

1-0 Strive For Transparency Of Mind



S1: Hello and welcome to the very first module of the 365 Manifestation Power. Throughout the modules, you'll learn how to take charge of your life by unlocking the power to manifest your destiny as well as achieving your true purpose in life.

What Is Manifestation?

- "It refers to the process, an action or an event that clearly enables us to see or show us something abstract or conceptual".

365 MANIFESTATION Power

S2: What is manifestation?

“It refers to the process, an action or an event that clearly enables us to see or show us something abstract or conceptual”.

Basically it is indicating the movement of transformation of a mind concept into reality-based act. That is why we will stress upon the factual information and thoughts, supply some practical strategies to help you knowing about how to convert your ideas and daydreaming into a tangible product.

Manifest Your Destiny

- We have a voice that is constantly telling us to “Get up right now! Take charge of your life and manifest your destiny”

365 MANIFESTATION Phrases

S3: Everyone has an insight, a voice that comes from within, within ones soul. That is the voice, which is responsible to direct us throughout life and makes success and achievement of inner peace and happiness our destiny. That voice is constantly telling us “Get up right now! Take charge of your life and manifest your destiny”

Manifest Your Destiny

- ▶ It involves transforming yourself and taking charge of your life. If you were interested in staying constant then life would take hold of you.

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S4: It involves transforming yourself and taking charge of your life. If you were interested in staying constant then life would take hold of you. Then you might never experience the true potential of yourself, life is not only about the style of living, sleeping, eating, working and travelling but to explore, experiment, observe, thoughtful processes and taking risks towards change.

How To Change?

- ▶ What you need to do is to take actionable steps for yourself.
- ▶ It is mandatory to push yourself out of the traditional zone, family values, controlling powers of other human beings and meet the real you! This will transform your life.

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S5: Change leads to improvement. So an important question is how to improve? How to change?

For that purpose, what you need to do is to take actionable steps for yourself. It is mandatory to push yourself out of the traditional zone, family values, controlling powers of other human beings and meet the real you! This will transform your life.

How To Change?

- ▶ Think less, speak less, and observe more, both with eyes open and closed.
- ▶ It takes faith and action, one belief that you will succeed and one action that connects you with progress, with this combination you prepared for change.

365 MANIFESTATION *Fluent*

S6: Think less, speak less, and observe more, both with eyes open and closed. It takes faith and action, one belief that you will succeed and one action that connects you with progress, with this combination you prepared for change. It is only you who can let the change to take place. Do not ignore the power of change. This power takes you towards the opportunity of personal growth.

Be Consistent And Never Give Up

- ▶ The key to unlock your true spirits and road to find the peak of manifestation is “Be Consistent and never give up” because doubtlessly, being stagnant in life is being dead.
- ▶ Embrace change by participating as well as contributing little meaningful gestures each and every day for 365 days.

365 MANIFESTATION *Fluent*

S7: The key to unlock your true spirits and road to find the peak of manifestation is “Be Consistent and never give up” because doubtlessly, being stagnant in life is being dead. Embrace change by participating as well as contributing little meaningful gestures each and every day for 365 days.

Overcoming Self-Doubt

- ▶ Whenever we traverse on a new journey, whether it's a new job, a new relationship or trying out things we never did before, there will be self-doubt and the fear of failure.
- ▶ You worry of the unpredictable consequences you might face at the end of the journey.

365 MANIFESTATION *Fluent*

S8: Change is no doubt uncomfortable and sometimes it can get daunting. This is absolutely normal whenever we traverse on a new journey, whether it's a

new job, a new relationship or trying out things we never did before, there will be self-doubt and the fear of failure.

That's completely normal and fine. Do not worry as those are just merely thoughts where you worry of the unpredictable consequences you might face at the end of the journey.

Overcoming Self-Doubt

- ▶ In order to combat all your self-doubts and the fear of failure, you need to strive for the transparency of mind.
- ▶ You can only achieve this by combating negativity.

365 MANIFESTATION *Fluent*

S9: In order to combat all your self-doubts and the fear of failure, you need to strive for the transparency of mind. You can only achieve this by combating negativity.

Clear Your Mind From Negativity

- ▶ Clear your mind from negative thoughts.
- ▶ Negative thoughts are the ones discouraging you from initiating a transformation process in achieving your goals in life.

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S10: Clear your mind from negative thoughts. Negative thoughts are the ones discouraging you from initiating a transformation process in achieving your goals in life.

There are a number of ways to control negative thought processes and replace it with healthy and positive visualization process to foresee a better destiny.

Clear Your Mind From Negativity

- ▶ Effective steps to combat negativity:
 1. Meditation
 2. Finding clarity
 3. Overcoming the shadows of delay

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S11: Here are some effective steps to regularly adopt as the part of your daily routine to clear your mind from negativity:

1. Meditation
2. Finding clarity
3. Overcoming the shadows of delay

1. Practice Meditation

- ▶ Practice meditation daily for at least 20 minutes, 1-2 times a day.
- ▶ When you practice any form of meditation, it clears the negative thought processes that is highly likely to materialize.

365 MANIFESTATION *Flourish*

S12: The first step in combating negativity is to practice meditation.

Practice meditation daily for at least 20 minutes, 1-2 times a day. When you practice any form of meditation, it clears the negative thought processes that is highly likely to materialize.

Meditation has been proven to be effective in controlling your negative thoughts or even eliminating them completely by countless research evidences.

1. Practice Meditation

- ▶ Your brain strongly holds and believes what you pay attention to.
- ▶ You are free to choose what you pay attention to.
- ▶ You are responsible for focusing on the things you want to focus on.

365 MANIFESTATION *Fluent*

S13: Your brain strongly holds and believes what you pay attention to. You are free to choose what you pay attention to. You are responsible for focusing on the things you want to focus on.

This is what we call the power of mind. You are the controller of your mind and thoughts.

2. Finding Clarity

- ▶ Finding clarity is about having a clear understanding of what you want to achieve time to time and what is your plan on how to move forward, as well as taking necessary steps when needed.

365 MANIFESTATION *Fluent*

S14: The second step to combat negativity is to find clarity.

Finding clarity is about having a clear understanding of what you want to achieve time to time and what is your plan on how to move forward, as well as taking necessary steps when needed.

Having a clear idea and positive outlook on what to expect from the future, an upcoming day, a task, is what you need to focus on. Only then you can achieve what you want.

2. Finding Clarity

► Execute the “SMART” steps.

Short

Measurable

Achievable

Realistic

Time based

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S15: To achieve what you want, try and execute the “SMART goals” steps.

SMART goals are an authentic approach that appears to be more realistic and achievable when it comes to preparing goals for your life whether short or long term. Prepare goals daily and review on daily basis, make note that they must be:

Short

Measurable

Achievable

Realistic

Time based

3. Overcome The Shadows Of Delay

- ▶ Procrastination is the opposite of motivation.
- ▶ Motivation has barriers including confusion, unrealistic goals, loss of the sense of reward, poor strategy to do routine practice as well as irrational thoughts.

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S16: The next step is to overcome the shadows of delay.

Procrastination is the opposite of motivation. Motivation has barriers including confusion, unrealistic goals, loss of the sense of reward, poor strategy to do routine practice as well as irrational thoughts. It is common when options and possible solutions about a problem are not potentially explored.

3. Overcome The Shadows Of Delay

- ▶ In order to overcome the shadows of delay, you need to keep the urgency and your desire in achieving your goals.
- ▶ Ensure you are deeply interested and connected in what you venture into.
- ▶ This helps you to set your mind to focus. Focus with a clear, concise plan of action.

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S17: In order to overcome the shadows of delay, you need to keep the urgency

and your desire in achieving your goals. Ensure you are deeply interested and connected in what you venture into. This helps you to set your mind to focus. Focus with a clear, concise plan of action.

What You Focus On Expands

- ▶ You are in control of your mind and thoughts where your thoughts are changeable as they are in our control.

365 MANIFESTATION Plans

S18: Your mind strongly holds and believes what you pay attention to. You are free to choose what you pay attention to. You are responsible for focusing on the things you want to focus on. This is what we call power of mind. You are in control of your mind and thoughts where your thoughts are changeable as they are in our control.