**How To Prove To Yourself That My Manifesting Checklist Makes It Possible To Manifest Guaranteed Results**

When a lot of people talk about how manifesting works they often talk in very general terms. I hear things like, “Energy flows where attention goes. Your get what you put your focus on, wanted or unwanted. Everything draws to itself that which is like itself.” And of course I hear “like attracts like.” There is nothing wrong with these general descriptions but in order to show you how it’s possible to create guaranteed manifesting results we need to be more specific. The following summary includes the basic facts about manifesting, what causes desires to manifest as well as what stops them from manifesting. It’s important that we agree on these basic facts because they are the basis of how I prove to you that it’s possible to manifest guaranteed results. So let’s start with the basic manifesting facts. Read through them and make a note if you disagree with any of the points I make.

**What causes desires to manifest?**

 You getting into alignment with your desire.

**What is alignment?**

 It’s when you align your thoughts, feelings, words and actions with what you want.

**How do you get into alignment with your desires?**

 You intentionally focus the thoughts you have, the feelings you experience, the words you say and the actions you take on what you want.

**How do you know that you are in alignment with your desire?**

 Think of your desire and pay attention to how you feel. If you feel good, when you think of your desire, you’re in alignment. If you feel anxious, worry, impatience or any other feeling that does not feel good, you know that you’re out of alignment with your desire.

**When you get into alignment with your desire will it manifest EVERY TIME?**

 Yes

**How do I know that desires manifest EVERY TIME when you get into alignment with them?**

 I made a list of all of the things I’ve consciously manifested since 1985. There were 119 items on it. I then wrote down what I did to get each desire to manifest. Next I wrote down all the desires I’d failed to manifest since 1985. There were 10 items on it (I’m sure I failed more than that but they must have been whims, not desires, because I racked my brain and I could only remember 10 manifesting failures). I then wrote down the things I’d done to try and get my desires to manifest. After looking at the evidence I collected the answer was obvious. When I was in alignment with my desires, they manifested. When I wasn’t in alignment with my desires, they didn’t manifest. In a moment I’m going to give you the opportunity to do the same exercise that I did so you can prove this to yourself as well. It’s one thing to hear another person say it. It’s a completely different ball game when you see the evidence from your own life.

**Why do desires fail to manifest?**

 Desires fail to manifest when you are out of alignment with your desire.

**What is being out of alignment with your desire?**

Being out of alignment is when your thoughts, feelings, words or actions are focused on what you don’t want, instead of on what you want. The Universe is very simple. If you ask it for what you want, you get it. If you ask it for what you want one minute, and then start thinking about why you don’t want, the Universe has no idea if you want it or not so it does nothing. That’s why you want your thoughts, feelings, words and actions all in alignment with what you want.

**Will your desire fail to manifest EVERY TIME if you are out of alignment with it?**

Yes.

 *Some people will disagree with my answer. They’ll say, “All you have to do is tip the balance of your thoughts, to focus on what you want and the essence of your desire will manifest.” What I do in these cases is ask, “When you manifest the essence of what you desire, which parts manifest and which parts don’t?” After people think about it, they realize that the parts of the desire that manifest, are the parts they are in alignment with. Usually at this point they smile and say, “Fine but my desire still manifested even though I wasn’t totally in alignment with it.” And I reply, “I can tell you’re the easy going type and that works for you.* ***To me though, the essence of a desire and the actual desire are often two completely different things****. For example, in 2010 I decided to manifest a Submariner Rolex (if you’re not familiar, it’s a luxury watch). A few months later my girlfriend was digging through a box and found a watch. She said, “Hey do you want this?” The watch she handed me was made out of the same material, was the same size, same weight, it even had a similar face as the Submariner Rolex but it was not a Rolex. Getting that watch was like ordering a chocolate ice cream cone and being handed a vanilla one, sure it’s ice cream but it’s just not the same. I don’t know about you but I like my manifestations to be exactly what I wanted. By getting totally in alignment with them, I no longer have to accept watered down manifestations and I get to enjoy exactly what I wanted or something even better.*

**How do you get into alignment with your desire?**

 By taking your thoughts, feeling, words and actions that are about what you don’t want and shifting them over to what you do want. I do this by using my manifesting checklist.

**Ok so do you agree with everything I’ve said so far about what causes desires to manifest or not manifest?**

 If you don’t agree, I’d encourage you to contact me. I’m not interested in changing your mind. I’m simply interested in your perspective. I think after talking with me, you’ll find that we’ve actually saying the same things but are simply using different words to describe the process. While there are lots of different ways to align to your desires so that they’ll manifest, the underlying basics are the same for everyone.

 If you do agree, please continue reading.

**How can you prove to yourself that my manifesting checklist makes it possible for you to manifest your desires guaranteed?**

 Now that we’ve agreed on the basics, I created an 11 step exercise that proves to you beyond any shadow of a doubt, using evidence from your own life that it’s possible to manifest guaranteed results.

 Expect this exercise to take a minimum of two hours to complete. I realize that’s a significant time investment but it’s worth it. What could you possibly do with those two hours that would make a bigger difference in your life? Once you have proof from your own life that guaranteed manifesting results are possible it changes everything (at least that is the way it was for me).

**STEP 1**

Write down five desires that you’ve successfully manifested.

 If you want to be a super star, write down a list of every single desire you can ever remember manifesting. Why? For starters it will make the following exercise that much more powerful. Additionally though, you’ll end up keeping the list for the rest of your life and you’ll find that you’re naturally motivated to update it often. If you think you have a lot of confidence in manifesting now, wait till you have your list of manifesting results from your own life. Possessing this will take your belief in your own manifesting abilities to a whole new level.

 **EXAMPLE OF MANIFESTATIONS FROM MY OWN LIFE**

 **#1** I manifested a little red boombox radio when I was eight years old.

 **#2** I manifested my first girlfriend when I was 17 years old.

 **#3** I manifested a multi-millionaire business mentor when I was 20 years old.

 **#4** I manifested a trip to party in New York for New Years 1999.

 **#5** I manifested the money I needed for a trip to India when I was 29 years old

**STEP 2**

Write down the things you can remember doing to get each desire you wrote down to manifest.

*If you can’t do this, I’d suggest you contact me. This is a critical part of the exercise. It has to be done correctly. If you gloss over this portion of the exercise you won’t see real proof of guaranteed manifesting results.*

 **EXAMPLES FROM MY LIFE**

 **#1. I manifested a little red boombox radio when I was eight years old.**

 Figured out what I wanted.

 I released desire to the Universe to figure out how to bring it to me.

 **#2.** **I manifested my first girlfriend when I was 17 years old.**

 Figured out I wanted to manifest a girlfriend.

 Decided I wanted her to be pretty and fun.

 I released my desire to the Universe to figure out how to connect us.

 **#3.** **I manifested a multi-millionaire business mentor when I was 20 years old.**

 I decided I wanted a multi-millionaire network marketing business mentor.

 I felt strong emotional desire to have this.

 I said to myself, “I want this right now.”

 **#4.** **I manifested a trip to party in New York for New Years 1999.**

 I decided I wanted to be in Times Square for the Millennium Celebration.

 I naturally visualized the New York city skyline constantly.

 I had no idea how I was going to be there, left it up to the Universe to figure out.

 Never gave up faith or questioned that it would happen.

 **#5. I manifested the money I needed for a trip to India when I was 29 years old.**

 I figured out I needed an additional $600 to do the trip.

 I repeated at least a hundred times a day, “I have the $600 I need for the trip.”

**STEP 3**

Below you’ll find the 15 “simplified” questions from my manifesting checklist. These 15 “simplified” questions took years of research and analysis to identify. These 15 “simplified” questions when answered properly result in your desire manifesting every time. The reason I keep saying “simplified” is the questions on the actual checklist are more complex. I simplified them so you could do this exercise as quickly as possible. Please read through the questions below as I’ll be asking your some questions about them in the next step.

**Question 1. CLARITY CHECK**

 Did you *consciously* get clear about the desire you wanted to manifest?

 EXPLANATION OF THIS STEP

 You got a general idea of what you wanted to manifest. Then you figured out the details of your desired manifestation.

**Question 2. INTUTION CHECK**
 Did you *consciously* check with your intuition before attempting to manifest the desire?

 EXPLANATION OF THIS STEP

 This could be as simple as doing a gut check to see if you felt good about the idea of manifesting this desire. It could also be as elaborate as dialoguing with your Higher Self about it.

**Question 3. BELIEFS CHECK** Did you *consciously* check to see if you had enough belief in manifesting to manifest the desire?

 Did you *consciously* also check to see if you had any negative beliefs that could stop you from manifesting this desire?

**Question 4. DENIAL CHECK**
 Did you *consciously* check to see if there were any reasons why you would deny yourself this desire?

 EXAMPLE

 Reasons people deny themselves manifestations range from not feeling worth, don’t feel good enough, don’t feel like they deserve it etc.

**Question 5. RELEASE RESISTANCE**
 Did you *consciously* release the resistance you had to this desire manifesting?

 EXPLANATION OF THIS STEP

 All the famous manifesting teachers from Abraham Hicks to Bob Doyle will tell you that the number one reason a desire doesn’t manifest is because you have resistance to it. Abraham suggests people use their Bridging Process to remove resistance. Bob Doyle suggests a number of different processes. Bottom line is you first have to remove the resistance to allow a desire to manifest.

**Question 6. LET GO OF HOW**
 Did you *consciously* stop trying to figure out how to get the desire to manifest?

 EXPLANATION OF THIS STEP

 Your job is to figure out what you want, not how it’s going to manifest. The job of the Universe is to figure out how to manifest it.

**Question 7. FIND HAPPINESS IN CURRENT CIRCUMSTANCES**

Did you *consciously* figure out how to be happy even though your desire hadn’t manifested yet?

 EXPLANATION OF THIS STEP

 If you want your desire to manifest, but you’re ok with the fact it hasn’t happened yet, you’re at peace with our current situation. If we want your desire to manifest, and you can’t be happy until it does, you are not at peace with your current situation. You’re focused on the desire not having manifested yet, which causes more of your desire not having manifested yet.

**Question 8. READINESS**

 Did you *consciously* ask yourself, “Am I ready for this desire to manifest now?”

 EXPLANATION OF THIS STEP

 The Universe won’t deliver a desire to you until you’re ready to allow it into your life.

**Question 9. NEXT MOST OBVIOUS STEP**

 Did you *consciously* check to see if your desire manifesting was the next most obvious step?

 EXPLANATION OF THIS STEP

 If you don’t know what I mean, a next most obvious step is when it’s logical that your desire manifesting would be the next thing to happen.

 If a person wanted to manifest the opportunity to sing in front of a 100,000 people, but has never sung in front of more than a few friends, singing in front of a 100,000 people would *not* be the next most obvious step.

**Question 10. TRUST CHECK**

 Did you *consciously* check to see if you trusted that your desire would manifest?

 EXPLANATION OF THIS STEP

 There is a fine line between trust and doubt. You don’t have to have an overwhelming feeling of trust that a desire is going to manifest. You can simply want it to manifest and that can be the extent of the feeling. The moment you slip into doubt though is the moment you desire doesn’t manifest (except in the rare cases when you’re experiencing burning desire which overrides everything to cause a desire to manifest).

**Question 11. Time Frame Check**

 Did you consciously check to see if you were confident that your desire was going to manifest in an agreeable time frame?

 EXPLANATION OF THIS STEP

 When you’re confident that your desire is going to manifest within the timeframe you want it to, you’re able to relax. If you aren’t confident, you stress and that can interfere with your desire manifesting.

**Question 12. No Big Deal Check**

 Did you check to see if you felt like your desire manifesting was no big deal?

 EXPLANATION OF THIS STEP

 For most people manifesting a million dollars is a big deal. And for most people manifesting a pair of shoes would not be a big deal. If you think your desire manifesting is a big deal it rarely manifests when you want it to and often doesn’t at all. If you don’t think of it as a big deal it usually manifests easily and quickly.

**Question 13. EXPECTATION CHECK**
 Did you consciously check to see if you expected your desire to manifest?

 EXPLANATION OF THIS STEP

 If you expect a desire to manifest, it manifests. If you don’t, it won’t. You don’t have to have a strong feeling of expectation, it can be very mild and often is, however once you slip into doubting your desire won’t manifest, it won’t.

**Question 14. ADDITIONAL PROCESSES/METHODS CHECK**

 Did you *consciously* choose to do other manifesting methods, processes or techniques like visualizing, dream boarding, making a daily habit of getting happy to get your desire to manifest?

 EXPLANATION OF THIS STEP

 Every manifesting process/method that has ever been developed is designed to help you get into alignment with your desire. Different people are drawn to different processes, at different times in their lives.

**Question 15. ALIGNMENT CHECK**

 Did you check to see if you were finally in alignment with your desire?

 EXPLANATION OF THIS STEP

 You can feel if you’re in alignment with a desire. If you feel *consistently* good when you think about your desire that means you’re in alignment with it. If you titter totter between feeling good and feeling bad, when you think of your desire, that means you’re not in alignment with it.

**STEP 4**

Look at the things you wrote down to manifest your first desire. Compare the steps you took to manifest your first desire to the 15 questions you just read. Whenever a question matches something you did, you’re going to write down the question title on the left side. Whenever a question does not match something you did, you’re going to write down the question title on the right side. You’ll notice that my checklist questions cover **everything** you did to manifest this desire. See example below so these instructions make sense.

**EXAMPLE**

 **Little Red Radio Manifestation, 8 Years Old**

**THINGS I DID TO MANIFEST THIS DESIRE THINGS I DID NOT DO TO MANIFEST THIS DESIRE**

Clarity Check Intuition Check

Let Go Of How Beliefs Check

 Denial Check

 Release Resistance

 Next Most Obvious Step

 Readiness Check

 Find Happiness With Current Circumstances

 Time Frame Check

 No Big Deal Check

 Trust Check

 Expectation Check

 Additional Methods

 Alignment Check

**STEP 5**

Now do the same exercise above for the rest of the manifested desires that you wrote down. While you’re doing this you’ll likely notice two things…

#1 Everything you did to get your desire to manifest is covered by the questions on my checklist.

#2 You’ll likely notice that the column filled with the things you did do is often much smaller compared to the column filled with the things you didn’t do.

Once you’ve completed this step you have absolute proof from your own life that my manifesting checklist creates manifesting results. My checklist questions covered everything you did to get every one of your desires to manifest. The only thing left to do now is show you how my checklist makes it possible to create guaranteed manifesting results.

If my checklist did not cover everything you did to manifest your desires, please go back and reread the 15 questions and check your work. I’ve never met a single person ever that my checklist questions didn’t cover everything they did to manifest their desires. When I hear the checklist questions didn’t cover everything it usually has to do with the 14th question being misunderstood. That question covers all additional manifesting processes, techniques and methods from writing down affirmations to scanning the Zohar. If after rechecking your work, you still feel like my questions didn’t cover everything that you did, please contact me. There won’t be a charge for the call. If you’re right and my checklist didn’t cover everything you did to manifest your desires, I’ll give you a gift certificate for a free hour of coaching. If you’re wrong, I’d really appreciate you e-mailing me a success testimonial after you’ve successfully manifested your desire so I can post it in my website.

**STEP 6**

At this point a lot of people think, “I get that the questions address all the steps I took to manifest my desires, but what are all the extra steps in the left hand column about? If I didn’t need them to manifest my desires, why are they needed at all?” The extra steps in the left hand column fall into two categories. The first category is made up of the unconscious steps that you are doing naturally without realizing it. Not knowing about these steps is what has stopped you from manifesting predictable, guaranteed results so far. The second category is made up of non-issue steps that don’t matter during certain manifestations experiences but determine if your desires manifest or not during other manifestation experiences.

**UNCONSCIOUS MANIFESTING STEPS THAT HAPPEN NATURALLY WITHOUT YOU KNOWING IT**

In the examples below you’ll notice that I when I manifested my first girlfriend I only took two steps to successfully manifest her (clarity check and letting go of how). However when I manifested the woman of my dreams when I was 31 years old, I took those two steps plus three additional steps. Why did that happen? This never made any sense to me until I discovered unconscious manifestation steps.

What are unconscious manifesting steps? Unconscious manifesting steps are the steps you take naturally and therefore *unconsciously* without thinking about it. The way you identify unconscious manifesting results is by looking at the items in the right hand column and asking yourself, “Is it possible that I did any of these things without consciously realizing it to manifest this desire?” I asked myself this question and put a red x next to each thing I likely did without consciously being aware of it.

 **EXAMPLE**

  **Manifesting My First Girlfriend, Ruth, 17 Years Old**

 **THINGS I DID THINGS I DID NOT DO**

 Clarity Check Intuition Check

 Let Go Of How Beliefs Check

 Denial Check

 Release Resistance

 Find Happiness With The Present X

 Next Most Obvious Step X

 Readiness Check X

 Trust Check X

 Time Frame Check X

 No Big Deal Check X

 Expectation Check X

 Additional Methods

 Alignment Check

 **EXAMPLE**

 **Manifesting The Woman Of My Dreams, Regina, 31 Years Old**

 **THINGS I DID THINGS I DID NOT DO**

 Clarity Check Denial Check

 Intuition Check Happiness With The Present

 Let Go Of How Next Most Obvious Step X

 Belief Check Readiness Check X

 Released Resistance Trust Check X

 Time Frame Check X

 No Big Deal Check X

 Expectation Check

 Additional Methods Check

 Alignment Check

Take a moment now and review your manifesting results again. Look at the items in the right hand column for each of the desires you manifested. Then ask yourself, **“Is it possible that I unconsciously and naturally took any of these steps while manifesting this desire?”** If you think it’s possible, put a red X next to it. When you’re done please continue reading.

Now that we’ve both identified the unconscious steps we took, let’s talk about them. Why do unconscious manifesting steps happen? Unconscious manifesting steps happen because alignment (the experience of you focusing your thoughts, feelings, words and actions on what you want) is a naturally occurring thing. You naturally focus on what you do want. The only time you don’t naturally focus your thoughts, feelings, words and actions on what you want is when resistance is present. Resistance is thoughts, feelings, words and actions about what you don’t want. And this is where the unconscious manifesting steps really mess things up. Since you’re not consciously doing them, they are happening naturally, when you have resistance that blocks you from naturally taking these steps, you don’t realize it and your desire does not manifest.

I’ll use the example when I manifested the woman of my dreams to illustrate. When I turned 30 years old I decided I wanted to manifest the woman of my dreams. I got clear on what I wanted. I checked my intuition to make sure it felt right. I let go of how she was going to show up in my life. I did a belief check to make sure I believed it was possible to manifest her and that’s where I initially stopped. Three months pasted, six months passed, a year passed and I hadn’t even gone on a single date. I was so pissed! I’d done EVERYTHING that I’d done in the past to manifest girlfriends. These steps had always worked in the past. It made zero sense why they suddenly weren’t working.

One day I was driving home and I realized that there are only three major components involved in manifesting a desire. The first component is the Law of Attraction itself. The second component is the Law of Attraction formula. And the final component is the person doing the manifesting. I quickly realized the problem couldn’t be the Law of Attraction. The Law of Attraction is always working. The reason we know this is because even when you might not be manifesting a desire, other people are manifesting their desires. Next I realized the problem couldn’t be my manifesting formula. I knew this because I’d used it to manifest numerous girlfriends in the past. Manifesting formulas don’t suddenly break. That meant the problem had to be me. This made zero sense. How could I be the problem? After thinking about it, I realized the only way I could be the problem is if I didn’t want the woman of my dreams to manifest. Again this made zero sense. However since I had nothing else to go on, I asked myself, “Why wouldn’t I want the woman of my dreams to manifest?” To my absolute surprise I wrote down reason after reason after reason. The biggest reason I wrote down was, “I don’t want another woman in my life bugging me about my work schedule.” I’ve always been a happy workaholic. I love what I do. Up until this point in my life, I’d meet women and they’d soon say, “I love how ambitious you are.” Within a few days, weeks or a month though, their tune would change and they’d say, “Why do you work all the time? Why don’t you spend more time with me? Don’t you care about me?” Within a short time, either I’d get tired of the nagging or they’d get fed up and walk away. Suddenly I knew exactly why the woman of my dreams wasn’t manifesting. On one hand I was saying, “Universe, bring me the woman of my dreams.” On the other I was saying, “Universe, I don’t want another woman in my life who bugs me about my work schedule.” I’d never had a girlfriend who hadn’t nagged me about my work schedule. So the Universe thought, “You say you want this but you say you don’t want it too, I have no idea what to do, I’ll just do nothing and wait until you figure it out.”

I was scared. I didn’t think it was possible to find a woman who wouldn’t bother me about my work schedule. I knew though that I had to figure this out or the Universe would never connect me with the woman of my dreams. After thinking about it for a week or so I found my answer! I realized that I just needed to date another workaholic! If she was also a workaholic, she’d likely had all her boyfriends always whining about her work schedule. Meeting me would be a godsend. I knew I’d found my answer. I dealt with the rest of the reasons I’d written down. Finally I was done. Within four weeks, four women showed up in my life. I went from not being able to get a date to actually having too many options. Thankfully the right choice quickly became clear. DelMarie was amazing. We dated for a few months and she helped me clarify a few more things about the woman of my dreams. Shortly after we broke up, Regina showed up in my life and she really was the woman of my dreams. Out of the 18 qualities I’d written down, she had 17 ½ of them.

Manifesting the woman of my dreams is how I discovered the releasing resistance step. Almost everyone is aware of the critical importance of releasing resistance today. When I discovered this is 2008, I’d never heard anyone mention it before. As soon as I discovered releasing resistance, I instantly knew why I’d failed to manifest some of my desires in the past. I’d had resistance to those desires too, but I didn’t know about releasing resistance, so my desires had simply not manifested and I’d not known why. I was really lucky when I manifested my first girlfriend that I was totally in alignment with her coming into my life, otherwise she wouldn’t have shown up and that would have really sucked.

Take a moment now and see if not taking any of the steps you identified as unconscious manifesting steps have caused desires of yours to not manifest in the past. If you fail to identify at least one situation where this has occurred, think about the different manifesting techniques you’ve used. Almost everyone who has tried using different manifesting techniques has found a technique that works sometimes but not others. The reason the manifesting technique works sometimes but not others is due to unconscious manifesting steps.

**EXAMPLE**

A perfect example of this from my own life is my dream board experiences. Every time I made a dream board I’d follow the same basic steps. I’d figure out what I wanted to manifest. I’d go buy magazines or search around online until I found the perfect picture. Then I’d post it up on my dream board. Usually I’d focus on it a lot in the beginning but eventually I’d stop doing that. Sometimes my desires would manifest. Other times they wouldn’t. Before I discovered the 15 universal alignment questions, I had no idea why my dream boards produced such inconsistent results. Once I discovered the 15 questions, and thought back on my dream board experiences, I immediately saw why some of my dream boards had produce the results I wanted and why others hadn’t. Every time a dream board caused a desire of mine to manifest, I’d expected it to. Every time a dream board of mine had failed, I hadn’t really expected my desire to manifest.

This is such a classic case of naturally answering an alignment question sometimes unconsciously, but failing to answer it other times, resulting in inconsistent manifesting results.

If you haven’t been able to identify the unconscious manifesting steps that have caused a desire or yours to not manifest, and you haven’t been able to think if a manifesting technique that sometimes works and other times doesn’t, I’d suggest you contact me. Learning about and understanding unconscious manifesting steps is one of the single most important lessons you’ll ever learn as a manifestor.

In case this isn’t obvious, just so you know, unconscious manifesting steps aren’t a problem anymore. I invested almost six years of my life identifying all of the unconscious manifesting steps. When you positively answer all 15 questions, you’ll have answered all the conscious and unconscious questions that cause alignment, and your desire will manifest.

**NON-ISSUE MANIFESTING STEPS THAT DON’T MATTER UNTIL THEY MATTER**

I could have called all the steps in the right hand column unconscious manifesting steps. And technically they all are unconscious manifesting steps, that happen naturally sometimes, but not others. However some of these unconscious manifesting steps are also sometimes non-issue steps.

What is a non-issue manifesting step? A non-issue manifesting step is an unconscious manifesting step that doesn’t matter, until it matters. The way you identify non-issue manifesting steps is by asking yourself the question, **“Does this step not matter with regards to manifesting this desire?”** I asked myself this question and put a blue X next to each non-issue step in the examples below.

  **Manifesting My First Girlfriend, Ruth, 17 Years Old**

 **THINGS I DID THINGS I DID NOT DO**

 Clarity Check Intuition Check X

 Let Go Of How Beliefs Check X

 Denial Check X

 Release Resistance X

 Find Happiness In Current Circumstances X

 Next Most Obvious Step X

 Readiness Check X

 Trust Check X

 Time Frame Check X

 No Big Deal Check X

 Expectation Check X

 Additional Methods X

 Alignment Check X

**EXAMPLE**

 **Manifesting The Woman Of My Dreams, Regina, 31 Years Old**

 **THINGS I DID THINGS I DID NOT DO**

 Clarity Check Denial Check X

 Intuition Check Happiness With The Present X

 Let Go Of How Next Most Obvious Step X

 Belief Check Readiness Check X

 Released Resistance Trust Check X

 Time Frame Check X

 No Big Deal Check X

 Expectation Check X

 Additional Methods Check X

 Alignment Check X

Take a moment now and review your manifesting results again. Look at the items in the right hand column that don’t have an X next to them yet. Then ask yourself, “Does this step *not* matter with regards to manifesting this desire?” If you think it’s possible, put a blue X next to it. When you’re done please continue reading.

Now that you’ve identified the non-issue steps, let’s talk about them. If you look at my examples above you’ll notice that I put blue X next to the releasing resistance step when I manifested my first girlfriend when I was 17 years old. The reason I did this is because resistance was a non-issue. I didn’t have any resistance to having my first girlfriend show up in my life. However as you already know from reading my story of manifesting the woman of my dreams, years later, suddenly the releasing resistance step was the difference between her manifesting and her not. That’s the interesting thing about non-issue manifesting steps. They don’t matter during some manifesting steps but during others, they are the difference between the desire manifesting and it not manifesting.

You’ll notice in both my examples that every step in the right hand column has a red or blue x next to it. What if you have items in the right hand column that don’t have a red or blue x next to them? What are those steps? Those steps are either unconscious manifesting steps or non-issue manifesting steps, and as of this time, you don’t have the manifesting experience yet that makes it possible to identify them as such. Hopefully you don’t find that last sentence insulting. I know this is the truth because it’s what I’ve figured out about myself and other people I’ve worked with. If you doubt this, feel free to give me a call and we’ll talk about it. I’ll be happy to listen to any concerns you have and work with you on this issue.

One other thing I want to mention about non-issue steps. When you experience an intense desire (what the famous LOA teachers Abraham Hicks call pure desire) for something, all the steps except identifying what you want are going to be non-issue steps. Why? When you feel intense desire for something you want to manifest that trumps everything. You could believe the desire is impossible to manifest and it will still manifest, that’s the power of intense desire.

**STEP 7**

Write down five desires that you’ve failed to manifest.

 If you want to be a super star, write down a list of every single desire you’ve ever failed to manifest. Why? The more evidence you have, the better off you are. If you write out every desire you’ve ever failed to manifest and then follow the instructions as I lay them out, you’ll know beyond any shadow of a doubt that what I have to say here is real and true.

 **EXAMPLE**

 **#1** Failed to manifest dating Kim when I was in high school

 **#2** The dream board I made when I was 19 failed to cause a single manifestation.

 **#3** I failed to manifest winning the California lottery when I was 23

 **#4** I failed to manifest a massive network marketing downline when I was 24

 **#5** I failed to manifest a Submariner Rolex when I was 32

**Step 8**

One-by-one write down the things you did to try to get each desire to manifest.

 *If you run into any challenges doing this, I’d suggest you contact me. This is a critical part of the exercise. It has to be done correctly. If you gloss over this portion of the exercise you won’t see real proof of guaranteed manifesting results.*

**EXAMPLE**

 **#1 Failed to manifest dating a girl named Kim when I was in high school.**

 Clarity

 Visualization

 Forced action

 **#2 The dream board I made when I was 19 failed to cause a single manifestation.**

 Made the dream board

 Stared at the dream board

 **#3 I failed to manifest winning the California lottery when I was 23**

 Clarity

 Visualization

 Intense emotional amping

 Forced action

 **#4 I failed to manifest a massive network marketing downline when I was 24**

 Clarity

 Visualization

 Dream Boards

 Force action

 **#5 I failed to manifest a Submariner Rolex when I was 32**

 Clarity

 Visualization

 Dream Board

**STEP 9**

Look at the things you wrote down while attempting to manifest your five desires. Compare the steps you took trying to manifest these desires to the “simplified” 15 questions (pasted the in again below for easy access). Whenever a question matches something you did, you’re going to write down the question title on the left side. Whenever a question does not match something you did, you’re going to write down the question title on the right side. Do this process with all of the desires you wrote down that you failed to manifest. See example below so these instructions make sense.

 EXAMPLE

 **Failed to manifest dating Kim when I was in high school.**

 **THINGS I DID THINGS I DID NOT DO**

 Clarity Check Intuition Check

 Additional Methods Let Go Of How

 Beliefs Check

 Denial Check

 Release Resistance

 Find Happiness In Current Circumstances

 Next Most Obvious Step

 Readiness Check

 Trust Check

 No Big Deal Check

 Time Frame Check

 Expectation Check

 Alignment Check

Here are the 15 “simplified” questions again…

**Question 1. CLARITY CHECK**

 Did you *consciously* get clear about the desire you wanted to manifest?

 EXPLANATION OF THIS STEP

 You got a general idea of what you wanted to manifest. Then you figured out the details of your desired manifestation.

**Question 2. INTUTION CHECK**
 Did you *consciously* check with your intuition before attempting to manifest the desire?

 EXPLANATION OF THIS STEP

 This could be as simple as doing a gut check to see if you felt good about the idea of manifesting this desire. It could also be as elaborate as dialoguing with your Higher Self about it.

**Question 3. BELIEFS CHECK** Did you *consciously* check to see if you had enough belief in manifesting to manifest the desire?

 Did you *consciously* also check to see if you had any negative beliefs that could stop you from manifesting this desire?

**Question 4. DENIAL CHECK**
 Did you *consciously* check to see if there were any reasons why you would deny yourself this desire?

 EXAMPLE

 Reasons people deny themselves manifestations range from not feeling worth, don’t feel good enough, don’t feel like they deserve it etc.

**Question 5. RELEASE RESISTANCE**
 Did you *consciously* release the resistance you had to this desire manifesting?

 EXPLANATION OF THIS STEP

 All the famous manifesting teachers from Abraham Hicks to Bob Doyle will tell you that the number one reason a desire doesn’t manifest is because you have resistance to it. Abraham suggests people use their Bridging Process to remove resistance. Bob Doyle suggests a number of different processes. Bottom line is you first have to remove the resistance to allow a desire to manifest.

**Question 6. LET GO OF HOW**
 Did you *consciously* stop trying to figure out how to get the desire to manifest?

 EXPLANATION OF THIS STEP

 Your job is to figure out what you want, not how it’s going to manifest. The job of the Universe is to figure out how to manifest it.

**Question 7. FIND HAPPINESS IN CURRENT CIRCUMSTANCES**

Did you *consciously* figure out how to be happy even though your desire hadn’t manifested yet?

 EXPLANATION OF THIS STEP

 If you want your desire to manifest, but you’re ok with the fact it hasn’t happened yet, you’re at peace with our current situation. If we want your desire to manifest, and you can’t be happy until it does, you are not at peace with your current situation. You’re focused on the desire not having manifested yet, which causes more of your desire not having manifested yet.

**Question 8. READINESS**

 Did you *consciously* ask yourself, “Am I ready for this desire to manifest now?”

 EXPLANATION OF THIS STEP

 The Universe won’t deliver a desire to you until you’re ready to allow it into your life.

**Question 9. NEXT MOST OBVIOUS STEP**

 Did you *consciously* check to see if your desire manifesting was the next most obvious step?

 EXPLANATION OF THIS STEP

 If you don’t know what I mean, a next most obvious step is when it’s logical that your desire manifesting would be the next thing to happen.

 If a person wanted to manifest the opportunity to sing in front of a 100,000 people, but has never sung in front of more than a few friends, singing in front of a 100,000 people would *not* be the next most obvious step.

**Question 10. TRUST CHECK**

 Did you *consciously* check to see if you trusted that your desire would manifest?

 EXPLANATION OF THIS STEP

 There is a fine line between trust and doubt. You don’t have to have an overwhelming feeling of trust that a desire is going to manifest. You can simply want it to manifest and that can be the extent of the feeling. The moment you slip into doubt though is the moment you desire doesn’t manifest (except in the rare cases when you’re experiencing burning desire which overrides everything to cause a desire to manifest).

**Question 11. Time Frame Check**

 Did you consciously check to see if you were confident that your desire was going to manifest in an agreeable time frame?

 EXPLANATION OF THIS STEP

 When you’re confident that your desire is going to manifest within the timeframe you want it to, you’re able to relax. If you aren’t confident, you stress and that can interfere with your desire manifesting.

**Question 12. No Big Deal Check**

 Did you check to see if you felt like your desire manifesting was no big deal?

 EXPLANATION OF THIS STEP

 For most people manifesting a million dollars is a big deal. And for most people manifesting a pair of shoes would not be a big deal. If you think your desire manifesting is a big deal it rarely manifests when you want it to and often doesn’t at all. If you don’t think of it as a big deal it usually manifests easily and quickly.

**Question 13. EXPECTATION CHECK**
 Did you consciously check to see if you expected your desire to manifest?

 EXPLANATION OF THIS STEP

 If you expect a desire to manifest, it manifests. If you don’t, it won’t. You don’t have to have a strong feeling of expectation, it can be very mild and often is, however once you slip into doubting your desire won’t manifest, it won’t.

**Question 14. ADDITIONAL PROCESSES/METHODS CHECK**

 Did you *consciously* choose to do other manifesting methods, processes or techniques like visualizing, dream boarding, making a daily habit of getting happy to get your desire to manifest?

 EXPLANATION OF THIS STEP

 Every manifesting process/method that has ever been developed is designed to help you get into alignment with your desire. Different people are drawn to different processes, at different times in their lives.

**Question 15. ALIGNMENT CHECK**

 Did you check to see if you were finally in alignment with your desire?

 EXPLANATION OF THIS STEP

 You can feel if you’re in alignment with a desire. If you feel *consistently* good when you think about your desire that means you’re in alignment with it. If you titter totter between feeling good and feeling bad, when you think of your desire, that means you’re not in alignment with it.

**STEP 10**

You’ll notice that you did some of the things on my checklist while trying to manifest your desires but not all of them. You put the things you did in the left hand column. **The things you put in the right hand column represent the things that you didn’t do, that if you had done them, your desires would have manifested.** Of course some of the things you wrote down in the right hand column could be non-issue steps. However since your desire didn’t manifest it’s challenging to figure which were unconscious steps you needed to take and which were non-issues. That being the case I’m making a blanket statement because it’s as true as it needs to be for our purposes right now.

Below you’ll find the 15 simplified checklist questions with explanations of why each question is a fundamental part of the alignment process. Read the explanations for all the question titles you have written down in the right hand column for each failed manifestation. Then ask yourself, “If I’d done these things, does it make sense that my desire would have manifested?”

**Below you’ll find the explanations for why each of these 15 questions is absolutely necessary to answer in order to get into alignment with your desires…**

 **Question 1. CLARITY CHECK**

 Did you *consciously* get clear about the desire you wanted to manifest?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL ALIGNMENT STEP**

 When you are consciously choosing to manifest a desire, you don’t have to know every detail of what you want. However you do have to know the details of what you want to the point where you’re comfortable letting the Universe take over. Until this happens, in the back of your mind, you’re uncertain. The Universe picks up on that uncertainty and will not bring your desire to you until it senses enough certainty to move forward.

 Answering this question is required because until it’s answered your desire can not manifest.

 **Question 2. INTUTION CHECK**
 Did you *consciously* check with your intuition before attempting to manifest the desire?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL ALIGNMENT STEP**

 If you get a bad feeling about trying to manifest something it is not going to manifest. That’s why it’s important to always check in with your intuition before attempting to consciously manifest a desire. You know this if you listen to your intuition already. If you don’t listen to your intuition, this sounds like New Age mumbo jumbo. If this sounds mumbo jumbo, I’d really encourage you to check into developing your intuition. It’s one of the most important manifesting skills you can develop. Just go on Amazon and look up books on intuition. Figure out which one makes the most sense to you and buy it. Answering this question is required because your intuition has to give you a green light or your desire will not manifest.

 **Question 3. BELIEFS CHECK** Did you *consciously* check to see if you had enough belief in your manifesting abilities to manifest the desire?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL ALIGNMENT STEP**

 If you believe you can manifest a desire, you’re right. If you don’t believe you can, you’re right too. Answering this question is required because you have to have enough belief to manifest your desire or it will not manifest.

 The key thing about this step is to understand the scale of belief.  Belief in your ability to manifest a desire can range from completely neutral (0 on the scale below) all the way up to complete belief in your ability to manifest a desire (3 on the scale below).  You can feel totally neutral (meaning you don’t believe you can manifest the desire, nor do you believe you can’t manifest a desire) and it will manifest.  Why?  As long as you don’t doubt that you can manifest your desire that is all the level of belief it takes for your desire to manifest.

   **BELIEF SCALE EXAMPLE**
         3 =  Absolute belief you can manifest your desire
         2 =  Strong belief you can manifest your desire
         1 =   Mild belief you can manifest your desire
         0 =  Neutral belief (You don’t believe you can manifest your desire but you don’t doubt you can either.)
         -1 = Unsure if you can manifest your desire, which means you can’t do it.
         -2 = Doubt you can manifest your desire, which means you can’t do it.
         -3 = Really doubt you can manifest your desire, which means you can’t do it.

 Did you *consciously* also check to see if you had any negative beliefs that could stop you from manifesting this desire?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL ALIGNMENT STEP**

 If you want to manifest something but you have negative beliefs about it, that blocks the desire from manifesting. You have to do a conscious check for negative beliefs because it’s very easy to have negative beliefs and not know that you do. Answering this question is required because you have to be free of negative beliefs about manifesting your desire or it will not manifest.

 **Question 4. DENIAL CHECK**
 Did you *consciously* check to see if there were any reasons why you would deny yourself this desire?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL ALIGNMENT STEP**

 If you don’t feel like you deserve it, don’t feel you’re worthy of having it or don’t feel like you’re good enough to have something it will not manifest. You have to do a conscious check in these areas every time to make sure you’re in the clear or your desire will not manifest. It’s really easy to want something but in the back of your mind not feel like you deserve it, and you’ll never know unless you check. Answering this question is required because your desire will not manifest if you’re unknowingly blocking it from showing up.

 **Question 5. RELEASE RESISTANCE**
 Did you *consciously* release the resistance you had to this desire manifesting?

 **EXPLANATION OF WHY THIS IS A REQUIRED ALIGNMENT STEP**

 If you have resistance to your desire, your desire will not manifest. What is resistance? Resistance is caused by thoughts about what you don’t want, which triggers negative emotions that you can feel. You know you have resistance by how you feel when you think about a desire. If you feel consistently good about a desire, you don’t have any resistance. If you don’t feel consistently good about a desire, you have resistance and it will not manifest. The Universe will not bring you any desire you have resistance to because it won’t bring you things that you don’t want. If your thoughts are focused on what you don’t want (which is the definition of resistance) it cannot bring your desire to you and that’s why answering this question is required.

 **Question 6. LET GO OF HOW**
 Did you *consciously* stop trying to figure out how to get the desire to manifest?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 You wouldn’t hire an expert home builder to build your dream house and then proceed to tell the expert how to do it based on how you can figure out it can be done. You know better. The Universe has an infinite number of ways to bring your desire to you. The minute you start telling the Universe that your desire has to come through a specific method you’re messing everything up. The reason this is a required step is because you can stop your desire from manifesting if you don’t consciously make sure to see that you’re not doing this.

 **Question 7. FIND HAPPINESS IN CURRENT CIRCUMSTANCES**

Did you *consciously* figure out how to be happy even though you didn’t have your desired manifestation yet?

 EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP

 If you want your desire to manifest, but you’re ok with the fact it hasn’t happened yet, you’re at peace with our current situation. If we want your desire to manifest, and you cannot be happy until it does, you are not at peace with your current situation. You’re focused on the desire not having manifested yet, which causes more of your desire not having manifested yet.

 The reason this is a required step is because if you haven’t made peace with not having your desire yet it will not manifest.

 **Question 8. READINESS**

 Did you *consciously* ask yourself, “Am I ready for this desire to manifest now?”

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 The Universe won’t deliver a desire to you until you’re ready to allow it into your life. Answering this question is required because of that fact.

 **Question 9. NEXT MOST OBVIOUS STEP**

 Did you *consciously* check to see if your desire manifesting was the next most obvious step?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 If there are still are things that need to happen before your desire manifesting is the next obvious step, it will not manifest. If you think about it this makes a lot of sense. You wouldn’t start making a cake and stop half way through the recipe and put it in the oven to bake. The end result would be a mess. The same thing is so for manifesting a desire and that’s why answering this question is a required part of the manifesting process.

 **Question 10. TRUST CHECK**

 Did you *consciously* check to see if you trusted that your desire would manifest?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 There is a fine line between trust and doubt. You don’t have to have an overwhelming feeling of trust that a desire is going to manifest. You can simply want it to manifest and that can be the extent of the feeling. The moment you slip into doubt though is the moment you desire doesn’t manifest. That is why answering this question is a required part of the manifesting process.

 The key thing about this step is to understand the scale of trust.  The scale of trust ranges from absolutely neutral (0 on the scale below) all the way up to totally trusting your desire will manifest (3 on the example scale).  You can feel totally neutral, about whether or not you trust a desire to manifest and it will manifest.  Why?  Because neutral trust is still a place of allowing, the minute you drop into doubting your desire will manifest, that’s when your desire doesn’t manifest.

     **TRUST SCALE EXAMPLE**
         3 =  Absolute trust your desire is going to manifest
         2 =  Mild trust that your desire is going to manifest
         1 =   Low trust that your desire is going to manifest
         0 =  Neutral trust (You don’t trust your desire to manifest but you also don’t have any doubt that it can)
         -1 =  Doubt your desire will manifest, which means it won’t
         -2 =  Really doubt your desire will manifest, which means it won’t
         -3 =  Don’t trust your desire to manifest, which means it won’t

 **Question 11. Time Frame Check**

 Did you consciously check to see if you were confident that your desire was going to manifest in an agreeable time frame?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 The reason this is a fundamental step is because doing it allows you to relax. Otherwise it’s easy to start looking around for your desire and thinking, “Where is it? Where is it?” If you do this, your desire won’t manifest because your focus has shifted off of what you do want and onto what you don’t want.

 **Question 12. No Big Deal Check**

 Did you check to see if you felt like your desire manifesting is no big deal?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 For most people manifesting a million dollars is a big deal. And for most people manifesting a pair of shoes would not be a big deal. If you think your desire manifesting is a big deal it rarely manifests when you want it to and often doesn’t at all. If you don’t think of it as a big deal it manifests easily and quickly. Making sure you don’t think manifesting your desire is a big deal is because it you think it is, it will rarely manifest.

 **Question 13. EXPECTATION CHECK**
 Did you consciously check to see if you expected your desire to manifest?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 If you expect a desire to manifest, it manifests. If you don’t, it won’t. That is why answering this question is a required part of the manifesting process.

 The key thing about this step is to understand the scale of expectation.  The scale of expectation ranges from absolutely neutral (0 on the example scale below) all the way up to totally expecting your desire to manifest (3 on the scale below).  You can feel totally neutral about whether or not you expect a desire to manifest and it will manifest.  Why?  Because neutral expectation is still a place of allowing, the minute you drop into doubting your expectation will manifest, that’s when your desires don’t manifest.

    **EXPECTATION SCALE EXAMPLE**
         3 =  Absolute expectation your desire is going to manifest
         2 =  Mild expectation that your desire is going to manifest
         1  =   Low expectation that your desire is going to manifest
         0 =  Neutral expectation (You don’t expect your desire to manifest nor do

                 you not expect it to manifest)
         -1 =  Doubt your desire will manifest, which means it won’t
         -2 = Really doubt your desire will manifest, which means it won’t
         -3 = Don’t expect your desire to manifest, which means it won’t

 **Question 14. ADDITIONAL PROCESSES/METHODS CHECK**

 Did you *consciously* choose to do other manifesting methods, processes or techniques like visualizing, dream boarding, making a daily habit of getting happy to get your desire to manifest?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 Every manifesting process/method that has ever been developed is designed to help you get into alignment with your desire. Different people are drawn to different processes, at different times in their lives. If you’re called to do a certain exercise and you don’t, your desire won’t manifest. That’s why checking to see if you’re being guided to add in an additional process is a required part of the manifesting process.

 **Question 15. ALIGNMENT CHECK**

 Did you check to see if you were finally in alignment with your desire?

 **EXPLANATION OF WHY THIS IS A FUNDAMENTAL MANIFESTING STEP**

 You can feel if you’re in alignment with a desire. If you feel *consistently* good when you think about your desire that means you’re in alignment with it. If you titter totter between feeling good and feeling bad, when you think of your desire, that means you’re not in alignment with it. The reason this is a fundamental manifesting step is because until you feel consistently good about your desire manifesting, you are out of alignment with it and it will not manifest.

Now that you’ve finished reading through the explanations of why all these steps are required parts of the manifesting process, if you haven’t already, please ask yourself**, “If I’d done these things, does it make sense that my desire would have manifested?”**

If your answer is, “Yes” scroll down to the next step.

If your answer is, “No” I’d suggest you call me. Somewhere lines of communication likely got crossed. If you agreed with the basic facts of manifesting, that you reviewed at the very beginning of this exercise, than the only answer to that last question is, “Yes.”

**STEP 11**

So let’s review the basics of alignment and resistance…

 Alignment with your desire is what causes it to manifest.

 Alignment is when your thoughts, feelings, words and actions are all about what you want.

 Being out of alignment is what causes desires not to manifest.

 Being out of alignment is when your thoughts, feelings, words and actions or actions are about what you don’t want.

Now let’s review why my checklist makes it possible for you to manifest guaranteed results…

 Prior to finding out about my manifesting checklist here’s the way your manifesting process looked. You did any number of manifesting processes to release the resistance to your desires, so that you’d get into alignment and they would manifest. You were only aware of the steps that you were consciously taking.

 Thanks to my research, I discovered that naturally and unconsciously you were also taking additional steps as well. The problem with these unconscious manifesting steps is that they are absolutely necessary to the manifestation process. However since you didn’t know you were doing them, when they didn’t happen naturally (for whatever reason) your desires didn’t manifest and you had no idea why.

 By completing the exercise you just did, you identified the unconscious manifesting steps that helped you manifest some of your desires. You also identified other unconscious manifesting steps that caused your manifesting failures.

 Now that you have my manifesting checklist (or you’ll download it soon) you don’t have to worry about unconscious manifesting steps anymore. Thanks to almost six years of intense research, which included breaking down and analyzing 119 personal manifesting experiences, 10 personal manifesting failures, 253 manifesting formulas, 67 Law manifesting techniques, methods and processes, and all the major manifesting discoveries ever made, I was able to identify all of the unconscious manifesting steps. I put them all on my manifesting checklist. Now all you have to do is start at the top and by the time you’ve reached the bottom, you know that you’ve done everything you need to do to get your desire to manifest.

 The way you know that answering my checklist questions releases all of your out of alignment thoughts, feelings, words and actions about your desire, so that your desire will now manifest is by doing my head and heart check. The head check comes from completing my alignment test at the end of the checklist. You check to see that your thoughts, feels, words and actions are all in alignment with your desire. Then you do a heart check. You check to see that you consistently feel good about your desire whenever you think about it, which lets you know that you’re in alignment with your desire and that it is guaranteed to manifest.

 You now have proof from your own life that shows you why your desires failed to manifest in the past and now why my checklist makes it possible to manifest guaranteed results.

 Namaste