

Amalya's TALKING POINTS for Radio Interview 5/31/12
On *Voices of the Sacred Feminine* with Karen Tate
TOPIC: [Magic & Manifestation ~ Amalya's 13 Step Process!](#)
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Magic and Manifestation

1. [What is Magic & Manifestation & Casting a Spell? What do you mean by these terms?](#)

Magic: Magic or Magick (sometimes spelled with a k to differentiate it from stage magic) is universal energy available to all. It is an intelligent, cooperative interplay of divine or universal forces co-creating with our intentions, desires, intuition and beliefs. Magic is energy flowing or manifesting in ways that are yet to be scientifically explained. Magical events can be perceived as occurrences of synchronicity, serendipity, or "coincidences" to which an individual contributes in the creation of by one's intention and desire through visualization, affirmation and action, and recognizes by intuition and awareness. Magic is mystery, manifestation and miracles.

Manifestation is the experience of something materializing or precipitating into our reality. To deliberately manifest, we must recognize the interrelated nature of life and that infinite energy exists as a field of information or a web of interconnected frequencies or consciousness. And this field responds to our every intention. (Think of being a mermaid swimming in the sea with water touching you everywhere and responding to your every motion.)

Manifestation is the result of the cosmic principle of the "Law of Attraction" –what I think about, I bring about. Our predominant thoughts and especially feelings activate the field of consciousness and the principles of attraction to draw experience to us. We are co-creators of our reality— we are a deliberate, magnetic attractor. We have the power to consciously choose the direction of our thoughts and feelings, and we have the power to change our beliefs and thereby attract positive life experiences to ourselves.

Spell: When many people hear the word spell, they often think of some archaic rhyming chant, designed to cast an enchantment or curse, uttered while mixing a potion or burning some specified herb at a certain hour or some such thing. But just like prayer, a spell is another tool to help focus our intent towards manifesting a desired outcome. However, prayer tends to evoke a beseeching or pleading attitude, and a spell can evoke more of a co-creative and empowering feeling.

A spell can be a rhyming incantation if that helps you to focus your attention, or it can simply be a thought of well being or an affirmation pronounced with conviction. A spell can also take the form of a certain symbolic act such as burning a piece of paper upon which you have written down something you are ready to release. To reclaim a more positive association for the word spell, think of it as a simple word for a statement or act of intention, or an affirmation.

Desire: Desire is the natural, innate feeling of really wanting something. It is the feeling of anticipating growth and evolution. In its healthiest, life affirming aspect, desire is the divine impetus to nudge us to want what is for our highest good and greatest joy so we can expand in consciousness. The nature of Goddessence (God/Goddess/Essence) is one of infinite evolution and expansion, and since we are one with this divine source, as we desire and expand, Goddessence expands. As we evolve, we contribute to the evolution of life and that is good! We are the Goddess desiring to know and expand herself. Thus it is good to honor our desires.

The trick with desire however, is to have enough self awareness to determine if the desire you feel is coming from the nudging of your divine self or from an unhealthier, addictive or imbalanced state. Unhealthy desire generates feelings of obsessive cravings whereas healthy desire creates feelings of joyful expectation and enthusiasm. The universe is infinitely abundant thus through our desire we open our hands to receive the gifts of the Divine.

2. What "things" are possible to manifest?

You can manifest an object or thing, a feeling, a condition, a synchronicity, a "coincidence", a day where everything flows in ease and joy and grace. Also, manifestation can be a healing or a change of circumstances, any act of kindness or any kind of blessing. Or conversely, if you are not aware of your thought and feeling process, you can manifest negative experiences as well by defaulting to old programmed patterns. Joyful manifestation happens when your positive feelings, focused intent, prayers, visualizations or affirmations are not interrupted by doubt, disbelief, worry or fear. Thoughts are things. Believe and you'll achieve. Ask and you will receive!

3. How do you "manifest" something? Try this "13 STEP" process that Amalya has synthesized from the teachings of Abraham, ADAM, "The Secret", and the Spiritual Mind Treatment process from the Church of Religious Science and other Pagan principles and Goddess guidance. (See page 5 for links to these resources.)

The 13 step Method of Manifestation:

- 1) Grounding (Breath deep, connect to mother Earth, visualize orb of light around you)
- 2) Meditation (to quiet the mind)
- 3)* Write out & Declare your desire: aka Cast a "Spell" (ie ask, affirm, intend, decree, pray)
 - a) recognize & unify with Goddessence (Goddess is, and I am one with Goddess)
 - b) acknowledge Law of Attraction works & intend to be a deliberate co-creator
 - c) Invoke Divine Guidance
 - d) ASK! Call in your desire, Affirm & Speak aloud & declare your desire! --
(Write this part out clearly and affirmatively)
 - e) write out statements to nullify any doubts or fears or negative beliefs you may have.
 - f) Gratitude: write out a statement of gratitude that it is done and fulfilled.
- 4) VISUALIZE the end result
- 5) FEEL how good it feels to have desire fulfilled ~ feel the satisfaction and joy ~ ***align your emotion with your intent and "FEEL" with your heart.***
- 6) Do a Ceremony or ritual to help empower your ability to focus, visualize, feel and release:
- 7) Give Thanks that it is done
- 8) LAUNCH IT! (and so it is!)
- 9) Surrender, let go and let go of attachment to outcome
- 10) Practice Awareness
- 11) Receive the completed manifestation!
- 12) Rejoice & GIVE THANKS
- 13) Remember your success and gain confidence for next time!

***4.** Can you give us an example of a Sample "spell" or "declaration" /affirmation--
(use your own words and invoke Spirit in the names that work for you)

a) "I RECOGNIZE that Goddessence IS and is benevolent and unlimited. I UNIFY and know that I AM ONE with this infinite source for I am an extension of Divine energy. As an extension of this source, or as a daughter of the Goddess, I am innately worthy to have all that I need, require and desire.

b) I ACCEPT THAT THERE IS A LAW OF ATTRACTION~ that which is like unto itself is drawn. I ask and I receive. And I INTEND TO BE A DELIBERATE CO-CREATOR of my reality and I can accept responsibility for what I create.

c) I INVOKE the Great Essence and the Goddess of Abundance, Laxshmi, Sarasvati, Quan Yin, and Ganesh, the remover of obstacles, and my Angels and Spirit team to assist me now with this intention and manifestation. Please guide me, nudge me, protect me, and direct me and all concerned for our greatest good.

d) I now ASK and DECREE and AFFIRM that I am now experiencing: _____ the new deck_____ that I need, require and desire. Our beautiful, safe and efficient deck is now made manifest at our home and all the permits that are required and all the resources needed to complete this deck in a safe, timely and cost efficient and beautifully designed way are now received joyfully. I affirm from this moment on, that all resources and processes from obtaining final permits, to demolition, to choosing, obtaining, and safely storing the right materials, to the construction and completion and cleanup are all completed in the right time and way and with ease and joy and grace.

e) By this statement I now cancel any fears or doubts, or negative/pessimistic attitudes or patterns of "drama" that may be limiting my faith in the benevolent universe or in my abilities to manifest my heart's desire. I visualize my new beautiful, safe, and elegantly and efficiently designed deck and I FEEL how good it is to bask in the joy of its completion and I FEEL how excited I am to view and use this new deck space every day!

f) I gratefully accept and receive my desire fulfilled now! Thank you Goddessence for this manifestation in my life now. I am so blessed and grateful. AND SO IT IS. SO MOTE IT BE!"

Resources for further study

The Teachings of Abraham: ~

Abraham is a collective consciousness of many multi dimensional energies that "speak" through Esther Hicks as a consensus of thought. Esther has been channeling Abraham since 1985 and has compiled many books, tapes and teachings. These teachings are what the movie "The Secret" was based on.

The book I read that I gleaned most of the above wording from is:

"Ask and it is Given -- Learning to Manifest your Desires". By Esther and Jerry Hicks © 2004. Since reading this book, they have released many more books and DVDs. "The Law of Attraction" is another one. I have taken several workshops from them and have been very inspired!

Visit: www.abraham-hicks.com

Energy Healing teachings of Adam:

Adam is a young man in college in Canada who was born with many extrasensory abilities to see and understand the nature of Energy. I heard him speak in person a year or so ago and was very impressed.

His first book is about his journey in discovering Energy Healing principles and speaks quite profoundly about the nature of energy and how to heal.

"The Path of the Dream Healer" - My Journey Through the Miraculous World of Energy Healing.
© July 2006

Visit: www.dreamhealer.com

The Movie "The Secret"

This is an inspirational film featuring the testimony of scientists, authors, and philosophers about the nature of the Law of Attraction. You can order the video at the website, or on Amazon too I think.

Visit: www.theseecret.tv

Drunvalo Melchizedek:

Learn to create from the sacred space of your HEART!

Visit: www.drunvalo.net

Also, Amalya has a more in depth version of her synthesis of Magic and Manifestation. See her other pdf file "Magic & Manifestation" 12 page summary posted on her website.

Bio for Amalya (Amy Peck M.A.)

Amalya (aka Amy Peck M.A.) is the founder/creatix of the Goddess Studio in Escondido, near San Diego California, which is celebrating its 10th year of offering sacred space for the Sacred Feminine! The studio is a beautiful, private, dance & "temple" space where she presents and hosts a variety of events, meetups, rituals and retreats. Amalya is an artist, writer, photographer, dancer, ceremonialist, and Priestess of the Goddess, and she is passionate about inspiring women and mainstreaming the paradigm of the Divine Feminine.

Her mission is to empower women to love and accept themselves, to embrace the Sacred Feminine and to live in balance by offering the sacred space of the Goddess Studio and through sharing her art and Glorious Goddess photo-digital Portraits and teaching belly dance.

For more about the Goddess Studio visit her website: www.goddess-studio.com.

You can also view her art, her Glorious Goddess Portraits and her essays as well as upcoming Studio events at this website, and you can subscribe for her free e-newsletter too. Additionally, you can find here the other links to her Goddess Studio Meetup Clan and to her Facebook & YouTube pages as well.

Contact Amalya:

EMAIL: AmalyaGoddess@aol.com

WEBSITE: www.Goddess-Studio.com

Her meetup group is: The Goddess Studio Meetup Clan:

<http://www.meetup.com/goddess-studio/>

and you can find her on Facebook occasionally too:

Amy Amalya Peck: <https://www.facebook.com/AmalyaAmyPeck>

Goddess Studio Fan Page: <https://www.facebook.com/GoddessStudio>