



MJB SEMINARS

Manifestation Guide

From metaphysical to physical - the scientific formula that works



7 easy
steps

MJB SEMINARS

Live Life Inspired!

Mitch Behan & Emilia Tomeo are the faces behind MJB Seminars who are dedicated to WAKING PEOPLE UP by flicking the switch for them, instilling certainty, educating them, inspiring them and in the process making sure all of this is an adventure and fun!



Live Life Inspired

The first thing to understand in regard to the manifestation formula is that we are utilising this consistently within our existence. Everything you have within your life came about as a result of these seven stages. Everything you have in your life from this point on will also come about as a result of these seven stages. So what we are about to tell you is not something you need to learn to do. It's something you've already been doing except this time around all we're about to do is bring a level of awareness, focus and intention To what you've Been doing your whole life anyway.



STEP ONE

THINK ABOUT

The act of thinking about is simply where one contemplates what you would love to have in your life.

Thinking about with clear intention and being really clear about what it is you would love to have including the positive and negative ramifications of having it.

If you think about something in general you will manifest something general.

If you think about something in detail you manifest something specific.

STEP TWO

SEE ABOUT

As soon as you start to think about something you automatically begin to visualise it.

You see what it would be like for you to have what you desire.

You see yourself having it, doing it or being it.



STEP THREE

FEEL ABOUT

Feeling about is taking you there. You sensorily experience it.

Everything that manifests in our physical reality is experienced sensorily before it is materialised.

As soon as we feel about something A glitch occurs in the matrix of the universe and it begins to reorganise itself to manifest what you require.

By the time we feel about something the brain has already put it into motion.

STEP FOUR

ASK ABOUT

Asking is about voicing what you would really love to have in your heart.

It is important to do this by affirming it in the present tense.

For example:

I am a master trader - I apply the rules of trading in my life.

I am a property wizard - awesome deals just come to me.

I am a master communicator - people just love to listen to me.

STEP FIVE

ACT ABOUT

When you act about something you are beginning to take from the metaphysical and bring it into the physical.

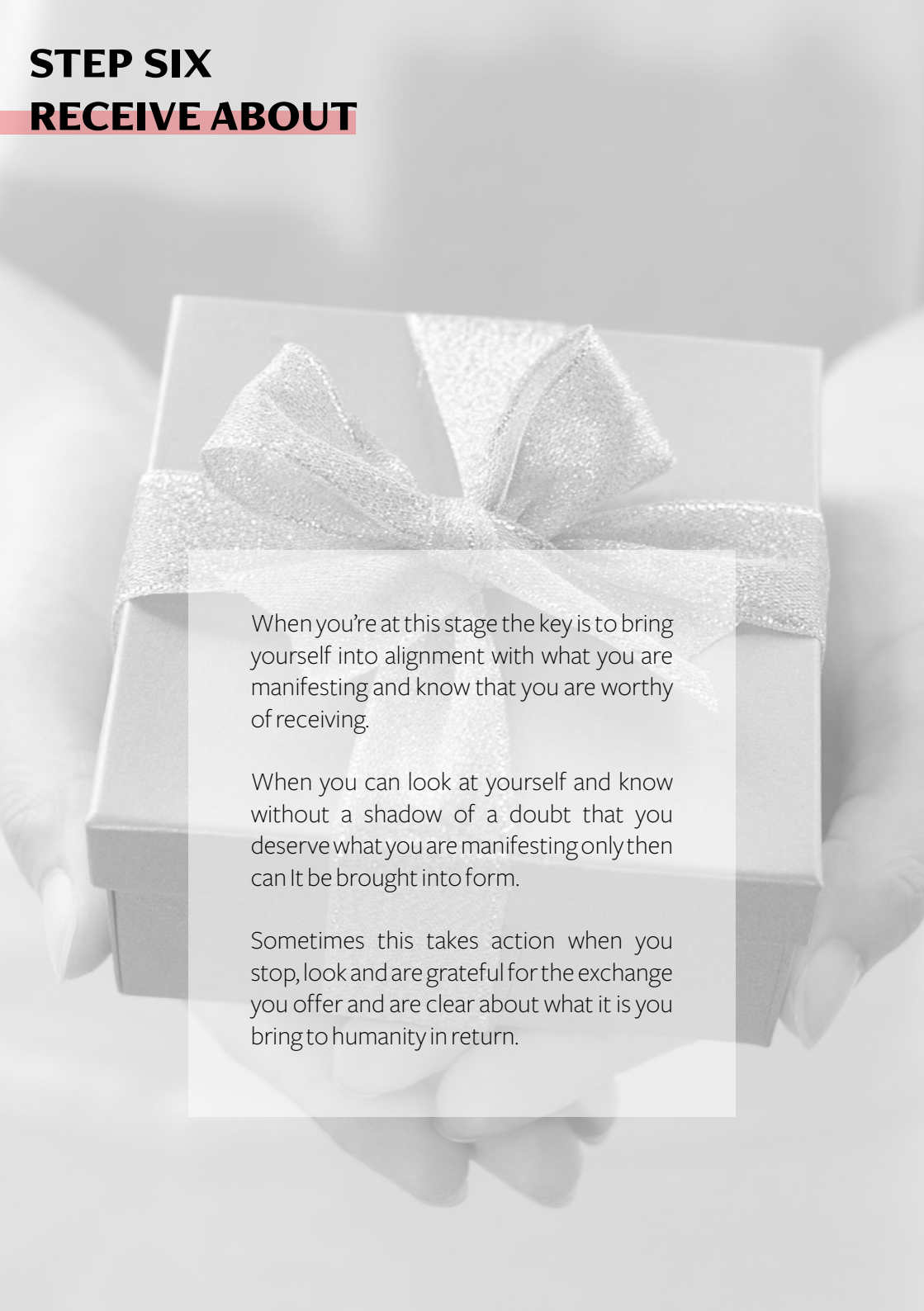
You take something in it's abstract form and begin to give it substance.

So you write about it, you make inquiries about it, research about it, learn about it and talk about it with others.

Every time you act in this way you bring yourself closer to manifesting it into your reality.

STEP SIX

RECEIVE ABOUT

A pair of hands with white manicured nails is holding a square gift box wrapped in light-colored paper. A wide, shimmering silver ribbon is tied around the box in a large bow. The background is a soft, out-of-focus light gray.

When you're at this stage the key is to bring yourself into alignment with what you are manifesting and know that you are worthy of receiving.

When you can look at yourself and know without a shadow of a doubt that you deserve what you are manifesting only then can it be brought into form.

Sometimes this takes action when you stop, look and are grateful for the exchange you offer and are clear about what it is you bring to humanity in return.

STEP SEVEN

THANK ABOUT

Finally as always gratitude is the key to everything.

When you are grateful for all that you have been given only then will you be given more.

When you realise that you already have what you are manifesting and whether this new form of manifestation comes about it or not that you already have everything you need...

Then you will manifest.



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