

# Manifesting - create your own reality

By Nisandeh Neta

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Nisandeh Neta  
info@opencircles.nl

Open Circles - empowering people <http://www.opencircles.nl>

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By Nisandeh Neta (based on text by Richard Mark-Coates)

I've experimented with conscious manifesting techniques for 13 years now.

For 5 years I have taught others the tools that I myself have learned in a course called 'Manifesting Results'.

Some people come to the course with a preconception that I'm going to teach them how to manifest.

The bad news is that I'm not going to do that.

The good news is that you already DO manifest everything in your life.

You always have.

Since we all already create our own realities, what we do in the course is slow down the creative process and learn how this is done, in order to understand the principals behind and in so doing adjust things and create something different.

We create our reality from our Thoughts, Feelings, Choices and Beliefs.

Lets explore each of these:

## THOUGHTS

Your unconscious mind works in the same manner as a refrigerator.

A refrigerator cannot tell the truth from a lie, has no sense of humor, always works in present time, always accepts what comes in and simply agrees and says, "YES".

Throughout your life your fridge has been faithfully storing information.

Whenever any of your senses picked up a message that you are a good person or a loveable person, your fridge opened its door, said, "YES" and stored it away.

Of course, any time that you picked up that you were a bad person, unworthy or unlovable, your fridge just says, "YES" and stores it away.

You therefore have, a lot of stored data, and your self-image as well as your self-esteem are based on this information.

Studies show that 80% of all the input we receive as kids is negative ("don't do this", "that is bad"). Remembering that a child is like a sponge and he or she receives and believes anything that is said to him or her, there's little wonder why we end up in a society of people whose belief systems are made up of "I am not good enough", "I don't deserve", "I'll fuck it up", etc...

So, what to do?

How about balancing some of the negative information, with something positive?

How about utilizing positive affirmations?

I know that for many, affirmations work, whilst others just get bored with them.

There is a way however, to use them with powerful results, as long as we employ the power of our feelings.

But before jumping to our feelings, we need to remember a few basics:

1. Repeat the thought over and over again.

You have spent years filling up your fridge with garbage. Do you really expect that a few days of positive affirmations would balance it out?

2. Use present tense.

"I will earn a million next year" doesn't work.

Tomorrow never comes.

3. Use positive terms.

"I quit overeating" puts the weight on the overeating.

Make it instead: "I eat only what my body needs"

## FEELINGS

It has been said: "Thoughts create and feelings bring alive."

It is as if your thoughts are the plan on paper and your feelings bring it into 3-dimensional reality.

If you really want something in your life, let your excitement be there. Tell the world. You deserve it.

Fear is the same energy as excitement.

If you lean away from something, you get fear.

If you lean towards it, you get excitement.

If you stand in front of your mirror every morning whispering shyly to yourself "I am beautiful, loveable, successful human being" it might take forever until you believe it.

Instead, sing it loudly to yourself or shout it while driving the car (making sure that your windows are closed).

## CHOICES OR DECISIONS

Many people don't manifest what they want, because they are not willing to choose. They are so scared to make a mistake that they never move.

"What should I be - a doctor or a lawyer?"

"Shall I marry him/her or shall I not?"

Sound familiar?

The universe responds to your moves.

When you make a choice and move, the universe either responds in "BRAVO" or in "OOPS, TRY AGAIN".

But if you don't make a move, you'll never know.

Life is pretty much like driving a car.

When you're driving you make decisions all the time, you get feedback all the time and you make new decisions based on that feedback.

You go round a curve too fast, the tires scream, oh boy, too fast, slow down...

As you drive to work in the morning, you have taken hundreds of risks and made hundreds of decisions, without thinking too much about it.

This is how powerful the gift of feedback is.

We make decisions and then get the response.

An interesting fact about feedback is that when we receive it from others we don't like it. We feel criticized.

Life is an adventure.

If we had the map already written and memorized, what would be the point of taking the journey?

## BELIEFS

Your beliefs determine your reality in much the same way as your thoughts do.

However, their power is bigger as their source comes from the past and is well hidden in this fridge we call the unconscious mind.

When I began to really look at my beliefs, some of them were: "men are stupid", "I have to work hard for my money", "I'm lazy" and "I can't fly". And, of course, the one that kept all the others in place is: "I believe that my beliefs are difficult to change".

If I could just change this last one, then I could change the others quite easily.

BUT. There is safety in these beliefs. They are familiar.

Am I prepared to lose that safety?

Some of these beliefs are, I think, useful. Until I'm sure I can fly, I should avoid jumping off tall buildings.

I guess that's useful, but it is also worth examining once in a while.

Anyway, beliefs are important to us.

We spend a lot of energy proving them true.

Whenever I got overworked and stressed I would turn on the TV, zapping for hours, thus confirming, "I'm lazy".

Whenever a man became too close and offered his friendship, I always found something wrong with him to keep him away. Of course, "men are stupid".

We can create new, positive beliefs about ourselves.

Just reverse the belief you want to change and say it to yourself over and over again, using all your enthusiasm and excitement. Instead of "I'm a failure" use "I'm successful", instead of "I'm not good enough" use "I'm great".

These four topics, Thoughts, Feelings, Choices and Beliefs, are areas where you can really shift your ability to live life of joyful creativity.

Watch your thoughts - keep them positive.

Give your feelings space. Feelings are okay.

They add flavor to the soup of life.

Get used to making choices - take a chance.

We all make mistakes and we can all respond to the results.

Look at your beliefs. Are they unquestionable facts?

Or might it be useful to shift some of them?

Article by: Nisandeh Neta, trainer, success coach and healer.

He is the founder of Open Circles, a center for personal-growth and leadership.

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