

The process to create what we want in our lives is called ***manifesting***.

Manifesting refers to visioning what we want in our lives and realizing our own innate power to bring our vision to reality.

Stephen Covey identifies 7 habits of "highly effective people":

- Be proactive
- Begin with the end in mind
- Put first things first
- Think win-win
- Seek first to understand then be understood
- Synergize-two heads are better than one
- Sharpen the saw-have a balanced life

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## Manifesting

Research is finding a connection between the power of the mind and what happens in our life. Why is the placebo effect so powerful in healing? Why are dreams so important? What part do our thoughts play in what happens in our lives?

Many people today are realizing their own innate power to bring their desires into their reality. Visualization and affirmation are now commonly accepted techniques. In our day-to-day lives, we see many examples of this-athletes using them to improve their performance in their chosen sports, physicians in healing, in prayer, and in many other forms as well. (Todd Varnum and Fred Fengler)

### Manifesting Principles

#### Be clear on your intention

- Decide what you want and keep your focus on the desired results.

#### Power-up your creation

- Visualize what it is like to experience your desire.
- Affirmations or other techniques are most effective when they are stated in the present tense.
- Emotions energize your manifestations. Feel how it feels to have what you want. Get involved and be passionate.
- Gratefulness fertilizes the "soil" and prepares it for better "plants" to grow. Praise and thanksgiving substantially increase your spiritual power.

#### Allow it to happen

- Trust the process.
- Beliefs are self-fulfilling.
- Be open to the form. The universe works in mysterious ways and it is much more creative with the solution than we could ever be. Let your intuition be your guide.
- Detach from the results. Attachment or "neediness" comes from a fear or belief that you can't create what you want.