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# MANIFEST

law of attraction secrets



**Manifest what you want in a matter of days**

**UNCONDITIONALLY**

**No matter who and where you are in life**

# MANIFEST

A beginner's guide to creating a dream life.

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# #1

## ***The Law of Attraction & Its 7 Fundamental Principles***

*The law of attraction has made millionaires, top artists, and successful influencers. People have used this law to manifest their perfect life partners, perfect business partners, and a dream lifestyle. In this chapter, you'll learn what the law of attraction is, by definition, and what are the 7 pillars (laws) of attraction that define your success with it.*



## What is the law of attraction?

We can all agree that anything that we've created as human beings came from an idea or thought. The law of attraction states that our thoughts create our reality, and that we can take charge of our destiny by deliberately thinking the things that we want. So, if you want something, just visualize that you already have it, and it'll manifest into your life.

Common people usually struggle to get the things they want because they believe that they don't already have it. And when someone struggles to get what they want, their beliefs are slowly changed and when they're in the belief that they're going to get it, it manifests into their life.

However, according to the law of attraction, we don't really have to struggle or wait through life to get the things we want. All we need to do is **think, visualize and believe** that we already have what we want, and it'll manifest into our life within a matter of hours or days, based on how quickly we're able to create a new belief. Truly, our thoughts are tangible forces that attract life experiences that align with those thoughts.

You don't need anything besides thought to manifest the life of your dreams, and this book will teach you how you can manifest your thoughts into reality. Be prepared because your life is going to take a turn.

If we look at the law from a universal and psychological standpoint, we can see that the law of attraction manifests itself in the form of gravity (that attracts planets) and human desire (that enables humans to create what they want). So, in simple words, our thoughts gravitate us toward the object of those thoughts.

## Why Not All of Our Desires Manifest?

So, why is it that you day dream about money and abundance, yet a day dream doesn't manifest into reality? The truth is we're in a constant turmoil, thinking why we couldn't have something. When you want to attract wealth, you don't want to focus on why you wouldn't, shouldn't, and may not get it.

The law of attraction teaches us to think about things that we DO want and not about things we DON'T. And so, having a positive attitude plays a key role in deciding whether we succeed with this law or not. So, if you want to manifest something, think about how, why, when, and where you're going to get that thing. Visualize, clearly, every detail of the thing you want, and it'll manifest into your reality. All you need is a bias adjustment, and your perception of your daily situations, your behavior, and habits will change as a result, which will allow you to transform your life the way you want.

# The 7 Laws of Attraction

## 1. The Law of Manifestation

Our thoughts manifest into reality. If you believe you are wealthy and abundant, you will attract wealth and abundance towards yourself. And, in fact, nothing in this world happens on accident or by coincidence. That is to say, every incident, every little situation is a manifestation of the thoughts we habitually run in our minds. Many people have gone through incredible trauma and life situations that they couldn't possibly think about. Is that too their own creation? They aren't exactly our "conscious" creation. According to yoga, the subtle memories of our past lives come to us in the form of karma, which create the very fundamentals of the kind of personality we have in this lifetime. Meditation and kriya yoga are two ways one can liberate themselves from the cycle of karma and rebirth.

## 2. The Law of Magnetism

This law states that like attracts like. What you think about, you attract in your life. Now, some people may argue that magnetism actually happens against the opposites, but that's only a conceptual understanding of magnetism. Even magnets are no exceptions to this law. Yes, a woman is not usually attracted to another woman, but she is always attracted to the ideal picture of a partner she has conceived in her mind. If you want something, create a picture of that thing in your mind, and you'll start attracting it in your life.

## 3. The Law of detachment

When you want something, you naturally tend toward attracting it and you actually do attract it into your life. However, people get desperate too easily. The statement "I want it now", also subtly suggests that "I can't have it now," which is a limiting belief. Do you know where all the desperation and attachments come from? They come when you interact with the outside world. You see a friend flaunt his/her new car, and now you want an even costlier version of that car. Such desires are not only disingenuous, they're also fleeting. And fleeting desires never manifest because one cannot invest their attention on them for long.

Staying detached from the external while creating a reality that "YOU" desire – not someone else – is a blessing. Forget about the world, and focus all your attention on what YOU want, and then work on creating that no matter what the world has to say or show you.

## 4. The Law of Desire

A desire is always pure, and a desire is all you need to manifest something into reality. Always remember. The stronger desire always prevails in the fight of conflicting desires.



If you have a desire to be happier and healthier, but your desire to stay on the couch and eat junk food is stronger, then the latter will manifest into your reality. When you want a specific desire to win, you need to think about why you want it. Meet other people who want it too, listen to YouTubers who have devoted their lives to it.

## 5. The Law of Karma

According to Yoga, Karma isn't a reward system. The word karma is synonymous with the word memory. And the connotation of this word suggests that everything that you do in the world, from sipping a cuppa to donating to the poor, creates Karma in you, which decides what you become in the future. The actions you take today, can make you a millionaire tomorrow or equally make you broke.

Even when you're thinking about something, you're creating Karma. Applying the visualization techniques, creating vision boards, practicing affirmations are also creating Karma that can make your future. [Here are all the law of attraction techniques you can learn today!](#)

## 6. The Law of Universal Influence

The whole universe has come into form through infinite intelligence. Your thoughts are the source of what you see and every individual thought resonates throughout the collective consciousness. Approaching this law with open-mindedness will put things in your favor. After practicing manifestation techniques, people notice that situations and events line up to their desire. This happens because the universe is always listening and ready to serve you because you serve its purpose by "being conscious".

## 7. The Law of Synchronicity

The universe is perfect in all ways and everything in the world is interconnected. When you follow your heart and work on manifesting your desires into reality, the universe synchronizes to your actions and people and situations work to help serve your purpose. Every single person who has learnt the law of attraction often notices repeating numbers and coincidences for the same reason. It's because your personal experience of the universe is synchronized with what you're trying to manifest.

Don't feel intimidated by all of this. You just have to visualize as if you already have what you want to manifest and the visualization process will automatically cover all 7 principles. Of course, we'll discuss more techniques in the subsequent chapters that'll give you a greater grasp of the law of attraction.

Our thoughts permeate throughout the universe and crystallize into physical form. This happens because our thoughts and the universe are made from the same stuff – Energy. While some may question this law and even call it wishful thinking, you can always experiment with it and see for yourself whether it's true or not.

Here's my suggestion. Doubt and question every little aspect of this law, understand it, and learn why it works the way it does, but never create opinions about it. When you approach the law with an open mind and positive emotions, you reassure that you don't fall into common pitfalls and apply it effectively!





# #2

## ***How Manifestation Works***

*To understand how the law of attraction works on a fundamental level, we need to understand what is attraction on all, universal, psychological, and metaphysical, levels. The force we call “attraction” is one and the same at all levels because the godhead or ultimate consciousness is one quality with infinite expressions, which means only one phenomenon is happening everywhere in different ways. In Sanatana, we call the force of attraction Krshna or Krishna.*

## **The Law of Attraction in Physics: Gravity**

When you jump up, you fall onto the planet. The fundamental nature of our universe is attraction, and the larger the energy body (mass), the greater the attraction it creates. We already know this. But people often have a misconception here. When we're talking about attraction, we're not saying there's a force involved. Attraction is one of the innate qualities of the universe, it's not a quality of energy itself.

In short, the law of attraction works as gravity in the physical world.

## **The Law of Attraction in Metaphysics: Spirituality**

The law of attraction manifests as desires in humans. We can't manifest something without a desire, and desire is the only thing needed to manifest what we want. The very reason why we do what we do throughout the day is because we have several desires as a living creature. Our physical bodies get hungry, so we manifest food, our minds demand joy, so we manifest things to entertain ourselves. While these aspects of manifestation may sound basic, they are no small feats.

Here, the law of attraction works as human desire. The human desire naturally create thoughts in the mind, which the external world reflects or manifests into reality.

Now, to understand ourselves better lets dissect our awareness and look at each aspect. Everything we experience through our minds can be divided into 5 levels of experiences. So, these experiences collectively create a human experience.

These levels are:-

1. Consciousness
2. Subtle body
3. Mind
4. Contents of the mind
5. Contents of the 5 senses
- 6.

These 5 experiences are in order of subsets, which means, number 1 encompasses 2, 3, 4 and 5, number 2 encompasses 3, 4 and 5, and so on.

For instance, you might have a mixed understanding between awareness and consciousness. They may appear synonymous to you, and by definition they are! But, words are only made to create labels and distinctions between two objects. So let's create a distinction that would help you understand yourself (and the universe better).

This example will clear all your doubts. Notice the temperature on your right ear. Does it feel warm, cold or normal? Now, that you've brought your awareness to the right ear, you are "aware" of it. But this doesn't mean you weren't conscious of it before putting your awareness on it. You were always conscious of it, but not aware of your own consciousness.



## **Consciousness**

Consciousness pervades through everything. I always use one example to explain this. “A pebble on the shore is just as conscious as you are, but it cannot see, feel, hear, think, or breathe like you because it doesn’t have the facility to do it. Unlike a stone, you have a mirror (awareness), that reflects the world. You believe you are the mirror yourself. And the experience from the 5 senses, emotions and thoughts reflect upon this mirror to create the experience of the world you see.”

The entire universe is a conscious entity, which manifests itself. And consciousness, God, Time-Space and the supreme soul are all synonymous, in this sense. If you look at the cosmos as one entity, and not as “time” and “space”, you get consciousness. It is not something that belongs to you. It pervades through what you call “your body” and is your/our/my true nature!

Every physical action, emotional action, thought action and subtle action is a manifestation of energy. The nature of each form only seem different in appearance because some are subtler than others. Ultimately, thought, matter and even perception are made of energy.

## **Subtle Body**

The subtle body is also known as the “Sookshma Shareera” or human soul. It is the pure form of awareness (that is, awareness that has nothing to reflect, but itself). The subtle body gives you a personal experience of the world. You see the world as an entity, and not as the world itself.

So, when someone dies, their subtle body leaves the physical manifestation, that is the dead body.

Do you remember when you dreamt something and forgot it moments after waking up? That memory can be said to be stored in your subtle form. The subtle body is like a lens that can store experiential memory of what it sees in the moment. So, whenever we’re trying to manifest something, we are actually trying to impress our thoughts upon this lens because the moment it happens, all pervading consciousness receives it.

This is why experts say, you must “see” it in the now.

Your subtle body carries the memory imprints of your past lives, and this memory is called “Sanskara”. Sanskara is synonymous with evolutionary memory (which encapsulates the DNA, hereditary information, etc.). However, the word, Sanskara also means habitual patterns and mental paradigms you receive through lineage.

Subtle bodies are like lenses through which consciousness creates individual experiences. When you meditate, you slowly learn to influence this lens directly!

## **Waking Awareness**

Waking awareness help you govern your thoughts, emotions and actions. When you're manifesting something, you begin by working from waking awareness. You build new desires and start creating thoughts around having what you want.

As you begin believing something, it slowly moves into your lens and you start to see the world as though your desires have manifested (through visualization). Yours lens can only store what's shown to it in the present moment, and it catches everything, like a camera. And you already know how emotions, thoughts and the 5 senses feel.

## **The Next Big Question – So What?**

If you learn to draw lines between different forms of experience, you're able to better control each. For instance, I've elaborated on how someone can astral project on my youtube channel, where I've elaborated on the same thing.

## **The Law of Attraction & Awareness**

Now, to help you create the right mindset, we'll go through a short and simple exercise. If you want to manifest something using what you've just learnt, you'll have to, first, detach your awareness from the 5 senses, thoughts and emotions, and then bring your goals to the mind. This practice will create a desire. You must create an identity that says "I am."

The steps are mentioned below:

1. Become mindful of each sense and feel them one by one. Once you've done that, you've detached yourself from them.
2. Move your focus from yours senses to your thoughts and emotions. Observe what's going inside your mind.
3. Now, shift your focus from thoughts and emotions to the one that's observing the thoughts. (Your awareness)
4. When you're observing your awareness, you'll feel like your awareness is flowing like a river, in time.
5. This is the state where you see yourself as the one you want to be. Don't think! SEE!
6. When you see the picture, hold the feeling for as long as you can. But don't panic or get excited.

If you follow these 6 steps, your manifestations will come to fruition because you're influencing the fundamental force directly. And because you're so outside the mind, you would no longer react to limiting beliefs, making them feeble.

Learning yoga can also help you master manifestation. Yoga reveals to you, the nature of the universe and that you are here to create what you want. Unfortunately, people are not aware of their soul (subtle body), and so they don't realize that they are already creating what their soul longs for. And Once they tap back into their soul, they can manifest anything effortlessly.

To understand the nature of the universe you can check out my book: [Samyukti – An eternal guide to master manifestation](#). In this book, I elaborate the two fundamental forces of the universe in great depth (Energy and consciousness), how they manifest the creation around you, and how you can realize your true nature and harness these 2 forces through practical means.



# #3

## *How to Manifest Someone*

*This section explores a myriad of steps you can take to immediately drive results. You will discover practical steps which you need to actually apply to see results.*



## Thought Creates Reality

The whole universe is a manifestation of energy given tangible form. Even our thoughts are made of the same energy, just that our thoughts reverberate through space because they're subtle.

But do you know even energy is made of something more fundamental: Vibration. If thoughts are vibrations, it's clear that they have a level of influence on the external world. Have you ever visited a clock shop. You might have noticed that all the pendulums were ticking in harmony. This doesn't happen because the shopkeeper set them that way. The pendulums' vibrations even pass through the walls and slowly align themselves with the others. There's no magic in this phenomenon.

Here's the major takeaway that'll change your life now. If you hold a vibration in your mind through affirmations or visualization practice, the outside world will begin to align itself with that vibration. IF you continue to affirm that you are abundant, wealthy, healthy, and happy, the outside world will slowly but surely start reflecting the vibration you're putting out.

## Practice of Affirmations

We need to look at this from 2 different angles.

1. Concentration
2. Repetition

Your ability to concentrate will determine how easily and effortless you attract your desires into reality. To develop unwavering concentration you need to develop detachment from the outcome and practice to concentrate each day. You can manifest things and desires while you practice and also get better at manifesting things.

Initially, you may not be able to consciously hold your attention on the object of your desire. If you notice that you're thinking about something totally different, bring your mind back to the affirmation. To hasten your progress, get into the practice with the mindset that you have to affirm until the end. This way, your mind will naturally detach itself from the outcome.

## Practice of Visualization

Unlike many people believe, visualization is not very different from verbal thoughts, which means, you can affirm on mental imagery. When you're

# The Law of Attraction

## Beliefs

Our beliefs create our reality. We manifest what we believe. If you believe you're worthy, you are!



## Thoughts

Our thoughts are real and carry a force. If you think about something throughout the day, you're giving power to it.



## Negativity in life

If you believe you are poor, you are. If you believe you are unhealthy, you are. If you doubt yourself, you'll find more reasons to doubt yourself.



## Positivity

Love yourself, to attract love. Believe you are worthy and you are. Doubt your doubts because they may be taking you away from the truth. Be happy and you'll manifest effortlessly.



## Visualize

Thought permeates through the universe. If you want to create something in the real world, first create it in your mind.

## Manifest

Ask what you want and it shall be given. STOP thinking about the things you don't want. Think about the things you DO want!



## Gratitude

Gratitude connects you to who you are. It eliminates thoughts of fear, anxiety, hatred, envy, and grief. So, cleanse your heart, unleash the power of your imagination and fabricate your own reality.



There's no doubt that writing goals, maintaining a manifestation journal, and reading scripts daily play a crucial role in keeping our minds focused on what we want. But many of us want to know if it's possible to manifest something by writing it down once on a sheet of paper. Yes! It is. Here's everything you need to know about writing your desires into reality. Keep a paper sheet and a pen beside you.

## **How Writing Can be More Effective Than Visualization?**

According to yoga, a human can act in the world via 10 means, called 10 Karmendriyas. The first five are the five senses, and the other five involve mental activities (consuming ideas, releasing or letting go, changing mental states, desiring, and speaking or mental dialog). The more of these 10 senses you engage in an activity, the greater the energy you imbue into that activity. So, through writing your desires, you're giving more energy to your manifestation practice when compared to a simple visualization.

When you're writing something, you're using 6 Karmendriyas:

1. Vision
2. Touch
3. Releasing ideas from the mind onto paper
4. Changing mental states
5. Desiring
6. Mental dialog

You cannot use this technique wherever and whenever you want, unlike visualization and affirmations. It's best to use everything at your disposal to manifest your dream life into reality. And we already know it's important how much time we spend thinking about what you want — and not about what we don't want -- as it decides whether we succeed or not?

## **Disadvantages of This Technique**

You cannot use this technique wherever and whenever you want, unlike visualization and affirmations. It's best to use everything at your disposal to manifest your dream life into reality. And we already know it's important how much time we spend thinking about what you want — and not about what we don't want -- as it decides whether we succeed or not?

## **A Simple Technique to Manifest Something By Writing it Once**

Rather than writing what you want and how you want it, write how you'd feel when you have it. Here are all the aspects you need to keep in mind when writing something down to manifest it.

- Write in present tense: When you write as if you have already manifested what you want, your thoughts instantly start attracting the things you're writing because you're moving from the "wanting" vibration to the "having" vibration.

- Add as much detail as possible: It's simple. The more you write, the more engagement and energy you give to your manifestation. As you're writing the script in present tense, you're actively visualizing the end result and the specificity of your thoughts are making your manifestation more concrete and physical.
- Focus on the feeling of it: Our universe works purely on vibrations alone. Clearly stating how you feel now that you have what you want can make your desires stronger and give it momentum.

## Steps to Take

**Step 1:** Relax your mind and take long breaths. You can even close your eyes for a minute.

**Step 2:** Now write "Now that I have/got/manifested \_\_\_\_\_".

**Step 3:** Keep writing for as long as you can. It doesn't matter if you're repeating yourself. The more you write, the stronger your manifestation will get.

## How to Hasten the Manifestation Further?

Writing it down is enough to give momentum to your desire. But do you know, most people start doubting, think negatively, and feel bad throughout the day. This slowly reduces the momentum of their manifestation. This is the only reason why any manifestation fails. If we play tug-of-war with our thoughts, which one would manifest? The one we give most of our energy to!

By focusing on your breath, you are practicing control over your awareness. Concentration is the key to manifestation. It is not imagination, persistence, or visualization. The key is concentration. You can even print this text in huge fonts and paste it somewhere you can see. Concentration only happens in the present moment. Concentrate on your goals and what you've written when you're reading the script you wrote.





# #4

## *How to Manifest Someone*

*Manifesting people into your life works in a slightly different way than one may expect. While many argue if it's ethical use of the law of attraction, if your intention is positive and for the good of all, manifesting someone will be effortless and ethical.*

People think that just one single 5 minute visualization session would change their lives forever and bring good people in. Well, if it were that simple, wouldn't everyone do it? It doesn't work like that. Your imaginary world is a tiny speck compared to the person you're trying to manifest.

The only way to manifest someone you want is by being super clear about WHO you want. Not just the guy who walks his dog every morning at 5 am, but who and how he is.

So, in this article, you'll learn to manifest your specific person, exactly how you see him/her in your mind.

## **Blockages Toward SP-Manifesting**

Many people feel a sense of luggage when they experience love – they feel as though it binds them to earth and confines them to a cycle of emotions. Often, we think that we just want to feel good at all times – but it is not so, in truth. We, sometimes, want to feel happy, sad, lonely, desperate, obsessed, euphoric, too.

Because, unconsciously, we want to feel everything as a human (or soul), we manifest every emotion into our lives. Emotions are similar to our eating habits. If we eat something spicy, we desire something sweet next. If we eat too many sweets, we desire something spicy again. This is how we regulate our emotions.

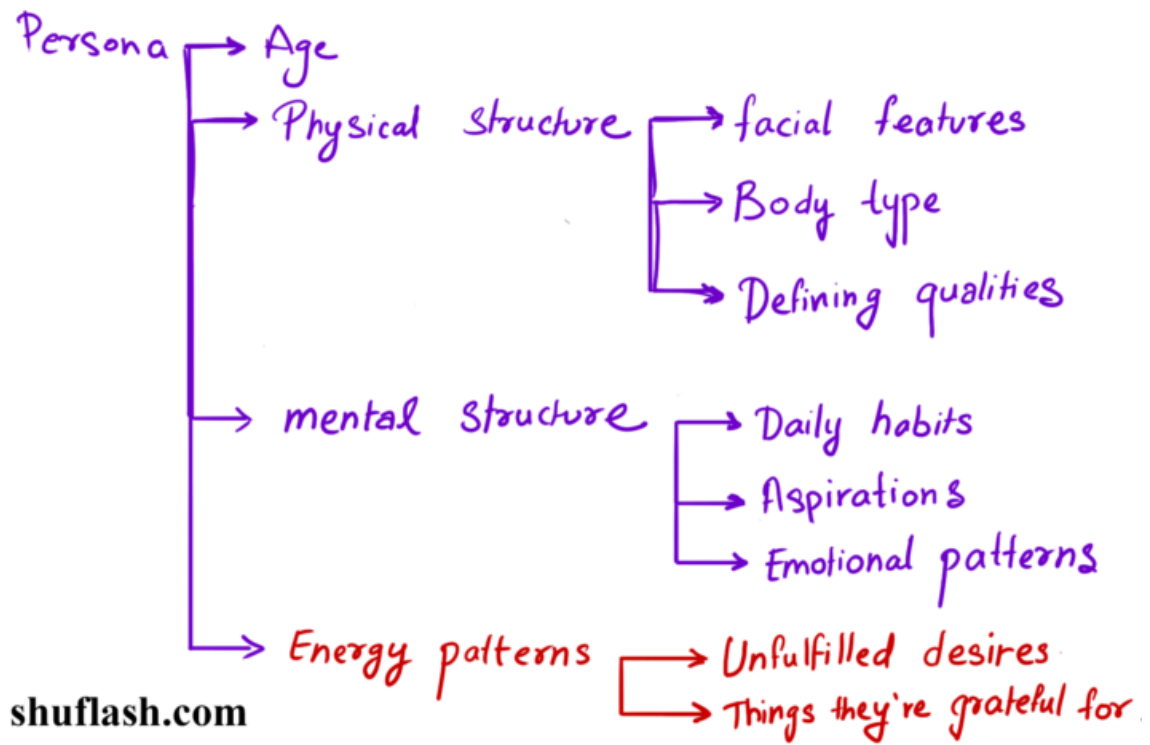
## **How to Manifest Your SP (Specific Person)**

Mostly, you can decide the characteristics and personality of your SP, but you cannot decide who you manifest. Additionally, you cannot control or direct someone else's life your way, so drop that idea! All you can do is control the images of YOUR OWN MIND.

I've put together a chart template you can create for yourself that helps crystallize the details of your SP in your mind.

### **#1. List out the characteristics you want in your SP**

Take a piece of paper, and list out the things you want. For example, elaborate their personality, body characteristics, habits and hobbies. This is the crystallization process where you'll clearly define what you want – the first step to manifest your SP. Once you've listed out everything, look at the list and try to become the person you've put on that paper.



Simple chart to fill in the details of your SP

## #2. Visualize yourself with your SP

See yourself with your SP, and while doing so, have faith that you're doing it to seek fuller expression in this world. When you visualize anything for manifestation, you must always look for everyone's advancement. It makes your faith invincible and removes all mental obstacles.

## #3. Keep your vibrations high – No matter what!

Low vibrations do not support creation, nor does it attract people toward you. When you're happy with who you are, and your focus is set onto "making the world a better place" and "advancement for all", people naturally draw toward you, follow you, and help you manifest what you want.

It is practically impossible to stay happy at all times, therefore, we suggest that you quiet your mind and relax. A quiet mind is always blissful, and bliss is "all eternal" because it's the nature of your consciousness.

## #4. Do not cling to your SP

Among manifesters, there's a common phenomenon, where people fail to manifest something in their life just to receive something better and beautiful! You must not grieve for your failures and keep your faith. If you do so, you'll soon realize that the failure was apparent and took you toward something 10 times better!





# #5

## *How to Let Go*

*Letting go is key to attracting what we want because when we have let go, we're no longer bound to the "wanting" vibration. When you've achieved your goal, do you still think about manifesting it? Absolutely not! You dance, sing, jump, tell it to your friends, family and people you care about. Do that in your mind, and don't worry about the results.*



The Patanjali Yoga Sutra has listed 9 obstacles one faces in their way to enlightenment. A law of attraction practitioner may face some of these obstacles too when trying to manifest something into reality:

1. Vyadhi: Physical illness
2. Styana: Lack of enthusiasm
3. Samsaya: Doubt
4. Pramada: Carelessness
5. Alasya: laziness
6. Avirati: Desire for sensory pleasure (short term desires that stop you from manifesting your goals)
7. Bhranti Darshan: False knowledge or misunderstanding
8. Alamdha Bhumikatva: Inability to concentrate
9. Anavashitattva: Instability, slipping backwards from ground gained.

The solution to these obstacles is one! Practice Practice Practice. You need to practice concentration, fixate your mind onto a single image of your choice, and keep the image still for as long as you can. Ideally, you should be focusing on the object of your desire. That way, you'll manifest your desires and improve your ability to manifest along with it.

Foods also affect how we feel and how much energy we have throughout the day. While not everyone's able to control their diet, one must try to eat less than how much they're eating now. Here's a blog article that'll hook you up with [the foods that'll energize you without creating lethargy.](#)

## **How to Let Go & Attract Everything Now?**

Letting go isn't something you do. It happens automatically. After practicing, you can just move on to your daily activities and forget about manifestation. That way, your mind will naturally move away from the energies you set up and release them to be manifested.

Initially one may find difficulty letting go of their desires. This happens when you choose your main goals of life for manifestation. Don't choose something big to manifest right off the bat. Try to pick little things that you want in your life and observe how they manifest. This will strengthen your belief in the law of attraction, and create a snowballing effect, where you'll be able to manifest other significant things effortlessly.