YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**CHAPTER 11 EXERCISE: The Secret Sauce – Creating From the Inside Out**

What is it that you seek to actualize and manifest into your life? Everything is energy; and in order for our desires to become part of our reality, it is essential that our intentions be pure, our beliefs be in-line with our desires and that our energetic systems be clear, appreciative and open to receive.

Once you have done the belief work, you are ready to begin crafting and creating the shifts and changes that you wish to experience in your life.

Before placing an order with the Universe, I suggest contemplating the elements of that order – The most important of which - The feelings you wish to embody on a day-to-day basis within your life.

If it is your ideal partner that you are intending to bring into your life, refer to the Partner section of the exercise in Chapter 10 – Particularly the *The Gifts and Receipts Between You…and Your States of 'Being'* within that relationship as it exists in your life.

If it is an object, a car for example, go to the dealership, drive your new vehicle and imbue the essence of the vehicle within all of your senses and commit the feelings to memory…*Refer to Page 214 in the Book PDF.*

If it is a new career/job or home that you seek, consider the elements which are desirable to you. For example, the location/amount of travel time to and from, the style, size, amenities of the home, the relationships with the people you would work for and with or the type of neighbors you’d prefer, the fulfillment of the work you’d be doing, the financial rewards and benefits, the comfort and peace you would feel within your home, etc. The feelings you wish to experience surrounded by those circumstances.

It is vitally important to focus on the feelings of having or experiencing our desires as it is not so much the object of those desires that we wish for as it is the feelings they imbue within our being.

To assist in this process, you can use the template below to consider these desired elements and vision your states of feeling and being amidst them. The intention of this exercise is to come to a visceral awareness of the appreciation and feelings you wish to conjure within you, which is ultimately what we seek to experience.

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| **My Desired Objective** | **Desirable Elements****Of This Desire****~ Be Specific ~** | **States of Being** **With This In My Life****~ Appreciation & Joy ~** |
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If you’re not sure what you want, ask for clarity during meditation and allow inspirations to come to you naturally. If you feel a nudge to take inspired action, heed that nudge and do not hesitate to investigate and act.

Insure that you are in a calm, positive state of being when you place your order. Remember, the Universe does not hear the words you say, it senses the vibration of your feelings.

Place your order once and then detach from the outcome. Knowing that you are well either way. Feel the feelings of it already being in existence as it makes its way to you under grace in divine timing.

You can think about how wonderful it will be, but don’t watch the pot feverishly, lest it may never boil. Simply vision it and enjoy the feelings of it. Remember - your RAS (Reticular Activating System) cannot distinguish between existent and ***In****-*ventedcreated from with***In*** reality.

Remember:

* Ask for what you Want – Not what you *Think* ‘might’ be possible.
* Phrase and feel it in the present as it already exists and feel the feelings of it.
* Your job is simply to design it, appreciate it and feel the feelings of it.

The “How’s” are up to the Universe to arrange and deliver.

When placing your order, should any limiting beliefs occur to you, simply acknowledge and thank them, yet set them aside and place your order regardless.

*"Even though I may believe \_\_\_\_\_\_\_\_, I know that anything is possible: therefore, I am placing my order.”*

Then you are ready to place your order:

What I’d really like/prefer is:

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­­­­\_\_\_\_\_\_\_***For the Highest and Best and For The Good Of All Concerned****.\_\_\_\_\_\_*

Graciously relax into a state of appreciation and anticipation.

Do *Not* share this with anyone. Naysayers are not welcome here.

*“Just for me, just for fun, tell no one.”*

***Here’s to more miracles and magic in your life ~ Namaste!***