

# Three Fundamentals of Manifesting

*cheat sheet for manifesting your desires*

## **STEP ONE:** *Self-Observation*

Take an objective, non-critical look at your reactions in life. There is a definite connection between your outer world and inner self, and it is this concept of self that attract our outer life. Therefore, we must always start by going within. It is one's self that must be changed.

## **STEP TWO:** *Define Your Aim*

Define what you want. What do you desire? What do you want to change? With this aim clearly defined, you must, throughout your conscious waking day, notice your every reaction in regard to this aim.

## **STEP THREE:** *Detachment*

The purpose of practicing detachment is to separate us from our present reactions to life and attach us to our desire. This is accomplished by frequently assuming the feeling of your wish fulfilled. This moves us psychologically from where we are to where we desire to be, and once we make the move psychologically we will see the changes reflected in our external reality.

*Awakened Imagination*

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