



# MANIFEST

## *As You Read*

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Through Instant Manifestation Protocols

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Richard Dotts

Author of #1 Amazon Bestseller "Dissolve The Problem"





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[OceanofPDF.com](http://OceanofPDF.com)

**Manifest As You Read**  
*Through Instant Manifestation Protocols*

by Richard Dotts

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# Chapter 1:

## Is It Possible to Manifest as You Read?

What does it mean to manifest a perfect life? How can you manifest a life of your dreams where everything you ask for comes to pass in your physical reality? Is it possible to ask for things and be given those things that you asked for—with no strings attached?

Recent events have thrown the world into so much turmoil and uncertainty that people are afraid to ask for too much. For far too long, we have asked for just enough to get by for fear that we are judged as greedy or unrealistic. We have become accustomed to lives filled with uncertainties, problems, and stress. We have come to see family, relationship, money, and health “problems” as a natural part of living and growing. Some spiritual teachers even teach that life is *suffering* and that suffering is part of the human condition. There is a deep belief that we need to suffer to be alive. But what does it mean to be human? What does it mean to live up to our human potential?

This book will show you that it is indeed possible to manifest a remarkable life by living up to your full human potential. You will experience a life that is free of problems, uncertainties, and stress. Even if a problem finds its way into your life, you will have the tools to resolve the issue very quickly. Any issue that you have will turn into a non-issue, such that fewer and fewer problems bother you over time. In time to come, you will find yourself being light and free, the way you are meant to function in this world.

We are going to achieve this, not by denying or pretending that our problems do not exist. Neither are we going to engage in positive thinking or motivation to “attract” what we desire into our experience. I have long discovered that using positive emotions to keep us going or to compensate for our negative feelings only takes us further from our natural state of inner peace. Accentuating the positive to cover up the negative never works because the negative still remains! It just remains covered up like putting



the icing on a spoiled cake. Many people try to cover things up with a self-created positive spin on things. Very few people realize the true principles of manifestation. That is why people frequently complain that positive thinking or any of that “Law of Attraction stuff does not work. It is because the vast majority of people trying these techniques are attempting to think positively. They are trying to use a barrage of positive thoughts to overpower or flood out the negative. This is not how manifestations work. These techniques not only do not work. They also require immense willpower and generate other negative feelings in the process that need to be effectively dealt with.

I have long taught through my books that the ability to manifest is our birthright. It is something we are already born with, like our ability to eat, drink, or breathe. There is no need to struggle to do something we are already designed to do. There is also no need to justify why we should have the right to create. We just have to reconnect to the processes that we have forgotten after years of social conditioning. Every child is a natural creator. It is only after a child starts interacting with adults that he/she starts forming a worldview based on the conditioned fears and beliefs of society. Instead of connecting with their innate abilities to create and bringing those abilities into adulthood, children gradually lose the ability to create and have fun in life. Playtime is replaced by problems and situations with real-world consequences.

Fortunately, there is a quick and easy way to return to our natural state. This easy way involves taking a light touch and eschews the use of any force or willpower. It also involves giving up our preconceived beliefs and ideas about the manifestation process that have been imposed by our mind. In my early days of studying this material, I used to think that the human mind is the most amazing tool that we are blessed with. I used to believe that the mind held all the keys to our manifestations, and all we needed to do was to tap into the “power” of the mind. You may have read self-help books that refer to our mind’s power as unlimited. These books suggest that as long as you can tap into your mind’s power, whatever you want will manifest in your life. The Law of Attraction (or at least the way it is being taught in the popular press) is somewhat based on this basis. It



teaches that if you visualize and affirm your desires strongly enough, that what you want will materialize in your life. This is true to a certain extent, but creating through intense willpower or mental energy has its drawbacks. Some readers have commented that I am downplaying the mind's role in manifestations. Still, I am here to state that the mind is entirely unnecessary in the manifestations process. In fact, the mind always sabotages and interferes with the creation process. If the mind is completely out of the way of the manifestations process, then whatever you want will come to you easily, effortlessly, and automatically.

Again, I did not come to this conclusion lightly. There was a time when I thought the mind was an important tool in our manifestations. As my realization of these teachings deepened, I realized that there is absolutely no merit to keeping the mind around in the creation process. Trying to justify why you need the mind to create or why the mind is useful to your creations will only keep someone trapped for a longer time. So once again, I ask that you try this completely new way of manifesting—one that is not dependent on your limited mind and see how it works for you. If you want, you can always return to the old way.

Why is this an essential foundation for this book? My intention for this book is to gently *ease* you into the mindless manifestations process and allow you to manifest as you read. This means no struggles, no repetitions, and no need for sustained mental energy to constantly ask for what you want. Where does all of the struggle, the need to repeat your requests, or the need to “focus” on your intentions come from? They all come from the thinking mind! It is the *mind* that tells you that you need to consistently repeat and focus on your requests to keep yourself on track. It is once again the mind that tells you that you need to stay positive or be motivated. So in a way, many people depend on the mind to keep them positive or to prevent themselves from falling into the negative. Now you see why the mind is so problematic in the creation process—it always keeps you on edge and teetering from one end of the pendulum to the other. You are either fed with negative thoughts or positive thoughts. When you have positive thoughts, there is always a perceived need to sustain or hold on to them. When you have negative thoughts, there is always a need to remove, eliminate, or turn

them into positive ones. When you involve the mind in the creation process, there is never a moment when you are truly still. You are always trying to compensate or shift something with your mental energy, and that is counterproductive.

When you take your mind completely out of the manifestations process, then what is left for you (as an “individual” person) to do? The simple answer is that there is absolutely nothing left for you to do. There is no physical action you need to take or thoughts you need to think. This is where we reach the limitations of the mind. Because the mind cannot visualize the concept of nothing or nothingness, it starts to either shut down or protest. Shutting down means that some people start getting very sleepy when they move into the territory where the mind is not involved. Others could find their minds fighting back and giving them countless reasons why they need to get back into the conscious creation process. Once again, just simply notice what is happening by being that silent observer in the background. Your mind is trying to get back into the game and trying to ask you to compensate for the lack of perceived action with mental thoughts, which will hopefully lead to physical actions. All of this is getting back into the endless realm of the mind, which you want to stay as far away from as possible.

This is the reason why I recommend that you pick a somewhat inconsequential intention to work with as you read this book for the first time. You can always come back and repeat the process as often as possible with another intention. But for a start, pick something that is not of great perceived importance in your life. Of course, the perception of importance is once again imposed by your mind. Your mind will make you think (and believe) that making a certain amount of money is more important than manifesting a piece of furniture in your living room. So you can really see how the mind works in very insidious ways in the manifestation process. Once again, your mind could be coming up with various objections about its usefulness, but experience and also intuition has demonstrated that involving your mind slows things down as much as a thousand times! This means you block any flow of goodness into your life to the point where

there could be no creation or movement at all. Why would you do this to yourself?

In the beginning, it could be useful to give the mind something to occupy itself with. This is a technique that I have used to great effectiveness in the early days. It also explains part of the method I am using in this book. By letting your mind focus on the physical words on this page, we reduce its interference in the manifestations process. As part of your mind is processing and understanding these physical words, it does not feed you with negative or sabotaging thoughts that are to the contrary. This frees up the greater part of yourself (which I call the NOT-MIND) to work its magic. NOT-MIND is the greater, unlimited part of you that really encompasses everything. When you create from the NOT-MIND, the manifestation process becomes instantaneous and easy. As I have written in my book *Instantly Directed Manifestations*, you want to create from a state of NOT-MIND all of the time and spend as little time as possible in the realm of your mind.

Does it matter if you read this book and do not remember the exact words shortly after reading it? Absolutely not! It is the *mind* that thinks it has to read and understand. You can read this book, remember nothing, and still find that the concepts have been internalized and downloaded into your life. In fact, the mere act of connecting with this book will connect you with millions of like-minded readers around the world who are manifesting together with the power of NOT-MIND. This raises the collective consciousness and clears things up for all of us. When you clear up the issues in your own life, you are also clearing up these issues in the collective consciousness. Thus, your personal mastery of this material benefits everyone else who is in touch with this material. Similarly, other readers connecting to this material will allow you to achieve faster results with these techniques.

These teachings do not depend on belief or faith. The need to rely on belief or faith comes from the mind. In fact, it is often the mind that needs convincing before it will accept something. Let us go beyond teachings that advocate slowness and teach that you need to believe in something before it

will show up in your life. Instead, ask yourself the question: Who is there to believe? Who is the person or entity that needs to believe? Who is doing the believing? You will find that no one needs to be convinced. That is merely a mental projection that can be easily eliminated from the process. All of this may sound somewhat strange at the moment, especially at the beginning of this book. But stay with me as we go on the journey, and I will show you, not by convincing or persuasion... but by directly demonstrating the effect of instant manifestation protocols in your life! Let's start here.

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## Chapter 2:

### An Essential Separation

The physical act of manifesting is nothing more than *connecting* with your desired manifestations. There is nothing esoteric or mysterious about the creation process. Because so much of the creative process happens behind the scenes or below the level of physical perception, we tend to think of manifestations as a magical process in which what we ask for suddenly pops into our experience. In fact, the physical manifestation—the materialization of something in our physical experience—is actually the *last* step of the manifestation process. Placing too much emphasis on this final step instead of the steps that precede it can lead to much frustration in the process.

It is the same as the process of writing these words. By the time these words appear on the page as well-formed and complete sentences, the manifestation process is already finished. One would say that the final step of manifesting this message is writing these words on the physical page. Yet, a writer knows that the act of creation begins way before that. Words on this page once existed in a non-physical form on a mental plane. In turn, thoughts were first formulated mentally before being strung together as words in the right sequence and in an order that makes sense to a reader.

It helps to think about the manifestation of physical objects and experiences in the same way. Before something physical appears in your experience, energy and thought-forms would have preceded that physical manifestation on a non-physical plane. Even before those streams of non-physical energy were assembled together, there was simply nothingness and pure awareness. This is the state of unlimited possibilities and unconditioned awareness that I often speak about. When we allow ourselves to be taken back to this mindless and unconditioned awareness, we return to the state of all possibilities where everything is possible. This is the state out of which everything is created.

We do not have to be concerned about the intricacies of the manifestation process. By trying to understanding something, we seek to explain how it works with our mind. Yet, I have shown you that our mind has boundaries and limitations. Our human mind cannot grasp what is beyond it. The process of manifestations is something that is *beyond* the mind and indescribable by the mind. We are unable to grasp the process mentally, not because our intelligence is limited, but because any attempts to explain it takes us right to the edge of the limitations of human language. Manifestation is not something to be understood or described. It is something to be physically experienced by you.

There is nothing more powerful than stepping right into a manifestation experience and having that strong inner confirmation of how right everything feels! That indescribable feeling in which everything just lines up for you and all you can do is to be an active cooperative participant in the manifestation process. This is the feeling experience which we are going for. We are not seeking to understand and describe the manifestation experience in words so that our minds can get it. Instead, we want to directly and physically experience the process! We want to be a direct part of the process.

You can be a direct participant in the universal process of manifestations by simply cutting out your mind. Instead of seeking to understand, remind yourself to directly experience the process in your physical reality. This means cutting out any thoughts, emotions, or negative self-talk. It means completely disregarding anything irrelevant to the manifestation process.

Suppose that you are reading these words, and an intention comes up in your awareness. The content of that intention could be related to your needs, wants, or desires. When an intention comes up, just allow it to gently float in your awareness. Become aware that something *is* there. Something exists in your physical awareness (your space of attention) at the moment. There is all you have to do for now.

As you observe this intention in your physical awareness, gently notice if there are any emotions or thoughts attached to it. Are there any judgments attached to the content of your intention? For example, you could have the intention to have a particular sum of money. But this intention could also bring up many related thoughts and emotions. They could be thoughts of unworthiness, thoughts about how you are going to achieve it, how you have never made so much money in your life before, and so on. Notice the incessant string of thoughts in your mind that follow the original intention. Also, notice the emotions that accompany those thoughts. If you're like most people, they could be negative emotions. Certain thoughts about how to achieve your intention could bring up negative emotions of frustration and despair. They could bring up self-doubt or judgment.

As you observe everything that comes up in this space of inner awareness, separate everything into three components. The first component is the “content” of your intention—the pure intention itself. In my earlier example, this is the desire to make a certain sum of money. The second component is the thoughts (positive and negative) that automatically follow the intention. The third component is the emotions (positive and negative) that follow the thoughts.

Most people never make this distinction in their space of personal awareness. What they think of as a simple desire or intention is actually an emotionally charged and messy bundle of the intention itself, related thoughts, and emotions. As long as these three components are mixed up and mistaken as one, you will have a difficult time manifesting because of the split energy that takes you in different directions at once. Also, if you mistake your intentions to be a combination of these three components, you will be taken further away from that place of pure inner awareness each time you try to manifest something.

A friend who tried this exercise told me that it made her realize how she was totally driven by her emotions during the week. This means that each time an intention or thought came up, she was totally swept away by the positive or negative emotions that followed. A large part of this is due to



mental conditioning and how we have been taught to operate in the world. Another reason is that this way of functioning has never been questioned or looked into. We just take it as a given... that we experience different emotions as we move through life.

When we become driven by emotions, we are susceptible to whatever happens at the moment. For example, if an intention leads to negative thoughts and negative emotions, our first reaction may be to use positive emotions to drown out those negative emotions. This is an act of suppression that does not address the underlying negative emotions related to our intention. We merely drown out all the negative emotions by attempting to be positive. This, of course, takes willpower and mental energy. We try to sustain it until we give up, and we promptly swing back into the negative state once again.

There was a period in my life when I was very drawn to positive statements and affirmations. I pasted positive statements all around the house and surrounded myself with them. I perceived a need to “stay positive” to drown out all the negativity that was happening in the world around me. Of course, the negativity still existed and was not properly resolved. It is ironic that some of the most outwardly positive people are also highly emotional and negative at other times. This can be understood through these teachings. When you attempt to suppress the negative with the positive, you constantly swing between two ends of the pendulum. You are constantly trying to compensate for one state with the polar opposite. Therefore, trying to be emotionally positive or negative is never helpful. It detracts from the manifestation process. The most powerful place to manifest from is the unconditioned, neutral state of pure awareness that is completely independent of any thoughts or emotions.

Again, some readers will object and say that positive emotions keep them going. Others may say that negative emotions motivate them to work and force them to take action. All of these may work, but the big caveat is that they work *to a certain extent*. Do you want to place limitations on your manifestations? How hard do you think you can force yourself to work? How much fear do you need to motivate yourself? Remember that any time

we try to motivate ourselves using positive or negative emotions, we are setting ourselves up to experience the polar opposite. This is Universal Law! The only way not to experience any opposites is to manifest *from* the state of pure, unconditioned, and neutral awareness.

Take a week, like my friend did, to notice what takes place in your inner awareness. Each time something comes up in your experience, ask yourself whether it is a (1) pure intention, (2) thought (positive or negative), or (3) emotion (positive or negative)? The very first step is making a clear distinction between the three components. Once you are able to very quickly distinguish between the three, you are well on your way to discarding the latter two. We want to exclude thoughts and emotions from the manifestation process as much as possible. You will be surprised at how fast your manifestations can come into your experience once you separate intentions from the thoughts and emotions!

Going back to my example of writing these words. Imagine what would happen if my intention to communicate a message is tainted with interfering thoughts and emotions about my primary message. For many writers, this manifests as writers' block and an inability to write anything for fear of being judged. In the case of physical manifestations, all these interfering thoughts and emotions lead to counter-intentions and a lack of clarity. Instead of dealing with one primary intention at a time, you are distracted by hundreds of irrelevant thoughts and emotions. These distracting thoughts and emotions have to go if you want to quickly manifest your primary intention.

Many of the thoughts that interfere with your primary intention could appear to be perfectly logical or innocuous. This is why many people still keep them around. For example, when you desire to make a certain amount of money, a related thought (posed by your mind) could question whether it is "spiritual" to have so much money. You could have a desire for a specific item, and your mind could question whether it is "spiritual" to ask for material things. All these related thoughts from a "spiritual" angle are nothing more than insidious repetitions of your conditioned mind. Where did your mind get them from? From unconsciously picking up on the

thoughts and fears of the greater society! We will discuss how to deal with these unconscious influences later in this book. But for now, realize that all these baseless judgments related to the intentions themselves should also be let go of. There is nothing inherently spiritual or non-spiritual about asking for anything. You could ask for a million dollars but donate it after you have manifested it! Does it make the seemingly non-spiritual desire more spiritual just because you decided to donate it? All of these physical judgments imposed by society keep us stuck. When self-judgments keep you from even asking for something, it becomes difficult to even make the first step.

So forget about any limitations, self-imposed or otherwise. In fact, every limitation is imposed upon by the mind. The essence of the mind is limited, and every thought is itself a limitation. Realize this truth—every thought is a limitation! When you think a mental thought, that thought is already a representation of physical boundaries or limitations. Even if you think that you *can* do something, that *something* is limited. If you think you *cannot* do something, that sense of “*I can’t*” expresses a limitation about what you can or cannot do. Knowing that the mind is limited, why would you involve it in the manifestations process? Why not directly go to the infinite source and start from there? Why insist on using something that does not work or works with limitations? These are decisions that only you can make for yourself. Do you want to continue manifesting the old and slow way, or do you want to manifest directly from the source?

## Chapter 3:

# Manifesting from the Stateless State

I ended the previous chapter by asking you to make an important decision: Do you still want to manifest the old and slow way, or are you willing to step into a whole new way of manifesting that does not depend on the mind? This may seem like a scary and somewhat illogical move. After all, the mind is, and its contents represent everything that we know. Giving up the mind in the manifestation process means giving up everything that we logically understand about the creative process and moving to a new way of allowing things to happen. I call this new way: manifesting from the unknown.

What is the unknown? The unknown represents everything that is not understood or grasped *by* the mind. In my book *Instantly Directed Manifestations*, I refer to everything that is *not* the mind as NOT-MIND. You do not have to know what falls outside the realm of the mind. In fact, it would be impossible to state or describe it since we are trying to describe something that goes *beyond* the mind itself. All you need to do is to know that there is something there, and we represent this state by using the description of NOT-MIND. Anytime I mention NOT-MIND, it means we are referring to anything and everything that is outside the realm and beyond the reach of our physical minds.

This means that fears, worries, or doubts just simply cannot exist in NOT-MIND. Fears, worries, and negative thinking belong to the realm of the mind. In fact, they are created and perpetuated by our thinking, rational minds. When we move beyond the realm of the mind to NOT-MIND, we enter a place where fears and worries *simply cannot exist* to sabotage our manifestations. This is why it is crucial that you make the distinction I described in the previous chapter: The backdrop of everything is pure, formless, unconditioned awareness. This is the realm of NOT-MIND and the stateless state where nothing exists. Our pure intentions arise out of this formless awareness. In other words, it can be said that our intentions are set against the backdrop of pure, formless awareness. It is formless awareness

that gives rise to the form of our various intentions. Our conditioned minds then transmute these intentions further into positive or negative thoughts and positive or negative emotions. This last step happens only through mental conditioning—when we become so accustomed to using our minds to function in the world.

It is possible to just simply be aware of our purest intentions and be done with it. You simply stop there and do not move into the realm of mental thinking. You do not entertain or allow the thoughts and emotions that happen after that to drive you. A great way to become free of the influence of these thoughts and emotions is to simply recognize that they are distinct from your original intentions. Just know that you can hold an intention purely without transmuting it into thoughts or emotions. When you remind yourself of this simple truth, you will start becoming more aware of the underlying fundamental truth that you *can* function and create without being thought-driven or emotionally-driven. In fact, the whole creation process happens in NOT-MIND, where thoughts and emotions simply do not exist and are not necessary.

When a negative thought or emotion enters your awareness, you want to become aware of it and let it go very quickly. This is what I mean by entering the realm of NOT-MIND. In the realm of NOT-MIND, no worrying is possible. This is because the thoughts and emotions are simply seen for what they are—just energy forms and sensations that we have placed labels on. When you see emotions as simply sensations in which we have placed labels and stories upon, they lose much of their meaning. Once again, any purpose is also self-ascribed by the thinking mind. The mind is always seeking to give “meaning” to whatever we do. It tries to spin a narrative around things that we perceive are happening to us. Notice how the mind is always reacting to things. A colleague could be making a comment in a meeting, and the mind says, “Look at his attitude! He must not like me.” That split-second assessment becomes the new truth for you. Or the assessment could be a seemingly positive one, “Look at how he is looking at me! He must be having a good impression of me.”

Our minds make these rapid assessments every moment of the day. From these assessments, we generate entire emotional responses and narratives about the state of the world around us. We allow these narratives to drive our emotions and guide our way of functioning in the world. But is there any basis for all the narrative? There could be *some* functional basis. Could we do something *other than* to respond? As you become more adept at distinguishing between your pure intentions, thoughts, and emotions, you will realize that the answer is a resounding yes. At first, it may not be possible to stop the mind from responding. But you could stop believing in its response. You could stop entertaining your thoughts (or start taking them less seriously).

Most of us are so associated with our mental thoughts that we think we would die if we stopped thinking. I often recount the story of how I was struck by a deep fear of death whenever I tried to quiet my thoughts or meditate. Even the act of questioning and trying to let go of my negative thoughts brought about palpable feelings of intense fear that had me shaking! Over time, I realized that this is the ego's way of protecting itself. It incorrectly perceived that this self-created human identity of Richard was going away, and it was determined to do everything possible to preserve it! It was only when I saw the intense fear as just another emotion in my awareness that this hurdle was crossed.

In the beginning, trying to manifest without depending on the mind may bring up all sorts of objections and resistance. Your mind may convince you that it is very useful or that it is the only tool you have that can help you get what you want. However, if the mind is truly omnipotent, you should already have obtained everything you ever wanted! If the mind could provide the solution to every question you had, you would have no more questions! In the instant you have a question, your mind would provide the right answer straight away. In the moment you have an intention, your mind would already have produced a manifestation. But it did not. All of these point to the limitations of the mind. To manifest quickly and effectively, one must bypass the physical limitations imposed by the mind and use NOT-MIND.

How does one tap on NOT-MIND for manifestations? The process is simple. First, separate your pure intentions from the associated thoughts and emotions. Recognize that these thoughts and emotions are not needed for the manifestation process. You do not need to depend on your thoughts and emotions to broadcast what you want to the Universe. That, in itself, is another erroneous concept perpetuated by the mind that does not know better. Second, there is no need to try and empty your mind of thoughts and emotions. They will always be there, especially in the beginning. All you need to do is recognize them for what they are, as apparent forms against the backdrop of awareness. Thoughts and emotions are energy forms in the field of pure, formless awareness—nothing more and nothing less. You do not have to hold them up or inspect them under a microscope. You simply recognize that they are there and allow them to be there. In time to come, you will realize that the essence of who you are is untouched by these thoughts and emotions. The essence of who you are is the pure awareness underlying all of that.

When you bring your attention to the original intention, you want to reduce it to the purest form possible. This, of course, is speaking in the language of the conditioned mind since there is really nothing to simplify or reduce. But we have been conditioned for too long to use our minds to think. Therefore, the first step out of this habit can be seen as a reduction or simplification. We are taking an intention that has been tainted by mental thinking and reducing it to the simplest form possible such that it is almost indistinguishable from pure, formless awareness. Each time an intention comes up in your mind, consciously direct yourself to separate out and become aware of only the purest intention. Avoid getting into any story surrounding the intention or even how it will feel like when the manifestation occurs. Trying to visualize how it will feel like brings you back into the realm of emotions. We are trying to get back into the state of pure unconditioned awareness and all possibilities.

This is the state of the unknown because there are so few words to describe what this state is. There are so few words because there is nothing to describe. It is the most obvious “thing” or “state” in the world! This is the state of pure awareness that underlies everything and forms the basis of



everything. Spiritual teacher Rupert Spira encourages students to ask the question, “Am I aware?”

Am I aware?

Something magical happens when you ask this question. The moment you ask it, all mental thinking ceases, and it is as if something draws you inward to the core of your being. You find yourself answering (or intuiting) that the answer is a very firm yes. This is a magical question because the answer does not come from your thinking mind. The answer comes from spontaneous awareness, from the space of NOT-MIND. There was no place in your mind that could have given you the answer to this question. Yet, in that one moment when all thought ceased and all attention turned inward, you came to the unequivocal conclusion that yes, I *am* aware... there is something *here and now!* This is the closest one can come to grasp the concept of NOT-MIND with the mind.

The answer that you *are* aware comes from direct and personal experience. You did not have to go somewhere or do something to arrive at the answer. The answer did not come from a book. Neither was it told to you by someone. The knowledge is pure, firsthand knowledge. It is direct knowing. That is what direct, unconditioned knowing feels like. It is a knowing that is beyond any words, thoughts, forms, or content. You just *know*. Ironically, this is also the realm of the unknown. We consider this to be unfamiliar territory because there is so little we can cling to. There are so few words that we can use to describe this pure, formless awareness... simply because there is no form! Yet, we know that there is something there and that we are aware of it. Ask the question, “Am I aware?” and then stay there. That is the place of pure, formless, unconditioned awareness.

It is a place untouched and beyond the realm of time and space. Time does not exist there, and space (as we usually experience it) becomes irrelevant. When you ask the question, the momentary ceasing of thought brings you to the formless dimension. For once, you retract your conscious attention from the outer world and outer objects. Instead, there is a diffusion of attention. You place your attention on nothing at all, on the particular

beingness that asks this question. By diffusing your mental focus and withdrawing it from the external world around you, this focus naturally rests on nothing at all. It comes to rest on the conscious awareness (the concept of you) that asks this question. The awareness then goes all the way out again, into the external world, as you formulate your answer in the affirmative.

Try the simple exercise of asking this question and notice how your conscious awareness withdraws from the world around you and becomes focused on nothing at all. For once, you are aware of pure awareness—the realm where everything is unknown and known at the same time. The realm where there is nothing to know. The realm where time and space become irrelevant and do not even exist. This is the realmless realm and the stateless state where we will manifest from.

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## **Chapter 4:**

# **Removing the Five Biggest Manifestation Limitations**

Now that you have a better understanding of how manifestations work, let us begin the actual process of manifesting *as you read*! Just as one does not need complete technical knowledge to operate a computer, it helps if you have some knowledge about how your computer works to more effectively operate it. Similarly, you do not need to know the intricacies of the universal creation process. All that is needed is the basic background information as conveyed in the previous chapters. If new and specific information is needed along the way, it will be easily acquired by you through non-physical and telepathic means.

What does the process of “manifesting *as you read*” involve? As you read through the next few chapters of this book, I will first direct you to clear up common blocks surrounding your manifestations. Next, we will improve our connection to the things and conditions we are manifesting in our lives. Finally, we will create an opening to allow these desired conditions to flow into our daily lives. The process of manifesting *as you read* does not depend on your belief or faith in the manifestation process. It is my intention to transform you into an effective and efficient creator—someone who is able to manifest anything at a moment’s notice! Manifestations should not be left to chance, belief, or faith. The creation process is beyond all of that!

A powerful feature built into the manifest *as you read* process is that it automatically bypasses your limited, thinking mind. One part of my message is directed at your thinking mind. This gives your mind something to “think about” and occupy itself with. Another part of my message is directed at that broader non-physical awareness, what we call NOT-MIND. When we combine both elements of the process together, we end up with a highly effective tool that effectively engages the mind and NOT-MIND. When we engage the mind, we ensure that it does not interfere in the

manifestation process. When we tap into the NOT-MIND, we are harnessing the powers of creation to bring your intentions into physical reality. So even though you may not consciously connect with or understand all the words that follow, just simply sweeping your eyes across the words will work in allowing you to absorb the information. You do not need to mentally “understand” any of the information that I will convey in the rest of this book for the process to work for you. Your higher self will retain and work on all of it perfectly.

Let us start with dissolving the common blocks surrounding our manifestations. The first blocks that prevent people from getting what they want are mental and self-imposed. For example, we could have questions about the appropriateness or the morality of our intentions and desires. Is it alright to ask for this? Is it alright to ask for so much money? Is it alright to ask for the fulfillment of this desire? These and similar self-imposed thoughts about morality, judgments, and societal standards keep us trapped. In the previous chapter, I explained that there is nothing inherently good or bad, moral, or immoral about a desire. Asking for a million dollars could be perceived as something bad, but what if you turned around and donated that million dollars to a charity? Does that suddenly turn a greedy desire into something good? If we cannot get past the first step of asking for what we truly want, it will be difficult to even state an intention in the first place. Thus, the first step is to be completely neutral about any intention or desire you may have. See it like that—just another intention and desire. As you read these words, use your NOT-MIND to dissolve any positive or negative questions and judgments surrounding your intentions and desires. Direct the dissolving process to occur until you feel completely okay about having an intention or desire. This is not a *forced* or *false* sense of being alright with your intention. You will know that something is done forcefully when you have to exert willpower to *think* in a certain way. But this process is not about mental thought. Feel completely at peace and neutral with having that intention or desire.

The second general block that prevents the manifestation of intentions and desires is not knowing if it is feasible or realistic. This sense of “not wanting to ask for too much” stems from past feelings and disappointments

about not having our intentions fulfilled. Perhaps you have tried many different manifestation techniques and read many books on the subject, but with little or no results. Perhaps your results have been mixed. The cumulative effect of all those past negative experiences can result in disappointment and a desire to avoid any future disappointments. Once again, notice how your limited mind is imposing all these limitations on your future manifestations. From this point forward, we want to remove all the cumulative negative effects of your past manifestations. Direct NOT-MIND to dissolve all the past negative effects of manifestations and also the experiences of *not* getting what you want. Direct NOT-MIND to dissolve the effect of the past from affecting your future manifestations. You want your future manifestations to be 100% effective and to proceed from a clean slate!

The third general block that affects many people is not knowing how to get what they have asked for. This general sense of not-knowing prevents them from asking what they want. As mentioned, our limited thinking minds only knows what it has experienced before (or what it has acquired from others). If you turn to your limited thinking mind for solutions, it is always going to churn out something based on what you have done in the past or what it thinks is going to work based on what you have observed from others. Sometimes this could work. If you are solving a technical problem, it could help to follow in the footsteps of others and follow their proven steps. But this also becomes a sticking point when manifesting because your mind demands to see a “clear path to your goal” before proceeding. If it fails to see such a clear path, you start getting into the realm of the unknown, and your mind starts bringing you more confusion or desperation. Once you recognize how the mind works, you can let it go.

There is no need to see a clear path to any of your manifestations. Dissolve using NOT-MIND the need to see a clear path to your manifestations or the need to have any of the steps laid out before you. Instead, the direct path to your manifestations is through NOT-MIND, where there is not any path at all. Your mind thinks in terms of time, space, and a logical sequence of events. Time and space only exist (and make sense) in the realm of our minds. In NOT-MIND, time and space do not

exist, and therefore, it would be absurd to speak of any causality as we conventionally know it. Remember that you do not have to mentally understand any of this. Instead, just know that there is *something* there. There is something beyond the mind which the mind cannot conceptualize or understand. That is the stateless state where manifestations occur. In the moment, use NOT-MIND to dissolve the need for any clear path or understanding of how your manifestations will come to you. Allow yourself to move into the realm of the unknown.

Moving into the realm of the unknown leads to confusion for many people. When they do not know how their manifestations are going to come to them, they end up in a state of confusion, desperation, or fantasy. These are all projections of a mind that is desperate to get what it wants and becomes more desperate with each passing day. I fell into this trap myself, often becoming obsessed with various rituals and perceived “signs” from the Universe. Every seeming sign or signal from the Universe was analyzed for clues as to whether the Universe was trying to tell me something or nudge me in a particular direction. Remember: When willpower is involved, that means you are moving in the opposite direction and working against yourself. Any time you have to use *force* in the manifestations process is a sign that you should ease things off a bit and let yourself settle back into the flow. Allow yourself to proceed with life normally without receiving any specific steps or answers. Use NOT-MIND to dissolve the need to do anything physically.

The fourth major block that affects people is the passage of time after stating their initial desire. This is related to the earlier block, in which the passing of time affects how they feel about their intentions and desires. Use NOT-MIND to dissolve the uncertainties that the passing of time creates. You want your manifestations to occur outside of time and beyond time, instead of being concerned about how long they will take. Use NOT-MIND to directly remove the element of time from your manifestations! Once you do so, your manifestations will be instant and will have to occur very quickly.

As I fine-tune my manifestations process, I find that there is very little time needed between holding an intention and the manifestation of that desire. In fact, time is another mentally imposed limitation on the process! Mentally worrying about how much time something will take or when / how it will come to you slows things down even further. The influence of our minds on our manifestations slows things down, such that your manifestations may not even occur at all. The most effective way is to remove any influence of (or dependence on) time for your manifestations.

Finally, the fifth general block that hinders our manifestations is insisting that they have to come into our lives in a certain way. It is alright if you have a clear picture of how you want something to come into your life. But most of the time, it is a better idea to leave it open-ended. There is an infinite number of ways through which something can come into your experience. Why limit the possibilities by insisting that money can only come to you through the lottery? Be open to any and all possibilities. Use NOT-MIND to dissolve your blocks about methods, possibilities, and means of how something will come into your physical life experience.

In summary, the five general manifestation blocks that prevent people from effectively and quickly manifesting anything they want are:

1. Questioning your intentions / desires
2. Past negative experiences from not getting what you want
3. Not knowing how an intention will be fulfilled
4. Affected by the passing of time in relation to their intentions
5. Insisting on certain ways of fulfillment

These five manifestation blocks operate at the general level, regardless of the specific content of your intentions. As long as these limitations are present, you will find yourself experiencing little results no matter what you ask for. This is why these general limitations have to be completely dissolved and dealt with first before the specifics of your intentions can be addressed.



As you read this, NOT-MIND will remove the collective and cumulative influence of these limitations from your past experience. As you move forward with the manifestation process, you will directly use NOT-MIND to state your intentions and desires with zero questions. You will be alright with having any and all of your intentions and desires. You will find it alright to ask for anything that you desire or not ask for anything that you do not desire. You will exercise your power of discernment in a way that is just right for you. Your past negative experiences with manifesting and other manifestation teachings will not interfere with your current and future creation experiences. Your past failures or disappointments will have no effect on your future results. You will state an intention and hold it purely without needing to know how it will come to you. You will be completely open and free to experience any way in which the intention will enter into your physical life. Finally, the passing of time will have no relation or no effect on your intentions. The element of time will be completely removed from your intentions and manifestations. Time will no longer be a requirement for the fulfillment of your desires. You will experience no emotions or reactions regarding the passage of time or any limitations related to time. You will be alright if an intention takes a short time, a long time, or no time at all!

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## Chapter 5:

# Connecting Strongly with Your Manifestation Answers

The answer to each of your unmanifested intentions is hidden in the heart of each intention. I call this your manifestation *answer*. When you connect strongly with this manifestation answer, your intentions and desires come to pass very quickly in your outer physical experience.

Age-old spiritual teachings have expressed this truth in many different ways, most commonly through the saying, “What you seek, is also seeking you.” For the uninitiated, this makes little sense. Since what “I” am asking for is a physical object with no innate intelligence, how can this “object” be seeking me? This is why most self-improvement teachings focus on outward actions and steps to take to “achieve” or “attract” manifestations into one’s life.

But you know better as a reader of this book. What the saying means is that the very *essence* of your intention contains what you are asking for. You just need to connect strongly with this essence to allow it into your life experience. This connection can be made in an instant. It does not depend on time or the fulfillment of external circumstances. It is something that can be done right here and now. In fact, all of my books and teachings are about making this inner connection so you can realize the outer manifestations in your life.

This connection with your manifestation answer is best made using NOT-MIND. Anytime you attempt to connect with your manifestations using the mind, you invite the mind to work on the problem. In other words, you are asking the mind to figure out how to make something happen in your life, or what is the next step you should take to make something happen faster. Remember: The slightest struggle or strain you feel about the

process indicates that you are using the mind instead of NOT-MIND. This is a perfect reminder for you to gently let go and ease off on the process.

Connecting with your manifestation answers is an experiential process that is difficult, if not almost impossible, to adequately describe in words. Remember that anytime we try to qualify or state something, we inadvertently introduce the mind into the process. Instead of describing what you should do or what it entails, it would be easier if I told you two vastly different manifestation experiences that happened to me. The first story involves the deliberate and forceful use of the mind, while the second story involves NOT-MIND. As you read, you may recognize and identify parallel experiences in your own life. This process of identifying similar experiences makes it easy for you to apply the concept of manifesting with NOT-MIND in your own life.

Let's talk about the first manifestation experience (done effort-fully with the mind). There was a time when I had the intention to tidy up the living room and make it more presentable to guests. Figuring that this would be a small intention, I set about fulfilling it using the logical mind. I made lists about what I should do and blocked out time where I would work through one pile of items at a time. While this eventually got the job done after several weeks, I wouldn't say that I enjoyed the process. It would have been a different story if I enjoyed tidying up (if so, that would have been a path to the manifestation for me), but I did not. I viewed it as a distraction from my work.

Looking back, the first mistake that I made was to separate the things in my life into what could be done with the mind versus what I left up to the Universe (NOT-MIND). In the past few years, I have completely given up on this distinction and encourage you to do the same. Nowadays, no matter what task I am faced with (whether related to my work or otherwise), I always leave it up to NOT-MIND. If I subsequently need to get the mind involved in figuring certain aspects out, that comes naturally to me as part of my connection with the manifestation answers.

The second manifestation experience also involves tidying up. Notice that the “content” of the intention is the same, but this time, I no longer decided to use my mind to “figure things out” since it was a relatively small task. Remember that the Universe knows no difference between manifesting a castle and a button! It is all made up of the same Universal substance—pure, formless, unconditioned awareness. So if the Universe does not distinguish between big or small, easy or difficult, near or far, then why should we? Leave everything up to NOT-MIND. This time, I had the intention to tidy up another area of my house. Instead of making lists and letting the mind decide how it should be done, I held the intention very simply in my awareness. Holding the intention means simply becoming aware of its purest content without allowing the mind (or resisting the temptation) to figure things out. Just hold the purest intention in your awareness for a few seconds at a time and then let it go. If you would like to take it one step further (especially in the beginning), you may want to also hold the intention that you are letting NOT-MIND take care of it. There is all you have to do. No lists, no figuring things out, and no setting aside blocks of time to get it done.

Does it mean that physical action will not be needed to create manifestations in your life? Absolutely not. What we are doing here is to let NOT-MIND take care of everything first. If physical action from you is needed, it will be taken care of effortlessly. In many cases, the physical action could also come from someone else (such as the help offered by a friend). We leave all of these possibilities up to NOT-MIND.

A few days after holding that intention in my awareness and letting it go, I was cycling on my stationary bicycle when a sudden impulse came to me. The impulse did not come in words, but instead in the form of an unambiguous, unmistakable action to take. Most interestingly, it would not have been an action I would have taken myself because it did not make sense to me. It was an inspiration to move a particular item in a certain way I had not envisioned. This one move not only allowed me to hide one piece of furniture behind another, but it also straightened up that corner of the house, and everything fell into place. I had connected with the right manifestation answer using NOT-MIND. The impulse to take action

followed naturally from that. When I compare this second manifestation experience to the first, the most obvious difference is that there was absolutely no strain, struggle, or effort involved. I had an impulse, and I felt moved to act on it at once without any delay or mental thought.

Ever since I made a conscious decision to manifest from NOT-MIND, my life has been filled with wondrous experiences like this. But they are not something extraordinary or out-of-this-world. These are, in fact, what you should naturally expect once you manifest from this new place in your life... beyond thoughts, emotions, and form.

I have chosen two examples that involved the same intention of tidying up. In fact, this method can be applied to any situation in your life regardless of what you are asking for. As mentioned, the Universe does not make a distinction between whether you are asking for a lot or very little. It does not place a limit on your manifestations. If you can hold something purely in your awareness, then NOT-MIND can deliver it to you in the fastest and most efficient way possible.

Let us apply this in your life right now. Hold an intention which you would like to manifest in your awareness. You do not need to spend all your waking hours thinking about this intention. That would be counterproductive and would of course, be an invitation for the mind to participate. On the contrary, you want to “think” about your intentions using your mind as little as possible. All you need to do is hold it purely in your conscious awareness for a couple of seconds and then let it go. Hold another conscious intention to let NOT-MIND take care of what you have just stated. For the rest of the day, go about your daily life and do something else. Take care of what needs to be done in the moment and focus wholeheartedly on the matter at hand. Allow yourself to be fully carried away by the present moment without analyzing or thinking about each step along the way. Everything that needs to get done will eventually get done. Over-analyzing and over-thinking lead to paralysis and overload. The mind simply cannot proceed when it is overloaded with so many options because it has no way of foretelling the future apart from imagining it. So let

everything go. Hold an intention purely, make a conscious shift to NOT-MIND, and then stop thinking about it completely.

A common misconception is that if one stops thinking about our intentions, then we no longer attract it into our experience. This is based on the mistaken belief that we need to manually keep track of everything using our minds. The manifestations process is *beyond* the mind and does not depend on our individual minds to function, so it does not matter whether we are actively thinking of an intention or otherwise. Just as the impulse to take the right action came from *beyond* my mind and at the right time (even though I wasn't actively thinking about that intention), the right things will happen through you in the proper sequence. When you apply NOT-MIND to your manifestations, you free yourself up to be a conduit in this beautiful world of creations. Not just your own creations but the creations and manifestations of others. Each of us plays a part in this dynamic co-creation process, with things effortlessly orchestrated by an intelligence that is bigger than ourselves. It would be ludicrous to believe that any of us, individually, can control or figure even a small part of this process out!

As we wrap up this chapter and the first half of this book, let us activate a couple of NOT-MIND protocols to make the manifestation process effortless for you. First, start everything in your life with NOT-MIND and let it guide you along. Use NOT-MIND to dissolve the need to figure things out and let go of the need to mentally think about an intention for long periods. Know that whether you actively think about something or otherwise, it is still manifesting for you in the right order and sequence. Use NOT-MIND to completely dissolve old erroneous beliefs about the manifestation process and the role you play in the creation process. Use NOT-MIND to become part of the manifestation process instead of the separate, external individual who manifests something outside of himself or herself. Let's use NOT-MIND to become one with your manifestation answers and what you are manifesting.

All it takes to manifest from NOT-MIND is a simple intention and shift in your current way of being. When you move from always wanting to take the next step to let the Universe take the lead, life becomes easy and

effortless for you. If there is any action instrumental in the process, the impulse from NOT-MIND is clear and unequivocal without any doubts or questioning involved. It will be a clear impulse, one that is uncluttered by any cognitive thinking, emotions, or thoughts. Let this be your new way of functioning in the world, and immerse yourself in the process. Be part of your manifestations!

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## Chapter 6:

# Activating Your Manifestations

The first half of this book focused on discussing the major manifestation principles involving NOT-MIND. The purpose of that is to lay the groundwork and provide a basic understanding of this material so that the mind has something to work on (wrap itself around) while we explore this process. If we had launched into the process immediately, the thinking mind would have protested, not understanding what this whole thing is about. The process becomes easier if we quiet the thinking mind first, so we can more easily and consciously shift into the state of NOT-MIND.

In the previous chapter, I discussed certain hallmarks of mindless manifestations. First, there is a marked absence of any struggle, stress, or strain. Even the slightest negative feeling or emotion is not there because mindless manifestations do not depend on positive or negative emotions. Notice that when I manifested a tidier living space through NOT-MIND, there was not an ounce of effort or “should” in the whole process. There was not a sense of responsibility or obligation—that I absolutely had to get something done or force myself to do it. Everything just happened spontaneously and naturally. If there was an action to be taken, I took it spontaneously and without question. I became part of the action. It would be impossible to separate the “me” from the manifestation, precisely because I became part of the circumstances I wanted to manifest!

The second hallmark is that there are no prescribed lists or steps to follow. My conscious, thinking mind did not know how things were going to turn out in advance. In the previous example, I did not see that I could hide one piece of furniture behind another or decorate the space in a certain way. Everything just happened from *beyond* the mind. It is only when I look back that everything makes sense to the thinking mind. This is what Steve Jobs famously conveyed when he said that we can only connect the dots looking backward but not forward. As someone who has manifested great success in his life, it is safe to assume that he has somehow tapped into the



flow and rhythm of these timeless manifestation principles! Therefore, the best favor that the thinking mind can do for you is to step out of the way. Stepping out of the way and spending as little time as possible thinking about your intentions or manifestations is the most efficient way of making them happen.

Of course, this has to be a *true* stepping out of the way. Avoid the urge to turn this into yet another process. The mind has a tendency to insidiously turn things into procedures or practices to follow. “If I did X, then Y would happen.” “If I stopped thinking about my intentions / manifestations, then perhaps they would happen faster.” This is precisely what we are trying to avoid here. The mind is always trying to identify all the possible X’s such that your manifestations (Y) can happen. But it does not know any better. The guesses of your mind are based on past results and past experiences. When you rely on your mind for manifestations, you slow down the process tremendously because you also get in touch with all your previous negative experiences and others' misconceptions. Bypassing your mind, as I have repeated for the umpteenth time, is way faster and more efficient.

So how can you mindlessly activate your manifestations? Let’s get into it right now. First, quickly bring your intention to your awareness and think about it purely. Connect with the essence of the manifestation instead of all related feelings, thoughts, or emotions. To do so, we want to bring the intention to your awareness and then drop it. That’s all we want to do. In actual practice, this means bringing your intention into your conscious awareness and putting your attention on it for no more than a few seconds. In fact, anything less than a second will be ideal.

Next, resolve to let NOT-MIND handle the manifestation of this intention. Again, do not make a long process out of it. This is not a repeated affirmation or visualization process. You just simply make the resolution (conscious decision) and then move on. Once again, this step takes no more than a few seconds, ideally less than a second.

When you resolve to let NOT-MIND handle the manifestations process (in essence, turning the process into a mindless one), the mind will

protest and say, “what is happening?” The mind does this because it cannot perceive anything objective happening at all. There is no mental or physical activity. There are no words or explanations that the mind has been so used to. As I explained in my book, “Instantly Directed Manifestations,” the mind is *not* used to having nothing to work with. But at the same time, we want to avoid feeding it any further or inviting it to the process. So each time your mind comes up with a noticeable objection (for example, each time it asks “What is happening?”), just gently let the thought go and do not follow it. Drop it completely. Do not entertain that thought. Do not attempt to answer it by making up some kind of story about what is happening. We are moving into the stateless state of NOT-MIND. Anything that is beyond the mind cannot be understood or grasped by the mind.

The only thing left to “do” after this step is to be part of your desired manifestations. Let us use NOT-MIND to remove the need for repetition or effort to be part of your manifestations, starting right now. Let us remove the need for any kind of specific lists, steps, processes, rituals, or practices! Dissolve the need for all those using NOT-MIND. Let us then invoke NOT-MIND to activate fast, spontaneous, and natural manifestations for everyone reading this book. Let us remove the element of time and space (slowness and waiting) from our physical manifestations and replace it with speed and direct connections to what we ask for.

Most importantly, let us use NOT-MIND to dissolve the question of “What should I do next?” Let us use NOT-MIND to completely dissolve any questions about physical activity, taking the right physical action, or what actions we can take to contribute to the manifestation process. Give up the need to use physical activity to contribute or compensate for anything! If action is needed, it will be taken spontaneously by yourself or someone else. Let us give up and dissolve any old beliefs that action is necessary or that we need to know what action to take beforehand. Let us dissolve any need for proof or any need to be convinced. Let us use NOT-MIND to dissolve the need for a “belief” in something before it happens. Belief plays no part in the manifestation process apart from convincing the thinking mind!

As we initiate these activation sequences for all my readers and students of this material, you may perceive some subtle changes in your own life. The first change is how much quieter you feel on the inside. While you may have previously felt a need to “do” something (like making lists or repeating affirmations), all of those needs could drop away. You no longer feel drawn or compelled to do them. The second change is how the intention no longer holds the same attachment for you. This does not mean that the intention is weakened. It merely means that we are getting less attached to the outcome and letting NOT-MIND take care of the situation. Some may describe this as a feeling of indifference, disinterest, or imperturbability. These are apt descriptions or labels that the mind could use to make sense of the situation. Just immerse yourself in your new state of mind. There is nothing else you need to “do.”

You could start living life more from a state of the *unknown*. Since the mind seeks to know and understand everything, this state of not-knowing could feel unfamiliar or even unnerving at first. But this is a state of not-knowing to the thinking mind! Only the mind seeks to know, so its best description of this state is one of not-knowing. In essence, this is the state of *pure* knowing or *all-knowing*. All-knowingness does not mean that you know every piece of information there is out there, but simply that you know of the presence of something there. You know that this *something*—pure, unconditioned awareness—exists.

Let us use NOT-MIND to dissolve the social belief that you need to know what to do next. Instead, use NOT-MIND to connect strongly with all actions and all possibilities. Do whatever needs to be done in the moment without distinguishing whether it is going to help you manifest something. If you feel hungry, then eat something. If there is a matter that needs to be attended to, allow yourself to respond to it. Let us dissolve the negative beliefs and misconceptions that “I” do not know what to do next. Let us dissolve any perceptions of stuckness, being stuck, or being trapped in dead-ends. How can an unlimited being ever be trapped? There is only the perception or mistaken belief that we are trapped in a particular situation or limited by particular circumstances. So let us dissolve all of that stuckness

or trapped energy using NOT-MIND and resolve to be part of our manifestations in life.

When you resolve to live in this manner without second-guessing everything, then life becomes straightforward and spontaneous for you. Notice how you just effortlessly glide your vision across the page, moving from one word to the next, one sentence to the next, one paragraph to the next, and eventually from one page to the next. You do not question the reading process at all. Instead, everything happens just so naturally and spontaneously. On the other end, I do not question my writing process. I just let the words flow out onto the blank page in front of me, one sentence after the next. If you ask me to predict what I would write ten sentences down, I would not be able to tell you. This is what the conscious mind would call *not-knowing*, but what NOT-MIND calls *all-knowing*. After all, the words are already within me and waiting to be written.

As you decide to stop reading for today, what task should you move on to next? Let your physical body be led very gently to the next task. Allow your body to be guided and allow yourself to be part of the mindless manifestation action. Every action you take will be in direct connection with universal intelligence. Even something as mundane as replying to an email will be supercharged with energy and completed with ease because you are now one with the creative action / life force. You are no longer critiquing or second-guessing that creative force!

Let us dissolve all need to second-guess and put you in direct connection to your actions using NOT-MIND. Any action you take will stem directly from NOT-MIND, and you will take them easily and effortlessly from the state of NOT-MIND. Action from yourself and others is a natural part of your manifestations and the creative process. If action is to be taken by others, let NOT-MIND allow those actions to be part of your physical life experience easily and effortlessly.

When you live from this new level of consciousness, you realize that life's purpose is to joyfully create. Use your physical body to enjoy the fruits of your manifestations! The whole purpose of life is not to struggle to

barely scrape by... it is to wholeheartedly thrive and be fully alive! By activating these teachings, thriving is no longer another exalted state that one strives to achieve. It is a reality for you, right here and now. Let's resolve NOT-MIND to fully activate and sum everything up as your complete *thriving* experience!

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## Chapter 7:

### Activating Your Complete Thriving Experience

What does it mean to live a complete, thriving experience? You certainly do not just want to have one manifestation come true at a time or to simply work on one manifestation at a time. Instead, a complete thriving experience means having all of your manifestations materializing in different areas of your life at once. It means living an unlimited life of infinite manifestations, one after another, in every area of your life.

Is it possible to live a completely thriving experience despite what is happening in the outside world? I know that it is absolutely possible, and so have millions of readers worldwide who have come into contact with this material. As long as you make the simple, conscious decision to apply this in your life, you will find your life-changing and improving every day. Even the simple act of reading will produce instant changes because that is the nature of our Universe. The Universe is exceptionally responsive to our intentions since we are all connected by the same one energy.

As you shift into this way of conscious living, you will find new insights and answers coming into your life at different times. For example, you could have a sudden impulse to *do* something or *try* something. You will be able to recognize these impulses as something different, as they are not preceded by long periods of logical reasoning. These impulses are not “arrived at” after mulling over an issue for a long time. Instead, they simply “pop” and “appear” in your conscious awareness. If this is not your experience at this time, then just live more fully in the present moment of all-knowingness. Know that everything you need to know or do will be revealed to you in time.

Some of these impulses or suggestions will seem to be trivial in nature. For example, the impulse that I received to move my furniture in a certain way seemed very insignificant until I took action and realized it was only the first of many natural steps. So while each impulse may *seem* insignificant to the thinking mind, which always demands to have the full

picture, remind yourself that what we are doing here is *beyond* the mind. The mind has no part to play in any of this, so eschew all the old ways of thinking and acting in the world.

These impulses should be followed without any attachment or second-guessing. You don't want to turn each impulse into a big thing or sit and wait for when your next impulse will come. These manifestations are orchestrated beyond time and space, so they will enter into your life at the appropriate times, often when you least expect it. It is only when the mind goes away when these impulses come into your awareness. Notice how the urge to move my furniture came when I was using my stationary bicycle. Other impulses have come into my awareness when I am in between tasks or not particularly preoccupied with anything in general. In fact, many "enlightenment" (and this is a loaded word, so I avoid discussing this concept too much) or "awakening" experiences had happened when the thinking mind took the backseat. I have not read a single awakening experience in which the mind was in the driver's seat. You want to give the mind something to be preoccupied about so it can do its own thing without interfering too much.

In the previous chapter, we summed everything up with the word *thriving*. Therefore, anytime we activate the concept of thriving using NOT-MIND, we activate all of the related intentions and directions that we have put in place. We also strengthen the related intentions for millions of readers around the world who are applying this material. This creates a potent and synergistic multiplier effect that works for you instead of against you. Many people tap into this effect unknowingly in the opposite direction by making themselves susceptible to others' telepathic thoughts, fears, and beliefs. Because we constantly direct NOT-MIND to dissolve the effect of these thoughts, fears, beliefs, and uncertainties of others on you, the effect of these external influences on your manifestations is significantly reduced.

While we activate your experience of thriving as you read these words, let us further strengthen the connection to the various manifestations in your life. First, let us make it unnecessary to state your intentions repeatedly in words or in terms of affirmations. Using NOT-MIND, there is

no need to specify or spell out your intentions one by one. Of course, you could still do so to make it clear for yourself and if it pleases you. But know that when you leave everything up to NOT-MIND, NOT-MIND will bring you the intentions and the means to fulfill them. There is no need to specify or list out everything you need in every area of your life. Let NOT-MIND take care of all your needs.

Second, let us use NOT-MIND to accommodate an infinite number of intentions and manifestations for you. Let us ensure that the number of intentions you hold will have no effect on your manifestations, especially the unfulfilled ones. In other words, past unfulfilled intentions will have no impact on your future manifestations. Everything is being reset and refreshed when you dissolve the influence of your past intentions.

Third, let us connect NOT-MIND directly to the actions or insights necessary for each of your intentions. Let us make it easy and effortless for you to receive clear insights about each of your intentions. If there is an action that needs to be taken by you, it will be taken without delay or hesitation. You will become part of the action and part of the manifestation!

Let us ensure that you have a thriving experience no matter which stage of life you are at and regardless of how your life has been up to this point. We have already invoked NOT-MIND to take care of your negative cumulative experiences of the past related to successful or unfulfilled manifestations, so those should no longer have any effect on you. By so doing, we set the stage for you to thrive, starting right now, and from this very moment! When you wake up every morning, you will be directly guided to the right actions and the right things to do next. Everything you do will be “right” for you, and there is no longer a need to question whether you are engaged in the appropriate steps. Allow yourself to be directly connected to NOT-MIND at each moment of your life... and live your life from the perspective of NOT-MIND. That is the highest possible way you can live, as it means you are directly guided by your insights and inspiration.



I live my life directly from NOT-MIND nowadays. This does not mean that I live in my own world and ignore the consequences of my actions on others. On the contrary, living from NOT-MIND makes me more open and sensitive to the needs of others. I begin to see how we are all living and interacting together on this planet as conscious creators, rather than as separate individuals always fending for ourselves. When you live from NOT-MIND, everyone and everything will be taken care of, including yourself.

Living from NOT-MIND does not mean living recklessly or with careless abandon. It does not mean doing whatever you like. In fact, that way of living stems from the ego (the individual self). It stands in direct opposition to what I am talking about here. For the first few moments when you wake up in the morning (just between that state of awakening and becoming fully aware of your surroundings), become quietly aware of how you feel. The sense of awareness that you feel is the purest, without that sense of individual “I” attached. In those moments, you do not recall your name, neither do you remember where you are. You do not remember the issues from the previous day or what comes ahead in this new day. However, these will soon gently enter your awareness. But wait, before these thoughts enter into your awareness, just pause and become aware of that pure unconditioned awareness. It is the most pristine and most direct state. You know that you are aware (i.e., there is something here), but there is no individualistic sense of self. You just are one with everything. This is NOT-MIND, beyond the thinking mind and beyond all concepts of self and who you think you are.

Why is it important to get in touch with this state the first thing in the morning? First, it increases our recognition of this pure, unconditioned awareness that is always there (in the background) but often overlooked in favor of the thinking mind. Second, it shows us that there is an alternate reality—in fact, the only *true* reality of one awareness. So spend more and more time in that state every morning. In the beginning, it will be a few fleeting moments. As you get better at recognizing this unconditioned awareness and bringing it into the foreground, you will notice that it is always there. You’ll also see that the mind was conspicuously absent in

those few moments, and yet you were still functioning fine. All your needs are still met without the mind.

Right after that experience in the morning, connect with NOT-MIND to immediately jump-start and begin your day! What can be more exciting than deciding what you want to manifest for that day and then enjoying the fruits of your manifestations through your physical body? Enjoy your breakfast and morning coffee. Savor each aromatic note of your coffee as it, in itself, is a manifestation experience.

When you recognize everything in your life—big or small, good or bad—as a manifestation experience, you open your eyes to the inherent power within you. That’s what we mean when we say, “You are always manifesting! There is no moment when you are not.” You are always manifesting because every thought, word, action, or focus is a directed act of creation, no matter how subtle it seems to you. The slightest of movements can create substantial energetic results. For example, when you consciously invoke NOT-MIND to connect with your intentions, you direct the energies to flow in a very specific manner instead of squandering it through fears or worrisome thoughts. When you use your awareness to create in a realm *beyond* time and space, the physical results have to come very quickly.

Let us ensure that you have fewer questions about the manifestation process (as questions arise from the thinking mind anyway) and a more practical manifestation experience. Let us invoke NOT-MIND to dissolve all your questions and doubts about the manifestation process that could prevent you from taking the first step or directing your awareness in a certain way. You will find it easy for you to directly apply whatever you have learned through this material. Instead of questioning what you have read, you will use it now in your life and learn from the physical life experience. You will have an increased awareness of what is different and the subtle energetic or inner changes that result from applying this material. The subtle changes that occur each time you use these steps will nudge you gently in the necessary direction. In other words, you will always be guided by NOT-MIND at the opportune time to take the necessary steps towards

your manifestations. You will also be fully open, responsive, and allowing of these steps in your life even though they may be different from what you have (or have not) tried previously.

Let's ensure that you thrive not just for the next few days but for the months and years that extend into the future! As we lengthen those years into decades, let us ensure that you will continue to thrive for the next few decades of your life. By directly living from NOT-MIND, thriving is not just an academic exercise or an ideal state. Continuous thriving becomes your absolute reality, now and into the future!

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## **Chapter 8:**

### **The Nature of Life is Infinite**

The nature of life is infinite. You will never run out of things to manifest; neither can your manifestations run out. There is a mistaken impression that we only have a specific “credit balance.” Once our good karma runs out, things will stop happening for us, or that bad things will happen to us. Where do these beliefs come from, and why do they affect so many people? These are erroneous (non-self-serving) beliefs about the creative process that we have picked up from people around us who do not know better. There is a prevailing belief that life is somehow difficult or has to be a struggle. Otherwise, we would not be fully “alive.”

Let go of these archaic thoughts about manifestations once and for all. They are nothing more than fictional tales concocted by your thinking mind. Once you connect with NOT-MIND, you will realize that the nature of life is infinite. Just as you do not have to worry about what your next intention or desire will be, you do not have to worry about how your intentions or desires will be fulfilled. They will come into fruition through the same universal mechanisms that gave rise to them and are continually giving life to (orchestrating) the trillions of manifestations around the world. Just as I do not worry about whether I will run out of words to write, let's use NOT-MIND to completely dissolve any negative fears, thoughts, or beliefs of things running out. Let us dissolve all concepts of lack and limitation as conceptualized by our mind and move fully into a mindless realm where everything is infinite.

It is only when you stop questioning and stop looking for the eternal meaning of life that everything suddenly makes sense. A friend of mine makes a great living as a specialist eye doctor. On the outside, he is set for life with a well-paying job and a loving marriage. But he is miserable on the inside, always believing that there is something more. He sends me articles now and then about the meaning of “happiness” and how to achieve more of it. He is often worried about the future. The source of his troubles is so evident that he misses it completely—his thinking mind. He is so entirely

overrun by his logical, thinking mind that he does not realize his true nature—the *awareness* that underlies, observes, and knows everything.

The thinking mind is always looking for an external goal to achieve or something to “get.” It is always looking for the true purpose of life. Many say, “I’m not going to do anything until I have discovered my true purpose in life.” But guess what made up this concept of one’s *true* purpose... that’s right, the thinking mind! Your true purpose can be anything you intend it to be, and it can be changed at any time. When you stop questioning, second-guessing, or doubting yourself, everything you do becomes the fulfillment of your purpose. You become part of the manifestation and part of the action. Just as how you do not suddenly start panicking and wondering what you are doing while driving down the interstate, you let yourself be one with the action needed for things to happen. If action needs to be taken, let it be born through you or others! When you drive (and unless you are a new driver), your mind takes the back seat. You become one with the vehicle. Hours become minutes, and you hardly remember the minute details of each turn you took and how you navigated each one. But still, you arrive at your destination.

Let your life be as effortless as taking a ride. Enjoy the journey as much as (or even more than) the destination. Know that each destination you stop at is only temporary. You can change your route at any time or choose a new destination at any time. Is there an intrinsic purpose to any of these destinations? There is nothing more than the fun of it, or the living of life. In other words, everything is about the full and complete expression of life. Everything just *is*.

Mystic and spiritual teacher Robert Adams teaches that everything in life is preordained and predetermined (from a universal standpoint). But he adds that it has to be lived as if *nothing* is predetermined. When someone believes that their life is already predetermined, it results in some funny behavior. I have observed this behavior in some spiritual seekers, “What is the point of doing anything if everything is already predetermined?” They then descend into a downward spiral of discouragement and apathy. In fact, some spiritual seekers fall into the trap of apathy. What is the use of doing

or trying anything at all? The source of that apathy is once again the insidious mind. The thinking mind sees no point in trying or doing anything because it does not know better. It has merely swapped one story (about the need for constant achievement) for another (what's the point of trying?).

Give up all stories of the mind, including stories about your sense of identity, and live in the realm of NOT-MIND. We cannot even call it a realm because doing so would be defining what NOT-MIND is and placing boundaries on NOT-MIND. So the closest we can get to describing it will be the stateless state or the realmless realm. In the domain of the mindless, where are you? You will realize that you have disappeared and merged into the fullness of things. You have become one with that unconditioned awareness. You now operate and act from or as that one Universal awareness. This does not mean that you become all-knowing in terms of traditional textbook knowledge. It does not mean that you suddenly know every piece of information out there, including what is going on in other people's minds. It merely means that you recognize yourself as part of the Universal action and as part of this one formless awareness.

I often say that when you come to this realization, there is nothing more you have to say or do. If you feel like speaking, you will do so. If you feel like writing and sharing with others what you know, you will feel inclined to do so. If you feel like doing and if something needs to be done through you, you will naturally become a part of the action. Taking action and non-action become easy, natural, and spontaneous, in large part because it no longer passes through the artificial filters imposed by our mind. There is no longer second-guessing, doubt, or the need to maintain any external sense of identity.

An intention that comes into your awareness from the infinite realm is very quickly fulfilled in the infinite realm. Your part of the action is not to worry about how this intention will come to fruition. Some people turn worrying into a part of their conditioned life story that it becomes an activity repeated over and over again. It is possible that you manifest a life of constant struggling and never getting what you want if you remain fixated on the stories told by your mind.

Alternatively, you can transcend all of that entirely by bypassing the mind and immediately connecting your intentions to NOT-MIND. Why let everything flow through your conscious thinking mind? Resolve, as you read, to increase the connection between your conscious intentions and NOT-MIND. When this connection becomes a natural part of your being, then instant manifestations become part of your reality. In fact, whether manifestations are “instant” or not will not even matter because you will be so fully engaged in the rhythm of life that everything happens at the perfect time.

Demonstrate the infinite nature of life by becoming an expression of this truth daily. When an intention comes into your mind, hold it in your awareness very lightly, and then connect it instantly to NOT-MIND for its manifestation. Live your life fully in the present moment, and let the action carry you forward. If there are things that need to be done, take care of them by immersing yourself fully in the movement. If old fears and thoughts appear in your awareness, dissolve them completely with NOT-MIND instead of dwelling on them. That was the old you, but the new you knows better. You don't want to squander another precious moment on your fears or worries when those energies can be directed more precisely towards your manifestations.

Ask yourself: Do I want to direct this energy towards my manifestations or my worries (which will then bring about more unwanted manifestations)? Set an intention to direct all your energies towards your manifestations for the rest of your life! Make it a reality right now using NOT-MIND.

While you're at it, set an intention to let NOT-MIND take care of all the negative events that occurred in the past, whether in this life or in other lifetimes. Let NOT-MIND dissolve the need for retaliation, the need to protect yourself, or the need to get back at anyone. If someone has wronged you in the past, let go of the need to get back or get even with the person. On a logical level, you already know that it is a waste of your energies. You want to spend every moment focused on fulfilling your intentions and the

manifestation of your desires, not on getting back at people or events from the past. Use NOT-MIND to let all of the past go, right now. The past is over. While the memories may remain, use NOT-MIND to dissolve any effect the past may have on your current or future manifestations. While you may still recall these events, you will notice that the emotional charge is gone. There is no longer any unfinished business or need to do anything. There is no longer a need for any drama to keep playing out for generations. It all ends here with NOT-MIND. Let go of the need to attack, protect, or to defend. The need to do any of this detracts from the present sacred moment of creation.

When we are free of the baggage of the past, we are open to create the future. The only way to create the future is through the now, so you want to leave the now completely up to NOT-MIND. You want to hold intentions very lightly in your conscious awareness and then turn them over to NOT-MIND, and repeat it with the next intention that comes through, and so on. There is no point in holding on to an intention for extended periods and letting the mind dwell on it because, as I've shown you, the mind is the least effective way to get anything done. You want to briefly hold an intention, let it go, and then turn your attention towards the next intention. The next impulse to enter your conscious awareness may not be an intention. It could be an impulse. This impulse could be an insight to do something, or it could also be a realization in itself. The impulse carries thought energy, and one impulse could change the course of your life dramatically by setting the direction right now. Let yourself be completely open to the reception of these impulses at any time of the day. These impulses flow to me and through me continuously, and I have increased my sensitivity to them over time. Sometimes, these impulses are expressed physically. At other times, these impulses come in the form of non-verbal thoughts. These are very quickly translated into words. When you function from NOT-MIND, be sensitive to the impulses that come to you. These universal impulses are always knocking on your door, waiting to be let in. In fact, you have an always-on connection to the Universal Internet, just as how our phones and computers nowadays are always connected to the Internet. You just have to be part of the action to receive these impulses!



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## **Chapter 9:**

# **Manifestation Protocols for Completely Dissolving the Past**

As we move through our physical life experience, what we have picked up through our physical trail can often lead to resistance and obstacles that prevent us from moving forward. These resistances come in various forms, from the obvious to the subtle. For example, our past failures and negative experiences may cause us to feel discouraged or hopeless when thinking about the future. Or events may have happened, or words may have been said that weigh us down. When you multiply these countless events, no matter how trivial, by the number of physical years we have lived, these past events can have a considerable impact on our future manifestations.

As I touched on in the previous chapter, the best way to deal with the past is to completely let it go. By this, I do not mean going through lengthy and drawn-out processes to forgive those who have wronged us or hope that they will somehow think of us differently. Neither does it mean asking for forgiveness from all those we have wronged in the past. You can let go of the past, in this very moment, by merely using NOT-MIND to dissolve the cumulative adverse effects of everything that happened in the past. By disconnecting your past experiences from your now and future, you eliminate the possibility of them sabotaging your future manifestations. More importantly, you create a different future for yourself instead of manifesting your past fears and unwanted experiences.

NOT-MIND extends far beyond our own physical minds and knows no boundaries. Another way of saying that the nature of life is infinite is to say that NOT-MIND's nature is all-encompassing and limitless. There is no beginning and no end. There is no center. There is just something right here and now. From the perspective of NOT-MIND, physical time does not exist. Thus there is not even the concept of linear time to speak of. Everything happens in the here and now. When we introduce the mind into the picture

and use it to organize our lives, the concept of a timeline—a past, present, and future emerges. The past weighs us down more and more if we do not become aware of this. The answer is simple: Just use NOT-MIND to dissolve the past's negative effects to ensure that they no longer connect with our now and the future.

But what about the positive and useful experiences? Don't we want to keep them and use them to motivate us? Using NOT-MIND to dissolve the past does not mean losing our memory. It does not mean that we will forget everything that happened to us, although that isn't a bad thing at all! As I covered in my previous book, "Instantly Directed Manifestations," you want to be thoughtless and mindless as much as possible. In other words, use your mind as little as possible and only when you need to. For the rest of the time, there is no need to hold on to your man-made, self-created identity.

I am often mindless for most of the day. As I go about my daily life, my personal identity is not at the forefront of my awareness. There is always the primary awareness that "I exist" and that "I am aware." Other than that, there is very little use in holding on to my past or telling the story of my past. Try living this way, and you will be pleasantly surprised by the transformation that takes place. I have seen colleagues that walk around with the weight of their professional identities and educational qualifications on their shoulders, so much so that it affects their physical posture! These individuals are usually hunched or rolled forward, carrying around an artificial identity concocted by the mind. If they had the insight to just let go of that identity for even a few minutes, they would realize that they function totally fine without it. They have always been free.

Again, we make a distinction here between not being weighed down by your past and the inability to remember your past. You will still remember your past and pinpoint specific events if necessary, but you will find yourself just talking about them like a neutral observer. Past events and encounters no longer have an effect on you and into the future. Forget about learning any "lessons" from them. The Universe is not here to teach you any lessons. Let go of the belief that you need to retain these lessons to

progress in life. Instead, just use NOT-MIND to completely disconnect the past from your future manifestations.

It does not matter what you are dealing with or how badly you have been wronged in the past. You may think that someone owes you big time. Chances are, the person doesn't feel the same way... otherwise, he or she would have made it up to you! Even if the other party acknowledges that he has wronged you, the emotion of guilt keeps everyone in this relationship dynamic trapped. We want to completely eliminate any emotions that keep us trapped and move forward into our future manifestations, free from the baggage of the past.

Being free from past baggage means being fully open to whatever happens in the present moment. When you invoke the protocol to dissolve your past with NOT-MIND, you will find yourself having fewer and fewer questions or thoughts about the past. You will find that while you still can recall past events, their emotional charge and negative effect on your mind, body, and spirit will be eliminated. Does this mean that you will repeat the "mistakes" of the past? Absolutely not.

On the contrary, since you have disconnected from the very circumstances that led to those events in the first place, you are less likely to create them again in the future. This is the power of completely disconnecting from your past without any questions or doubts about the process. You will find yourself living free and clear in the present moment without any interference from past events. Let all of that go, right now.

There is no need to analyze every past event that happened to you or look for a specific trigger of something. When we use NOT-MIND to dissolve all negative effects from past events and encounters, we invoke a process beyond the mind. Only the mind needs to rationalize and convince itself that something has happened. Since we are not using the mind, no beliefs are necessary for the process. We just invoke the process and deal with it instantly.

How do you know that a change has occurred then? The simplest way is to observe what comes up in the days and weeks following this protocol. You will find a difference in your inner state. Instead of constantly mulling over the past and worried about past failures, you will find yourself more future-oriented. You will find yourself acting more in the now. When you apply the appropriate protocols for dealing with each step of the manifestation sequence, then the right answers naturally show up in your life. An energetic correction does not involve a time lag. It happens instantly when you apply it!

Do you experience a delay when you hold an intention in your awareness and when the Universe responds with related thoughts or feelings in your inner state? The Universal response to your directed intention is instantaneous. This illustrates the spontaneous nature of the Universe and the nature of our physical reality. Similarly, any time you invoke NOT-MIND for something, the directed energy flows there and is applied immediately.

Realize that manifestations are a series of properly directed intentions, one after another. When you direct your intentions in the proper order and sequence, towards the right aspects, then what you ask for enters your life very quickly. When your intentions are scattered, diffused, or conflicting, then what you ask for may not appear in your life at all because you are not even consistent in your asking! Your job is to choose where to apply the energy, and the rest will follow. Your job is certainly not to worry about how to make the Universe respond to your energy. The response is always there and automatic!

Reset the clock each day you live and start with a clean, fresh slate. I like to reset the clock every morning, but why not take that even further and refresh the clock every moment? Start every moment new and afresh, with no influence from the past and no thought of the future. Let us use NOT-MIND to reset everything and start from a clean state of NOT-MIND. You can even put in an intention to be continuously refreshed, every single millisecond. In that way, anything that has happened to you, even a few seconds again, has no power to affect you. External events and encounters

with other people have no effect on you. They are always being erased and taken care of by NOT-MIND. What a fantastic way to live! You no longer move through life being afraid of anything or anyone. You find yourself no longer needing to manage other people's impressions of you or worried about whether you made the right impression at the meeting that just ended. You want to refresh, reset, and restart every second of the day!

Doing so greatly increases your manifestation abilities. Because the past no longer occupies your consciousness, it is freed up for the present moment and your new creative endeavors. The nature of life is creative, fresh, and always new. So let us start by dying to life in every moment. If this phrase sounds too morbid to you, then let us live by being fully fresh in every moment.

When you live this way, nothing that happens to you will ever matter. You no longer have to spend energy pushing things away from you. Even if they occur, they will not have a lasting effect on you. No matter how dire they appear to others, the effect of external circumstances and events will be no more than a few seconds. This is the perfect way to live.

I used to spend months or even years fuming over an unpleasant encounter and replaying it over-and-over again in my mind. The mind loves to do that because it believes that doing so will somehow make things right or change others. Now I use NOT-MIND to refresh myself and completely drop the past. Even things that happened a few seconds ago become part of history! Ever since I started living in this way, I have had none of these unpleasant encounters that I seemed to attract. When you use NOT-MIND to break free of your bonds with the past, these events that had the most impact on you no longer have any power over you. They are gone from your life, now and in the future! Even if you do reencounter them, their unpleasant effects will last no more than a few seconds.

This does not mean that you become a pushover. If something needs to be dealt with rationally and logically, actions will be taken, and words will be said. Instead of being passive-aggressive or allowing something to stew for hours on end, I find myself completely open and honest with the

parties I deal with. I bring a new level of love and light to our conversations by letting them know my views. In turn, they can respond accordingly, although their response no longer has any residual effect on me. I deal with the situation at hand and then move on, fresh into the next moment.

The art of manifestation is a practical science. When we are not manifesting, we are living life and moving through our physical world. These protocols can be used to create your desired manifestations and manage your relationships and physical encounters. When you use NOT-MIND to start afresh in every moment, the Universe yields to you in the most magical ways possible!

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# Chapter 10:

## Manifestation Protocols for Creating the Future

We create the future by moving through the now. In the previous chapter, I explained why the best way for creating the future is to give up all baggage accumulated from the past and start anew in every moment. In this final chapter, we will talk about how to powerfully direct your future through the now.

The future is a source of worry for many. Not being able to clearly see the future and not knowing what the future has in store for us leads to significant over-thinking, worries, fears, and doubts. On the other hand, the past is a source of regret and resentment. Events that have happened in the past continue to affect us now and into the future unless we dissolve their cumulative negative effects (which we have already done in the previous chapter).

Unlike when dealing with the past, we do not want to disconnect from our future. Instead, we want to ensure a strong connection to our future such that all perceived uncertainties, fears, and doubts are eliminated. You do not have to know the specific content of your future. In other words, there is no need to know exactly what will be happening and all the sequence of events that will come next. Still, it helps to eliminate the general sense of uncertainty and that feeling of something unknown about the future. It is possible to feel secure and strongly connected to the future, even without clearly knowing what will happen next. If your connection to the future is strong, then you will intuitively *know* what comes next.

I often ask people I meet whether they feel happier today or ten years ago. Their answer used to surprise me, but not anymore after realizing that most people just do not feel secure about their futures. People often tell me that they would be happier ten years ago if only they had known how life would be for them today. Stated differently, the certainty of the future creates security in the present moment. Therefore, just as the past weighs us



down, the future has an equally significant effect in obscuring our “now” moment of creation.

Let us use NOT-MIND to connect strongly with your future and dissolve all fears and uncertainties about the future. Know that NOT-MIND operates beyond time and space and that from its perspective, there is really nothing such as the future. The future is already here and now. It exists as part of this physical reality right now. Give up any beliefs about embracing the unknown or having to live with uncertainty. Words such as *unknown* or *uncertain* imply a sense of not-knowing and leaving things to chance. When we think that our future is subject to chance events beyond our control, there is always a need to protect ourselves against possible mishaps. The perceived need to defend or protect ourselves against the unknown prevents us from creating powerfully in the now.

Use NOT-MIND to connect strongly with your future so that you will always be a part of your upcoming manifestations. Your future will be ready for you when you step into it. In fact, you are always stepping into your future (whether you like it or not), so why not move into it easily and effortlessly? Resisting the future only results in suffering. It should be as easy and natural as breathing. As one breath comes out, the next one goes in. You never question whether there will be enough oxygen “in the future.” You simply know that it is part of your being.

It is alright to plan and be as specific about the future as possible if it makes you feel better. For some, the act of planning and being specific about the future removes considerable uncertainty and doubt, so there is no harm in continuing the practice. For others, planning creates uncertainties about not knowing whether your plans will come to fruition. For these individuals, I recommend that you give up making detailed plans about the future. It is sufficient to use NOT-MIND to dissolve any uncertainties and unknowns related to the future and use NOT-MIND to connect strongly with the future. When you feel a strong sense of connection to the future, that is a powerful indication that the future no longer negatively influences you.

Let the future be as sure as turning the page of this book. You may not know what is written in the following pages, but you know that the words will be there when you eventually turn the page. You may not know the specifics of what I will convey, but you get the general drift based on how the chapter has progressed. Live your life in the same way—not needing to know the specifics but fully knowing the general direction that everything will take. Know that the words will be there when you turn the page!

Your intentions are always held in the current moment. When an intention arises within your consciousness, Universal energies immediately shift to fulfill it. The nature of our physical reality, in which time is interpreted linearly, means that there could be a physical delay between the perception of your intention and the perception of its manifestation. However, at an energetic level, there is always no lag and no delay. Whatever you ask for is precisely answered instantaneously through Universal impulses. The question is: Are you aware enough to receive these impulses, or are you weighed down by the past and worried about the future? When you delete the past and future from your reality, then you free up your consciousness to receive consistent impulses right here and now.

You will notice that I have provided very little thematic guidance throughout this book. I have not spoken very specifically about specific steps to manifest money or particular circumstances in your life. This is because the content of everyone's life is different, and we will all ask for different things. However, through my years of fine-tuning this material, I know that the Universal principles apply to everyone. Use this set of broader principles and adapt them to the specifics of your own manifestations. You may find certain sticking points in your own life that trip you up. In comparison, these sticking points could seem trivial to others. Whenever you find yourself getting caught up in a particular aspect of the manifestation process (for example, worrying too much about the future or getting weighed down by an event that happened years ago), use NOT-MIND more specifically to dissolve its negative influence on you.

You can use NOT-MIND more specifically on events and circumstances that bother you until those events no longer have a

discernible effect on you. A particular aspect that bothers you greatly (for example, the need to keep repeating affirmations) could be dissolved in an instant. You will find yourself free from that behavior (or thought pattern) in the next few seconds. This is the most unambiguous indication that NOT-MIND has created tangible changes at every level of your being. The most subtle shifts are often the most powerful, as they nudge us step-by-step in the new direction we wish to take. Thus, do not dismiss these subtle inner changes in place of wanting to see the “big” physical manifestations. The physical manifestations are really the cumulative effects of very subtle energetic changes.

Direct NOT-MIND to dissolve specific aspects of your thought patterns and behaviors that weaken your manifestations. If particular elements stand out, use NOT-MIND more pointedly on them. Otherwise, you can also use NOT-MIND to dissolve specific patterns that slow you down without specifying what they are. It takes no more than a few directed seconds to create changes using NOT-MIND. When changes are made at an energetic level, physical (or behavioral) changes often follow.

On the other hand, trying to physically change our behaviors without supporting these changes energetically is doing things in reverse. Anyone who has tried to overcome an addiction or bad habit can attest to this. Use NOT-MIND to dissolve your addictions or unwanted habits, so you can choose more freely in the next moment.

A frequent objection I get about this method is that it is too simple. But where does the story that “things have to be complicated to work” come from? You may find this mistaken belief perpetuated in many areas of our life. Some teachers believe they have to make what they are teaching complicated to sound educated. Others think they have to complicate what they are saying to come across as educated. While this perception is gradually changing in certain areas, notice that it is just another story. “Things have to be complicated to work” is a story, just as how “things that are simple cannot work” is a story. Use NOT-MIND to dissolve all these stories about how things should work or the conditions that can create change. NOT-MIND is not predicated on any particular belief as the presence of beliefs indicates the presence of mind. I am not asking that you

*believe* in anything I say, but I request that you try it for yourself.  
Demonstrate this in your own life, and you can draw whatever conclusions  
you like later on.

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# **Chapter 11:**

## **Summary of the Protocols**

The mere act of reading this book begins the sequence of your physical manifestations. Reading these words means placing your focus and thought energy on them. In the previous ten chapters, you were subtly directed (and supported) to direct your energy in specific ways. I call these energetic directions, “manifestation protocols.” You can apply these manifestation protocols at any time, towards any specific circumstance, without having to read through the book again. In fact, reading the book was in part an exercise for your thinking mind so that it had things to occupy itself with. The broader message of this book is always picked up entirely by NOT-MIND.

Read through these words to activate all the manifestation protocols covered in this book. These are not affirmations, so you do not need to repeat them.

I direct NOT-MIND to separate my pure intentions from my thoughts, feelings, and emotions.

I connect my pure intentions directly to NOT-MIND.

I turn my intentions over to NOT-MIND.

I direct NOT-MIND to dissolve my five major manifestation blocks.

I connect strongly with my manifestations through NOT-MIND.

I dissolve any need to know what to do next with NOT-MIND.

I use NOT-MIND to take and support any action.

I use NOT-MIND to connect strongly with any impulses.

I use NOT-MIND to thrive.

I activate a complete thriving experience with NOT-MIND.

I use NOT-MIND to dissolve all my stories and beliefs.

I use NOT-MIND to dissolve other people's stories that have an effect on me.

I use NOT-MIND to dissolve stories about the creation / manifestation process.

I use NOT-MIND to dissolve the cumulative effect of all stories.

I use NOT-MIND to become part of any action I need to take. If there is action that flows through me, I take it easily and effortlessly.

I dissolve the cumulative negative effects of the past using NOT-MIND.

I direct NOT-MIND to reset and start each day / moment afresh, free from any internal / external / past influences.

I dissolve uncertainties and unknowns related to the future using NOT-MIND.

I connect strongly to my future using NOT-MIND.

I continuously activate all the protocols in this chapter, and everything covered in this book, with NOT-MIND.

***NOT-MIND***

***NOT-MIND***

## ***NOT-MIND***

What is left for you to do?

You are already connected to NOT-MIND. Receive impulses directly from the source and let your physical action be an expression of this truth in your life!

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