



To Help You Help Others

NLP Coach Certification (Neuro-Linguistic Programming)

# ACTION GUIDE

## FOR MANIFESTING SUCCESS: DOING IT CONSCIOUSLY?



*Your Action Guide: To Help You Discover What You've  
Learned and Can Use in Building Your Successful  
Business Career*

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- ✓ What specific conflicts, if any, are creating some confusion and/or splitting of your energy, focus, and intention?
  
  
  
  
  
  
  
  
  
  
- ✓ Is there anything you fear you might lose when you actually get what you want to consciously manifest your life?

### Who Are You & What Do You Want

- ✓ What do **you** want?
  
  
  
  
  
  
  
  
  
  
- ✓ Is your sense of the Process (or Divine Will if you prefer) surrounding what is “wanting to happen” different from what you want?
  
  
  
  
  
  
  
  
  
  
- ✓ Is what **you** want in alignment with what is wanting to happen **through** you?



- ✓ Which desire is the one you're identifying with and putting your energy behind?  
Or, is your energy split between the two?

## Basic Assumptions about Manifestation

### For You To Do

Please indicate how you feel about each of these essentials for conscious manifestation.

Positive? Negative? Conflicted? Confused? Happy? Angry?

- ✓ There exists in our universe a precise mechanism through which ideas are turned into reality.
  
  
  
  
  
  
  
  
  
  
- ✓ The ability to use this mechanism has nothing to do with worth, value, intellect, or desire.
  
  
  
  
  
  
  
  
  
  
- ✓ Everyone is at the effect of this mechanism whether they are aware of it or not.



To consciously manifest you need to know:

- Who you are
- What you want
- How to Consciously take charge of your
  - Intention
  - Attention
  - Expectation
  - Thoughts
  - Emotions
  - Actions





- ✓ Expect to get what you are intending to manifest.
  
- ✓ Be unconcerned about when or how you'll receive it.
  
- ✓ Understand that the answers to when and how are not your business.

### **A Guaranteed Outcome**

#### **For You To Do:**

**Please indicate what you think/feel about each of these guidelines and why.**

**Hogwash? Reasonable? Lacking in Intelligence? Wise? Sneaky?**

The outcome is guaranteed to manifest given two conditions:

1. Your ability to hold the intention for it to emerge out of the field of infinite possibilities.
  
2. The presence of you as an observer to witness the new reality.



This is your job—to hold the intention and to engage in observation of the new reality via your thoughts, emotions, and actions. Do only what is your job in order to create the life you want.

How to do this:

1. Decide what you want.
2. Put the information out (intention and observation).
3. Know it is now taken care of and is happening.





## **\*\*Bonus\*\***

### **ADDITIONAL FOOD FOR THOUGHT**

#### **Handling Discord in Your Body/Mind**

To handle discord within yourself, you must be able to identify:

- Any differences between what you want and what wants to happen through you.
  
- Your specific resistances, objections, and/or blocks.

To create the desired alignment and harmony within, look to the roles Psychology and Meditation play in creating the life you want.

**Energy Psychology** will do two things:

1. Take the emotional charge out of your limiting beliefs so they no longer feel like a Truth about you or the universe in which you live.
2. Free you to create and sustain the ability to feel the new future in your body, accompanied by a sense of expecting to get it.

**Meditation** will give you:

- The much-needed distance from the content of your mind so you can work with it more easily.
- Insight into who you are from the perspective of your deepest dimension (spiritual).



## The Role of Meditation in Manifestation

Three Mental Factors are very important in consciously creating the life you want:

1. Concentration
2. Mindfulness
3. Equanimity

These are necessary tools in strengthening your ability to:

Know who you are from the viewpoint of your depth dimension (spirit, soul, Essence, Child of God).

Hold an intention in your mind and heart with thoughts, images, and feelings

Place your attention in the present moment where you can impact the emergence of the needed future right now with your thoughts, images, and feelings.

Three types of Meditation will build these capacities:

1. Concentration Meditation
2. Mindfulness (Insight) Meditation
3. Inquiry/Investigation/Contemplation

## Thoughts on The Role of Karma in Manifestation

Resistances and blocks, internal and external, are seen as the result of past karma (thoughts, words, & deeds)

The paradox that you face is that you are responsible for their presence — AND — you are not.



These limiting thoughts, images, and feelings are being forced upon your perception from the past\*.

Their presence in your field is not your concern.

Your concern is what thoughts, images, and feelings are you going to generate that will call forth the intended future?

The challenge is two-fold:

1. To be present to the passing content of your story without getting identified with it.
2. To have enough presence of mind to immediately shift your intention and attention to the needed future via the generating of new thoughts, images, and feelings that call forth the new possibility.

### **Core Dilemmas to Manage And Balance**

Human vs. Divine

Making Things Happen vs. Letting Things Happen

Controlling the Situation vs. Letting Go

Free Will vs. Pre-Destination

My Will vs. Thy Will



## Guidelines for Which Thoughts Generate Which Outcomes\*

To see yourself succeeding financially and in business, seed your unconscious mind for this by focusing on a giving state of mind. ([Generosity](#))

To see yourself living in a generally happy world, seed your unconscious mind for this by focusing on living a very ethical life. ([Honesty](#))

To see yourself physically healthy and attractive, seed your unconscious mind for this by refusing to ever allow anger to take hold of you. ([Patience](#))

To see yourself able to steadily focus your mind, seed your unconscious mind for this by engaging in deep states of concentration and meditation. ([Concentration](#))

To see yourself and others getting all that was ever wished for, seed your unconscious mind for this by developing an attitude of compassion toward others and yourself. ([Compassion](#))

To see yourself freed from a world where things don't work out the way you want them to, seed your unconscious mind for this by understanding the relationship between hidden potential and thoughts. ([Wisdom](#))

\*Adapted from *The Diamond Cutter—The Buddha On Managing Your Business And Your Life*, by Geshe Michael Roach