

“Always remember that the world is your oyster!”



Manifestation Made Easy

By Kerrie Jean Erwin

Have you ever wondered why things never go right for you, or why you cannot seem to get ahead? Are you sick of being broke and always wonder why you never seem to have any money? Do you often feel stuck in your life and feel as if you attract bad luck?

Usually you do not have to go too far to find the answer, you just need to stop, take a breath and have a look within. Even though you may find it hard to believe, you are usually your own worst enemy, simply by the way you think.

The Patterns:

You say: I cannot... I will try... maybe tomorrow... I am not good enough... poor me... I should have done that... it is all their fault... I have always been like this... why should I? ... because everybody picks on me... I cannot do anything right... I am so stupid...

Listen up!

Do not EVER again let another negative thought enter your head again! Most of them stem from fear, or what I call 'the dark forces' or 'old used patterns' entering your beautiful, creative mind and sabotaging the good in your life because you let it in.

Most of these old broken down programs can be thoughts about ourselves we have carried since childhood. They have been buried deep within our subconscious minds for so long that they have become a part of our reality in the way we perceive or think about ourselves and the world around us. Remember the old saying: 'What you believe about yourself, you will become.'

By simply changing the way you think and letting more joy, happiness and love into your life, you can change your mindset and create miracles. Do not ever be afraid to be the real you. We are all divine souls and deserve so much.

How To Get Started On The 'New You'

To get started on the new you, promise yourself for the next week or so that you will never feel guilty or put blame on yourself for wanting to change the way you live and feel. This should concern yourself, and not others. We all have free will, and we all need to walk our own path.

Make a List

Write down every word of negativity you have ever been given by the people around you, then tear up the list and burn it. It is up to you

now to believe in yourself and decide what you can and cannot do... Do not forget also that it is okay to say no.

Means and Ways of Mending Yourself Spiritually

• Affirmations

One of the most important keys for eliminating insecurities and establishing a habit of self-love is the use of affirmations. These really work, especially when said in front of the mirror because you can see your eyes, the windows of the soul. Affirmations are known as food for the soul and just expressing loving words loudly and clearly reinstates who we want to be.

Through affirmations we can think ourselves healthier, wealthier, stronger, beautiful, and confident - whatever our heart desires.

Examples of Affirmations:

'I am a beautiful person and I love you.'

'Every day, in every way, I am happy, safe and secure.'

'I deserve the best always, thank you.'

'I always find myself in the right place at the right time to receive golden opportunities.'

Soon they will become a part of your belief system, which nobody can ever take away from you.

Write down three of your favourite affirmations:

1. _____

2. _____

3. _____

• Try Writing Letters to the Universe

Another effective way to reinforce your affirmations is by writing them down. Address them to God or the universe, your angels or spirit guides - whoever you want! You may wish to place your request in a Jesus box, guardian angel box or a box dedicated to your light being of choice. This act symbolises surrender and trust that your manifestation is now a reality. By making a commitment, it becomes even stronger and an investment in yourself.

• Tything or Energy Exchange

Sharing and giving back to the universe is always a reward. We must remember our friends, our loved ones, and those who are not as fortunate as ourselves. Caring and sharing brings many spiritual rewards and is good karma. What we give back will always come back tenfold.

What are three things you have done for others lately?

1. _____
2. _____
3. _____

• Visualise What You Want

Sit quietly in a comfortable position. Breathe in and out three times and visualise yourself actively letting go of any negativity you may be holding onto. Think of something you want very much, as long as it is good for your higher self.

As you begin to concentrate on what it is you really want, imagine being overjoyed and visualise what you want as if it is happening now. Hold this for three minutes. Now let it go surrendering it to the universe.

Write down what you want here:

• Create Your Own Story and Be the Star of Your Own Show

Be the author and creator of you dreams. For this, you need to write a story of at least one or two pages in the present tense about your dream situation. This is how you want your life to be. Be very careful what you ask for because you might just get it! Nowadays, with the new energies coming through and the way energy is moving faster here on this dimension, you will notice your manifestations happening a lot quicker than you anticipated. Always believe in your dreams. Of course, some dreams will take a bit more time to manifest, but never give up! Nevertheless you will be pleasantly surprised with what you end up with. ❖

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