



THE POCKET GUIDE TO
Manifesting

BY MEGAN EATON



Edited by Chris W. Malcomb

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INTRODUCTION

I remember once having this thought: “It’d be cool to date a pilot.” A few days later, when I opened my email inbox, I had a new message from a man on an online dating site I’d joined who wanted get to know me better. We exchanged a few pleasant emails before I asked him how he earned his living. “I’m a pilot,” he wrote. “I fly commercial and private airplanes.” You think I would have been shocked by his response, but I wasn’t. See, that’s just how things go: I think the thought, and then effortlessly, *my thoughts turn into real stuff*. Like magic.

Sound cool? Well, here’s another one: I know two great guys who own a bakery and sell at farmers’ markets and arts festivals. One day an idea popped into my head: “It’d be fun to work for those guys sometime.” The next week when I saw them at my local market, the owner pulled me aside and said, unsolicited, “We’d like you to work for us at an upcoming festival this year. What do you think? Will you do it?!” My reply was an emphatic YES!

How could this baker have known what was in my head without me telling him? How could the pilot who contacted me out of the blue have known that I’d recently wished to date a pilot? What is happening when mental ideas and

images suddenly become reality? And, more importantly, have you ever wished this could happen to *you*?



I grew up watching TV shows like *Bewitched* and *I Dream Of Jeannie*, pretending that through the blink of my eyes or by snapping my fingers, I could make stuff appear out of thin air. There was something absolutely alluring about magic – the possibilities of a world beyond what my eyes could see, the idea that I could be, do or *have* anything I wanted. I desperately wanted to have powers like Samantha and Jeannie, even though my conscious mind was certain that it was all just make believe.

It wasn't until my late 20's or early 30's that I stumbled onto the idea of manifesting and started discovering, more and more, that I actually *could* use my thoughts to create something out of nothing. I remember the first time I watched the movie *The Secret* and heard author and manifesting master Mike Dooley utter the phrase, "Thoughts become things." To the uninitiated, that phrase might seem too simple, maybe even evoking a response like, "Duh!" After all, *any* thought can become a thing if someone has the wherewithal to act upon it and bring it to fruition. But to me, and to anyone who lives in the magical world of manifesting, I've learned that we don't need a complicated master plan, elbow grease, or other "nose to the

grindstone” effort to get there. In fact, the truth is that, in no uncertain terms, *what we think about we bring about*.



So how did I get to be good at manifesting? Well, first, let me share that it wasn't always this way. From a material standpoint I came from a modest upbringing: my parents divorced when I was eleven, and whatever money we had before that point left with my father. Times were tight throughout my teenage years, too, so my attitude toward life was best summed up as, “You've got to work (hard) for what you want.”

And work I did! Starting at a young age, I babysat, cleaned houses and hair salons, and took on many other odd jobs to earn money. While these were great experiences, I've since learned that I actually don't want to work *that hard* just for stuff. What's more, I don't really *ever* want to “work,” at least in the traditional sense of the word. I want to enjoy my life and spend time doing what I want, with whom I want, when I want!

My parents' divorce also greatly impacted myself-esteem. While I appeared confident on the outside, inside I was always scared of not being good enough. Worse yet, I was terrified that others would discover this flaw. As a result, I pushed myself to the point of perfection in all facets of life. At school, I worked obsessively to earn straight

A's. At home, I tried to be the perfect kid by cooking, cleaning, minding my manners, and taking care of other people's needs. As a young woman, I took up exercise and studied nutrition to mold my body into the images I saw in the mass media. All of my efforts were attempts to compensate for who I actually was; to try and fix the "broken" parts of myself I thought no one could love, not even me.

So, why am I telling you all of this? Well, mostly to let you know that despite a challenging early life and misguided beliefs about myself, *discovering manifesting helped me overcome every obstacle*. Had I grown up as a rich girl who was given everything she ever wanted, I might not feel myself to be as credible at manifesting as I currently do. Am I an expert? No way! Truthfully, I wouldn't consider myself an "expert" at anything, but I've had enough success with manifesting to know that I'm darn good at it! The bottom line is that I'm an ordinary person who figured out how to use thoughts and feelings to attract extraordinary experiences in miraculous ways. Simply ask those who know me. They're the ones who prodded me to write this book.



By now you're probably craving some hard evidence, proof that, under the right conditions, thoughts *really do* become things. OK, then! I'll start with some of my best manifesting experiences to-date:

- » **WEALTH.** I was once offered a \$900,000 per year job, for which I had never interviewed, four hours after having the thought, "I wonder what it would be like to be a millionaire?"
- » **JOB.** During an interview for a promotion, which would place me in a prominent position within the company I worked for at the time, I manifested being offered the job on-the-spot. That happened just eight hours after I envisioned how I wanted the interview to go. On top of that, the next morning I manifested a 60% pay raise after they only initially wanted to give me 10% for the promotion.
- » **TRAVEL.** One time I thought, "It'd be cool to go to Scotland." A few months later and not having shared my thoughts aloud, a friend suggested we take a trip overseas. He offered to pay, and let me choose the location. Scotland anyone?!
- » **ROMANCE.** Never one to sleep around and without so much as a warm lead, I once manifested the most passionate, sensual, romantic weekend I'd yet had with a "perfect for me" guy. Who was he? Someone I met four

years prior and on whom I'd had a crush the moment our eyes met. Trouble was, he lived on the opposite US coast from me and during those four years we hadn't kept in good touch. Enter manifesting, which resulted in a blissful, mind-blowing weekend that happened effortlessly.

- » **CAREER CHANGE.** After taking a one-year sabbatical from the corporate world, I wanted to start working again, but on my terms: from home, part-time with full-time pay, benefits, with and for someone I respected. Oh, and I wanted to do something fun, easy and fulfilling. What did I end up with? A veritable dream job working as a personal assistant to a millionaire. The details of which included part-time hours with full-time pay, benefits, working from home, doing fun and easy tasks and working for and with someone I respected.

I'm telling you, this stuff is easy, is a blast and is open to anyone! So let's get to it, already! Before we begin, though, a tiny bit of housekeeping. When I started writing this book, I envisioned who my "ideal" reader would be. Of course *anyone* can benefit from reading it, but I think this guide is particularly well-suited for people who:

- » Are familiar with the "law of attraction," but still struggle with it somehow (like getting it to function the way they want it to more times than not)

- » Are open-minded and optimistic
- » Want to “hit the ground running” and get straight to manifesting without spending a whole lot of time learning how or why it works

Contrarily, this book probably isn't a good fit for pessimists or people who are convinced *they have to work hard* to get anything good in life. As I said before, I'm all about keeping things simple and easy. Oh, and since I'm not calling myself an expert, I won't go into detailed explanations of what manifesting is or why it works. If the “nuts-and-bolts” scientific and/or metaphysical perspectives interest you, there are plenty of great books you can reference. As for me, I'll avoid the complicated stuff and just share what makes sense to me and matches my own experiences. Sound good? OK, then, *now* let's get started!



Everything is possible.

Believe in *magic*.



PART ONE: What Is Manifesting?

While most dictionaries define manifesting as “making clear or evident to the eye,” I’d say it more like this: *manifesting is the art of creating something out of nothing*. True manifesting goes beyond, let’s say, making a pizza from scratch when you already have the ingredients on-hand and just decide you’re hungry for pizza. Instead, it’s about simply thinking “Boy, it sure would be nice to have pizza right now” when you don’t have any pizza ingredients and haven’t phoned in an order, and having a delivery person ring your doorbell a half-hour later with a pizza they swear is for you...and already paid for! *That’s* my kind of manifesting!

Let’s go back to the example of manifesting a \$900,000 per year job four hours after having the thought, “I wonder what it would be like to be a millionaire?” I didn’t tell anyone about my desire to be a millionaire. Actually, I was in the shower when I was working that particular bit of manifesting magic. Somewhere between shampooing my hair and soaping my body, I took 30 seconds to imagine the feeling of being really, really rich. And when I say I could *feel* myself as a millionaire, I mean that I was able to – for maybe a split second or two – absolutely *know* what it was like to easily purchase anything I wanted. For those couple of moments,

I wasn't thinking about being a millionaire, I actually *was* a millionaire from shampooed head to soapy toes.

After my shower, I sort of forgot about it and went back into “regular person” mode. I happened to be flying to Florida to visit my mother that day, and it was during my layover, in fact, that I received an unexpected email from a former coworker. In it he explained that he had told a well-to-do overseas company about me, and, based on his favorable description and subsequent recommendation, they wanted to hire me on-the-spot for \$900,000 a year, plus bonus. Now, the really cool thing is that this friend had no way of knowing that four hours earlier I'd been in the shower manifesting millionaire status, nor did I know that he was linked up with such a wealthy, generous company! And yet that's just how manifesting works: *it makes something clear or evident to the eye that previously was just a thought or feeling.*



Skeptics might chalk my last example up to coincidence. They're free to do that, of course, but I should state that I really don't believe in coincidence, or at least not in the traditional sense. Coincidence implies “chance,” and that's not how I've come to understand my personal experience of manifesting. Instead, I believe that as thinking/feeling human beings, we *draw* every experience to us as if we're magnetic.

The Pocket Guide To Manifesting teaches people – in a simple, practical way – how to use their everyday thoughts and feelings to create the life of their dreams.

ABOUT THE AUTHOR

Megan Eaton is a Personal Manifesting Coach who believes everything is possible, including miracles, and that everyone has the ability to manifest easily, immediately and abundantly. Known to her friends as the “Goddess of Manifesting,” she has personally manifested myriad experiences and tangible items in the areas of romance, finance, travel and home. Megan shares her manifesting skills so that all who choose may live the peace and joy of boundless possibility.



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