the term via your programming). This means flushing new ideas that don't meld with old belief systems. Obviously, this is not something we want.

So when you pick a new goal, a new habit, a new desire, etc, [affirm it to yourself as many times per day as possible](#), but at least once each day for three weeks. That really doesn't take a lot of work - write down what you want to affirm and post it on your bathroom mirror. Each time you see it, stop for a second and affirm aloud your desire. Keep in mind, 21 days is the average - keep at it until you feel comfortable in the fact that

this desire has been fully integrated and your belief systems are shifting to accommodate this new information. If you can impress something on your subconscious, it will become real in your life. That's a very powerful truth!

There are also a few tricks to dealing with the subconscious mind. The brain is the machine that processes physical information, and your subconscious is tuned into your brain. Think of them as physical/nonphysical equivalents. Your brain captures all information, and then presents you with a much more defined picture by categorizing energy into recognizable patterns and discarding chaotic, unknown patterns. The following trick is a staple of NLP, Seduction, and "mind hackers".

Can you ignore a question? Can you ignore this one? Note that your brain answered each of those questions before you ever consciously created an answer. A brain can not ignore a question - it must process the question into an answer before it can even deal with the question as a question. That's something you can use to your advantage. Phrase questions to yourself about your desires. "How cool is it that I'm earning so much money?" "What will I do with all this extra income?" "What do I need to get ahead in life?" "How can I make this a reality?" Your subconscious can't ignore these questions - the brain immediately processes and attempts to answer any questions, and the information in your brain is echoed in your subconscious. While you may not consciously come up with the answer, your brain has already answered the question, and your subconscious is holding the question/answer set.

There. You didn't repeat jack crap. You just phrased a question to yourself and now that information is in your subconscious. In some cases, the answer will become manifest in a dream, which will bring the answer to your consciousness. In others, the answer will actually become a manifest event or opportunity. So long as you don't allow the subconscious to flush out what you're working on (daily reinforcement), the answers will eventually present themselves to your consciousness. Use this tactic to discover what to do next, what will make you happier, or even your million dollar idea(s). Get playful with this one - throw as many crazy, unanswerable questions out there as possible. Then sit back and see the numerous ways in which a subconscious answers these questions for you. Ask and it shall be given. Seek and ye shall find. Knock and it shall be opened unto you. And yet, how often do you consciously pose questions that you would like answered aloud to yourself? And then how often do you actually remain vigilant, awaiting the answer to be presented? Most people don't! I never claimed these techniques are revolutionary, original or even remotely new. I will claim that they can change your life and that most people are not using them. That's the difference between a deliberate creator and a confused, unhappy person: directed, conscious intent combined with strategic techniques to advance in life.

As you continue playing with your subconscious, you will discover what seems to work best for you. You will even begin to become aware of when your subconscious is absorbing something, when it is attempting to flush something, and when your subconscious has fully integrated new information. Somewhere around this point you will begin to recognize the unity between your conscious and subconscious minds. At that point, you will no longer need to act as though you are separate - the unity will be present and you will be directing your subconscious to follow your will. By allowing your belief systems to be changed, you allow new experiences and possibilities to open up to you. You also empower your intentions to manifest more readily.

In this way do you turn your current worst enemy into your greatest ally. Syncing your own lower-vibration/higher-vibration energies only makes your efforts to manifest your desires that much easier and that much faster.

Quick Note: Research has shown that the subconscious does not understand negatives. Be aware of this when phrasing your intentions. If you say, "I do not want to be poor", you may as well say "I do want to be poor". Phrase your intentions in a positive light. Instead of saying, "I will not have any accidents today", say "I will be safe today." Instead of "I won't be poor anymore", say "I will be rich". For most of you, this wouldn't have been a problem anyway, but some of us are in the habit of thinking negatively, and this will require a little more thought.

When performing an act of manifestation, there are three basic stages. Setting the intention/desire, the wait/opportunity, and the manifestation/result. Many people have no trouble with step 1, and let's be honest, step three doesn't require much interaction. Where most stumble and fall is during step two - the wait/opportunity. In some cases, this stage will merely be a wait. The time delay is in motion, but your desire is manifesting within time and space. However, in most cases, during this stage an opportunity will be presented which will allow you to act. This opportunity is what I refer to as The Gift. Consider the opportunity as your desire being manifest, but within a nicely wrapped gift box. You must actually pull the bow, tear the paper and unwrap the gift before you will get what's inside.

And yet, possibly due to the simplification of some of the current law of attraction material, many people expect all of their desires to simply manifest right before their eyes without the slightest need to act after posing their intentions to the universe. This creates frustrated attempts, as without opening the gift box, you never receive the present inside. It can be tricky as well, so you will need to learn to intuit when The Gift is presented to you. In some senses, this is merely a case of remaining alert and aware after posing a desire, and noticing opportunities that arise soon thereafter.

There are other ways to actually intuit The Gift in more tangible ways. What if you are presented with multiple options? It could happen that multiple opportunities present themselves close together in time - which one is correct? There are different ways in which people access their intuition. The most well-known is through "feeling". This takes the form of gut instinct, and unfortunately most of us have trained ourselves to think with our brains more often than our guts. The chakra in the solar plexus is the primary "brain" behind gut feelings, which is why they are called "gut feelings" to begin with.

Some of us are, sadly, so far removed into a dense, limited reality that even our gut instincts are not readily accessible most times. There are ways to loosen this and allow our instincts to come back through. There are also ways to bring intuition into our other physical senses, such as sign, sound, smell, and taste. "Feeling" is the nonphysical equivalent of the sense of touch. Yet, many of us are more visually oriented, or perhaps aurally-oriented (sense of sound). Where there is a nonphysical, internal sense, you can be sure that there is a way in which you can manifest that sense outwardly in your physical reality. Let me share some techniques for making this so.

[First and foremost, you are going to need to begin meditating.](#) Now before you groan, let me explain what meditation is. There are a lot of preconceived, silly notions about what meditation is, and most of them, especially in Western civilization, are just dead wrong.

Meditation is the process of being still; of being fully aware and present of the right here and right now. This is where time truly exists, and this is the only place in which reality truly exists. There is no past or future - only movements in Now. Yet, our minds are patterned to recall past experiences over and over and to speculate future experiences over and over. We live in the past and the future far more than we live in the present. Have you ever noticed that on a holiday, often in nature, you may find a strange stillness - clarity of being, clarity of mind, a cleanness of being - that differs from your day to day life? It may be euphoric, it may be exciting, or it may just be relaxing. Then you return to your regularly scheduled patterns and your mind cranks back up the past/future habits. There was nothing magic on those vacations. Nature didn't bring you peace. That was simply a state of being present in the Now moment. You can actually have that experience any time!

Meditation is about learning to focus in the now moment. It sounds simple, but is oddly difficult at first. The mind will thrash and fight you, and you will find that your meditation efforts in the beginning will be full of mental chaos, crazy daydreams and the agonizing pull of stopping the meditation and doing something, ANYTHING else. Notice the near desperation with which your mind and body attempt to pull you away from meditation during your first efforts! This is not a signal that meditation is stupid or not for you - this is a mind not wanting to focus in the now moment. The power of the Now moment lies within your spirit and your soul - your mind has very little function in the Now moment, if any at all. Therefore it will fight you - and that's ok.

Sit somewhere or lie somewhere if you can do so without falling asleep. And just sit/lie there. You can focus on your breathing if you like or on nothing in particular at all. Our rat-race reality has conditioned us to where it is almost physically painful to sit still and do nothing. Yet, learning to tame this will allow you to get control over time in your life. Your time, your energy, your mind and your focus are what the Law of Attraction and deliberate manifestation are all about. You need to get these tools under your control.

Set a clock for 20 or 30 minutes. You may even want to start as small as 10 minutes. And simply don't allow yourself to do anything or get up for that time. Attempt to focus on your breathing or on the wall or on the ceiling or on anything that can hold your mind still. Expect your mind to thrash and daydream at first - don't become frustrated. This is natural and everyone goes through this stage when learning to tame the beast that is the human mind.

Do this once a day for a week, then turn the clock up another 5-10 minutes. For the next few weeks, gradually increase the amount of time you spend meditating. Nothing is going to happen - nothing is supposed to happen! There are all kinds of wonderful trancelike states with all sorts of inner-experiential possibilities, but this is not what we're interested in. We are merely learning to sit still and beware of right here and right now.

What you will notice after the first week or two is that your mind is not thrashing so violently anymore. You are not spending as much time daydreaming or thinking about past/future events or worries. Instead, you will begin feeling very peaceful and quiet. You will feel relaxed, carefree, and your stress will melt away while in this state. Ultimately, you will be able to stop in the middle of a high-stress day, take 5 minutes to relax, and completely rejuvenate yourself. This is a cool skill to have!

Here's where it gets interesting. When you are a week or two in and you are becoming very relaxed in your meditations, have someone sit a few feet in front of you, preferably with a light, uniform-colored wall behind them. White works well, as do other lighter colors. When relaxed, allow your glance to rest on them, but do not focus intently on them. Instead, relax your vision entirely. Allow your primary focus to be the wall behind the person, but remain as unfocused as possible. You will begin to catch a glimpse of something. It will disappear when you blink, but then it will come back. A slight haze around that person's head and body. It will appear either white or yellowish, extending maybe about a half inch to an inch from their skin. This is the beginning of learning to view an aura.

We are not, however, learning to see auras here. All I'm trying to show you is how to get a nonphysical sense to begin manifesting externally. Seeing an aura or even a small haze of an aura is the beginning of developing your nonphysical sight in the physical. This can be done with all of your senses, but you will need to be in this same, comfortable state of relaxation to do so. After a week or two of practicing meditation, you will be shocked to find that you can enter this relaxed state anywhere, anytime, simply by intending to do so. It may be a lighter version of the state, but that will work just fine.

When attempting to Intuit The Gift, you will want to take nonphysical clues. Let's say two opportunities have presented themselves. How will you choose which one? You can shift into your relaxed mode and "feel" each of them, or you can write each one down on a separate piece of paper and "look" at them. The same ideas can be applied to sound, taste, and smell, although those are less common preferences.

When using a "feeling" process, one of the options will jump out - it will feel right, it will sway your emotion. The other will feel less interesting, less vivid, and less alive. Go with the one that feels lively to you - that's your intuition working. When using the visual sense, you want to choose the one that becomes brighter, more alive and interesting. You may sense movement or a slightly sparkly quality to it. That is the right choice.

When you learn to Intuit the correct choice, you can proceed to act on it while fully knowing you are moving in the right direction. Now you will have fulfilled part two of the three step manifestation process, and your action will yield the fruits of your intent.

Chapter 4 - Using Lucid Dreaming with the Law of Attraction

Okay, now we're beginning to step into some slightly advanced territory. But come on, if you really want to take control of your life, you couldn't expect there not to be a few new skills to learn. This of course isn't necessary for manifesting, but it's one more tool in your arsenal. The added bonus is that lucid dreaming is a blast! If you learn to do this, you will have more fun in your sleep than you can imagine.

So what is lucid dreaming? Lucid dreams are dreams in which you know that you are dreaming. And I don't mean that your character in your dream knows that it's a dream - I mean that you, the you that is reading this right now, become aware within the dream and are able to enter it fully conscious. Lucid dreams are not the same thing as very vivid dreams, although vivid they are! In a lucid dream, you are really there, just like you are right now. You look around, see the world, and know that you are dreaming. Then you can do anything you can imagine.

The dream world is a higher vibrational plane of reality than the physical world. In the dream world, thoughts manifest instantly, and you can do anything such as fly, shape-shift, teleport... you name it. You can visit another planet by instantaneous travel. You can fly around your hometown like a bird. You can build your dream house and walk through it. In the dream, it will be as real as real life is.

For those of you who are already somewhat educated about the dream world, I am aware that the dream world and the astral plane are not the same. [But lucid dreaming is far easier to learn than astral projection](#), so I'm going to stick to it. Also, there are some cases where a lucid dream can be groggy, as if slightly out of focus and a bit heavy. It can be difficult to move around, and in fact the dream world can be falling apart as you attempt to mentally hold it together. This generally indicates that you are not deeply asleep, or that you have something that is causing you distress, such as extreme tiredness, loads of stress in your daily life, etc. If this happens, simply allow yourself to wake up and try again later. It's no big deal - you have every night of the rest of your life for potential lucid dreams. Don't sweat the one that isn't great!

So how do you learn to become lucid in your dreams?

There are many tools you can buy to assist you in this endeavor. Most of them are very difficult to use, generally due to discomfort. The Nova Dreamer or modern equivalent is not particularly comfortable, and it takes a week or more to become accustomed to wearing it. There used to be a fantastic item called The Pest that would randomly buzz or vibrate within given intervals, reminding you to do reality checks in your daily life. Unfortunately, I don't believe anything quite like that is for sale anymore.

The best way to learn is to simply begin thinking about it. Read some material on lucid dreaming to keep it in your mind. The most effective technique is going to be the reality check, so let me go ahead and delve into that one now.

The you that is in your dreams is the same you that you are right now. (Say that three times fast!) However, that you is unaware of the fact that you are dreaming, and therefore is immediately, upon commencement of a dream, actively within that dream. Lack of continuity doesn't seem to be a problem. Your dreams are also very often used as dumping grounds by your subconscious, which may work something out or throw something out while you are dreaming. The events of your day may come into your dream, as your subconscious is processing your daily events.

So what you want to do is to begin making a habit of doing reality checks throughout your daily life. Set your watch to go off each hour and when it beeps, do a reality check. Or remember to do one when getting into or out of your car. Or write a note on your bathroom mirror and refrigerator door reminding you to do one. The watch technique is particularly useful because you can set the watch beside your bed at night. The beeping will happen while you're asleep, and if you're dreaming during the beep, your physical hearing may seep into the dream, causing you to do a reality check in the dream, which would allow you to become lucid.

What exactly is a reality check? Stop and become aware. What are you doing? What is the quality of your consciousness? Is there continuity between what you have been doing over the past few hours? Is what you are doing now common for your daily life? Is there anything strange going on? This can be a little difficult to start doing, because it's boring. Yes, I said it, it's boring. You will always know immediately that your quality of consciousness is that of your normal waking life, and everything in your day has continuity, and nothing truly bizarre is going on that you can't explain. However, do it anyway! It only takes a few seconds. Because at some point you are going to groan, do a reality check, and be shocked to come aware within a dream.

That's right - the purple floating elephant didn't seem odd, nor did the fact that you are running from a screaming mime while trying to figure out why you aren't wearing any clothes. And then you did a reality check, and suddenly you are aware within the dream, and you can do anything you want with it. Teleport to the beach, fly to the Caribbean, fight crime with Superman, play guitar like a rock star. Whatever!

It may take a week, or two, or a month or two. But depending on how well you keep your habit of doing reality check, you will begin popping up in dreams. You will begin waking up in a wonderful, weightless reality where you can play with your thoughts in a seemingly physical fashion. Once this starts happening for you, you will be prone to play for the first several dreams. This is normal. There is nothing as exhilarating as flying for the first time! You may also become overexcited during your first lucid dream or two and wake up. Don't get frustrated! It's working! Just keep doing your reality checks and resolve to remain calm the next time you become lucid.

Now, once you are beginning to have lucid dreams, you can begin to use them for your Law of Attraction work. This nonphysical reality is nonetheless real, and if you can make a strong impact here, you will be able to manifest into your physical life. Just the same as thoughts, you need to put ample energy, emotion, and time into working on your desires, but it's so much easier on the dream plane, because it's easy to be playful. Rather than sitting, trying to hold an image of that new house or car, you can simply have it appear before you. Then you can enjoy driving that car around or go walk around your house.

The longer you invest time and energy into your desire, just as in visualization work, the more energy you are moving toward manifestation. Again, it's just easier to actually experience your "visualizations" versus imagining them from within the physical. It's more fun this way!

There are other exercises and techniques to help you lucid dream, but I will leave those for another day and perhaps another teacher. You can go to the local bookstore and find tons of lucid dreaming books. There's ample free information online. There are hypnosis programs and other gadgets to help you. Just start looking!

Finally, when you become well versed at lucid dreaming, you will want to [check into Astral Projection](#). The astral plane is a higher-vibrational, cooler (in my opinion) place than the dream world, and once you're familiar with it, you can even transition from a lucid dream into an astral projection. For this topic I highly recommend Robert Bruce's book, *Astral Dynamics*, which is the newest, most updated (actually rewritten

and redesigned) version of his famous Treatise on Astral Projection, which has been around on the internet since the internet was mere text.

By utilizing real-time lucid dreaming, you can bring more to the table in your manifestation efforts. Due to the excitement of experiencing and living your intent, you will have far more success more quickly with lucid dreaming than you will with visualization alone. Hey, I told you I had some dirty tricks up my sleeve, didn't I?

Chapter 5 - End Game - Theory vs. Practice

So we've discussed the power of the spoken word, the power of getting your subconscious on your side, and the power of lucid dreaming in creating the reality you want in the physical world. These are three incredibly powerful angles to take towards your Law of Attraction efforts, and yet you will rarely hear mention of them.

It's not that anyone is keeping these secret from you! It's just that most people don't know about these tricks yet. People who study NLP and psychiatry may know quite a bit about the subconscious, but nothing about the Law of Attraction. Those who speak about the power of the word rarely bring up the term, "Law of Attraction", so many people miss the obvious link. And Lucid Dreaming, thought of as loads of fun, is overlooked as a powerful tool for real-life manifestation and transformation.

Many of you are going to be guilty of reading this report, saying "ah ha!", and then going on without doing anything with this information. There are a lot of armchair metaphysicists. The intellectual/theoretical side is fun, sure. But the joy to be had by living these truths is the whole point of life! Humanity wasn't created to slave away for big corporations day in and out for all of their days. Our species has far greater potential that hasn't even begun to be tapped. Don't allow yourself to ignore this information. Begin putting it to use immediately! Write some notes and stick them to your bathroom mirror. Re-read sections of this report when you want a little pick-me-up. Find a little time to be quiet and meditate every day. Let your mind learn to be still.

Learning lucid dreaming can be very difficult. The main reason for this is that most people aren't able to stick to the routine of reality checks day after day for any extended period of time. The first time your watch goes off and you think, "oh, I'll do one later", is the end of your routine. Three months later, you'll look back and say "man, if I had just kept at that, I would be lucid dreaming all the time right now!" Keep at it - be persistent! Remember, persistence and perseverance are key when changing your life. Isn't that what you're trying to do? Change your life for the better, make the world a happier place for yourself and your family and friends?

All of the greatest success stories in life are preceded by some of the most dreadful failures. Thomas Edison failed more than six thousand times before getting the light bulb to work! Most of us will fail far less before we succeed, unless we give up and stop trying too soon.

I want to leave you with one more devastatingly powerful secret. This one utilizes the subconscious, your visualizations, and the power of daily repetition. In the occult world, this is a very popular tool, as the power of this secret is well known amongst those who are adept energy workers.

This secret is called a Sigil. A sigil takes your creative intent and packs it down into a powerful symbol. You can meditate on the symbol, put it where you'll notice it several times each day, and if you have the resources, turn it into a necklace or something to wear on your body. I place my sigils on sticky notes in my bathroom, car, and above my bed so that I will see them several times each day.

Let me get into the theory of sigils a little before describing how to create one. A sigil is created from a statement of your intent. It is a small, often strange-looking symbol. You may have made one before without realizing it. When you merge several letters together, that's basically making a sigil. For example:



Those are three sigils I have used in the past for various things. Kind of funny looking, aren't they? Keep in mind, the simpler, the better. If you can trace it in about a second, that's best. That way you can produce it anytime you like without having to think about it. The big trick to these symbols is that your subconscious knows what the intent was behind them, even if you have forgotten. The more you notice, meditate on or in any way put energy into these sigils, the more energy you are putting into your manifestation. Even if they are hanging in your home and you don't notice them anymore, the subconscious is still seeing them, and they are being reinforced.

Sigils are one of the most powerful tools you can use, as they work on so many levels. Some of these levels are out of the scope of this report, but just realize that you can impact very powerful changes in your life through the use of sigils. Also let me point out that it is common practice to destroy sigils once the goal/desire they represent has become manifest. I don't feel that this is necessary, but some people like to do it. Other sigils may represent more permanent desires - freedom, happiness, love, etc.

So how do you actually create a sigil?

You want to begin by writing down a statement of intent. For instance, "I am attracting love into my life right now." Or, "I am a money magnet!" Now, take that sentence and remove all but the power words, which are the key words in the phrase. So "I am attracting love into my life right now" becomes "attracting love now". Now remove all of the vowels, and consonant repetitions, so that "attracting love now" will become "trcngrlvw". I actually prefer to go with the first consonant from each word, so instead I would end up with "tln", which makes for a much simpler sigil. Simpler is better in my mind, so I recommend you follow that, although there's nothing wrong with making

complex sigils. A complex sigil could even make a very nice "abstract" painting...

Once you have your final letters, you are ready to create your sigil. This is the part where you can be creative. Put all of the letters together in the neatest, tightest way you can. For instance, let's say you end up with P, M, Q, and T:

P + M = MP
MP + Q = MPQ
MPQ + T = MPQT
MPQT

That sigil almost looks like some kind of animal grazing. You could then quickly redraw that using about 7 quick pencil strokes. My personal favorite sigil was one that integrated 30K (30,000) copies of something I wanted to distribute. The 30K was made into the sigil you saw above on the right using the 3, closing the bottom of the 3 for a 0, and then putting a line up the middle and using the natural right side of the number 3 for K's arms. I still keep that sigil around even though I'm not using for anything anymore, just because I like the way it looks.

Conclusion

So go ahead, start making a sigil, doing reality checks, noting your desires aloud, and keeping memo notes around your home relating to your intentions and practices. Start meditating. Be aware of the power of your words. Make friends with your subconscious by becoming familiar with the persistence needed to keep new ideas from being flushed. Your frequent daily reality checks will pay off soon, and the dream world will open up to you. That will be a thrill no words can begin to describe!

Don't put off until tomorrow what you can begin today. These techniques take a little practice and some persistence over time. Begin today so that in the future, rather than look back and wish you had started; you will already be where it is that you want to be.

Good luck in your endeavors, and as always, happy manifesting!