

Module 7:

Attracting and Manifesting

Now we've made it to part that most of my clients came for in the first place. So here is the big secret that I get to share with you right now, you've been attracting and manifesting all the while in taking this course! That's right. The process of attracting and manifesting things in your life is about loving yourself first. You see, the act of manifesting is based on energy. The energy that you create to attract the energy that you desire. You see, everything is made of energy. At a quantum level, what you desire is vibrating at a certain level and adjusting to a certain frequency. This is why you'll manifest what you desire because you and that desire will be attracting at a quantum level.

Let me explain how it works in simple terms. Have you ever found yourself in the market of buying a new car. It may be a certified pre-owned car, but it's new to you or a brand new car. When you finally got settled to what type, make, model and even color of this car and went really clear to what it is, did you happen to see more of them driving on the road? When I've done this exercise in person, I usually get most of the people in the room shaking their heads yes because they recalled this happening. What you experienced is what we call the reticular activating system or in short, RAS. It's a small part of your brain, the size of a peanut that acts as a filter to allow you to focus on only what you desire. With all of the thousand and

thousands of data we encounter every day, we would be overwhelmed with raw information if we didn't have this ability to filter out most of the stuff that doesn't apply to us.

I'll give you another fun example, if you're not listening to this in a car, then do this exercise later at home. Since this is a video, I'll assume that you are safely sitting in a room and not operating any type of vehicle. I'd like you turn this video on pause for a minute and while on pause, look for everything in the room that has the color red. Look for red, red and red everywhere. See it in the trim of the room. Or a night stand that is red. Or a book cover that is red. Now after carefully looking around the room for a full minute, turn this video back on. See you back in one minute.

Welcome back. Did you go and come right back? If you didn't, do it right now. Don't go looking for the red and decide your hungry and go have a snack. Go right off, look for red items and after one minute, come right back so you'll get the correct effect of this exercise. So if you need to, go look for red items and come back.

Welcome back for real. Now that you're back, I'd like to close your eyes. Come on, close them tight. Now tell me what items in the room are the color blue?

Did I get you? Do you still have red on your mind? You've just experienced the idea of what you focus on, you attract. Now this is a simple exercise, but imagine this process with the addition of more intent, like looking for your perfect life mate. Do you see why it's important to know who you are and to love yourself first? Love and gratitude vibrate at the highest level. So

if you are looking to manifest love, you need to have love within yourself already. If you're looking to manifest money, you need to remember or create money energy within yourself to attract money in your life. You have to have the energy of what you desire before you manifest it in your own life. This is why self-talk is so important to be aware of in your communication. If your self-talk refers to you in a positive loving way, that's what you'll manifest more in your life. This is why I believe that everyone that comes to me looking for love in a potential life partner or is already married and feels like they are not loved within their own life, are missing the most important point of all, love yourself first!

Even if after you've taken this course you realize that you're now not really interested in finding your own Mr. or Mrs. Right. That's okay because you've realized that the real love that you seek has been within you all of this time. It's been waiting for you to give it permission to pop out and show itself. Now you can see why it's so important to my love process to love yourself first because no matter what you decide and choose to attract into your life now is based in love and gratitude. Whatever it is will show up sooner or be expedited quicker because through love, you become a beacon to the energy that you attract. So attraction and manifestation is really about adding more of what is important to all lives, which is loving yourself.