

# 5 STEPS TO MANIFEST YOUR DREAM

## CLASS 2

### week1 Homework reflection:

How do you feel after the cords cutting?

### Quick Check:

1.9

- Do you still give your power away?
- How do you feel today after working on yourself, is your VISION clearer?
- feel free to connect with me on my live webinar to ask me any question about this subject

### DAY 2 and 3:

## Forgiveness and self-love

*(this is an import topic it will stretch into 2 days this week)*

Generally we define **forgiveness** as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

Just as important as defining what forgiveness is, though, is understanding what forgiveness is not?

Experts who study or teach forgiveness make it clear that when you forgive, you do not gloss over or deny the seriousness of an offence against you. Forgiveness does not mean forgetting, nor does it mean condoning or excusing offences. Though forgiveness can help repair a damaged relationship, it doesn't obligate you to reconcile with the person who harmed you, or release them from legal accountability.

Instead, forgiveness brings the forgiver peace of mind and frees him or her from corrosive anger. While there is some debate over whether true forgiveness requires positive feelings toward the offender, experts agree that it at least involves letting go of deeply held negative feelings. In that way, it empowers you to recognise the pain you suffered without letting that pain define you, enabling you to heal and move on with your life.

## Self-Love

The instinct by which one's actions are directed to the promotion of one's own welfare or well-being, especially an excessive regard for one's own advantage.

Almost all emotional problems indicate a lack of self-love.

(Only a few very rare problems which are caused entirely by physical disease can be excluded.)

### DO YOU LOVE YOURSELF?

I'm going to be giving you a lot of examples of how self-love works. Remember as you read this that nobody is self-loving all of the time.

If these examples make you realize that you do not love yourself very much today, use them to remind yourself of times when you did feel self-loving, and why you could feel that way then,

and what you can do today to get back to feeling that way. And, since we have varying degrees of self-love at different times, use this information to s-t-r-e-t-c-h yourself to be more self-loving today!



### **USING THE MIRROR**

Here is the very best way I know of to determine whether you love yourself:

The next time you are looking into a mirror, look DEEP into your own eyes (as if you can see right through to your "self").

Then notice how you feel in your body as you say "I love you." Is the statement true - or are you lying to yourself?

What do you see?:

Self-loving people tend to see themselves as a whole when they look into a mirror.

Other people tend to see either their positive characteristics or their negative characteristics (as if that big nose or that beautiful hair or that pimple on the forehead is somehow the whole person).

Self-loving people LIKE what they see overall, despite their flaws.

Others tend to like (or dislike) only their appearance - not themselves.

### **The Sudden Mirror:**

What is your immediate reaction when you accidentally see your reflection in a storefront window?

I don't care if you think the person is good looking or not.

What I care about is this:

If you met this person on the street, would you LIKE them?

### **THE BASIC PRINCIPLES OF SELF-LOVE**

"Who we are is more important than what we do."

"We are valuable. Nothing can change that."

"What we want always matters."

### **IN RELATIONSHIPS**

Since self-loving people tend to treat themselves well...

They see fun and enjoyment as a primary goal most of the time (even when it is hard to attain).

They do not tolerate mistreatment by others.

They are caring toward others. (It feels better to be that way.)

They never put anyone else first. (Even those they love are "a close second.")

### **ABOUT MISTAKES**

Self-loving people know that they often make mistakes.

Since they live their lives for the joy they can find, they do a lot of experimenting and try many new things.

Since they aren't dumb (or self-destructive), these experiments work out well most of the time - but sometimes they do go wrong.

When this happens, self-loving people are not surprised! They simply apologize if necessary, fix anything that can be fixed, and move on.....

Self-loving people are responsible, not guilty.

Self-loving people don't make many excuses especially to themselves.

### **GOD/Source, THE COSMOS, OR WHATEVER...**

Children are born with a deep sense of their own OK-ness. They know at birth that they are loved by God/Source or are accepted by the cosmos.

Most of us lose this wonderful sense of peace and self-acceptance somewhere along the line.

### **WE NEED TO RE-EXPERIENCE THE SENSE OF WELL-BEING WE HAD WHEN WE WERE BORN.**

From a psychological point of view it doesn't matter at all whether we re-experience this through some organised religion, some new-age philosophy, an experience with a white light, or whatever.

What matters is that we keep pursuing this sense of well-being until we find it!

Once we know that we are OK in this deep sense, we automatically know these other vitally important things:

That we are lovable.

That we deserve to be treated well.

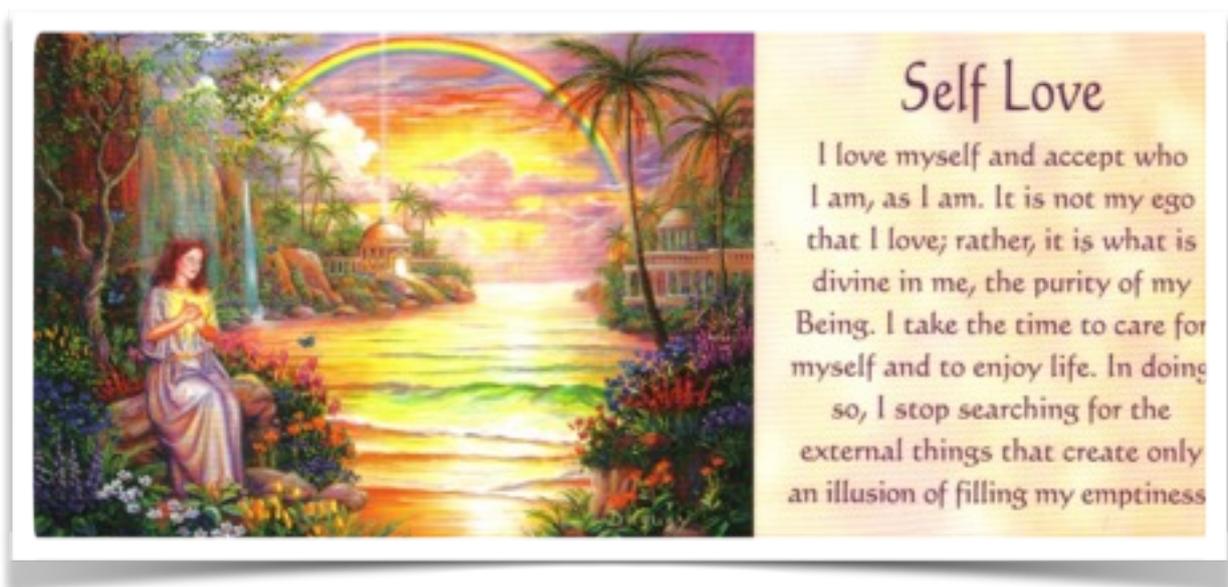
That it is unnatural to refuse to take love.

That it is unnatural to refuse to give love.

That self-love does not depend on what we do.

That love is always a gift, not something we earn.

That self-hate is always an illusion.



**Video to watch on this subjects,click on the links bellow**

[How To Forgive Someone - The One Trick That Makes Forgiveness Easy](#)

[Dr Hew Len 1 of 9, ho'oponopono watch all 9](#)

**Other Resources:**

[How To Love Yourself In 17 Ways](#)

[Forgiveness and the Power of hooponopono](#)

## **HOMEWORK WEEK 2 DAY 1 and 2**

Do ho'ponopono, clear attention,redo your dream (write down what YOUR life would be if nothing was impossible in the presence sense !!! )

Read 4 principles of DON MIGUEL RUIZ , and PRACTICE IT , that is the most IMPORTANT spat Practice is the key to Alignment

**Quick Check:**

- Do you find yourself allowing others to belittle you?
- Do you say YES when you wish to say no?
- Do you have unsolved bitterness or anger towards someone?

**video to watch and do as a part of your homework (click on the link):**

[Do your Hooponopono](#)

[Deep Meditation w/ Ho'oponopono ~ Theta Binaural Beats + Isochronic Tones](#)

**Exercise:** The more we focus on the object of our fear, the more powerful the feeling is. Life rarely turns out as bad as we anticipate. Focusing on the worst possible outcome is extremely stressful. Whether it's asking someone out on a date, or giving a presentation to an audience, it does not help to tell yourself that "I'm afraid I'm going to fail" or "What if I'll look stupid? I might as well not try." **Instead, focus on what it is that you do want. Focus, by repeating what you want in a present tense statement.** Example, "I am confident and knowledgeable about this topic and I can give a kick ass presentation. It's a breeze!"

## DAY 3

### Living an authentic life

Before we talk about authenticity we must talk about the dark night of the soul, this is usually a big turmoil point in one life and introduces a massive change:

#### 7 Signs You May Be Experiencing a Dark Night of the Soul

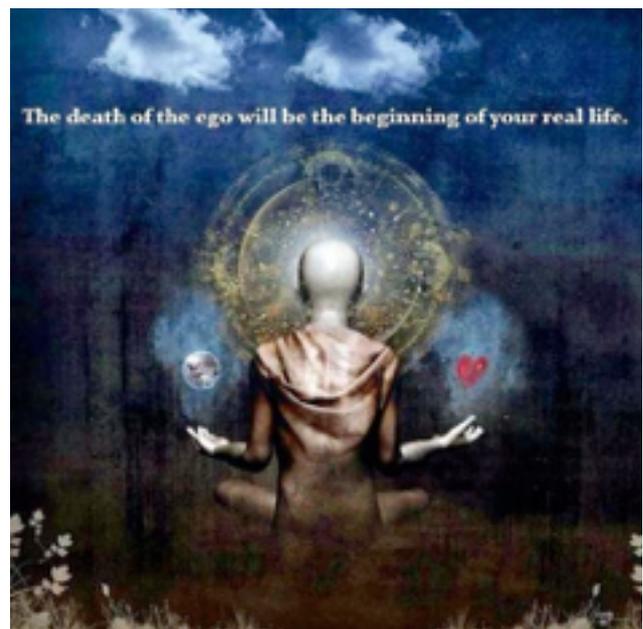


“There is scarcely any passion without struggle.” —Albert Camus

When we are on the verge of uniting with the infinite wavelength of eternal vibration, our old frequency can sometimes go through a crisis of stasis. It buckles and bends trying to adjust itself and tune into the cosmic orchestra. We tend to doubt everything we’ve known to be true. In worst (best) case scenarios we tend to fall into an existential crisis, or Dark Night of the Soul.

But, if we are able to make it through this dark time, and shed that which has weighed us down, then we will open up once again, and even wider than before. This can happen many times on our spiritual journey, and each time we tend to gain new levels of wisdom. Here are seven signs you may be experiencing a dark night of the soul.

1) You’re experiencing, or have experienced, Ego Death “I couldn’t live with myself any longer. And in this a question arose without an answer: who is the ‘I’ that cannot live with the self? What is the self? I felt drawn into a void. I didn’t know at the time that what really happened was the mind-made self, with its heaviness, its problems, that lives between the unsatisfying past and the fearful future, collapsed. It dissolved.” -Eckhart Tolle Your sense of reality, or worldview, has been shattered. You have come to understand the illusory aspects of the ego and are in the process of letting attachment go. You are experiencing a re-organization, a reidentification, and a reinterpretation of the boundaries between self and cosmos. Like Stanislav Grof wrote, “Ego death means an irreversible end to one’s philosophical identification with what Alan Watts called skin-encapsulated ego.” Also referred to as the Night of Pan: the mystical state where one’s ego goes to die a small death in order to be reborn as a Soul. In mythological terms it’s a journey into the Underworld, where difficult trials must be completed before the hero can return back to



the “real” world. Ego Death, Soul Birth Ego Death, Soul Birth

## 2) It is only when you're alone, that you realise you're never alone

“The capacity to be alone is the capacity to love. It may look paradoxical to you, but it's not. It is an existential truth: only those people who are capable of being alone are capable of love, of sharing, of going into the deepest core of another person-without possessing the other, without becoming dependent on the other, without reducing the other to a thing, and without becoming addicted to the other. They allow the other absolute freedom, because they know that if the other leaves, they will be as happy as they are now. Their happiness cannot be taken by the other, because it is not given by the other.” -Osho You feel alone and isolated in the world at times, but you find that it is actually in your alone time that things become clearer and more connected. You realise the utmost importance of solitude and meditation. You're coming to find that being alone and silent is a very important part of individuating the ego and actualising the soul. We are each a microcosm within a macrocosm, tiny stars within a greater universe, drops of water in a mighty cosmic ocean. This is the great lesson of loneliness: we can no more separate the micro from the macro than we can the human from the natural. Both are needed to put the whole into holistic. It's the astonishing ache of loneliness that causes us to feel, as Kafka wrote, “This tremendous world I have inside of me. How to free myself, and this world, without tearing myself to pieces. And rather tear myself to a thousand pieces than be buried with this world within me.”



## 3) You have a new-found appreciation of your mortality “

Thanks to impermanence everything is possible.” -Thich Nhat Hanh You have become exceedingly introspective. The weight of time is like a giant sitting on your shoulders. But you are beginning to learn how to reverse that dynamic, becoming someone who has the ability to stand on the shoulders of the giants instead. You appreciate

more the passing of time: the

reminiscence of times past, the contemplative present, and the forbearance of things future. It's all a giant telescopic projection of your third eye focused on the intrinsic value of mortality, and how it brings meaning in ways immortality simply cannot. Mortality Mortality

## 4)The purpose of your life has taken on new meaning “

Don't ask what the world needs. Ask what makes you come alive and go do it. Because what this world needs are people who have come alive.” -Howard Thurman You realise that the meaning of life is whatever you want your life to mean. But this is a huge responsibility, tantamount to an existential crisis. Your breath catches in your throat, and is then dragged out of you. You are now suddenly duty-bound to bring meaning to an otherwise meaningless universe. It's up to you, and you alone, to be the hero of your own story. It's up to you, and you alone, to get beyond the artificial division you've created between yourself and the world. The mountain of meaningless you've been standing on hitherto, awaits the flag of your own unique meaning to be stabbed into it. The path to your own meaning is daunting, but it is a path that only you can walk.



### 5) You're more aware of the importance of your freedom

“Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.” -Deepak Chopra You understand that freedom is paramount. But willing yourself free is not easy. Freedom is something you do, not something you are. It is not a given. It takes effort, courage, and determination, usually in the face of those who would force you to live their way. You see how the inert, civilized human has escaped the anguish of freedom only to fall into a state of preoccupation and paranoia. Balance Balance You see how the inert lifestyle can lead to nihilism and tyranny (extremism). You see how acting courageous in the face of that inertia is a powerful way to thwart the would-be tyrant within. You're slowly becoming a freedom unto yourself, and though it hurts like hell, you realize that it's better to be an unsatisfied free man than a satisfied slave.

### 6) You're experiencing anomie and cognitive dissonance

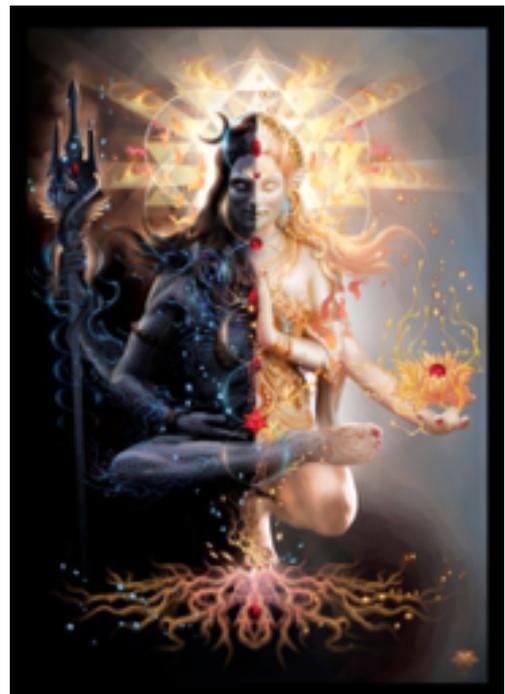
“It is a happy faculty of the mind to slough that which conscience refuses to assimilate.” - William Faulkner Anomie is a term popularized by French sociologist Émile Durkheim. It is a nurtured condition that arises from the lack of morality and social ethics in one's culture. You've experienced the pain of this condition and you are in the process of embracing it and letting it go in order to discover your own sense of values. Similarly, your old worldview has been trumped by the new worldview brought about by the individuation of your ego and the actualization of your soul. This is known as cognitive dissonance. It's an unsettling feeling to have two worldviews clashing inside you, but you are working through it and will be better for the struggle in the end.

### 7) You realize that the ability to fall apart and coming back together again is real strength

“Suddenly you're ripped into being alive. And life is pain, and life is suffering, and life is horror, but my god you're alive

and it's spectacular.” -Joseph Campbell You realize that healthy annihilation is possible, and necessary. Like the Hindu Goddess of Never Not Broken, you're learning to embody the ability to come together and fall apart, over and over again. Indeed, you're discovering that your strength comes precisely from your ability to experience a dark night of the soul and come out of it with scars blazing like badges of honor. You are constantly in the throes of metanoia. You've been fire-tested. You've been verified by vicissitude. Your strength comes from your ability to adapt and overcome to falling apart and coming back together again, from wholeness to brokenness and back to a stronger form.

source: <http://fractalenlightenment.com>



**Video:** [Ascension Symptoms Dark night of the soul](#)

## AUTHENTICITY

People talk about living a happy life, a successful life, a meaningful life. But an **authentic life**? What is that? It's a good question, and one I would like you to think about.



Just as “a successful life” can be defined in many ways, so too can an authentic life. For example, some people will define a successful life as one where one has earned a great deal of money and become financially affluent. For others it will be measured by their accomplishments. For still others it will be in the service they performed for humanity. Others again in the amount of happiness and peace of mind they have enjoyed. I have long taught that each of us defines success in our own way, and according to that definition, we set our goals and priorities on the way to achieving this success. So too with living an authentic life. Each of us must define what this means to us. For me, being authentic means being true to yourself, and living the truths and vision you find within.

Being authentic means “living” your truths as a day-to-day practice, not holding them as mere “intellectual concepts.”

All truths must be lived not just believed. That is why we are here in a body in time and space. This is what life is truly about. We each have an opportunity to practice what we believe. To act out our deepest visions. To have a life that is deep and rich and filled with meaning and purpose. Last month I wrote about knowing and understanding yourself as a prerequisite to self-actualization. It is also a prerequisite to living an authentic life. For how can you be authentic if you don't know and understand yourself?

Being authentic means knowing and trusting yourself, honouring the conscious and subconscious minds. Being authentic means listening within to hear the truths that lay awaiting our discovery beyond the inner chatter of day-to-day living. Then once these truths are discovered, to bring them to life by living them through conscious action. It is through action not thought that one becomes authentic.

For example, you may through contemplation, Mind Power, meditation, prayer, or whatever method you use to go within for guidance, discover that you feel an overwhelming oneness with humanity. You feel this as more than just a concept. Something deep within you resonates this as truth. In this case, to live an authentic life means to act upon that belief. It might mean

donating ten percent of your income to charitable causes, or perhaps giving up a year or two of your life to work in the Third World for those who live in poverty.

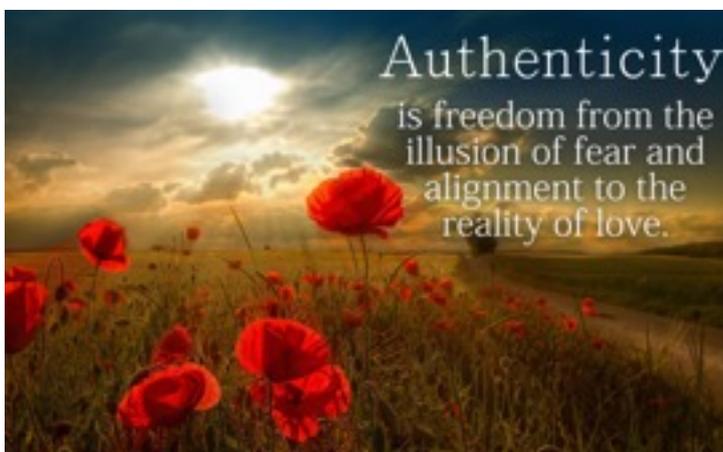
It could take many forms and all of them would be a reflection of living an authentic life. Being inauthentic would be to believe it but not act upon it. Maybe you don't act upon it because you're afraid or lazy or too busy, putting it off till a more convenient time. And here is a lesson: it is never convenient to be authentic. Being authentic means trusting deep inner wisdom and acting upon it whether it is pleasant or not, whether it's convenient or not. You do it because you know it's right, and because you know that being authentic is a step to self-actualization.

Each of us is challenged in our life to find a code of conduct that represents our deepest beliefs, and then to act upon it. True spirituality is not to be found in beliefs or dogmas but in action. If you belong to a religious group, then you may choose to adopt those beliefs as your code of conduct. The Buddhist may choose to devote himself to loving kindness and compassion. The Christian to loving his neighbour as himself. The Muslim to doing the will of Allah. Being authentic means being true to yourself and the truths you have discovered within. If you belong to no religious group, then you must form your own code of conduct that represents your truth.

But once again a code of conduct and beliefs must be lived and acted upon. It must bear fruit in time and space. Otherwise it is a deception that keeps you trapped in your own delusion.

We live in a society that is generally preoccupied with happiness, material success, self-gratification; these messages are in our face all the time, on the TV, the Internet, in magazines. There are winners and losers in life, we are taught, and you want to be a winner at all costs. This is the culture we presently find ourselves living in. It is important to know and acknowledge this.

However, being authentic means looking beyond the superficiality of life and finding meaning and purpose in a way that resonates as truth with our soul and heart, as well as just our mind. Being authentic means living your truth day by day. And if your truth changes? Then let your actions change. And if you find you've been living a wrong truth? Then make amends and begin living your new truth.



Being authentic does not mean living the ultimate truth, whatever that may be. It means living the truth you know and feel within, today. Acting today in a way that reflects this truth. Being true to yourself.

And what happens when you do that? Two things happen. Firstly you deepen yourself immeasurably and find that joy, happiness and inner peace are your companions. Secondly, you help change the vibration of the whole human species. It is not just the acts you perform that change the world, though these have their place and are needed. Far beyond the acts themselves, it is the change in

you that changes the world. For every person who lives an authentic life, whatever that may look like, thousands if not millions will be affected without ever meeting or knowing that person. What awesome possibilities this presents to each of us. Life is forever calling to us to be authentic and giving us experiences to live an authentic life through our actions. This is the real calling and opportunity that life gives us.

So, in review, these are the two steps to self-actualization:

**Know and understand yourself at a deep level.**  
**Live at being authentic.**

source: <http://www.learnmindpower.com>

By loose definition, authentic living is living a life that works for you, instead of struggling against the one you have been given. It is finding satisfaction, contentment and fulfillment in the present. It is living on purpose and with purpose. And, perhaps more importantly, it is a life where we are useful to people around us because we are able to give of ourselves in the way we want to.

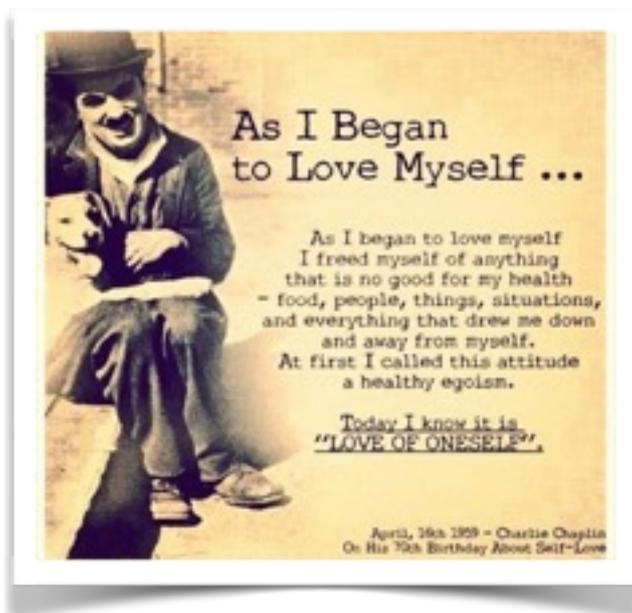
## Video to watch on that subject :

[Amazing Guided Meditation for Acceptance and Self-Love](#)

## When I started loving myself” - A poem by Charlie Chaplin written on his 70th birthday on April 16, 1959:

When I started loving myself  
I understood that I'm always and at any given opportunity  
in the right place at the right time.  
And I understood that all that happens is right -  
from then on I could be calm.  
Today I know: It's called TRUST.

When I started to love myself I understood how much it can offend somebody  
When I tried to force my desires on this person,  
even though I knew the time is not right and the person was not ready for it,  
and even though this person was me.  
Today I know: It's called LETTING GO



When I started loving myself  
I recognised that emotional pain and grief  
are just warnings for me to not live against my own truth.  
Today I know: It's called AUTHENTICALLY BEING.

When I started loving myself

I stopped longing for another life  
and could see that everything around me was a request to grow.  
Today I know: It's called MATURITY.

When I started loving myself  
I stopped depriving myself of my free time  
and stopped sketching further magnificent projects for the future.  
Today I only do what's fun and joy for me,  
what I love and what makes my heart laugh,  
in my own way and in my tempo.  
Today I know: it's called HONESTY.

When I started loving myself  
I escaped from all what wasn't healthy for me,  
from dishes, people, things, situations  
and from everything pulling me down and away from myself.  
In the beginning I called it the "healthy egoism",  
but today I know: it's called SELF-LOVE.

When I started loving myself  
I stopped wanting to be always right  
thus I've been less wrong.  
Today I've recognised: it's called HUMBLENESS.

When I started loving myself  
I refused to live further in the past  
and worry about my future.  
Now I live only at this moment where EVERYTHING takes place,  
like this I live every day and I call it CONSCIOUSNESS.

When I started loving myself  
I recognised, that my thinking  
can make me miserable and sick.  
When I requested for my heart forces,  
my mind got an important partner.  
Today I call this connection HEART WISDOM.

We do not need to fear further discussions,  
conflicts and problems with ourselves and others  
since even stars sometimes bang on each other  
and create new worlds.  
Today I know: THIS IS LIFE!

**CHARLIE CHAPLIN**

**Quick Check:**

- Do you live your life authentically?
- What does having a meaningful life mean to YOU?
- Do you love yourself? What makes you think so?

## **HOMEWORK DAY 3:**

Let others do their thing, focus on you, how are you "reacting "to other peoples' choices ....  
Today DO and SAY what makes YOU feel good.

## Day 4

# Synchronicity

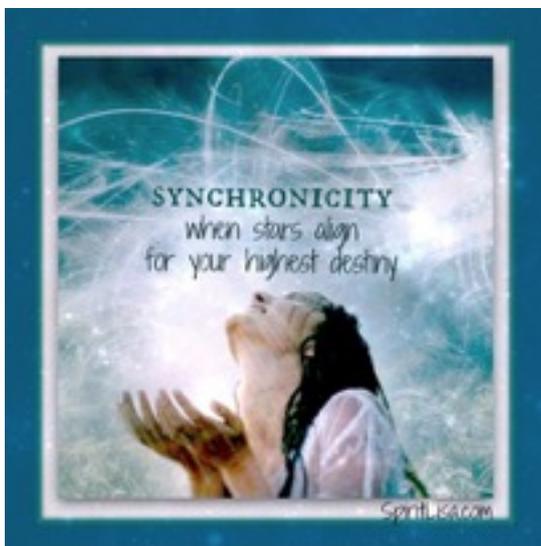
**Definition:** the coincidental occurrence of events and especially psychic events (as similar thoughts in widely separated persons or a mental image of an unexpected event before it happens) that seem related but are not explained by conventional mechanisms of causality – used especially in the psychology of C. G. Jung

### **synchronicity** · *noun*

1. the experience of two or more events that are apparently causally unrelated or unlikely to occur together by chance, yet are experienced as occurring together in a meaningful manner.

## RECOGNIZING SYNCHRONICITY

Synchronicity is not a word we have grown up with. The concept may not be firmly in our minds, and because we don't have a label of mental framework for it, we may not notice it. Researchers in communication have found that when we lack a word for an object or a concept, we can't identify it—and this can happen in the most literal of ways. For instance, in China, there is only one word for red—and people literally do not distinguish between rose, crimson, pink, and scarlet. They lack the vocabulary and therefore the perception that red comes in more than one shade.



So when synchronicity happens, many people overlook it or call it something else. They might say, “I got lucky,” or “That happened just in the nick of time,” or “It came out of the blue,” or “It jumped out at me.” Later on, when asked if they have experienced synchronicity, they can't remember any. All those incidents are filed away in their memory, but under the category of luck or happenstance.

When you watch a 3-D movie, you put on special glasses and suddenly see images emerge that had been invisible before. Learning about synchronicity is like putting on 3-D glasses that allow totally new dimensions to pop out when you look over your life. Those dimensions have been there all along, but now you have the eyes to see them. Once you know what synchronicity is and how to look for it, you begin to notice it everywhere.

In order to understand synchronicity as it appears now, has appeared in your past, and will appear in your future, let's look at the circumstances in which synchronicity shows up in your life and at the patterns it takes—single incidents, strings, and clusters.

As you read the following descriptions, read actively. Scan your memory for similar events. Think of what's happened to you in the last few weeks and months and see what patterns emerge.

We experience synchronicity most often when we're open and aware, which in turn is affected by the outer conditions in which we find ourselves and the inner conditions in which we put ourselves.

**Continue reading here :** [The Power of Flow: Practical Ways to Transform Your Life With Meaningful Coincidence](#)

## **VIDEO TO WATCH ON THAT SUBJECT:**

[Synchronicity: Sacred Geometry, Consciousness, & Ancient Wisdom](#)

### **Quick Check:**

- Have you ever thought about something and have seen it happen like magic?
- Do you notice how the universe serves your desires?

## **HOMEWORK DAY 4**

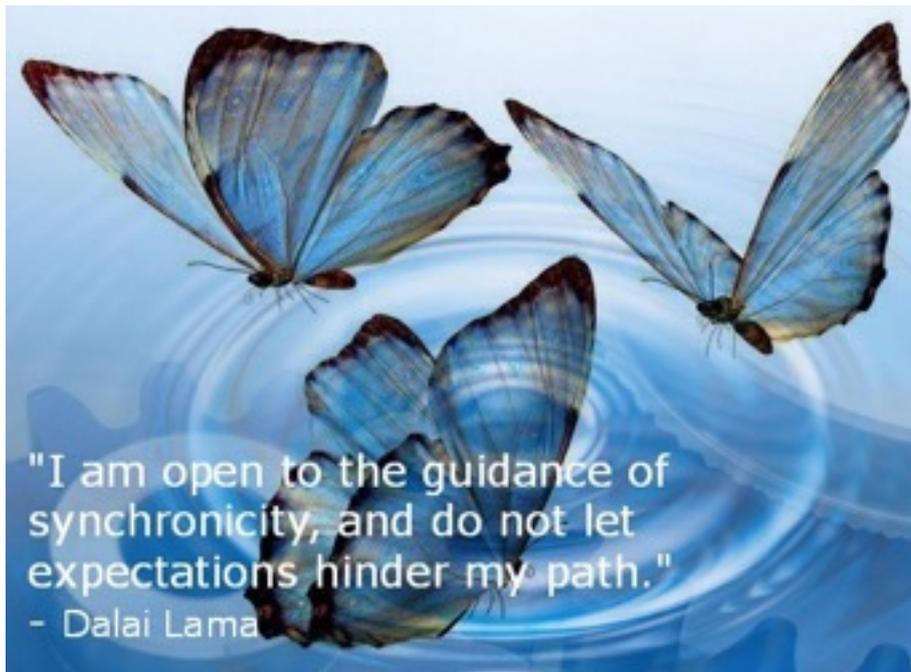
Write down what you would like to experience in the next few days and see how the universe is responding, right down to all the synchronicity that show up.

## **Day 5**

**Fun exercises for the last day of the week:**

[A Simple 5 Minute Trick to Increase Your Daily Synchronicity, Magic and Miracles](#)

Master Manifester discusses Law of attraction and synchronicity



## HOMEWORK DAY 5



- Dance, go with the flow, have fun seeing how the universe SERVES you.
- Keep a Synchronicity journal (to see how and what you focus on to MANIFEST, Negative AND positive).