



MANIFESTATION / VISIONING

- For us to buy into visioning and manifesting as practice we have to get on board with the idea that we have free will, everything is a choice AND at the same time that there is something greater happening beyond our control, within which we are making those choices.
- Some people might call it god, some might call it the universe, we don't need to agree on the words, but we do need to look at the evidence that every THING and every Being affects all other THINGS (objects & living things) through energy.
- This web of energy cannot be controlled by you alone. You can only make choices of how you play your part within that or whether you resist it.
- So if we think of every human as a magnet that is drawing towards them the equal and opposite energy. For example BEE's.
- This means that your very Being creates your future. Your energy within, dictates what you attract moving forwards.
- This is not woo woo, it is scientific.
- If you can't visualise it, you can't actualise it.
- Have you heard of the expression "Energy flows where your focus goes" - so if we ruminate on what is wrong with our lives or ourselves, we create more of it.
- Consider driving lessons / hazards and using peripheral rather than looking at it!
- The clincher here is that the brain also has this super useful protective mechanism which is to make you afraid of anything unfamiliar. Your brain wants you to go down well trodden paths and habitual processes to keep you safe from threat (this is an ancient mechanism that was once extremely essential)
- This need to protect yourself can block a lot of new things that you actually really want!
- So today we are going to look at what you want and if you're focussed on that, allowing energy to flow there, or if you might be blocking yourself by sending focus elsewhere consciously or not.

When can visioning be difficult to access?

- Trauma and/or fight or flight (Amygdala)
- When everything is 'fine' making changes is scary because we don't want to mess it up
- When we are stuck in protective habits (feeling sorry for ourselves etc)

When is visioning easier?

- When you can already see evidence of what you want being possible

- When you choose to fully let go and surrender.

KEY MANIFESTION TOOL - 'This or something better'

Journal prompts

- I want XYZ...
- This desire represents...
- I am currently blocking myself by/with...

- When doubt creeps in this is a sign of...
- For this to be reality I need to step into...

REMINDERS -

Visualisation is not about the past. It is about releasing and letting go of what has been to make space for what is to come...

Visualisation is now about the HOW. It is about the WHAT (or something better...) and a commitment to self trust and faith that pouring into YOU will draw this closer.

Strategy is a separate tool...