

METAPHYSICAL MANIFESTATION

By

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Introduction

Through the practice of metaphysical techniques, any person can create the life they desire. This thesis will show that by reprogramming one's subconscious mind through eliminating negative thought patterns, while creating a positive mental attitude, and planting new seeds of the life one desires, there is no limit to what one can create on this physical plane.

It was 1991. I was a singer in a rock band that had just arrived in Alaska to perform for the Troops of Desert Storm. The sun was only out for about four hours a day there. Coming from Kentucky, I was jet-lagged, run down, and feeling a cold coming on. I had picked up a paper-back book at the airport on layover titled "The Power of the Subconscious Mind." I began reading it and thinking, "This book is telling me I have the power to stop this cold from happening! I'm gonna do it, and I'm gonna do it now!"

I didn't get the cold! I am not sure if it was the power of my subconscious mind or sheer luck, but it made an impression on me. It seems that was a lifetime ago. I wish I would have, at that younger time in my life, understood what powerful beings we are. But...better late than never!

It has been through many successes and failures, gains and losses, financial and otherwise, and being about as low as you can go before I learned that I was doing it all to myself. That every situation and condition in my life was caused by my own thinking. And that I had the power to change every bit of it.

There are countless books on manifestation, and it is true that your thoughts do become things. But there is so much more than that to creating the life you want. To create a new life and KEEP IT, you must re-create the existing you.

After researching many authors on the topic of manifestation, I came to find that their formats were nearly identical. There is much discipline required to remove existing low-frequency negativity from your person, and replace it with utter positivity. And once you have “cleaned out” your subconscious mind, removing all thought patterns, past memories and conditioned responses that no longer serve you, you have to do daily “mind cleaning” to keep it that way. And then you have to keep your thoughts and actions in perfect alignment, letting no doubt or fear creep in, slowing the process of the Universe bringing you what you’ve ordered.

The following are the topics involved in manifesting what you want. Each one will be discussed in the Review of Literature.

Reprogramming your mind: Eliminating the negative and building the positive

Scientific Prayer: A form of positive affirmation prayer

Defining what you want

Expectancy: Belief that your prayers are already answered.

Thoughts, Feelings, Intentions and Desires

Detachment from how your manifestation is going to happen.

Meditation, Stillness and Non-Judgement

The Power is in You.

Giving and Receiving

Law of Least Effort

Gratitude

While many books on manifestation give guidance on manifesting, they do not all touch on the importance of having a “Spiritual Basis.” In metaphysics, we deal with two selves; the ego self (personal self) and the True Self (God Self). The True Self is the God Within, the Spirit whom we were born, the Universal Mind at the center of our being that is connected with everyone and everything. When anything good happens in our lives, we must give full credit to God. We are co-creators with God. So yes, we can manifest the life of our dreams. In metaphysics, we just can’t forget that God is really doing the work.

This is why removing all the negative traits created by the ego self from human birth to present time is the first step. To connect with the Creator and start creating we must be aligned with love.

One last note: I refer to my Higher-Mind as God. Others may call It Divine-Mind, God-Mind, Cosmic Consciousness, Universal Mind, The One Mind, The Super Conscious...the list goes on. Throughout this thesis, the Name used for the Higher-Mind will vary.

Review of Literature

ELIMINATE NEGATIVE AND BUILD THE POSITIVE

Eliminating the negative is important in manifesting because like attracts like. So unless you want to manifest negative situations... This section explains the importance of removing negative thought patterns from your subconscious mind, replacing them with positive thought patterns, and keeping the subconscious healthy by daily tending to the conscious mind.

Dr. Masters states, "No matter what a person has studied, or how much they have learned about life's mysteries, it means nothing unless: they can demonstrate [manifest] a better life" (*Bachelor's Modules Intro:1*). So, having book knowledge of how to manifest and manifesting are two different things!

He also states that self programming (the planting positive thought patterns) is aimed at the subconscious mind. "Given that the subconscious mind governs 90% of our conscious decision making, Self Programming can be used to maintain a positive, conscious and aware attitude in the surface or conscious mind" (*Bachelor's Modules Intro:8*).

The University of Metaphysic's course begins with the programming of one's mind for a reason. Without a positive mental attitude, a blockage can occur between the conscious and subconscious minds and the Higher Mind. Masters writes, "It must be emphasized that without the proper conscious mental attitude, and thus, a proper subconscious attitude, a PSYCHIC BLOCKAGE of sorts exists between the conscious mind and the Higher or God Mind. It is difficult for Higher Consciousness to pass through and be realized by the conscious mind" (*Bachelor's Modules 2:19*). Now, everyone has their own name for God, Masters using Higher Mind, God Mind and Higher Consciousness in the above quote. So, you may, for

example, call It your Universal Mind. What he is saying is that if you want the Universe (your Universal Mind) to bring you something, you have to connect with it. Negativity blocks your connection with your Higher Mind. Masters emphasizes that removal of negativity is priority.

So eliminating negative thoughts, negative emotions and negative, conditioned responses is your job, and at first it will feel almost impossible! You were mentally programmed at a very young age and may believe that your life is the hand that was dealt to you. You may think it is what it is. But this is not true!

Linda West, in her book *Advanced Manifesting*, states, “Sadly, so many humans have low self-esteem and low frequency patterns installed in them during their youth before five years old, and these first programs then become seemingly life-long, self-fulfilling prophecies”(82). She continues to explain that because you are programmed on a certain frequency, you may think this is what you are stuck with! “You can change your pattern by changing your frequency. You have to get in and dig out your old program and replace it with the one you want”(82).

Quazi Johir, in his book *Life Mastery: Manifest the Reality You Want* follows West’s thoughts and says, “By the age of 12, your subconscious has developed certain beliefs about reality and about the self. However, contrary to popular belief, subconscious beliefs can be altered”(29).

In Victoria Gallagher’s *Practical Law of Attraction*, she claims that, “Your subconscious mind is more powerful than anyone can comprehend. It influences most of your conscious thoughts and behaviors”(Section 2). She continues with, “Until your [new] beliefs have firmly planted themselves into your subconscious mind, you’re going to continue manifesting whatever you currently believe is true at the subconscious level of mind. Sometimes, blocks remain. I refer to these blocks as subconscious limiting beliefs”(Section 3). She, like all authors reviewed,

agrees that limiting beliefs are created by experiences from your past which are ingrained on your subconscious mind that block you from being all that you can be.

Elizabeth God, in her book *Manifesting Abundance*, puts it in a nutshell! “Negativity attracts negativity because it releases dark energy into the universe. Meditate, visualize, affirm, exercise gratitude; anything you can do to remain positive even when the situation pushes you in another direction”(Ch. 1).

Positive affirmations used daily are powerful. Louise Sutton states in her book *Manifesting Abundance*, “Making use of [positive] affirmations daily have a powerful effect on attracting what you want from the universe. They are able to remove barriers of negative self-talk or doubt that you could be feeling, and through the power of repetition, they are able to bring with them the feelings of attainment”(Ch.7). She believes that [positive] affirmations can change negativity and limiting beliefs into positive beliefs. Through repetition, new thought patterns can be formed (Ch.7).

Here is West’s take on patterning through positive affirmations: “One of the most potent sources I give to all of my clients, to help them reverse their bad youthful patterning, is to listen to mass affirmations daily, in order to install a new pattern; intentionally”(83-84).

Making it a habit to catch any negative thought that enters your mind quickly and saying, “Cancel!” or “Delete!” and then replacing the thought with a loving thought is another reprogramming technique (Masters, *Bachelor’s Modules 3:25*).

To truly be a master at manifesting, you must conquer low frequencies. West states, “It is believed that within 15 seconds of a deep feeling, you create the vibration of it and send it out. 15 seconds. That’s 15 seconds to catch yourself from going down a dark hole of hopelessness,

and swinging it back to focusing on what you want”(73). She claims that by making it a goal to send out positive messages for at least 15 seconds as often as possible, we build our manifesting power (73).

And here is a quote from Dr. Joseph Murphy’s book, *The Power of your Subconscious Mind*: “Never finish a negative statement; reverse it immediately, and wonders will happen in your life”(29).

On another note, it is very important to stay away from negative people. Sutton says, “Be careful of negative friends, family members, and other naysayers who don’t share the same belief system of new positive attitude as you do. I can promise you that you will not succeed in making them positive and upbeat; they will drag you down into the depths of negativity and quickly”(Ch.4). She warns that you need to protect your dreams and desires and not share them with anyone who is not necessary to help fulfill them. This is a common thread in the teachings of manifestation; one shared by several authors in this thesis.

SCIENTIFIC PRAYER

Scientific Prayer is a great way to engrave new positive patterns into the subconscious mind. It is important to manifestation because it helps to prepare the proper breeding ground for planting the seeds of your desire.

Praying scientifically and praying metaphysically are one and the same. Masters describes scientific prayer as follows: “Prayer can be used, but not in the ordinary...orthodox understanding of prayer. When praying metaphysically, instead of asking of God, one...declares that God can, will or has. Faith, then, that the prayer IS SO is far more necessary than in traditional prayer. This is the basis of the metaphysical declaration used after prayer, meditation, affirmations, or treatments. It declares, “AND SO IT IS!”(*Bachelor’s Modules 20:42*).

Scientific Prayer is based on complete expectation that your prayers will be answered, just as Jesus Christ had no doubt that his prayers were heard and would be answered. In metaphysics, we believe that we have the ability to pray just as effectively as Christ. As stated by Masters, “One’s attitude about prayer is thus transformed into what we teach in Spiritual Science – that any man can pray with faith equal to what Christ had – that his prayer will unquestionably be answered”(Bachelor’s Modules 46:58).

Dr. Joseph Murphy states, “Scientific prayer is the harmonious interaction of the conscious and subconscious levels of mind scientifically directed for a specific purpose”(13). He goes into detail with the following definition:

Prayer therapy is the synchronized...intelligent function of the conscious and subconscious levels of mind specifically directed for a definite purpose. In scientific prayer...you must know what you are doing and why you are doing it...You give thanks for the healing that you know will come, and then you keep your mind off the difficulty until you feel guided... to pray again...you absolutely refuse to give any power to the negative conditions or to admit for a second that the healing will not come.(85)

ATTITUDE OF EXPECTANCY

Once you plant the seed of what it is you want to manifest, you cannot “hope” your seed will materialize. You EXPECT it to materialize. This shows God that you have complete faith in the abundance of the Universe. Any doubt will stall your efforts.

Masters says, “The Right Mental Attitude is one of CONTINUAL EXPECTANCY, a state of mind that is ALWAYS OPEN to new ideas, inspirations and intuition flowing from the Higher God Mind within us”(Bachelor’s Modules 1:11).

Murphy states that faith is the necessary factor. Murphy quotes the Bible and then comments with his interpretation. “What things soever ye desire, when ye pray, believe that ye

receive them, and ye shall have them. MARK 11:24. [Murphy says] note the difference in tenses. The inspired writer tells us to believe and accept as true the fact that our desire has already been accomplished and fulfilled, that it is already completed, and that its realization will follow as a thing in the future”(69). Murphy stresses the importance of “the confident conviction” that your visualization “already exists”(69). He claims that Jesus insisted that faith was key, and “according to your faith, it is done unto you” is stated in the Bible frequently.

Gallagher says, “The Law of Expectation states whatever you expect with confidence and certainty becomes a self-fulfilling prophecy”(Section 1). She claims that expectancy is an ACTION step. “You’ve intended for your desire to come, you’ve visualized...you’ve released limiting beliefs, and now you are in a place where you are expecting. When you expect something to happen you prepare”(Section 5). She gives the example of if you are planning to move, you begin packing. If you expect your soulmate to come, you prepare room in your home for them.

The following excerpts are taken from *The Secret* by Rhonda Byrnes:

“Step two is believe. Believe that it's already yours. Have what I love to call unwavering faith. Believing in the unseen. You must believe that you have received. You must know that what you want is yours the moment you ask. You must have complete and utter faith” (49).

“Expectation is a powerful, attractive force, because it draws things to you. Desire connects you with the thing desired and expectation draws it into your life. Expect the things you want and don't expect the things you don't want”(70).

THOUGHTS, FEELINGS, INTENTIONS, DESIRES

The easiest phrase to describe this section on manifestation is “Thoughts (charged with feeling) become things.” A thought combined with strong emotion will manifest in your physical realm.

Masters explains this by saying, "We attract to ourselves in physical form that which we are thinking on a mental level. When seeking love, money, success, etc., the mind will attract it telepathically, provided that a positive mental attitude is maintained about the result being sought"(*Bachelor's Modules 8:53*). This goes for the things you want AND the things you don't want!

He goes on to say, “Similarly, if we have a negative attitude about something desired, it will be telepathically repelled.” He explains that whatever we are thinking is connecting us with that energy level, and drawing to us in physical manifestation the corresponding energy level of that thought. This is why we consider the mind “magnetic” in metaphysics.

Masters continues this train of thought by stating that, “Once your thought becomes a cause in the cosmic mind, it's creative power sets into motion psychological, psychic and spiritual laws for the manifestation of that thought in your physical life. Therefore, as you choose your thoughts, you choose your life”(*Bachelor's Modules 26:8*). He advises using meditation, visualization and affirmations on your thought to give added power to them.

Masters claims that all manifestations begin as a thought in the mind, and if you don't succeed, you either don't know what you want or you don't know how to achieve it. He introduces the vital part of “feeling” what you want with all your heart as a necessary part of the manifestation process. He says the “desire begins in the heart, but is comprehended in the mind”(*Bachelor's Modules 34:56*).

As for the “how to,” Masters states the following: “A desire is materialized first in the mind, and must then be held there as a mental picture.” He describes a mental picture as your desire visualized in its complete form. “From this point on, this concentration of your thought each day, in its completed form in your mind, is the key to its materializing”(Bachelor’s Modules 34:56).

Masters continues with more manifestation pointers like:

Avoid anyone or anything negative.

Don’t let setbacks derail you.

Keep your dreams mostly to yourself unless sharing is needed for collaboration.

Utilize the talents of others to achieve your manifestation. (*Bachelor’s Modules 34:56*)

In his book, *The Seven Spiritual Laws of Success*, Deepak Chopra stakes claim to the same truths in a slightly more scientific language. He states that, “You can consciously change the energy and informational content of your own quantum mechanical body, and therefore influence the energy and informational content of your extended body [meaning] your environment [and] your world, and cause things to manifest in it”(70). He claims that whatever you put your intention on will grow stronger. And, of course, whatever you take your attention away from will disappear. “Intention, on the other hand, triggers transformation of energy and information. Intention organizes its own fulfillment.” He adds that as long as you do not break the other Laws of Nature, your intent can fulfill any desire you have (70).

Just as Masters explains the importance of focusing daily on the manifestation in its completed form, Chopra supports the theory. “One-pointed intention means holding your attention to the intended outcome with such unbending purpose that you absolutely refuse to

allow obstacles to consume and dissipate the focused quality of your attention. There is a total and complete exclusion of all obstacles from your consciousness”(75).

Sutton touches on the “feeling” part necessary to be a master of manifestation. She claims that, “For the universe to manifest abundance in your life right now, you must adopt the feeling of already having whatever it is that you desire. This feeling needs to become so deeply ingrained in who you are... that the vibrations that you are sending out to the universe will pick up on this frequency and only this frequency...”(Ch.7).

West discusses the importance of the feeling/emotion requirement. She says you must “Love it into existence...to manifest something into matter in the third dimension, it takes...the law of affinity and the magical gift; your imagination. Imagination is your ability to connect to the God source and create what you love...you LOVE IT INTO EXISTENCE”(36). And like Chopra, she claims the necessity of focused, unwavering intention on what you want.

Johir discusses the fact that you are creating your own life whether you know it or not, and that emotion intensifies the thought. “Every thought resonates at a certain frequency, every feeling amplifies this frequency to manifest that particular sector of the All Space. The frequency...that you emanate...corresponds to the quality of your thoughts and beliefs. It may sound disheartening, but you are indeed responsible for the life you are manifesting now.”(18-21).

He claims that the thoughts you have emit a certain frequency which will align with the matching frequency in the Universe (which he calls All Space) and begin manifesting. So be very careful what you think and what you believe in!

He then continues with more about the feeling part of the deal. He claims that the feeling heart is much more powerful than the thinking brain. “Emotions are the crucial nuggets in the process of manifesting. He who can control his emotions, can control what he brings into reality from the All Space”(28).

Johir then follows up with the “feeling/believing you already have it” part of the deal. “When you visualize, imagine you have already accomplished the feat first, and [feel] the emotions that follow. Once you start to feel the emotions, you utilize the electric and magnetic fields of the heart, which are three to five thousand times greater in power than that of the brain’s”(28). So, feeling what you want with ALL OF YOUR HEART appears to top the importance list in manifestation.

In Cary Trudell’s book, *Manifesting Abundance: How to Think Abundance into your Life*, she says, “There exists in the universe an all encompassing...invisible field of energy from which all things...emanate from...some may consider It to be God, the Creator, some may call It energy.”(Ch.2). She claims that the field is intelligent and It responds to what we desire by finding ways to manifest what we want. But It doesn’t respond to just any thought. It responds to thoughts mixed with strong emotion and intense feelings(Ch.2).

And Trudell sums up how manifestation works by saying, “To manifest abundance, we must speak to the energy field in a language It recognizes. It recognizes the energy put out by our hearts, not our minds, and our feelings come from our hearts, which put out powerful electrical and magnetic waves, far more powerful than those of our brains.” She makes a case for the power of mixing the thought in the brain with the emotion of the heart and claims that, “Then

we are speaking a language that the Divine field recognizes, and then It can and will answer our requests by manifesting what we desire”(Ch.5).

Gallagher says that if you “Fixate on a thought long enough...it goes through a process of taking physical form. You daydream about it. You start believing in it. You get a feeling about it. And after a while, ideas to act come to you and eventually that thought has now become a thing”(Section 1).

And here is her take on visualization: “Visualization is a technique for forming mental images in your mind. It is one way to communicate your idea to your subconscious mind”(Section 3). She believes, like many of the authors in this review, that visualization is the most powerful tool for the effective use of your subconscious mind in communicating your desire to your Super-Conscious Mind.

The following quotes on thoughts and feelings are from *The Secret*, by Rhonda Byrnes.

“What most people don't understand is that a thought has a frequency... And so if you're thinking that thought over and over and over again, if you're imagining in your mind having that brand new car...finding your soul mate... if you're imagining what that looks like, you're emitting that frequency on a consistent basis”(10).

“Thoughts are sending out that magnetic signal that is drawing the parallel back to you”(10).

“The importance of feelings cannot be overstated. So when you are feeling bad it is communication from the Universe, and in effect it is saying, "Warning! Change thinking now.

Negative frequency recording. Change frequency. Counting down to manifestation.

Warning!”(33).

“The only way anything has ever been invented or created is because one person saw a picture in his mind. He saw it clearly, and by holding that picture of the end result in his mind, all the forces of the Universe brought his invention into the world, through him”(83).

Dr. Murphy lends the following quote: “Remember, it is the world within, namely, your thoughts, feelings, and imagery that makes your world without”(25).

He adds later in the book “Whatever thoughts, beliefs, opinions, theories, or dogmas you write, engrave, or impress on your subconscious mind, you shall experience them as the objective manifestation of circumstances, conditions, and events”(55).

Dr. Murphy believes the best time for impregnating the subconscious mind with an idea is when drifting off to sleep and upon awakening. He suggests summing it up into a brief phrase that can be readily engraved on the memory and then repeating it over and over (100). As far as his opinion on the easiest method for manifesting, he says, “The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind’s eye as vividly as if it were alive”(100).

DETACHMENT

Attachment to the process of manifestation is like trying to control every aspect of your desire from beginning to end. Not only is this exhausting, but it also edges God out and shows lack of faith in the God’s part of the process.

“In detachment lies the wisdom of uncertainty ...in the wisdom of uncertainty lies the freedom from our past, from the known, which is the prison of past conditioning”(82). This quote from Chopra is so powerful! The prison of past conditioning...our automatic responses to present day events; responses that are triggered by events from our past that are lingering in our subconscious minds. Let's see what else Chopra has to say!

“The search for security and certainty is actually an attachment to the known. And what's the known? The known is our past. The known is nothing other than the prison of past conditioning. There's no evolution in that...And when there is no evolution, there is stagnation...”(82-83).

Well! Doesn't sound like any manifesting is going to be happening there! Chopra goes on to make a case for uncertainty verses certainty. “Uncertainty...is the fertile ground of pure creativity...Uncertainty means stepping into the unknown in every moment of our existence. The unknown is the field of all possibilities...always open to the creation of new manifestations. Without uncertainty...life is just the stale repetition of outworn memories”(88-89).

What Chopra is saying is that you still have a goal; however, between start and finish there are many possibilities. With uncertainty as to how you will reach the goal, you can change direction at any moment and be open to potential better ideas. You are also less likely to force solutions on problems and to stay open to opportunities(89).

In her own words, Sutton agrees. “The next step [in manifestation] is the hardest one of all because this is where we all tend to falter. You need to hand it over to the Universe to open the way to make it happen. We want to give it to the universe, but we doubt that it is going to happen, so we take it back and try and deal with it ourselves”(Ch.3).

West says, “The only thing left to do is let it go, and act on the signs when called. When you create something, one of the most important parts of it showing up quickly is having the ability to let it go. One of the reasons people have issues with manifesting is...over-focusing on it”(124-125).

Johir shares his take on letting go and detachment as follows: “The conscious mind gets very attached to the outcome, it operates at the level of the ego...This expecting is good, but the attachment it brings about is not healthy. Attachment and possessiveness violates the principle of Impermanence”(35).

Gallagher states, “One of the laws of nature is change or impermanence. The one constant is change. Everything and everyone will eventually die”(Section 1). She also believes that, “When we are attached to our desire, it’s because we fear our desire won’t be fulfilled”(Section 3). She believes that doubt is experienced because you are attached to the result of your desire and that you fear it is not going to happen. She advises placing all of your attention in the present as a solution.

And last but not least, regarding detachment, here is something from *The Secret*, by Rhonda Byrnes. “How it will happen...is not your concern or job. Allow the Universe to do it for you. When you are trying to work out how it will happen, you are emitting a frequency that contains a lack of faith—that you don’t believe you have it already...The how is not your part in the Creative Process”(51).

MEDITATION, STILLNESS AND NON-JUDGEMENT

“Stillness is the first requirement for manifesting your desires, because in stillness lies your connection to the field of pure potentiality that can orchestrate an infinity of details for you”(Deepak Chopra, *The Seven Spiritual Laws of Success*, 16)

Learning to quiet the mind is one of the hardest things for modern man to do. Yet, it is in this silence that answers come. Meditation and stillness restore the energy burned up by daily chaos.

Chopra goes on to say that judging other people, situations, institutions, anything at all, is a waste of energy that could be put to use manifesting. He claims that, “Another way to access the field of pure potentiality is through the practice of non-judgment. Judgment is the constant evaluation of things as right or wrong, good or bad. When you are constantly evaluating...you create a lot of turbulence in your internal dialogue. This turbulence constricts the flow of energy between you and the field of pure potentiality”(17). This “field” is Chopra’s definition of your God-Mind, where you plant the seeds of your desires.

Chopra also recommends spending time in nature to still your mind and feel your oneness with all creation (18).

Sutton is on board with Chopra! She states that, “...For setting your intention, try and quieten your mind as much as possible to clear out the noise of the world”(Ch.3). She states that some of the ways to get rid of negative vibrations is for us to take time out to meditate as a way to clear our minds before asking for what we want. She goes on to say that another powerful way is to get back to nature. “Once you feel that you are energized and relaxed in this state, you can ask for what you want”(Ch.1).

West also recommends the same. “If you identify yourself as being in the lower realms, nature and meditation are the quickest ways to raise your frequency”(51).

Gallagher also includes meditation in her book as a necessary factor for mastering manifestation. “Meditation is a great way to sharpen your focus, because it helps you develop your powers of concentration...Meditation helps you increase your mental clarity. When you can

take a few minutes out of your day to find that quiet space in your mind, you gather your energy and refocus your thoughts”(Section 3).

In Elizabeth God’s book, she states, “When we meditate, we activate the power of the subconscious mind to help us tap into the universe and manifest our desires”(Introduction).

Here is a quote from Byrnes’, *The Secret*. “One way to master your mind is to learn to quiet your mind. Without exception, every teacher in this book uses meditation as a daily practice. Meditation quiets your mind, helps you control your thoughts and revitalizes your body.”(23).

GIVING AND RECEIVING

Giving and receiving is like the circle of love. It must circulate. You must do unto others as you would wish to be done unto you. As you give, you must be willing to receive all of the blessings offered to you. You cannot stop the flow.

Chopra claims that the best way to set the Law of Giving into motion is to make a decision that any time you come into contact with anyone, you will give them something. He adds that it doesn’t have to be a material gift. It could be a compliment. It could be a prayer. He states that the most powerful forms of giving are non-material (32). He also claims that as long as you are giving, you will be receiving (33). He also gives this advice: “The easiest way to get what you want is to help others get what they want”(31).

Sutton says, “When it comes to manifesting abundance, though, we simply must be open to receiving all the blessings from the Universe that we desire—otherwise what’s the point of continuing on this journey”(Ch.1).

Gallagher writes, “To be truly in alignment with the laws of nature, it’s equally important to give as it is to receive. Giving and receiving are two sides of the same coin”. She believes that there is an energetic flow that keeps the manifesting energy in constant circulation.

Trudell’s advice is as follows: “One way to bring something you want dearly in your life to you sooner is to wish for that blessing to be bestowed upon someone else. The universe will pick up on that and you will receive it much quicker, for we are all one and everyone else is just another aspect of you.” This addressing of the Oneness of all is very important to a metaphysical lifestyle. What you wish for others you also wish for yourself.

In Byrnes, *The Secret*, it says, “Giving is a powerful action to bring more money into your life, because when you are giving you are saying, “I have plenty.” It goes on to say that some of the wealthiest folks alive are also the greatest philanthropists (69). Remember though, as Chopra says, some of the best gifts are non-material. Give what you can give and feel good about it. Feelings are everything in the game of manifestation.

PATH OF LEAST EFFORT

“Least Effort” is about conserving energy. Everything is energy. What will you do with yours?

“The principle reasons for failure are: lack of confidence and too much effort”(Murphy,123). Murphy goes on to say, “Mental coercion or too much effort shows anxiety and fear which block your answer. Easy does it”(130) Your state of mind must be one of complete faith. He tells us to “Avoid all effort or mental coercion in prayer...Lull yourself to sleep feeling and knowing that your prayer is answered”(111).

In Byrnes' *The Secret*, the book compares life to a fast-moving river. It says that when you are trying to make something happen, it will feel as if you are going against the current of the river, like a struggle. But "When acting to receive from the Universe, you will feel as if you are flowing with the current of the river. It will feel effortless"(143).

West says, "You manifest something by loving it into creation. Go on the path of least resistance and start there"(31)!

Gallagher says that forced actions occur when you are trying too hard to make something work. "Imagine you have a square peg and you're trying anything you can to fit it into a round hole because that's what you feel needs to be done. It doesn't work...Now imagine inspired action...you are feeling compelled to do something...You're excited about doing it..."(Section 3).

I believe the most thorough explanation is given by Chopra. He claims that there are three components involved. "The first component is acceptance. Acceptance simply means that you make a commitment: "Today I will accept people, situations, circumstances, and events as they occur"(60). He says that you can wish for a different future, but must now take responsibility for all events you see as problems.

And the second component is: Responsibility! "Responsibility means not blaming anyone or anything for your situation, including yourself"(61).

Which brings us to the third component: Defenselessness! "...you have relinquished the need to convince...others of your point of view. If you observe people...you'll see that they spend ninety-nine percent of their time defending their points of view. If you just relinquish the

need to defend your point of view, you will...gain access to enormous amounts of energy that have been previously wasted”(62).

Just like non-judgement, defenselessness saves a lot of valuable energy. Love it!

“Attention to the ego consumes the greatest amount of energy”(56). Chopra explains that when you are acting from the standpoint of your ego, seeking control and approval from others, you are wasting valuable energy. Everything is energy. What are you going to do with yours?

DEFINING WHAT YOU WANT

“One of the biggest secrets to living a life filled with abundance of any kind is that we need to be specific. We need to ask the Universe for exactly what we want. Unless we do, it can’t deliver us anything.” (Louise Sutton, *Manifesting Abundance*, Ch.3).

Being crystal clear in the vision of what you want to manifest is a common thread in the manifestation process, woven into all books that I have researched. Sutton goes on to say, “When you are writing each of your goals, dreams, hopes and desires, be as specific as possible. The Universe likes facts, figures, details, emotions, and feelings and it responds best when you can tell it exactly what you want.”

Trudell says that action is essential to achieving our goals in this physical realm, but it is not nearly as essential as first “deciding what we want, then forming in thought a vivid image of that desire”(Ch.4).

In Byrnes' book, *The Secret*, it says that you get to choose what you want, but you must "get clear about what you want. This is your work. If you're not clear, then the law of attraction cannot bring you what you want"(47).

Gallagher says, "Only clear thoughts, which are highly charged with emotions can enter the realm of the superconscious"(Section 2). "The clearer you are about what you desire, the more quickly the superconscious mind can get to work to bring the answers to you"(Section 3).

GRATITUDE

Sutton states that the final step in the manifestation process is gratitude. She believes that there is nothing the Universe loves more than a grateful heart, and that the Universe "...rewards the frequency of gratitude and love tenfold"(Ch.9).

And back to talk of frequencies and energy, West, believes, "You will never be better at manifesting if you don't get out of the lower realms, and into the higher frequencies of peace, joy and gratitude"(52).

Johir touches on the power of gratitude to "instantly dissolve negativity... gratitude becomes a powerful reminder to your body to stop focusing on the negatives and start focusing on the positives"(45).

Trudell says that we must also express gratitude to the creative force at all times. "We must be grateful during the process of visualization, as well as during the times when our desired abundance is showing up in our lives and even after it has shown up"(Ch.1).

Elizabeth God says, “If you want to manifest abundance over your life, you must be grateful for what you already have. Gratitude helps you maintain positivity and also releases good energies into the universe that makes it much easier to manifest...”(Introduction).

In Byrnes', *The Secret*, it reminds us that we must have gratitude for what we already have, not just what we are trying to manifest. “It is impossible to bring more into your life if you are feeling ungrateful about what you have. Why? Because the thoughts and feelings you emit as you feel ungrateful are all negative emotions”(78).

And Murphy says, “The thankful heart is always close to the creative forces of the universe, causing countless blessings to flow toward it by the law of reciprocal relationship, based on a cosmic law of action and reaction”(102).

THE POWER IS IN YOU

Trudell gives a great description of what I believe we are. She says that we are spiritual beings having an experience in a physical world. “Over 99.99% of us is invisible. You are instead an infinite spiritual being that resides within a body, and that body is merely a vehicle that you use to take part in this particular life that you are leading”(Ch.3). She claims that Spirit is always moving from formless to form, wants to become physical form and wants to fulfill dreams and desires. “Our mind is a powerful vehicle for the propagation of that activity. In fact, in many cases, our mind is the only avenue available for the formless to come into certain specific forms, namely our dreams and desires”(Ch.3).

In Byrnes, *The Secret*, it touches on the magnetic power of the mind. “You are the most powerful magnet in the Universe! You contain a magnetic power within you that is more powerful than anything in this world, and this unfathomable magnetic power is emitted through your thoughts” (7).

“You are the most powerful transmission tower in the Universe. Your transmission creates your life and it creates the world. The frequency you transmit reaches beyond cities...beyond the world. It reverberates throughout the entire Universe...you are transmitting that frequency with your thoughts” (11).

The Secret agrees with Trudell, Johir and countless other authors about being 99% invisible and untouchable (160). “You are God in a physical body. You are Spirit in the flesh. You are Eternal Life expressing itself as You. You are a cosmic being. You are all power. You are all wisdom. You are all intelligence. You are perfection. You are magnificence. You are the creator, and you are creating the creation of You on this planet” (161). AND:

Masters tells us that we are God expressing through physical form and matter. We are also told that when Christ said, “The Father and I are One,” he did not mean it just for himself. Christ said, “All of you are equal unto me”(Bachelor’s Modules 2:20).

Discussion

I believe that manifesting a better life is something most people would love to be able to do. There are some people who really do enjoy misery...their aches and pains, their money problems...it defines who they are; and although they complain about their life, they really don't want to change it. But I believe that more people than not would love to find a way to a better life. They just need a road map that shows how to get there!

I have read many books on manifestation outside of the nine reviewed in this thesis. They all have a similar if not identical formula and they all start with removing negativity. Negativity transmits a frequency that brings more negativity. It really is that simple. But being that we, as humans, entertain somewhere around 60,000 thoughts per day, it is impossible to control every thought before it is completed. However, IT IS MY GOAL IN LIFE TO DO SO.

The mind never stops thinking and the Universe never stops listening. A thought without an emotion attached to it probably won't start the manifestation process. But a thought, combined with intense feeling will. So negative thoughts must go! We, as humans, tend to attach emotion to negative feelings on autopilot. We don't even know we are doing it! That is why negative thoughts are so dangerous. We are creating more negative and don't even know we are creating. But if you are thinking, and you always are, then you are creating.

The first step is reprogramming the subconscious mind. Many of the books reviewed, including Dr. Master's course, agree that 90% (or more) of all decision making comes from the subconscious mind. The subconscious is like a memory bank of all past events and emotions in our lives to date. It is where fear lives and where conditioned responses we have to present events emerge from. All negative thought patterns, fears, and limiting beliefs that live in the subconscious must be abolished! But you can't just empty the memory bank. You must replenish

it with new, positive thought patterns and empowering beliefs about who you really are. Who you really are is an individualized expression of God. And if God is whole, perfect and complete, well then so are you!

Through the use of repetitive, positive affirmations, you can create positive thought patterns to replace the old negative ones. Your subconscious mind must be convinced that you are worthy of all the things you desire. Anything you believe you are lacking and truly want to add to your life, you must convince your subconscious mind that you deserve it. It is your Divine birthright to be prosperous. But it is not enough for your conscious mind to know this. You have got to reprogram your decision maker! And the subconscious mind is the decision maker.

At the same time, we must master our thoughts. Do your best to not let a negative thought complete itself in your mind. As soon as one starts, give it the boot! Say, "Cancel" or "Delete"! Replace it immediately with the positive opposite.

Equally important is to stay away from negative people. At first, it may seem a bit lonely. You may come to realize that much of your past conversations revolved around complaining, gossip and other negative forms of communication and socialization. As you grow spiritually, your circle of friends will replenish with likeminded people because like attracts like. So stick with it! You are on your way to a better life!

Scientific Prayer is metaphysical prayer. It is an affirmative treatment that, unlike traditional prayer, does not ASK, but DECLARES that your prayer has been heard and is already being answered. This type of prayer is anchored in unwavering faith, like that of Christ. You believe that your prayer is already answered, and you end your prayer session with giving thanks and declaring, "And so it is!". You refuse to give the negative opposite of your request any further attention or believe for a second that the healing or the solution will not come. You

quarantine the issue, do not feed it, do not talk about it to others, and leave it rest until you feel guided to pray again.

This is another way of feeding the positive, extinguishing the negative, and showing God that you believe you are one with God, perfect, whole and complete. The Creator who created you and lives within you can heal you, guide you and bring you every answer to every question you have if you will only believe. As quoted in the Bible many times, “According to your faith, it is done unto you”.

Expectancy is the next factor I would like to discuss. In manifesting, one must not “hope” their request is heard. One must EXPECT with complete faith that their request is heard, already exist on another plane, and will be brought into physical reality. As you see it in your mind, you will see it in physical form. Work toward your goal with joy and expectation, never taking your mind off of the finished product in its completed state. Never doubt.

Next, I would like to discuss thoughts and feelings(emotions). Becoming the master of your thoughts and emotions is crucial if you want to be a master of manifestation. Any thought combined with strong emotions will eventually manifest into your physical reality.

As an example, let’s say you are brooding over how your opinion wasn’t heard or appreciated. And you just keep wallowing in self pity over it. Chances are, you will attract more situations where your opinion isn’t heard or appreciated. Turn it around within yourself, and you will turn it around in your outer conditions. Visualize your smile and your joyous feeling as others embrace your opinion and agree with your ideas. Feeling is of the utmost importance. According to Johir and Trudell, the magnetic power of the heart supersedes the magnetic power of the brain by a landslide.

Although nothing that I am sharing in this discussion is an original thought from me and me only, I am in 100% agreement with all that I share. This discussion comprises my belief system.

All authors use the words “telepathic,” “energy,” “frequency” and “magnetic”. There is a lot of science combined with spirituality in metaphysics. In metaphysics, we believe that a thought has a frequency. And that thoughts will line up with frequencies of their own kind in the Universe and return to you people, circumstances and situations that vibrate with the frequency that you are telepathically sending out.

If you fill your mind with negativity, you will repel the people that have a mind filled with positivity. People that could help you to create a better life will run from you! Positive people know. They know the secret to success. And you are not part of it when you have a negative energy emanating from you. Did you ever notice that complainers hang out with complainers? Birds of a feather flock together? So remember that your thoughts can just as easily create what you DON'T want. Mind your thoughts and emotions!

All authors agree that focusing on your thought in completed form is necessary for the manifestation of it. Masters says that, “Concentration of your thought in completed form is the key to materializing”(Bachelor's Modules 34:56). And Chopra talks of “one-pointed intention and holding your intention to the intended outcome... with complete exclusion of obstacles from your consciousness”(75).

“The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind's eye as vividly as if it were alive”(100). This quote is from Dr. Joseph Murphy. Other authors concur that visualization is the easiest, and possibly the most effective way to manifest. A picture created in the subconscious mind, and then implanted into the Super Conscious Mind

(God-Mind) is about as effective as it gets (as long as the feelings associated with the visualization are positive).

The next topic is Detachment. I really love Chopra's comparison of Attachment to the "prison of past conditioning"(82). This relates to basing decisions made now on fears planted in your subconscious mind from the past. Fear is the opposite of Love. Decisions that come from the ego are control based, not faith based. This needing to control shows a lack of trust in God.

Letting go of control of the "how it is going to happen" will open doors of unlimited opportunities. And with this mindset, you are willing to change course at any time when better ideas for the manifestation process present themselves. This doesn't mean that you shouldn't strive to achieve your goal. It just means you can't be rigidly attached to every step of the process from beginning to end. Stay open-minded for better ideas than the ones you have to present themselves and the manifestation process just might speed up!

Meditation is a must for balance in life and peace of mind. According to the authors studied in this thesis, it is also necessary for manifestation. Meditation quiets the mind, raises positive vibrations and lowers negative ones. Meditation is the best way to connect your subconscious mind to your Higher Mind to plant the seeds of your thoughts and visualizations into your Higher God-Mind.

Non judgement conserves energy. Judgement is "the constant evaluation things as right or wrong, good or bad"(Chopra,17). Chopra claims that the constant evaluation of people and circumstances creates a lot of turbulence in your mind, hindering your connection with God. Sounds like the opposite of stillness!

Chopra and West stress the importance of intimacy with nature. Chopra says that the effortlessness of the manifestation of nature is what we strive for. Nature doesn't judge or

analyze. He also says communing with nature gives you a sense of unity with all of life. West claims that nature has one of the highest frequencies.

So...stop trying to run the whole show! Take it easy. Meditate and listen for the small, still voice within. Get intimate with nature. Let go of judgement of others and leave that up to God. Save your energy.

I believe the next topic is of utmost importance. Many people look outside of themselves for the answers. I am in agreement with the authors in this thesis that we are Spirit. We are spiritual beings in human form. The human body is a vehicle that carries us around this physical plane. Our Spirit came here and was born into a physical body to learn lessons, to contribute to the lessons that other Spirits are here to learn, and to leave the world a better place than Spirit found it.

In metaphysics, we believe that everything that ever was, is, and will be, every answer to every question, is in the Infinite Mind. And the Infinite Mind comes, free of charge, installed in every Spirit that comes to this planet! Yes! The answers, the power, is IN YOU. Through meditation, the answers to your questions will come. As Chopra says, the answers are in the gap. He defines the gap as the silence between thoughts during meditation. Thoughts will happen. As you quietly let them go, there is a moment of silence before another thought comes. Answers are coming into that silent gap. You may not hear the answer in that moment, but it has come and will appear to you in time, if not immediately.

Trudell, Johir, and various authors in *The Secret* all claim that we are 99% invisible and untouchable. "You are God in a physical body. You are Spirit in the flesh...You are a cosmic being. You are all power. You are all wisdom. You are all intelligence..."(*The Secret*, 160).

When Christ said, “The Father and I are One. And all of you are equal unto me,” he was telling us that God lives within the human mind. The power is in you.

Next we will discuss the circulation of giving and receiving. One cannot exist without the other. It is a flow. When a river stops flowing, it becomes stagnant. You must look for opportunities to give as well as being open to receiving all good things from the Universe. In order to manifest, your subconscious mind must be convinced that you are worthy of what you are asking for. And when you give, it shows the Universe that you believe in its Abundance. You believe that there is plenty to go around and you have complete faith that there is no lack.

Chopra says that the easiest way to get what you want is to help others get what they want(31). Trudell agrees and says that the quickest way to get what you want is to wish it for someone else.

Chopra says that you should make it standard practice to give something to everyone you meet. It can be a “flower, a compliment or a prayer”(32). He also says that the best gifts are in the form of attention and affection. Make others feel good about themselves. It doesn’t cost you a penny. Be sure that your compliments are sincere. Find what you truly believe is good in someone else, and let them know you noticed!

I will use Chopra’s words to open the next lesson. He calls this part of the deal “The Law of Least Effort”. This law is about saving energy, not wasting it. Chopra says that when your actions are motivated by love, there is no wasted energy. When you seek to control others you waste energy. When decisions are made from your ego self (fear based) instead of your True Self (love based), much energy is wasted. Energy can be stored. When you don’t burn it up by trying to control everything, or by trying to be right and by seeking human approval, you can store this

energy. You can use this energy to connect to your Higher Mind and speed up your manifestation process(56).

Chopra's three components to this law are Acceptance, Responsibility and Defenselessness. Sutton agrees about acceptance and responsibility. She believes that it is of utmost importance to own up to where you are now and learn from past mistakes in order to create a new mindset(Ch.5).

Mother Theresa said, "I will never attend an anti-war rally. If you have a peace rally, invite me".

The next topic is about defining what you want. The Universe cannot deliver on a vague request. It wants details! Let's say you really want a new car. First of all, don't tell the Universe you "need" a new car. "Need" delivers the emotion of lack. The emotion of lack brings more lack. You "want" a new car, and as a matter of fact, in your mind, you already have it. You are in the driver's seat. You see your hands on the steering wheel. Is it a leather-covered steering wheel? Can you visualize the instrument panel? What color is the interior? The exterior? What is the make, model, year? Can you hear the sound of the engine? Can you smell the new car smell? You must send out the vibration of joy and the feeling of already having it. It must be detailed, and in your mind's eye, you MUST already own it. This puts you on the frequency of where that car already exists. And it's on its way to you.

Sutton says, "... The universe likes facts, figures, details, emotions, and feelings and it responds best when you can tell it exactly what you want"(Ch.3).

West states that, "When you are directly certain of exactly what you want, it will pop into your life, like magic"(26). GET SPECIFIC!

Gratitude is the icing on the manifestation cake. Gratitude is an emotion. It is an energy. It is a frequency. It is impossible to be sending out negative energy when you are in a state of gratitude. Feeling blessed and grateful for all the things in your life that you already have is crucial. You can do everything else right in the manifestation process, and fail to manifest due to lack of gratitude. Opposites of gratitude are self pity, envy and entitlement to name a few. Don't let this happen to you. If you find yourself going down this path, stop! Make a gratitude list. Lift yourself out of those lower realms and I do mean quick! Gratitude is the icing on the manifestation cake.

Conclusion

It is my hope that this thesis has convinced you that manifestation and creating the life of your dreams is not just for a select few with special powers and connection to the Most High. Every man and woman has the power within themselves to manifest the life of their choosing. As long as your desire is not to the detriment of others, you can do it! You are an extension of God. You are a part of the One Mind. You have access to this power.

Clear away all negative thought patterns. Reprogram your subconscious mind with positivity. Believe that you are worthy of abundance, joy, health, wealth, love. There is no lack. There is only your belief in it. Eliminate the belief; eliminate the lack.

Become the master of your thoughts and emotions. Know that anything you give attention to will grow. If it is happening in your physical world, accept that you created it in your mind at some time in your past. Change it within, and it has to change without. Absolutely refuse to give any low frequency, negative energy even 1 second of your time.

Define what you want with the greatest of detail. Hold this picture in your mind with unwavering faith. Allow no obstacles to enter your mind. Complete faith is the key to manifestation.

Don't associate with negative people. You cannot change them. Protect your dreams by not sharing them with anyone unless that person is on the same wavelength with you. Even then, it is best to only share your creations in embryo with those necessary to help bring them to fruition.

Don't try to control things! Plant your seeds in the mind of the Creator. Visit with the Creator daily through meditation. Go with the flow. Strive for your goal, but keep an open mind for new and better opportunities to present themselves. Thank the Creator when these

opportunities arise and watch the possibilities unfold, all because you didn't try to control every step of the way to the end goal.

And last but not least, show gratitude every day all day. If you are not showing gratitude for what you already have, you are probably hovering on a low frequency of negativity.

Remember, we are electric and magnetic. We are constantly transmitting out waves of energy that are lining up with like-kind frequencies. Mind your thoughts. Mind your emotions. You will get back exactly what you give.

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