



# 5 Steps to Manifesting & Bonus Secret

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*Soul Clarity Coaching*

# 5 Steps to Manifesting & Bonus Secret!

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*dream*  
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## Introduction

Thank you for downloading this e-book and taking the initiative to step into the role as Divine Creator of your life. When one person steps into their power as creator they light the way for others to follow, so by manifesting your dreams you inspire others to go after theirs. It really is a service to humankind!

To get the most out of this information have a journal handy, as you go through the steps below give yourself generous time to do each exercise and make notes. Most of us have many dreams we wish to manifest and YES you may manifest them all – but possibly not all at once. Many people like to start with smaller, short term goals so they may get comfortable and confident with the process. Our notes help us learn the material, organize our thoughts and make great reference for later.

“Through knowledge we learn what we are *able* to do,  
It is only through the *doing* that we actually change  
who we are.” - Jennifer

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*“Manifest what you want into existence by  
opening up to the Universe.  
Let it be known!”*



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## **1<sup>st</sup> Step: Awareness**

Become aware of what is possible – Dream wildly, think big, and explore possibilities. Most of us think very small, we limit our imagination as to what is possible for our lives and we teach this to our children. We call it ‘keeping it real’ or being ‘grounded’ or ‘practical’. This is how most people find themselves in mid-life having a crisis of identity and dis-illusionment with life. They ignored the voice deep inside with its radical, irrational ideas and followed the acceptable path. Then one day they look around at the life they created and are confused as to why they are not satisfied, wondering where it went wrong.

*“Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible” – Cherie Carter-Scott*

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This step is all about opening the imagination and exploring possibilities. There are almost 8 Billion people on this planet and no two are exactly the same. We are living during a time when almost anything and everything is possible so start investigating how other people live. Read about the rich and famous, take note of what your neighbors do, and really listen to the details of your friends and families lives. As you increase your awareness of what is possible open up a shopping cart in your imagination. Make notes about details you like and details you don't like, also notice what their journeys were to get where they are. Who were they and who did they become? No one started exactly where they are now, some form of transformation happened in their lives – what was it?





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*“The starting point of all achievement is desire.”*

*– Napoleon Hill*

### **Step 2: Desire**

Desire is the inspiration and motivation to create. In lower vibration this is human survival and ego based; it is material things taking care of basics that are required or needed. Things such as paying mortgage & debts, providing food and shelter and acquiring clothing, furniture and other materials needed for daily life. Once these are met our vibrations rise and our desires are more idealistic. Higher vibration desire is based on soul inspiration and motivation. It is the need to give back to the world and live in abundance.





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### Side Note:

Living in Abundance in lower vibration is ego based and can easily be anchored in greed; I must have more than what others have. Many beliefs about the greedy wealthy, or money is evil are based in this toxic ego greed shadow. Become aware of these beliefs that may be within your own mind.

Money is simply an energy exchange; the meaning we assign to it is good or bad.

Living in Abundance at higher vibration is confident thriving. This is the state of knowing that as a Divine Creator of your own circumstances there is no need to live in lack, by living in abundance you are presenting as an example to inspire others to raise their vibrations. When higher vibrational people live in abundance they share their wealth and knowledge towards helping others.

*“Whatever you can do, or dream you can, begin it.  
Boldness has genius, power, and magic in it.*

*Begin it now.”*

*—Johann Wolfgang von Goethe*



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### Another Side Note:

You were not sent here to change the entire planet. There are 8 Billion people on this planet, and the earth herself, all of them are here to serve the greater purpose of raising the vibrations of humanity and the earth. Each plays their role; you are uniquely designed to do yours. Your purpose may be to influence and inspire millions or it may be to live a loving, caring life of simplicity serving humanity by example of life without chaos. Most likely your purpose is a variation somewhere between these two forms of service. You do you; let the Divine handle the rest.

Be the honest you, not what you think you should be.

*“We must radiate success before it will come to us.  
We must become mentally, from an attitude  
standpoint, the people we wish to become.”*

*—Earl Nightingale*

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## Step 3 Intention



Intention is the decision AND the will to take action. The difference between a dream and an idea is the internal driving force behind the decision to take action. Decisions are the actual steps you will do; these are the to-do lists, the goals, the charts and the plan. Decisions become Intentions when we develop the inner strength, the energy build-up of force that pushes us into taking action.

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This step of Intention is usually when the ego first starts to get serious about manipulations to stop us. As we layout our action steps to achieve our goal we will begin to feel the first ripples of being uncomfortable and our first shadows of doubt will arise. This is the time to remember that nothing new happens until we get uncomfortable. This is a good sign. I am not going to go deep into analyzing and explaining the ego here but I do want to point out that the ego's primary job is to keep you safe. At the first signs of uncomfortable it begins to look for ways to stop us from making any changes to our familiar patterns, ego does not want changes to what it knows. For the ego safety is what is known and predictable.

Doubts are usually the ego's first attempt to stop us, and it can even go so far as to inspire us to share our intentions with someone who will not support us. So be cautious of who you share your plans with and do not get invested in their opinion, it is wise to consider advice and input but destructive to buy into objections and fear. Being honest with yourself through each step of manifesting and the doubts will have no merit, no value so don't give them any, whether those doubts come from inside your head or from a loved one.

*“Your Ego’s desire is to keep you King of your comfort Zone where everything is predictable  
- even if it is UNcomfortable.” -Jennifer*



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### **Exercise:**

- Decide on a time frame it will take to manifest your goal. The time frame should be **believably achievable** with a mild to medium stretch of effort. I recommend 3 or 6 months, if your goal is too big for this time frame than break down the larger goal into smaller goals that step you towards the ultimate goal.
- Write out the steps you will take to achieve your goal of manifesting within the next 3 or 6 months. These are the direct actions that you will do. Direct actions are actions that directly relate to your goal; they are not learning something new (unless your goal is an educational goal like a degree), it is not making lists, organizing resources or brainstorming ideas. Direct actions are actions that you do that relate directly to the goal.
- Brainstorm your reasons for doing. Keep this as a reference to remind you of why you are manifesting your goal. Use this to keep you motivated.
- Place the goal, the steps and the motivation in clear vision where you will see it every day to help keep you going forward. If you want place them in many locations such as in your office, on the bathroom mirror, on the fridge, beside your morning alarm or by your TV.
- Summary: In the next 3 to 6 months I want to manifest.....



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### Step 4 – Action

take. inspired  
ACTION.

Taking action means you physically do something new outside of your comfort zone. This action does not need to be difficult, grandiose or inconvenient. To create something physical we must do something physical. *This is the **doing** of the intention.*

Now this is where I am going to stray again from the ‘traditional’ way of doing things. Yes it is important to take direct action physically towards your goals but what is **most important, even more important than direct action, is the vibrational alignment to the goal.**

What does this mean?

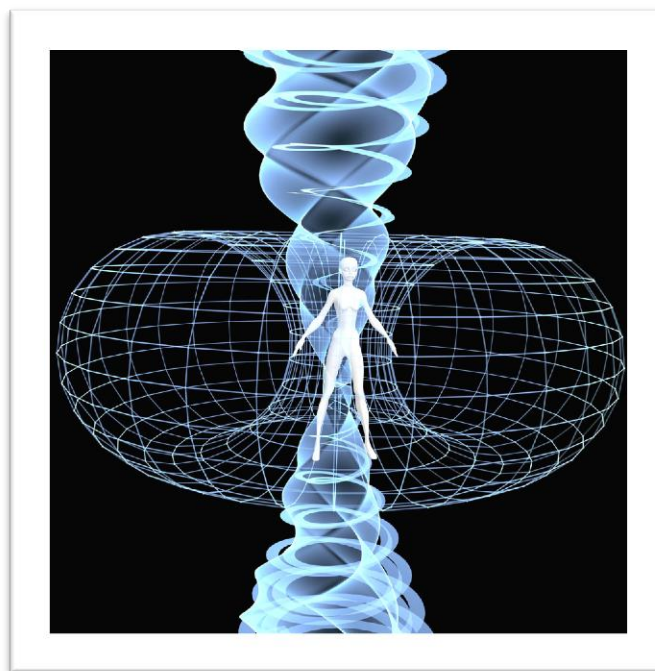
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### **BONUS SECRET**

This is the real secret to manifesting absolutely anything you want. You must become the person who has already got the manifestation.

The vibration of your entire being is currently aligned to the exact circumstances you are currently living, to live a new experience you must **vibrationally align** with the **new experience**. In this case what you want to manifest. The amount of time it takes to achieve the manifestation is relative to how much time it will take to vibrationally shift you from your current vibration to the vibration that matches the manifestation.



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### Exercise:

- In Step 1 and in Step 2 I had you identify how it would **feel** to be the person living your ideal lifestyle doing your Soul service. Now I want you to go back and look at your answers, think about them in relation to the goal you have set for the next 3 or 6 months. Does achieving the short-term goal have the same feel? How is it different?
- Decide on 1 word to describe the FEELING that aligns with the person who is living with the goal or manifestation, having already achieved it. Write this FEELING down.
- Take a few minutes to think about every action of your day from the moment you wake up till you go to bed. What are your routines? Take note of any actions that you take where you feel the opposite of your desired feeling, and any actions done out of obligation or 'should'. Write them down.

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*“Expect to manifest everything  
that you want to manifest.”*

Another Side Note:

Expectation is the meeting point between belief and desire. As a Divine Creator you are constantly creating your circumstances, with every breath, every beat of your heart and every thought in your mind you are sending out signals to the universe of what you want to experience. This is your true desire.

The belief you hold within you determines what is possible for you. If you believe completely in your desire being a reality within your circumstances of life than it will manifest.

If you desire to own a brand new car but have the belief that new cars are for rich people of which you are not, than you will not manifest the new car. Affirmations and visualizations are excellent forms of broadcasting your desire but without doing the inner work to change your belief your desire will not manifest. Once you have changed your belief within every vibration of your being, your desire becomes an expected that must manifest.

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## **Step 5 – Results**

### Manifest your Intention – Achieve your Goal.

The trick here is to continue with your actions, especially the vibrationally aligned actions, until you are comfortable with the new circumstance of what you have manifested. Do not settle until your goal or better is manifested. Many people start to manifest their goal, get excited about a few 'wins' and stop doing the aligned actions and then they only achieve part of the goal. Divine Spirit wants you to create everything you desire, the Universe is designed to give you MORE than what you ask for and your Soul is a Divine Creator so do not stop until you have manifested the entire goal!

### **Exercise**

Ask yourself: Do my current life circumstances match the goal I intended to create? Is it even better than what I originally imagined? Keep going until both answers are an absolute YES!

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### **Final Words:**

I hope you have enjoyed your free video lesson and this e-book about manifesting. This is all you need to manifest the life you dream of.

There are some of us who can read this knowledge, get the complete understanding and jump in with both feet. I sincerely hope you are one of them. I, unfortunately, am not one of those people. It has taken me years and years of struggle - juggling many wins and a lot of failures along the way. It has also cost me thousands and thousands of dollars (I kid you not!! Tens of Thousands!!) for education, coaching and mastermind programs.

The biggest and most valuable lesson I have learned is this:

**ALWAYS DO IT MY WAY!**

Every single person on this planet has a unique purpose for being here and how to discover & live that purpose is also unique. What works for one person does not work for another. Every lesson taught and every program shared has value, but that value is worthless without the deep inner work that engages our Soul and our truth.



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In all my programs, teachings and healings I share openly and generously the wisdom I have learned from my experience but most of all I strive to assist each of my students & clients to discover their own truths, wisdoms and purpose.

The second most valuable lesson I have learned is this:

No Need To Do It Alone – We are a Social Species!

If you are having struggles manifesting your dreams, or maybe even identifying your dreams, I am here to help. There are so many things that can de-rail our best intentions, with support we can keep our focus easier and get back on track to our goals quicker; plus it is nice to surround ourselves with people who are cheering us on!

I invite you to please learn from my mistakes and my successes. It is my greatest desire to see as many spiritually minded, heart centered, compassionate people step into their Soul Purpose, manifest their dreams and make this world a better place.

My program '**Embrace your Soul Purpose**' is specifically designed to work you through the manifesting process while dealing with the obstacles and challenges that arise. Along with 'do at your own pace' lessons, there are exercises that lead you to deep truths and discoveries; in addition there are live sessions, group

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connection and email supports. You don't need to be alone, we are all going through this evolution together.

You've got this!

The time is now!

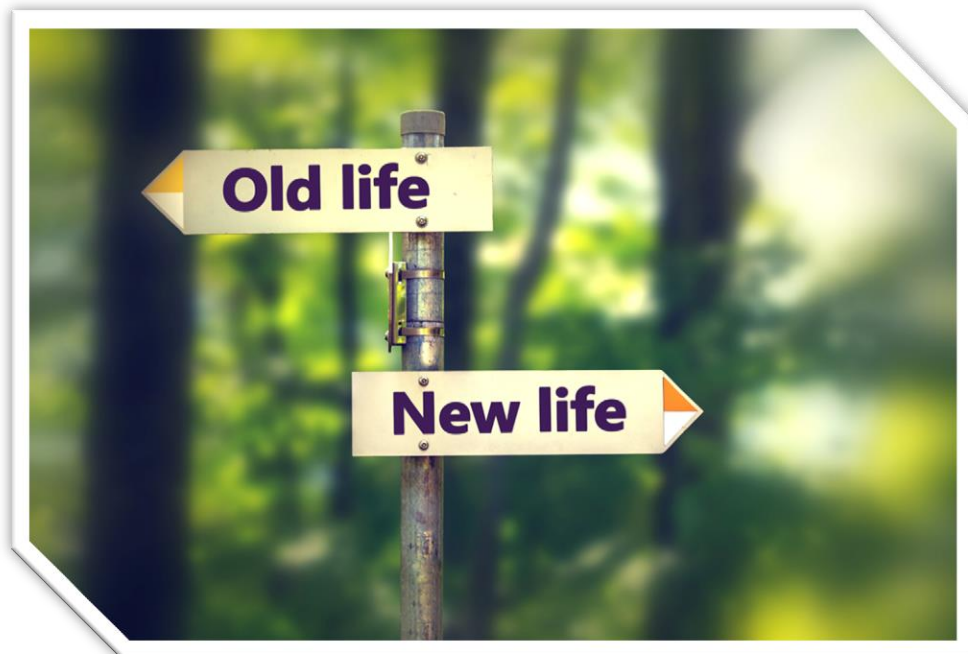
And I am here to help!

For more information on Jennifer Quick's Services visit her website:

[www.soulclarity.ca](http://www.soulclarity.ca)

For Soul Clarity Coaching & Education Programs visit:

[www.shiningspiritwellness.thinkific.com](http://www.shiningspiritwellness.thinkific.com)



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### **About the Author**

*“Hi everyone! I invite you to connect with me. I am an energy light-worker who loves, loves, loves the marriage of Science & Spirituality! I focus on teaching people to embrace their inner power for guidance, strength, resilience, love and joy. My passion is helping people understand how they create their life circumstances and make choices towards their true desires and life purpose.” - Jennifer*



As a natural born skeptic

Jennifer doesn't believe anything until she understands the logic and has applied the actions repeatedly to prove the truth. This is reflected in all of her work. She embraces her spiritual journey with a humble, open heart and a love of life. Jennifer helps people to reveal their true self - soul self - and identify the negative choices that are holding them back from achieving their true greatness. She lives on a small hobby farm in western Canada with her husband, two children and lots of animals.

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*“It is easy to have great faith when you know great truths.”*

**“The Secret to Life is Showing Up!”**

**-Jennifer Quick**

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