

How To Manifest Anything



A GUIDE CREATED FOR YOU BY
MELISSA KIRK

MELISSAKIRK.COM



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I decided to write this ebook to address many questions that are most commonly asked by my clients. There are some key elements to the process of manifesting and I will outline them in detail in the following pages.

The Key Components Are:

- The universe consistently brings you the essence of who you are, not what you want.
- What you focus on expands.
- When you say, "I don't know," the universe responds with chaos.
- Align with what you want and don't leave any other possibility in your head.
- The how is none of your business.
- Be specific, yet open; you are unaware of the possibilities.
- No matter if it's the perfect mate, perfect weight, the job in your highest good; always allow for the universe to bring you what is best for you.

Ground Rules About Manifesting

It is very important to keep in mind that you are the creator of your reality. This book will teach you how to consciously manifest your life. You already are Manifesting everything in your reality; however, it is often done unconsciously.

If you are in relationships that you like, you are creating positive influences in your life. If you have challenges in your relationships, there are most likely patterns that you can change to create something different. Becoming aware of what you do not want and then getting clarity on what you want instead, is a way to assist you in manifesting something different.

You have created everything in your life one way or another - your health, your money situation - everything! You can start to become aware of how you are manifesting your life by paying attention to your thoughts. If you find that you often think of the positive side of things, you probably have most of what you want. As you become aware of your thoughts, you will start to understand the connection with what you are manifesting.

Ground Rules About Manifesting

There are some situations where you may be co-creating a manifestation with other people; however, no one can manifest for you, and you cannot manifest for anyone else, ever! Some examples of co-creating could involve situations or events that affect your entire family, a business partner, or a collective group.

If someone comes into your life and makes you an offer that is in alignment with a manifestation that you thought was impossible, it is still your manifestation. You created the desire to come into contact with the right person and the Law of Attraction always delivers! It's the Law. Sometimes what you desire is brought into your life and it is rejected.

Other times the clarity of the manifestation is lacking.....bringing you something a little different than what you meant; however, nonetheless, what you are currently a match with vibrationally.

Being frustrated with an old computer and saying, "I want a new computer," or perhaps, "I hate this computer," and the next thing you know it crashes or gets stolen, you will have to buy a new computer. When you look back, you did receive what you "wanted," although, it may not have been exactly what you meant! Keep these thoughts in mind as you Consciously Create your Manifestation!

The Universe Brings Me What I Want!

One of the things I hear quite often is that the Universe will bring you, or is bringing you everything you want or desire. Some will argue that they do not want what is currently showing up for them. The fact that they are creating their own reality makes them frustrated; however, this is a very empowering proposition. To have the power to create is there for everyone, or we can be victims of our circumstances. **The choice is yours.**

The only thing missing is how to work with the Law of Attraction. We are all working within the Law all the time; however, the misunderstanding of how it operates is what holds us back, and keeps us in our current reality.

Some will admit that they don't believe in the Law of Attraction. The Law of Attraction doesn't care; it still operates the same with everyone. That is the same as saying, "I don't believe in the Law of Gravity." This statement or belief will not make you float into the air! Everyone is bound by the same laws, so learning how they operate is vitally important.

What is actually happening is that the Universe consistently brings you the essence of who you are. If you are desiring something not currently in your experience, you have to be something different, giving off a different vibration in order to become a match with what you want to attract. Sometimes this is going to require some personal work and reflection to create a new reality.

The Universe Brings Me What I Want!

It is not as simple as just having the desire for something; however, intense focus on something is a start in the right direction. The other vital component is taking Action!

Manifestations involve several components:

1. Believing in the possibility, clarity of what is desired
2. Raising your vibration
3. Taking action
4. Allowing for the manifestation, Receiving

Language is also very important. Everything you say is sending out a request and a vibration. The Universe always responds. It's the Law. It is essential to pay attention to your focus on things, and the language of what you say.

Saying "I want....." leaves you to want more. Have you ever seen the sign in a bar that reads, "Free Beer Tomorrow"? Do you ever get "Free beer"? It is that same concept: I want to be wealthy, or, I want to be thin. This language continually puts it in the future.

The having of "it," is where the focus needs to be and imagining the experience you will have when you have your creation, will help in becoming a vibrational match for that thing. Think about what it will feel like to be thin, how it feels to drive the new car that you have your eye on.

The Universe Brings Me What I Want!

Experiencing it changes your vibration and helps you to become a match for what you want. The unconscious mind does not know the difference between fantasy or reality. That is why when you are watching a suspenseful movie; your heart might start beating fast, as though it is really happening.

Be aware of the language and if your focus is on things that you do not want. Learn to speak in the positive. For example, you might tell your child, “Don’t run!” Instead, say, “Please, walk.” Tell him or her what you do want, not what you don’t want. If you are driving somewhere and you want to be on time, focus on being on time, not on the obstacles that could possibly lead you to be delayed. Say that the traffic will be swiftly moving and you will easily get there on time or be early.

An essential key when making all of this work is believing it will work! If you are reading this and think this will never work, or it sounds too simple or it’s just general skepticism, you will get more of the essence of resistance showing up in your life. This process is very simple, but its application is not always easy. It takes practice!

One of the most amazing things about the Law of Attraction is that things were designed to happen easily and without struggle. This is sometimes misconstrued as no action is required. Sitting and waiting for things to happen, does not work. Working furiously without setting your intention and aligning with it, is not the best way either. Often this leads to temporary results that cannot be sustained or no results at all.

Understanding Messages From The Law Of Attraction

As you set your intention, and align your vibration (the energy going through your body when you experience your thought), with the ownership of your manifestation and then take action for it to come you may receive some indicators or feedback that will help you.

One of the best examples of this is exemplified by driving a vehicle. There are many gages to let the driver know what is happening. They usually signal a potentially harmful situation, long before the problem is serious.

Sometimes, we ignore those signs and create a problem we could have avoided: if the oil gage light on the car lights up, you have some time to address it before the engine has a problem. The gas light may require more immediate action, etc. What these gages are not saying is, "Danger, throw away the car or pull over and stop driving." They are just merely signals for you to pay attention to. You have the ability to course correct.

Being Clear In Your Intention

When someone says, "I don't know;" they are sending a confusing message, and they will then receive a confusing answer.....Chaos will start. Clarity is essential for manifesting what you want. If you don't know what you want, you will stay in a state of having random things show up in life.

Hypothetically, at a restaurant, if you don't tell the waitress exactly what you want, she will bring you the wrong thing or nothing at all. You won't tell the waitress to bring you a salad and then a burger shows up. The Universe does the same; it's the Law.

If you decide on something and allow yourself to course-correct as the results unfold, you give the Universe something to deliver, and it will quickly respond when you receive more clarity. It is much easier to keep the ball rolling and make changes as problems arise than it is to get started when there has been no action at all.

Being Clear In Your Intention

Sometimes what shows up for us is the essence of what we have communicated; however, not exactly what we want. For example, if I state that I want a million dollars, the manifestation could show up because of a death, or you could become disabled and get an insurance settlement.

A less drastic example is having an appointment scheduled with a client and feeling like you have so many things to do that you don't know how you'll get it all done. That person might cancel their appointment and give you the time you needed. If you now are not paid for your appointment, it may not be exactly what you had intended, even though it is congruent with what you were vibrating.

When you do not take action and sit with indecision, the drama will show up. Drama is always lurking in times of stagnation. If you keep moving and keep shifting until you get it right, it provides for a higher vibration for yourself and the environment.

If you notice, the people who have lots of drama in their life usually don't have a much productive action happening. They are not intentional in their action, don't have a purpose for their life, and are just responding to what shows up. When you are clear in what you want and have an outcome in mind, you won't have time for drama and other distractions. The chaos will disappear.

Be Specific, Yet Open!

This can be a bit confusing. When we set intentions, it is supposed to be specific and direct and clear, right? It is good to have clarity on many things like color, location, and size, to name a few. There are things that can be left up to the Universe to decide and make happen; we only know what we know. In other words, there may be something that is a better match for our desire that we are unaware even exists. When we are not open, we block other possibilities; we prevent our ability to receive something better!

Supposedly, you are looking for a new job. You have always wanted to work for Company A. They have great benefits, a beautiful facility, they pay well, you know some of the people there, and it is close to your home. You feel like it is a perfect match. You have an unconscious desire to stay in this job for at least the next 10 years.

Since you have been changing jobs often for the last several years, you now want something stable. The Universe may have a better job in mind that will be opening next month, the pay is higher and it is closer to your home; you just never noticed it before. The position is not even available at this time.

Additionally, unbeknownst to you, Company A is in negotiations to be bought out by another company that is out of state. You may not have the job stability you are looking for.

The Law of Attraction has all of this information about you and everything outside of you that you are unaware of. The Law of Attraction has to bring you what is a match. Since we fixate on Company A, instead of being open to the essence of what we want, we sabotage our own manifestation. We get so obsessed with Company A. Oftentimes, there is something better that is on its way to us, and we are not open to receive it.

What about attracting the perfect soul mate? Sometimes we consume ourselves with a certain person. They have all the qualities we are looking for; however, they don't feel the same way about us. If you are very clear about what qualities that person possesses, what it is you are looking for, and are open to how the Law of Attraction will fulfill this desire, you will find that you will be much happier allowing for the openness and flexibility of your manifestation of your soul mate.

Whenever I set an intention about creating a perfect job, soul mate, situation involved, I state, "All of this or something better in all parties involves the highest good." This added statement allows for the Law of Attraction to have flexibility in its delivery and usually brings me something better than I had imagined.

Creating a Desired Outcome

Many times a situation may occur where you are so excited about an idea or opportunity that is presenting itself. What happens when it is exactly what you have been asking for? You just can't believe it is actually becoming a reality.

This scenario may be a way to expand your business and double the area, redecorate your home or office, offer new services, and make a bigger impact. You then realize the financial expense to do this. It may be an opportunity that just presented itself and someone offers you the occasion to speak on their stage and sell your product or service to their clients. You might think that no one sees the value in your services or buys what you're offering.

Perhaps you will meet the person of your dreams; however, you think they won't be attracted to you or that you're not good enough. When your thoughts quickly turn to the obstacles preventing you from having this thing, experience, or mate, you are right, and the opportunity quickly fades. Instead of being open to receiving what you have created, you are blocking the possibilities of how it is possible! There are infinite ways for things to happen; the Law of Attraction is not confined to our limitations! The how it will happen is none of your business!

I remind you to stop arguing for your limitations, stop trying to figure out how you are going to do it, and align with the intense feelings of the possession with no other option to consider.....When you have done this, an opportunity out of your imagination and wildest dreams will appear! If it doesn't, it is due to the lack of belief you hold in its possibilities. It is because you are not aligned vibrationally with the manifestation. When you focus on all of the obstacles that will prevent it from happening....you are right! Maintain the vibration of your experience with that item.

Align With What You Want and Don't Think of Any Other Possibility

Deciding is one of the most important aspects of Manifestation! When you decide to purchase a car, sign up for a class, move to a new home; whatever it is, the decision-making and holding all of your focus and attention on the desire, will make it arrive.

The how is not your job. Opportunities to make it happen will make themselves known; it is up to you to receive them. As soon as you start receiving the feeling that you are lacking and trying to figure out how you will do it; you will destroy the manifestation and lose the vision.

This does not mean that you can't be open to something better; just don't start talking yourself out of it. For example - buying a car you have wanted for a very long time. When you get to the dealership, be open that there may be a special deal on a better car. You may get a better price on something slightly different, but it is better! Make sure to receive this manifestation from the universe.

Limiting Beliefs

After completing all of these things, and you are still not receiving the results you desire, consider the possibility of Limiting Beliefs; statements that you believe to be true, which may not be true, and may need to be re-evaluated.

What happens when you have a desire to create something that conflicts with a limiting belief; your unconscious mind will never allow it to happen. It will sabotage you every time. If you believe that rich people are greedy, and you do not want to be perceived by others as greedy, you will sabotage your opportunity to receive money.

If you think all of the good men or women are already taken, you will continue to try and "prove" this fact to yourself and only come in contact with others in a relationship. If you buy raffle tickets and say, "I never win," chances are you won't! Examine the list of examples, and come up with your own that are relevant only to you. After you have a good list of limiting beliefs that you hold, turn the belief into a positive statement.

Limiting Beliefs

Here's an example: Rich people are greedy.

Change it to: Rich people are generous and help a lot of people, or Rich people are smart and make good business decisions.

Here's an example: All of the good men are already taken.

Change it to: The perfect single man for me is coming into my life now!

There are lots of men available to choose from. I am ready to meet my soul mate now!

Here's an example: I can't lose weight. I am FAT.

Change it to: My body is healthy and strong. Or I am at my ideal body weight of 140 pounds. Or I easily maintain my ideal body weight.

These are just some examples of possible limiting beliefs. When making your list of limiting beliefs, and then changing the statements to the positive, you are making a list of Affirmations. Stating this list of affirmations on a daily basis, and feeling your vibration increase as your energy rises, is a great habit to be in to create what you desire.

As your mindset begins to align with success, there may be some bumps in the road. When things are going well and you like the results you are receiving, it is easy to maintain positive thoughts and hold a high vibration. It can be challenging to stay in that state of emotion; however, when your results are not what you desire. It is very important to stay positive, even negative things are happening.

Both losing a job, or ending a relationship when you start raising your vibration, are often natural occurrences. When you are putting out different energy than your normal patterns, you become a match for different things.

Some things you used to be a match with might need to be eliminated. It is at this point, that many people turn back to what is comfortable instead of pushing through this uncomfortable time to get a new result. Maintaining your level of vibration in difficult times will help reduce the wave of emotions that you experience in life.

HAPPY MANIFESTING

Feel free to use the attached worksheets I have created and add affirmations that are beneficial for you. It is useful to make multiple lists and to change them for a certain manifestation, and use others as an ongoing daily habit.

This is an important concept to adopt as a daily habit. Successful people are good at positive beliefs and daily habits. Receiving different results than you are currently experiencing requires you to do and be someone different!

If you are interested in receiving support to further your growth or get help implementing these concepts, you can contact me for a free strategy session to see how I can help you.

Book A Strategy Session Now!

Manifestation Worksheet

This example list is great for a goal such as a New Home!

*Now take this detailed list and apply it to a Car, an Educational Program, An Amazing Trip, A Big Ticket Item, Another Boat, a New Computer, or any other Material Item that **FEELS** out of reach!*

Visualization exercises are great for this. Think about what this item will do for you and how it will change your life.....how does the car drive?

Go sit in it, feel it, smell it, test drive it, and what will be different?

The experience will be as if you have it; when recall it during visualization.

Visualize your things in the new home, or decorated completely differently, see yourself entertaining, cooking, sleeping, playing, living in the new home, how does it feel.

How will your life change after furthering your education, experience your life after its completion, see the new clients you will have, new skills you will acquire? Will you be able to do something better than before?

BE SPECIFIC

Home Location: _____

Size or Sq. Ft: _____

Size of Lot: _____

Type of Home (Beach, Craftsman, MidCentury): _____

Needs Work/Move in Ready: _____

Outside Paint Colors: _____

of Bedrooms: _____

of Bathrooms: _____

Pool or Spa: _____

Front Porch: _____

Entry Door(s): _____

Mailbox: _____

Fireplace: _____

Garage: _____

Indoor Laundry: _____

Game Room/Office: _____

Neighborhood/ Schools: _____

Type(s) of Flooring: _____

Type of Fixtures: _____

Type of Countertops: _____

Appliances/Dishwasher(s): _____

Windows & Lighting: _____

Decorative Style/Preferences: _____

Ceiling Fans/AC-Dual System: _____

Manifestation Notes

The most important part of manifestation is the decision to have it. When you offer no other alternative and you fully believe you are going to have it no matter what, the way will be paved before you.

*Many manifestations are really about money. Creating and attracting money is very simple if you align with the energy and hold the vibration that is a match. The key to this manifestation is the **DECISION!!***

When you get rid of any doubt you can then allow for the Law of Attraction to make its delivery. Money is just energy; if you are a vibrational match for that energy it will find its way to you. HOW this happens is none of your business! It is not up to you to determine the path for its arrival, you hold the vision for what you want, believe it will come, and then be open and willing to allow for its delivery.

Manifestation Notes

The way that it comes to you may be way out of your ability to imagine, so don't worry about it.

You may win a vacation, get some kind of crazy 75% off coupon, have someone else give you the money, get an unexpected refund or inheritance, the possibilities are endless, but it will happen if you believe it will and you receive what is offered.

The mindset you hold and the ability to think differently than you have in the past is what is going to make the difference in creating a different life.

Remember that the timing of what you are trying to create may be different than what you had in mind.

If you have tried all of these things and still are not getting the results you want, you may want to consider some limiting beliefs that are keeping you stuck.

On the next page are some examples you may want to consider.

Limiting Beliefs To Transform

- Making money is a struggle
- Rich people are greedy
- You have to work hard to make a living
- I can make money, but I can't keep it
- If I have money I will mismanage it
- I can't have what I want
- I never win anything
- I feel guilty when good things happen to me
- I don't deserve to be happy
- I always get hurt in relationships
- Even when I make a lot of money, I never get ahead
- Money is the root of all evil
- I can never get ahead
- No one in the family has never been rich
- The rich get richer, the poor get poorer
- Money is a limited resource
- Life is unfair
- Money doesn't make you happy
- It is not spiritual to be rich
- I'm a healer, I can't ask for money

Limiting Beliefs To Transform

- It's selfish to want a lot of money
- Money is there to be spent
- Money is not that important. It's only money
- I don't matter
- Nothing is ever easy for me
- I don't know anyone who thinks like I do
- People don't value my services
- The economy is bad, no one has any money
- It's hard to have a business in these times
- All the good partners are taken
- I'll always be broke
- I need a husband for financial security
- I have to be punished for my mistakes
- I don't deserve to have fun

Manifesting Your Soul Mate

Qualities that are important to you.....the following are some suggestions that you may want to consider. The more specific about the qualities you want the better.

It is important to keep in mind the free will of others (I want John to fall in love with me) versus the qualities of the desired partner.

There are infinite possibilities for this, the sky's the limit! Don't let be afraid to "ask" for anything! If an item is not important to you, skip it.....have fun with this and then feel your soul mate coming!!!!

Tough/Rugged or Sensitive/Sweet _____

They Treat Me _____

Their Communication Style _____

Where Do They Live _____

Interests, Sports, Hobbies _____

Never Married/Divorced _____

Children _____

Relationship with Family or Ex _____

Goals _____

Job/Entrepreneur/Retired _____

Income _____

Spiritual Preference _____

Sexual Relationship _____

Body Type _____

Strengths _____

BE SPECIFIC

Neat/Messy

Social/Quiet

Likes to Travel

Foods They Like

Likes to Cook

Helps Me With

Accepts This About Me

Wants to Spend Time With Me

Touches Me

How Often They Like Sex

Likes Massages/Massaging Me

Is not offended by

Is on time

Does Acts of Service, Volunteers

Buys me Gifts

Says/Does not say "Bad Words"

Table etiquette

Proper use of Language

Education

Works out/Active

Lifestyle/Eats Healthy

Down to Earth/Sophisticated

BE SPECIFIC

Has a sense of Humor
Gets my sense of humor

Is Experienced with

Race, Country of Origin, Culture

Finds me to be

Things They Love

Things They Are Open to Trying

Manifesting a Business Partner or Employee

Consider the following attributes, think about your strengths and weaknesses, how can your partner compliment you?

There can be other things that are not mentioned, take careful thought when making this list.

Get **CLEAR** on what is important in your work.

Is well organized _____

Likes Marketing _____

Likes Sales _____

Great Manager _____

Accounting, Payroll, Budget, Collections _____

Industry Experience _____

Likes to Travel/Work in the office _____

Inventory Control _____

Personnel Abilities _____

Legal Knowledge _____

Computer/Technology Strengths _____

Negotiation Skills _____

Product Development _____

Implementation _____

Project Manager _____

BE SPECIFIC

Team Builder

Independent Worker

Takes Direction/Leads the group

Follows a budget/has flexibility

Has capital to invest

Has time to invest

Works # of hours (Days/Weekends/Holidays)

Good at implementing/developing Systems

Great with people

Strong HR knowledge

Customer Service Oriented

Has Integrity/honest

Has Industry connections

Likes To

Is clean and neat

ordering of products or supplies

Good Trainer

New Ideas for products/services

Maintains Vehicles

Good Networker

Experience

Degrees/Certifications/Education
