



ANGEL'S FRIENDLY COACHING

MANIFESTING 101

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Keeping you in a positive mindset!

Progressively shift your prosperity consciousness around what you DO with money, what you THINK and BELIEVE about prosperity and how you ATTRACT and manifest abundance.

The basic premise of manifesting is that your thoughts create your physical reality. Whatever you focus on (consciously or subconsciously) is what is going to show up in your life experience. That's right. You are the creator of your own reality.

The Law of Attraction is a Universal law that states that like attracts like. Meaning like energy attracts things of like energy to itself.

Act as if you are happy by putting a smile on your face. This tells the universe that you are accepting happiness and focusing on it. In return, you will be rewarded with happiness around every corner! If you begin to feel especially down for any reason, use positive thinking and affirmations to build your happy level back up. A good laugh also sends out strong signals that you want to attract more happiness. This is why you should definitely spend a few minutes a day doing something that makes you giggle or even roar with laughter such as watching funny YouTube videos or a comedy film. Goofing around with friends will magnify happiness for everyone involved as well.

Happiness Affirmation

- *I am happier with every day that goes by*
- *I gain happiness in everything that I do*
- *My friends, family, and daily activities bring me great happiness*
- *I am so grateful to live in a world full of contagious happiness*
- *This life I have brings me so much happiness that I can't help but smile*

Start Observing Your Thoughts

You (and your life) will become what you think about. So, if you think about giving, about boundless abundance and joy, the Universe will hear you and provide those things.

Meanwhile, if you obsess about those things being taken from you, or worry you'll never get them in the first place, then lack and negativity is what you'll attract.

You need to develop mastery of your own thoughts, and the first step is to monitor them more closely so that you can then adapt them as needed.



Let Your Imagination Run Free

Don't restrict your imagination to the boundaries that currently exist in your daily life. If you put up internal barriers or let yourself feel ashamed when you begin to imagine all the wonderful things that could be, then you'll never get to have those things.

Let go of what you think is plausible and just give your imagination full permission to go where it wants, creating ever more beautiful and exciting images of what you want to manifest.

Use Your Intention Point

Activate your intention point to manifest from a better vibrational state. Your intention point is the "meeting ground" between your heart and your brain. It's what has the power to help you listen to your gut and make the right decision.

If you have limiting beliefs and negative experiences from the past standing in the way of your manifestations, you might need to "reset" your intention point. Wash clean your mental slate and wake up with a newly heightened awareness of your potential.

Actually, for anyone who is feeling like something is constantly holding them back, this might be the best place to start.

See Your Wish As Accomplished

You may have heard about the Law of Attraction's idea of "living as if" and wondered exactly what this is.

Essentially, you'll benefit from letting yourself feel and act as though you've already got what you want; enjoy the positive emotions that flood your body, and make plans knowing you're certain to achieve all your goals.

This will enable you to vibrate on a higher frequency, one that is precisely aligned with the thing you want to manifest.

Deconstruct And Rebuild Your "I Am" Thoughts

As suggested above, the thoughts you focus on are what determine the extent to which you'll be able to attract the things you think you want. To start attuning yourself to the sorts of beliefs that will help rather than hinder your goals, try making a long list of everything you would like to define your life; who you want to be, and what you want to have.



Then, for each of those, say out loud “I am ____” (rather than “I am not ____” or “I hope I can become ____”). You can also use these confidence-building statements as affirmations, either spoken or written down.

Practice Patience

For many of us, working with the Law of Attraction goes against lessons we’ve learned about prioritizing logic over intuition. Consequently, it can be tough to exercise the imagination at first. However, if you get annoyed and impatient, then you’ll infuse your intentions with a type of negativity that limits your ability to manifest.

Instead, you need to offer yourself compassion and patience as you work to develop the right mindset. Trust that you can get where you need to go and that you can attract the energy you need. If you’re struggling to be patient, rely on calming exercises like deep breathing meditations and yoga to slow your racing thoughts and decrease anxiety.

Proceed From A Place Of Love

If you try to manifest from a place of self-involvement or with the awareness that your desires could potentially harm someone else, you’re bringing too much of your ego into your use of the Law of Attraction.

Your ego will always prioritize competing, winning, feeling superior and improving status.

Instead, you need to set intentions that harm no one and are purely driven by love, viewing yourself as already being and having exactly what you desire. This way of working will always imbue you with more power than the selfish ego can offer.

Know That What You Have Is Enough

It is only by making peace with the life you have that you’ll be able to manifest everything you’ve ever wanted. It may sound counter-intuitive at first... However, when you stop desperately needing more of everything, more of what you’ve always yearned for almost automatically seems to show up in your life.

Focusing on gratitude can help to get you to the place you need to be, whether you take five minutes to think of things you appreciate every night, keep a gratitude journal or make a daily habit of passing gratitude on to another person.

Focus On One Intention At A Time

Finally, make sure you gradually work your way through your intentions, rather than trying to manifest them all at once.

Each unique desire requires visualization, tackling limiting beliefs and pouring positive energy into the world. If you aim to manifest dozens of things at a time, your split focus can lead to confusing feelings and send out unclear signals to the Universe.

Pick one thing, and give it your all. When you get it (and you know you will!), you can move onto the next thing.

How to Manifest Anything Your Heart Desires

STEP 1. ASK AND FOCUS

DEFINE WHAT YOU WANT, AND FOCUS ON WHAT IT WOULD FEEL LIKE TO ALREADY HAVE IT. LIVE IN THE WISH FULFILLED. TWEET IT!

First, you have to really get clear about what you do want and then focus wholeheartedly on that. Usually this happens after experiencing something unwanted. It's funny how contrast in life makes these things so very clear to us.

Example: When you feel poor is when you decide you want more money. In this case you would then have to focus on what it would feel like to have more money in order to manifest it.

Be careful that you're not secretly obsessing over the fact that you don't have enough money right now. You cannot manifest new things if you keep focusing on the present circumstance. Just put the present moment aside and imagine what it feels like when the wish is already fulfilled.

STEP 2. THE UNIVERSE RESPONDS

THE UNIVERSE ALWAYS (AND I MEAN ALWAYS) SAYS YES TO EVERYTHING YOU THINK AND FEEL. TWEET IT

You don't have to do anything here. Just sit back, relax and trust that the Universe is working on your order. Know and expect that your manifestation is on its way to you. If you can think of it, you can manifest it. The Universe wouldn't plant an idea or inspiration in your head that it could not achieve for you. That would just be plain rude!

How to Manifest Anything Your Heart Desires

STEP 3. MATCH AND RECEIVE

MATCH YOUR VIBRATIONAL FREQUENCY TO THAT OF WHAT YOU ARE ASKING FOR AND THEN BE OPEN TO RECEIVING IT. TWEET IT

To match your vibrational frequency to that of what you are asking for change your thoughts in order to change your mood. Your mood is a direct indicator of the vibration you are sending out to the Universe at all times.

If you are feeling any sort of "negative" emotion that stems from fear (like anger, lack, frustration, sadness...) you are sending out a very low vibrational frequency. If you are feeling any sort of "positive" emotion that stems from love (like happiness, abundance, optimism, gratitude, hopefulness...) then you are sending out a very high vibrational frequency.

Everyone is doing it backwards. People are responding to their pre-existing environment which is keeping them in the same feeling, in the same situations, with the same stuff forever! You must find and hold on to the new desired feeling first and then the manifestation can occur because like energy attracts like energy. Your energy has to match that of what you are asking for in order for it to come anywhere near you.

If you feel grateful you will attract more experiences that make you feel grateful. If you feel frustrated you will attract more experiences that make you feel frustrated. If you feel abundant you will attract more experiences that make you feel abundant. And so on...

Remember, the Universe always says YES. If you feel poor the universe will say, "Ok. Yes _____ (insert name here). You are poor. I agree with you. Here are some more experiences to make you feel poor." If you feel abundant the universe will say "Ok. Yes _____ (insert name here). You are abundant. Here are some more experiences to make you feel abundant." Which would you rather have?

STEP 3. MATCH AND RECEIVE

MATCH YOUR VIBRATIONAL FREQUENCY TO THAT OF WHAT YOU ARE ASKING FOR AND THEN BE OPEN TO RECEIVING IT. TWEET IT

Lastly, (this is the hardest step for most people and the reason why many fail) you have to be in a place of nonresistance in order to receive your manifestation. You have to be in your natural state of well-being. You must set aside all negative beliefs and just allow yourself to feel good. For once in your life, allow yourself to just feel good! You are worthy of everything and anything worth having. Stop getting in your own way!

How to Manifest Anything Your Heart Desires

The easiest way to step into a place of nonresistance, hands down, is to meditate, but there are also other ways. I can find my place of nonresistance when I'm dancing or doing yoga, or doing hair... Any passion where thought stops, time slows down, and you are in the "flow" will help you get into a state of nonresistance. When you stop thought you are open and connected to the Universe. This is when you can receive.

If you've heard of the popular book 'The Secret' then chances are you know a little bit about the 'Law of Attraction'. It's a belief that like attracts like. Basically, if you think and believe in positive ways, you will bring positive things into your life. By changing to a positive mindset and rejecting negative self talk, you can become successful in business, love, friendship, health...life! The basis of the law of attraction is the idea that everything in the universe is made of energy, and energy attracts similar energy. It is not about what you want or THINK you deserve, it is about the frequency or vibration you are living, thinking and feeling.

Thousands of years ago Plato stated: 'If you want to heal the body, you must first heal the mind'. All this time later and he has been proven right. The mind-body connection is strongly supported by science, with many scientists agreeing that you create your physical condition through your thoughts. This is not to say that if you practice the law of attraction for health you don't need to seek medical help! You do. Medical intervention is necessary in times of acute or severe illness.

RECOGNIZE YOUR THOUGHTS

Recognizing the thoughts that negatively affect your life is the first step toward changing your experiences. If you are cranky, you will have negative thoughts and negative things will happen for you. Try to focus on feeling joy, love and health. Never think about the things you don't want to have happen, e.g. telling yourself over and over again, 'I am not going to get sick', or 'sickness will not happen', is the same as focusing on the negative. Instead, tell yourself, 'I am healthy, whole and complete'. If you think about, and imagine yourself being healthy, you're attracting vibrant good health.

BE CLEAR

When it comes to manifesting good health (or anything else you desire) clarity is Number 1. You must be clear in what you are asking for, or you will manifest things you don't want! Clarify how you want to feel. Getting clear on how you want to feel, helps you begin to access that feeling. It is this feeling that will make the manifestation come into form. A way to do this is saying it aloud in an affirmation, e.g.

How Can You Apply the Law of Attraction to Health?

'I am happy and healthy and full of love'

'I am healthy, whole and complete'.

'My wellness increases every day'

'I AM living a long and healthy life'.

You can even get very specific:

'My heart beats strong and healthy'

'My immune system is in peak condition'

'My kidneys work efficiently and easily all the time'

Think It, Feel It, Believe It!

Take your clear intentions and spend some time each day to feel what you desire. Say your affirmations in front of mirror or meditate on them. The more you feel the feeling of what you desire, the more you believe it is on the way. A tip here is not to focus on healing an ailment, this implies that you are broken and require fixing, instead see yourself already healthy and happy.

CHILL OUT

This is paramount. It is simple really, you can't think positively if you are stressed! If you are susceptible to stress try exercising, yoga, meditation, breathing techniques or spending time with loved ones. When your stress levels decrease you will find it easier to visualise your health desires.

PRACTICE GRATITUDE

Appreciating what you already have instead of what you don't is a powerful way to shift your thinking into the positive. Focusing on what is right in your body attracts more health. Those who are grateful for the amazing things their bodies can do feel better about themselves. Gratitude is linked to better health. Stop and think for a moment about this remarkable machine you inhabit. Not only can you sing, dance (however badly) and hug your loved ones, did you know that:

Your nose can remember 50,000 different scents. Your bones are ounce for ounce stronger than steel. Your eye can distinguish about 10 million different colours. Your heartbeat changes and mimics the music you listen to! So, next time you are focusing on pain or illness take out a pen and write down what is functioning perfectly in your body. At any given moment, your body is doing so many things the right way, so stop fixating on a problem. Take notice of what happens in your body as you write your list of appreciation.

How Can You Apply the Law of Attraction to Health?

MONEY

Gain Wealth - Wealth is having the ability and means to get the things in life that you want and that help you achieve your dreams. Having money is the way our society gifts us with wealth and the universe has an abundance of wealth to give. So why doesn't everyone have wealth, you might ask? That's because they have their wealth attracting magnets set to repel, which is never a good thing! There are some changes you'll need to make before your wealth magnet can reach its full potential.

What to do: Firstly, you must eliminate all beliefs about money that portray it in a negative light. You might not even realize it, but our childhoods are littered with negative comments by parents and other adults about wealth and money. The biggest of these includes "money is evil" or "wealthy people are selfish" but these negative beliefs are simply not true. Instead, think about all of the good you will be able to do when you have obtained wealth. There is nothing evil or selfish about charity work or providing for those you love! Embrace this new relationship with money and welcome more of it into your life with open arms. The universe will reward you.

Wealth Affirmation

- *I have been and will always be wealthy*
- *I am continuously increasing my wealth with every passing day*
- *It makes me feel excited to know that an abundance of wealth is available to me*
- *Being wealthy fills me with total contentment and pure joy*
- *Anything that I do always produces a prosperous growth in my wealth*

Wealth Visualization Technique:

Creating a vision board is an excellent visualization technique, especially for amassing wealth. You'll need a poster board, tape or glue, magazines or computer and printer, and a marker.

Think about what it means to you to be wealthy. What would you buy? How much money would you have? Who would be in your life? When you come up with your own personal definition of wealth, look for images in magazines or on the computer that correspond with that idea.

Cut out or print off the images you find that make you think of the wealthy life you want. Glue or tape them to your poster board, with the biggest things in the center and the smaller things around those. Be sure to leave enough room next to each image for an affirmation.

Now create your affirmations by using the present tense form of the statement. For instance, if your idea of wealth is traveling the world, include an image of yourself on a private jet with the affirmations, "My growing wealth allows me to travel the world."

You can also do a dream board/ Vision board on your phone or computer make a slide show of pictures. Just set a reminder on your phone to look at it 4 times a day for 90 days.

LOVE

Love is considered to be the most powerful emotion and for good reason. It is something so precious that we can often send out signals to the universe that actually prevent us from ever finding it. Why? Because many people harbor fear, doubt or insecurities about love that keep them stuck in a love rut. Getting out of this rut isn't really hard as long as you develop the proper attitude and do away with some of the feelings that have you stuck in the first place.

What to do: Spend some time each day allowing positive feelings about love to become dominant in your mind. Visualize your perfect partner and how amazing they make you feel. Think about the things you will do together and believe that you will have him or her very soon. Find every opportunity to exercise feelings of love. For example, you could adopt a pet, spend time with family or even enjoy a hobby. Focus on those feelings of love deeply and imagine how wonderful it will feel when you can use them on your very own partner. Another great method is to create daily affirmations about finding your true love. Something as simple as, "I fall in love with the perfect person for me and the love is mutual."

Love Affirmation

- *I am worthy of being loving and being loved in return*
- *The one that I love is being drawn closer and closer to me right now*
- *Love is passionate, kind, and completely available to me*
- *Loving feels amazing and so does being loved*
- *Being in love is a powerful feeling that I am fully open to experiencing*

Love Visualization Technique:

Go through a day in your mind where you have your perfect partner and you are both deeply in love with each other. Think about what you will do together, the words that you say to each other, and how warm and sensational they feel in your arms. Allow yourself to picture your lover in vivid detail. Now imagine running into them during your day and how you both feel an immediate and strong connection. Think about what you will talk about when you first meet, what you will have in common, and what kind of things you will do. Allow the feelings of having someone to love bring you great pleasure.

PATIENCE

They say patience is a virtue and for good reason. If you can wait for something without getting frustrated during the process, you will find that good things surprise you. Everything that you receive will become much more valuable and your days will be much less stressful. Patience is easy to learn if you know what to do.

What to do: Patience comes with a change in how you see the waiting period. Rather than focusing only on the light at the end of the tunnel, enjoy the walk through the tunnel itself! When you shift your attention to enjoying the path you are on, it becomes easy to have patience. And when you do reach your goal, it will feel as if the wait wasn't long at all. Chances are that what you experience right now on your journey can be just as rewarding as the goal you are waiting for.

Patience Affirmation

- *I am able to be patient in any situation*
- *It is my pleasure to be understanding and tolerant*
- *I have complete patience with myself as well as others*
- *I am able to wait patiently when things take more time than I expect*
- *I am as patient as a caterpillar in a cocoon transforming into a butterfly*

Patience Visualization Technique

This is a technique that can be used practically anywhere patience begins to evade you. It is quick and works very well. The first visualization takes longer, while subsequent visualizations require only a few seconds.

For the first visualization, picture yourself in the situations that you lose patience in. For many this is a long line, when someone is being nasty, or when waiting to get off work. Whatever it is, picture that you are there right now. Then imagine yourself becoming preoccupied with understanding the situation rather than wanting it to be over or allowing yourself to lash out. Think about ways to turn it into a positive or funny situation, like visualizing your boss with a clown nose, or how strong your legs are becoming when you stand for a long time. Find a positive way to let off some of your built up steam. For example, if you are imagining yourself at work, dive into it with a positive attitude, organize your workspace, or come up with ways to make yourself more efficient.

Once you come up with a loophole during your visualization, think of a word that helps you remember to use it during your real life experiences. Put this word in a visible place or even write it on your hand. Whenever you are feeling impatient at all, look at the word and let it remind you of your visualization. Quickly picture your visualization and gain strength from it.

ATTRACT YOUR DREAM HOME

Very similar to attracting most other things of great value into your life, it may take longer for this kind of desire to manifest, but it certainly will if you exercise patience! A dream home should be that place that makes you feel like you belong - an oasis from the outside world and a place that you want to spend the rest of your life.

What to do: The first step towards attracting that dream home is to imagine that you are already there. Visualize yourself living in your dream home and all of the things that you would do in it. Be specific about it rather than generalizing by thinking about where the home is, what it looks like, how many rooms it has, the color of the paint and the furniture you will have. Will you have a pool in your dream home, or maybe even a personal movie theater? Be sure to really dig deep for those details! Then visit the places where you want to live and even attend a few showings of homes in the area. When visiting, imagine as if it is already your home. Allow those feelings to be your main focus and soon your dream home will really be yours!

Dream Home Affirmation

- *I am attracting my dream home closer to me each day*
- *Attracting a house of my dreams is something that comes naturally to me*
- *I believe in my ability to take the steps towards owning my dream home*
- *My dream home is waiting for me to find it right now*
- *Living in my dream home is going to be so wonderful*

Dream Home Visualization Technique:

Think about what your home will look like when you pull up to the driveway. Where is it? What surrounds the home? What does the outside of the house look like? Is there a gate surrounding it or a big open and inviting yard? Think about how amazing your dream home looks and what it makes you feel like. Visualize yourself walking into your dream home as if you already live there. What furniture do you have, what does the decor look like? Do you have marble floors, hardwood floors, or carpeting? How many rooms does it have and what do they look like? What kind of appliances are in your kitchen? Do you have a garage? Explore your home inside and out. Maybe you even have a beautiful view of the beach or a sparkling pool in the back. Think about how all of this is yours. When you are finished visualizing your dream home, get excited about finding it and that the universe for bringing it into your life. Your gratitude will reflect back to you soon enough!

BUILD A BUSINESS

The Law of Attraction will help you build a business by giving you the motivation and mindset to accomplish all of your goals and create a master plan for your business. Once you get the business up and running, you will find that customers are instantly attracted to you and want to have what you are offering. Success will be very natural when you have the Law of Attraction on your side.

What to do: Always focus on what you want and don't pay attention to negative things that have happened. Always keep your eye on the results you want and in obtaining them. If you stumble or make a mistake, think of it as a positive learning experience and a stepping stone towards success. Remember to enjoy the process of building your business rather than being too caught up in the end result. When you live in the moment, things happen without you even having to try very hard. Never stop learning new things that are relevant to your business and always do your best to listen to your intuition. Sometimes it can be the universe's way of helping you succeed.

Business Affirmation

- *I have the thinking, creativity, and willpower to reach all of my career goals*
- *Every day I become closer to success and prosperity*
- *I get everything I need to succeed as soon as I need it*
- *Every corner I turn leads to new opportunities and growth*
- *I am a magnet for success in my industry*

Business Success Visualization Technique

Think about where you want to be once you have reached the peak of your success in business or in your career. Will you have a big office? Will you work from home? Will you be the CEO of your own company? Maybe you want to be an artist of some kind? Whatever you want in particular, the first step to visualizing it is to get clear about it. Write everything down on a paper to use. You don't need to close your eyes for this technique, but you can if it helps you concentrate. Picture in your mind all of the things you have written on that paper. Don't just see images, but feel the emotions of how it would be, in addition to all of your other senses. Get creative with it and have some fun dreaming about your future. Now, keeping those things in your mind, say aloud or silently to yourself that this is your future and it is manifesting right now in your life. Have you really took the time to live in the here and now, to really appreciate all of the little things in life that are truly awesome? Well you should because those who do automatically enjoy life more. People that switch their focus and learn to see the positive rather than be blinded by the negative truly have better lives overall.

What do to: Changing your focus is the key to enjoying life more. Rather than dwelling on the bills piling up, think about how wonderful it is to have electricity, running water, and plumbing. Instead of thinking about the ugly rainy weather, think about how beautiful the plants and trees will look with the abundance of water. When you find yourself thinking about a slow internet connection or poor phone service, think about what it would be like not to have internet or phones at all. These ways of thinking will open your heart to a feeling of gratitude that will go a long way towards improving your life.

Affirmations to Enjoy Life More:

- *I find joy in every moment of my life*
- *I am living a life full of wonder and happiness*
- *Around every corner there is something to smile about*
- *When I take the time to soak in my surroundings, I am in awe*
- *I do what makes me feel wonderful and feel totally fulfilled*

Visualization Techniques to Enjoy Life:

Think of a time that you saw something so incredible, that you felt amazed and euphoric about it. This could be anything from the moment you saw your child for the first time, to a breathtaking landscape such as a mountain range or tropical paradise. You could also focus on how incredible certain things in your life are.

Think about how amazing it is to have a phone that allows us to communicate wirelessly to anyone in the world. Or, how extraordinary it is that the internet connects us all together. You could also imagine how beautiful and perfect nature is and how wondrous it is that we even exist at all. The odds of our existence can give anyone hope that anything is possible.

Now capture those images and thoughts in your mind and really let them fill you with positive emotions. Do this whenever you begin to feel like your energy needs a boost.