



# **Manifestation Wizardry**

**The Real Magic of Success & Abundance**

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The Real Magic of Success & Abundance

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# Chapter 1: Real Life Magic.

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For anyone who is *not* familiar with the wildly popular film and book titled *The Secret* by Rhonda Byrne, it's based on the idea that ancient wisdom is passed down through the ages in our DNA; that we have the power within us to create ultimate joy, health and wealth if we so choose.

But this is not a new idea. Thought leaders and scientists from around the world have been telling us centuries that everything we have ever wanted is there for us; we have only to engage the power of natural laws. And this is the real life magic within each of us. It requires only imagination and using the power of your thoughts – something we already have in abundance.

But first, we must know and understand how to live; how to use our thoughts to successfully draw what we desire most.

The life journey you're on is as fluid as thought itself, constantly changing from moment to moment. The only way to create a new future – a future of your choosing - is to transcend your current thought patterns and your old world views and replace them with new ones. (You may like to check out this explainer video [here](#))

Understanding how the universe works is the first step to moving your life to that of being a creator of your own destiny where success can be anything you can envision.

## The Law Of Attraction

### So what is the Law of Attraction?

The Law of Attraction states that you attract *to you* and are attracted *to* what you *think* about, but too often, thoughts are negatively influenced by past experiences and learned behaviors.

For example, if you were bitten by a dog as a child, you might be afraid of dogs, although not all dogs are going to bite you. You just think they are, so you show fear in the face of all dogs and this becomes your reality. Your fear and past experience keeps you believing that dogs will bite you.

Another example, and one which many people can relate to, is the lack of, or need for money. If you grew up in a home where your father had to work three jobs to feed the family and pay the bills, all you know is lack and you will have developed a lack mentality.

If you then go to college trying to better your lot in life and are stuck with student loans, go to work and get an hourly wage, never seem to have enough to buy anything but what's necessary, and have no savings, you believe that this is the way life is; you believe that you will never have enough even though you want more money. You haven't learned how to get it. Working more is not always the answer.

The Law of Attraction states that what you think about, you attract. What you think about, persists. So your deep rooted belief in working harder to make more money and still never having enough is your reality. Unless and until you change that, you will never have enough. But how do you change it?

## Thoughts Manifest Your Reality

The whole idea that 'thoughts become things' is the cornerstone of every Natural Law. Thoughts have energy and therefore power and this is the key to unlocking the magic behind desired manifestation. Thoughts are the precursors to words and when added with those words, their power is multiplied or reinforced. Once you learn to recognize intuitively those moments, those thoughts, that can change your life, you'll be able to use them to your advantage.

Here's an example as told through a Native American story. It illustrates simply and perfectly how what you think about most becomes your reality.



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A young boy sat listening to a story being told by his grandfather about two wolves inside each of us who are constantly fighting for domination.

“They will tear at each other until the one is defeated and the other prevails.”

“But how will I know which one will prevail?” the boy asked.

The old man replied, “It will be the one that you feed.”

So you can choose to do nothing and let the chips fall where they may, letting the wolves decide the direction of your life; or you can feed the wolf of your choice and decide to make decisions that move you in the direction that will lead you to the abundance you want. And it all begins with how you think – about your world and about yourself.

When you embrace the idea that each of us is in control of his own destiny, the possibilities for you will be endless. You can strip away preconceived ideas and conditioned thinking and allow yourself access to your own power to create a life with purpose, no matter where you are right now; no matter at what point you see yourself.

Your own thoughts are almost always your obstacle, which means the obstacle is you. Despite high motivations, most people still find themselves struggling to succeed, to reach a new plateau or even to maintain their drive. So why is it that some reach their goals easily and others fail?

## Successful People Apply Intention To Their Resolution

The reason you struggle to carry efforts or ideas to completion is because you’re trying to live out a resolution using the tools previously acquired by and stored within - imprinted on - your brain. This is the reason you struggle, but it will eventually be the reason you succeed.

What does that mean? Aren’t they the same thing? You’ve resolved to do something so you must intend to do it, right?

Much of what we see is simply the product of someone’s imagination, of how some individuals viewed the world and of what they thought the world needed. They were powerful, persuasive and capable of making the civilized world “happen”, working it to their benefit or in the case of an altruistic endeavor, to the benefit of the community at large. They envisioned a world or some part of it the way they wanted it to be. They saw it, they felt it, they lived and breathed it in their minds and they made it happen.



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So how you view the world, this world, your world, depends a great deal on your subjective mind and your experiential soul. Put another way, what you 'see' is almost always what you get.

***"In concentrating on your objective, the secret is to bring it here. You must make 'elsewhere' here, and then imagine that your objective is so close that you can feel it."***

**- Neville Goddard**

Chances are you've already tried to reach your goal, maybe more than once, and you didn't see results. Perhaps you did see some results only to have them fall away as quickly as they appeared. If what you want for yourself is vastly different than what you're getting, it's because your resolutions, the way you live your life, what you expect, and what you receive, are all based on what you know - what the existing imprints on your brain are telling you.

Look back on your life and understand that everyone was doing the best they knew how. Maybe what you saw as a personal insult or injury back then was really just a hurting person taking something out on you. But you took it to heart and allowed it to make you feel small for the rest of your life.

Change what you know and what you believe and the Universe will fall into step with you.



# Chapter 2: The Law Of Abundance.

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The Law of Abundance states that there is an unlimited amount of everything for everyone in the Universe. There is no lack. It will never run out. When you align yourself with this principle, your belief that there just isn't enough to go around will fade.

These things are trying to reach you, but because of your limited world view, you are not allowing yourself to receive. You may be telling yourself that you really want something, but your subconscious is remembering all the times you didn't get it, whatever *it* is. It replays those same thoughts and experiences over and over.

The magic is, you can substitute new thoughts and experiences that will work in the same way; thoughts of success and experiences that the mind thinks are real even though they haven't actually happened yet.

Remember, where you focus your attention is what you will attract, but if you've left the wall of the past in place, what you attract won't be able to get through. You must believe you deserve it.

## Scarcity Mindset

You want some of what the 'lucky few' are privileged to have and the laws of the system will work for you the same way they work for the 'lucky few'.

In fact, they're already working in your life, but you don't believe there's enough to go around. This is referred to as the scarcity mindset. You haven't yet recognized that by *not* focusing your energy and consciousness on what you *want* to become, you became the random manifestation of all the energy that you've experienced, which has developed into your current perspective. You have subconsciously put out to the Universe everything you believe about the way things are, that there is lack, not enough to go around, and this is what you've received. Change what you put out and you will change what you get back.

Take a look at the concept of relativity. This is the context in which you view and experience everything.



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You have \$100 in your checking account and you feel as though you're broke because you're accustomed to having more. Your neighbor has \$100 in his checking account and is joyful because it's more than he's ever had. It's still \$100 but its value is viewed differently because of its relation to what is usually known or present.

You can think of it another way. \$100 won't go very far when buying a new car but it will be more than enough to buy yourself a movie ticket. The amount is irrelevant. How you view the amount is what's important.

The events of these two people, each with \$100, could have another scenario. You're used to having much more but you're grateful that you still have \$100 left in your checking account. Your neighbor, who now has more than he's ever had, might feel as though it's just a fluke and he'll never see that much money again. He's now depressed and angry because he's had a taste of 'the good life' and fears it will soon be taken away from him.

You can now begin to see how perspective is everything.

The bottom line is this: the condition your life is in *now* is the result of your lack of intention to make it something else. That doesn't make you a bad person, just misguided. You're still living like the helpless child who was told what to do and how to behave, too small and powerless for your imagination to be heard.

So how do you change your perspective when everything that has happened, all of your experiences, are part of you and always will be?

You begin by changing your view of your past and giving new meaning to your experiences. Strip away all past preconceived ideas and conditioned thinking.

The only meaning anything really has is the meaning you give it and this is where the magic begins. You will now begin to prime your mind to expect whatever it is you want. You will shift each minute, hour and day to conform to your mindset – your intention. And each step will naturally take you to the place where the following step can occur. The once obscure and cryptic "secret" will be made clear and it will be at these points of clarity that you'll gain insight, inspiration, and reward.

The shifting states of consciousness that once governed you will now be shifted by you as you consciously take on the characteristics of your awareness. By your own observations and development of thought, your world will become observer created.

The opportunities for creation are endless and available to us when we stop living from the context of our upbringing, our parents' views, our ancestors, and our social groups.



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You may want to keep some of the “good memories” knowing they have become wisdom and are used as tools to further your empowerment.

Remember, everything you think and do has only the meaning you ascribe to it, so anything that has held you back - old thoughts, relationships, negativity - will fall by the wayside, lifeless without the energy you’ve been giving it.

The Laws which govern consciousness do not waver, but understanding the techniques you can use and stick with will make the difference. The Laws are working whether you’re aware of them or not. As an example, when Bill Gates gives away money, he’s going to give it away whether you’re aware of it or not, but it would certainly be better for you if you knew when, where, and how to be a part of that gifting.

The nature of the next evolution of our culture is within our direct control. Rather than allowing yourself to be ‘created’, being merely a byproduct of following the status quo or fighting against the mechanisms of society and your own wrongly-conditioned thinking, your reality will now become created *by* you.

# Chapter 3: The Priming Effect.

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*“There will arise a new science, followed by a new mode of reasoning, which will teach man that to be wise is to unlearn his errors.”*

*- Phineas Parkhurst Quimby*

The human brain has often been compared to a computer, but it is far more complex and capable of acting on its own in many ways that even the most advanced technology cannot.

It processes information on several levels at the same time and does not need to hear or see a complete picture, whether verbal or visual, to assess it. You don't need to consciously perceive something; your subconscious will do the rest of the work. As you go through your day, you may read, hear or see something and think nothing of it at that moment. But later in the day, what you read, heard or saw might influence your current situation.

For example, you saw something in the news about sinkholes happening in Florida and Tennessee. Now you're preparing to buy a new home and you're having nightmares about living in your new home and it falling into a sinkhole while you're asleep in your bed. The TV show primed you or pre-loaded information that created certain feelings or responses – in this case *fear, disaster, and danger*.

But it could be something as simple as eating off paper plates. They're cheap and disposable and often don't support the food you put on them. In this case, the priming effect is *cheap, ineffective, unimpressive, lack, and need*.

Maybe you fell into the habit of wearing sweats all day because they're comfortable. Now you go out to dinner in them, shop in them, and sleep in them. The priming effect is *lazy, poor personal image, fade into the background, or no competition to anyone*.

The point is that every subtle influence you create in your subconscious mind affects the whole of your life. You want to improve your life and you've got to start priming your brain for success in the same way you primed it for lack.



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Start doing little things for yourself that plant seeds of success. Use your best china, buy gourmet meats, repair or replace old clothing. Something that works particularly well is getting rid of things you don't use but have been holding onto 'just in case'. Holding onto these things primes your subconscious to believe that there will always be lack so you need to keep this stuff. Getting rid of it says 'I deserve new and better stuff', 'I can afford new things', and 'I will always have more than I need'.

The object of improvement priming is to make things better, not to make them perfect. Most of the successful people in the world are no smarter than you are. Their intelligence and common sense may not be keener nor is their knowledge obtained from books and education greater.

What they do possess is the right kind of experiences and a knowledge of how the Universe works. They are able to achieve a higher vibrational state or frequency. That's why, to the uninitiated, it seems as though there are the lucky few who achieve success time and time again. What they've learned, based on their prior experiences, is that the methods they've employed have yielded results.

It might have been a reaction to a relationship outcome or a social endeavor, or simply a plan or strategy and their ability to function well under duress and challenges. The way they internalized their experiences and the emotion or importance they attached to them made the difference between personal success and personal disappointment. They'd be foolish to stray from a system that works so they repeat it for more successes.

More specifically, what stands between you and your future successes is what you believe to be true about yourself and the world in which you live. We all "become" the laws and notions we believe. We become victims of our own internal dialog and the choices we make determine what we sow as much as what we reap.

Once you have recognized that you have the capacity to attach importance to any experience or detach from it, you'll see positive and negative energy everywhere and each individual experience can be both, depending on your view. You'll know how to use your objectivity to protect yourself against negative energy and you'll know how to draw beneficial energy to you. What's even more astounding, you'll actually be able to create positive energy in the same way you can create negative energy or emotion, and you'll be able to turn seemingly negative events into positive imprints on your brain. **It's in these moments that you will shape your destiny.**

You were not born to mistrust and hate others or devalue yourself. Up to now, the only context you know is the one you've experienced and it's holding you back from the abundance you desire and deserve.



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Think of it this way: At one time the world was flat. Or at least that was the prevailing belief. The context from which everyone lived was that if they went to the edge of the world, they would fall off into an abyss. We now know that Earth is not flat. In fact, quantum theory tells us that there are many ways to look at the physical universe.

Once you understand how assumption and perspective can change thinking, you'll begin to see that what you think – the thoughts you have – are all created by you, not the outside world.

Start becoming familiar with the concepts of awareness, listening to your inner voice, intuition, focus, receptivity, and pursuit as they relate to your everyday life. Decide how you want your day to go. Do you want to be happy? Tell yourself this as you look in the morning mirror. Prime your mind to be happy regardless of what the day brings. Use your imagination and direct your awareness so the thoughts you have are bent to your will, not necessarily influenced by what you see and hear. You can assign any meaning to your thoughts and in this way your world becomes a conscious manifestation of your own making rather than a world created by a lack of input on your part.

The subconscious mind does not know the difference between what's real and what's virtual. It doesn't know whether you have actually experienced something or whether you just thought about it vividly and in detail. So every time you replay an event in your mind, it's reinforced as a deeper reality.

The Law of Substitution states that if you believe something strongly enough (attach passion or emotion to it) and replay it in your mind as a recurring thought, your subconscious will believe it actually happened. The subconscious can replace any imprint that is becoming weaker because of lack of attention with another imprint that is receiving all the energy.

In a ground-breaking study, researchers at the International Space Station (NASA) used computerized virtual reality scenarios designed to gather information about how perception affects us.

“Using advanced virtual reality devices, subjects were “transformed” into an animation of Sigmund Freud’s body and were asked to give themselves psychological advice.

“When they listened to Freud’s recorded response—which, of course, was their own response with a slightly modified voice, they had a more positive response to their own advice than when they were “themselves”.



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“The study<sup>1</sup>, published in Nature Scientific Reports, found that the feeling of embodying someone we see as authoritative affects the way we feel and think about ourselves.”

Researchers specifically chose Freud for their study because of his fame and image recognition.

“Freud was not only found to be very authoritative and well-known, but his image proved also to be highly recognizable and prototypical. The idea that simply “feeling like Freud” can affect our self-perception is powerful.”

The study demonstrates that the vibrational energy we need to retrain our subconscious mind must be based in belief. The subjects “believed” Freud would have the answers they needed because he was an authority. What you believe becomes your reality because you make that belief real in your mind.

(You may like to check out [this tool](#) to erase scarcity & limiting beliefs, and automatically prime your subconscious mind for abundance and success)

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<sup>1</sup> <http://www.nature.com/articles/srep13899>

# Chapter 4: You're Not Stuck With The Brain You Were Born With.

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Your thoughts are powerful. Learning to create new thoughts that will move you in the right direction begins with the belief that this is possible and grows from there. But the 'virtual reality' in your subconscious is more than a computer image. It's real energy that can be trained to vibrate at a higher frequency.

Unfortunately, many people are locked into destructive thinking patterns that are ruining their lives and holding them back from reaching their potential. They believe that life is the pits and good things can never happen to them, only to others. They begin every day the same and continue negatively thinking throughout their week, year after year.

Another common 'mistake' in thinking is accepting the status quo or 'facts' without substantiating them. It's important to look for evidence to back up your thinking.

For example, if you feel self-conscious about wearing red because you feel as though you will stand out in the crowd, look for the reason behind why you feel this way. Is it because you don't want attention? Has unwanted attention hurt you in some way in the past?

This type of thinking works in the reverse as well. Judgements about others or about situations are often not based on fact. "She's blonde so she must be dumb" or "he's fat so he must not care about his appearance".

Don't presume to know what others are thinking about you or about anything. Negative thoughts like "I don't think I'll get that job because he's not really looking at me" or "I'm not going to ask her to dance because she probably will say no anyway" are part of counter-productive thinking patterns.

If you catch yourself in these negative thinking patterns, you should know that your awareness of the fact is a step in the right direction. Every time you catch yourself, simply stop and change that thought to a positive one. You may find that you only think negatively in certain situations, but recognizing the problem is half the battle. Replacing the negative with something positive is



the other half. It might not happen overnight, but if you start using the 17 Seconds to Neural Plasticity outlined below, it will happen sooner than later.

## 17 Seconds To Neural Plasticity

*“The logic of the emotional mind is associative; it takes elements that symbolize a reality or trigger a memory of it, to be the same as that reality. If the emotional mind follows this logic, things need not necessarily be defined by their objective identity; what matters is how they are perceived.”*

*- Daniel Goleman, Emotional Intelligence*

The human brain has the remarkable ability to reorganize itself by growing new nerve cell connections in response to any number of situations. Functional changes occur constantly as long as we're learning new things. This is referred to as neuroplasticity. In much the same way, your thoughts, when directed on a certain path, are 'teaching' your brain to think differently and can therefore change your view and your outcome.

It's believed that it takes only 17 seconds to begin the process of manifestation and 68 seconds to complete it. But you will need to practice or put in the time so that your brain begins to understand that this is your new reality.

This is similar to meditation, but instead of clearing your mind of all thoughts, you will speak about what you intend as though it already happened. For 17 seconds your thoughts must remain purely on talking to the universe and being thankful for receiving what you intended. Remember, the mind accepts what it experiences as fact and it doesn't know the difference between actual reality and virtual reality.



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Here's an example of how a 17-68 second pure thought brain re-entrainment session might go:

- My experience today **was** the happiest ever.
- I'm so happy **to have received** the extra money to buy that gift to myself. I'm grateful those shoes were still available in my size and I'll wear them with pride.
- **I am** most grateful for my family's support.
- **Everything worked** for my good today!
- **Everything worked** so smoothly and swiftly!

Go on to describe your perfect day in detail. Tell the story of how everything fell into place perfectly. See it in your mind. Make it a moving picture with sound. Think as though you're watching a movie, complete with action, music, settings, and so on.

Don't use words or phrases like:

- I'm so excited, **I can hardly wait** for this or that to happen
- **I can hardly believe** this is happening for me
- This is **going to be** so great

These phrases imply that 'it' did not happen yet. The idea is to speak as though everything already happened exactly the way you wanted it to happen.

While it's important to believe that anything you want can happen for you, it doesn't matter whether something is true or not. If you repeat positive outcomes over and over again, your mind will begin to make them your prevailing beliefs. And one of the best things about this is there is absolutely no risk involved. There's no fear of failure or being laughed at, no money to spend to find out what will happen and no repercussions regarding how you make your 'movie'. It's all you. Your brain will not resist nor will it try to negotiate.

17 seconds of pure thought focused on your positive intended outcome is estimated to be the equivalent of about 2,000 hours of practice, so this simple act done every day, several times a day will quickly have your brain retrained to focus on manifesting real life outcomes.

## 21 Days To New Habits

How long exactly will it take? Most habits are strongly formed within a 21 day time period depending on your willingness to take on and dedicate yourself to the challenge. Some say habits take as long as 66 days to take hold, but 17-68 seconds of pure thought will help you develop the habit of positive thinking in less than 1/3 of that time. This process is an important part of making the natural laws work and has been proven by scientific studies.

While you're involved in your 17 second brain entrainment, remember to stay in that moment. Don't let your mind wander. Give priority to the things you want and stay focused.

You can create a sacred space in your home to practice your 17 seconds to habit building or you can do it while you're out walking. Don't attempt this while driving. There are just too many distractions and it won't work. You don't want to be multitasking. You should be alone, without family or work distractions.

# Chapter 5: The Law Of Attention.

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It's estimated that for most people, 75% of thoughts are negative. Cognitive enhancement through positive brain reinforcement offers endless opportunities for you to control and correctly direct your thought processes.

The Law of Attention states that what you pay attention to expands. As humans, most of us always want to go back to what's familiar, but staying steeped in thought processes that don't work to advance your dreams is pointless.

Shift your focus to what you want and use the 17 second manifestation technique to empower those thoughts. Place ever-increasing amounts of energy on what you want. In other words, pay attention to *that*.

## What You Focus On Expands

The universal cures of the dreamless population are indifference and complacency. You've already understand how your past plays a role in your future and how to change your perspective. It's no longer man against the wild or even man against man. Now it's you versus what you know. Your ability to control and use what you know to bring in more awareness is directly proportionate to your willingness to let go of being dominated by someone else's energy, your past experiences or your own complacency.

Developing the consciousness - the conscious effort or intention - to align yourself with what you want requires you to take control of your habits and your life so you can manifest your desires. The more these practices become habit - imprint themselves in your brain - the better you'll get at manifesting the right path for you - anything and everything you want that's right for you to have. We can all have money, love, the perfect career, good health, and happiness.

You've laid the groundwork by changing imprints and ridding yourself of the past. You should now be noticing a transformation of your own energy and the energy around you, and an awareness of everything that might affect your life. You'll experience a higher sense of intuition. You'll be vibrating on a higher plane than you once were.



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Consider your focused meditation as a kind of director. It focuses all your attention on what you want. Once you understand why you think the way you do, you become empowered to change whatever you want to change and to use your knowledge to grow along your path.

It's important at this stage to recognize your connection with every living person and thing on the planet, in fact, in the entire Universe. It's all connected and part of a complete consciousness. So by extension, when you are kind to others, you're being kind to yourself. When you give to others, you're giving to yourself. Whatever you're feeling – gratefulness, thankfulness, kindness, generosity – is brought into harmony with all the energy that vibrates on all the levels within the quantum field.

You can think of this like concentric circles on a lake. When you throw a stone into a lake, the circles that emanate from it grow increasingly larger toward the outside until they eventually fade and disappear. This is how your energy resonates with the cosmos. And the greater and louder it is (the more you focus your intention and act toward your goals), the bigger the circles become and the more people get 'connected' to that positive (or negative) energy.

In this way, you're essentially developing a 'network' of energy around you, all directed at manifesting what you intend.

# Chapter 6: Moving Forward.

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The journey you're on is as fluid as thought itself, constantly changing from moment to moment. The only way to create your future is by transcending your thoughts and your old world views.

## Manifestation Is A Continuous Journey

You are constantly evolving, sending out thoughts and attracting the thoughts of others. What you've become is the result of all the thoughts you've been creating since birth, many of which were simply 'handed down' to you by your parents, teachers and others.

But you can change your world through the same system of patterns you've been subconsciously subjected to all your life. You'll see the world with new eyes and consciously act out your vision. You won't need to believe something you don't see or be asked to 'see' something in which you don't believe.

You'll move beyond your current world into a life filled with possibilities. You'll feel safe and you'll bring your new realities into everything you do, your work, your relationships and your life. You'll be able to distill the essence of everything you've ever lived into a new understanding of Creation, not as you've been taught in a religious sense, but as a literal manifestation of your own thoughts and intentions.

Your past and what you've learned and believed about it has, up to now, dictated any future you've lived and will continue until you learn the basic Laws of Nature. At that moment, when you shift your thinking, you'll begin to view everything you ever knew differently. You'll discover that there were many instances in which you didn't recognize the truth and other moments that were witnessed completely out of context. It will all change.

This is the point of power; the point at which your world view shifts. It will happen – evolve – continually and it's in these magic moments that you will shape your destiny.

## Method 1: Applying What You've Learnt

Luke Skywalker: *"I do not believe it."*

Yoda: *"That is why you will fail."*

There is power that goes beyond learning to control your will, your thoughts and your mind. There are miracles that can occur beyond our understanding of the Laws of Physics. In fact, when it comes to consciousness, there are no rules, at least as far as man can presently detect. If there were, we'd have limits to our imagination, something we currently view as limitless and without bounds.

Our cells contain measurable energy and our thoughts, which are a product of our brain, can become 'plugged in' to those cells by intentionally sending specific messages to them. We should expect a connection with bio-energetic results, just like an electrical current, because the mind acts as a frequency modulator in the same way that the light stored in DNA does. The information sent along the frequency holds the intention and literally manifests as shifts in electrical properties in the brain. This is how intentions bring about actual physiological changes, and in the same way, they will bring about psychological changes by way of your intention and focus at a higher frequency.

### What Is Internal Intent?

What if we, as individuals, could learn to copy the epigenetic processes of the animal kingdom and control our own cells? What if we could tell our cells how to behave by thinking in the correct way or speaking the right words? Science says it's possible.

No one fully understands the powerful potential of the human mind, but ages and generations of spiritual practitioners have devoted their lives to the practice of reaching higher consciousness by distilling wisdom and intuitive understanding passed down through their DNA to achieve a state of bliss, that place in the mind where all changes can be made. And it's through this practice that you will be able to make the leap from exploring your past and understanding why you think and behave the way you do, to actually changing the imprints on your subconscious.

Learning to achieve the right state of mind to successfully change our thought patterns requires commitment, patience and perseverance. The information we need is already deep within us, within our memory. Creating the proper setting is a critical component of any self-healing technique and, in order for it to work, our environment must be filled with love, positive energy, optimism and focused intention. This is where you will begin the entire mental process of achieving states of higher consciousness so you can change or attract what is intended for your path.

## Method 2: Learn More About This Breakthrough Discovery

But what if you find it difficult to free yourself from distractions? It's often difficult in a world filled with information and technology that bombards us constantly, taking our focus from whatever it is we're doing. This is the case for many people and the reason why they can't seem to move ahead.

Your brain is constantly on autopilot, absorbing information regardless of whether or not you're intentionally trying to learn. Getting the right information in is as important as keeping the wrong information out, but again, this is not always easy.

What if you can press a button and have your brain primed and retrained to achieve unlimited wealth, happiness, love, freedom, confidence, or anything else you want? Would you want to know where that button is?

Most people never directly access their subconscious, but this is the part of the brain where your imagination creates your reality. What goes in is what comes out. It's difficult to not think about the things you don't want or have, because your thoughts are constantly being directed by your subconscious to the things that are familiar to it.

In other words, the super-computer that is your brain, is operating on old software that's essentially plagued with viruses and spyware and this is what's limiting your belief that you can have it all. Your software needs to be cleaned and updated.

The negative story you're telling yourself, your beliefs about those stories and your judgements, fears and preconceived notions about their consequences are all a myth created in your subconscious mind.

So no matter what you learn, the subconscious acts like an old-school 'editor', telling you that this or that is unacceptable and directing you to the 'right' way, the old way, the way that actually isn't working for you but which is imprinted so strongly that you actually now believe it to be truth.

**Method 2** will show you how to reprogram the Editor in your subconscious, so you can easily and openly live in your natural state of limitless abundance.

Science has uncovered a way to 'talk' directly to that part of the brain and reprogram it. And you don't need to 'learn' how to do it. You don't need to learn how to manifest or unlearn all the negative messages that have accumulated over a lifetime.





## Manifestation Wizardry

The Real Magic of Success & Abundance

In just a few minutes a day (fifteen minutes to be exact), you can reorganize everything your subconscious is holding on to, by making new connections between brain cells. This process of creating new neural pathways is called neuroplasticity or brain plasticity.

It's just like rewriting over an old CD. Once an old limiting belief is overwritten, it's just gone. There's no hocus-pocus voodoo magic involved. It's pure science. This is the **Real Magic of Method 2**.

So what is it exactly?

This explainer video should explain it best:

[www.15minutemanifestation.com](http://www.15minutemanifestation.com)

Thank you for reading this book. I hope it has been useful for you, and here's wishing you all the best for your manifestation journey.

To abundant success and wealth!

*Eddie Sergey*