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The Art of Magnetizing and Manifesting

Webster's Dictionary defines magnets in the following way:

Magnet (mag'nit): Any piece of iron or steel that has the property of attracting iron or steel which may be naturally present or artificially induced; a person or thing that attracts.



Magnetic (mag-net'ik): That which is or can be magnetized; powerfully attractive; said of a person, personality.

I invite you to allow your first alignment in magnetizing to be simple, fun and easy so you are attracting effortlessly and quickly. If it feels like struggle, then you will magnetize “struggle” and repel rather than attract your heart’s desires.

First, imagine you are connecting magnetically with your Source, God Force, Superconsciousness, Higher Self or Inner Being, Spirit, Love, The Universe, All That Is or whatever you perceive this energy to be. Feel that a blending and merging is occurring by inviting, remembering, and attracting this union magnetically. Become aware of your breathing, and as you now inhale, be excited and delighted and imagine yourself receiving a specific heart’s desire. When exhaling, release your intention into the world where your deliberate creation is then vibrating as your “outcome already fulfilled.” Allow it to be natural and touch the deepest, most joyful places within so you feel the ecstasy of having your wishes granted now in your imagination.

For instance, if you choose to have more money, know there are principles of universal energies magnetically inducted through first **feeling** abundant. Accept and know you deserve your heart's desire. Appreciate having the vibration to attract more "green energy" (money) and give thanks that the money is already here. In other words, **have an attitude of gratitude** continuously, in spite of what the appearances may be in the moment. Stay out of the "how" and just know in your heart you are attracting your desires so that you are in vibrational harmony with your creation.

When I was much younger, there was a parable in the Book of Matthew that always seemed unfair and hard to understand: "To him that has, more will be given and he will have great plenty; but to him that has not, even the little he has will be taken away." It seemed so harsh until I came to understand that Jesus was talking about consciousness. **To those who have a consciousness of plenty, more will be given and they will have even greater riches in their lives.** To those who have not, who have a narrow or "limited" consciousness, then the little they have will be taken away.

What are you expressing and experiencing in your life right now? From a consciousness of abundance or from a consciousness of lack? Is your life rich, full and prosperous? Or do you affirm, nurse, curse, and rehearse with a litany of complaints all day long, which then means your problems will stay with you or build up even more through your constantly talking about them. Naturally, blame, justification and explanation will diminish and restrict your life.

What you think about **EXPANDS**.

In another parable it is said, "You can't put new wine into an old wine-skin." Again, this is speaking of consciousness—the new "ascended" wine can't be poured into a narrow, constipated vessel because that consciousness is unable to be filled and stretched to new levels of being, allowing and receiving. We literally demonstrate every moment at the

level where our consciousness is vibrating. Jesus was the new wine, the new consciousness who brought the vibration of love, rather than an eye for an eye and a tooth for a tooth. My funky sense of humor says there must have been a lot of blind and toothless people in the Old Testament days based on the verses describing those parables.

An Attitude of GRATITUDE

Many people have financial issues and follow the path of least resistance by “paying” their bills rather than having an attitude of gratitude. How many people do you know who love to pay their bills? **The LAW of ATTRACTION in ACTION** is: Choose to write your checks with an attitude of gratitude so instead of “paying” bills as an obligation or duty, be grateful to have the funds and bless the money and checks and see your funds multiplied. Remember, what you think about expands!

I used to write G.M. (God’s Money) on the upper left hand corner of our checks. I intuitively knew the Law of Attraction. I knew if we constantly magnetized and blessed our abundance by keeping it in circulation and allowing it to flow joyfully into and through our lives, it would expand! This was also long before the days of carbon-copy check registers and so if I forgot to enter the amount in the check register, I would then put G.O.K. Duaine said, “I now know what G.M. stands for...but what in the world does G.O.K. mean?” And I said, “**God Only Knows!**” One has to have a sense of humor in expanding consciousness!

The next time you have bills for the phone, electricity, water, rent or mortgage, instead of seeing the utility or banks taking your money away—or feeling you have to “pay” your bills, I invite you to sit down and enjoy the process. Have an attitude of gratitude and give thanks for the abundance flowing through you now and continuously so you are vibrating prosperity rather than lack of money.

**Giving is an attitude of gratitude and it multiplies!
Paying is a mentality of taking away and of subtraction.**

That is why “to him that has given, more will be added,” as we are each a core consciousness pulsating, radiating and vibrating. To him that has “paid,” the little he has is subtracted and more is taken away. If you “pay” your bills out of a sense of obligation, then you will feel there is never enough. When you joyously bless your money flowing abundantly and have an attitude of gratitude, it will return to you multiplied and expanded.

Which Reality Do You Choose to Participate In?

Sometimes we hear people say, “I can’t afford this,” or “It’s too expensive,” which of course then becomes a self-fulfilling prophecy of limitation. Remember to hold only the thoughts and vibrations that reflect the world you choose to participate in. The Universe is always ready when you are ready and it is standing by, waiting for you to choose and commit to your heart’s desires. Remember, abundance is not something you create, but that which you ATTRACT AND ACCEPT. You can flow energy toward the joyful experiences that you desire, which attracts the money magnetically.

What are you now ready to ask for intensely and receive expansively? Take five or ten minutes daily to specifically identify, imagine, envision and feel excited about your highest outcomes. Have clarity on why your heart desires these experiences. Talk to others who are genuinely excited about your deliberate creations and who enthusiastically support your endeavors. Tell the Universe why you want to have it! Be joyful about your intentions and let the aura around you sparkle and sizzle with your magnetic vibration. Write a vivid poem or script out your desires as a chapter from *This Is My Life* to set your tone and let your heart sing. Let your vibration ring with the beauty of your creations manifesting now. You are rewarded to the level of your expectancy. Have fun with all of this and know it is holy to be humorous! See your dreams through fresh eyes and let it be a surprise how the Universe delivers it. Be eager as you write and imagine what you are deliciously experiencing as you envision your outcome being fulfilled. Give thanks, believe and know you deserve to have your wishes granted now and continuously.

Your Magic Genie

Imagine a magic genie appears in front of you right now who says, “I will grant you three wishes. Your wish is my command. Ponder a few moments and then write your three wishes in the margin of your book or in the Notes pages in the back of the book. What are you choosing to magnetize now—in this very instant?”

Great! You have now declared your dreams to the Universe. You are now on the royal road to your three wishes gestating and coming to fruition! Did you feel an inner glow of excitement as you reveled in your energy flowing with the visions of your decisions! When was the last time you felt this exhilarated? As you generate enthusiasm for your heart’s desires, you are connected to your Stream of Well Being. You may modify the wishes later as you fine tune your desires. You are the mapmaker and the visionary. You are the Deliberate Creator. You are the receiver. What have you been waiting for? Know that you are the magnetic human compass and you point and direct the way by summoning and flowing the energy. Point the compass needle in the meaningful and magical directions you choose to go. You will be flooded with more light and serendipitous routes, which lead to a whole download of scrumptious information to create your outcomes fulfilled. Consciousness and energy vibrate at certain frequencies. As you feel and resonate with your outcomes fulfilled emotionally, it accelerates and steps up to a higher vibration because you have clarified your heart’s desires.

Fun Guidelines for Enlightenment

There is a wonderful being, Steve Bhaerman, who writes jokes and scripts known as “Swami Beyondananda.” My favorite is entitled, “Guidelines for Enlightenment,” and one line is, “The most powerful tool on the planet today is Tell-A-Vision. That is where I tell my vision to you, and you tell a vision to me. That way, if we don’t like the programming we are getting, we can simply change the channel.” And personally to that I would add, we all have the remote control in our hands. It’s called choice and making a decision for your vision!

Another guideline I love is: “Be a fundamentalist—make sure the FUN always comes before the mental list. Realize that life is a situation

comedy that will never be canceled. A laugh track has been provided and the reason why we are put in the material world is to get more material. Have a good laugh at least twice a day and that will ensure hilarity." When was the last time you had a good belly laugh? Have fun with your visions. Be of good cheer! Be prepared for magic in the moment and miracles on demand.

While having fun contemplating what my three wishes would be, I realized that one of them was, **"I AM the Magic Genie Who Grants the Wishes Fulfilled."** Indeed we each are our own Deliberate Creator, a.k.a. The Magic Genie! The Universe totally supports and cooperates as you say YES to your outcomes fulfilled.

As I think and vibrate, so I AM.

I create, attract, expand, and manifest now and continuously according to my vibrational output.

The way you accept what you receive and how you spend money reflects how you are magnetizing the Law of Attraction as a Deliberate Creator. As you come from clarity, joy, and renewal you are making new contributions in your consciousness and depositing magnetic energy to play in higher realms and claiming your wildest imaginings. Money is a wonderful byproduct of following your bliss. When you do what you love, abundance will follow in the form of "green energy" (money). Be creative and feel your aliveness and zest in initiating new, upgraded realities about money. Each of us "broadcasts" our signal all day long in attracting either lack or abundance. Every time you say "I can't afford," you expand your lack and it becomes a declarative statement to the Universe. You will then notice not having enough because it becomes a self-fulfilling prophecy.

There is a wonderful anecdote in the book, *Creating Affluence*, by author Deepak Chopra, M.D. He was involved with a group discussing a world peace project when someone asked his teacher, "Where is all the money going to come from?" [for this project]. And his teacher replied, without hesitation, **"From wherever it is at the moment."** There is infinite abundance available, and when we are willing to receive and invite prosperity on all levels, it becomes our reality as Deliberate Creators. Prosperity abounds! Abundance abounds! Well being abounds!

The Investment That Always Pays Off

Neville, an author who is deceased, wrote books our family loved. His stories are filled with wisdom and creative insights in imagining from your “outcome fulfilled.” He states in one of his books that his wife awakened from a profound sleep and heard a voice of authority say, “You must stop spending your thoughts, your time and your money. Everything in life is an investment.” The dictionary defines “spend” as: to waste or squander or to lay out without hope of return. Invest means to lay out for a purpose from which a profit is expected. I often told my students at Indiana-Purdue University, “Stop sitting on your assets and invest in yourselves!” I can relate to his wife’s dream for whatever you choose to “invest” in will be magnetized into your daily life and into your future.

Neville was an early pioneer in the art of thinking and investing in what he called the “end” process by imagining from your fulfilled outcome. He felt the wise person magnetized their aspirations and dreams by already feeling, thinking and being in their outcome (even when logic and reason may deny it). When you are confident in creating your reality in your imagination from your outcome fulfilled, then you are investing in yourself and that is the asset that always pays off. Remain loyal to the unseen reality as though it were already true, for indeed it is.

You now have a skeletal framework for understanding magnetism to demonstrate how it works by attracting substances that match them—**like attracts like**. When I was a child, I used to have miniature Scottie dogs on oblong magnets. One was black and the other was white—again contrast. We could make them attract, repel, spin or move any way we desired as we played with them. It was fun to pick up paper clips, iron nails or anything they would “attract.”

You can now easily see how your thoughts magnetically attract as you begin to fine tune and master what you choose to attract. Your feelings energize your thoughts and propel them from your Inner Being to your outer reality. The stronger or more emotional your feelings are, the more accelerated the process of vibrational attraction becomes.

Magnetic Energy in Your Hands

Another way to demonstrate magnetic energy is to USE YOUR HANDS. Begin by clapping them together or rubbing them briskly against each other for at least 15 seconds or more. Then move your hands up in front of you with the palms facing one another. Observe what is happening with your hands as you move them a few inches apart. Slowly move them back and forth or closer and farther apart in distance. The movement is similar to playing an accordion. Notice what you feel and what is happening between your hands. Most people will be aware of magnetic ATTRACTION or RESISTANCE between their hands as they “play” with the energy. Just as the battery in your car has negative and positive cables (poles), so do you as a human. You are a battery of water cells which radiates a current of energy. Have fun as you play with this concept to understand the metaphor of how energy works in your life.

Are You Appreciating or Depreciating?

Appreciation could be defined as recognizing and being grateful for all the blessings you do have in your life. Depreciating is when you lower, reduce or don't recognize the value of what you have. If you belittle, disparage and complain, you will reinforce not having enough. I know people who constantly “depreciate” by complaining, criticizing and comparing. There is a restaurant in Scottsdale that has a sign, “NO SNIVELING.” It's good advice because whining blocks your flow. You will never have enough until you feel the “enoughness” inside of you. In the movie, *Water World*, there is a line by Kevin Costner where he says, “It's like a turd that won't flush.” It may be a crude remark, but the more you talk about the “feces” of your life by constantly depreciating it or other people, you will be filled with resentment and keep re-sending the same signal. You block your flow because you're stepping on your own hose. Or, as a friend says, “It's like a cow stepping on its own tit.” It may not be a very classy expression, but it's a great metaphor.

“If the only prayer you ever say in your entire life is THANK YOU, it will be enough.”

...Meister Eckhart

Gratitude is a feeling of being grateful, appreciative and profoundly thankful for what is working in your life in both giving and receiving. Having an attitude of gratitude always reinforces the Law of Attraction in Action and creates things flowing freely.

Joyfully or Forcefully?

If the subject of contrast, choice and being a Deliberate Creator is new to you and you are feeling somewhat in “whelm,” take a deep breath! Ask for help in understanding and integrating (which means practice!) so you can revel, have fun and be inspired as you continue reading the upcoming creation “recipes.” Allow it to be easy and playful! Use the magnets often as a mirror of how you choose to attract your outcomes—joyfully or forcefully?! If you feel discouraged or frustrated, that means resistance is present and it will expand. Longfellow said, “The lowest ebb is the turn of the tide.” When you feel inspired and enthusiastic, you will vibrationally attract your deliberate creations.

Do you know it is “scientifically” impossible for the bumblebee to fly? According to recognized aerotechnical tests, bumblebees cannot fly because of the weight and shape of their bodies in relationship to the total wing area. However, the bumblebee doesn’t know this, so they fly anyway!!

Some years ago at the conclusion of a spiritual workshop, the teacher asked each person to share brief comments about the weekend. One woman was very touched although on “overload” since this was her first experience of anything of this nature. She expressed how she felt like a “beginner” and how much she had yet to learn. I will always remember the teacher’s laughter and re-assurance as he said, “You are in front of those who are coming behind you!” It’s so true. As we evolve, there is always someone in front of us who is helping us go higher. We also assist those who are coming behind us and reach out our hands and hearts to eagerly invite them to create, grow and deliciously soar together.

Notice that contrast is diversity and variety as you will see in this beautiful sharing from Lin Yu Tang:

“Certainly no one can say that life on this planet is stale and monotonous...there is the alternation of night and day, and morning and sunset, and a cool evening following upon a hot day, and a silent and clear dawn presaging a busy morning, and there is nothing better than that.

There are cloudy days and misty days, alternating with clear and sunny days...there are spring showers and summer thunderstorms, and the dry crisp wind of autumn and the snow of winter.

There are magnificent redwood trees, fire-spouting volcanoes, wondrous caves, majestic peaks and undulating hills, placid lakes, winding rivers, and shady banks...the menu is practically endless to suit individual tastes. The only sensible thing to do is go and partake of the feast and not complain about the monotony of life.”

Come, Partake of the Feast.

Appreciate the Diversity

Spread Before You of Your Heart's

Desires Being Fulfilled.

Be Magically Open and

“In The Moment”

With Your Wishes Granted

And Miracles On Demand

By Your Command

And So It Is!

And Forever Will Be!

