

# *Magic & Manifestation*

## *The Key to change your Reality*

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*A synthesis of inspirations compiled from the messages  
of Abraham (An energy group “channeled” by Esther Hicks),  
The ideas from the film “The Secret”, Energy healing teachings from Adam,  
The Spiritual Mind Treatment process from Church of Religious Science,  
And other Pagan principals and Goddess guidance!*



## Outline

### The Overall Process of Manifestation

*The “Now” work~*

- A. Grounding
- B. Meditation (Quiet the Mind)
- C. Cast your Spell / Declaration: write it - read it- visualize it - feel it:  
(State your Intent: Unify ~ Invoke ~ Ask ~ Affirm ~ Intend ~ Decree)
- D. Ceremony/Ritual

*The “Home” work~*

- E. Practice Awareness ~ Pay attention to your attention & intention!

*It “ALL” worked!*

- F. Receive
- G. Rejoice ~ Give Thanks
- H. Remember

# *Premises to Accept*

- 1) Goddessence, God, Goddess, Essence, Divine Presence, Sacred Source, Spirit, The Quantum field of Universal Consciousness, Allah, Brahman, AMMA, The Tao, whatever you call it... IS!
- 2) Source/Goddessence is UNLIMITED, INFINITE, and OMNIFICENT and its nature is Well-Being and Love. There is nothing you cannot have, be or do.
- 3) Well-Being is the only source and only stream that flows. (There is no source of evil competing with Well Being!)
- 4) All life is interconnected ~ you are one with Source, an extension of Source
- 5) As an extension of Source, you are INNATELY WORTHY!
- 6) There is a Law of Attraction! That which is like unto itself is drawn. Like Attracts Like. Your predominant thoughts and especially feelings activate the Law of Attraction to draw experience to you.
- 7) Through your desires and the Law of Attraction, you are a co-creator of your reality—a deliberate, magnetic attractor. You have the power to consciously choose the direction of your thoughts and feelings, and you have the power to change your beliefs and thereby attract positive life experiences to yourself.
- 8) It is natural and good to have desires, wants, needs and preferences. Every point of consciousness, even the consciousness of a cell in your body, can request an improved state of being and get it. You are an extension of Source. Source expands by desire. Thus as you desire, Source desires, and as you expand, Source expands. As you evolve you contribute to the evolution of life—and that is GOOD! Thus, your desiring and especially desiring to be happy, is innate, natural and GOOD. *“Your eternal nature is one of expansion—and in that expansion is the potential for unspeakable joy.”* (Abraham P 85)
- 9) The act of flowing energy through the process of co-creation is essential to life. The basis of life is freedom, and the result of life is expansion—but the purpose of life is JOY.
- 10) As you change YOU, you change your reality. As you change your thoughts it affects the behavior of everyone and everything who has anything to do with you. In the moment that you find an improved or optimistic feeling, conditions and circumstances change to match your feeling.

# *The Full Process of Magic & Manifestation!*

*The “NOW” work...*

## **A. Grounding**

Breathe deep, Imagine yourself rooted to the earth and surrounded by an aura of protective light. Come into this time and space. Be present. Make it short and simple.

## **B. Meditation**

To quiet the mind. Whatever works for you. Watch your breathing, silently chant a mantra ie “Ma-Om”. This is to quickly raise your vibration and put yourself in a state of receiving and allowing source energy to flow. Meditate for about 10-15 minutes.

## **C. Cast your Spell / Declaration:** write it - read it- visualize it - feel it! ***Write this out in the affirmative! Then read it aloud with conviction often...***

*(see more description for each of these sub-steps, and an example on next pages 6-8)*

1. **Recognize** Goddessence.
2. **Unify** yourself with Goddessence.
3. **Acknowledge** Law of Attraction.
4. **Intend** to be a Deliberate Co-Creator.
5. **Invoke** the Divine Beings to assist you.
6. **ASK!** Call in your desire, Affirm, Conjure.

*(This is the main point of your desire! Write this out in the affirmative. Be clear & firm and focused!)*

7. **Visualize** end result. (Imagine yourself in the future telling someone about what you manifested!)
8. **Feel** how it feels when your desire is fulfilled ~ feel the satisfaction & JOY!

*(really F E E L it emotionally and physically!)*

9. **Give Thanks** that it is so and for all the beings assisting you.
10. **Launch IT!** Release it to the Universe. So it is. So be it. Blessed be. So Mote It BE.

## **D. Ceremony/Ritual ~ to help you focus on your intent**

Create a ceremony or ritual by doing something *symbolic* to empower your intent. Ideas: Make something, collage a dream board, set up an altar, light candles, chant, sing, dance, drum, clean out or Feng Shui something, invent whatever symbolically will aid you to magnetize your vision, give you confidence, and raise your vibration to emit feelings of well-being. Also try incorporating the 5 elements/directions to empower your ritual and add other energetic aids such as herbs, stones, crystals & metals, or sound as you desire.

*The “HOME” work...*

## **E. Practice Awareness ~ Pay attention to your attention!**

*In the days that follow--while you wait with eager anticipation and patient positive expectancy--do what you can to aid the fulfillment, as well as do your best to not inhibit the magnetizing.*

1. Do what you can to aid manifestation by listening to your intuition and inner guidance and taking action based on inspired prompts from spirit and good common sense. Explore the avenues that open for you and make informed decisions.
2. Then Allow. Allow Well-being to flow to you. Allow the Universe to do its work. Be in the receiving mode. Get out of the way~ keep handing it over to the universe if you are inclined to worry. Delegate to the Divine. Offer it up to Goddessence. You don't need to know how it will be done. Trust the Universe. Let things “click” into place.
3. Practice being aware of your thoughts and monitor your feelings so that you don't send out resisting vibrations like fear, unworthiness, pessimistic beliefs or doubts. Watch where your attention flows. Don't let yourself fall back to focusing on the *lack* of what you want! Consciously project positive expectations. If you find yourself making a drama of something or projecting negative thoughts, try to stop and put your attention on something else that helps you move your feelings into a happier state. This takes practice. You may need to make small incremental adjustments to your attitude to gradually be able to think more optimistically. *(See Abraham's book for processes to help with this)*
4. Your conscious desire must be synchronized with your subconscious attitudes and beliefs. So reflect on any philosophical, psychological and emotional conflicts you may have with the *premises* of this process. *(See page2 for list of basic premises...)*  
IE: Ask yourself what keeps me from believing I deserve this? One technique is to quiet your mind and ask for information about subconscious blocks and see what answers arise. Then intend to let go of these subconscious blockages.
5. Be willing to look at your emotional triggers or “buttons” and negative emotional habit patterns with a loving intention to heal. Be aware of when you feel victimized and practice turning the wounds to wisdoms. Ask for help, partake of counseling services. Journal. Enlist friends to be your allies in this process.
6. Are you ready for change? Ask yourself if you are ready and prepared for the changes in your life that manifesting your desires will cause.
7. Ask yourself with sincere honesty if you are getting any “side-benefits” of being in a state of lack. IE are you getting sympathy? Are you getting attention for always sharing your story of drama?

8. Accept the “distance” or time-lag of where you are now to where you want to be. Know that all happens in the right way and right time.
9. Love yourself and be patient with yourself. Don’t judge yourself or compare yourself to another’s desires or manifestations.
10. Practice appreciation, gratitude and forgiveness daily ~ towards others, the universe, as well as toward YOURSELF!
11. Give thanks for your situation of lack or dis-ease as it has served to show you what you do NOT want so that you can be clearer on what you DO want!
12. Surround yourself with things that trigger happy feelings and remind you of the joy of manifesting your desire (but don’t over clutter!). And when possible, choose to associate with those people and activities that likewise reinforce and support your intentions.
13. PLAY! Make time to uplift your feelings and vibrations by doing something you enjoy! Dance, swim, hike, sing, make love, write, create, rest, meditate, journal...scribble~
14. LAUGH!!!

*It “ALL” worked!...*

## **F. Receive**

Be aware of the manifestation when it happens and acknowledge it! Sometimes your desires are fulfilled in ways you may not have expected! So keep your eyes open!! “*Oh!! Here it IS!! My desire has been fulfilled! YES!!*” Smile and give a nod to your unseen helpers!

## **G. Rejoice ~ Give Thanks**

1. Celebrate! Clap, do a “high-five”! Jump up and down! And tell Goddessence and your helpers on all dimensions how grateful you are and how much you appreciate your completed desire. Say *Thank you! Thank you! Thank you! and BLESS YOU... \_\_\_\_\_!*
2. Give an offering of appreciation to the universe. Whatever that means to you.

## **H. Remember**

Jot down this success so that you can remember it and gain confidence for the next time!

# Cast Your Spell / Declaration ~

## More details and specifics on the steps of Item C ...

### 1) **Recognize:**

- a) **Recognize that Divine Presence/Goddessence IS and is all powerfully creative (omnificent)!** Source energy exists as a field of information or a web of interconnected frequencies. 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.)
- b) Remind yourself that Goddessence is unlimited. There is nothing you cannot be, do or have.
- c) Goddessence is Well Being and Well being is the ONLY source and the only stream that flows. Well being is the basis of life. The purpose of life is JOY.
- d) Having desires is GOOD and it is natural and the universe benefits too by the creation process of fulfilling your desires. As you desire and receive, you expand and evolve, and the universe expands and evolves.

### 2) **Unify:**

- a) **Remember that YOU are ONE with this omnificent source.** You are a vibrational being—an extension of pure positive loving energy. As an extension of Source energy an eternal stream of energy flows to you, through you and is you. Your physical experience is the leading edge of thought.
- b) As an extension of all that is—you ARE INNATELY WORTHY!
- c) *“We all are equally connected to the field. This makes us truly one within this dynamic web of connectivity. A self separate from everyone else is an illusionary concept, created merely for our own purposes of human definition or for convenience. We must realize that we are all energy from the same source and that our individual realities are subjective. You can influence how you perceive your reality in any way you wish.”* (Adam. p. 27 Path of the Dream Healer.)

### 3) **Acknowledge the Law of Attraction: That which is like unto itself is drawn!**

- a) **Like attracts Like.** It is and it works. Thought radiates a signal and every thought attracts a matching signal. You get what you predominantly think and feel about, whether you want it or not!
- b) Ask and you will receive. What you sow you reap. Thoughts are things. Your desires are a magnet.
- c) *“When you repeatedly return to a pure thought, maintaining it for at least 68 seconds, in a short period of time that thought becomes a dominant thought. And once you achieve a dominant thought, you will experience matching manifestations until you change it....As your vibration expands and becomes more powerful it eventually becomes powerful enough for manifestation to occur.”* (Abraham p 110).
- d) But don't worry about negative uncontrolled thoughts running havoc in your reality. *“For although the Law of Attraction is powerful, the basis of your experience is that of Well-Being. And even though your thoughts are magnetic and expand with your attention, you have plenty of time—as soon as you become aware of any negative feelings—to choose other less resistant thoughts and thereby choose a more desired outcome.”* (Abraham p.110). To deactivate a negative thought, just activate a better thought that improves the way you feel.
- e) *“When you expect a positive outcome, you send that intention within yourself and beyond yourself via biophoton emissions, initiating a cascade of biochemical reaction in the body that will maximize the possibility of this event actually occurring. Your thought has set everything in motion to achieve what you expect to happen....Your positive thinking does influence events.”* (Adam p. 132.)

**4) Intend to be a deliberate Co-Creator:**

a) **Intend to consciously and deliberately co-create and align with the flow of well-being.** Intend to choose thoughts, attitudes, feelings, moods and beliefs that are in alignment with your desire and improve the way you feel. Intend to feel happy!

**5) Invoke the Divine Beings to assist you:**

a) **Call in Goddessence, Goddess, God, Divine Essence, Spirit, Christ, Masters, Beings of Light, Angels, ancestors, Spirit Guides, the Directions or the Elements and Elementals, Fairies, Devas, your entire Spirit Team, and your own Mighty I AM Presence...**in whatever name works for you!

**6) ASK! Call in your desire, Affirm, Conjure, Decree, Command:** (see example pg 8...)

**This is where you state the main point of what your desire is! Write this out in the affirmative! For example: “I decree, affirm, declare, and command that I now am experiencing the joy of having this \_\_\_\_\_ made manifest in my life now! I am now enjoying this \_\_\_\_\_ or something better!”**

a) Be clear about what you want. Be firm, focused and articulate. Concentrate on one desire at a time.

b) An optional elaboration: state WHY you want it--just be careful to not state why you *don't* want the *lack* of it.

c) Another optional statement is to write affirmations that nullify any doubts or fears that you have that may negate or cause resistance to your decree.

d) Read this affirmation often aloud especially with conviction. As you focus on the clear feelings of what you want with a joyful feeling for 68 seconds it will begin to magnetize!

**7) Visualize the end result:**

a) **When you visualize, you magnetize!**

b) Imagine it complete! Focus your energy, Conjure it up! Visualize it, day dream it, pretend it, paint it, pre-pave the way for it, script it, describe it, enact it, personify it, in whatever way works for you.

c) For example, an effective visualization is to image yourself having a conversation in the future with someone and you are enthusiastically telling them all about what you just manifested and how blessed you feel.

**8) Feel how you feel when it is fulfilled!**

a) **Your emotions are indicators of your vibrational frequency.** The feeling state of joy or love is the greatest magnet. The happier you feel as you imagine your desire manifested, the more powerfully you magnetize it to you.

**9) Give Thanks!**

Express gratitude for the manifestation & magic and to all the beings and synchronicities that make it so!

**10) LAUNCH IT! Release this spell to the universe.**

a) For Example state something to this effect: “This or something better is now made manifest according to the highest good in the greatest alignment with love and joy for all concerned. And so it is. So Mote it BE! It is so. Blessed Be. Aho. Amen, It is Done, it is in the Hands of the One.”

# *An Example of a Spell / Declaration*

## *(aka Affirmation or Statement of Intent)*

*Using the steps in Item C of the Outline* (Of course put this in your own words & condense/edit as you like!)

### **1. Recognize.**

Goddessence is and it is unlimited, omnificent and this infinite source is one of love and well-being.

### **2. Unify.**

All life is interconnected. I am one with this infinite source for I am an extension of Divine energy. As an extension of this source, or a daughter of the Goddess, I am innately worthy to have all that I need, require and desire.

### **3. Acknowledge Law of Attraction.**

There is a Law of Attraction ~ That which is like unto itself is drawn. The Field or Universe responds to my every intention and desire. As I ask, I receive.

### **4. Intend to be a Co-Creator.**

I intend to be a conscious and joyfully deliberate co-creator of my reality by projecting thoughts and feelings that are in alignment with my desire. I intend to be happy!

### **5. Invoke...**(Use whatever names work for you.)

I invoke the Great Essence, the Divine Presence in the form of the Sacred Feminine, the Holy Mother, the Great Goddess and all her forms, especially, Tara, Quan Yin, Mary Magdalene, Mother Mary, Lady of Guadalupe, Isis, Sarasvati, Lakshmi and Kali. And I invoke the Great Essence in the form of the Sacred Masculine, the Holy Father, the Great God and all his forms: Jesus, Buddah, Krishna. I invoke my Spirit Team, angels and beings of light to assist me now with this intention and manifestation—Please guide me, nudge me, protect me and direct me.

### **6. ASK!**

I ask, I decree, declare, command and affirm that I am now experiencing.... \_\_\_\_\_

I also affirm that doubts and fears are nullified by my intention. I affirm I have the faith, the energy, the support, the self esteem to manifest what I truly desire. I affirm that I am not afraid of change...I am ready, willing and have the courage to make the changes necessary and to accept the changes that arise.

### **7. Visualize.**

I am now visualizing, conjuring, and imagining this desire as fulfilled and completed in wonderful ways....*(I close my eyes and imagine it so.)*

### **8. Feel.**

I feel the incredible joy of the creation process and I feel elated in receiving that which I have asked for \_\_\_\_\_. I feel the feelings of Well-Being, confidence and assurance that this manifested desire brings me. *(I close my eyes and feel my heart expand and my face relax and smile!)*

### **9. Give Thanks.**

I gratefully accept and receive my desire fulfilled now! I give thanks for the fulfillment of this desire, that I now have \_\_\_\_\_.

Thank you and bless you Goddessence, Spirit Team, Universe and my inner Divine Presence for making the synchronicities and magic manifest in my life now. I am so blessed and grateful.

### **10. Launch it!**

And So IT IS! My word and intention is law unto which it is spoken and it is fulfilled. All that I need, require and desire, I receive and is made manifest now, in wonderful, joyful and magical ways in alignment with the greatest good of all concerned. This or something better is now made manifest in the right time and the right way. I affirm that I am always in the right place at the right time for magic and positive synchronicity to happen to me.

It is done! So be it. Blessed Be! So Mote it BE!



# *NOTES: Points to Ponder*

*Do what you will ~ Harm none.*

*~ You can only change YOU. You can of course apply magic or prayer to situations involving others so long as you intend that it is in alignment for their highest good.*

*Praying for another should make you feel good.*

*Trying to hinder another's freedom always costs you your freedom.*

*~ BE PATIENT ~*

*~ Don't wait until you are in a crisis situation to begin trying to apply manifestation techniques! Start on smaller, easier things first that you are not overly attached to until you gain some successes and build confidence.*

*~ You really only have to ask the Universe once. But it is ok to keep visualizing and Fine-tuning your desire knowing that the Universe updates as you do!  
Just don't WORRY about it!*

*~ Remember, it is not getting what you want that is the source of happiness ~ it is the experience of joy in the process of desiring, manifesting and evolving that ultimately is the greatest joy, because the act of flowing energy is essential to life.*

*(Abraham p. 103)*

*Don't take it all too seriously*

*IN SHORT ~*

**WANT IT, ASK FOR IT, BELIEVE IT, AFFIRM IT, EXPECT IT,  
ALLOW IT, RECEIVE IT, & THANK IT!**

# *Thoughts on Desire, Magic & Manifestation*

~ **Desire:** *“The sensation of desire is the delicious awareness of new possibilities. Desire is a fresh, free feeling of anticipating wonderful expansion. The feeling of desire is truly the feeling of life flowing through you.”* (Abraham p. 120)

~ *“Your desire is the natural result of the contrast in which you are focused. The entire Universe exists to inspire the next new desire. And so, if you are trying to avoid your own desire, you are attempting to move contrary to Universal Forces.”* (Abraham p 102 and 308)

~ It is good and natural to have desires!! *“At the heart of every desire is the desire to feel good”.* (Abraham p 103). *“All of your desires, wants, or preferences emanate from you naturally and constantly, for you stand at the leading edge of a Universe that makes that so. So, you cannot hold your desires back; the eternal nature of this Universe insists that your desires come forth.”* (Abraham p. 69) *“The entire Universe exists to produce new life-giving desire within you, and when you go with the flow of your own desires, you will feel truly alive—and you will truly live.”* (Abraham p 123)

~ You are an extension of Source. Source expands by desire. Thus as you desire, Source desires and as you expand, Source expands. As you evolve you contribute to the evolution of life—and that is GOOD! Thus, your desiring and especially desiring to be happy, is innate, natural and GOOD. *“Your eternal nature is one of expansion—and in that expansion is the potential for unspeakable joy.”* (Abraham P 85)

~ Since you “desire by default” anyway, why not desire with deliberate determination and create what YOU want?

~ *“When your desire feels so big that it feels unreachable, it is not on the verge of manifestation. When your desire feels to you like it is the next logical step, then it is on the verge of manifestation.”* (Abraham p. 122)

~ Be happy with the blessings that you do have, and it’s ok to be eager for more too!

~**Magic:** events (currently scientifically inexplicable) of positive synchronicity, serendipity, "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.

~**Manifestation:** the experience of something materializing in your reality. It can be an object or thing, a feeling, a condition, a synchronicity, a “coincidence”, a day where everything flows in ease and joy and grace. It can be a healing or a change of circumstances, any act of kindness or any kind of blessing.

## *Catchy Phrases!*

### **You are the Designer of your Destiny**

Where your attention goes your energy *flows*

What you think about you bring about

What you visualize you'll magnetize

### ***What you resist persists***

**Like attracts Like, whether you Like it or not!**

You tend to get what you expect

### ***Believe and you'll achieve***

Put your Attention on your Intention

Wherever you go you'll be there too

### ***TURN WOUNDS INTO WISDOMS***

**Appreciate and change your fate**

### ***Magic Happens!***

I move through time, I move through space with  
ease and joy and grace...and a smiling face, at a gentle pace!

***Don't worry, Be HAPPY!***

# *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 many books, tapes, CD’s and DVD’s and teachings available. 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.

Their other popular book is called “The Law of Attraction”

Visit: [www.abraham-hicks.com](http://www.abraham-hicks.com)

## **Energy Healing teachings of Adam Mcleod:**

Adam is a Naturopathic Doctor from Canada who was born with many extrasensory abilities to see and understand the nature of Energy. I heard him speak in person around 2006 when he was still in college and was extremely impressed then. Now he has a First Class Honors degree in Molecular Biology and Biochemistry. In 2013, he graduated from Boucher Institute of Naturopathic Medicine as a Naturopathic Doctor. He currently practices at Yaletown Naturopathic Clinic in Vancouver, British Columbia, and has an extensive speaking and educational practice as well!

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](http://www.dreamhealer.com) for his other books and lots of videos!

## **The Book & Movie “The Secret”**

The movie is an inspirational film featuring the testimony of scientists, authors, and philosophers about the nature of the Law of Attraction. It is also in book form.

Visit: [www.theseecret.tv](http://www.theseecret.tv)

You can order the video at the website, or on Amazon too most likely.

## **More About Amalya**

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