

# Kita's Manifesting Recipe

Manifesting is the art and process of taking a thought in your mind and creating it into physical form.

## The Ingredients for Manifesting

### 1. **Wishing**

Wishing is the first ingredient to the Manifesting Recipe. Become a child again and wish. I wish for this or I wish for that.

Wishing is the first ingredient in the Manifesting Recipe however, just wishing is not enough to manifest and create something into form.

\*See Wishing as thought.

### 2. **Asking**

Overcome your fears of denial and self worth and ask for what you need. Asking is the second ingredient to the Manifesting Recipe. Ask and you shall receive.

Always remember the Universe always responds to "wanting" something by giving you just what you ask for, "wanting". The Universe responds to your wants by keeping your wants just out of reach. If you want more money, the Universe will respond to manifesting your reality and allow you to experience "wanting more money".

All you have to do is shift your "wants" to "needs". The Universe always gives you what you need. The Universe is detached and it doesn't care whether you need crumbs in an ally or fine gourmet food – it will provide you with what you need and consciously and/or subconsciously ask for.

\*\*\*Always ask for what you need in a statement of gratitude.

Example: "GOD, thank you for continuing to co-operate with me and helping me attract and create so I may to continue to do your work; sharing with people how to regain balance, become abundant and love every area of my life".

\*See Asking as word.

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## 3. Intention

Shift your focus from wishing and asking in a statement of thanks and gratitude to include "Intention".

Intention is the third ingredient to the Manifesting Recipe.

Intention is very powerful. Intention uses affirmations and invocations.

Examples:

I will attract and create (X) in my life,  
I will have (X) show up for me in my life,  
I intend to get (X),  
I need to get (X),  
I am worth (X),  
I deserve (X) because I am apart of the God Force Energy that has already created (X) and I am thankful and grateful to receive it.

Make positive statements aloud of what you will do with (X) once you receive it. How will it make you feel? How will it make others feel?

\*\*\*Keep in mind the God Force Energy responds a lot faster to your needs when whatever it is that you need is for the greater good of humanity.

The key to the third ingredient is to be grateful in advance "KNOWING" whatever it is that is needed, will show up in your life.

Example: "GOD, Thank you for continuing to co-operate with me and helping me attract students who are ready to learn your universal principles for creating wealth from within. I am grateful to continue to do your work, sharing with people how to regain balance, become abundant and love life. I now realize that which I give to another I truly give to myself. I accept and surrender to this Universal Law. Thank you for walking with me, talking with me and showing me the way with your loving grace".

\*See Intention as action.

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## 4. Will

Being willing to do whatever it takes is the fourth ingredient to the Manifesting Recipe. What is needed in order to be willing to do whatever it takes is Intuition.

If you are going to master the Manifesting Recipe you will need to develop and listen to your intuition. It will guide you to where you need to be and what you need to do and say and when you need to do and say it. Practicing Kundalini Yoga and Meditation are the easiest ways to develop your intuition.

Wayne Dyer says, "If Prayer is you talking to God, then your Intuition is God talking to you".

Choose to accept this as truth and you will begin to experience transformation in your life.

The little voice inside your head is God talking to you, telling you what to do. As you listen, God's voice and your relationship with your God Force Energy will become stronger making it easier for you to be and remain in flow.

It doesn't matter what you call it, Angels, Guides Creative Spirit, God or God Force Energy: Get your ego out of the way and listen to what your Intuition is saying to you and do whatever it says.

Remember there are only two forces in the Universe: Love and Fear.

Your intuition will always lead you to greater self-awareness and growth.

Being willing to do whatever it takes will involve learning new skills and ways of "being in the world" which will involve you making errors.

"Be Gentle With Your Self".

Here is a powerful affirmation I suggest you carry with you everywhere you go on this journey of learning and mastering the art of Manifesting.

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"I am in the process of mastering the art of Manifesting. I choose to be gentle with myself and know with practice and patience everything I focus my attention on gets easier with time".

Keep your head up, focusing and moving forward, putting one foot in front of the other. Life is simple when you know where you are going.

Walking is a very simple process, sometimes it is hard and requires effort but non-the less it is a simple process.

Being willing to do whatever it takes involves eliminating anybody else's perceptions and conditioning (follow rule #1) to stain your mental pictures and visualizations by telling you that you can't have what it is that you need. You will also have to let go of and drop your own limiting beliefs. Be careful about what you think and say cannot happen for whatever reasons.

A very good practice to begin to implement into your consciousness is to end every sentence with the words "Because I said so!!!" These four simple words will help you learn what your beliefs are about what is possible for you and your life. It is all you, only you who creates or blocks the manifesting process and your prosperity. "Because I said so" works both ways, good and bad.

\*See Will as manifestation.

## The Rules for Manifesting

### 1. **Keep your wishes, needs and intentions to yourself**

Keep them to yourself at all costs. This means you do not share with your lover, your family, your friends and especially not acquaintances or strangers. Do not share your intentions with anyone. Refuse to be seduced by your ego and tell someone what you are attracting and creating in your life.

When you tell someone what you are attracting and creating in your life immediately you are forced to explain, convince and defend. This is the work of your ego, which needs approval and acceptance from others. Keep your needs and dreams and goals and ambitions between you and your God Force Energy.

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\*\*\*One exception: if you are working with a partner in creating something then obviously you will share with them. However, even in this situation you will have your own private objectives that you will need to keep even from them in order to make your visualization a reality in physical form.

## 2. **Create and sustain a positive self-image**

For some this can seem near impossible – if that's your perception change it, it's only a perception, a perception is a thought or belief about something and a thought or belief can be changed in any moment.

There are many ways to eliminate Fear (shame, guilt, anger, resentment, etc) from your consciousness so you may achieve and sustain a positive self-image.

\*\*\*Meditation is the fastest!!! There are many forms of meditation, experiment and do what works best for you. Measure what works best by results.

## 3. **Eliminate all doubt**

Affirm a knowing that what you need to attract and create in your life has already been manifested and created somewhere in the Universe.

All you have to do is develop your energy to attract it into your field of energy, attract it like a magnet into your field of reality.

## 4. **Increase your energy.**

High energy equals security. Low energy equals insecurity. Create and maintain a strong life force energy. Make your inner light shine 1000 watts so it can be seen from miles away.

There is no need to chase prosperity and abundance.

Chasing something expends a lot of energy, which lowers your energy and makes you insecure.

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Sit still, vibrate to cosmos, meditate, be grateful and attract like a magnet that which you need to manifest your destiny.

If you need a big house, fast cars and loads of cash to be able to do whatever you want to do whenever you want to do it, in order to keep you happy and maintain a high level of energy, so be it. God doesn't care whether you are a millionaire or completely broke living off the government.

Whatever it takes to keep you balanced and inspired to manifest your destiny.

Balance is the key. Being balanced allows energy to flow. Remember, crumbs in an alley or fine gourmet food.

Answer the question authentically. What do I need in order to increase and maintain my energy so I can manifest my destiny?

Remember the Universe is detached and doesn't care one way or the other what you need. "Your wish is my command". You need this, yes. You need that, yes. You need a lousy job, yes. You need to experience abuse in your relationships, yes. You need a luxury automobile to get you from A to B, yes.

What do you need, declare it, be grateful for it, appreciate it, and believe it and you will manifest it.

You need a new computer to write a book, yes. You need a new instrument to make music, yes. You need new tools to build your dream home, yes. What do you need, what do you desire.

This is called the Manifesting Recipe for a reason. When you go to a buffet you have choices and can eat all that you can. Some people go to a buffet and always have the same thing. They never experience anything new. Others try it all because they know that the bill will always be the same whether they just have ribs or everything on the table.

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## The Laws of Manifesting

1. What you focus on expands and what expands is what you focus on.
2. As you think, so shall you be.
3. If you think you can't, then you can't? If you know you can – then you will find a way.
4. Everything you are against blocks you from prosperity and abundance. Instead of being against war be for peace. Instead of fighting a battle against breast cancer or any kind of cancer be for health and vitality.
5. Doing what you love is the foundation of experiencing prosperity and abundance. Do what you love and love what you do.
6. Believe it and you see it. If you doubt the laws of the Universe they will not work for you, this is truth.
7. The more you give away, the more you receive. Giving something away is an affirmation to the Universal God Force Energy that there is abundance. Keep it flowing out to allow it to flow in. The hand that gives gathers because there is space to receive.
8. Share these Universal Laws and Principles with as many people as you can... only trust your intuition that they are ready, just as you were. If you try to force these teachings on someone you care about who is not ready to learn and to grow you will suffer. Everyone learns to crawl, then to walk and finally to run in their own time and space. Love and accept the people in your life by allowing them time to grow when they are ready. However you can still be the example and live these teachings so they can see them working in your life, they will ask when they are ready, trust in that.

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## Recommended Reading

1. The Little Money Bible, Stuart Wilde
2. The Power of Intention, Wayne Dyer
3. 10 Secrets For Success & Inner Peace, Wayne Dyer
4. Everyday Wisdom, Wayne Dyer
5. The Abundance Book, John Randolph Price