



Destiny & *manifestation*

Creating & designing life is a process that begins as soon as our brains start to absorb information from our surrounding. We assume that it is the fixed written destiny that is causing situations in our lives, but it is in fact our thoughts and beliefs that are shaping our lives. I have seen not only me, but many people change their lives by changing their thought patterns and belief systems. I have spent many years of my life finding answers to simple life questions through spirituality and psychology. While some of it is learnt through books and modalities created by other people, most of it is learnt through channelling and observation.

Chapter one

the *destiny*

**“Nothing in this world is blamed on more than the destiny.
For every failure and every heart break destiny is accused.”**

- Ishtar Aren

Believing that our lives are all pre-written and that we are powerless against the destiny is nothing but an excuse to avoid facing oneself and to avoid taking any responsibility whatsoever. Yes, there is destiny, but only a small part of it is pre-written. As soon as we develop minds we start creating our destiny. Now those of you who are optimistic and strong within, would feel very excited to learn that if you had the power to create the life you are living, you also have the power to uncreate that life and design your future as per your desire. Knowing that the command of your life is in your own hands and if you decide to, you can change your life in any direction that you wish to is an extremely empowering feeling. Honestly, no matter how easy it is to blame it all on the destiny, living your life believing that there is nothing you can do to change it is highly depressing. It is the act of “giving up”. Most people who succumb to circumstances are living their lives joylessly because they have “accepted their fate” and are now just “dragging their lives”.

If you wish to change your life, the first step would be to understand what is pre-written and why. The second step would be to acknowledge the destiny that you created; in other words, “life you manifested”.

When you accept that there is actually a reason behind everything that is happening, life becomes much easy to change. The good news is that you can work around the pre-written destiny. Our pre-written destiny is the amalgamation of growth, life’s purpose, karmic debts and lessons. These are the four pillars on which our pre-written destiny is standing. As you understand the four pillars and work with each one of them, you attain a powerful state of being where you can then start writing your own destiny. This is where you start dictating your terms to the Universe and the Universe listens. My sole purpose of writing this e-book is to bring you into a state of being where you can command the Universe and create and design the life the way you desire it.

Growth

In the beginning, there was only Divine Light and Divine Darkness vibrating at the 13th dimensional frequency, the highest frequency there is. Then, thousands of years later, for whatever reason, tiny little parts fell out of them and became the first Archangels of Divine Light and Divine Darkness, becoming the first 12th dimensional beings. Naturally a 12th dimensional space got created for the 12th dimensional beings to reside. And as these parts kept falling out into smaller parts, new dimensions got created with lower vibrational beings. The last of these parts were the 0 vibrational beings, the microscopic organisms, and that’s where the evolution started. We are all tiny little parts of the Divine Light and/or Divine Darkness. The mandatory life purpose of each awareness is to eventually merge with the Divine Source. Currently humans are vibrating at the 3rd, 4th or 5th dimensional frequency. The lower the vibrational frequency, the longer it is going to take for the awareness to reach its ultimate destination.

Merging with the Divine Source is one of the biggest life’s purposes, which leads us to our first pillar, growth. Growth is famously known as **ascension**. As our frequency keeps rising, we keep ascending to a higher dimension and ultimately our goal is to reach the 13th dimension and merge with the Source. We

design our life's purposes in in-between lives (the ancestral plane) with the sole purpose of growth (ascension). However, when born as human, we consciously forget about all of that and get sucked into the conditionings and expectations of the society. Being completely lost and ignorant about the purpose, instead of ascending we start to descend. The important thing to know here is, that the moment you start to deviate from your pre-written destiny, your life starts to fall apart, leading to further descension. When you die with descension, your awareness has to create a harder lesson filled destiny to help you ascend. A life filled with hard lessons is a life full of struggles and hardships. This is the 3rd dimensional life. So, trust me when I say this, you do not want to descend.

Growth is not just limited to ascension. Another compulsory life's purpose that we are all born with, is dying with more money and happiness than what we were born with. The basic human goal is to grow. We should be better than what we were yesterday. Setbacks may come, but in spite of those setbacks, we should be better than what we were yesterday. Here, the destiny changes as you change the perception. When you start seeing everything as an opportunity for growth, life automatically shifts for you.

Notice what you lack in this life and you will immediately know which area of your life you have planned your growth in. If you were born in a poor family, then removing the psychological and energetic financial blocks is the part of your growth journey. Whatever it is that you are missing in life, is what you have to work towards. But I am not talking about putting in a lot of hard work, I am asking you to figure out the psychological and energetic blocks. This of course would require you to do some self-work. There are many self-help books available in the market that teaches to remove different kinds of blocks. All you need to do is decide to remove the blocks, and you will automatically be guided towards the right healers, therapists, videos and authors.

Life's purpose

We are not randomly thrown into wombs; it's not a coincidence. We are carefully planted after a long consideration in which we are actively involved. In fact, most of the pre-designing of our lives are done by us. That is the amount of power we possess as an awareness. We are here for a purpose, a reason. And the first step to recreating and redesigning our lives is to acknowledge and accept the pre-designed part. Apart from the common life's purposes, we have our personalised life purposes that we are born with. They are so unique and different for each one of us that listing them all down is not possible.

One of the biggest myths is that life's purposes are always spiritual in nature. This is absolutely false. I had a client whose life's purpose was to have sex with as many women as he could. He only took human birth to enjoy sex, because he couldn't in his previous lifetime. His life went smooth as long as he kept changing sexual partners. Any time he would get into a committed relationship, his life would take a turn for the bad. In this case, there was no lesson, it was merely an intention with which he was born. There was nothing that I or anyone else could do about it. He wanted to change this, so I did give him a long clearing statement to undo his intention. But nothing worked as his awareness was set on enjoying sex.

When we interfere with our life's purposes (intentions with which we have taken human birth), we disrupt other areas of our life which may have been our blessings. In case of life's purposes, there is absolutely nothing you can do about except for accepting it and living around it. To know these purposes is very easy. Just notice your thoughts and feelings for a few days and observe everything that drives you. We are talking about passion here, and not hobbies. Whatever is your life's purpose will always come easily to you. There will not be any struggle in it. It will never demand hard work.

Karmic *debts & lessons*

The in-between life is basically the afterlife. The afterlife is the ancestral plane which is also divided into dimensions from 2nd to 5th. The frequency at which you die will be the dimensional plane where your awareness will rest. Your awareness (which is basically who you are) now has the choice to either take a rebirth as a human or just rest in the afterlife. The intention with which the awareness chooses to come down to Earth as a human being is either “ascension” to a higher dimension or to settle the unfinished business. Sometimes, it can be both. Based on what dimension the awareness is resting and how much karmic settlement it requires, it will choose a life. Lord Saturn, the Lord of Karma plays an important role in this. He informs our awareness how much we will need to go through to accomplish our required goal. We then, choose how much we wish to ascend and how many goals we wish to accomplish. We inform Lord karma and he then designs our lessons accordingly.

Let’s say there is an awareness vibrating at the 3rd dimensional frequency. It wishes to ascend and complete a few karmic obligations for which it decides to take human birth. As soon as the decision is made, it will go to the Lord of Karma. It will then be asked, “how much do you wish to ascend?”. If it says, “I wish to ascend to the 5th dimensional frequency”, Lord Karma will list down all the lessons and hardships that will come with that purpose. If the awareness is okay with it, it will accept the lessons and the hardships. Once that is done, now the awareness will start finding the other awareness’ it wishes to settle the karma with. If those awareness’ are willing to settle the karma then the awareness adjoins the destiny with them. If those awareness’ are not willing to do it now or ever, then the awareness needs to change the intention. After this the awareness has to find a family to take birth in based on the lessons listed down by the Lord of Karma.

Important thing to remember is that we carry forward the gains and losses of the previous life to the next life. So, for example, if you cleared all the financial blocks in your previous lifetime, in this lifetime you will definitely be born rich. But, however, if in previous lifetime you missed the opportunity to remove romantic blocks, you will face many relationship lessons in this lifetime. The good news is that the moment you learn the lessons in this lifetime, immediately your romantic life will change, and you won’t have to wait for the next life to see the results. This is what makes changing the pre-written destiny easy. All you need is the strength to face your lesson and learn them. That’s it! As soon as you finish learning the lesson, your pre-written destiny gets wiped out and you get the opportunity to rewrite your life however you want. Same goes for karmic debts. As soon as you realise them and pay them off, you are free of them. (However, some people have the tendency to hold on as their nature and they keep holding on to people even after the debts are paid off. In such cases such individuals need to learn to let go, and this would be a part of their lesson).

If you have taken a human birth, there is a reason for it. You have either taken birth to ascend, or to remove certain blocks, or to settle a karmic debt. For all three of them the common factor will be lessons. In order to ascend lessons will be thrown your way, and same for removing the blocks or settling the karmic debts. Most people fear the lessons and this is what becomes the biggest block in their lives. Lessons are blessings in disguise. They are here for you to fulfil your life’s mission. The faster you learn the lessons, the faster you will fulfil your pre-written destiny.

Role of *family*

Remember you have chosen this family. Irrespective of whether you have an amazing family or there are massive family issues, the most important question in deciphering the pre-written destiny is finding out why you chose this family. This is an unchangeable aspect of pre-written destiny. Your biggest blessings and lessons will always surround your family. Having a big family or not having any family at all are all part of your life’s mission. The conditionings that you received and all the struggle or happiness you experienced growing up is all part of the pre-written destiny. You have to learn the lessons and accept the

blessings. Lessons and blessings are always interconnected. You made an agreement with them in-between lifetime. Both, the blessings and the lessons, are part of that agreement. Every parent is protective of their children, but an over-protective father may be acting that ways because of an agreement. In such cases you have to ask, “Why did I ask my father to protect me”. There are normal behaviours and then there are abnormal behaviours. In order to find the pre-written destiny, you have to focus on abnormal behaviours. In case of over-protective parent, the next question to ask is, “What are they protecting me against the most”. That is the area of life where you had asked for the protection. You made these agreements for a reason, finding he answers will guide you whether you need to accept the behaviours and actions or you need to learn something out of it. As soon as you make the changes, people change their behaviour almost immediately.

Appearance *factor*

Everyone is good looking, no one looks ugly. What makes people unattractive is their personality and the fact that they don't take good care of themselves. If you know how to dress yourself up and how to present yourself, you automatically become attractive. This is only possible when you know and accept yourself fully.

However, what you need to know is that your physical body is the physical manifestation of your mind & energies. The features and complexion that you are born with also resembles and supports your reason for birth. Everything there is, is there for a reason. How you use and treat your body is your choice. It is that choice that makes one attractive or unattractive. The only difference between people who are attractive and unattractive is the self-awareness and how true the person is to themselves. The biggest choice here is, to either sit and compare yourself to other people and find flaws in yourself or try to be the best version of yourself possible and treating yourself right.

Know your pre-written *destiny*

There are two ways you know what is the pre-written destiny and your life's purpose. One way is to find a genuine astrologer or a psychic, and the second way is to observe your life and tap a little into your unconscious mind. To do the latter, just answer the following questions with 100% focus, honesty and acceptance, and you shall get the clarity to why your life is the way it is.

Q1. What circumstances was I born in?

Q2. What changed in my family after my birth?

Q3. Who do I have the strongest love/hate relationship within my immediate family and why? What are they trying to teach me? What am I trying to teach them?

Q4. What are the biggest blessings in my life?

Q5. What are the biggest hardships in my life?

Q6. Are they the hardships provided by my pre-written destiny or these are the hardships because I am forcing myself to go against my true self?

Q7. If these are the pre-written hardships, then what are the lessons they are trying to teach me? Is it to value something more? Is it to remove some sort of fear? Is it to make me self-reliant? It is to change some other pattern? What is it?

Bad energies

There are three different kinds of bad energies that can affect the destiny:

1. **Lower energies:** Lower energies are the energies generated by lower energy emotions like fear, anxiety, lack mentality, depression, joylessness, guilt, powerlessness, frustration & grief. We all have these lower energy emotions within us, but when we start functioning from the lower energy emotional space (in other words when a lower energy emotion overpowers us), we start generating lower energies which starts pulling us down. These are bad energies that affects our decisions and what we attract in our lives.
2. **Negative energies:** Negative energies are generated by negative people. Negative people are the people whose perception of life, situations and things are always negative. My parental grandmother is a negative thinker. She is always suspicious of everything that people do or say. She always assumes wrong intention in everyone's actions. This usually comes from trust issues; the disbelief in goodness and also lack on belief in the deservability of self. When one is in touch with a negative person for a longer period one ends up absorbing their negativity. This negative energy then affects our mind and turns our thoughts negative too. No matter how positive the action might be, the result will always be negative if one is affected by negative energies.
3. **Evil Energies:** Evil energies are generated by evil people and evil beings. Evil energies, unlike lower and negative energies, are generated to cause harm. Whether motivation is jealousy or revenge, any thought that wishes harm on others created evil energies. Evil eye, psychic attack, anger spears, etc. are few of the examples of evil energies. Doesn't matter how jealous you are of someone, if you do not wish them ill, you will not generate evil energies. What you will generate is lower energy. People who are more focussed on the outside (other people) are the ones that create evil energies when jealous. Focussed on the outside means that one is only bothered about what is happening in others' lives, is constantly comparing themselves to others, their locust of identity is outside of them, have constant need of approval and appreciation from others, etc. The reason for that is, that when they get jealous, their focus is on the person they are jealous of. In that case, their solution to cure their jealousy is when something bad happens to the one they are jealous of. But for someone whose focus is within themselves, as soon as they get jealous, their approach will be finding answer to "What can I better in myself to not feel this way again?" and then acting upon it. People who are only focussed on themselves are not only incapable of generating evil energies, but are also always confident, secluded and happy in their own world. There is no exception here. But off course, whenever I have shared this in the class, a few of my students took upon a fake personality pretending to be the latter one. If you have even a basic understanding of psychology, you will be able to spot them easily. It is important to spot such people because they are capable of sending evil attacks on you every time they feel jealous or threatened by you.

Evil energies can cause a wide array of damages, from something as small as a minor weakness to something as huge as a cancer. They not only can create blocks in your lives but can also cause damage to your personal lives, professional lives, health and lifespan.

Good energies

Good energies may come from people in the form of blessings and truly meant good wishes, but major part of it comes from the Universe and Divine Beings. As soon as we ask the universe for something, it is instantly provided to us in the form of energies. You can also increase good energies by praying and channelling every day. the more you fill yourself with positive high-vibrational energies the better your

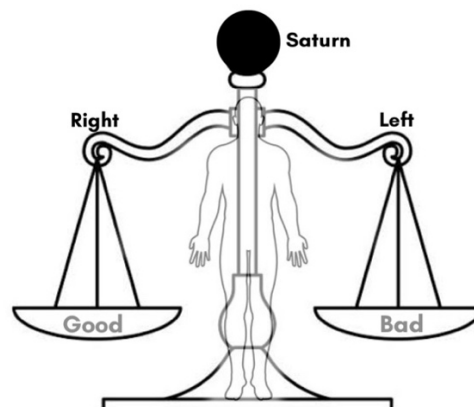
destiny will be. In fact, these are the energies that will also provide a push that is necessary for manifesting the positive desires.

Good energies are generated inside of us with good thoughts and higher emotions. Higher emotions are faith, strength, joy, power, happiness, love & truth. The more the thoughts are in alignment with the higher emotions, the higher energies one generates. These higher energies are the basis of magic.

Karmic energies

Saturn is the lord of karmas and lessons. Saturn is omnipresent and sits on everyone Karmic Chakra (also called as the Destiny Chakra). It is between the soul star chakra and stellar gateway chakra holding a scale and giving lessons or blessings based on our karmas. Our pre-written destiny is stored inside the Karmic (Destiny) Chakra. However, the energies within the scales can change, affect or block the destiny.

Karma is affected by actions; actions are fuelled by intentions and intentions are controlled by unconscious mind. In order to understand your intentions, you need to achieve a state of self-realisation where you are fully aware of all of your unconscious and subconscious thoughts. If your actions seem bad in the physical reality but your intentions are pure it will get added to the good karma, and vice-versa.



This is how the karmic scales look in our energy body. The right side collects good karmas and the left side collects bad karmas. The support structure of the scale passes through our chakras and the beam passes through our shoulders. When the scale is tilted towards the right, we receive blessings of Lord Saturn and if it is tilted towards the left, we receive lessons. When the scales are balanced, the life goes on normally. When one side reaches Lord Saturn and the other one touches ground, Lord Saturn takes drastic steps (good or bad). So, if it is the right side of the scale touching the ground and left side merging with Lord Saturn, the scale would disappear for the time being (until new bad karmas are added) and one would achieve overnight success. This is also the time when *Neelam* (Blue Sapphire) comes into the lives of people. However, if it is the opposite, then one would suffer miserably. You can always check your scales through **scanning**.

The scale is permanently attached to our awareness and remains even after our physical death. No amount of praying and rituals will ever bring any amount of shift in the scales, it may only help delay the repercussions and get carried forward to the next life. It is also this scale that decides whether you are ascending or descending. The only thing that can actually bring shift in the scale is adding good karmas, learning lessons, making genuine changes (because you cannot fool the Divine Beings) and practicing forgiveness.

Chapter three

the manifested *destiny*

Majority of what your life is today is your manifestation. It is our thoughts that instantly get manifested into reality, and that is what is shaping our lives. Honestly, affirmations and witchy rituals don't work for many people only because no amount of conscious blabbering can change the unconscious thoughts. In order to change the unconscious thought patterns. Majority of people are functioning from lower energy emotions, and the proof of that is the amount of suffering in the world. If you keep taking decisions and making choices from fear, guilt, frustration, grief, depression, etc., the result will also be the same. In order to manifest success, love and happiness you need to take decision from higher energy emotions.

Fear, grief, greed, guilt, frustration, ego, complexes, etc. will always make you choose wrong. These emotions overpower your logical and intuitive thinking. Fear driven person will never be able to take risks, grief driven person will always be focussed on holding on, greed driven person will only see short-term gains, guilt driven person will only be focussed on justifying themselves, a frustrated person will keep finding reasons to lash out, and egoistic person will be focussed on proving themselves right and a complexed person will only seek approval. It is impossible to make right choices when functioning from lower energy emotions. Also, these emotions generate lower energies that act as blocks in attaining success, love and happiness. If your life sucks, it is because you have been manifesting from lower energy emotions.

From affirmations to crystals, everything works but nothing works more than the power of your mind. Successfully manifesting is actually very simple, and yet it is very difficult because most people are too scared to look within and bring the necessary changes that are required to manifest the life of their dreams. They find it much easier to blame it on the injustice of the world and destiny. The first step to manifestation is to stop functioning from lower energy emotions.

There is only one key to manifestation, and that is deservability factor. Affirmations, crystals and spells are the supporting cash. They will just provide the extra push, but the lead of the manifestation movie is "your deservability".

The *deservability* factor

If you think you deserve it, you will get it.

If you are getting rejected by people, it is because unconsciously you believe that you deserve it.

If you are poor, it is because unconsciously you believe that you deserve it.

If you are disrespected, it is because unconsciously you believe that you deserve it.

If you are not loved, it is because unconsciously you believe that you deserve it.

Our deservability is not created by the Universe but by our own opinion of ourselves. The first step is to find out why you think you deserve bad things in life. Sometimes, we carry self-hatred from past lifetimes, while majorly it is due to the conditioning by immediate family members & teachers and life's experiences.

Sometimes, people have the potential and capability, but they have extreme low opinion of self. This low opinion of self reduces their deservability factor and de-manifests all that they could have achieved in life.

On the other hand, there are people who may not have the required talent or intelligence but get what they want because of extreme high opinion of self.

What makes people have low opinion of themselves is that they are firstly constantly comparing themselves to others, and secondly, they are not willing to work on improving themselves. Also, I know of a lot of people personally who have a very high opinion of themselves “consciously”; this is a fake illusionary layer that they create for themselves to avoid facing the self-hatred. The core of it all is “comparison”. As long as these people will continue to compare themselves to others, they will keep finding flaws in themselves and keep hating themselves for it. Here, no matter how confident they portray to be from the outside, their unconscious undervability will always hinder their manifestation. If you are only focussed on your flaws, you can never enhance the good qualities that you were born with.

No one is ever supposed to be perfect; everyone will always have something lacking. I have seen many people wasting their lives running behind achieving what they will never fully have and ignore what could bring them ultimate happiness and success. Of course, if you think you lack something you can work on it. But how much of your energy are you giving to it is what changes the whole manifestation game. Let me give you an example, say there is a woman who is extraordinarily good at playing piano, but is not conventionally good looking. Even if she focusses all of her time and energy in enhancing her looks, she will still not become the most beautiful woman in this world. There is a limit to how much diet, workouts and surgeries can change your appearance. However, she could have become one of world’s best piano players and gained a lot of success and fame, she loses that too for not giving it the dedication, time and energy that it required. The right thing here would have been focussing 20% of energy in enhancing the appearance and 80% on piano. The reason she would have low deservability is because she was only focussed on enhancing her appearance and not her talent. Look at your strengths and focus more of your energy on enhancing that. If your focus is on your strengths, you will always have a high opinion of yourself and this will increase your deservability. Obviously, we want to manifest what we don’t have, why would we want to manifest what we already have. But while you are manifesting remember that your identity and self-worth is not dependent on that. Focus majorly on your strengths to maintain high deservability.

Deservability is overall confidence one has in themselves. It comes from the space of self-awareness and self-acceptance. When one is well-aware of their strengths and have accepted their weaknesses, they automatically gain extreme amount of confidence. This is the reason focussing on your strengths is very important. If you are focussed on your strengths, you will always be confident. If you are focussed on your weakness, you will always be complexed. Confident people believe that they deserve everything good in life, and this is why they get it.

Keys to increasing deservability

The first step is to start functioning from the space of **love**, and it all begins with self-love. And again, not illusionary self-love, but truly loving oneself. Self-love doesn’t mean faking unnecessary arrogance. It means that taking decisions because you love yourself. I was a heavy smoker. As soon as I would say “Because I love myself I will ____”, the first thought that would come to my mind was “I will breathe”. This means that somewhere even I was functioning from self-anger, and the punishment I was giving to myself was “not breathing” by constantly smoking. When you function from the space of self-love, you instantly know what is good for you and what isn’t. In my case, I was angry at myself for something, so what I needed to practice was self-forgiveness. My next statement in this case was, “I forgive myself for ____”. If you have successfully broken the illusionary wall of ego that is separating your conscious and unconscious minds, you would get instant answers. Doing this practice every day for at least 15 minutes will bring a massive shift in your mind and energy bodies.

Once you have attained self-love, it is time to love that which you are asking for. If you wish to manifest money, start loving money. Again, loving and obsessing are two different things. Loving money would mean wanting money for no other reason than love for money. If you are asking for money because you want to buy a house, then you are not loving money, you are loving the things money can buy. Love unconditionally because nothing can resist true-unconditional-love.

The second step would be to attain a **power** position. You are only powerless because you are giving your power away to things, people and emotions that you need. The more you need, the more powerless you become. If you can remain content in every situation, you automatically become powerful. The lesser things & people have the can affect you, the more powerful you become. Remember, you are always going to be powerless against that which you need. Need in itself comes from the space of lack. Whenever you need something, what you are actually manifesting is the lack of it. Those who seek appreciation are giving their power away to “appreciation” and people they are seeking appreciation from. Anything that controls your reactions has your power. Therefore, it is very important to pull your power back from every emotion, thing and person that you have given your power away to. You can do this by stop caring for it. You need appreciation, stop caring for appreciation – make it insignificant. You needed love, stop caring for love – make it insignificant. Whatever you need just make it insignificant.

When you are in power position, you no more ask, you command. You tell people, things and even Universe what you want, and it will be given. Weak people ask, powerful people command & dictate.

The third step is **honesty**. Being honest to oneself works magically on one’s deservability. Most people are lying to themselves constantly. The illusionary wall that I am constantly talking about is the biggest lie people tell themselves. This self-manipulation needs to stop if one truly wants to manifest. They have a barrier between their conscious and unconscious minds and until this barrier is broken, they will keep chanting the affirmations consciously while their unconscious minds are busy manifesting the exact opposite.

Being honest to oneself means acknowledging your unconscious patterns, your true nature and strengths and weakness. While self-love means accept all of the above

The fourth step is to be **joyful**. You can only truly be joyful when you are driven. This drive comes when you are truly passionate about something. You don’t need to be passionate about what you are manifesting (if you are it magnifies the manifestation results) but you need to be passionate about something. It could be something as simple as hanging out with friends. Passion brings joy, and joy increases deservability. When you are having fun, you generate an extremely powerful energy called “attraction”. If you have noticed, people get attracted most to those who have fun. “Fun” is an attractive quality, which is why it creates the energy of fun. This also means that you get the power to attract anything you want if you have this energy in your aura.

The fifth and the last step is to have **faith** and **focus**. Trust yourself, trust your abilities and trust the Universe that you will get what you think you deserve. Faith and focus are the two main ingredients of magic. Without faith, you will not be able to manifest successfully. “Focus” is about where you are focussing your energies through your thoughts (both conscious and unconscious). You have 100% energy; you need to divide this energy based on your priorities. Where would you focus majority of your energy is what is going to get manifested. However, please remember that the power of manifestation will not turn you into Dhirubhai Ambani, Bill Gates, Mozart or Stephen Hawkins. You will not go to sleep as yourself and wake up as Angelina Jolie or Tom Cruise. Magic can manifest you a lot of things, but please do keep in mind the limitations of possibilities (I so badly want to add a straight face smiley here).

When you complete all the five above steps while breaking the walls of illusion and ego and digging into your unconscious mind you increase your deservability which is the key to manifest what your heart wants.

Focussing *energy*

This is an extension of the fifth step to increase your deservability factor, that is, **focus**. How you distribute your energy in your day-to-day endeavours is how your life shapes up. While the first part of manifestation is believing that you deserve to get what you are asking for, the second part is focussing the right amount of energy in that direction. I have seen many people getting obsessive about their desire and focus too much energy on their goal. Trust me, when I say this,

*When you push too much energy towards something, it only gets pushed away
In order to pull something towards you, you need to spend very less energy towards it,
and pull maximum energy from it*

Think of it like this, if there is someone who is obsessed with you, will you run towards them or away from them? No one likes an obsessive lover because they are suffocating. Obsession is suffocation energy that blasts towards that which you are obsessive towards. Blast pushes things away from where they were. Sadly, majority of people function from obsessiveness when manifesting their desires. Whatever you make too important will always end up taking you for granted because making anything more important than yourself shows that you value that thing more than you value yourself and, in this process, one ends up losing their respect. Do not make the lack of what you desire your entire personality by obsessing over it. When you become obsessive about your desire, you stop focussing on other aspects of your personality and only talk about the object of your desire. This not only pushes away that which you desire, but also loses your respect and value in the eyes of the people who are watching you. Your desire, be it money or love or success or health, needs to respect you. It would only come to you and stay with you if it respects you. We all feel sorry for beggars, but do we actually respect them? That is because no one likes a nag that keeps asking. But when you have an attitude that says, “you will have lots of fun with me”, nothing can resist that. Because at the end of the day, be it people or energies, everyone and everything just wants to have fun. No one in their right state of mind opts for suffocation and sadness. And you can only have fun when you are casual about everything in life; and specially with respect to your desire.

However, this doesn't mean that you need to stop valuing the object of your desire. When you tell someone or something that it isn't important in your life, it makes it a point to make you realise its importance. It can show you it's importance by taking itself completely away from you. So, keep in mind that,

*The right way to manifest is to respect what you desire but to not to make it the centre of
your Universe*

When you are obsessive towards something, you spend all of your energy towards it. Which is why it has a blasting effect. In order to manifest successfully, what you need to do is first ask yourself the following questions:

1. What do I want to manifest?
2. What do I need to do to manifest it?

Now spend 10% of your energy on Answer 1 and 90% of your energy on answer 2. You should focus majority of your energy on the work that you need to do in order to manifest your desire. The reason for this is that your goal is currently not existing in the physical reality but the work that you need to attain that goal is. Focussing on what actually exists rather than what you wish for to exist is what will bring what you wish for in the reality. There is a reason why we are in physical reality and not floating around as souls. In order

to accomplish something in the physical reality, the work needs to be done in the physical reality. You can spend years visualising your goals and desires, but it will never get realised into reality until you work towards it in the physical reality. I am currently obese, now I can keep visualising myself as slim, but it will not get actualised until I put in energy towards working out and dieting. By visualising and affirming I will surely bring amazing results to my energy bodies but for it to affect the physical body I will have to physically work towards it. When visualisation and affirmations merge with workouts and diet, the weight-loss will be much faster and much healthier without any side effects.

Magic happens when the spiritual reality merges with the physical reality

Therefore, give only 10% of your energy to something that you wish to accomplish and 90% to the work that you need to do in order to accomplish that. In other words, give only 10% energy to the invisible and 90% of your energy to that which physically exists.

Blocks to manifestation

-----The law of opposites-----

*Whatever it is that you are running towards,
the exact opposite of it is what you are running away from*

This is the continuation of the obsessiveness. When you are chasing something, you are running towards that thing. But at the same time, you are also running away from something. The irony is, what you run towards, runs away from you and what you are running away from, runs towards you. In case of manifestation, it is the exact opposite of what you are running towards.

Let's take an example of money. If you are chasing money then it means that you are running away from lack of money. So, you are running towards money, the money is running away from you and lack of money is running towards you. Neither money nor lack of money have limitations, but you in the physical body do. There will be a point when you will get tired and stop to rest, that is exactly when the lack of money energy will catch up to you and the money energy would have run farther away from you.

The point of manifestation is not to chase, but to attract what you desire towards you

You need to become the magnet that attracts what you desire towards you. You need to stay where you are and move only to act on the work that you need to do to for the fulfilment of your desire. Chasing will always attract the opposite of what you chase. I remember when I was trying to run away from my house, the more I tried running, the more circumstances arose to make me stay at home. The more you run towards acceptance, the more rejection runs towards you. The more you run towards respect, the more disrespect

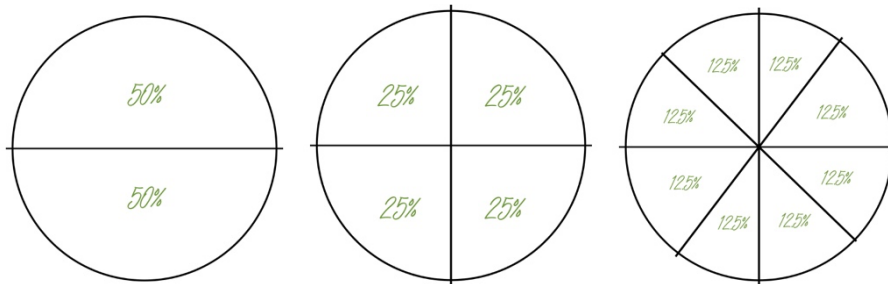
runs towards you. This is the law of attraction. Which is why, if you wish to manifest then stop running and start attracting.

-----The lack mentality-----

Lack mentality is the mentality where the person is focused more in what they don't have than what they have. Focussing on lack reduces the deservability of the person. Not only that, the reason why one chases their desires is because their focus is on the lack of it (which is the exact opposite of what they are desiring). Lack mentality stems from the fear of not having or losing. When you are too scared to lose something, you try to protect it any cost. Tell me, would like to marry someone who loves you so much that they keep you locked inside a room only because they are too scared to lose you? Be it love or money, neither will come to you if you are too scared to lose it.

-----Scattered energy-----

Obviously, we all want everything. But when we try to manifest everything at the same time the energy gets scattered. Not only that, even if we are trying to manifest only one thing, but we try to attain it by many ways, energy gets scattered.



The more you focus your energy on multiple things, the less energy will each thing get. The manifestation becomes powerful when you focus on two or maximum three things at a time. Focussing on too many things together will exhaust you and you will not be able to enjoy the results even if they are realised.

Manifestation *techniques*

-----Become the magnet-----

The energy that even the Divine Energies are attracted towards is fun. You become a magnet when you have fun, when you are joyful. If you wish to attract money, have fun with the money that you have now. This

doesn't mean spend it all unnecessarily just to prove it to the Universe that you can spend. Remember the Universe and all the Divine Energies (including money) can peep into your unconscious state and know exactly why you are doing what you are doing. So, just change your attitude towards money for real. Have fun with money, use it to have real fun. Enjoy with it. The moment you start doing that, money comes running after you. Because like you don't wish to be locked inside a room, even money doesn't want to be locked inside your bank account. Similarly, if you wish to attract love, start having fun while you are loving yourself. If you wish to be famous, start enjoying the attention you are getting now.

Fun and enjoyment should never be conditional. Don't put having fun with money when you have enough money. When you do that you put conditions on fun. Rather, have fun with whatever money you have and let money chase you. Apply this to all that you wish to manifest and see how things start to chase you.

You become a manifestor when good things just keep flowing into your life. This is what becoming a magnet means. The moment you become a magnet, things, people, Divine Energies, fame and success all starts to flow into your life. You no longer have to manifest any particular thing. So, just start having fun with yourself and all that is around you.

You will only be having fun at all times when you are functioning from abundance mentality. Abundance mentality is when your focus is only on what you have, as opposed to the lack mentality, where your focus is on what you don't have. It is people with abundance mentality that keep attracting good things in life. People who function from lack mentality often have a very repulsive aura. Not just high vibrational energies, but also people get repulsed by them after a point. This is because the constant focus on lack creates a swamp in the aura that is constantly sucking good energies from others (this could also include other people's abundance, good fortune, happiness, etc.). Lack means not having something, which means emptiness. Which is why people who function from lack mentality try to fill their emptiness by pulling energies from others. One switch from lack mentality to abundance mentality will instantly show results.

Switching to abundance mentality

Firstly, begin by focussing on your blessings. Make a list of all the things that you have, things that you are blessed with. Start practicing gratitude for the same. At least ten times a day, look at the list and thank the Universe for it. Do this for at least 21 days and then doing it just once a day would be enough.

Secondly, make a list of good qualities of people close to you. Start appreciating them for their good qualities, on their face and in your mind as well. Practice this for another 21 days (you can also do step two and three together).

Thirdly, make a list of good qualities in you. Start appreciating yourself for all of your good qualities.

Fourthly, make a list of things about you that need to change in order to manifest the life that you desire. Honestly, if you really want something, the things blocking you from getting that get instantly removed if your will towards your desire is stronger than your hold over the blocks. However, if the blocks are still stronger than your will, ask, "Why am I unable to let go of _____".

Self-work is nothing other than constantly asking yourself questions and digging into your minds. More than often just getting the answer to "why" is enough and the change happens instantly. Beyond that, very rarely does anyone has to sit and work on it. If, however, you have to work on it, it means you still haven't reached the core of "why" and more digging is required. Reaching the core shows instant transformations in all cases.

-----Tools to aid manifestation-----

Affirmations

Affirmations help clear the psychological blocks. They are actually very effective if used correctly and can help manifest your heart's desires. Affirmations are commands that we give to the Universe or to our minds. Therefore, affirmations need to sound like commands that are filled with belief. If the affirmation does not sound like a command, it won't work. Think of it like this, if you weigh 98 kilograms and you affirm "I weigh 48 kilograms", your unconscious mind, your brain and your weighing scale will respond by saying "Liar". Affirmations need to be true and need to be an order that you are giving to the Universe (or to yourself). Also, affirmations are actually very simple.

For *financial* abundance:

- I command money to come into my wallet, locker and bank account
- I open myself to receiving money
- I invite opportunities that will bring money into my wallet, locker and bank account
- I receive money easily
- Money comes to me easily
- I am at ease with money
- I joyously invite money into my wallet, locker and bank account
- It is safe for me to have a lot of money in my wallet, locker and bank account
- Money grows in my wallet, locker and bank account at an accelerated rate
- Every month money multiplies in my wallet, locker and bank account
- I share a soothing, abundant, joyful and safe relationship with money
- I love money
- I love being financially abundant
- I love receiving money
- I allow money to come to me
- I accept money with ease and joy
- I spend abundantly
- It is joyful for me to spend money
- Money and I generate a lot of joyful energy
- I have fun with money
- I am money (*repeat 119 times every day*)

For *love*:

- I command love to fill my life, my heart and my physical body
- I am open to receiving love from one and all
- I love myself unconditionally
- Love flows into my life with ease
- I share a soothing, abundant, joyful and safe relationship with love
- I allow myself to truly love
- I allow myself to truly receive love
- With every breath I inhale love
- With every breath I exhale love
- I surround myself with love and loving people
- What I do, I choose to do it with love
- What I receive, I choose to receive it with love

- I have abundance of love within me and around me
- Every cell of my body and every fibre of my being is vibrating at the Universal Energy of Love
- Love and I generate a lot of joyful energy
- Love is fun and I allow myself to have fun with love
- Love comes easy to me
- It is okay for me to love
- It is okay for me to receive love
- I love love
- I am love (*repeat 119 times every day*)

For health:

- I share a loving, caring and nurturing relationship with my physical body
- My physical body communicates with me with ease and joy
- I have lots of fun with my physical body
- I love my physical body
- I respect my physical body
- My physical body brings me joy
- I am safe in my physical body
- My physical body is magical
- I listen to my physical body
- I allow myself to nurture my physical body
- I allow myself to take decisions that will be healing for my physical body
- I allow myself to make choices that will increase the fitness level of my physical body
- My physical body is beautiful and I promise to bring it to its most beautiful possible state
- My physical body expresses love and joy
- I am one with my physical body (*repeat 119 times every day*)

For success:

- I share a successful relationship with success
- Success comes to me with ease
- It is easy for me to be successful at all I do
- I attain success with fun
- I attain success with joy
- Success is joyful for me
- Success is peaceful for me
- Success comes abundantly to me
- I am the very definition of success
- Every cell of my body and every fibre of my being vibrates at the frequency of success
- Success loves me
- Success is me and I am success (*repeat 119 times every day*)

“Money successfully flows into my life enhancing my physical fitness with love”

The above is a complete affirmation that one should use every day as many times a day as possible

Crystals

Crystals are energies in physical form. They help clear energetic blocks while adding energies into our lives. Using crystals & affirmations with heightened deservability while functioning from abundance mentality will create the magic you needed to manifest your heart's desire. There are many crystals out there available for each category that you can use depending on your energies and which crystal chooses to work with you. The crystals that you connect with are vibrating at a certain frequency, containing a certain energy and are associated with a specific chakra. Depending on where the block to your manifestation is and the kind of energy that you require to manifest that thing, the crystal will come to you. For example, citrine, pyrite, jade, peridot, sunstone and garnet are all crystals of financial abundance. But pyrite vibrates at the golden ray while citrine is the yellow ray associated with the solar plexus chakra. Sunstone too is associated with solar plexus chakra, but its energies are intense because of which it instantly starts to cleanse the blocks of solar plexus chakra. Peridot and jade are both associated with the heart chakra, and while peridot is mild in energy, jade has a much stronger energy. Garnet is associated with the root chakra but helps heal sacral chakra as well. This is why I wouldn't be listing down crystals for specific manifestations.

What you should do, is go to a crystal store (or a website). Before you enter, set your intention as to what you wish to manifest into your life. Please do not google or ask the sales person. Just start going through every crystal and see what you are most attracted to. Buy the crystal and then ask for its name. Once you have purchased the crystal, you can enquire about the crystal. I always ask people not to go with pre-conceived knowledge as that blocks the intuition. Energies and Energy Beings know a lot more about us than we do. By not going with pre-conceived knowledge, we allow the energies to guide us. I remember once a client of mine went to a crystal shop with the intention of increasing money flow in his life. What he was guided to buy was rose quartz and red jasper. Later he realised that the block in him receiving money was that he wasn't loving money, he was instead fearing losing money because of which he just wanted a lot of money. While red jasper helped him remove his fears, rose quartz helped him inculcate love for money. As his blocks got removed, he became a money magnet.

Have fun

Have fun not just with what you are wanting to manifest, but also the path that you need to take to manifest that into a reality. For example, if you wish to make money and you have chosen to do a business to make that money; you don't just have to enjoy the money but also enjoy the business and all highs and lows that comes with the business. If you are not enjoying the path you have chosen to realise your desire, you will not enjoy realising the desire either. When you are not happy with the process, the result will not bring you any joy either. It may make you feel good temporary, but it will never bring you true happiness and joy. No amount of money is useful if you haven't had fun making it.

There are two options to enjoy what you are doing. Either choose to do that which you enjoy doing, or, find enjoyment in what you have to do. We always have choices. Struggles, hardships, failures, heartbreaks and sufferings are unavoidable aspects of life. But we all have the choice of perception and action. How to perceive a situation and act upon it is completely your choice. While some people choose to give up in smallest of problems, some find enjoyment in biggest setbacks.

The key to a happy, healthy and successful life is to choose joy at all times. It is okay to feel low, depressed and other lower energy emotions temporarily. It is human to feel those emotions from time to time. What is important is to snap out of it as fast as possible and move on with life with new excitement and optimism.

Going back to the beginning of the chapter, it is your mind (thoughts and emotions) that is manifesting for you. If you function from joy, joy will get manifested. If you function from disappointments, disappointments will get manifested. Get control over your unconscious mind, be in touch with your subconscious and unconscious thoughts and manifest in full awareness by being in control of your emotions with optimism and excitement for life. This is how you become a powerful manifestor.

Conclusion

Understanding the pre-written destiny, learning the lessons and consciously designing life using the points mentioned in this article will turn you into a magnet that only and constantly attracts good things in life. The point of life is not struggle, hardships and hard work. The point of life is growth by learning lessons, paying off karmas and realizing the dreams that one has seen. Self-awareness without the wall of illusion and ego can take to a great height of success and happiness. Everything is possible if it falls under your capabilities and potential. And increasing capabilities and potential is completely in your hand. Bringing in good luck, removing bad energies and bringing positive changes within ourselves requires only one thing, that is strength and confidence. Believe that you can manifest anything you want, and you will manifest it. Increase your self-worth by switching to abundance mentality and see the magic unfold in front of your eyes.

