



# Fueling and Manifesting Your Desired Future

## What is it?

A six-step process to help you unlock the keys to manifesting your desired future. Each of the steps is necessary to gain clarity and treat without undue stress or weight. Refuse to get hooked into something that really doesn't need the time or energy, and use these steps to help align your thoughts, actions, and future.

## Six Steps to Manifesting Your Future

### 1 **DECIDE** what specifically you wish to manifest that would make you **HAPPY** and perhaps even **PROUD**

Most people are far clearer on what they don't want than what they do want. A good way to start is getting quiet, perhaps doing a Moment Meditation, and asking yourself the following questions: What is my heart's desire? What do I really want? What would truly make me happy?

Pay attention to the recurring thoughts or messages that come to you. These may be the insights needed to get you going in your desired direction.

### 2 **VISUALIZE**, see and feel it as if it is

Close your eyes and picture yourself "there" as if your desired future has already happened. How does it feel? What is the energy like? Feel it in your body, right down to your fingertips and toes! Embody the vision. Notice any part of your body tingling... this is a good sign. And if not, that's okay too.



### 3 **Then MOVE ON** with your day and **HOLD THE VISION** with the same **energy you use to bring in the mail**

Normally most people go about their day doing a number of activities with great ease, simply doing the things they need to get done as if it were no big deal, like washing the dishes or driving to work. Treat the vision as if it is no big deal, lessening the importance of it in your mind.

### 4 **DECIDE** on the next two to three **ACTIONS** that bring you closer to your vision

Think about these steps with the same energy as you would getting the mail. No more, no less. What first comes to mind? Don't overanalyze or pine over it. Just grab and go – take action on what comes to mind first.



## 5 TAKE ACTION today and this coming week – do the steps immediately that will bring you closer to what you want to manifest

The most important part is DOING THEM. Again, treat these steps and actions as if you were going out to pick up the mail. Do the action, without fanfare just as you would wash a dish, dry it, and then put it away.

## 6 When you are done with these actions, WASH, RINSE, AND REPEAT

Return to step one, to what you want to manifest and repeat these steps. Decide on what ACTIONS you will take next and be intentional about doing them. Repeat steps 1-6 until you have manifested what you envisioned, or until something better occurs.

**Having someone to help keep you accountable can be crucial. Get clear on your intentions to manifest. You can choose someone that you'll keep updated on your progress. What do you want to be able to share by next week? The next two weeks? Hold these thoughts lightly and let them guide your actions.**



... you are being guided and you are participating in the Great Mystery. And it has very little to do with you except... your 'yes' seems to be crucial. It matters. It seems that God does not operate uninvited.



— Richard Rohr