



Manifestation Manifesto: From the World Within to the World Without

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Why do so many people study books or programs like "The Secret," "Think and Grow Rich," "The Science of Getting Rich," and "The Master Key System?"

Why do people want to understand the Law of Attraction?

Why do people use tools like affirmations and vision boards?

What is the "golden thread" or common desire behind all of this interest?

I suggest that most people are trying to learn the **science and art of manifesting or creating what they most desire**. They want to figure out how to consistently achieve their goals. And to attract specific objects or circumstances into their personal world.

In short, they want to learn how to consistently and deliberately manifest in the "world without" what they see and feel in the "world within."

They want to be able to transform an intangible thought or desire into something they can see, touch, hear, smell, and taste in the **physical** world.

They want to live in a specific home. Drive the car of their choice. They want to surround themselves with positive, supportive people. They want better relationships with their friends and family. They want more money in their bank account. They want their businesses to succeed.

And they want these circumstances and objects in the real world, not just in their heads.

In this manifesto, I want to plainly and clearly summarize in as few words as possible what I have learned about the science and art of manifesting.

First, I want to provide some definitions that I think will help bring clarity to the ultimate goal: being able to manifest what you need and desire reliably and consistently.

Definitions

Manifest

To transform an intangible thought, idea, or desire into the **objective** world that can be perceived by one or more of your 5 physical senses. For example, this can be objects that you can **show** to others. Or health that stands up to the examination of a doctor and lab tests. Or a relationship with a person you can spend time with and introduce to your family and friends. **If what you desire is just in your head and heart, it isn't yet fully manifest in the physical, objective world, right?**

World Within	Your thoughts, ideas, dreams, desires, emotions, etc. You may be able to "see" these objects in your mind's eye, but they aren't yet in your physical world.
World Without	The physical world in which you live. These are your circumstances, your possessions, your skills that can be observed by others. Essentially, anything that can be physically perceived by others, not just you. The goal is to complete the cycle of manifesting and get what you desire from the "world within" to the "world without." This may seem obvious, but I have found that clearly articulating the ultimate goal makes it easier to achieve it.
Conscious Mind	This is also called the objective mind. This is the small part of your mind that you are aware of at any one point in time. This is the portion of your mind that you are in 100% direct control of. By that I mean you can choose exactly what you want to concentrate on. The conscious mind is the gate keeper. What is exposed to the conscious mind and accepted by you is passed on to the subconscious mind. If you leave the "gate" open and unguarded, then all kinds of positive and negative thoughts can enter your subconscious mind. The good news is that you can train your conscious mind to habitually focus and accept only what you want.
Subconscious Mind	Also known as the subjective or unconscious mind . This is the portion of the mind that controls your habits. The subconscious mind is the seat of memory. This is the part of your mind that tirelessly keeps your heart beating without your having to consciously think about it. This is the part of your mind that allows you to learn a language so well that you can speak and communicate with other people. The subconscious mind allows you to quickly write words virtually at the speed of thought. It is the seat of intuition and artistic creativity. Your subconscious mind is the connecting link to the Infinite. The secret to manifesting what you desire is to coordinate the conscious and subconscious portions of your mind. Just to be clear, you have only one mind, not two. To manifest what you desire, you use your conscious mind to impress what you desire on your subconscious mind and hold it there until it becomes a reality.
Visualization	Or Sensualization. Being able to have a crystal clear, definite, internal representation of what you want. Where you are able to "see" what you want in your mind's eye, hear it with your inner ear, feel it in your heart, taste it with your mental taste buds, smell it with your inner nose.
Intuition	Or the " sixth sense. " A feeling that something is right or wrong that you are not able to clearly articulate. I believe that intuition is a product of your memory. The seat of the intuition is in your subconscious mind.

Intuition is what gives most experts their "edge" compared to others. It's the tool of the seasoned business person who can look at a business plan and tell within seconds if it will work or not. Intuition allows an artist to create great works of art. A musician to play beautiful music. A golf player to make the perfect shot. A basketball player to make a 3-point shot and hit "nothing but net."

Experts develop their intuition through **conscious** practice and experience. It can take years to develop an intuition in a certain field--though there are steps you can take to speed up the process. Most successful people don't consciously know exactly why they are successful. They are "**unconsciously** competent." Or unconsciously creative. **Our goal is to become consciously competent.** We want to become **deliberate creators** of our personal reality.

Habit

What we do **automatically** without conscious thought because of repetition. It's how we learn our language. How to speak. How to walk. How to eat. How to drive, etc., etc. etc. Most of us have far more habits than we are conscious of.

When we are first learning a skill, we have to laboriously and consciously go through every step. Just look at a child learning how to write. First they learn how to print. Then how to write cursive. After years of practice, most of us get very good at it. Eventually it becomes second nature and we don't even think of it as a **learned** skill.

As you **consciously** practice the skill through **repetition**, the subconscious mind is picking up the new skills, building memory, thoughts, etc. and handing these habits over to the subconscious mind. When a skill is handed over to the subconscious mind, the conscious mind is free to learn new skills.

With enough practiced, conscious repetition, your subconscious mind takes over and you do those things well without having to consciously think through each step. When you get to this point, you can think of something and perform the action in lightning-like fashion.

For great examples of this, watch any outstanding musician or athlete. They skillfully move much faster than their conscious thought because their subconscious minds have been trained through practice and repetition.

Affirmations

These are positive statements made in the first, second, or third person that we can use to train our subconscious mind through **repetition**. An affirmation can be general or it can be very specific.

Here is an example of a general affirmation:

"I now walk and move with assurance, poise, and personal power."

The Power Affirmations I provide in my website are general affirmations. Their purpose is to inspire, educate, and fill your mind with positive thought. They help you transform the endless "chatter" in your mind into focused positive self-talk.

They help you develop positive thought habits to make it easier to live a more positive life and to achieve your goals.

An example of a specific affirmation is:

"I am so happy and grateful that I am using my new iPad to help other people and grow my business."

The background on this is that I have wanted an iPad from the moment I saw it. This desire is an **intangible** thought, right? Other people can't perceive that desire with their physical senses. They can only perceive the **results** of that desire.

Two things have to happen to move this intangible desire from the world within (my head) to the world without (an iPad in my hands). First, I have to manifest the extra money to purchase it (recently done) and second, I have to find a store that has it in stock (I'm currently on a waiting list).

I think that affirmations are the easiest tool to use to manifest what you desire. They are easy to create (or to find) and easy to repeat. It is the **repetition** that passes them over to memory (and thus the subconscious mind).

Most people talk about putting affirmations in the first person, but I have found that I get maximum benefit from using **all three persons**.

Here's an example of an affirmation in the first person. This is you making a declaration of faith:

"I now walk and move with assurance, poise, and personal power."

Here's the second person. This is you talking to yourself:

"Bill, you are now walking and moving with assurance, poise, and personal power."

Here's the third person. This is what others say about you:

"Bill now walks and moves with assurance, poise, and personal power."

When you use affirmations, create three different versions like this, use them and watch what happens. My guess is that you will feel different shifts in power depending on which tense you use.

Vision Board

A photograph or collage of photographs that represent what you want manifested in your life.

So, for example, you may assemble a vision board of objects you want to own, travel destinations, amounts of money, your ideal home, etc. The point of a vision board is to help you see exactly what you desire with crystal clear clarity. A vision board is a visual aide you can look at several times a day to impress the image of what you want into your memory (and thus your subconscious mind).

Vision Statement This is an idealized word picture of exactly what you want. The more descriptive you make your vision statement, the more powerful it is. It may take only a short paragraph, or it may take several pages. The more positive emotion and feeling you put into it, the more powerful and effective it will be.

The 3 Steps for Manifesting What You Desire

1. Decide in writing exactly what you want with definite, specific clarity.

If you haven't written down what you want, you have not completed this step. If what you have written is not clear, you have not completed this step.

Most people seem to think they can get by with just thinking about what they want in their heads. And most people have difficulty manifesting what they want.

Hmmm...something to think about.

Writing is an amazing thing. Letters and words are simply symbols of thought. They are not the physical objects themselves, but only **internal, learned representations of the physical objects**.

Different languages use different symbols to represent the same objects. In fact, writing first started as drawings. Eventually, humankind simplified the process by creating drawings that represented sounds (letters). And then combined the letters into words. And then the words into coherent thoughts.

Language and writing have existed for so long that we have forgotten that they were created by humans to facilitate communication with ourselves and with others. Language and writing has become an unconscious habit.

By writing something down clearly, you are taking the first step towards "**objectifying**" or manifesting your intangible desire. You are taking the idea out of your head and putting it into the physical world. A written statement is something that you can physically see and review in the objective world. It is also something you can physically show to others for their input.

The primary tools at this stage are a vision statement, specific affirmations (as opposed to general affirmations), and a vision board. I feel that a vision statement is the most important tool at this stage because it helps you clearly articulate what you desire. In order to articulate it, you have to see it clearly in your imagination. Once that happens, it's easier to create a vision board and specific affirmations.

2. Impress your desire on your subconscious mind with the purpose, intent, determination, and belief to manifest it.

It is purpose, intent, determination, and belief that make the difference between daydreaming and conscious creation. Daydreaming or wishful thinking is not definite. Such thinking is not purposeful, intentional, or determined. There is no belief or power in wishful thinking. It is not concentrated focused thought. Instead it is scattered, unfocused, and powerless thought. **Be a visionary and not a daydreamer.**

"Mentally concentrate on the object of your desire. When you are concentrating you are impressing the subconscious." Charles Haanel.

The primary tools I use in this step are general affirmations, specific affirmations, and vision boards.

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I can hear you now, "How can general affirmations help? If I need to get specific, why would I want to use general affirmations?"

First of all, I know that to achieve something significant, I have to change multiple thought habits simultaneously. If my thought habits were already in alignment with my goal, I would probably already have it. This is the reason my list of general affirmations is so large--so that I have a huge library to choose from to help me improve the thought habits necessary to achieve my goals.

Using so many general affirmations is a challenge. There's not enough time to use them effectively if you rely upon your own physical efforts (for example, reading them out loud or writing them down several times). There is **only** one effective way I have found to use a LOT of general affirmations: **using recordings.**

Because I am committed to my own personal improvement, I made the decision a little over 10 years ago to record each of my general affirmations as a separate recording or "song" so that I could use the repeat and shuffle commands on my CD player (this was before digital players like the iPod). Eventually, I converted all of my recordings from CD to MP3s so that I could make an infinite number of playlists--something that is a LOT easier with a digital player than with a CD.

Using a tireless, mechanical device (my digital player) makes using my affirmations consistently really easy. I simply let the player do the hard work.

If you are finding it difficult to be consistent with affirmations, you may find my recordings helpful. You can download all of my 488 Power Affirmations recordings in MP3 format for \$19. Just visit <http://www.poweraffirmations.com/download-the-mp3s/> to get immediate access to my recordings.

These recordings can help you use your conscious mind to train your subconscious mind. They help you maintain your mental concentration in order to impress what you desire on your subconscious mind faster and with less human effort.

So, my first step in using **general** affirmations is to go through my library of recordings and pick the ones that resonate with me right now and put them into a new playlist. Then I listen to them over and over. As I listen, I hold a clear image of the **specific object or goal** of what I want. When I'm alone in my car (my favorite place for using my affirmations), I repeat the affirmation along with the recording several times with feeling.

Now the recordings are in the first person. But when I physically repeat them, I do different versions in the first, second, and third person. I find that by changing the wording slightly in this way accesses different emotions and increases the power and effectiveness of the affirmations.

Because I can use the recordings as a tool, **I don't have to rely on my memory when learning a new affirmation.** I just use the automatic repeat command on my iPod to repeat the affirmation track over and over and over until I get it.

This dramatically speeds up the process. And I don't have to carry around cards or a piece of paper to refer to the affirmation. Instead, I let the recordings do that part of the work for me. This keeps things moving and makes it easier to stay in the right mental "creative" state of mind.

As I said, while using my general affirmations, I am holding the crystal clear image in my mind of what I want to manifest.

Remember: we impress the subconscious mind by "**mentally concentrating on the object of our desire.**" This is a critical part of the process. Maybe the most important part. I find that when I do this while listening to my general affirmations, I get inspired ideas that are specific to what I want to create.

I use these inspired ideas as the "clay" or "substance" to create exactly what I want to manifest in the objective or physical world.

3. Take inspired, massive, focused action.

Let's get practical: **only action is action.** The things you desire come through natural channels of action. As Wallace Wattles says in "The Science of Getting Rich," the gold you desire isn't going to mine itself, coin itself into "Double Eagles" (a form of U.S. currency at the time he wrote his book) and come rolling down the hill and into your pocket. You have to take effective action towards creating what you desire.

But it doesn't have to be hard labor. In fact, when you take inspired action, it is likely to feel effortless. You will be in the "flow." And just like a skilled business person, speaker, musician, or athlete, the actions you take will get easier as your skill develops.

Taking inspired action is a lot easier because you have a clear goal and you have used your vision statement, affirmations, and vision boards to mentally rehearse the receiving of what you desire.

You may see the object of your desire millions of times in the world within before you see it in the world without.

Your action must be focused on a specific goal or ideal to be effective action. **Otherwise, it is just mindless, powerless, busy work.**

For example, if you are in sales, effective action is making presentations to qualified customers. Organizing your files, straightening your desk, creating to-do lists, going to sales meetings, going to seminars, reading a book on sales, doesn't really qualify as effective action. Most of these actions are really mindless busy work.

These actions won't create what you desire: more sales (and higher commission). Some of these actions are necessary. It certainly helps to be organized and learning new skills is critical. But they are not inspired action according to this definition. Instead, they really fall into step 2 of this process. That's because if you look at those actions, what you are really doing is preparing yourself for taking effective action.

Yes, you need to be prepared, but you won't complete the manifestation cycle without identifying and taking **effective action**.

In Summary

In summary, here are the three steps:

1. Decide in **writing** exactly what you want with definite, specific clarity.
2. Impress your desire on your subconscious mind with the **purpose, intent, determination, and belief** to manifest it.
3. Take **inspired**, massive, focused **action**.

Be In Harmony with Universal Law

All of this presupposes that what you want to create is in harmony with Universal Law and the rights of other people. **When something is not in harmony with the common good for all concerned, it contains the seeds of its own destruction.**

The two best ways I know to stay in harmony with Universal Law is to apply the Law of Love and the Law of Gratitude to your life. Treat others the way you want to be treated. Wish for others what you wish for yourself. Don't project your will on other people. As Wallace Wattles states, the correct use of your will is on yourself.

There are lots of great books on success and lots of valid success principles taught by others. Napoleon Hill developed 17 core principles in his philosophy of personal achievement. Jack Canfield explained dozens of principles in his book "The Success Principles." I think if you carefully study the works of others, you can classify almost all of their principles under one of these three steps. Often the purpose of the other principles is to clarify one of the steps I have listed here.

What I have attempted to do in this Manifestation Manifesto is to cut to the chase of what I think you need to know to manifest what you want.

By the way, the term "cut to the chase" has its origin in the film industry. "Cut" or edit the film to the chase sequence. It means get to the most exciting part of the movie right away--the chase. This is the part of the movie people are really interested in. One of the reasons the Indian Jones films have been so successful is that they are really one long chase.

So "cut to the chase" in your own life. Focus on what is most enjoyable, exciting, and rewarding. Live your life to the fullest.

I'd Like To Hear From You

If you feel I have missed anything important or if you have any questions feel free to email me anytime at whmarshall@earthlink.net. This is a living document. If I get similar questions from a lot of people, then I will know I have to revise this in order to help more people.

So let me know what you think: what you liked and what you think can be improved.

Share This Manifesto with Others

If you find this manifesto helpful, I encourage you to share it with others. Since I may be regularly improving this manifesto without notice, it may be best to just send them to <http://www.poweraffirmations.com> so that they get the latest copy. How you choose to share it is up to you. By sharing this manifesto with your friends, you help may change their lives for the better. They will love you for it.

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Cut to the Chase,

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