

Manifesting *Thoughts*

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

October 2008

Fall into the Life of Your Dreams



Take a cue from Mother Nature this Autumn and transition, transform, and change your life into the life of your dreams. Don't wait until the "ball drops" to set New Year intentions and aspirations that will make your life better. Now is the perfect time to redefine your life the way you want it to be, and then go for it. (Actually, NOW is always the perfect time to do that, no matter what season it may be!)

First of all, you have to know what you want. If you can't say it, you can't get it. Now comes the chicken and the egg part. While I do believe that it is true that you get what you *feel* about quicker than what you just think about, without the thought first—the full expression of your intended goal—how can you generate any emotion powerful enough to attract anything? So let's agree here that a target or definite goals are your first order of business.

Now that you have a well-defined goal (or goals), the next step is to make a road map of how you will get there. Here again, according to the Law of Attraction, we don't have to know the "how," meaning *how* you will get what you want. But for the sake of prudence and to demonstrate to the

Universe that you really are serious about your dreams, this exercise is an important step in the process. And since the Universe loves to fill a void, if there are pieces and parts of your dream that you really do not have the answers to, just pose the questions and wait for and expect the answers to follow. And follow they will, in the form of people, places, or things that will show up in your life to assist you.

With your roadmap done, now you can start working on strategies that will support and facilitate your dreams. If you want to write a book, set a definite time and place for you to write and show up every day or as often as you can.

If your own business is your goal, how much time can you devote each day to researching your target market and how you will reach them? Or if you want to be a photographer, schedule a class to start you on your way. Whatever you want, whatever your heart desires, put strategies in place that will allow you the time and resources to follow your dream.

Then use the upcoming Holidays as benchmarks for gauging how your transformation is coming along. While you are surrounded by family and friends gobbling up turkey and gulping down the pumpkin pie, don't forget to be grateful and appreciate how far you have come in achieving your dreams. Don't be stingy or judgmental with your praise. If you've only taken baby steps...Fantastic! If you still have so far to go...Look back at how far you've come!



And when it comes to Christmas, what a perfect time to evaluate the resources that you may need to keep on keeping on—paints, books, a desk, or a laptop—whatever you need, gift yourself with those things. Or better yet, drop gift hints to your family. Chances are they are tired of getting you the same old useless knickknacks anyway.

When it comes to achieving your goals and having your heart's desires, any season is the perfect season to fall into your dreams. ***You just have to start NOW!***

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Fear. All children start life in this universe fearing nothing, however, within a few years many seem to fear almost everything. Fear is a learned behavior. It is our job as adults to teach children to be aware of the dangers of the world. We are also responsible for providing opportunities for them to experience everything the universe has to offer. Sit down with your child and discuss fear with him. Ask him to make a list of a few things he fears. Then talk about why he fears them.

Next, have her choose a fear that she really doesn't need to fear. For example, riding a roller coaster. Explain to her that although we sometimes fear things we have never tried or maybe even have had unpleasant experience with in the past, it is OK to release the feeling of fear. Try reading a book or watching a movie that portrays enthusiasm for the feared behavior.

Then have him draw a picture of himself enjoying the activity he has been fearful of. Have him hang the picture up somewhere where he will be able to view it throughout the day.

Finally, if possible, try the activity that he fears. Have fun!

Manifesting *Tip*

From now until December 31, 2008 Heart Projects, LLC is offering **FREE shipping in the U.S. and Canada on all of our Manifesting® Products.** Now is the perfect time to think about Holiday gift ordering and this is the perfect way to do it!

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