

The Five Keys for Manifesting

1. Raise your vibration: It is very difficult to manifest when your energy is flat or you have a "down in the dumps" feeling. You must raise your vibration first. Use any technique that works for you. You can picture your favorite place and go there in your imagination. You can remember a happy time, or pretend you are with your favorite person or a pet that you love. You can sing and/or dance. Pray and/or meditate. This does not have to be a long process, a few minutes should do it and you will get better and quicker at this as you go along. You will get to the point where your lowest emotional state will become much higher on the scale and it will become your new normal. You can continue to raise it up until you are in joy, appreciation, empowerment and love all or most of the time!

2. Know what you want: It is very important to know what you want. You do not have to have specific details all the time, you just have to have specific feelings. A very small child who cannot possibly articulate what she wants creates her own reality. Why? Because the universe responds to her vibration not her words. So, *feel* what it would be like to have your perfect home, your perfect mate, your perfect job. It is more important to be specific with your *feelings*. Sometimes when we become too specific with the conditions for our dreams, it takes the

universe much longer to arrange getting it to you. There is more to "move around" and shift. So *feel* what it would be like to have the kitchen of your dreams. Keep it specific and yet vague at the same time. Almost like using your peripheral vision instead of looking straight at it. The reason for not getting very detailed with this is two fold. First, the universe may have something way better for you than what you want.

Secondly, we use very detailed lists and vision boards, for inspiration and motivation - something from which to springboard.

3. Expect a miracle: A Course in Miracles states that miracles are natural. When they do not occur something has gone wrong. So *expect* that you *will* receive it, after all, this is a natural state of being! Also, it is good to notice all of the miracles that *do* occur in your day to day world, this will train you to be miracle expectant.

4. Live as if you have it: This goes hand in hand with number two. Keep that feeling/vibration alive with you throughout the day and go to bed dreaming about it at night as if it were already a reality. In fact, you want to believe so strongly in the fact that you already have it that you *let go* of the desire for it. Why would you desire something that you already have?!

5. Be in gratitude: This is a very important step. When you are grateful for your current situation and are counting your blessings, the universe wants to give you more - like your current desire! So be grateful for that too, remember, you already have it!! You know when you give someone a gift and they are so very happy and grateful, it makes you feel good and you want to give to them more. Universal law works the same way. Conversely, when you give to someone and they do not receive it with joy and gratitude, you do not want to give to them again. So, be grateful for all of the miracles you see happening around you, and all of the things in your life that you take for granted. The list is *very* long. How about running water? Electricity? Nice weather, a new day? You could be grateful 24/7!!

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