

CREATE ACTIVITIES

WHAT HAVE YOU ATTRACTED?

*“What you think you become.
What you feel you attract.
What you imagine, you create.”*
— Buddha

Critical to your success at manifesting a great job or anything else is believing you can.

This can be incredibly difficult when things seem to be going the wrong way. If you lost your job, it can feel impossible to believe that you will find another job. This is another place that cognitive biases can slip into the picture. Both the availability (recency) bias and the negativity bias work to make you feel like you won't be successful finding a job. Nevertheless, you must put yourself in a mindset that not only is a new job possible, it is actually inevitable. It will feel like a trick you are playing on your mind. It is the right thing to do.

If this is the case, you likely need to revisit the Release step. Releasing can be particularly difficult when you have lost your job and things seem to be going the wrong way. The steps are flexible and you may need to go back from time to time to work on a previous step.

One of the best ways to move forward the Create process is to build your subconscious and conscious awareness that *you* have succeeded at manifesting in the past. In building this awareness, you build your ability to believe that you played a part in receiving good things in the past, making it all the more believable that you can do it again and receive more good things in the future.

To do this, you will need the ability to give yourself credit. You need to see yourself as an active player in your life and recognize that things you dreamed about coming true, did.

Through this manifesting process, I have received numerous wonderful gifts from the Universe. I have attracted a house, many jobs, loving partners, and a beautiful son. Think about what you have manifested.

AN ALIGNMENT OF SPIRIT: FINDING WORK YOU LOVE

Many people fall into a trap of visualizing what they want, and then opening their eyes and seeing that it is not there yet. They allow the (current) absence of their dream on the physical plane to shake their belief that their energy can attract their desires. This disturbs the attraction process and causes the person to lose the belief and headway they were making.

One of the best ways to charge up your ability to not just turn but spin the Manifestation Wheel is to notice what you have already attracted. In noticing what you have attracted in the past, you amp up your ability to believe that you can attract more wonderful things. This is a fun activity because you will get the chance to remember wonderful things that have happened in your past and give yourself credit for them.



Relax and find a comfortable place to sit. You are going to take yourself into a light state of hypnosis, essentially a meditative state so that your memories are enhanced and extra vivid.

Call forth a memory of something good that happened in your life. It can be big or small. You might recall receiving a special gift for a birthday or a trip to a restaurant for dinner with friends. If your spouse was unexpectedly kind recently, that would work too.

Hold an image of that pleasant memory in your mind. Next, you are going to think about events, things, or memories that are related to your pleasant memory. Perhaps you told the friend who gave you the wonderful gift how much you liked that item. Revive this pleasant memory and notice other associated memories.

Next, pause for a moment and realize that even if you know a lot about what made this happy event come together, you cannot know everything. For example, why had it come up that you liked that particular item earlier, when you were speaking with your friend? How was it that friends who are often unavailable were able to make

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that particular dinner party? What made your spouse be extra kind that day?

We never know everything about why something happens. There are always more questions than we can answer. Not everything is knowable.

Go back to your journal and write a few sentences reflecting on your experience.

STEPS:



1. Relax and find a comfortable place to sit.
 2. Call forth a memory of something good that happened in your life.
 3. Hold an image of that pleasant memory in your mind.
 4. Notice the associated memories.
 5. Realize that the path to this wonderful memory is unknowable.
 6. Write a few sentences in your journal about the experience.
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