

# 5 Steps to Building your Brand with the Law of Manifestation



Lavette Minn

## The Law of Manifestation

The law of manifestation is a universal spiritual law like the law of attraction. The first step in manifesting what you want is to choose exactly what it is that you want to manifest. The key to manifesting something quickly is to choose something that you believe you can manifest quickly. When choosing a thing to manifest, you must ask yourself 4 questions;

1. Do I really want this with all my heart?
2. How will I benefit from manifesting this thing into my life?
3. When I think about manifesting this thing into my life, does it feel right?
4. How will this thing be good for me and for others?

Whatever it is that we want to manifest, it must always be for a greater good. It must also be a significant step on the route toward a greater manifestation goal. For example, if our main overall goal is to become a millionaire with a net worth of \$3M because this will allow us to positively impact the amount of people we intend to help, every day we should focus on manifesting micro goals that will get us closer to the overall goal of acquiring a \$3M net worth. For instance, focus on receiving clarity and manifesting the specific blueprint that leads you to accumulating the \$3M. The intention should be to manifest daily goals that lead to the main overall goal.

## BREAK THE BLOCKS

Unfortunately, there will almost always be something standing in the way to success, but this shouldn't discourage or deter you. Instead, this is just part of the whole manifestation process. Now there are three common blocks that we should all keep an eye out for;

1. **Check your emotions.** If you are emotionally in a bad place, you would need to first get yourself into the right mindset before you can successfully manifest anything. We can't focus on any sort of negativity and expect to attract good things into our lives, so it's important that we check our emotional state and then take some time out to practice self-care. Meditation and any sort of stress relief techniques is a good place to start.
2. **Make sure no one is holding you back.** If there are people around you that criticize you, complain about everything, or if they don't believe in you, then having these people around will keep you from doing your best and manifesting the very thing you are working on. Try your best to limit your daily interactions with these people so that you can break through this block.
3. **Impatience.** Sometimes we just need to be patient and know that everything we want will happen, but it will only happen at the right time for the right reason. Therefore, it is so very important, as mentioned earlier, that we make sure the things we want to manifest are for a higher good and serve a higher purpose outside of ourselves.

## VISUALIZATION

Visualize what you want to manifest. On your current manifestation quest, start by going somewhere that's quiet and private and spend just a minute on visualizing the thing that you want by pouring all your energy and concentration into seeing it with your mind's eye. Let all the good feelings about the object or the outcome well up inside of you. The visualization process works best by doing a multi-sensory visualization check; meaning if you can see it, if you can hear it, if you can smell it, touch it, and taste it; then the outcome you're looking to create will manifest quicker. Make it as real as possible as if it's already yours. Jeff Bezos, the founder of Amazon, lies in bed for 2 hours after waking up visualizing and manifesting his goals. This is a man that has a net worth of over \$100 billion dollars, so this tells us that the visualization process is a very vital part in the steps in manifesting. The more we give thought and vision to a thing, the more and the greater the pathway for that thing to manifest grows and expands.

## TAKE ACTION!

Take action to manifest what you want. Your intentions are what will determine your success along with the action that you take. Whatever the thing is that you want to manifest, it has action steps attached to it. Your task is to identify the basic actions that's needed and start moving in that direction so that you can create the energy and the force that will pull you forward into manifestation. Some of the basic action steps that you can take, no matter what the goal is, is by writing down what you want and some of the answers to the specific questions you ask. What this does is it gives the universe an extra nudge needed to fuel your manifestation. Also, never doubt the process. It's either you believe that it would manifest, or you don't believe. Any negative feelings such as anxiety, worrying, anger and doubt can hinder your results. This goes back to checking your emotions and shifting your mindset toward the belief that the thing you want will manifest while exuding positivity that it will occur and come to fruition.

## GRATITUDE

Recognize, appreciate, and express gratitude. Once your goal is achieved, immediately appreciate it and express gratitude at its highest peak. Expressing gratitude impresses the universe just like when our children express gratitude to us for the things that we do for them; it makes us want to do more when they show that they appreciate the things that we do for them. This is true with the universe. When we express gratitude at its highest peak, this is a vibration that is sent out into the universe which in turn we receive more things to be grateful and appreciative of. When I say at its highest peak, I mean that all five senses should be triggered in the midst of us expressing our gratitude and giving thanks for our goal manifesting. Therefore, the step of writing down the goal is important because it allows us to go back into our journal, read what we have written down so that we can recognize that it has actually shown up in manifested form in the time frame we have expected. Because of this, we must give thanks from the core of our being. The universe is always working in our favor, but it is our job to communicate exactly what it is we want by what we think, what we say, what we visualize, and what we feel.

SHARE YOUR RESULTS!

JOIN OUR VIP GROUP, 60 SECOND ENTREPRENEUR™, ON FACEBOOK BY CLICKING [HERE](#) and share your results with us. We look forward to celebrating with you!

