

the world is a mirror

the world is a mirror

the world is a mirror

THE WORLD IS A MIRROR

nada amari

the world is a mirror

Copyright © 2022 Nada Amari

All rights reserved.

ISBN: 9798354643066

CONTENTS

Acknowledgments	17
Preface	19
Introduction	23
<u>1 You are the Creator</u>	25
<u>2 Suffering and Emotions as a guidance mechanism</u>	33
1-Your higher self is communicating with you	33
2-Suffering	35
<u>3 Desire is the guiding force</u>	45
<u>4 Rules of the game</u>	53
1-Reality doesn't exist, you are creating it.	54
2-You have total control over every detail of physical reality.	57
3- People reflect your inner state	59
4-You create physical reality with your thoughts, beliefs, fears, expectations, and assumptions.	61
5-Every moment is a clean slate.	63
6-How long will it take?	65
7-Everything is as equally valid.	68
<u>5 Play like a champion!</u>	75
1-Emotionally detach from the current situation.	76
2-QuickStart your vision and make circumstances harmoniously align for you.	80
3-Use your emotional system as a guidance mechanism.	85
<u>6 Become a Master</u>	91
1-Deal with negative thoughts, fear and doubt the right way and reacting to physical reality.	91

2-What to do when hell breaks loose.	96
3-Trick to always have more money than you can spend.	101
4-Make yourself believe anything in less than an hour.	103
5-How to shed light on the so-called subconscious blocks and get rid of them.	107
7 <u>Discipline yourself</u>	115
	115
1-Be mindful of how you feel.	
2-Consciously pick your thoughts.	116
3-Don't get numb to feeling mediocre.	117
8 <u>Your most common questions</u>	123
<u>I. How to ?</u>	123
1-How to fully embody a new state	123
2-How to avoid the thought of “ what if it doesn't happen”?	124
3-How to change the inner story? Is it with repetition?	124
4-How to stay persistent in ignoring physical reality?. It's so difficult to ignore what hurts you.	125
5-How do you stay consistent with the story in your mind when physical reality is the opposite?	125
6-How to not let circumstances come between you and your desires?	125
7-How to detach in terms of manifesting?	126
8-How to distinguish between intuition and fear?	126
9-How to make a limiting belief vanish in a simple way?	126
10-How fast can we see evidence that we switched realities?	127
11-How to stay relaxed when you see no movement in physical reality?	127

12-How to believe that I am God?	127
13-How to change our state?	128
14-How to remain calm when physical reality shows you the opposite and makes you wait?	128

II. Manifestation **129**

1-Can you manifest passing an exam you failed for sure?	129
2-When I imagine my desires, my emotions don't elevate. I feel the same as before. Why?	129
3-If I'm constantly embodying the feeling of what I want, won't it eventually neutralize?	130
4-What's expectation mode?	130
5-What's the easiest way to change beliefs and assumptions?	130
6-Sometimes feel like I am controlling rather than manifesting.	131
7-Is it ok to manifest in steps along the way to the end? Or is that messing with the end?	131
8-Do we focus on our desire, or do we just feel good about it when it comes to mind ?	131
9-What helps you view obstacles as opportunities rather than challenges and feeling stuck?	132
10-Is it OK to change your mind about what you want?	132
11-I'm having a tough time manifesting. Reality is still hard to ignore. What to do?	132
12-Can doubts and fears be part of the bridge of incidents?	133
13-What would you advise anyone who's been trying to manifest for a long time and still didn't succeed?	133
14-Unwanted images run through my head and shake my faith. What to do?	133

15-What's the best trick to change our beliefs or 'unlearn' them?	134
16-What to do when you find it hard to stay in the desired fulfilled state? It's hard to push through and force yourself!	134
17-What is the best way to stop intrusive thoughts of the past/ old story?	134
18-What should we do when we get a negative thought repeatedly and fear it manifesting ?	135

III. People **136**

1-I always meet people that have commitment issues, and I don't get treated well or spoiled. How to change that? I've never been in a committed relationship.	136
2-When manifesting a specific person should I stop thinking about them or act as if I am in a relationship with them?	136
3-How do you avoid anxiety when manifesting a specific person?	137
4-Should you feel as though you already are in a relationship with your specific person or is it enough to believe that it's done?	137
5-How to make people who don't treat you well start treating you in a better way?	137
6-My specific person is being inconsistent. She unblocked me and blocked me again. What to do?	138
7-How can I convince myself that other people are just in my imagination and not out there?	138
8-If everyone is a mirror of my inner self then what is free will? Can I control everyone's decisions?	139

9-How to make yourself believe a person has changed when you see them the same?	139
10-If you think a relationship with a specific person won't work out or they might not be the one, should you move on?	140
11-How can I deal with unmanageable anger towards a person that triggers all my trauma?	140
12-How to stop thinking about my specific person?	141
13-How to remove a 3rd party?	141
<u>IV. Time</u>	142
1-What do you think about manifesting within a time frame?	142
2-How long does it take for your desires to manifest in the physical world?	142
3-What's the best strategy for manifesting in a time crunch and what to do if it doesn't happen on time?	142
4-How long does it usually take for physical reality to adjust to our new state of being?	143
<u>V. Other topics</u>	144
1-How do you define age and the aging process?	144
2-How to find my purpose and what I should be doing in the future?	144
3-Why does the physical world feel so real?	145
4-Are you scared of death?	145
5-Any tips for weight loss?	145
6-What to do when you feel lost in all aspects?	146

7-Why millionaires teach others to work hard instead of sitting and feeling?	147
8-Your thoughts on Ho'oponopono?	147
9-Sometimes I feel like I have lost interest in everything, why?	148
10-What do you think about the cup method?	148
11-Your thoughts on reality shifting aka quantum jumping?	148
12-What are your thoughts on “Rich people are bad”?	148
13-Is meditation important?	149

the world is a mirror

the world is a mirror

the world is a mirror

ACKNOWLEDGMENTS

To those who inspired it and will not read it, to those who have impacted me forever, to the great teachers who crossed my path, held the candle for me, and lighted up my way. A special thanks to Bentinho Massaro, Bashar (Darryl Anka), Seth (Jane Roberts), Lester Levenson, Robert Scheinfeld, Neville Goddard, Neale Donald Walsch, and many more evolved souls to whom I will be forever grateful.

I would like to express gratitude for all the obstacles, struggles, heartaches, and disappointments I met along the way. It is only and truly through that that I have learned.

And lastly, my heart is filled with love and respect for my beloved parents: My beautiful mom that engrained deep in me the conviction that everything was possible, that I could fly if I wanted to, and that the sky is a very close destination, my amazing dad -may his soul rest in peace- who taught me humbleness, modesty, respect and kept my feet on the ground, and to my wonderful sister, thank you for making my life easier when I didn't know better, thank you for being a guardian and a protector.

the world is a mirror

PREFACE

This book is the denouement of a long quest, of an intense dedication trying to grasp one of the most mind-bending concepts, something I have given years of my life to, searching for knowledge in all types of books, from ancient Egypt to extraterrestrial intelligence, experimenting each and everything, analyzing and trying to find that one thread that connects it all.

In this book, I will do my best to deliver that information to you in the simplest terms, as clear as one can, to debunk some of the myths going around in the self-help community, and hopefully, hand you a guide that will save you time, headache, but most importantly, something highly practical, that works.

As most people in a spiritual quest, it has most likely started with a trigger. A pain so intense that it triggers your survival mechanism, you want to break out of it so bad, you are willing to do anything it takes to breathe again and get rid of that heavy weight on your chest. You get so low that you can only go up from there, and by miracle

when you reach your lowest point and feel like you can't take it anymore, a power hidden within you, that you never thought was there before, gets unleashed.

But let me tell you this, everything happens for a reason, I know it sounds like a corny bumper sticker quote, but it has some truth to it.

You are not meant to suffer just for the sake of it. There is only one reason behind suffering, which I will get into in the second chapter of this book.

The first question that I recall asking myself, at an extremely young age was, *what is the purpose of it all? What is the purpose of life? Why are we alive? What exactly is happening and why?*

I can still recall this feeling of confusion, but not ignorance. I was asking a question that I knew the answer to, it only seemed like I can't quite remember it yet. The best metaphor to describe that feeling is when you see a face that is familiar to you and then try your best to remember who it is but in vain.

Fast forward to a couple of years later, around the age of 13, I started noticing that whatever I was expecting turned out to be true, even if it was

irrational and “*unrealistic*”. I used to expect life to punish me in some way when I did random things I labeled as “bad”, like cursing.

Every time I would curse, I expect a bad event to follow, and eventually, it does. Until one day I decided that cursing is not a sin, and I don’t have to be punished for it every time. The bad things stopped happening. Those are the first times I can recall noticing that my assumptions and expectations influenced the *outside* world.

Life happened, and I grew up and learned to have my own opinions and conclusions on things such as religion and faith. On the 31st of December 2015, a typical evening in the classroom, a friend of mine introduced me briefly to a concept that he called back then “the law of attraction”.

He told me that he had seen a Documentary on YouTube named “*The Secret*” and that I should watch it. That night was New Year’s Eve, and I was extremely happy that I found something exciting to watch for the night.

While watching the documentary, even though I could barely understand any English back then, bliss was bursting through my veins, it felt like I

just stumbled upon a treasure or a shortcut to life. I couldn't wait any longer to start trying out the techniques. I haven't felt excited about something that much in my entire life.

After that documentary, life happened to me again. I have felt so miserable, and heartbroken, and wanted to help myself out of it by any means possible. I felt like life was so unfair. Why am I even feeling this horrible kind of pain when I did absolutely nothing to deserve any of it? Why do good people have to suffer? Not saying that I was an angel, but I did not deserve the heavy weight on my chest I was burdened by every day.

My first motive was to understand how life works, how to make it work in my favor, and how to feel happy and excited about life again. I wanted to find the joy of life that I have lost. I had a burning desire to figure it out.

INTRODUCTION

I have read almost every book written on the law of attraction, listened to every lecture, tried every single technique, looked for scientific explanations, and cultivated a sudden interest in religions, metaphysics, quantum physics, witchcraft, energy healing, etc. I did not spare a single thing.

What I will share with you in this book is the conclusion. Something so accurate and specific that you will not need anything else. Everything tried and proven to work, sparing you all the unnecessary details. The easiest most direct way to get whatever you want without driving yourself to delusion.

I will debunk all the myths and replace them with something more accurate. I will hand you a guide to life, and my promise to you is that if you make the principles in this book a priority and cared about your life enough to apply them, you will get anything that you want.

Money, health, love, friendship, peace of mind, enlightenment, nothing is out of reach to a heart that desires.

This book is the kind of book you keep in an easy-to-reach place because it's handy and practical. I know that a lot of my readers are already familiar with conscious creation and all the theoretical knowledge, but how many know how to apply it and make it work? And this is exactly what is this book for.

1 | You are the Creator

What if I told you that everything you see in front of you is nothing more than an illusion, a mirage, a hologram that **YOU** are creating, that this is nothing more than your own hallucination?

Just like your dream at night, the people you are dreaming of, the sky, the trees, everything is being projected, every second, from your consciousness, exactly like a light projector being projected on a blank wall, yet it seems so real and separate from

you, until one day, you realize it was nothing but a hallucination, an awakened dream.

Life is exactly like your dream at night; the only difference is that you willingly put yourself in the dream. Let's rather call it a *game*. So, you decided to play this game of limitation, you decided to forget all your power, your godhood, your unlimited potential, tie your hands and put yourself in a labyrinth, hide some clues here and there and most importantly, forget everything. Forget your true nature, and even forget that you are playing a game. Gamble at its finest. The question is, will you end up remembering?

The "Remembering" is what is called a spiritual awakening because you are waking up from the dream, not totally, as a total awakening will imply death, but partially, as in realizing that you are dreaming "physical reality". It turns from a dream to a lucid one, where -all of a sudden-, you can consciously control everything and everyone around you.

But to make the challenge exciting but also moderately difficult, you must go into a deep slumber, everything around you has to reinforce that you are incapable and limited, that you are

“only human”, that things happen to you, that you are but a victim of fate and circumstances.

And here is the first biggest **false premise**: “The outside world is an already built-up place that you were born into, and you must play by its rules. It exists with or without you, you are nothing more than another number on a list. There are billions of people like you, and you have to **share the pie**.”. This is the starting point, your first innocent understanding of life.

A more accurate description is that everything you see is **your** creation, that there is no outside world, and that you are creating **everything, the entirety of this so-called universe**. The people that you assumed are real are also part of your creation, you influence everything with no exceptions, you are the very own fabric from which everything is made, you are the electricity that keeps everything together, and there is nothing outside of your consciousness because there is no outside, to begin with.

The good news is that there is always a higher part of you that is guiding you through the labyrinth, the part of you that's holding the controller, that

sees the whole picture, what we will call “*your higher self*”.

***Higher self:** The YOU that you are familiar with but at a higher level of consciousness. An easy way to illustrate it is by imagining it as a different aspect of your personality, a wiser all-knowing you. It is not separate from you, it is not someone else, it is **you** in your purest state.

***Higher level of Consciousness:** Imagine Consciousness as a spectrum with all your different moods and states. At the bottom of the spectrum, is you when you are restless, doubtful, angry, desperate, feeling like a victim, etc. At the top of the spectrum, your purest state, loving, trusting, believing in the goodness of all things. You can go up and down the spectrum multiple times a day, or sometimes not. It depends on your thoughts and beliefs at that specific moment. Your higher self is at the very top of the spectrum.

Notes:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

2 | **Suffering and emotions as a guidance mechanism**

1-Your higher self is communicating with you.

Your higher self is always communicating with you, telling you to go left or right, giving you directions, just like how it put this book between your hands, always handing you guidance if you only are willing to listen.

Your higher self communicates with you through emotions. Your emotions are a guidance mechanism that your higher self uses to let you know whether you're thinking the right thoughts or not, which will eventually lead to the next event or circumstance you experience.

You are always supported, because why wouldn't you support yourself? Your higher self is not separate from you, it's **you** on a higher level of consciousness, one same spectrum with different levels of consciousness. As much as you realize the truth, you climb more and more on that spectrum until your vision becomes one with your higher self's vision.

You have the keys of magic in the palm of your hand. You are God having a human experience. Drop your sense of unworthiness. How can God be unworthy? You can have anything you can imagine. Anything. No exceptions to the rule.

2-Suffering.

def: *a symptom of having a distorted vision. The feeling of distress and unease one goes through when their beliefs and assumptions are so far from the truth.*

The only purpose of suffering is to bring your attention to a specific thing you need to learn. If you learn it fast, your reality will no longer crumble before your eyes. It only crumbles when you have so much resistance and refuse to learn when you want to hold on so dearly to your erroneous beliefs, so it shakes you up a little bit to wake you up from the illusion and to make you release that tight grip you have on negative beliefs.

A negative feeling is your higher self nudging you to let go of the thought, expectation, assumption, or belief that made you feel that way. It's like an alarm that you can't snooze. The heaviness on your chest is your higher self's way of saying that the thoughts you are currently having are senseless, they will cause you suffering, asking you to let go of them before they materialize and make you

learn your lesson the hard way by having to deal with the circumstance.

Feelings follow thoughts, they help you sort out which thoughts are to keep, and which ones are to flip or neutralize. You neutralize a negative thought simply by thinking the opposite.

Suffering has been normalized so much that we became numb to it, you can suffer on a daily and go to work, and live a normal life carrying all that pain like it's something you must go through.

I invite you to change your perspective on suffering, always see it as a warning, a red flag, or in other terms, an invitation to change your thinking.

Here's an example: You are feeling worried because you went way over your budget this month and you are assuming you'll find it difficult to make ends meet. You feel bad, irresponsible, worried, and restless.

Those feelings are not present because you went over budget, they are there because you are expecting a lack of money by the end of the month, and you are assuming there is no other source of abundance besides your initial paycheck.

The bad feelings are initially there because you are stopping the money flow with your negative assumptions.

Now, what if I tell you that money is everywhere, and you should never feel bad about spending because your resources are limitless, that you will find a way to have all the money you need and your paycheck is not the only source of abundance, that all it takes is for you to assume it, or at least if you find it hard to believe, give it the benefit of the doubt by contemplating the best case scenario, entertain it with your thoughts.

What if it turns out to be okay? Entertain the best-case scenario with your thoughts and you will eventually believe it as the thought becomes more prominent with repetition. As Abraham Hicks says “A belief is just a thought that you keep thinking”.

How do you feel after shifting your thoughts to the latter option? You feel at ease, you feel relieved, taken care of, etc.

You neutralize the negative thought by thinking, saying, or affirming the following: “I will have more than I need by the end of the month even if I buy this item. I don’t have to know how. It is not

my job to figure out how. My job is to trust. I will have more than I need by the end of the month, in one way or another. I know I will” And let it go.

I didn’t mention the word “believe” because I know a lot of people quickly get discouraged when, by the first affirmation, they don’t find themselves believing what they just affirmed. You can’t and you don’t have to believe. Believing is the final destination.

If you can believe your affirmations/thoughts by the first time that’s great, if not, don’t force it, you will eventually build the belief with some repetition.

Now back to your emotions, always listen carefully, and don’t get numb to feeling bad and assume that it is normal to feel miserable. It is not. Bad feelings are simply an invitation to pick better thoughts.

The bad feelings were only there to bring your attention to a false assumption that you had, once you fix your perspective and way of seeing things, suffering has no more purpose.

Suffering is a direct consequence of refusing to listen to your higher self, you insist on seeing lack

when your higher self only sees abundance, you are distancing yourself from your higher self's vision, and that makes you feel pain and heaviness.

Some people might have a hard time grasping this concept because we have been taught that life was good and bad, no pain no gain, and everything comes through hard work, discomfort, and suffering, to a point where we start to feel guilty if we get something the easy way because we didn't earn it, it was handed to us, therefore we don't necessarily deserve it. It's unethical and irresponsible to think that the world owes us anything.

“Who am I to have everything handed to me?”
You may ask. You are a God, that's what you are.

I know that it's easier said than done, but the purpose of this book is to make you loosen up this way of thinking, and at least consider that there is a more effective way to make things happen.

My goal with this book is to get you to a point where you at least consider testing what you are about to read because once you test it out, and you prove to yourself that it works, the rest will follow.

You will have enough proof, enough experience, something tangible that you can rely on, a memory you can recall, and nothing else will matter. The old paradigm will automatically crumble, and faith becomes intuitive.

Notes:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

3

Desire is the Guiding Force

There is a myth going around in spiritual circles that it's not very "spiritual" to desire things, all desires should be repressed. If you are a "spiritual person", you should be selfless and only care about others, always put yourself last and don't get attached to physical things, as they are from this physical world, and you are from higher realms. I cannot stress enough how wrong this is.

First, who are the “others” that you should prioritize? Everyone is your creation, characters playing in your own movie, and actors to whom you are writing the script.

Why would you have desires or an urge to experience a specific configuration of reality if you can’t even satisfy that urge? Isn’t this torture?

Yes, this is all about learning, and mastering manipulating energy on a dense level, but desire is the most important factor.

It’s through desire for happiness and peace that most of the spiritual awakenings begin. It’s through the desire to acquire physical things that we learn manifestation and controlling our thoughts.

“Desire” is what leads to every new lesson and every breakthrough. It’s through God’s desire to know itself that physical reality was created. Desire is the driving force of everything.

And with all due respect, whoever is telling you to give up your desires and be selfless, are themselves not finding enough courage to follow their desires and are spiritually bypassing their unresolved issues, and you don’t have to follow their steps.

Don't ever feel guilty for desiring a certain thing, sometimes the desire in itself might not be the end goal, but the lessons you learn on that journey are what's necessary for you to grow and evolve, which will play a major role in the fulfillment of another bigger, more purposeful desire.

Trust yourself, trust your intuition, you are a flawless divine being, you are a version of God. You cannot make mistakes. Even if some of your old decisions seem to be unnecessary, trust and believe that everything is a piece of a bigger puzzle.

Sometimes events or situations don't make sense to your logical brain, but everything works out perfectly in the end and you will find yourself wherever you need to be at that exact moment. What you might call bad decisions are learning opportunities, and learning is what this earth-human experience is all about.

However, a specific sort of desire should be repressed and avoided, and that's when the purpose behind its fulfillment comes from believing in lack.

For example, the desire to steal comes from poverty, believing that there isn't enough for

everyone and that you won't be supported if you take a leap of faith. The desire to kill might be caused by jealousy, jealousy is often caused by the belief that you can't have what the other person has.

Those kinds of negative beliefs do not resonate with your higher self's way of seeing things and acting on those desires is not very wise. There will always be a better, faster, more effective way to get exactly where you want to be without hurting anyone or taking from anyone.

Yes, it is still true that you cannot make mistakes, even if you decide to act on those desires, it will be a learning opportunity that will contribute to your soul's evolution, even the worst-looking situations can always be turned around to serve you, however, you can make a wiser decision by believing in abundance instead of lack because lack is the only thing that cannot exist.

Notes:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

4 | **Rules of the Game**

Now to the part that you are most eager about: If this is just a game, then how to play? Stay with me and I will not only show you how to play, but most importantly, I will show you how to win.

By winning, I mean realizing your dreams, wishes, and desires, fulfilling your life's purpose, going through as less suffering as possible by learning your lessons quickly and effectively, getting anything, you want, and enjoying this human experience in the best way possible.

Before I begin, I'd like to first put you into perspective by giving you a set of rules, or laws, with which physical reality functions.

1-Reality doesn't exist, you are creating it.

Everything that you see in front of you has been created by you, your physical brain might not be aware of this fact, but a higher part of your consciousness is.

Before you came to life, you decided how you wanted your playfield to look like and you made your choices based on the lessons you wanted to learn and the experiences that will contribute to your soul's evolution.

To give an example, a soul that still didn't integrate *abundance*, will most likely immerse itself in an environment that reflects poverty and lack, and only by defying the obstacles of everyday life, learning its lessons, realizing truths related to that specific theme and attaining wisdom, can the soul finally integrate *abundance* and the *no-lack* concept. Only experience teaches.

A soul can choose to integrate different themes, it can be self-worth, altruism, love, service to others, belief in abundance, understanding oneness, etc.

Before incarnation, you can also pick other souls that you want to accompany you in your earth experience journey. It can be souls that you already shared a previous lifetime with, previous family members or friends, etc. They will serve as guides and will make your learning process much easier, as they have already integrated the theme you are working on.

And of course, your physical brain can't remember any of those agreements or decisions because your physical brain, or better said; your memory is a faculty of the human body, a vessel that you only wear during this lifetime, but those agreements and

decisions are made by the soul, which is timeless and will accompany you forever.

Not being able to recall any of that also helps you fully immerse yourself in the human experience, luring you into thinking that it is real, which makes you take it more seriously, therefore learn your lessons effectively. This is the forgetting and remembering that I discussed in Chapter one.

After you create the playfield, fill in its details, and incarnate, you find yourself in physical reality, your first assumption is that it's completely independent of you, but it's not. You are creating it as you go, think of it as a mirror, it is only a reflection of your inner state, and the reflection on the mirror changes every time your inner state changes, and that leads me to my second point.

2-You have total control over every detail of physical reality.

Every circumstance, event, person, object, or situation is taking its cues from you. Even if it seems real and solid, it is always, one hundred percent of the time, created by you, it changes as you change, and it stagnates as you stagnate. And there is no exception to this rule.

You have not only influence but total control over everything in your reality. Yes, even that person you had a hard time with was created by you, for you. Every person you dealt with in the past and will deal with in the future was created by you.

Think of it as characters in a movie and you are the director handing them scripts to act out to the last detail.

Every negative situation you found yourself stuck in and couldn't figure out its solution, was created by you, not necessarily consciously, but as a reflection of your inner state.

This is not to blame you, as I previously said, everything is a learning experience that leads to your soul's evolution, and you are playing this earth game with the purpose of learning.

It's only you against yourself, all you have ever experienced is your own energy. There is no opposing force. You generate the illusion of an opposing force. Everything is subjective to you; everything responds to you because it's your reality.

There are no limitations except the ones you choose to project. So stop getting in your own way.

All you will ever experience is your energy being reflected to you. It's impossible to experience someone else's or something else's energy.

All the bad circumstances you ever experienced were just a mirror showing you who you are on a deeper level, showing you your beliefs, assumptions, and expectations.

3-People reflect your inner state.

This may sound new and bizarre to an untrained eye, but it doesn't make it less of a truth: People respond to your beliefs, assumptions, and expectations of them. Everyone, with no exceptions.

Yes, even the Boss you think has some kind of authority over you. They are just acting out the script you are unconsciously handing them.

And I know what you might be thinking right now: "Well I was expecting this person to treat me better than that and got extremely disappointed. Obviously how they act has nothing to do with me".

My answer to that is: Did you really expect with total certainty that they will treat you in a good manner or were you desperately hoping that they do? Hoping is one thing, and having absolute certainty is another.

Absolute certainty that something is happening or will happen will never fail you, and this includes people.

When you are expecting a specific behavior from a specific person, they can't help but act it out. This is law. Not only expecting a certain behavior from them but also being fearful that they might act a certain way. Fear is just faith in disguise; when you are fearful, you are having faith that a negative event will occur. That person will reflect back to you all your fears one by one until you realize that you are the only cause of it all and decide to do some deep cleaning.

The good news is that people can change instantly and become a completely new version of themselves if you are capable of changing your expectations and assumptions of them. Change in the physical world happens very rapidly, almost instantly. But are you capable of changing your assumptions and expectations rapidly as well?

I know that it's hard when you have been dealing with a version of that person that caused you a lot of suffering for a very long time. Blaming them is the most logical reaction. But if you really want to turn the situation around you have to fully take

responsibility for it. You can only change something that you are responsible for.

Take all the time you need to purge your negative feelings, but don't ignore the fact that you are the only cause of all that happened.

Now the question that asks itself is how am I creating physical reality if I have no memory of doing that? That leads me to my third point.

4-You create physical reality with your thoughts, beliefs, fears, expectations, and assumptions.

Thoughts: Or thought pattern, is the overall sum of your mental talk or mind chatter throughout the day.

Beliefs: Pieces of information that you picked up from your entourage or personal experiences at an early age and assumed to be unchangeable facts.

Expectations: What you think is the most probable to happen at every moment, what you believe is the most logical outcome.

Assumption: the definition or meaning that you intuitively give to any situation or the automatic judgments you form on people.

Fear: an unpleasant feeling caused by a strong belief in a negative outcome.

If you can control and play with those factors, physical reality will become like clay between your fingers, so malleable and fluid.

Most people think that their beliefs are based on solid unchangeable facts, but the irony is that the only reason why those seemingly solid facts are continuing to look real and unchangeable is that the person continues to believe in them. The facts of physical reality feed on your belief in them, they cannot exist without it.

Belief comes first, circumstance comes second, not the other way around. There is not a single situation or circumstance that does not spring

from a belief. Reality is just mirroring you. Whatever you put out is what you get back.

It is not what you want that you attract; you attract what you believe is most likely to happen, most probable, what you anticipate, and what you assume will be the outcome. **Be bold and dare to expect and anticipate miracles.** They have no choice but to materialize. This is law.

5. Every moment is a clean slate.

Imagine reality as a film of individual images, every image is independent of the one before, but when you play them at a fast speed, it seems like one is leading to the other. Which is just an illusion. They are completely independent of each other.

Reality is made of moments, and each moment is independent of the one before. It seems linear and continuous because you believe in logic and continuity.

If you open your mind more to things happening out of the blue, you will be surprised. Your life will

be bombarded by events that the old you with the old paradigm would have never expected.

Every moment, every day, every second is completely independent of the one before. This is where the infamous “*circumstances don’t matter*” comes from. Yes, they don’t. Unless you believe they do.

Your current circumstances are a result of your current beliefs, and if you can change your beliefs right now, the circumstances will evaporate right now.

No circumstance can exist without an underlying belief, that’s the reason you shouldn’t fear the circumstance itself but rather care about your mental state. The outside world will take care of itself.

The outside world is always listening to what goes inside your head, your mind chatter, and it will act it out to a T, it will not miss a single thing, so make it your priority to write a lovely clean script for the outside world to act out.

When you are facing a circumstance, it feels real and set in stone, but remember, the cause of any circumstance is always a belief or pattern of

thought. Once you change that pattern of thought, even the worst circumstances fade away. An event or circumstance cannot exist without an underlying belief.

6- How long will it take?

This is one of the most asked questions and it's understandable, nobody wants to wait for ages to have what they want.

The good news is that you control time as well, you might not be doing it consciously, but at the back of your head, you always automatically assign a time frame to your goals and desires.

For example, You want to manifest a new car and you know it is doable. But do you expect it to fall into your lap by tomorrow? I doubt that. Why? Because things don't just fall into your lap that easily. You might assume that it will at least take a couple of months.

Well, things **can** just fall into your lap, in an eye blink. The car can be on your driveway by tomorrow with a red ribbon, but because you think it's science fiction and almost impossible and insist

on having to wait for it, you end up waiting for ages, until you decide to settle down for something more “*realistic*”.

Don’t doubt the universe’s capability of finding a way, it’s infinitely intelligent. It can deliver it to you in an eye blink.

And again, by universe, I don’t mean some unknown power playing hide and seek with you, or Santa rewarding you because you have been a good person. By universe, I mean the outside world which is nothing more than a mirror reflecting your beliefs, and timeframe is also a belief.

This your answer to “how long will it take?”: How long do you believe it will take?

If you believe it can be done in a month, then it will take a month. If you think it will happen in a day, it will take a day. As simple as that.

And yes, most of us always automatically assign time frames to different things, because we have been used to seeing them unfold in that specific amount of time, but it doesn’t mean that must always be that way.

With this being said, you should never worry about

time lag or how much is it going to take you to get there, eject those thoughts. As Abraham Hicks would put it: “ You are not days away from what you want, you are not miles away from what you want, you are only vibrations away from what you want”.

So, once you will get your inner world right about this. The outside world must follow, it has no other choice. It is nothing but a mirror. So even time is subjective to you.

The only time it's going to take is the time you will need to get aligned with what you want on a mental level.

7- Everything is as equally valid.

You, being in a situation you don't prefer is as equally valid as you living your dream life, no difference. There is no such thing as a reality harder to manifest than another reality. All realities are equal, and again, I quote Abraham Hicks: *"It is as easy to manifest a Castle as to manifest a button"*.

You are working with an infinite intelligence that does not know such a thing as hard. And this infinite intelligence is ready to serve you at any moment.

The only reason why it's seemingly easier to manifest a cup of coffee than it is to manifest a brand-new car is that you have no resistance when it comes to manifesting something that you have already seen happen multiple times and is already in the range of your expectations. Manifesting a new car might be something new to you, you are not sure if it's possible or not, etc.

Technically speaking, manifesting a brand-new car can be as easy and fast as manifesting a cup of coffee.

That's the reason why manifesting something the first time is always challenging because its possibility is not fully integrated into your belief system yet, but once it happens the first time it becomes much easier the times that follow.

“There is no such thing as realistic, you decide what is realistic and what is not” -nada amari

Notes:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

5 | **Play like a Champion**

Now that I have tackled some of the cornerstones and explained the basic rules, I can begin to give you the complete cheat sheet that will get you anywhere that you want in little to no time.

I will hand you a clear simple map to follow and if you apply the principles in this chapter, you will save yourself a lot of time unsuccessfully experiencing other methods.

Let's start from the beginning: You are in a situation that you don't prefer and wish to attract another configuration of reality. The first thing to do is to:

1- Emotionally detach from the current situation.

By emotionally detach, I don't mean becoming delusional and ignoring your reality. I know that this is a very popular concept that was introduced by a famous new thought philosopher, but it has been falsely interpreted.

Ignoring your reality implies that there is a circumstance so horrible that you must ignore and not acknowledge, this implies fear.

A smarter way to deal with undesired circumstances is to emotionally detach from them. By emotionally detach I mean not feeling any anger or sorrow towards the situation, not feeling threatened by it, regretful, or wishing you could bring back time. You do this by understanding that whatever is happening right now is **old** news.

The current configuration of reality you are facing right now is simply a reflection of the thoughts you

have been thinking lately and the energy you have been emitting, and **as soon as you** change your frequency, everything around you will immediately start to change.

Frequency: the type of thoughts you are having, your overall mood, your level of confidence and faith, etc.

The situation you are in right now has zero effect on what can happen tomorrow, reality takes its cues from your thoughts and expectations, not from what is happening in the physical world. If you grasp this concept, you got it all figured out.

Your current situation does not influence your next one, in no way. The outside world is empty, meaningless, smoke & mirrors, constantly taking its cues from you. You must eradicate the idea that circumstances have any power to create.

Don't be concerned about the outside world, it's empty and meaningless, it has no other choice but to follow your inner world. Don't take your cues from the circumstances that are initially designed to take their cues from your inner world and get

stuck on an infinite loop of attracting the same reality over and over again.

You are the only operant power, and the 3-dimensional world is nothing more than a reflection, a shadow. You are God having a human experience, God that has forgotten it is God. God going from a potential power to being activated.

Your desires are not coming from your ego or the self that you have been knowing all these years, your desires are your God-self nudging you to allow it to deliver that experience to you. Your only work is to let go of the resistance.

You must also eject the illusion of separation, outside circumstances are not separate from you, they are always shifting to meet your inner world.

Feeling anger toward the situation will only keep you stuck in an infinite loop. As you are feeling all kinds of negative emotions, your thoughts also spring from a lack mindset, and the next configuration of reality you attract will eventually reflect the thoughts you have been emitting.

Physical reality is made of parallel realities or frozen images that change every second, one image has nothing to do with the next image or the one before, they are completely independent of each other, this means that whatever you are experiencing now is never dictating what you will experience later, continuity is an illusion. You only experience continuity because you are expecting it.

You can feel the negative emotions and purge them, you can take half a day or a whole day to be human and let your negative thinking take over if you feel defeated. Just make sure you don't get stuck in that state for a long time and carry it with you for days and weeks.

It's okay to feel negative emotions from time to time, just don't make it a habit and become numb to the pain and sadness.

2- QuickStart your vision and make circumstances harmoniously align for you.

It is possible to shift situations 180 degrees just by shifting your beliefs, expectations, thoughts, and assumptions. The only work you must do is match your vision on an emotional and energetic level and be aligned with it.

Your mental state must match your vision. You cannot manifest abundance if throughout the day you are always worried about money. It does not matter if you visualize your ideal self for one hour straight, it will be in vain if throughout the day you have negative thoughts that contradict your imaginal act.

All the techniques such as imagination, affirmations, etc. are meant to help you have a cleaner mental state and think better thoughts throughout the day, but what makes your desire pop in your reality is the sum of thoughts you are

having during the day, your automatic assumptions, your beliefs, and expectations. Care more about changing those factors rather than doing techniques you read on a blog. Techniques are only complementary.

What I invite you to do is live on an energetic level in your vision, entertain the thoughts that support it, and be bold to assume new things that go hand in hand with it. It's fine if you don't believe your assumptions yet, if you think the thought often enough it will eventually turn into a belief.

When you have some free time, catch the feeling of already having what you desire, slip into the version of yourself that already has that, and internally act as it, as if you were handed a script to play out in a movie scene.

There are different ways for you to catch the feeling; you can use questions as tuning forks:

-How would I feel if right now I was in the perfect relationship?

-What would I feel like if I never had to worry about money again?

-What would I feel like if I was healthy?

And let your mind fantasize about the perfect case scenario.

When you are doing that, your frequency is now matching the frequency of your desire and if both frequencies are matching, the desire can show itself in your reality, or at least the circumstances that will lead you to that desire will show up.

I understand that it is not possible to stay 24/7 in that feeling of already having what you want, because at some point you will need to face the current reality and do your everyday things. Actually, you don't have to stay in it all day long. It is not a must-do to manifest your desire.

When you are having a positive attitude and expecting your desire to show up with arms wide open, you are also matching its frequency.

The perfect formula to make circumstances harmoniously align for you is:

1. Entertain the feeling of already having your desire one or two times a day for at least 15 minutes.
2. Go about your day normally, having positive expectations. Anticipate circumstances perfectly aligning for you and know for a fact that you will be led to your desire in a very short amount of time.
3. Whenever you have negative thoughts that contradict your desire, instantly think of the opposite thought to neutralize the negative one.
4. Do it all day every day until you get there.

There are no limits to what you can achieve except the limits you put on yourself, and reality is so malleable that if you can shift your vibration, you will instantly start seeing results. Find the feeling associated with already having what you want, the feeling of freedom, the feeling of Godhood.

Once you find that feeling, entertain it. Make it a priority, feel it, that feeling of already having what you want is your savior.

If you are willing to act and feel like the person you want to be, reality will reflect that back to you. This is real. Guaranteed. This is law.

Another thing, never think of how you will get there. Your linear mind and the solutions it comes with can't be compared to the circumstances infinite intelligence will align for you. Don't force yourself into finding a way but expect the way to be shown to you. Synchronicities will naturally lead you to your end goal. It will be magical and effortless.

Reality reflects your state of being. Reality is a mirror constantly taking its cues from you, whatever you tell it, it will materialize and that is valid for any area in your life.

3- Use your emotional system as a guidance mechanism.

Another question that comes up a lot is “How to know if I am doing this right?”. The answer is always how you feel. Do you feel like you are forcing it, or does it feel natural? Does it feel like doing chores or does it make you feel good and relieved?

Your emotions are your ultimate guidance mechanism, as I stated in the second chapter.

Feeling good doesn't always mean being excited and having butterflies in the stomach. Sometimes you might feel relieved, other times ecstatic. It depends on what you are manifesting, some things excite you more than others.

A sign that you are doing it the wrong way is when you still feel like you are faking it, you feel like you're being delusional, you are still upset about it

not showing up, and you keep getting frustrated because that person didn't call yet.

The opposite of that is anticipating it, already thinking about how you are going to act on that date night, how are you going to spend that amount of money, and how you can't wait to share the good news with everybody.

Notes:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

6 | **Become a Master**

1-Deal with negative thoughts, fear, and doubt the right way and reacting to physical reality.

Another important thing is how to quickly brush off doubts, negative feelings, insecurity, and fear around what you are manifesting.

It is normal to feel fearful or anxious sometimes. You have been living for years and years carrying erroneous beliefs and ideas, and it might be hard to shed them in an eye blink. Even when you try and succeed at times, your old self might try to bring you back.

The ego self comes in form of all your insecurities when you doubt the law when you are expecting the worse, and so forth. Every limiting thought or idea is coming from the ego. Your true self is limitless and unbounded and does not know such thing as lack.

The first step to being effective at dealing with moments of doubt and negative thoughts is to recognize those two modes of being, the true self, and the biased ego self, notice when the ego takes control, and simply watch it.

Watch yourself feeling bad and pathetic, and notice all the tricks it plays on you, from trying to keep you stuck to making you feel small and unworthy of getting your desires. Watch the games it plays on you and its illusionary traps.

Once you recognize it, you can easily transcend it. Every time you feel small, incapable of doing

things, stuck, insecure, or confused, simply recognize that the ego self is taking control.

I know the tricks the ego plays on you seem real, but they are not. Your true nature does not know limitation, it is unbounded and infinite, and everything else is just ego.

The second step is to transcend it, I know it might be hard sometimes, but you must put on the discipline and be willing to shed out anything that is not your true nature. You are everything but limited. If you find yourself falling into the victim state, notice it, know that those limitations and traps are not true and they are only tricks your ego plays on you, and let it go.

Do not identify with your bad feelings, lack of faith, or negative thoughts, those come from the ego. Watch a limitation or negative thought arise, notice it, change it with an opposite one and let it go.

Example.

1) I don't think I can make it happen, it's so unrealistic, and I am being so out of touch with reality.

2) What kind of thoughts are these? limiting thoughts? Then it must be my ego self trying to keep me small and stuck in mediocrity. I know that this is just a bunch of ego traps.

3) Then what must be true? What's my true nature?

I am an infinite being and I can do or have anything I desire, and this is the ultimate truth, and nothing is too good for me. This is my reality, and all the abundance in the world is my birthright.

Repeat this process every time you feel bad about anything because your feelings are your ultimate guidance system if you feel bad you must be believing in something that is not true, when you feel good you are in alignment with who you truly are. Make it a priority to always redirect your thoughts when you find yourself trapped in the ego's games.

Also, there is no need to feel bad because you were thinking negative thoughts, as I said before, negative thinking stops affecting you the moment you let it go, it doesn't have any ongoing effect. Forgive yourself, accept the situation, know that you can never mess up, and simply generate the next image by shifting your state of being.

I also want to address reacting to the 3D (3-dimensional world). You should learn to master your state of being even when you are hit by contrast you must learn to always see what you want to see no matter what is happening on the outside. Make your feelings independent from whatever is happening in the 3D. This is true mastery. You can interact with the 3D but stay numb to it, do not let it get to your feelings, interact, rip the benefits of your manifestation but your feelings and mood should always stay on the end goal.

2-What to do when hell breaks loose.

Sometimes, you ignore your negative thoughts for way too long and let your mind run on autopilot until you find yourself in a bad situation that can't get any worse.

In those kinds of situations, you must act and fix things as fast as you can, but it seems as if you have no control over your thoughts, you're already envisaging the worst-case scenario because that's the most logical outcome for you right now.

In this chapter, I will give you the best methods to help you change situations very rapidly and get back on track even when there seems to be no hope, how to act in an urgent situation especially when it seems like you have no power over what is happening around you.

This part is specifically dedicated to those moments when all hope is lost, and you feel that it's too late to take the bull by its horns.

It might seem hard to control your thoughts when there is a lot of chaos around you. But I want you to always remember this: **No matter what is happening, no matter how it looks, it is all an illusion.** There is no exception to this truth.

Situations or people might seem real and solid, but it is all made from the fabric of your consciousness. You are the source of everything. Everything around you is feeding on one power and one energy which is your consciousness.

As I said in the first chapter when you are dreaming everything feels real, but as soon as you wake up from the dream, you realize it was nothing but a construct of your imagination. You were the only source of everything you dreamed of.

Be inclusive with this rule. No matter how big or small, scary, or beautiful the circumstance is, you are its only source.

If you grasp this, it becomes easy to shift situations, because the main obstacle for many people is assuming there is some other cause or power outside that is controlling the situation and they have no power over it. Once you understand

that it is you doing it to yourself. You can easily manipulate matter in a couple of hours or days.

The way to do this is very simple; to control your thoughts. “But how do I control my thoughts when it’s all chaotic and I feel I have zero over them?” you might ask.

I’ll explain how, and this works like magic every time, it has never failed me even in the stickiest situations. I have successfully shifted situations where it seemed like all hope was lost, and manipulated people into playing their parts in the fulfillment of my desires with my thoughts only.

Think of a white flower right now, and then quickly shift to thinking of a red car. Try to do this many times, from the flower back to the car, from the car back to the flower again and again. Every time drag your thoughts back to what you consciously want to think about. You choose whether you want to entertain the car or the flower. Nobody chooses for you. That’s a conscious choice that you make at every moment.

Exercise this and see how **you** control what you are thinking of and not the other way around. This

is the big secret; to learn how to shift your thoughts from one topic to another quickly and how to consciously maintain your focus.

Think of it as a balance with two sides, the best and the worst-case scenario, every thought counts, and you choose to fill the side of the balance of your desired outcome. Every time you think of what you don't want to happen, the undesired outcome side of the balance is getting heavier and heavier and vice versa. It's that simple. This is how it works, it is not random. It all depends on what you decide to focus on.

Now what I invite you to do is to fill up your mind as much as you can with thoughts that match the best-case scenario. You can go general as in:

- Everything will perfectly work out in the end.
- I will be all right.
- I am safe.
- It will turn out to be okay.
- This will positively end.

Or you can go specific if you are feeling more confident as in:

- I will end up getting this and this.
- This person will reach out to me tonight.
- I will have this specific amount of money by the end of the week.
- I will land a better job.
- We will end up together with 5 kids living in a mansion.

You will feel a kind of relief and that relief is your savior. It is what's going to get you out of any unwanted situation, you must stay focused on it and make it your overall feeling, it must crowd all other ideas.

It might be hard at first because you are not used to training your focus, but practice makes perfect, the longer you practice the better you become at it.

This an **extremely powerful method**, always keep it in mind and use it when everything else fails. It works every time and **never** fails. You can turn around any situation with a trained focus.

3-Trick to always have more money than you can spend.

This is my personal favorite, it always works and has never failed me, and it is just a matter of changing your perspective.

When you spend money on a particular object or service, it's intuitive to the human brain to assume that the amount you initially had just decreased. A feeling of lack comes with that, the feeling of "I just spent money, so my resources decreased".

Now the trick is to notice yourself whenever you feel bad for spending a certain amount, and instead of allowing the belief in lack to win, assume that whatever you spent is coming back tenfold in the next couple of days. Do it every time you pay for anything,

"Whatever I just paid will come back to me ten times"

If your logical mind contradicts you with the thought of *"But how do you think it's going to come back tenfold, surely not from your boss"*, replace it with *"I don't know how, ! don't have*

to know how, all I know is that I will get it back in the next couple of days" and leave it like that.

I promise you that it works! You will end up getting it ten times back if you just dare to assume it. It has always worked for me, I don't feel bad spending money anymore, matter of fact, I am happy to do so because I know in a couple of days, it will find its way back to me.

4-Make yourself believe anything in less than an hour.

Yes, it is possible to make yourself believe anything in a very short amount of time. You only need one hour or less of focused attention on one single feeling or thought for it to turn into a belief.

Take an hour of your day, make yourself a coffee or anything that you enjoy, and get ready to do the work. You will have to start by tuning into the feeling of your desire being fulfilled, use questions such as “*What would it feel like if I already had this?*”, or scripting as in describing your perfect scene, or imagine talking to a friend on the phone telling them the good news or how your problem was solved, anything that will make you catch the feeling of your desire being fulfilled right now.

The first couple of minutes, your focus might be all over the place and you might get easily distracted. Don't get frustrated, stay persistent and keep bringing your attention back to the desired feeling.

After the first 20 minutes of concentrated focus, it will already get much easier, and around the 40 minutes mark, the belief starts to form and only becomes stronger the longer you entertain it.

After you spend the first hour fully focused on that single feeling, you can go about your day and consider it done, a truth, facts. Because if you can get to the knowingness state then it is done and it becomes a fact instantly.

After this is done, all you need is to not contradict it, because as soon as you know it, it immediately starts hardening into facts even if you don't see evidence of it yet, it is still true, just accept it as a fact and the evidence of it will unfold naturally.

After you reach the knowingness state, you might also feel a little bit delusional and ask yourself questions like "*Am I okay? Am I losing my mind?*", well I am going to give you an answer to these questions even before you get them. Yes you are okay, and your mind is functioning even better than before, just hold on tight to your knowingness and the evidence will unfold before your eyes.

Believe in yourself and know for a fact that if you **know** something, it has no choice but to be true. Knowingness is the most powerful technique and the fastest one to work, when you know something, it is instantly a **fact**.

It is that easy, that simple, the game changer is “**knowingness**” and to reach that knowingness you need to concentrate on the desired feeling for extended amounts of time. That simple. In a few hours, you can make that happen.

There is nothing more powerful than conviction, an absolute knowingness that a thing will occur. When you reach that state of rock-solid faith, mountains will be lifted to give room to your desire. Absolute knowingness is the quickest way to manifest anything that you desire.

When your mind gets saturated with one single feeling, it automatically turns into a belief, and as soon as it does, it becomes facts. That’s why instant manifestation is possible, because you can make yourself believe anything in less than an hour, and the moment you believe it, it hardens into facts.

If you stop splitting your focus between here and there, now, and then, and only focus on the good feeling your desire gives you, you will experience instant manifestation.

Once you get the feeling of it as real as possible and stay content with that without asking “*Where is it?*” and entertaining the lack and putting out that it's not here yet, you will eventually get it, this is Law.

Instant manifestation also happens when you have a strong knowingness when you know without a shadow of a doubt that something is true or that something is about to happen, even when you have zero tangible proof for it, it instantly hardens into fact.

And here comes the concept of intuition or sixth sense, many of you might have already experienced that. When you have a strong feeling that something is happening or will happen, even if it defies reason and you have no backup proof, however, what you assumed turns out to be real.

It is not because you are psychic and you were able to see the future, it's simply because you had a

strong knowingness. That event wasn't already written, you created it along the way by having that strong feeling about it and expecting it.

5-How to shed light on the so-called subconscious blocks and get rid of them.

I would say that a first good step is to not call them subconscious, as it automatically implies they are hidden and hard to find, in my personal experience, using the words such as blocks, subconscious, reprogramming, Subliminals, etc. has only wasted my time and energy.

A quicker way is to sit with yourself and grab a piece of paper and ask yourself this question:

-“What makes me think I can't have this amount of money by next week?”

-“What makes me think I can't be a millionaire by next month?”

Answer the question with honesty and try to write down all the reasons you think it's impossible.

There you go! You just shed light on your so-called "subconscious" beliefs. They are no longer subconscious.

Then try to contradict every belief with its opposite. Now the new beliefs you want to insert might seem fake, unrealistic, and unnatural, but I promise you, give them some focus and entertain them with your thoughts, dwell in the idea, give it some attention and focus to grow, use affirmations throughout the day and before you know it, the new ideas start to make their roots leaving no space to the old ones.

You don't need a 21-day reprogramming or to heal your inner child. All you need is some focused attention on the new belief.

In my experience, it takes me 30-40 minutes of laser-focused attention to insert a new belief. Simple. Easy. Practical.

If a circumstance is not of your preference, look inward to find the belief that's keeping it alive, once you find it, replace it with an opposite one. It will not feel natural yet, because the negative belief is still present and has become a habit.

But if you only dare to stay persistent and feel the feelings the positive assumption gives you over and over again, on a loop, and dwell in that good feeling with laser-focused attention, it will become natural and intuitive.

And as soon as it becomes natural, the negative circumstance starts to fade away to leave room for a positive one, as it was only there to bring your attention to that erroneous belief, to begin with. Now it doesn't hold any more purpose.

Notes:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

7 | Discipline yourself

1-Be mindful of how you feel.

If you feel contracted or mediocre, ask yourself “why am I feeling this way? What must I be thinking or believing that makes me feel bad?”

Once you find the cause of that bad feeling, understand that everything all beliefs are equally valid and nothing is set in stone, that you are the creator, and the universe cannot exist without the meanings you give it. Then simply change that thought into a better feeling one. There is not a thought more realistic or more probable than another, it's just a possibility between an infinite number of possibilities, you simply get the possibility you choose to entertain.

2-Consciously pick your thoughts.

Don't automatically assume random things. Don't give meaning to things that you don't want to see materialize. Understand that everything is a belief. When you think about something that is not blissful and does not symbolize the power and divinity that you are, switch it to "This is just a possibility between an infinite number of possibilities, do I want to give it attention?" If not, then replace it with something more of your preference.

3-Don't get numb to feeling mediocre.

Have the discipline to be as much as you can in your desired reality, do not let life drag you, you must drag life. Always and I say always choose your state of being. Don't get trapped in letting physical reality dictate how you should feel.

Finally, believe in yourself because the whole Universe believes in you, you are meant to thrive and get whatever you want in an eye blink. There is no lack. You are God, not just another human being. You are God experiencing itself in a human body. Isn't God supposed to get whatever it desires in an eye blink?

I promise you if you follow the principles I summarized in this book and made how you feel a priority, your life will drastically change.

Notes:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

8

Your most Common Questions

These are some of the questions I have often been asked by clients and followers. They illustrate the real obstacles a person can meet when trying to apply the principles in this book.

I. How to ?

1-How to fully embody a new state?

This is where the role of discipline comes in. You surely can catch the mood of your desire fulfilled but can you sustain it? Can you consistently water it? Can you only see that which you prefer? Do you want it bad enough to be all in and reach for the feeling, again and again, every

time it feels like it's slipping away? If you can, congrats, you got it all figured out.

2-How to avoid the thought of “ what if it doesn’t happen”?

You have to collect evidence and experience. As Abraham Hicks would put it "Words don't teach, only experience teaches". You have to practice this. Most people learn and collect information without ever implementing it. It's the implementation part that matters. However, if you want a quick fix, you can recall your old successful manifestations and remind yourself that it did work that time and that other time. You can also notice how your current reality is perfectly matching your current beliefs and expectations.

3-How to change the inner story? Is it with repetition?

Repetition without feeling is just wasting time. You must create the desired reality and jump to it. Live in it. Make it all that you see. Entertain it as much as you can, no matter what's in front of you. See only your preference. Stay loyal to it. Protect it like your baby. And you will get rewarded

4-How to stay persistent in ignoring physical reality? It's so difficult to ignore what hurts you.

You don't have to repress any emotions. Take all the time you need to let go of the grief first. Don't be in a hurry, nothing is ever lost and everything you want will always be waiting for you. Just make sure you take all the time you need to process all negative feelings.

5-How do you stay consistent with the story in your mind when physical reality is the opposite?

It's a discipline thing. If you care enough about your life you will do so. You have all the tools between your hands. All you need is some will and discipline.

6-How to not let circumstances come between you and your desires?

By simply not acknowledging them. Do not give them any power. Do not buy into them. Know that you are far more powerful than any circumstances. You have flowing through you the power that created Universes.

7-How to detach in terms of manifesting?

When you are emotionally entertaining your end goal, you are detaching. You let go of the desire and the feeling of lack because you feel like you already have or will certainly have what you want, and the outside world must match you up. Letting go doesn't mean completely forgetting about your desires, it only means not entertaining lack.

8-How to distinguish between intuition and fear?

If it feels good it's intuition, if it feels bad it's fear.

9-How to make a limiting belief vanish in a simple way?

The simplest way is to focus on its opposite and fuel it with your thoughts and attention, with enough repetition it will start to feel more familiar and natural, and that's when the negative belief vanishes. Two opposing beliefs cannot co-exist at the same time.

10-How fast can we see evidence that we switched reality?

As fast as you can switch your overall mood, feeling, assumptions, expectation, and overall energy. If you can do that in seconds then it will take you seconds.

It is always instant. Sometimes even if you don't see it directly, you never know what's happening behind the curtains. Things start unfolding as soon as you change your feeling state.

11-How to stay relaxed when you see no movement in physical reality?

By knowing that things cannot go otherwise, no single power outside of you can decide what happens. You have 100% of control. Whatever you assume will happen. There isn't something or someone that calls the shots other than you.

12-How to believe that I am God?

By proving it to yourself over and over again, until there is no choice but to believe it. Once you see it you can't unsee it.

13-How to change our state?

By slowly catching the feelings of the state you want to get into. What would it feel like if it was true right now? What would it feel like if it was guaranteed? If it was written? If it was already happening and unfolding right now? And entertain those positive thoughts and feelings. With enough attention you will start to believe it's true. And then BAM the magic happens.

14-How to remain calm when physical reality shows you the opposite and makes you wait?

Physical reality doesn't make you wait. It doesn't have a mind of its own to make you wait. It's just a reflection. Work on the inside and outside must follow.

II. Manifestation

1- Can you manifest passing an exam you failed for sure?

There is nothing that you cannot manifest. But you saying "I failed for sure" is what will make you fail for sure. Change the story and have confidence, believe, and know that anything can happen.

If you have an unshakeable faith, mountains will be moved for you to pass the exam even if you left the paper empty. And I know so many people who have done this before, so you are no exception. The Law never fails. It is the most consistent thing in this Universe.

2- When I imagine my desires, my emotions don't elevate. I feel the same as before. Why?

This might be for two causes: Either you are simply imagining your desires, watching them on a screen without fully embodying that version of yourself and feeling it here and now, you are thinking of it not **from** it, or your desire is so different from your current situation so it doesn't excite you that much.

3-If I'm constantly embodying the feeling of what I want, won't it eventually neutralize?

Of course, it will neutralize, and that is the turning point. It has to neutralize. Now that you have a job (example), do you still feel excited about having the job? No, because it has become an inseparable part of you. When it neutralizes and feels as real as the ground under your feet is when it shows up.

4-What's expectation mode?

Expectation mode is when you expect your desire to come and wait for it with your arms wide open. You are in a positive anticipation state. You know it's coming and perfectly unfolding. This is a backup strategy for when you fall out of the state. However, emotionally entertaining the end goal is always safe because when you feel like you already have what you want you do not ask the “when's” and “how's” and you offer zero resistance.

5- What's the easiest way to change beliefs and assumptions?

Decide what your new belief/assumption is, then feel the feeling of it as if it was true here and now. You will find yourself naturally believing in it when you catch the feeling of it more consistently.

Feeling the truth of a belief/ assumption and looping the thought of it over and over is what makes it stick faster and become a habit. Repetition builds new patterns of thought.

6- Sometimes feel like I am controlling rather than manifesting.

You are always manifesting. You cannot turn it off. Even the times you control, you are manifesting. It is the most consistent thing that exists. The only difference is that when you control on a physical level, you push against events, and they push against you even harder. It will always be the case if your beliefs are contradicting your actions.

7-Is it ok to manifest in steps along the way to the end? Or is that messing with the end?

Absolutely! And this is my personal favorite way to manifest, it goes quicker and faster, instead of imposing big jumps on my mind.

8-Do we focus on our desire, or do we just feel good about it when it comes to mind?

You can do both, feel it here and now as much as you can, but when you get caught up with everyday life, simply assume it's perfectly unfolding.

9-What helps you view obstacles as opportunities rather than challenges and feeling stuck?

I see them in a playful manner, my projections, my kids. I created them and I can make them vanish by simply not taking them seriously. Obstacles are only there to point out a belief or assumptions you have or had, once you identify it and start working on changing it, they no longer have to exist.

10- Is it OK to change your mind about what you want?

Of course. The world is yours. You make the rules! Just make sure you didn't change your desire because you lost all hope in having the previous desire.

11-I'm having a really tough time manifesting. Reality is still hard to ignore. What to do?

Don't ignore it. Accept it as one of many parallel realities. Accept the now, is it done, that's the fruit of your old state of being and decide to create another configuration of reality.

12- Can doubts and fears be part of the bridge of incidents?

If you say so! You make the rules! But doubts and fears are your friends, they only exist to point out a negative belief/ definition that you have. Once you look at it and remind yourself that every belief is just a probability between an infinite number of probabilities and you can at any moment decide that it's no longer valid for you and pick another probability, the fear and doubt will vanish.

13-What would you advise anyone who's been trying to manifest for a long time and still didn't succeed?

Stop "trying" and sit with yourself and figure out where the flaw might be because manifestation doesn't take a lot of time. What takes time is trying to figure out what works and what doesn't. But once you find the perfect method, it can be instant.

14-Unwanted images run through my head and shake my faith. What to do?

They will not affect you if you have the discipline to always switch them around. Whenever any negativity pops up switch it to a more loving desired thought.

15-What's the best trick to change our beliefs or 'unlearn' them?

You start with beliefs that you don't have so much resistance towards, then you see that it's working. You do it over and over again with small things so you can convince yourself that this is actually how it works! As much feedback as you get, it will build up your faith more and more! Then you will automatically start seeing through the illusion and you will go bigger and bigger until you completely detach from your old way of living!

16-What to do when you find it hard to stay in the desired fulfilled state? It's hard to push through and force yourself!

I'd suggest you sit with yourself and see where it's coming from. Why is it hard? Which beliefs are making it hard for you? Then see how each one of those beliefs is simply not true.

17-What is the best way to stop intrusive thoughts of the past/ old story?

Don't escape them. Let them come, see how they are no longer valid, and flip them around with a more desired thought!

18-What should we do when we get a negative thought repeatedly & fear it manifesting?

Neutralize it immediately with a contradictory thought. You cannot delete or cancel a thought, but you can neutralize it if you replace it with another more pleasant thought. So, whenever it comes to your mind just think of its opposite and of a more pleasant outcome. It's like a balance, you have to make one side heavier than the other.

III. People

1-I always meet people that have commitment issues, and I don't get treated well or spoiled. How to change that? I've never been in a committed relationship.

That always comes from a lack of self-worth. A lack of self-worth comes from a lack of understanding of who you are. Because when you understand that the earth spins for you, the birds sing for you, and the sky lights up every morning for you. That you are loved and appreciated more than anything. You naturally expect to be spoiled. It is the most logical thing.

2- When manifesting a specific person should I stop thinking about them or act as if I am in a relationship with them?

My perfect formula: Emotionally entertain the end result as much as you can. Feel your desired reality here and now. When you feel like the feeling of already having your desire is slipping away, switch it up to "Expectation mode". This way you will never find yourself entertaining lack.

3-How do you avoid anxiety when manifesting a specific person?

Don't label it as "anxiety", that's just you expecting the worst-case scenario. Pinpoint the negative expectations that trigger your "anxiety" and work on changing them. Those negative expectations are as equally valid as the opposite of them. You make the choice. There is no such thing as "I am just being realistic", every belief can be realistic to you when you believe it.

4-Should you feel as though you already are in a relationship with your specific person or is it enough to believe that it's done?

Catch the feeling of being in the relationship as much as you can. When you slip out of the state, assume it is done. It doesn't matter that much how you do it, what matters is that you never entertain any lack. Entertaining lack is you manifesting more lack which kills all your previous efforts.

5-How to make people who don't treat you well start treating you in a better way?

First and foremost, understand that "them not treating you well" is caused by your energy. Do not blame anybody for that. They are only mirrors showing you what's happening in your inner world

(beliefs, assumptions, negative, lack of self-worth, etc.).

You cannot experience another person; you can only experience your perception of the other person. What you should do is change your perception of them, see them in a completely different way, and assume it is true despite what you currently see. They will start changing to match your new perception of them. Every time.

6-My specific person is being inconsistent. She unblocked me and blocked me again. What to do?

This only means you are being inconsistent with your state of being. Stay consistent with entertaining the end goal and the outside world will be consistent as well.

7-How can I convince myself that other people are just in my imagination and not out there?

Practice your will on others! Assume things about them and see them shift to become what you assumed. With enough practice, you will easily start seeing them as nothing but mirrors. Actors playing roles you assign them

8-If everyone is a mirror of my inner self then what is free will? Can I control everyone's decisions?

Free will is an illusion. Nobody has free will in your reality but you. It is not about "controlling", it's about generating the version of them that suits you, and that is what you already always do either consciously or unconsciously.

9-How to make yourself believe a person has changed when you see them the same?

"Feeling", "Thinking" and "Focusing" are the bridge to believing. When you feel something for extended periods or think about it often or with a laser focused attention, you automatically start to believe it.

Focus on what would it feel like if this person was the perfect version of themselves that matches your preference. As you fuel it with thoughts, feelings, and attention, you will automatically start to believe in it and your perception of them will change, and the moment it starts to change, the outside world matches you.

10-If you think a relationship with a specific person won't work out or they might not be the one, should you move on?

You can always move on, but you must understand, that it's not so much about your specific person, it's about your negative beliefs and assumptions, if you don't work on that, you will attract them in someone else. Different person, same story. Because at the end of the day it's just your inner talk being projected onto your specific person. It might be a different person, but if you have the same beliefs, assumptions, and expectations nothing will change about the situation.

11-How can I deal with unmanageable anger towards a person that triggers all my trauma?

I am not a therapist, but in your shoes, I would just forgive. Forgiveness is key because you forgive yourself. How can you be mad at the reflection? It's just mimicking you. Do you get angry at the mirror when it frowns back at you? No! You just smile and now it's smiling back. Being angry at people comes from the naive understanding that they are independent individuals doing things to you, where they are merely reflections acting the script you mentally hand them.

12-How to stop thinking about my specific person?

Why do you want to stop thinking about them? Don't force yourself to do anything. Instead, whenever they pop into your mind think of them in a positive way.

13-How to remove the 3rd party?

Stop believing that it's an obstacle! The obstacle exists just as long as you believe it's an "obstacle". Once you stop believing in it, it evaporates!!!

IV. Time

1- What do you think about manifesting within a time frame?

Manifesting within a time frame is possible. Neville Goddard shared a beautiful analogy on time frames: “If we are Monday and you want a thing to come to pass by Sunday, simply go live on Sunday with your feelings and energy. Live as though you were on Sunday and your desire has already come to pass”

2-How long does it take for your desires to manifest in the physical world?

The same amount of time it's going to take you to reach that knowingness and expectation state. Time is subjective to you. Not even time is an opposing force.

3-What's the best strategy for manifesting in a time crunch and what to do if it doesn't happen on time?

It's possible to manifest within a specific timeframe! But what often happens, in this case, is that you get so stressed out by the possibility of

not making it happen on time, so you shift your focus from the presence of it to the lack of it and entertain the worst-case scenario. Try to distract your mind as much as possible from the deadline and fully focus on the possibility of it happening.

4-How long does it usually take for physical reality to adjust to our new state of being?

It's always instant. It's not that it "adjusts". It's more that you are in tune with a whole different timeline where the circumstances will be different and everything that's unfolding is different. As soon as you do the shift, matching circumstances appear in your reality.

V. Other Topics

1-How do you define age and the aging process?

The same “you” who is one year older or ten years younger already co-exists right now within the same focal point of your consciousness. By you believing in the "aging" process, you generate the illusion of getting older. What’s happening is that your consciousness is shifting into a parallel reality where there is a version of you slightly older.

2-How to find my purpose and what I should be doing in the future?

There must be something that makes your heart beat faster. Something that excites you. What is it? Ask yourself the question and be honest with yourself. Go beyond all limitations and reasons why it cannot be done and simply find what excites you the most.

If there were no obstacles whatsoever what you would choose to do/be in the future?' Who used to inspire you when you were younger? Who did you want to end up like before you knew about all the limitations of this world? You must have

already found an answer by now. And that is exactly your purpose in life.

3-Why does the physical world feel so real?

The physical world feels so real because you haven't gathered enough evidence and manifestation experience. You still don't fully believe that you create everything. When you practice the principles in this book and see it work every time, reality will turn to clay between your fingers, you will see situations shift 180 degrees before your eyes in an eye blink, and that's when life gets fun.

4-Are you scared of death?

Absolutely not. Why should I be scared when I know that this reality is only a dream? Do you get scared of waking up when you are asleep? Death is only an awakening to our true selves.

5-Any tips for weight loss?

I don't want to project my limiting beliefs on you. But I personally think that weight loss will be a progressive manifestation because you will keep getting confronted with the physical world every time you hop on a scale or stand in front of the mirror. What I suggest to my clients is to notice

the progress as much as they can, and every time you stand in front of the mirror affirm that you are getting more fit and looking thinner than last week. Do it constantly and convince yourself that you are looking thinner. Reality will reflect it back to you.

I also suggest blessing the water you drink. The power is surely not in the water or the affirmations, but the simple fact of you believing that the water is blessed and will fasten up the weight loss. It's a permission slip.

6-What to do when you feel lost in all aspects?

You are never lost. You are always safe. Nothing can ever hurt you. Because you are not your body nor your mind, you are not even your experiences. You are the awareness that is aware of all that. Rest in this awareness and know that you are only a vehicle with which Infinity expresses itself on a physical level. Rest in this knowing and every answer will flow to you.

7- Why do millionaires teach others to work hard instead of sitting and feeling?

Because we have been programmed to worship hard work and labor, and most of us have the assumption that hard work is the only method. Hard work gets you to that state of feeling like you "finally deserve it" and when you feel like you earned it, you end up getting it.

But the truth is, if you can get to the mindset of feeling worthy and that success and abundance are your birthrights anyways whether you work hard for it or not, that you were born to live like a king, then hard work is unnecessary.

8-Your thoughts on Ho'oponopono?

All kinds of "permission slips" can be beneficial but nothing is mandatory. Ho'oponopono is a way to shift your attention to a more loving and peaceful reality and the words used are simply permission slips to tune in.

9-Sometimes I feel like I have lost interest in everything, why?

I don't think you do. Being alive goes hand in hand with having desires. Maybe the issue is that you have desires, but you don't believe you can have them, and they seem far out of reach. Then you must simply change your negative beliefs about what you want.

10-What do you think about the cup method?

It's a permission slip. If you believe it will work then it must work.

11-Your thoughts on reality shifting aka quantum jumping?

You do it all the time. It's just not as "noticeable" because you jump to a reality that is very similar to the current one. If you want it to be a bigger leap you have to make a noticeable change in your beliefs!

12-What are your thoughts on “Rich people are bad”?

Nothing is good or bad, you give meaning to everything! Things are inherently free of meaning.

13-Is meditation important?

If it makes you feel good/better yes! But don't feel obliged to do certain things

Notes:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

the world is a mirror

the end

the world is a mirror

the world is a mirror

the world is a mirror

the world is a mirror