

# The 4-Step Guide to Manifesting Your Desires

When “Thinking  
Positively” Isn’t  
Working

# Step 1: Get Clarity on What You Want

Seems simple, right? You would be surprised on how hard this can be.

This is because you may have an idea of what it is that you want, but then limit yourself with the “how” by thinking that you should want to take an action you don’t want to do or by thinking that things can only come to you in a certain way.

You may want a husband, for instance, but feel that you’ll only be able to find your dream man at a bar or through a dating site. If you don’t want to do either of those, then you may believe that you’ll never find him. Or you may want to make a certain amount of income, but think that the money can only come to you through a job that you don’t want to take, so you believe that the cash will never come.

The most important thing to understand is this: clarity is a *feeling*. When you want a husband, you want the feeling of happiness that you’ve ascribed to being in a relationship. When you want more money, what you want is the feeling of security and the fun you believe that you get to have when you have a certain amount of cash. It all comes back down to emotions.

So when you focus on what you want, instead of focusing on what you think you need to do or have to get what you want, try to focus on what you actually want itself and let

go of how it will come to you. That doesn't mean that you don't get to have the husband or the money – it just means that you have to be in the mindset of *already* having what you want before it can manifest.

A question that can be helpful in letting go of the how is asking yourself: if a magical wizard came to you and you could have exactly what you wanted, what would it be? Sit with it for a minute and allow your intuition to bring you an answer.

## Step 2: Sit With Your Fears

Almost immediately when you start to focus on your desires, fear and resistance will come up. This will manifest as feelings of sadness and anger.

Ultimately, these emotions are expressions of your belief in your powerlessness because at the core of the feeling is the belief that “you will never get what you want because \_\_insert your reason here\_\_”.

Because the feeling of powerlessness feels painful, we tend to try to push those feelings away from us and distract ourselves. Ever feel unhappy and all of a sudden have the desire to check your phone? That's an example of trying not to feel your discomfort. We are also sometimes uncomfortable with these feelings because outbursts of sadness or anger can feel volatile and scary.

But the reason these feelings feel so volatile is, ironically, because we don't let ourselves fully feel them. Sadness and anger aren't bad – they are actually trying to help you. They are a part of your internal guidance system that enables you to know how aligned you are to manifesting your desires by how you feel about them, and they simply want to let you know that you have a limiting belief.

But when we don't let ourselves feel the sadness, feel the anger, then they boil inside us. They start to show up as depression or anger issues. We may have times where the pressure becomes too much, and it manifests in a long cry or rage-filled rant, which can make us temporarily feel better. However, we often tend to feel guilty about our outburst afterwards which causes us to take ourselves back down into our feelings of powerlessness. This is called the Cycle of Doom.

So to get out of this Cycle, the trick is to find a private spot and let yourself sit with your negative feelings for at least 2 minutes (though it may take longer if it is a belief that is really deep-seated). Give yourself permission to feel how it is that you really feel – let yourself be whiny, nasty, mean, or whatever negative attribute you would normally give such a feeling.

Keep in mind that to let yourself feel this anger and sadness by yourself does not mean that you would actually be unkind or hurt someone in real life. Nor does it mean that you will be manifesting a version of yourself that is always going to be sad and mean and angry if you allow yourself to fully feel your negative emotions. Because the truth is, if

you're feeling any of sort of powerlessness, those negative emotions are already within you. By giving them some attention, you are giving them a chance to be heard so you can look at them and then let go of them. You're un-gunking your brain.

So after letting yourself feel these fears, these limiting beliefs for a bit, you'll find that you feel some relief. You may feel a little raw or a little numb, but you'll feel better overall. You've let go of powerlessness and will then be able to shift towards the more positive feelings of hope and joy.

## Step 3: Find the Better Feeling Thought

In order to be able to choose better feeling thoughts, it helps to understand why we form negative beliefs in the first place.

The negative feelings and beliefs you have, in a way, are extensions of trying to control how something will come to you. You've decided (though likely unconsciously) that you can't have it because you believe that you know of every possible way for what you want will come to you, and since that won't work for you, you can't get what you want.

Kind of hubristic of us when we think about it that way, no? The Universe is capable of providing so many more avenues

of giving us what we want than what we can see from our limited perspective. As mentioned in Step 1, you have to let go of “how” it will come.

It can also take time for what you want to come to you. If you've been focusing on manifesting a husband, it would be quite a jump if you woke up the next day and there was a strange man lying next to you claiming you two have been married for five years! So it takes a little time to manifest what you want, because we view time linearly and it would be quite a jump to have an instant manifestation.

Because it's not just about having a husband – part of the enjoyment is the journey of finding each other and being together. Going on a first date, spending time with each other, being proposed to – it is all part of the representation of what a husband means, not just having a man with the title of “husband” himself.

And something else to keep in mind: we need a little bit of a buffer for things to come to us. Otherwise every time you thought of an elephant, for example, one would instantly appear, and you might find yourself being squashed!

So a large part of choosing a better feeling thought is deciding that you get to have what you want, no matter what, even if you don't know how to get it from your current perspective, and even if it takes some time. It's trusting that everything is lining up for you right now, and when it's perfect, it will come to you. You no longer have to feel sad or angry that you don't currently have what you want, because it's coming. You get to feel the joy of *knowing* it's on the way.

A small bit of warning: don't try to immediately jump into feeling joy if you still feel very sad or angry. If you still truly believe that you cannot have what you want, trying to feel joy won't work. Go back to step 2 and let yourself sit with those feelings for a little longer until you feel some more relief. You can also ease yourself into feelings of hope and joy by asking yourself, "wouldn't it be nice if \_\_\_\_\_ worked out my way" or "what if I do get to have what I want?". Remember, it's not *telling* yourself that you'll get what you want that gets you into alignment. It's *feeling* it.

## Step 4: Take Inspired Action

So after you get into the feeling of joy, and are excited and relaxed in knowing that what you want is coming, the next step is to take inspired action.

Note here that I said *inspired* action – not just action.

For years, us humans have had a strong belief that we have to work hard towards our goals in order to achieve them. And this is true, in a sense – it's pretty unlikely from our current perspective that things will come to us if we sit on the couch all day (though I suppose you could order anything you wanted from Amazon off your laptop...). And we also don't really *want* to sit on the couch all day and do nothing – humans like action. We get bored sitting around.

The problem lies in that we think we *must* take action – any action, no matter how painful or unpleasant – to get what we desire. So we toil away, not enjoying ourselves, hoping that we can gain one scrap of pleasure at the end of our sucky journey. You don't have to do this!

Instead, when you really line up with your desires, when you know that you're going to get what you want and that it is on its way, you'll find yourself being inspired to take certain actions. Taking action will feel good to you. You won't be fighting it every step of the way and instead will find yourself almost unable to not work on it. It will be fun!

So the last step of manifesting your desires is to follow that spark of inspiration. Let it nudge you, even if it doesn't make sense. Being inspired to take a different route home, for example, may then inspire you to stop at a coffee shop you did not know about until now and you just may walk in and meet that future husband! Trust your instinct.

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