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4 steps to manifest the life you truly want

by Lara A. Shah

The Law of Attraction.....
authors write about it,
speakers speak about
it, teachers teach about
it, even movie makers
made a movie about
it. But how many of you
have been doing all those
things they insist will work
– visualisations, positive
affirmations, practice of
gratitude, etc., etc. – and
yet you still have not been
able to manifest all the
desires of your heart? So,
what's missing here? What
is the real secret to being
able to truly create the life
of your dreams?

We all have the power to co-create our reality. However, in order for our creative power to operate at its full potential, it has to be ignited within us. Your potential to create comes from who you are. So, in order to harness all of your creative potential, it is necessary to harness all of who you are. It is this consolidation and clarity of who you are that will be the fuel for your ability to truly manifest your heart's desires.

Imagine trying to play the piano with only one finger. Of course, if you ever took piano lessons as a young child, like I did, you probably began with only one finger in order to learn the different notes. But, eventually, you have to utilise all your fingers in order to produce piano music. Becoming a master manifester can be very much like becoming a master pianist. At the very beginning, you start by using only a part of yourself. But eventually, in order to produce any real results, you will have to utilise your whole being – otherwise it won't work and you'll be at the level of playing 2-finger chopsticks your whole life. So, here are four steps toward being able to access all your creative potential and play a symphony.

Step One – Resolving Internal Conflict

The reason why so many of us have not been able to harness ALL of who we are is because we still have not inspired all the aspects of who we are to work together

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as a team. Resolving internal conflict is the first step to accessing our creative potential. For example, how many of you have struggled over a decision because your heart wanted one thing and your head another? The head/heart conflict is a classic one....perhaps as old as humanity itself.

Today, humanity is currently undergoing a consciousness shift of monumental proportions, and a part of that involves turning such internal competition and separation into cooperation and unity. Harnessing that internal cooperation and unity will eventually reflect outward to a global cooperation and unity our planet has not known for a very long time. Wouldn't that be so nice? Because let's not forget that it is only what we have mastered on the inside that we can then master on the outside.

So how can we move towards attaining internal cooperation? Here is an exercise that has proved quite successful:

Call in the four aspects of your being – body, mind, heart and spirit. Consider these aspects as your four children, and as a responsible and loving parent you must give your attention to all four equally. Conflicts between these aspects arise when one is not having its needs met. So, take some time to ask each one of your four 'children', one by one, what they need most from you right now. Wait and listen for the answer to come from each one; it will be the very first thought or impulse that comes to you. Assure each one that you are willing to meet their needs. If a compromise is required for all four to be happy, then mediate between them until a satisfying resolution is reached for all.

As an example of what I mean, let's say that your work ambitions so dominate your life that you forget how to play and have fun. This would be a conflict of spirit and heart, the heart being the abused child in this case, the spirit being the 'bully'; you may need to mediate a 'negotiation' between these two until

both come to an agreement about how it's going to be from now on. It may sound funny, but my own internal conflict resolution required such a mediated negotiation, and let me tell you we all sat around that proverbial conference table deliberating for weeks until an agreement was finally reached!

So, be patient and take as much time as you need for this; it's important. If you need to, get a pen and paper and begin writing down the arguments of your conflicting aspects. This can be very cathartic, revealing thoughts and feelings within yourself that you didn't even know existed. Once all four aspects are in alignment, then call on them to unite and envision them all embracing and merging with one another until they all blend into one. Stay with that image until you feel it anchoring in to you. In other words, don't see the image outside of yourself, make sure you bring it IN to you and let it anchor there.

Step Two – Clarity

Now that you have the power of a unified field within you, it is important to gain clarity about the following question: What do you want? What do you truly want? It may seem like an easy question at first, but when I sat down, pen in hand, ready to write down what I truly wanted, I ended up just staring at a blank piece of paper for about 2 days. That was a shocker. Finally, the flood gates opened and I was able to fill an entire notebook and at the end of it, I was not only connected to my heart's desires, I

was also more deeply connected to who I am. I had gained the clarity necessary to take the next step.

So, what do you want? Be very specific about it.

Step Three – Detachment

Once you have clarity about what you truly want, the next step is to detach from it. This is vitally important. Expect those things to come to you, but do not wait for them. The times when I had the most success manifesting something into my life was when I had forgotten all about it. Obsessing day in and day out about what you want to attract into your life is almost a guarantee that you won't attract it. Be very clear. Place that clarity into your heart and then put it out of your mind!

Step Four – Claiming

The final step is to claim your ability to manifest. Master manifesters own their creative power and they TRUST it. And in order to trust your ability to manifest, you need to trust yourself, totally. This is probably the most challenging step of all and it is where most people get stuck. However, being able to claim your ability to manifest and being able to trust it, and yourself, is the final key that unlocks the door and ignites creative potential.

It is worth noting that this 4-step road map is really all about the journey, not the destination. The more you embrace the journey, the more you will discover that the destination is the journey.

Lara A. Shah is a published Author, Healing Catalyst and Sacred Journey Facilitator who assists individuals and organisations to reach their fullest potential. Of Indian and Turkish origin, Lara is a global citizen with two bases in both Hawaii and Hong Kong. She will be visiting various locations on both islands of New Zealand from 18 September to 18 October offering talks, private consultations/sessions and a Peace Hikoi (27 September to 7 October) in conjunction with the World Peace March (see p14-15). For more information –
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