

Holistic Living

ISSUE 15

By Global Healing Exchange

MANIFESTING
YOUR CORE
PURPOSE

MANIFESTATION:
MAKING THINGS
HAPPEN

THE POWER OF
MANIFESTATION

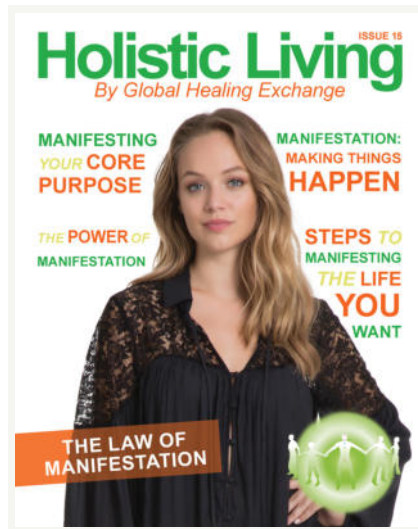
STEPS TO
MANIFESTING
THE LIFE
YOU
WANT

THE LAW OF
MANIFESTATION



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THE LAW OF MANIFESTATION



Sharon White

Founder of
Global Healing Exchange and
Holistic Living Magazine

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The law of manifestation. Why did I pick this to be a topic for a magazine, especially when we usually write on health and wellbeing topics?

Let's start by looking at the definition of the law of manifestation. It is a universal law that operates at all levels, for all people, at all times. It is also often known as the Law of Attraction. The Law of Attraction is the belief that by focusing on positive or negative thoughts, people can bring positive or negative experiences into their life.

Many people think that just wishing for something is the law of attraction or law of manifestation at play, but simply thinking about something does not make it happen. Thinking is only one step in the process!

The law of attraction is the attractive, magnetic power of the Universe that draws similar energies together. You have heard the saying, like attract like. Everything in the universe is attracted to things similar (or opposite) to itself. You see it in relationships all of the time. People sometimes attract a relationship that is healthy for them and some people attract a relationship that is unhealthy for them. The similarity here is the word attraction. The person 'attracts' something to themselves.

The person who attracts a healthy relationship will have different thinking processes, beliefs, habits, actions, vibration to the person who attracts the unhealthy relationship.

Once we understand the strategy or the steps to take, we can learn a new pattern of behaviour and attraction, so we can put our new learnings into play in our own life and started attracting a life we want, rather than a life we don't want.

When you understand the principles of this law you can practise it and use it in all areas of your life, especially your health and wellbeing.

As you know through reading our previous magazines, healing is a process and it needs to be looked at holistically. Manifesting good health is an art and process that you will learn by reading this magazine.

In this magazine our experts will give you many helpful tips to help you use the Law of Manifestation to start making changes in your own life. Once you learn the how to steps, you can then start implementing the changes needed to live the healthy life you deserve.

A handwritten signature of Sharon White in black ink.

Founder of Holistic Living Magazine



Cassandra Jones

Editor at large

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MAGIC OF MANIFESTATION

Wikipedia says that the Law of Attraction has no scientific basis and has been dubbed a pseudoscience. Which is nice and a different start from my usual articles.

Now let me pose a couple of scenarios that I'm sure you will be familiar with and we can revisit that quite sweeping statement.

Scenario number one; you have a work colleague, let's call him Mr. Grumpy, who nothing seems to go right for him. Every decision he seems to be involved in just goes slightly awry. Every project is just on the wrong side of terrible. He starts to look for a new job and gets quickly disheartened as he comes close each time, but never quite gets the gig. Thing is, you can see this in him, when you are in a room with him, its like a Dementor has descended and is sucking happiness away from you. Sound familiar?

Scenario number two; you have another work colleague, let's call her Miss Lucky. Well you know how she is; somehow every project comes off, every decision is vindicated, every action is just right. She doesn't get rejected from jobs, and everything comes up smelling of roses, what seems like every time. Also sound familiar?

We all know colleagues, friends and family like this. Individuals who could have money nailed to their forehead and still be broke, and others who make money appear as if by magic. Those who get all the breaks, and those who are broken by every event.

So back to that Wikipedia statement; it is right. There is no scientific basis for the Law of Attraction. It could be dubbed a pseudoscience. Doesn't matter. What does matter is you understand and see everyday in yourself and everyone around you scenario one and scenario two. You know instinctively a Mr Grumpy when you come into contact with them. You also know a Miss Lucky.

The better question is how do you make sure you are a Miss, or Mr, Lucky? Luckily for you this edition of HLM is all about making sure you are in the right place to manifest what you want when you need it.

Happy manifesting.

Cassandra Jones
Editor at large



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STEPS TO MANIFESTING THE LIFE YOU WANT

You would have read that you can manifest the life you want. You would have also read that is not simple or something that can happen overnight.

To make changes you need to change your beliefs, habits and behaviors. You need to stop thinking about what you don't want and start thinking about what you do want.

You need to start changing your environment. Just think about it this way. The environment you live in has manifested the life you have right now. Is this the life you want or dreamed of? If it is, you don't need to read the rest of this article because you have mastered the law of attraction. If however you are still looking to attract something different, read on.....

Start looking around at people who have what you want. What do they think, how do they behave, and who do they surround themselves with? What is their energy like? Do your research on the person if they have a social media following or if they are already in your life and they are a friend, ask if you can take them out for a coffee,

so you can pick their brain. ASK MANY QUESTIONS and make notes, find out how they think, how they act and what they believe about themselves and the world around them because that person has attracted the thing you want so they know the strategy. Get a real picture of how they manifested the thing you want. They have the energy or vibration that attracts the thing you want, they may not even realise it, but this is how the law of attraction works.

It is the same as if you were looking for a business coach or mentor. Would you...

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In today's digital climate we spend many hours in front of a digital screen. Whether it be for work or leisure, our days involve many hours staring at a phone screen, computer, iPad or TV. And, did you know that all this screen time is exposing you to the blue light that is emitted from your screens? Do your eyes hurt from staring at digital devices? Are they dry and itchy? Do you suffer from loss of focus, blurry vision or fatigue? Headaches or neck pain? All these things are symptoms of digital eye strain as a result of exposure to the blue light.

Blue light is all around us. It exists naturally from the sun as well as artificial light sources, including digital screens like your smartphone, tablet or computer. Recent studies have shown that over exposure to blue light from digital screens may have detrimental effects on our health such as digital eye strain, sleeping disorders with recent studies showing a link to the risk of macular degeneration.

Blue light can also lead to other forms of fatigue beyond eyestrain. Blue light during the day is beneficial because it boosts attention, reaction times and mood. However at night, artificial blue light disrupts the circadian rhythm that causes the natural release of melatonin that helps us sleep. Because the blue light tricks our brain into believing it's still daytime, falling asleep can be more difficult and we don't sleep as deeply. Circadian disruption can also lead to other more serious side effects, including an increase in obesity and depression.

Our friends at Baxter Blue have developed a range of fashionable non-prescription glasses that filter out the blue light, eliminate glare and alleviate the symptoms of digital eye strain for a better experience in front of a screen. Baxter Blue's purpose is to educate people on how our digital devices can affect our eyes and our health, offering a simple and stylish solution to these problems. They are offering our members at GHE a special offer of **free express shipping** when using the code 'GHE'



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“

“There are a few core things women find FAR more attractive in a man than anything else!”

- Phillip in London

- Are you insecure around approaching women you're attracted to?
- Do you find that your interactions with women keep leading nowhere?
- Do you feel unattractive to women or do you lack confidence in the bedroom?

What Women Want

online course for men who want to master navigating
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The majority of men feel a lot of resistance at the prospect of approaching a woman they are attracted to. If this resistance is not explored and addressed it leads to a pattern of not taking action with women you desire.

**Learn to approach women with full integrity, honesty and authenticity,
Become successful with women you desire,
Overcome insecurity, fear of rejection or fear of being seen as too pushy,
Develop true confidence and charisma through being you!**

LEARN MORE



Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

She is passionate about helping her clients become the best lovers they can possibly be, overcome any sexual difficulties and create great sex lives.



MANIFESTING YOUR CORE PURPOSE

Did you say you wanted to effortlessly manifest your heart's Desire?

The old saying “**the truth will set you free**” is more relevant today than it was 2000 years ago.

If your life's contribution is not in truth with your soul's longing or destiny, then your entire life will be a book about the wrong version of yourself. You will struggle.

That's right, your **core purpose** must be engaged because it reflects your inner most brilliance. The brighter your light shines, the greater your contribution to humanity.

You then live a more vibrant and passionately filled life from day to day and decade to decade. Plus the legacy you leave behind will be timeless.

Reflections On Purpose . . .

The brilliance I speak of means you're unique access to creative innovation that only you can provide to humanity. You were born to become a genius. This has nothing to do with your intelligence quotient or IQ.

What Is A Genius?

If you read one book on a topic that you love—and you soak in the information from that book— then you will know more than 80% of the people worldwide on that particular topic.

If you were to read 10 books on that same topic and really take in the material, you'll know more then 95% of the people on the planet about this topic. You will then become an expert.

Taking it to the next level - if you read more than 50 books on that same topic and attend powerful training from experts in your field of passion and then receive some coaching from an expert in the field, then you will know more than 99% of the people who ever walked this planet on that particular topic. You then qualify as a genius.

More importantly you only love this topic because the roots of your destiny were embedded in your soul by the manufacturer. In other words you were born with and possess unique gifts and talents in exactly what you love to do. So that is specifically why your passion to soak up this information is relentless and you're not even thinking of the bounty at this point.

For example, if you are not good with numbers and mathematics, then you are not going to embed deep within you a burning desire to be a financial planner or chartered accountant.

Common sense tells you are meant to do what you are meant to do. You possess greatness in this area of passion. But why then do so many people get side tracked from their destiny? Why do they live out a certain mediocre fate of unfulfillment?

Fate vs Destiny

Your fate is generated by outside influences. Your destiny is accessed from within yourself. This is the journey from your head to your heart. You might say it's the Hero's journey of a lifetime. It is not for the faint hearted. It is esoteric - meaning for the few.

To a larger degree you are programmed and conditioned by your family of origin, school system, peers, culture and country. What does this mean? What does that have to do with your destiny?

Based on your conditioning you tend to take on limiting beliefs and live in a comfort zone that makes you fearful of both risk-taking and truly going after your dreams.

Whenever you step out of your comfort zone you must experience fear or anxiety. This is normal. This is good. The chaos that emerges within your reality means that you are about to experience growth.

Your early life conditioning teaches you to play it safe. To step back into your comfort zone at all costs. This need to play safe and seek approval is generated from both family, culture, religion and peer groups. This is what keeps you continuously manifesting your own fate of mediocrity. Misery loves company.

One example we often hear is that well-meaning parents may say "you might not have an exciting life and you might not be filthy rich but at least you have security. When I grew up we were never sure where our next meal was coming from. So be humble and thank your lucky stars that you have a secure job and never complain. Remember those people in third world countries who are starving."

Your journey with fate is generated from your most deeply held beliefs. It is often an overriding feeling that you must accept your status quo and not rock the boat.

You do not want to upset people. You may not even be sure why you feel this way. But it influences every important decision you make. This conditioned pattern will seal your fate. It means you will exchange complete life fulfillment for living in your comfort zone. Most people settle for survival. How about you?

For most people it means living from the values of past generations. It means you are uncertain about what you value most because you have not explored your destiny in great enough depth.

Why Live Out Your Destiny?

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With Robert Kirby

Are you single and looking for love, or in a long-term relationship, wanting to rekindle the connection?

For many of us, we look outside of ourselves for happiness. We think that if we change our circumstances or partner, things will be better.

Instead, we play out the same patterns and keep attracting the wrong kind of partner over and over again. If we are in a relationship, the same arguments and critical behaviours keep cropping up. Not surprisingly, the intimacy wanes. Passion fades. Your mind swims and you think: 'Is there something wrong with me? Are we just not right for each other'.

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The Power of Manifestation

There is such power in the art of manifestation. I say “art” because it is somewhat of an art form. You need to follow certain steps and then also play and feel your way through it, to find out what works for you. If you follow some simple steps and allow yourself to feel good with the playfulness of this practice and without rushing the process, you will notice that manifestation pattern will start emerging in your life.

From the age of 18 I noticed patterns occurring in my life. Back in 1998 I wanted a car and the car I wanted was \$2200. So, I asked the universe for the money and then was very randomly gifted the money I needed and went out and bought the car! It felt great! I also did this with all the jobs I went

for and I always got them. I started to notice a clear pattern emerging especially when I asked for money or things, although at the time I did not know how they would turn up. I just got on with life and they appeared shortly after.

I started to notice momentum building so I...

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to have fun now.*

I AM HEALTHY

*Thoughts that I feed my
renew my health.
I be healthy now.*

I AM TRANSFORMING

*Renewing mind, body and soul
I eyes. I deserve credit for
work I have done.*

I AM SOUL

*I is made up of
always connected.*



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By Katherine Baldwin Thomson

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YOU ARE THE MAGICIAN WHEN MANIFESTING!



**YOU MANIFEST
YOUR LIFE, YOUR WORLD,
YOUR UNIVERSE**

Being clear on what we want in our life can be powerful. Simple explanation. Manifesting is allowing something to appear. It displays itself, brings into existence. Just like a magician can cast a spell and “pooff” it appears, that is manifestation at its greatest! But that’s not quite possible ...or is it? We are all creators of our Universe. In fact, we are continually manifesting our lives each moment, whether you realize it or not. We have bought everything into our reality, every person,

place, event, our experience’s good/ bad, positive/ negative, doesn’t matter what it is. Where you are in your life today is simply a reflection of what you’ve created. You’ve heard the saying ‘thoughts become things’? Well that’s only a little piece of the picture. It’s your emotions and energy that create your reality. And if you are wanting to manifest anything in your life, you have to truly connect with your feelings and how you guide your energy to create it.

Work The Universe To Your Benefit!

I recently attended an empowering 2 day workshop as part of Forensic Healing called “Get The Universe Working For You”. It truly gave me another perspective of how we connect with the Universe. Everything we ever need in life is within us. As the amazing human being that you are, we live in a world where we put our experiences into categories. Positive and Negative! Being aware that our conscious thoughts create our reality, what if we see it as either being in resistance or being in flow? If you are feeling bad, we see it as a negative and we don't embrace or truly express our emotions, so this causes a resistance or block in making our dreams/ desires being manifested. Negative thinking is manifesting negative life experience, so if you think and feel positive thoughts of good health, abundance, appreciation, gratitude joy and love, you will manifest positive experiences.

Be The Flow

Now to be in the flow, is when you are feeling absolute joy, loved, happiness and creative! Because we live in a Universe that responds to our feelings and whatever feelings come up, for example a Clint Eastwood moment – good, bad and ugly (lol), you enthusiastically participate in this state of flow. It's about really allowing yourself to completely surrender and to let it be. When you shift out of judgement, open and expand your heart, and allow yourself to feel like you've never felt before, amazing things happen. Let go and when you are in the present you manifest through your connection to The Universe, empowering your emotions and aligning with your highest authenticity, bringing your inner light to the surface in the present moment. Then all your dreams/desires flow into your reality.

You Are The Magician In Manifesting

I have a love and quirky fascination for using oracle cards; message cards, guidance cards, call them what you want, by the way, when I started to write a few sections of this article I pulled a beautiful energy oracle card and it was “Magician and The Mirror”, how cool was that!

As an energy healer I started to really develop my awareness of everything being pure energy. It's accessing the inner magic within me. It's where I'm in my sacred space and time and I'm really opening and feeling that connection to self. I can feel the intuitive whispers and I know I'm accessing higher powers. It's like striking a light with the Universe, because she will feel your spark! I often use the oracle cards as a power tool to seek more information. Sometimes I'm guided to pull a card for a client prior to working with them, or it happens during a healing session. It would give me another level of guidance to what was going on.

Just like I use the oracle cards as a source of receiving guidance, messages, wisdom, you too are the oracle and constantly receiving messages from the universe. But are we really listening? We all hold amazing power within us. We are the Universe, and if you only access the flow of energy around you, you will understand that you are the key. By enticing the Universe to listen and feel us, she responds accordingly.

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MANIFESTING

What a great title for an article! This is one of my favourite topics.

Manifesting has become quite a buzz word in the New Age arena and there are lots of people offering their interpretations of it through workshops and manifestation mentoring.

Apart from a good game of Golf – Manifesting is one of the most challenging, and yet rewarding (when I get it right) things that I like to get my mind engaged in. It brings about a feeling in me of something that does not have a word in the English language – it brings about a blend of both pleasure and pain at the same time; with the pain of perhaps not getting it right and the pleasure of sometimes getting it right!

So, What Is Manifesting?

According to the dictionary, Manifesting is: to show something clearly, through signs or actions.

For me, the clear word here to focus on is the word ACTION. In many areas of manifestation work this word and principle is often missing. There is, in some people's way of working, a belief that no action is required. This is where I would say, it definitely is needed. For me, action is one of the keys to clear

manifestation. The action part is where we go out to create and meet whatever it is that we are trying to manifest.

An example of this could be: I want to manifest a car.

One way to receive the car is to sit and wait for it to arrive (most probably not). This could happen, but it is quite unlikely. It could arrive through a raffle win, yes, but that would have been from some ACTION, by you actually buying the raffle ticket!

Another way would be to...

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Manifestation: Making Things Happen

People who manifest what they want in life are sometimes referred to as “being able to pull something out of thin air.” This is so far from the truth, manifestation is not magic, it is the result of intention, belief, vision and action. Manifestation is a creative process which utilises the imagination, the body and the senses.

Manifestation starts with an intention. Begin by giving yourself an intention, this could be something that you really want to do, or discover, or have. See this intention as an image, feel it, hear it, touch it and even taste it. Once you’ve done this, keep a snapshot of this image in your mind and you will find yourself activated by it to the point that you’ll have passion and purpose to do something about it.

You can manifest pretty amazing things in your life, especially when you learn how to release the things that are blocking you or holding you back.

What Stops Us Manifesting What We Really Want In Life?

- Often disappointment or regret about the way things currently are, holds us back. When we learn to let go of our negative mindset, we free ourselves to imagine big and achieve big. We do this by being grateful for whatever life has presented to us in this moment, even if you don’t feel grateful. Having a gratitude journal that

you write in is great for this. Re-read your entries every day to boost positive hormone release in the brain.

- Sometimes confusion over what we really want causes us to stop reaping goodness. Without realising it you may be sending out mixed messages about what you really want and why you want it. Sometimes full of gusto and other times unsure. This confusion leads to you being stuck.

- Not being willing to do what it takes prevents manifestation of your dreams. Being proactive is vital. Wishing and hoping is not enough, you have to put an action plan into place and be willing to keep going even when you feel like giving up.

Learning to use your human senses is critical when...

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- Anne in Melbourne

- Do you feel disconnected from your body and often stuck in the head?
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**Take charge of your sexuality and orgasms,
Learn to become empowered in the bedroom and outside of it,
Restore and reawaken your true pleasure potential,
Explore vaginal orgasms, female ejaculation and full body ecstasy!**

LEARN MORE



Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

She is passionate about helping her clients become the best lovers they can possibly be, overcome any sexual difficulties and create great sex lives.



Essential Oils For Manifestation

The power of manifestation lies in the journey! To manifest or materialize requires clarity, focus, passion, determination, luck, surrender, persistence and acceptance. Our life experiences are the result of our choices. Nothing happens by chance, however it may be that our perception clouds our vision to the connection of the cause and effect in each circumstance.

Perception creates our reality as it is the physical expression of our inward state of being and so to change our outer state we must change our inner reality.

Why do we struggle to easily manifest all that we desire in life? Why does it have to be so hard? Why do some seem to easily acquire whatever they seek? We seem to forget we are manifesting all the time. Do we not manifest our lives each day? We take the

resources we have and transmute them into a physical body so easily, our most advanced scientist cannot do this. So, we need to start believing in ourselves and our ability to manifest that which we desire.

Of course, many of us manifest what we don't want all the time too. These are the times we are complaining about what is wrong in our lives, how we have been mistreated, abandoned or rejected. What we manifest reflects our state of mind and we need to acknowledge that we are responsible for what we experience as all that is unfolding is in some way here to help us if we put it into the correct frame.

When we talk about manifestation, people frequently call to mind fame, wealth, power, love or some other desire. Many are unable to clearly express their specific desires or know the intention behind those

desires. They cannot visualise what their life looks like if they manifested that desire and some are not prepared to make the hard choices or understand the bigger picture related to what they want.

Which Essential Oils Are Good For Manifestation?

CLARITY: Manifestation begins with clarity or a word I like to use 'transparency'. How can we create something when we have no idea what it looks like? Some are just waiting, waiting to jump onto someone else's dream.

The essential oil Clary Sage is sometimes referred to as the Oil of Vision and Clarity. It is also associated with the 6th Chakra and you may know it as your 'third eye'. Working with the oil of this plant in meditative practices promotes connection to our inner and higher self to see the past and visualize our future with holistic perspective. Connecting to the inner yearnings of our soul to manifest



our life purpose. Most of us have no clue as to what our true self would like to manifest and thus may sabotage manifestation with unclear goals.

"To know yourself is the first and most important step in pursuing your dreams and goals" Stedman Graham.

"Knowing yourself is the beginning of all wisdom" Aristotle.

When we become disconnected with our true self and loose faith in living life and instead settle for existing, we become unable to 'see' our true self who then has to fade into the background so that we can accept the circumstances that we choose. Working with Clary Sage energetically may help bring clarity about what you truly want to manifest helping you see what you want and why do you want it.



FOCUS: Let's assume you now know where you are heading and have a goal. The next step is to focus, this means being able to see the path and the road you need to take to get there. You need a plan! Working with Lemon essential oil may help to bring fresh focus and consciousness to you. Lemon helps to recue the mind from muddled thinking as a result of our daily life burdens, indecisions and obstacles to manifestation. It works dynamically with the element of Earth to support thinking and concentration to absorb and analyse ideas and information and calm over-thinking and mental churning.

PASSION: A vital element on your road to manifestation is passion. We all hit the inevitable roadblocks in our...

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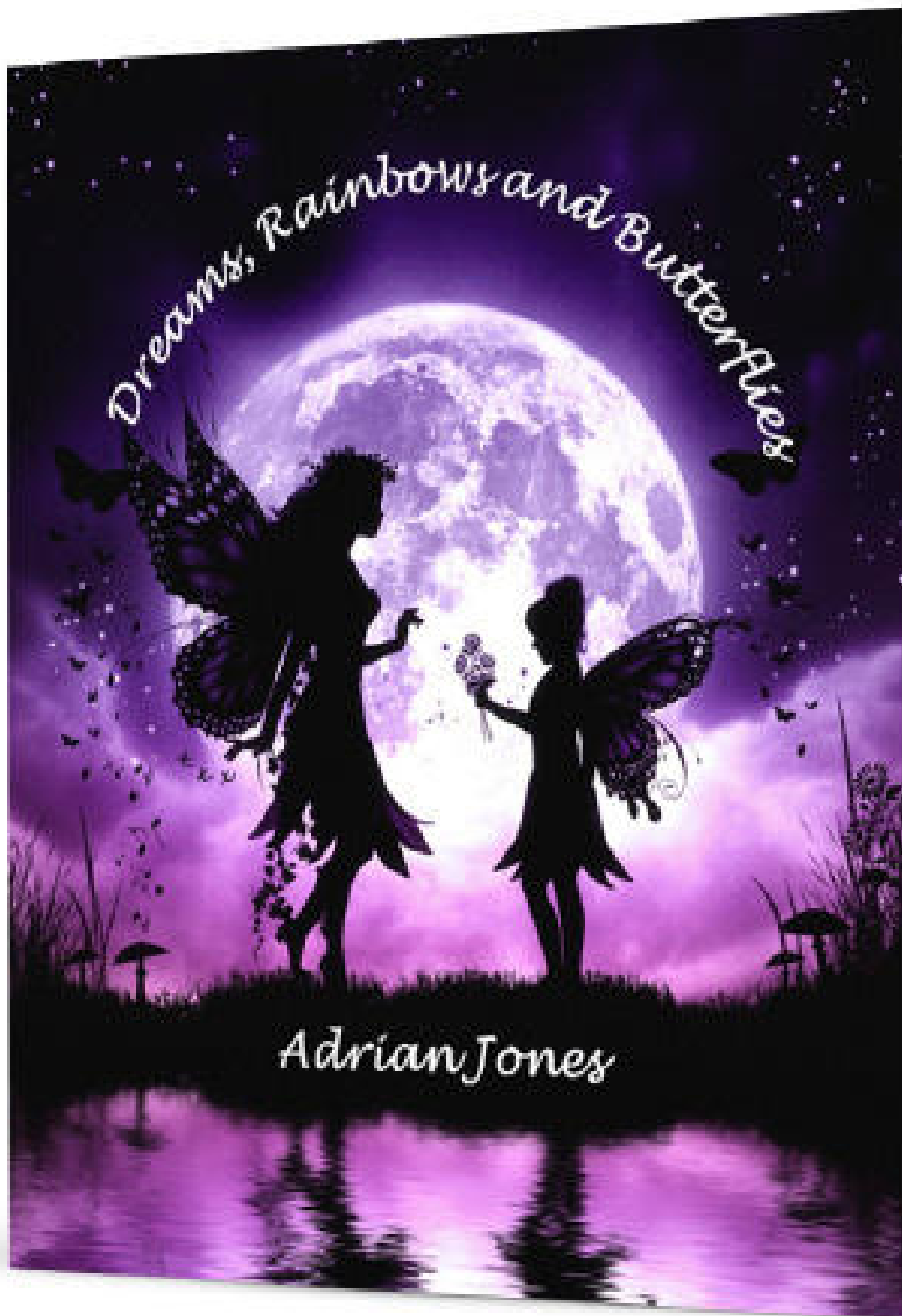
MANIFESTATION MIRACLE

The story that we tell ourselves from time to time is quite simply the foundation upon which every facet of our life is created. Think freely about that for a moment if you will. The story that we tell our selves is that which we create. Inversely, we create our life story. Put a different way, each of us manifest the world in which we find ourselves in any given moment – and our thoughts are the karmic keys that lock and unlock our potential for happiness and love.

In moments of adversity, 'the meaning of life' is often that which we ponder or dilemma or question as we try to determine, substantiate or qualify our own actions and the actions of others. We search consciously, or otherwise, for the answers to the things that happen and make no sense. These are the answers that justify decision, behaviour or outcomes, and yet we may never really stop to ponder the expression of positive or negative thought as a building block of creation. Many of us, maybe all of us, create illusions and delusions of self-acceptance to find a unique perception of what we believe to be 'balance' to somehow reconcile all our questions with the answers we so desperately seek for ourselves and each other. These are the answers that we think make the most sense to us in the moment. In the moment, we rationalise and contextualise many variables in the hope of convincing ourselves that what

we have done or what we are about to do is right for us as individuals or as a family – and we make up any scale of justification to do this. Our justifications become the seeds of thought upon which the chapters of our own life story are sewn into the fabric of living. What we think creates perception, perceptions form belief, and our beliefs shape our behaviour. Behaviours stimulate language and language is the expression of thought. I wonder sometimes how many of us are open to the possibility that we can plant new seeds to build or co-create a different story together, regardless of circumstances – a story of difference where the scale upon which we balance all things is simply the scale of love. I'd like to share with you a story which transcends...

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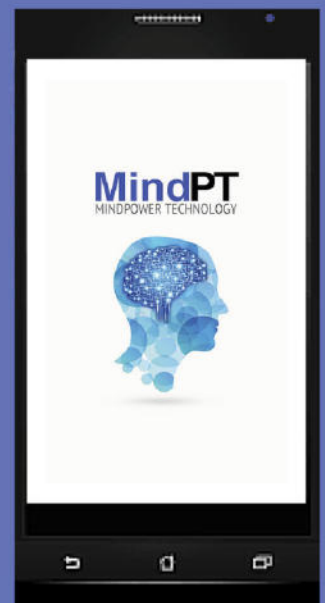
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Is Mindfulness A New Approach For Manifesting?

I wish...if only...I can...I want...

To manifest means to bring into being, to have something come to you in your life. The word conjures up a picture in the mind of witches in peaked black hats, by the side of a cauldron sitting atop of burning logs. As they mumble words over and over, casting what was considered spell work by using the power of magic.

To this day anyone found to be casting spells or working with magic is still feared and thought of as a “Witch” working with the dark powers, bringing bad health and life pain to another.

Today, there are many people teaching mindfulness to bring people into a space of calm and clarity. One of the most common practices in mindfulness is setting intentions, another is journaling.

Both these practices are manifesting something or possibly even someone into your life.

You see manifesting is something you do every day without needing anyone to teach you to be a Witch or to practice magic, it is a natural way of being.

Words and thoughts are the most powerful energy you have for anything in your life, be it in the positive or negative. If science and research are your thing, then you will find many studies done by scientists around energy and how energy affects the human body even down to the cells of the body. There is also documented research on the vibration of the words you speak as they leave your mouth. Scientists have been able to show the energy waves of the words being spoken and what is more interesting is how the waves of energy change depending on the way the words are spoken, meaning the intent and feeling with which the words are expressed.

How we use manifestation in our everyday life affects us in every level of our being, by that I mean that we can manifest great things, new people, new job, dream partner, even pain and illness with the thoughts and words we use every day. An example of that is a client I was working with recently, repeatedly she would say “my mother is making me sick, she makes me so angry, I feel sick to my stomach” This client had bowel, stomach and joint problems that were getting worse every week.

Another person may repeatedly say “I don’t have any friends, no one cares for me”. They will experience loneliness and feel that no one sees or hears them. While some one else will say “I am going to get the best job of my life, it is going to be fantastic, I will travel to many fabulous countries, meet great people and learn new things all the time, I can’t wait to start” Next time you see that person they will share all their recent travel stories, be looking fantastic and they will have a radiance, a glow about them and you will wonder why!

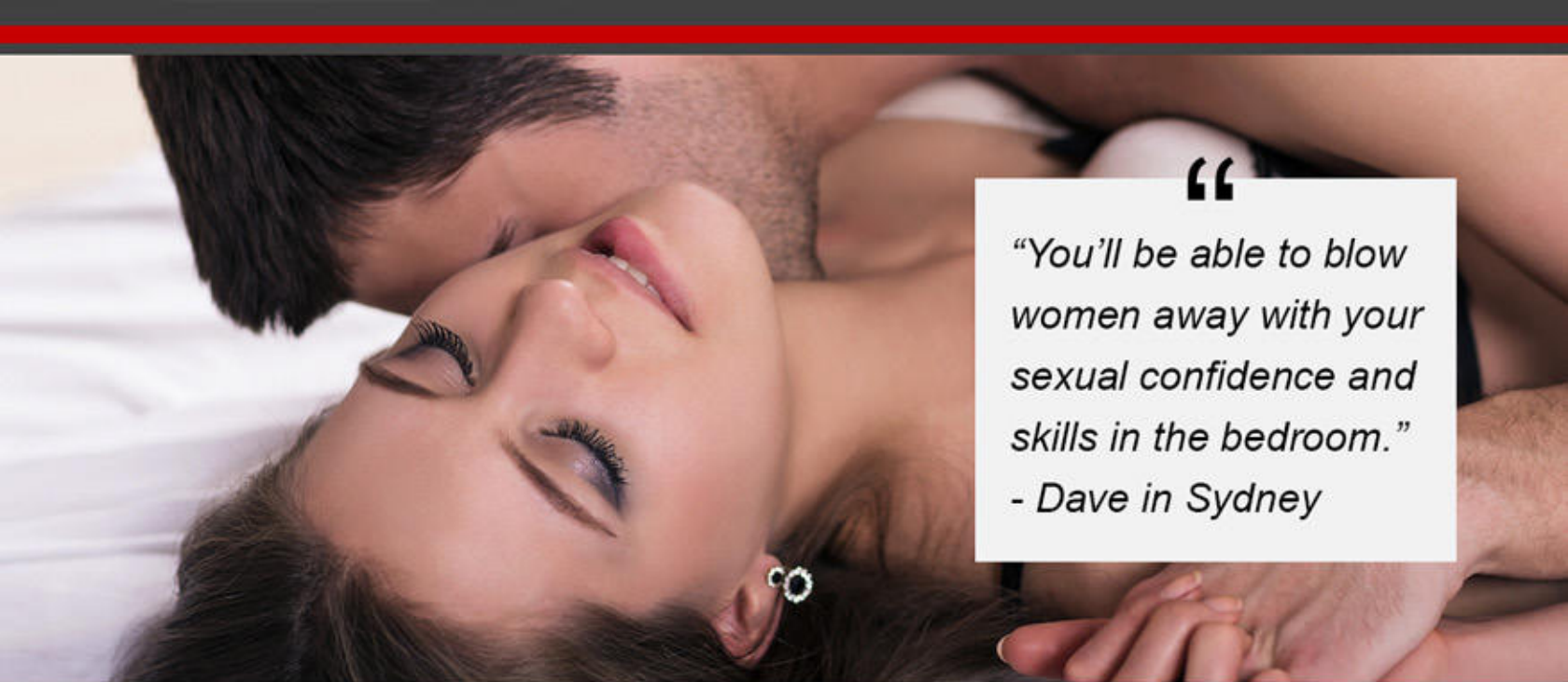
You see, no matter what the schools teach us they will never be able to grasp how the spirit of a person works and how much the experiences in school and in our homes can change the way we connect to our innate spirit.

In the beginning of this article I mentioned the practicing of mindfulness being a new approach to teaching how to feel calm and have more clarity. The fact is this is not new it is more that people have become so very disconnected to their true self and so very entrenched in the material, tangible world that they can only see what they can see. This means that everything they experience they find it easy to attribute blame to all that outside of themselves.

Setting intentions is no more than that of the Witch, she would use the power of words to either heal or harm another. She would also use the power of her words to affect the rain and the storms... could this really be true? Could the thoughts of a person affect the weather, well the indigenous people of the world have for centuries used rain dance and feast ceremonies to bring water and food. Have you heard of the Eskimo people in Alaska? Once they were reliant on the animals for food and warmth, they use the animal’s flesh for their food source and fur to keep them warm. White man came to their land and showed them TVs and radio, showed them how to sit around and idled gossip with alcohol as the bridge to entertainment. The Eskimo’s lost their connection with nature and the animals. To this day they struggle with a life of calm and peace as they once had. But now it is more alcohol and drug related health issues and a community that is broken unlike it was in the early days.

How can this be relevant to manifestation, it is all relevant to the way in which we...

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Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

She is passionate about helping her clients become the best lovers they can possibly be, overcome any sexual difficulties and create great sex lives.

THE QUANTUM FIELD OF BIRTH;

Manifesting your positive birth at the level of the quantum.

This issue's topic on manifestation has come at the perfect timing for me after returning recently from an Advanced Retreat with none other than Dr Joe Dispenza. After spending 7 days with him, I honour him as a walking master and certainly a gentleman at the top of the manifestation game as a world teacher.

After sitting in meditation most days at the retreat for at least 6 hours and receiving many downloads and clarifications from the quantum field, I am pleased to share in this article what I have come to know about the art of manifestation and how it can be applied to the field of positive childbirth.

Dr Joe is not the first teacher to purport that all potentials exist in the quantum field, it is well accepted that if we can think it, we can create it. Dr Joe's work in the field of manifestation goes a little further though, asking you to find the sweet spot of the generous present moment and then to raise your energy to a whole new level. It is then from this space, you broadcast your clear intention into the field, this thought or intention essentially carries an electrical charge into the field.

In order for this intention to make its way or manifest from the field into matter, it must be broadcast simultaneously with an elevated emotion such as joy, appreciation, or excitement. It is this elevated emotion that is carrying a higher level of energy and also the magnetic charge into the field that will help attract this experience into your being and experience.



The key to this process is that you have to tap into the feeling you anticipate you will have when you manifest your intent, and then you must connect with and feel the emotion ahead of the event. A vital element in this advanced manifestation process is also that you must authentically release your intention to a greater mind and trust that the universe will respond to you as you have created it, then surrendered it from the space of your pure heart.

So how can any of this information apply to childbirth you may be thinking?

Well there is never a more important time in a woman's life to place their attention, energy and awareness than in the preparation for birthing a child into the world. The creation and birth of a child is THE ultimate manifestation of divine union and of life force energy into physical form.

What if more mothers to be were educated to create their ideal birth experience from the level of the quantum? What would this even look like?

It is sometimes a controversial topic in the birth world whether a mother should fully prepare herself for her birth at all, owing to what is commonly perceived as the unpredictable nature of birth. Some mothers are even scoffed at when they undertake independent childbirth education programs and formulate their specific preferences for their births with the prevalent attitude being that "you just can't plan for birth."

As a doula and Hypnobirthing childbirth educator, I am definitely not of this mindset, when a mother and her birth partner can approach their birth with good tools, support and preparation, I believe that they absolutely can direct the course of their birth in a positive manner. I have such a strong belief in the power of quantum manifestation techniques for pregnant mothers and I educate mothers to put a lot of effort into planning, visualizing and dreaming in their positive birth experience.

As part of the manifestation process for a positive birth I am also careful to teach the importance of surrendering the birth vision to what Dr Joe refers to

as the greater mind or infinite field. A mother must therefore intend the birth experience she wants, feel the emotions of this experience, but then be able to let this intention go without any attachment to the outcome. As I mentioned earlier the surrender of the intention is an integral step in the quantum manifestation process and is acutely important when using quantum manifestation techniques to prepare for birth. Surrender is ironically also the most important skill a mother must do as she physically brings her baby into the world.

So Here Is Exactly What Quantum Planning & Preparation For Manifesting Your Ideal Birth Should Look Like

- Commitment to a spiritual or meditation practice whereby you intentionally connect with the unified field, raise your energy, connect with your baby and your partner daily. Consistent relaxation or meditation practice in pregnancy has been shown to reduce anxiety and promote confidence, wellbeing and coherence. You are most ideally placed to create and manifest when you are operating from a sustained state of coherence.
- Listening to birth specific hypnotherapy conditioning tracks, a major component of the Hypnobirthing Australia™ program, these tracks can help you to release unhelpful fears and patterns and are valuable tools that can reprogram the subconscious with positive affirmations and suggestions about your innate ability to give birth without fear or stress and manifest a calm and positive experience.
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Helena Nista is one of Australia's leading sexperts and Tantra practitioners. She is a mentor, author, speaker and lover. She is a certified sexologist and a Tantra teacher.

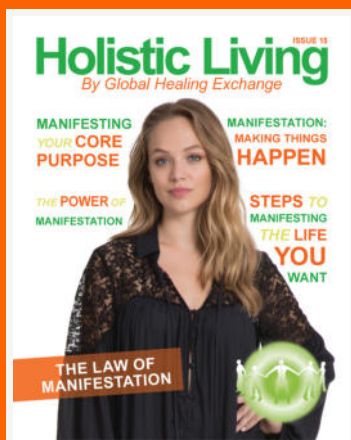
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