

Adapted from the book, *Delighting the Soul*

THE DESERT IS CALLING!

(AN EXAMPLE OF THE MANIFESTATION PROCESS
IN ACTION)

Let's say you've been living in the city for a long time now. It was really fun for the first 7 years, but something is shifting inside of you. Maybe you're just getting older, but the ambiance of rushing cars, swearing pedestrians, late night bars, and compulsory Starbucks every 5 feet is starting to annoy to no end. Suddenly turning in your pager, cell, Blackberry, I.D. badge, briefcase, and 5 million suits for a quiet cabin in the woods and a paintbrush sounds mighty appealing. Nature is calling.

You decide to put this whole Law of Attraction thing to the test and manifest your true and deep joy of living in nature, yes "true and deep" because you once despised the city and spent all of your time outdoors, back before your good old ego self got sucked into the world concept of SUCCESS.

You've completed step 1, Desire. Congratulations! Wasn't that easy? Desire comes forth naturally as we experience contrast. It's allowing the desire that's the hard part! Now you're ready to move on to step 2, Imagination. You're going to remain in the city unless you get a little more specific about the kind of nature you desire to be in. You'll have a hard time imagining yourself living in a place you can't describe: desert, mountain, sea. Without that clear vision, the contrasting experience of city life, even though

you no longer desire that experience, will remain a stronger pull than your new desire to live in nature.

So naming the specific of a desire is a start. Imagination helps you do so. Not just nature, but desert, let's say. Imagination allows you to clarify that vague desire of 'desert' even further by asking you: what kind of desert? As you begin sorting your answers, images begin to emerge. As you clarify and specify those images, sensory reactions begin to occur. You see what your desert looks like, feels like, smells like, sounds like. Sensory reactions lead you to emotional responses. "Oh, this is how *I feel* when I'm in this place." And feeling yourself there is the key to being one with that desire you call Living in the Desert.

That oneness is what begins the manifestation of a desire into physical reality. You may have to play in your imagination many times until you hit that "Oh! How fabulous! This feels really real for me now!" point. But when you get there, you are now a match to it emotionally and thus vibrationally, and so by Law of Attraction it must manifest physically. You must receive it because energetically you already *are* it. You've already experienced the reality of it in our imagination.

So by now you've spent some time thinking about all that no longer pleases you about the city and from that contrast you have created a desire live in nature instead. You've completed step 1, Desire. You have also done some good visualizing about that desire, imagining all the specifics until you not only honed in on 'desert' as the type of nature you prefer but on what kind of desert. You've gained so much clarity around your living in this place through your imagination that you've experienced it *as if it were already happening to you*. You are one with your vision emotionally and thus vibrationally. You've completed step 2,

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Imagination. You are feeling fabulous. This state of bliss lasts for a whole week or so.

Then a new week comes along. You have a bad day at work on Monday. The homeless man outside your window keeps you up again all night with his ravings on Wednesday. On Friday you get the credit card bill in the mail for that shopping spree for new work clothes, which at the time you thought would make work just a bit more tolerable, and now you don't have enough money to pay it. In short, life is back to normal!

Last week you were feeling wonderful, but now you've got all this reality in your face again and that dream of the desert seems far away. Your vibration is no longer one of joy. Instead, you are frustrated, exhausted, and stressed out. Okay, you say, I'm going to apply what I've learned about the Law of Attraction and make myself feel better by focusing my attention on my desert dream! What happens? You can't do it. You try to envision it but this time it just makes you feel horrible instead of happy.

Whatever emotional state you are in determines the nature of your attraction, regardless of what you are focusing upon. You cannot attract what you desire to you if you are not a vibrational match to that desire, even if you are focusing on it. You've got to go to step 3, Attention. You must focus your attention on your emotional state and learn to *feel good* no matter what kind of week you're having. You understand that so-called 'reality' has no true power over your ability to feel good or to feel bad, but that the choice always lies within you. Furthermore, you understand that it is your emotional state that determines your reality! So you're not spending every moment praying that desert into being. You know you've made it real already and are just focusing on feeling joyful, which is what aligns you with your Soul. Ah, yes, that's it. Now you've understood step 3.

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A whole 2 months have gone by now and they have been wonderful! You've really come into your power and are getting all this authenticity stuff. You can't believe you ever allowed life to make you feel so crappy before. Surely that desert desire must be really close now to manifesting! 2 months. You've been so good! Why hasn't it happened yet? You've even been looking for jobs in New Mexico that would be a good fit and nothing. But it's okay though! One's going to be there tomorrow, you just know it!

And there you have it. The moment when you lose your faith. The moment when you slip, ever so subtly, from assuming that your desire has already been manifested to believing that it is something that will happen in your future. Even though you think you are talking yourself into feeling good, you are actually trying to hold out on hope, to convince yourself that you will have it.

Mistake number one: you already have it. There is only now. To hope it *will* happen is to assume it is not happening now. Mistake number two: you are placing your faith in the circumstances of the manifestation itself instead of in your own ability as an eternal, Energetic being to attract it. Time to learn step 4, Assumption. You must assume your desire by knowing you already have it. You have to place your faith in your own ability as an eternal, Energetic being to attract it.

Good job! Another month of practicing step 4 and your assumption has caused you to move into a relatively permanent state of joy and gratitude. Your desire is now 99% manifested. One day, as you are looking for jobs in your field in New Mexico you are struck by an ad that has absolutely nothing to do with your line of work. You ignore it. The next day, it catches your attention again.

Will you ignore it this time or will you move to step 5, Action? It is so different from anything you've ever done and you feel completely unqualified for the position. But still, you can't let it go. There is an excitement boiling up inside you. A voice in your head is saying, "Apply for this! Do it! So what! See what happens!" That is the voice of your Soul. That is inspiration. It goes against all of your personality's logic and reason. You apply. They hire someone else.

3 weeks go by and you are so angry that you let yourself get sucked in by that crazy voice. 9 weeks later, you get a call about that very job you applied for before and didn't get. The other person didn't work out and they've decided to change the position a bit to attract a higher caliber of candidates. Would you still be interested? Ah ha! Your Soul knows the timeline better than you. You are indeed still interested. You fly down. You interview. They give the job to someone else.

"That's it! I'm done with all this manifestation business! I'm never going to get to New Mexico!" If you believe that, that is your truth. Okay, 2 months go by and you recover from your trauma and are back in the saddle, so to speak. You are at a friend's house for dinner and she has invited her parents. You tell your story about the job interview and the mother of your friends says, "But I know that woman! We went to college together! Would you like me to contact her and see if there are any other companies she might know about?" 3 months later, 4 job interviews for 4 companies later, and here you are: you are living in the desert in New Mexico. That, my friend, is how the Universe awards inspired, Soul-trusting, persistent action.

IN SUMMARY:

1. Decide who you want to be. Make your first desire the desire to align with your Soul, to live authentically. When you've accomplished that, decide what it is you and your Soul desire to experience, what will lead you to joy.
2. Spend some time in the wonderful world of your imagination until you can visualize your desire so vividly that you become one with it vibrationally, emotionally. Imagine it until you can conceive of it as if it is already true for you.
3. When you have those moments where 'what-is' creates negativity within you, just keep gently shifting your attention back to how you want to feel instead. Take back your power of choice.
4. Remind yourself that there is no limited supply of anything in this universe and remember that you are not separate from this supply. You are entitled to your desires, they are part of your purpose for being here, and you have the power to manifest any desire you can conceive of.
5. When inspiration strikes, take action. Effortless action is about responding to inspiration. Bring your desire out

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into the world by living it. Let go of outcomes and timelines and trust that the Universe, and your Soul that is not separate from it, always conspire for your greatest good. Be persistent instead of resistant and your desire will manifest into your physical world.