

## *Lesson 9*

# **Manifesting Your Needs Through Intention and Gratitude**

Greetings Beloved Friends:

We in the Light want to thank each of you who read these lessons for your willingness to open your minds and hearts to this information from the Light. Additionally, we are grateful to those of you who have started to incorporate some of the exercises in your lives.

Speaking of gratitude, we shall begin our next lesson which deals in a large part with gratitude. We are speaking here of the gratitude one feels for Mother/Father God for the many gifts given to you as humans. Sometimes this concept is referred to as “counting your blessings.” If you have ever counted your blessings, especially in the midst of feeling loss or sorrow, you may have noticed that your spirits seemed to lift. That is due to a shift in your energy vibrations which enable you to move to a consciousness of abundance and love. You may have found yourself thankful for a body that transports you easily from one destination to another - feeling grateful for strong healthy legs. Perhaps you have felt a sense of bliss simply for the bed you slept in the night before, knowing that most of the world does not have that luxury. As you count your blessings, you may have realized the truth in what your civilization calls the simplest things in life bringing you the greatest happiness.

Within the simplicity of these gifts one can gain a greater glimpse of what lies behind the veil. The veil, as often referred to by metaphysical groups, is the separation between your “daily” reality as you know it, and the reality of the Light world. Think of your daily reality in the world as a beautiful stage where many of your karmic lessons are rehearsed and played out. Life on your side of the veil (although there is really no separation) as you know it, can be complex often provoking strong negative emotions. However, beyond the veil dear friends is the Divine which manifests itself in what would seem to be the simplest of things.

These wondrous little glimpses through the veil appear to each of you within your daily realities. One of the best examples of such phenomena is nature. Your Mother/Father God gave you the gift of beauty and nature as a reminder of the greater reality beyond the veil. Think of a magnificent sunset over your beloved Rocky Mountains and how awe inspiring it can be. All the worries of the day can be washed away as you breathe in that sunset transporting you into a higher consciousness, and a more true reality.

As you give gratitude to the Universal Creator for this sunset you then become a co-creator of its reality. For example you may notice discrete differences among the vivid oranges of the sunset. Perhaps there are very subtle purples and greens that you have never noticed before. This is your talent manifesting itself as a co-creator. As you become immersed in the spreading beauty, you begin to notice your linear sense of time fading away and being replaced with increased feelings of love and serenity. You can't help but smile, laugh or sing. This, my dear friends is the world beyond the veil. This is the world we teachers, angels and spirit guides live in. When you visit this world of Light through meditation, dreams or glimpses like the sunset, there is only Love and perfect harmony without a linear sense of time.

The Earth philosopher, Plato, in his metaphysical writings spoke indirectly of the veil when he discussed two distinct worlds. One was a world of forms or ideas. The world of forms was much like a world of blueprints for all the copies that were found in the physical world. Plato believed that this non-physical world contained all the original creations that were in the world below. Many of these blueprints were concepts such as democracy, justice, God as well as three dimensional objects. Plato also believed (although not currently understood), that all things which had not yet been imagined or thought of in the physical world were in this world of forms waiting for a person(s) to conceive the need for them. Electricity, cars, medicines and other advancements in science and technology all lived in this world just waiting to be imagined.

Plato almost had it right. Between the worlds there are copies of concepts, design and objects. However, what more accurately lays behind the veil is enormous energy/love, which when joined with human mindful intention and gratitude has the potential to become manifest in your three dimensional world. Simply put – if you can apply the energy of intention to an idea or need you have you can make it happen within your three dimensional world.

It should be noted that many of these things/ideas/values that were transported from the world above lost some of their higher intent as many different minds perceived them. An example would be atomic power. Originally atomic power was more of a concept of an intrinsic human energy source. Within a more spiritual understanding of the atom its manifestation would bring energy to people for multidimensional travel beyond the veil. The highest purpose of the atom is not one of violence, but one of peace. One of the uses of peaceful atomic energy was to provide human exploration of other conscious life beings. Neither the bomb, nor your nuclear power plants are the highest intended manifestation of atomic energy. Atomic energy at its highest spiritual purpose is intended for inner spiritual exploration through meditation and dream states using the atom's (and all its sub-particles) energy as booster rockets expanding human minds and consciousness – not blowing things and people up!

As you are well aware there are many who can bring about huge changes of consciousness and physically manifest change within their bodies through meditation. This is the highest purpose of the atom. However, within another consciousness of your world the blue print of the atom was manifested and harnessed into a force of violence and destruction. Both manifestations are quite real, yet they come from the same blueprint or energy seed.

Now our old friend Plato was pretty accurate about both worlds in many ways; however, what he did not know then (although he certainly does now) is that humans (and sometimes other species on Earth) have much more control in this manifestation process than Plato believed at the time. Many, many channeled books and readings have come to your planet over its history discussing the idea of manifesting your own reality to meet your needs. All the masters on Earth spoke of it, and as you evolve spiritually and realize you do indeed create your reality - you can play a significant role in saving your planet.

Many of you precious people have prayed and meditated for various events or things to come into your life. We in the Light certainly respect and hear all your prayers, but want you now to have a better understanding of how all this works in your world and the one behind the veil. Allow us to provide an example. A woman that Patricia knew long ago absolutely believed that she could create her own reality. This person who we will call Nancy was a kind person and not overly materialistic, however, she dearly wanted a BMW automobile. She had grown up never knowing she was poor until she saw how few material “things” she had compared to her peers when she began school. Nancy's parents were filled with God's grace and love and she knew the power of unconditional love from living in a highly evolved spiritual family.

As Nancy grew into adulthood she continued to pray as she had learned growing up, but she was captured by external power (i.e., fame, cars, wealth), and was continually frustrated because no BMW ever appeared in her driveway. Although in her reality she continued to experience increases in salary, praise and recognition for her creative talents from her co-workers, her materialistic goal never seemed fulfilled. Nancy slowly began to enjoy going to work everyday and she realized that a loving relationship existed between her and her co-workers. She thanked God for the fullness that existed in her life, the life she had experienced as a child with her loving parents.

One day she noticed her desire for her BMW was fading. There was less concern for the car, and a greater sense of abundance and joy for the simple gifts of life around her as she had felt as a child. As she realized she could finally afford her long awaited BMW, she also realized there had been a personal shift. Nancy's higher self helped guide her during her attempts with manifesting for a BMW. Instead of a BMW, her higher self was helping her manifest what she really needed, which was a sense of financial independence.

Many of you have examples like Nancy's in your own lives. As you think of these events use them as a springboard to practice this exercise of manifesting your needs. The following steps are a good place for you to begin. It is recommended that you do this with another person with like beliefs.

Begin by reviewing a diagram of all your body's Chakra centers. If you are familiar with these centers and their colors and purposes you are ready.

1. Sit together with your friend(s) facing each other and joining hands. You may light a candle and have inspirational music softly playing in the background if you wish.
2. Begin first with strong intention, which Gary Zukav defines as a strong use of your will. Combine your desire and will with your internal (authentic power) and you have completed the first element of this exercise – **Intention**. Focus clearly on your intention. If it seems muddled or confusing go back and examine your intention. Is there more than one intention that might present a conflict? Get very clear with yourself before you go on. You can do this by asking your spiritual guidance for clarity and help.
3. Now that you are clear on what you want or need bring it down to its most elemental form. In the example of Nancy she thought she wanted the BMW, but what she really wanted was her own spiritual growth and the opportunity to experience more prosperity and financial independence. So think of what you need in a highly spiritual vein. What is missing in your life to help bring you love and spiritual growth?
4. Be very precise and clear with your statement of what you want. The statement should be phrased in the present tense, such as, "I am now drawing healing to the parts of my body that need it most." Then tell your friend. Each of you should think of that statement, or say it aloud and visualize it clearly in your minds.
5. Take 5 breaths (diaphragmatic if possible). After the last breath focus on your first chakra (root) and its color of vibrant living red, like your life's blood. Hold your statement of intention firmly in the first chakra and begin slowly and mindfully moving your intention upward through each of your seven chakras. You may notice the feeling of the Kundalini (sensation in your hips/genital area) in your root chakra.
6. Both you and your friend should join hands and do this together, (the exercise can also be done in threes).
7. You may notice as you mindfully ascend all the chakras you will feel a crescendo or an apex. At the very moment that you feel you are at the apex give an added energy burst to your intention. Hold it until you feel it wane, then **immediately give your gratitude to God**.

You both can repeat this exercise 2 to 3 times and then allow your partner to do the same. You of course can do this exercise alone, but the combined energy creates a consciousness that is powerful. The idea of strength being in numbers is very true! We caution you on becoming overly diligent with this exercise, once a day is fine. Allow yourself time to see the little signs along the way in your daily life as things are beginning to manifest.. When you are aware of a sign(s) strengthen it by thanking your Mother/Father and be willing to acknowledge that this gift is coming to you from God.

REMEMBER YOUR NEED(S) WILL MANIFEST AS YOUR HIGHER SELF NEEDS IT FOR YOUR HIGHEST SPIRITUAL GROWTH, AND THAT MANIFESTATION WILL BRING YOU LOVE...AND LOVE IS THE HIGHEST GIFT.

It is indeed our honor to bring you little glimpses behind the veil. When you see them please do count your blessings that come to you each day from the good grace of God.

We send you all our blessings of Love, Health, Joy and Abundance-  
Susan and others in the Light