

Day 27: The Law Of Manifestation

Quote today	<i>"There are qualities one must possess to win – definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it." Napoleon Hill</i>
Recap of the Law	Wherever you place your attention the universe interprets as your intention. You are manifesting all the time—you just aren't always aware of this process.
Today I am grateful for....	Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.
Meditate (at least 15 min.)	Feel free to meditate on this law or choose a meditation of your choice.
Exercise	Focus on your health goals. See only those final states of strength, shape, endurance, and ability.
Hydrate	Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.
Your Life Insight	Commit to writing your intentions on a goal card, and know your outcome. Be passionate and totally committed to your goal. Clarity is power. Carry this goal card with you wherever you go. Look at it before you go into your silence and meditation. Look at it before you go to sleep at night. Look at it when you wake up in the morning. Then, watch how it manifests into your life.
Your Mindful Practice	Take a moment, breathe and just be in the present. See yourself in possession of your desires. Know that they already exist. Have faith in what you are manifesting. See it as if it is already in its physical form. Know that it is so

Day 27: The Law Of Manifestation , Continued

Your Success Strategy Read aloud or write out *Six Ways to Turn Desires Into Gold* from Chapter Two *Desire - The Starting Point of All Achievement - The First Step Toward Riches* from *Think and Grow Rich* by Napoleon Hill. (If you really want to integrate this on your own or with an accountability partner, write it out for 30 days. If you miss a day, start all over again until you do thirty days in a row.)

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

Manifestation is brought about by both attention and intention. Where you place your attention, the universe hears as your intention. You are manifesting all the time, but you just aren't aware of this process. As you know, whenever you do not choose your thoughts, you are creating by default.

So the question is, what do you really want? Take the blinders off your mind and totally engage your imagination. Just remember: If it is a really worthy goal or manifestation, it is going to encourage you to grow and develop your potential. Also it must be something you fully desire and intent, be in agreement with your inner core values and be totally clear. It is essential to be in alignment with your purpose, good for others and in harmony with all that is.

Stay focused on your worthy goal and how you are going to feel once you attain it. Fall in love with it. Once you have written down and launched your goal, you must then look forward to it, not with hope, but with perfect knowing that it will happen. Welcome it as already accomplished. Through the aid of your five senses and your imagination you must form a specific, clear, concise image of yourself having achieved your goal. This helps develop synapses of cells of recognition in your brain. Place your written goal wherever you can view it daily. Be committed to the vision of your goal but be flexible in the process.

If you think you have contradictory thoughts about your goal then, stop, relax and visualize again. Do this until you feel excited about your manifestation actually being fulfilled. Let go, allow and feel the gratitude for the goal already being manifested. Once your goal appears in your world exactly as you imagined it, you have completed your manifestation. Thank the infinite Universe and then accept it into your life.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
