

HOW TO MANIFEST

STEPS TO CLEARING BLOCKS
FOR ABUNDANCE



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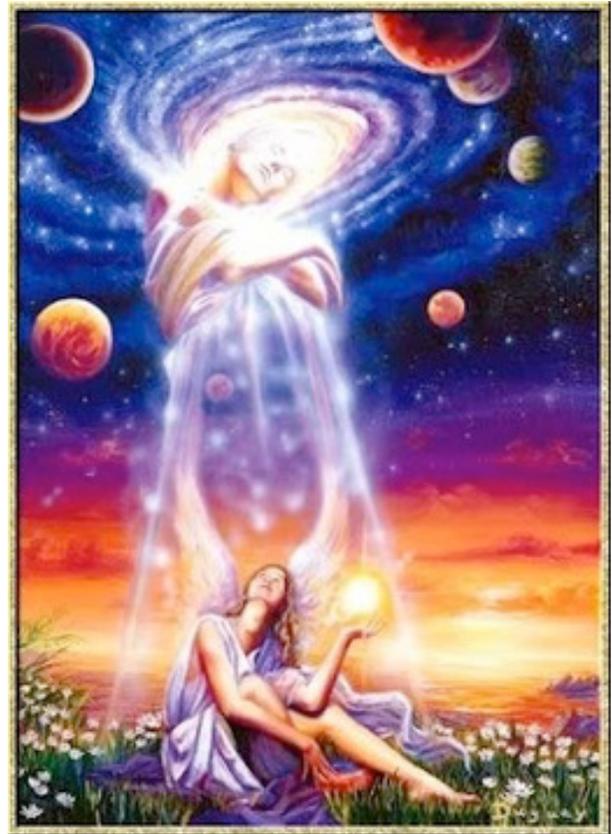
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HOW TO MANIFEST: STEPS TO CLEARING BLOCKS FOR ABUNDANCE

Whether or not you are manifesting - you are always manifesting!

As humans, we are little manifesting, co-creating machines. Manifesting is simply what we do, and we can't not manifest! The chair you are sitting on, even this piece of paper - you are manifesting all of it, all the time!

So, whether or not you are doing theta manifestations, saying mantras, visualizing, or doing whatever other form of formal manifestation technique, you are manifesting all the time. What's the difference?



The reason we do theta and other formal manifestation techniques is to learn to consciously control our power of manifestation!

In **ThetaHealing®**, the concept of manifesting is the Belief that it is possible to create something into the physical using the power of the Creator of All That Is.

Every statement, thought and action is reflected by what we are manifesting in our lives. Every decision is made upon the mirror reflection of what we choose to create. What we think and say have a direct bearing upon whether our manifestations are for our benefit or detriment. If you constantly say that you are poor, you will be. If you constantly say and think that you're financially abundant, you will be. It is of the utmost importance to stay on a positive mind set.

When deciding what it is you want to manifest for in your life, the biggest challenge is deciding what it is that you truly want. Many people don't know what they want in their life; therefore they never create it. Other people believe that their life is leading them and they are not leading their life. These people go with the flow and wait to see what happens.

The truth is that we are creating our own reality and it is possible to manifest the best that the world has to offer. But you must first decide what it is you want in your life.

MANIFESTING IN A THETA STATE

Being in a Theta State while manifesting will increase the chances of a manifestation to about eighty to ninety percent. Just talking about things will sometimes manifest things in your life, and the chances of this happening are about thirty to forty percent, visualizing increases your chances nearer to fifty percent. But a Theta State increases the manifestations enormously.



- The spoken word is effective 30-40% of the time.
- Visualizing is effective 50% of the time.
- Theta wave manifesting is effective 80 -90% of the time. Theta wave is the most effective way to manifest.

One Important Aspect to remember when you are doing any kind of manifesting is that should the manifestation come true, you will get exactly what you ask for. This is why you should always ask for the highest and the best. If you need money, be mindful that you ask for it in the highest and the best way. For example, you do not want ten thousand dollars from an accident insurance claim filed on behalf of yourself.

PRINCIPLES IN ANY THETA-CREATED MANIFESTATION FOR ABUNDANCE

- We create our own reality.
- Think before you ask for something. You may just get it.
- You are only allowed to manifest in your own life.
- Be very specific about what you want.
- Be specific as to what you ask for. If you ask for one million dollars, specify that it comes to you in the highest and best way.
- Know exactly what you want, "word for word", and specify "word for word" in your prayer of manifestation.
- Be careful with the spoken word and directed thought forms, as this may bring manifestations, either good or bad, to your life. What you say and what you think creates your life.
- Be aware that there may be blocks on some level concerning what you want to manifest. If your manifestations do not come into reality, the cause may be programs on Core, Genetic, History, or Soul levels. Test for these Programs and replace accordingly.
- State that the manifestation is created in the present positive sense. State, "I have this, now!"

Many people attempt to use ThetaHealing® to download complete financial success without first Energy-Testing themselves to find what may be blocking them. In some instance these people become upset when they do not achieve immediate results. You can learn how to clear these possible blocks,



how to make a plan, to set your intentions, and follow through on your ideas to achieve your success.

Blocks on abundance are seldom about money. Programs and blocks pertaining to money are rarely ever the bottom beliefs that are keeping us from abundance. To create using Theta, it is essential to remove these negative emotions and thoughts so that we may manifest and create a future without past fears.

REGRET:

People are often unable to move past our society-taught thoughts of "I should have/could have done..." In many cases, these emotions or feelings cause a fear of moving forward because we are afraid to experience these failures (or mistakes) again. Physics teaches that what you think about the future creates the now, thus creating our realities. Eliminate regret, as it only allows you to relive the past.

RESENTMENTS:

It is human nature to compare and acknowledge what other people have in the way of abundance and do for a living. But we must avoid resenting others, as this will only create a stagnant life for you.

COVETING:

One of the biggest blocks that you can have is to covet what others have. Instead of focusing on what others have, compete with no one and focus on your own goals and life path. Remember, there is plenty of money and abundance for everyone!

ANGER:

It can be quite common for people to become angry when they have not yet achieved their exact manifestations. This anger is often misdirected toward other people around them, whether consciously or unconsciously. Anger can

also become focused on the Creator when abundance is not achieved. Our own beliefs hold us back, and it is important to locate these programs of anger rather than blame the Creator or anyone else outside of you.

LACK OF DIRECTION:

Some people cannot achieve because they have a lack of direction in their life. They may know what they want to create; they may even be unaware that they are able to create. With Theta we can create the things you want and download the emotions and beliefs needed to allow your subconscious to accomplish your goals.

PARTNER ALWAYS AGAINST YOU:

Without even knowing it, some of us unconsciously use our partners as a crutch and an excuse as to why we have not yet achieved the abundance we desire. Doing Belief Work on each other can help clear this block.

POOR ME:

The “poor me” complaint is a genetic excuse to get pity and prevent you from achieving your goals.

OVERSPENDING:

For some people, living within a budget can feel extremely confining. They can feel forced to obey it and search for ways to control the feeling of being controlled. The result of this is often spending money before they have it, overspending to compensate for feeling deprived. In a sense, these people dig “abundance holes” to dig their way out of. This is also a way to keep the mind, body, and spirit occupied with a challenge.

EXPECTING SOMETHING FOR NOTHING:

This can be referred to as the “Next Generation Syndrome”, as many children from the current generation feel that the world owes them and that no effort of any kind is required to achieve these things. It is inappropriate to demand

abundance from God without any action, responsibility, or accountability. These Core and Genetic Beliefs can be changed to allow abundance.

TAKING:

You must be accountable for your own actions by avoiding taking what is not rightfully yours. Some people feel that they should just take what they want, whenever and wherever they want, but this will halt the abundance in life and not allow manifesting in Theta to come true.

THE MORE YOU MAKE, THE MORE YOU SPEND:

This is genetic programming. Generations have said you have to spend money to make money causing this belief to come about.

MONEY IS THE ROOT OF ALL EVIL:

This is a generational belief designed to make those who are poor to stay poor. Many people fear that money will make them evil or too powerful. Money is simply a form of exchange, it is just numbers! There is plenty of money in the world for everyone. Spending or having money is not a sin.

EGO:

Some people will put their ego first and pretend to be something they are not, and others will crave power over other humans as they allow their ego to take over.

DEMANDING PROOF OF THE CREATOR:

A subconscious way of sabotaging yourself is to demand proof of the Creator's existence. This refers to those who demand abundance from God in order to prove the very existence of God. In this thinking, if abundance doesn't take place then therefore God must not exist. Or, if you have abundance then it is because of God's existence. When this thinking takes place, there were already internal beliefs blocking abundance in place. God is not the root of missing abundance.

COMPLAINING:

It may seem innocent or it may just be a habit, but complaining that “I don’t have” is programming the self to not have. Be aware of the things you say as you go about creating the abundance you desire.

Many people attempt to shift their reality through affirmations and visualization. “I NOW have a... (fill in the blank).” They attempt to imagine their life with a new (fill in the blank) and to feel what it would feel like

having (fill in the blank). But here is the problem; you are a big being with many parts. These parts can exist in many realities; many dimensions and sometimes these parts are not aligned. They may have different opinions and sometimes conflicting needs. Your ability to manifest is dependent on your being in alignment.



You may have blocks about becoming a rich person. For example muscle test yourself:

- ▶ Rich people are greedy
- ▶ Rich people are bad
- ▶ Rich people only care about money
- ▶ Rich people manage their money better than me
- ▶ Rich people are self serving
- ▶ Rich people have to work too hard
- ▶ Rich people are luckier than me

- ▶ Rich people are more blessed than me
- ▶ If I am rich person, I will have to pay too much in taxes

You need to be taught:

- ▶ I know what it feels like to be a rich person
- ▶ It's safe for me to be a rich person
- ▶ I'm comfortable being a rich person

You may be holding trauma from being a rich person in the past.

You may have a Poverty Consciousness/ Reasons to be Poor - test yourself:

- ▶ My life's mission is to be poor
- ▶ I have a vow of poverty
- ▶ I am unable to live without debt

You need to be taught:

- ▶ I know how to live without being poor
- ▶ I know what it feels like to live without being poor
- ▶ I have to be poor because there is never enough for me I know who I am without being poor
- ▶ I know this from Creator's perspective
- ▶ I know how to live without poverty



- I know what it feels like to live without poverty I know what it feels like to live without debt
- I know how to live without debt

**You may have a belief that you have to Struggle, Sacrifice, and Hard Work
- test yourself:**

- I have to struggle to make money
- I have to struggle to be close to God
- I deserve to struggle
- I have to struggle to provide a consistent income I have to struggle because of the economy
- I have to struggle to deserve what I get
- I have to struggle to get rich
- My life is an endless struggle
- I have to struggle to make ends meet
- It is wrong to make money without struggle

You need to be taught:

- I know how to live without struggle
- I know what it feels like to live without struggle I know who I am without struggle
- I know this from the Creator's perspective
- Test yourself on Sacrifice:
- I have to sacrifice to provide a consistent income I have to sacrifice because of the economy
- I have to sacrifice to have anything of value

You need to be taught:

- I know how to live without sacrifice
- I know what it feels like to live without sacrifice I know who I am without sacrifice
- I know this from the Creator's perspective

Test yourself on Hard Work:

- I have to work hard to make money
- I have to work hard to provide a consistent income I have to work hard because of the economy
- My life is an endless hard work
- Having money will only attract more hard work



You need to be taught:

- I know how to live without hard work
- I know what it feels like to live without hard work I know who I am without hard work
- I know this from the Creator's perspective
- I know the difference between effort and struggle

You may have beliefs about making money:

- I have to constantly hustle to make money
- I have to have a job to make money
- I have to earn my money
- If I have a lot of money, the government will take it all
- If I have a lot of money, I'll have to pay too much in taxes
- If I have a lot of money, everyone will want something from me If I have a lot of money, I will lose it
- I have to know the right people to make a lot of money Money is hard to hang onto
- Money is the root of all evil
- I have to do things I hate to make money
- I'm holding trauma from having lots of money

You need to be taught:

- I know how to invest my money effectively
- I know what it feels like to invest my money effectively
- I know how to manage my money effectively
- I know what it feels like to manage my money effectively
- I have the ability to manifest a lot of money
- Money comes to me easily
- I have the confidence to make money
- I can make a lot of money doing what I love
- I am a money magnet
- I deserve to have money come to me easily
- I have a lot of money now
- I deserve a lot of money
- The Universe supports me in making money
- I have Creator's definition of money
- And my definition is the same
- I have Creator's perspective and understanding of money
- My perspective and understanding of money are the same as the Creator's

You may have beliefs on Success and failure: Make sure you have all of these beliefs:

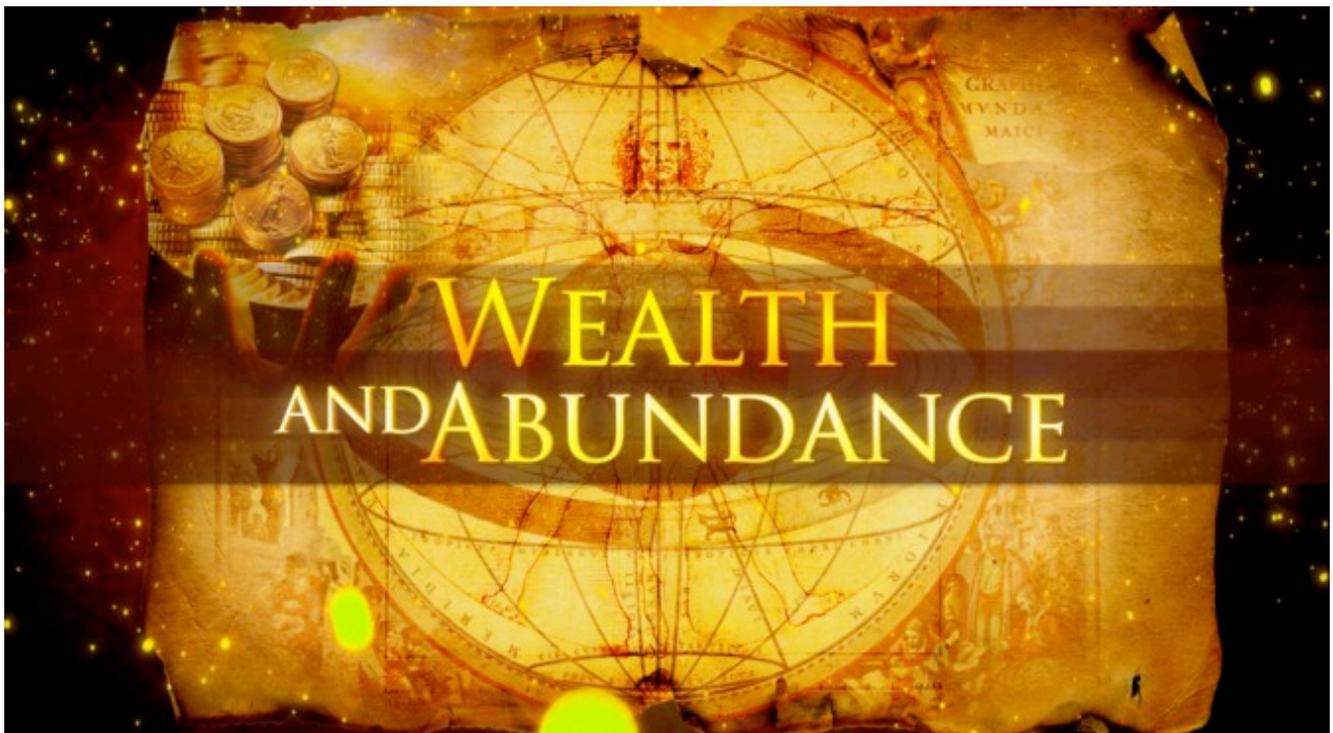
- ▶ I have Creator's perspective on success
- ▶ My perspective on success is the same as the Creator's
- ▶ I have Creator's perspective on failure
- ▶ My perspective on failure is the same as the Creator's
- ▶ I know how to process success with grace & ease
- ▶ I know what it feels like to process success with grace & ease
- ▶ I know how to process failure with grace & ease
- ▶ I know what it feels like to process failure with grace & ease
- ▶ I know how to be successful
- ▶ I know what it feels like to be successful
- ▶ I know what to do after I succeed
- ▶ I know how to transform any failure into success by changing my perspective
- ▶ And I know what this feels like
- ▶ I have Creator's understanding of what really happens if I succeed
- ▶ I have Creator's understanding of what really happens if I fail
- ▶ You may have fears blocking Prosperity:



- ▶ I fear going broke
- ▶ I fear losing everything I fear never making it

You need to be taught:

- ▶ I know how to process being broke with grace and ease
- ▶ I know what it feels like to process being broke with grace and ease
- ▶ I have Creator's understanding of what really happens if I go broke
- ▶ I know how to process losing everything with grace and ease
- ▶ I know what this feels like
- ▶ I have Creator's understanding of what really happens if losing everything I know how to process never making it with grace and ease
- ▶ I know what this feels like
- ▶ I have Creator's understanding of what really happens if I never make it



Theta Healing is a technique which directly addresses your subconscious mind to fix the “bugs in your software”, allowing miraculous instant healings and profound transformations.

ThetaHealing® is a technique that focuses on thought and prayer.

ThetaHealing® teaches you to use your natural intuition, relying upon unconditional love of Creator Of All That Is to do the actual “work”. By changing your brain wave cycle to include the “Theta” state, you can actually watch the Creator Of All That Is create instantaneous physical and emotional healing.

If you knew there was something you could learn that would let you instantly heal yourself or others even 1% of the time, wouldn't you want to learn more about it?

Do you love clearing issues quickly? Do you love knowing that you're in control of your experience and that you can change your world in an instant? Yes? Then you will love ThetaHealing®.

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