

Manifesting *Thoughts*

A Newsletter on the Art of Manifesting Your Heart's Desires Using the Law of Attraction

August 2008

Knocking Down the School of Hard Knocks



"I always do things the hard way." I could not believe my ears when these words came out of my own mouth while I was talking to someone recently about a project I was working on. After I mentally said "Cancel that, cancel that.", I realized that it was time to get down to the bottom of this belief that was certainly **not** how I want to live my life.

The first thing I noticed is that working "hard" is not only a way of acting; it is also a way of being. It is as if there is a club with card-carrying members who are inordinately proud of the fact that they work harder, work longer and work faster than everyone else. These hard-working members push and shove and overcome hardship in order to achieve the outcome that they want. But what if there is a shorter, easier way? Would they be willing to shed their do-or-die persona long enough to slow down and look for it?

Then there is the "price you have to pay." That hefty price very often includes long, tedious hours; missing out on family time; not going on vacations; and being unable to enjoy the things you would really rather be doing. But like Goldilocks deliberating over her porridge, how can you tell if the price is too high, too low or just right?

And what about the old "I've learned everything I know on my own—through the 'School of Hard Knocks.'" In other words, knowledge and expertise are acquired through heart-breaking failures, humiliating mistakes and hard decisions. Do you really need a master's degree from the University of Adversity to achieve the life of your dreams?



All of these questions are easily answered when you *shed a little light* on them; when you let them bask in the illumination of imagination, insight and intuition and then take inspired action. Let your imagination do the walking when you are facing a challenge. Spend some time in solitude and silence and visualize the outcome the way you would like it to be; and if you don't know what that is, imagine the best possible solution for all involved. Then be open to the insightful knowledge and intuitive knowings that will guide you to take inspired action.

Why do we always assume that the price tag for what our heart desires is high and out of reach? Just think, the cost could merely be a contemplative walk on the beach, where the solution to a challenge suddenly "pops" into your head. Or when you're taking a shower after spending a fun-filled day with the kids and a new way to finance your business presents itself to you. Or as you are joyfully engaged in a hobby that you love and you get an idea for a fantastic new product using your current inventory of parts and materials. Insight is an inside job, but you don't always have to be meditating like a monk to get it.

And, yes, everyone makes mistakes and experiences failures from time to time, but it's how we see those events that make all the difference between giving up and dreaming on. It's in the contrasts that we can fine-tune our heart's desires. How can you know what you truly want if you haven't explored it in your mind—your imagination—from all angles. The trick is not to dwell on what you do not want, just acknowledge it, and keep your spirits up and your vibrations high and go on to benefit from the insight and intuition that will assist you in creating the life of your dreams.



And don't forget, when it comes to hard knocks, school's out when you let the light—imagination, insight and intuition—in.

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Art for Kids



The beginning of August means school is just around the corner. With all of the upcoming excitement and anticipation for the new school year it is the perfect time to assist your child in making “school goals.”

First, give her a large piece of construction paper. Ask her to fold the paper vertically. Next, have her draw a picture of herself on the left side of the paper (make sure to save some room at the top and the bottom for some writing). At the top, have her put her age and what grade she will be in. On the bottom of the paper, ask her to come up with at least three goals for the upcoming school year. Goals can vary from things she wants to learn, things she wants to improve in, or things she wants to accomplish. Some examples could be to memorize the multiplication facts, or to write down all class assignments, or to make the basketball team.

By this time your child is probably wondering what the right side of the paper is for. This side will be left blank for now. At the end of the school year, revisit this activity and have him draw another picture of himself. Then have him write down how he did with his goals. Even if the goal wasn't accomplished, that's OK. Write down what was accomplished. For example, maybe he didn't make the basketball team, but did make the baseball team. For now, have him hang up his school goals somewhere he will be able to see them daily.

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