

The Manifesting Toolkit



**It is as easy to create a castle as a button.
It's just a matter of whether you're
focused on a castle or a button.**

Esther Hicks, Abraham-Hicks

The Manifesting Toolkit is a FREE GIFT from Cam Sawyer

cams@usa.com

360-891-7078 Direct

1-800-513-3024 Voice Mail

www.BeDebtFree123.biz

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PART 1

- **7 Steps to Manifesting:**

www.dreamsalive.com/7stepsmanifest.html

- **Bob Proctor's "You Were Born Rich" (YWBR):**

www.bobproctordownloads.com/BornRichBook.pdf

(Available for purchase on line and offered here with my compliments.)

Bob Proctor is a legend in human personal development and motivation. You will find his YWBR truly transformational. Are we not a perfect vibrational match for everything we are getting in our life, the stuff we want and the stuff we don't want? So, how do we change our vibration to get more of what we want? YWBR has some great tools you can use to change yours.

- **The Masters of Vibration are Esther and Jerry Hicks of**
www.Abraham-Hicks.com

Their teachings are the highest of the high. Esther Hicks was one of the original presenters of "[The Secret](#)." (A DVD of "The Secret" is available at your local video store or at Amazon.com).

Personal stories from "The Secret":

<http://thesecret.tv/secret-treasures-stories.html>

What if you found that 68 seconds of Pure Thought is = to 2,000,000 man hours of work? That's one guy working 40 hours a week for approx. 1,000 years. Focusing on the 68 seconds of Pure Thought effectively makes taking ACTION, *INCONSEQUENTIAL*.

For more info, visit <http://www.whatanicewebsite.com/Connee/17seconds.htm>

(Start with 17 seconds and work your way up to 68.)

So which makes most sense to you, focusing on the 68 seconds of pure thought or on how many of the 2,000,000 man hours of work you can crank out in this lifetime?

"The Universe is not punishing you or blessing you. The Universe is responding to the vibrational attitude that you are emitting. The more joyful you are, the more Well-Being flows to you -- and you get to choose the details of how it flows." *Abraham-Hicks*

From Abraham comes this excellent book, "[Money, and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness](#)"

The [8-CD set version of this book](#) is also excellent, but here is the YouTube version in 5 parts:

Part 1 of 5: The Secret Law of Attraction - Wealth Affirmations
<http://www.youtube.com/watch?v=uIO0tal6bcg>

Part 2 of 5: The Secret Law of Attraction - Esther & Jerry Hicks
<http://www.youtube.com/watch?v=ImRep5MXsB0>

Part 3 of 5: The Secret Law of Attraction - Esther & Jerry Hicks
<http://www.youtube.com/watch?v=MU3j1ztEyKs>

Part 4 of 5: The Law of Attraction - Esther & Jerry Hicks
<http://www.youtube.com/watch?v=sb749f30Z8w>

Part 5 of 5: The Law of Attraction - Esther & Jerry Hicks
<http://www.youtube.com/watch?v=gdXyEEE5OVA>

- **My Daily Wealth Affirmation Video**

<http://www.youtube.com/watch?v=zUwM2JYI5VQ>

- **Article: "[Fifty Habits of Highly Successful People](#)"**

- **Need some inspiration? Here's a wonderful movie...**
["Nature's Inspiration"](#)

- **The Master Key System**

Rumor has it that while he was attending Harvard University, Bill Gates discovered and read "The Master Key System."

It was this book that inspired the future founder of Microsoft to drop out of the University and pursue his dream of "a computer on every desktop."

Read "The Master Key System" FREE Online:
<http://www.psitek.net/pages/PsiTekTMKSContents.html>

PART 2

The following Abraham Quotes are taken from
www.Abraham-Hicks.com

Who is Abraham?

"Abraham is a Nonphysical Energy present in all things that are physical. Source Energy."

~ Abraham-Hicks

[Click Here](#) to listen FREE to "Introduction to Abraham" CD tracks

- There is no state of physical decline or damage that you could not recover from—none—not any, if you knew it... If you wanted it and knew that you could. And that's those miracles that they talk about every day. They're not miracles at all, they are the natural order of things. But because they are rare, people think they are miraculous. They're not. That's the way it is supposed to be. You're supposed to thrive.
- If there is no source of illness, why are there so many sick people? It is because they have found lots of excuses to hold themselves in vibrational discord with wellness. They are not letting it in. And when they don't let it in, the absence of it looks like sickness. And when enough of them do it you say, Oh, there must be a source of sickness. In fact, let's give it a label. Let's call it cancer. Let's call it AIDS. Let's call it all kinds of terrible things, and let's imply that it jumps into people's experience. And we say it never jumps into any body's experience. It's just that people learn through trial and error, and through banging around with each other, patterns of thought that don't let it in.

- You could stand here sick with ten illnesses today, and tomorrow have no evidence of any of them. Your body has the ability to replenish itself that fast. But most of you do not have the ability to change your thoughts that fast. So the amount of time that it takes between sickness and wellness is only the amount of time that it takes for me to figure out how to let it in -- for me to figure out how to feel good, when I'm looking at something that makes me feel bad.
- Healing would be instantaneous within any body whose thinker could deactivate the thought of resistance. You could have been assigned the label of every deadly disease known to man, and if you didn't know it and you were basking in the beauty of something in your now, and were doing it consistently over a period of less than 30 days—those diseases could no longer linger in your body, because the vibrational resistance that was the reason for them would be gone.
- The standard of success in life isn't the things. It isn't the money or the stuff -- it is absolutely the amount of joy you feel.
- Being happy is the cornerstone of all that you are! Nothing is more important than that you feel good! And you have absolute and utter control about that because you can choose the thought that makes you worry or the thought that makes you happy; the things that thrill you, or the things that worry you. You have the choice in every moment.
- If you had one goal, and that was to feel good, you would never again need to hear another word from anyone. You would live successfully and happily and in a way of fulfilling your life's purpose ever after.
- Fear only exists when you do not understand that you have the power to project thought and that the Universe will respond.

- What you do is minuscule in comparison with what you choose to think, because your vibration is so much more powerful and so much more important.
- Your action has nothing to do with your abundance! Your abundance is a response to your vibration. Of course, your belief is part of your vibration. So if you believe that action is part of what brings your abundance, then you've got to unravel that.
- If there is something that you desire and it is not coming to you, it always means the same thing. You are not a vibrational match to your own desire.
- Dollars aren't the root of happiness but they are not the root of evil either. They are the result of how somebody lines up Energy. If you don't want dollars, don't attract dollars. But we say to you, your criticism of others who have dollars, holds you in a place where things you do want, like wellness and clarity and well-being, can't come to you either.
- If you've got somebody's aspects in your experience that you don't like, there's only one reason they're there. You keep evoking them with your attention to them. Without knowing about Law of Attraction, you have -- through your old habit of observation -- achieved vibrational harmony with the parts of them that you do not like, and you keep summoning those parts from them by your constant vibrational offering of them.
- Because society is not happy, society disempowers the individual. And so, every lifetime you have ever participated in, as in every lifetime that we have participated in, we have been reaching for the new thought which makes us not popular. There is never a crowd on the leading edge, and we have never been happy anywhere other than on the leading edge.

- The "devil" is a fictional character made up (and perpetuated) by insecure humans who want to control other insecure humans. There's a lot of power in fear, isn't there? There shouldn't be, because, really, what fear is, is power-less. If you understood Source, as we do, you would never fashion such fiction because there is only Well-Being that flows from that which is your Source.
- It doesn't really matter what religion anybody believes. If their life is working (and there are many different approaches to life that are working very well) then why not let them believe whatever they want to believe? It's all working in the way that it is supposed to be. There are religions that you wouldn't want anything to do with, that are perfect mechanisms for the people who are involved in them. And therefore, they are a very good thing.
- It does not matter whether you are living in a country where there are some frequent terrorist attacks, or in a country where there are random acts of violence. It does not matter what the culture is -- it is only the feeling of vulnerability that ever puts you into a vibrational harmony with that which you fear. When you realize that by working to achieve your feeling of Well-being, it is then impossible for you to ever rendezvous with anything other than Well-being -- that is the only place that freedom will ever be.
- No one experiences freedom until they stop pushing against others. The only thing that binds you is the pushing against that which is unwanted. And so, if a religion could just be excited about what it is, or a person within a religion could just speak with appreciation about what it is, without justifying what it is by pushing against everything else, then each religion, in all of its difference, could be just exactly what you're reaching for.
- Two statements that will serve you very well.

The first is: There will always be war. There will always be those who aggravate within others a sense of trouble in order to promote the solution that they already have their mind made up about. And so you're

never going to come into agreement as a mass consciousness that this is the way. There will always be disagreements; therefore, there will always be turmoil; there will always be war.

The other statement, that is our favorite, is, Well-Being will always abound, so the dominant experience of the majority of people will always be one of Well-Being. So, you can decide, at any point in time, in what part of this you want to play. You can use anything as your excuse to align with Well-being, or you can use anything as your excuse to not align. The thing that we think is at the heart of this discussion, is my own personal power. We think that's what you are, sort of, struggling for and reaching for.

- So many people need you to behave in a certain way for them to feel good. They condemn you for your selfishness. How dare you be so selfish as to follow what makes you feel good? You should follow what makes us feel good. At an early age, you were convinced that you weren't smart enough to know, and that somebody else should make the decisions... You could not live in this culture during the times of your life without getting a huge amount of information relative to that, just in the way people respond to the things you do and say.

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[Click Here](#) to browse many of the Abraham-Hicks books, CDs, and more.

PART 3

Excerpt from "Conversations with God, Book 1"

Pg. 92-93, by Neale Donald Walsch

Neale Walsch has just asked God what needs to happen for him to be successful in his life. God responds by saying:

You have asked when your life will "take off", and I've given you the answer. Your life will "take off" by first becoming very clear in your thinking about it. Think about what you want to be, do and have. Think about it often until you are very clear about this. Then, when you are very clear, think about nothing else. Imagine no other possibilities.

Throw all negative thoughts out of your mental constructions.

Lose all pessimism. Release all doubts. Reject all fears. Discipline your mind to hold fast to the original creative thought.

When your thoughts are clear and steadfast, begin to speak them as truths. Say them out loud. Use the great command that calls forth creative power: I am. Make I-am statements to others. **"I am" is the strongest creative statement in the universe. Whatever you think, whatever you say, after the words "I am" sets into motion those experiences, calls them forth, brings them to you.**

There is no other way the universe knows how to work. There is no other route it knows to take. The universe responds to "I am" as would a genie in a bottle.

You say "Release all doubts, reject all fears, lose all pessimism" as if you're saying "pick me up a loaf of bread." But those things are easier said than done. "Throw all negative thoughts out of your mental constructions" might as well read "climb Mt. Everest-before lunch." It's rather a large order.

Harnessing your thoughts, exercising control over them, is not as difficult as it might seem. (Neither for that matter is climbing Mt. Everest.) It is all a matter of discipline and a question of intent.

The first step is learning to monitor your thoughts, to think about what you are thinking about.

When you catch yourself thinking negative thoughts -- thoughts that negate your highest idea about a thing -- think again! I want you to do this, literally. If you think you are in the doldrums, in a pickle, and no good can come of this, think again. If you think the world is a bad place, filled with negative events, think again. If you think your life is falling apart, and it looks as if you'll never get it back together again, think again.

You can train yourself to do this. (Look how well you've trained yourself not to do it!)