

## Conducting Hermeneutic Research: From Philosophy to Practice (Critical Qualitative Research Book 19)

How does manifestation work and how do you use it? It's all in the secret. Here's a guide to manifestations and creating the life you desire.

What was once considered woo-woo is now commonplace in many people's daily practices. Using visualization and positive affirmations isn't wishful thinking; it's a framework.

We're talking about the work of legends inspired by Dr. Michael Beckwith, Regan Hillyer, and Marie Diamond. It's the stuff of The Secret – the power of manifestation. Chances are, you've heard of it.

So how does manifestation work? And how can you put it into practice so you can manifest your goals and dreams?

Here's what you should know about this hot topic and the principles to use to get what you desire.

As Paulo Coelho wrote, "When you want something, all the universe conspires in helping you to achieve it." And that is the power of manifestation.

### What Is Manifestation?

The word "manifestation" stems from the Latin word *manifestare*, meaning "to discover" or "to disclose." Simply put, the manifestation definition makes something evident through your thoughts, attractions, and beliefs.

Think of it this way: have you ever thought of something so hard or so often it came true?

Maybe you were thinking how nice a cup of coffee would be, and without uttering a word, someone brought you one. Or with "luck", you seem to always find awesome parking spots at the mall. Perhaps you wanted to be part of a like-minded community and met incredible people at Mindvalley's A-Fest.

All of these are examples of manifesting your dreams – it's your conscious effort to trust that the Universe will provide you with exactly what you need at the time you need it.

"Every time an individual has a thought or a prolonged, chronic way of thinking, they're in a creation process," explains Dr. Michael Bernard Beckwith, founder of Agape International Spiritual Center and trainer of Mindvalley's Life Visioning Mastery Quest. "Something is going to manifest out of those thoughts."

It's a lot like Yoda, Obi-Wan Kenobi, Luke Skywalker, and all the legendary masters using the Force to hone in on their intentions. So yes, with manifestation practice, you, too, have Jedi-like powers.

### How does manifestation work with the Law of Attraction?

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When talking about manifestation, more often than not, the Law of Attraction comes to mind. It's one of the 12 universal laws, affirming that thoughts, feelings, people, and objects tend to migrate towards other things that are the same.

It's the universal principle of "like attracts like." Simply put, every thought you put out there " be it positive or negative " responds in kind. So your positive thoughts attract and manifest positive experiences in your life and your negative thoughts bring negative experiences.

But here's a little secret few are familiar with: there's another law that is more important than the Law of Attraction. It's called the Law of Resonance.

What's the Law of Resonance got to do with manifestation?

Everything in the universe " bodies, thoughts, inanimate objects, and so on " is in a constant state of movement, or what's often referred to as vibrations. And all these things vibrate at different frequencies, like how Yoda and Darth Vader are on very different vibrational levels.

With the Law of Resonance, when the vibration of a thing is projected, it attracts the energies of the same resonance. So when it comes to you, you become like a tuning fork, radiating a frequency that activates the same energy in others, as Dr. Beckwith explains.

Now, the Law of Resonance works synergistically with the Law of Attraction. If you're trying to manifest something " let's say abundance " but subconsciously, you're wired around fear or scarcity, then the laws will bring you those exact things.

### How to Manifest What You Want

Once you've gone through your healing process, manifesting your dreams is quite a straightforward process. The secret (if it even is one!) is to start.

"Too many people never get what they desire in their life because they never actually claim what they want,"

explains Regan Hillyer, trainer of Mindvalley's The Art of Manifesting Quest. "They never actually get clear on what they're asking for, so in some ways, we have to teach ourselves to dream again."

And you can begin with these eight principles:

Believe in yourself Create an action plan Take action Focus on the positive Visualize Stay humble and grateful Upgrade your beliefs Become a conscious creator

So, to answer "How does manifestation work?", let's take a closer look at each principle.

## 8 Principles of Manifestation

As this practice builds and your belief system strengthens, the status of your life, the magnitude of your joy, and all that your heart desires will show itself. The choice for a better life is yours.

### 1. Believe in yourself

Easier said than done, for sure. And using the power of visualization is a great way to initiate this becoming.

Visualize believing in yourself. Manifest your desire. Acknowledge that you are capable. And through this acknowledgment, allow the desire for a better life to build within you.

### 2. Create an action plan

Remember, though, visualization alone will get you only so far. For the journey to continue, you must take the first step.

You can start by looking at the 12 categories of life and map out your plan. Play with the belief that what you want is already waiting for you.

And once you have a plan, take action.

You need to focus only on the first step here. Complete it, and then move on to the next.

Slowly, checkpoint after checkpoint, everything will begin to unfold beautifully.

Here are five things you can start in your daily routine to help turn your imagination into something manifested.

Write down your goals, both long and short-term.

Practice breathing and meditation. This will help you identify your abundance blocks and open the channels to connect you to your vision.

Move your body with some form of activity, like yoga or intuitive dance. It can release endorphins to help boost your mood, release energy blocks, and disempower beliefs.

Tell people you know, strangers, and even yourself what it is that you intend to accomplish.

Create a vision board or keep a manifestation journal that you write daily.

Use these steps to garner momentum to achieve your goal. Carry your new base of knowledge and power with you as you charge forward into whatever life has to offer next.

Dr. Michael Bernard Beckwith, trainer of Mindvalley's Life Visioning Mastery Quest

#### 4. Focus on the positive

Worry, fear, anxiety, doubt, or resistance in the form of limiting beliefs, pollute and dilute your vibration. Acknowledge them for what they are, but choose to push yourself in a direction of positive thinking.

When we shift from negatively complaining to positively affirming, conditions change. Then complaining is no longer the operative law in our life-freedom. " Dr. Michael Bernard Beckwith, trainer of Mindvalley's Life Visioning Mastery Quest

Remember that positive vibrations attract positive vibrations. So imagine yourself as capable and powerful, with a future that directly aligns with your desires.

Fill every cell with love, happiness, joy, and peace. And let that light, bright energy radiate outward to attract and manifest what you want.

You can use Law of Attraction affirmations to help amplify positive emotions. The more you do so, the higher and more powerful your manifestation will be.

#### 5. Visualize

Physical reality isn't far behind the wonderful ideas you plant in your imagination. That is if you water them with love, enthusiasm, unwavering belief, and lots of happiness.

So use envisioning as a powerful vibration booster to see who it is you intend to become.

Remember, you are the only one with the power to change your life. So make the choice that will lead you to the life you want. " Regan Hillyer, trainer of Mindvalley's The Art of Manifesting Quest

Absorb your vision, immerse yourself within it, and begin to truly feel the coinciding emotions.

Regan Hillyer, trainer of Mindvalley's The Art of Manifesting Quest

#### 6. Stay humble and grateful

Remember to stay humble because nobody likes a big ego. The good thing is, "ego" cannot be annihilated, but it can be tamed," according to Dr. Beckwith.

So here are a few suggestions for adding a bit of modesty to your list of virtues:

Harness the power of gratitude and remind yourself of the blessings you have daily. Keep a journal or if you're

someone whoâ€™s on the visual side, do a gratitude jar.

Thank yourself for all the hard work youâ€™ve put in while simultaneously thanking the Universe for honoring this work and providing you with results.

Thank yourself for initiating the process, and find gratitude in every success and setback along the way. But do not allow your newfound success to go to your head.

Always acknowledge who you once were and where you came from.

Do what you can to help others realize as you have.

There are so many things to be grateful for and you can send that gratitude forward into the future for that which you are about to receive.

#### 7. Upgrade your beliefs

Many people also have a bottleneck of positive energy when it comes to money â€” usually rooted in beliefs of scarcity and unworthiness.

But since money is nothing but a number and a means of exchange, do you believe in the scarcity of the things you would purchase with that money? Do you believe that you are not worthy of having food, shelter, or nice things?

If so, itâ€™s time to have a chat â€” a long, deep chat â€” with yourself. Ask yourself where these money wounds came from. Then, see if you can challenge the authority of those beliefs.

#### 8. Become a conscious creator

You are already a pro at manifesting. You have, for the most part, unconsciously created a default existence based on your beliefs.

Thereâ€™s no reason why you canâ€™t create an awesome life using the proper manifestation techniques. All you need to do is take conscious control of the process instead of defaulting according to your old beliefs.

Create new beliefs, and guide your thoughts, emotions, and visualization. Take action on this potential, stay humble, and focus on your gratitude for all the opportunities life throws your way.

Feel the delight of watching your imagination become a reality. Raise your vibration by being happy and loving, and step into your spiritual awakening.

How Long Does It Take for Manifestation to Work?

There are a lot of people who are eager to see instant results. Even though manifesting something quickly is possible, you must remember that the Universeâ€™s timing happens when you need it rather than when you want it.

With that being said, although you canâ€™t control the â€œwhenâ€•, here are three things you can do to help speed up the manifestation process:

As you set your intention, clarify why itâ€™s urgent .

. Stop obsessing about the outcome and demonstrate your willingness to surrender your plan to the Universe.

and demonstrate your willingness to surrender your plan to the Universe. Ask for a sign, which can help you release the need to control and instead allow you to keep your eyes on the prize.

And remember, the most important aspect is to believe, or as Yoda says, â€œYou will find only what you bring in.â€•

The Jedi Mind Mastery Starts With You

So, how does manifestation work? Essentially, when you think, feel, and have faith in it, the things you manifest will come. And if you want to be Jedi-like, check out Mindvalleyâ€™s transformational growth programs, including:

**210.0015555556**

Life Visioning Mastery Quest with Michael Bernard Beckwith. If you feel something is missing in your life, it's time to embark on your spiritual awakening. Dr. Beckwith will help you gain clarity on your life vision so you can awaken to who you really are and why you're really here.

The Art of Manifesting Quest with Regan Hilyer. Life is about creating your ideal reality from a place of ease and flow. With Regan guiding you, you can learn to be a master manifester and fulfill your soul's desire to live a life of authenticity and abundance.

You can sign up with a Mindvalley account and access sample classes for free. What's more, Mindvalley also provides invaluable resources that'll help you go further to create the life you want. And as you're navigating through the galaxy of personal development, there's the infamous Mindvalley Tribe who will continuously have your back, just like the Jedi Council with Luke.

So here's your sign to take the first step and do it because in life, there is no try. Welcome in.



## Reference

[Essentials of Clinical Research](#)

[Methods in Psychological Research](#)