

Miracle Manifesting Plan

a.k.a. Tools for Transformation

What this is:

This process is a way to “*get your own attention*” and work towards designing and creating the life that you desire and deserve.

Why it works:

This works because it is based on a process that you have already mastered. The process consists of the Mind creating beliefs and then the Mind working with Life and bringing you (and revealing to you) what you believe. The primary parts of this system are:

- the Mind, including thoughts and beliefs, whether or not they are clearly in our awareness
- the Body (particularly ‘sensation’ that we feel in the body)
- the Spirit and energy that connects all things.

We attract evidence to match up with what we believe. Everyone does this. However, almost everyone does this unconsciously. This isn’t good or bad, it’s just how it works. The more honest you can be with yourself about what you are currently believing and attracting; the more accelerated your process. If you are not attracting what you want into your life, this is a perfect time for this process. If you are desiring more life, more wellness, more prosperity, more relationship, more fun; this may be just what you ordered.

How it works:

This is an ongoing life-time task. You increase your self-awareness of the way you have mastered this unconsciously so far in your life. You increase your proficiency with these tools of Mind, Body and Spirit, but you do it more consciously.

We take advantage of the energy contained in our Thoughts, Words and Actions. We use our thoughts, words and actions more impeccably. That means we endeavor to not let our thoughts, words and actions go against ourselves, to start, and not go against anyone else or anything else. And of course, when we notice the ‘negative’ or heavier energy that occurs when we use our thoughts, words and actions against ourself and others, we intend to simply *see* that “oops” we did that again, and we begin again, with more awareness and maybe a little more self-compassion.

Will it work for you?

Let’s see! Are you willing to give it a chance? Are you willing to do the work?

What makes this more likely to work?

In my experience, there are 2 things that support this process in working, and in working faster:

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one is working with a Teacher or a Coach that is trained and skilled in this process, the second way is to work with a group that is also working with these tools. To be sure, you can do this on your own, but it is easier and quicker if you find someone or a group to share the journey with.

This is an active process that requires you to write and read and imagine and put some attention into this every day.

There are four components of this process.

Intention: what are you desiring? what do you want? what do you want to see, be, do or have?

Attention: where will you put your Attention? where does it usually go that does not help?

Action: what Actions will support and accelerate this process? Who else can be involved?

Repetition: “Repetition makes the Master.” How will you keep this process fresh? How will you stay committed to this? What habits will you begin and commit to?

Part 1. Journaling and Brainstorming

Choose an area of life that you want to positively impact. We will use building a business in this example, but it could be: Health & Wellness, Relationship, Prosperity, Family, really anything.

Start with a fresh journal if you can, or re-dedicate a current journal to this process. Begin with a candle and maybe some incense or sage and make a connection to this process and your writing by invoking God, Spirit or Life to guide you, and intend to be open to this process.

Start by writing these sentence prompts and fill in the blanks. Let yourself go and flow and write as much as you can or want. You can have multiple answers to each prompt. Don't worry about editing; we'll do that later.

INTENTION

I intend that my business... _____

I intend to grow my business by ... _____

I intend to enjoy these feelings from my business: _____

I intend that my clients/customers receive from me: _____

I intend that my business provides for me _____

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What else can you say? “My business is seen and noticed. New clients show up all the time! My clients get great service and refer new customers to me. My income grows every year.”

ATTENTION

To grow my business, I will pay attention to _____

I will put my attention on _____ and I know that if I don't put my attention on _____ that it will flow into other old patterns like _____

To attract clients, I will pay attention to _____

I will pay attention to finances, and the key metrics that matter, _____

I will pay attention to my clients by interviewing them about _____

To learn and stay current, I will read about _____

What else can you pay attention to? Marketing messages, referral programs, competition?

ACTION

Actions I will take include: _____

People that I need to talk to include: _____

I will perform the following actions to accelerate this process: _____

Some really **BOLD** action that I could take includes: _____

If I were **FEARLESS**, I would: _____

What other Actions support your Intentions? writing new marketing messages, creating new Products, Programs, Bundles? Raising your rates? Building business systems?

REPETITION

I will review my Miracle Manifesting Plan at least ____ times per day:

I will plan my daily and weekly activities based on this Miracle Manifesting Plan (MMP).

I will review and edit my MMP and if it doesn't keep me excited, I will edit it so that it does.

I know that repetition makes the master. Therefore, I will do these things on a regular basis:

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(could include exercise, meditation, prayer, journaling, networking, public speaking, etc)

Part 2. Editing, Bringing in the Present Tense and Adding Emotion

To make your writing really powerful, it needs to be ‘present tense.’ Notice the difference in the following 2 statements:

1. I intend to have great cash flow.
2. My cash flow creates excess every month for savings and investments.

Statement 1 is in the future. Maybe someday? Statement 2 is NOW!

We need to direct our unconscious minds with present tense language.

Notice the difference in the next 2 statements:

1. I will enjoy having extra money from my business.
2. With our extra income, we enjoy sunny, lazy days on Caribbean beaches, surrounded by tropical flowers and island scents. We also love our brisk ski holidays in the crisp mountain air followed by hot fires, great meals and drinks with friends.

Which one of these is more likely to keep you inspired to action?

This is your task: **to inspire yourself and light yourself up!**

You are shifting direction from an old program that has a bit of momentum. We need to use all the power of our words and imagination to call forth the wonderful futures that we will enjoy.

Starting with a fresh page, and your notes from Part 1., rewrite each section but make sure all of the language is present tense, and add in emotions and sensations to bring vitality and excitement to your writing.

A good measure of your writing success in this section, is that you smile, or you notice being excited. Maybe you feel a bit of a Kundalini rush up your spine?

As you write each line, take a moment to close your eyes and “feel” what you are writing. Feel the impact on you. Take a few breaths with eyes closed, and really imagine what you are writing to be true in this moment.

THIS IS TRULY THE POWER OF THIS PROCESS

We can only imagine what is already here, and what we’ve already experienced or know is possible. This process works when we connect with what is already here, in this moment, not in the future. The only power we have is in this moment. All the things we may desire are already

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here. More clients? They are here. More income? It's already here, it's just in someone else's account right now. More peace? Peace is here now. It's up to us to connect with it.

We are connecting ourselves to these possibilities using our Word and our imagination and we are re-creating our beliefs in this way.

This is how we attract and connect to the lives we are desiring.

Ultimately, what you will write, and read, will be a series of statements that cover each of these four components of Intention, Attention, Action and Repetition,

but that are exciting, and inspiring and written in the present tense, with feeling and emotion!

As you get closer and closer to this, you'll get more excited and inspired. This will help keep you on track.

Whenever you are doubting yourself or feeling your attention pulled to older, less inspiring places, pull out your Miracle Manifesting Plan and read it, and sit with it, and imagine it.

Please make a commitment to yourself to work with this process for at least 21 days.

I recommend 21 days once you develop and edit your language, so if that takes a little while to do, then this may take a month or more to start.

I also recommend finding a Teacher or Group to support you. Imagine reading your words out loud to a group of committed ALLIES. Imagine them hearing and reinforcing and energizing your words, just as you can hear, reinforce and energize theirs.

SPECIAL OFFER

For those of you ready to tackle this, I offer you a complimentary review of your 'edited' draft. Please don't wait until it is perfect (you know who you are) but send me an 'okay' draft, after you have worked on making language present tense and emotion-filled.

CONGRATUATIONS!!!

Not enough people have been exposed to this type of thinking and behaving. I see more and more people living with more awareness and mindfulness and leading beautiful lives of service and prosperity. Will you join me?

Grateful acknowledgment is hereby given to don Miguel Ruiz, who shared this concept in *The Four Agreements Companion Book*.