

Clarity and Purpose Part 2 – Applying Detail and Consistency to Ensure Quick Results

There are several necessary steps to successful manifestation, and these include being very clear on what you desire and repeatedly energizing that desire by focusing and feeling it, so that eventually you release all resistance you have to accepting that reality. You cannot receive into your life what you're resisting or don't believe is possible. Consistently energizing your desires with feeling entrains the subconscious mind to be in resonance with that desired reality. The subconscious mind learns by repetition and feeling, and the more you energize your desires in this manner, the more quickly will it support you in feeling that reality, even before it manifests. When you already have that reality mentally and emotionally, the physical formation is assured.

If you did the exercise suggested in the first part of this article (*Clarity & Purpose and The Three Little Known Secrets of Manifestation*), you will already be feeling very open energetically to having those desires fulfilled. So you should now be ready to focus on specific creations.

The best way to work with consistency is to formulate a creation statement for your desire that captures details and purpose in a way that arouses feeling. This creates a clear imagination for your subconscious mind to work with. We will continue with the exercise from the first article, where you have a list of categories and specific details for each.

Formulating a Creation Statement

For each category, tune into the overall, then to specific details of your desires until you can feel them with all your senses. Get a sense of the overall picture of having those desires fulfilled.

Now formulate one or several declarative statements of what you desire, that captures the fullness of the fulfillment energies. These are not affirmations, which tend to be shorter, but rather statements that captures the full imagination of the desire(s). Formulate these in the following manner:

- 1- In the present tense
- 2- As a gratitude statement
- 3- General time frame or time element
- 4- With feelings of the fulfillment energies (from steps 2 and 3 of the previous exercise).

E.g.1 “I am grateful that my company is growing to sales in excess of \$10,000/monthly by the middle of next year, and daily I am feeling increasingly successful, valued by my clients, on the right path in life, and motivated to develop so many more of my great ideas.

E.g. 2 “I am deeply grateful that my husband and I are in love with each other—seeing only our positive traits and supporting one another in our life journey; our love is deepening every day, and I am feeling loving, secure, blessed, and committed and passionate about what we are creating together.

Gratitude is important because it brings a sense of completion or fulfillment to the subconscious mind, and harmonizes you most deeply with the Thinking Substance or means of creation. Gratitude is love, and genuine gratitude expressed in advance also has an element of Faith—so you are engaging the most powerful energies of manifestation in this manner. This has been fully discussed in a previous article.

Adding feelings that you will get from the fulfillment of your desires connects you to the purpose of the desire and makes you feel them. The more often you feel your desires fulfilled, the quicker they will manifest in your reality. In addition, feeling those wonderful feelings gets you excited about what is to come. And excitement is a strong generating energy in creation work. When you’re excited in life, you wield the creational energies more decisively. This is discussed in the article of this series.

The importance of Feeling:

Feeling is *magnetic*—its speed has as lower limit the speed of light and infinity as upper limit. Feeling is not emotion. Emotions can be a less than love vibrations. Feeling on the other hand comes from the higher heart aligned to the divine intelligences. When your desires are aligned with the truth of your being, the feelings they engender are love-imbued and are thus magnetic. You activate the power of Attraction by your feelings (which are love). Emotions, on the other hand, are not magnetic and do not activate the power of Attraction.

When you have less than love emotions, you manifest certainly, but by inclusion rather than by attraction. The immense power of attraction is reserved for love alone. You wield the power of the universe by the love that you are.

This is largely misunderstood by most teachings about the law of Attraction. But fortunately for humanity, not all emotions are equal in their creative abilities; it is only *feeling* that can activate the power of infinite potential and attraction. This is discussed in much greater detail in an upcoming product that teaches the exact process of manifestation: The Ten Steps, Three States, and Five Principles of Accelerated Manifestation from the Co-creative Mind.

The Timing Clause

The timing issue needs further discussion, as timing can be tricky. It can make things more specific for the subconscious mind, and it's also useful in revealing any doubts you may have, as these are more likely to surface with a timing clause.

The reason it can be tricky and hinder rather than help the manifestation process is that when you put in a specific time constraint, you are tied into specific outcomes or milestones. Personally, I prefer statements that allow for divine timing while being clear on a general time frame. General timing is good to give a sense of priority to the subconscious mind. If I am stating a 5-year plan, then the subconscious mind will work from a larger perspective, fulfilling the best way to implement many things while holding that goal in mind. A 3-month plan changes the sense of priority.

The longer the time frame, the easier it is to surrender. With specific dates—and many teachers recommend you do that—it's more difficult to surrender the desire, and the tendency is then to always check reality against the stated timeline. Surrender is a key step in manifesting, and so it's important that each time you energize your desires, you also release all attachment and neediness of them.

I also recommend a timing clause in the immediate. Example 1 and 2, above, have this: “daily I am feeling...” and “our love is deepening every day”, respectively. These are commitments to change today and make the effort every day. A clause in the immediate provides you with clear instruction on how to be in the fulfillment of your desires in the present. As things begin to shift for you, the instruction can be adjusted to become even better or grander.

The most important considerations in making a powerful creation statement are that it express the completion or fulfillment in the present, that it generate feeling in you, and that it help you shift right now.

Another critical consideration is that you believe in your statement. And this brings up an important discussion point about manifesting within your sphere of believability.

Believability: Work within Your Sphere of Availability

The quickest, surest way to have your desires fulfill is to proceed with life—mentally and emotionally— as if it's a done deal. You must mentally live in your desires as if they were already manifested reality. This is pretty easy to do when your desires are within the range of believability, or within *your sphere of availability*. You can certainly work toward large dreams, but within that there may be smaller steps that you can energize specifically, which will be far easier to accept immediately.

And when the small things manifest, you will realize you can ask for more, and then move on to imagine even better, until you have your large dreams. With the small successes, you will have greater faith in the process, which will help you to manifest even greater things.

This is a non-threatening way to create in a manner that will build faith while minimizing doubt, because what is being created is believable and fits in easily with current reality. This is what is referred to as one's *sphere of availability*. **The sphere of availability is a mental sphere of believability that reflects what one can comfortably integrate without too much adjustment to one's internal self-image—it is the 'space' we have for receiving Supply.**

If you've been financially constrained all your life, for example, then attempting to create massive wealth right away will be quite challenging. It won't happen for you until your 'space' for receiving is substantially enlarged. Your consciousness will likely need to make many shifts over time in order for your sphere of availability to be large enough. While it's just as easy for the universe to manifest a dollar as it is to manifest a million, the universe is not the bottleneck in this process, and it may not be as easy for you to receive a million as it is for you to receive a dollar. That is really the issue here.

So if you find yourself facing nagging doubt about your manifestation goals, you may want to consider taking steps within your sphere of availability, while continuing to stretch it. Accept where you are as meaningful to your growing consciousness, and allow yourself to savour the process by manifesting in steps towards a larger goal. The process of creating your ultimate dreams will not be slower, quite the contrary, as you will be making steady, measurable progress that will steadily build faith and eliminate doubt. And with *larger faith*, you will realize you can dream very big indeed, and you will believe it.

For most people starting out, it's difficult to believe in desires and dreams that are far from current reality. When people are told they can create whatever they desire, a first reaction is to envision a reality that rescues them from all their current dysfunction. The fact is that you don't have your wildest desires now, largely because there are many layers of opposing, suppressive energies that preclude those desires from being your reality. Clearing those layers is part of your path of growth. As with healing that happens in layers, so it is with manifesting realities that you don't yet have. It's much easier to do it in steps and adjust to the new feelings at each step, until what seemed like a wild dream actually begins to feel quite accessible. Your sphere of availability expands with every shift of consciousness you make. Taking your sphere of availability into account need not be limiting to you. Rather, it is tied into self-acceptance, which is a necessary precursor to lasting change.

The truth of the matter is that **you can only ever manifest what falls within your sphere of availability at any given time**. So creating within that sphere is really the only option there is. However, dreaming big and imagining beyond your comfort level is very

good practice that will help to enlarge this sphere. The other way to enlarge it is by being in the fulfilment energies of realities that are beyond your comfort level. So you need to stretch mentally and emotionally and your sphere of availability will enlarge with every shift and with that, you will more easily believe in the bigger dreams that reflect untapped and grand potentials within you.

The 17-second Power Creation Exercise

Abraham¹ says that a thought reaches a combustion point at 17 seconds of pure undiluted focus. By pure is meant that the thought has no other contradictory thoughts opposing it. (E.g. “I’d love to do that, but I can’t afford it” is an example of an impure thought.) At the point of combustion, the pure thought draws another thought to it and thus becomes exponentially more powerful. At the end of another 17 seconds, 34 seconds total, the next thought combusts and evolves to a higher level of energy. This continues in the same manner, and if you can continue a pure thought for 68 seconds on any given subject, it will be on its way to manifestation. The key word is pure, meaning positive focus, strong energy, and no resistance in terms of opposing thoughts.

In terms of leverage, Abraham says the following:

- 17 seconds of pure thought is equivalent to 2,000 hours of action taken (about a year of 40 hours per week)
- 34 seconds is worth 20,000 hours (about 10 years of 40-hour work weeks)
- 51 seconds is worth 200,000 hours (about 100 years...)
- 68 seconds is worth 2, 000,000 hours (about 1000 years...)

Clearly from the startling numbers above, you can appreciate how LINING UP THE ENERGY for pure thought is infinitely more powerful than doing life with unclean energy and contradictory thoughts. So clearing out things like unmet needs, and hidden agendas (in previous article) will pay off immensely.

Now you can also probably surmise that holding a pure thought for 17 seconds is rather challenging for most people. The **Affirmation Enhancer Tool** can help you tremendously in this regard², as it clears all the current energy that opposes integration of an affirmation and continually immerses you in the energies of your desires fulfilled. So use the AET with this exercise if you have it!

17-second Power Creation Steps

- 1- Tune into your desired manifestation. Let yourself make the desired manifestation come alive. Feel what it would be like to have that reality, explore a wider context for it, etc. Let your feeling intensify and feel the joy of it all. Now state your **creation statement** with as much feeling as you can

muster. Keep up your excitement level for your desired reality for 17 seconds to begin. Extend the time as you become better at keeping the focus.

If you have the **Affirmation Enhancer Tool**, also add the *Creation* and *Boost Creational energies* commands while doing this step.

- 2- When you feel done, let yourself be in profound **gratitude** and complete **expectancy**. Know that your desires are Spirit expressing in you, and that Spirit wants to give you far more than you even want to accept. So be thankful for this and know that your desire is so easy for it. Feel open to receive it and more. Gratitude gives back energy to the universe, as you just drew energy from it toward you. *Expectation reflects your belief and is faith*. Both gratitude and faith put you in perfect alignment with the thinking Substance. Immerse in both energies.
- 3- Now begin tapping at your third eye firmly but gently, for about 20 seconds while breathing deeply through your nose and exhaling out the mouth. This point is the beginning of the Bladder meridian that runs through all the nerves down your spine. Tapping on this point sends a steady message into your nervous system and into your field of habit, thereby making it easier for your body to support this wonderful vibration in life.³

The *17-second power creation* exercise will also imprint your creation statement with the strong feeling vibrations you generate each time you do this exercise. So the exercise will increase the power held by your creation statement. Do the exercise often, and state your creation statement several times a day. Adjust the statement as things begin to shift in your reality, so you are always reaching for more and better.

On occasion, **exaggerate your desires to increase your sphere of availability**. Imagine that your desires were fulfilled last year, how would you then expand on the dream of life? Enlarge the dream and let yourself feel it. Exaggerating and feeling an enlarged dream will quickly make your current desires very believable to you.

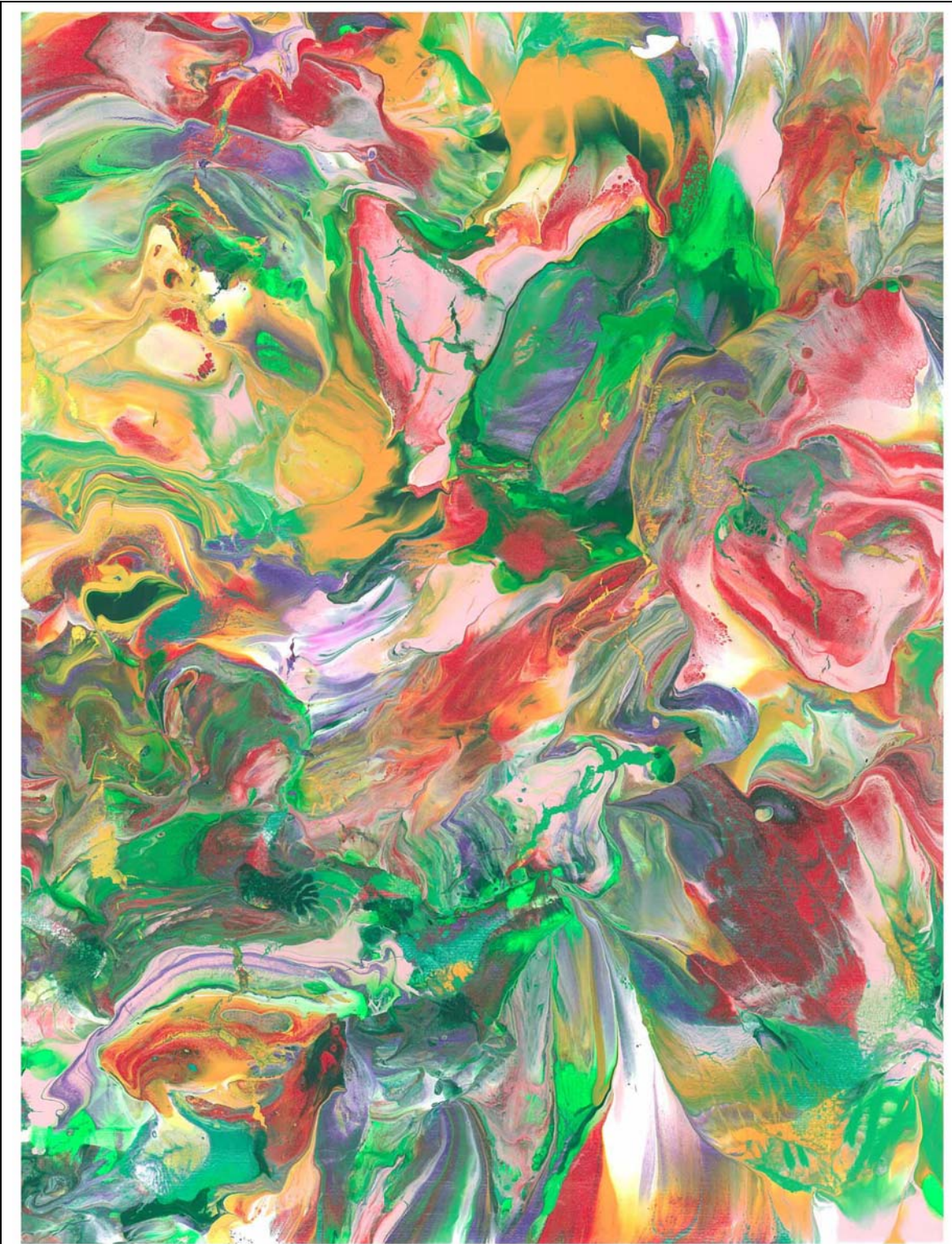
In the next article, you will learn several important exercises to increase your vibration to be a strong attractor point for creational energies to flow through you more powerfully.

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Below is a vibrationally encoded image that will help you have your desires mentally and emotionally before they appear in your reality. This image can assist in generating and anchoring energies at will and will release blockages to doing this. The image responds to the individual and will begin to work in you from your current point of consciousness. As soon as you look at the image the clearing commences. The more frequently and the

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longer that you look at it, the more clearing you receive. Once the frequencies have been integrated, then looking briefly or even a glance at the images can reinforce them. It is suggested that you look at the image for a few minutes to begin with, and then for 15-30 seconds or so a few times through the day thereafter.



Encoded Image: *Having Your Desires Mentally and Emotionally*

About the Author:

With over 20 years of esoteric study and a strong vision and commitment to human freedom, Anita Briggs has been counseling clients and supporting emotional healing with Rapid Eye therapy and energy psychology for over 7 years. Anita has recently co-developed Inner Mastery Tools for accelerated clearing and rescripting of dysfunction, manifestation, and enlightenment for use by therapists or individuals. The second generation of these Tools is completed and they will be made available in the coming months. A version for therapists with training support is also being produced. These Transformational Tools are truly tools for our time, and promise to become an important new healing modality in the years to come. One of the next tools for release is the *Rainbow Activation Codes Tool*, which activates all the major organ centers and chakras, maintaining them at a minimum of full capacity and supporting continuous evolution. This tool will heal all manner of physical and emotional dysfunction, and ensure you are vibrationally in sync with your Higher Self. Other tools will be released in *The Accelerated Enlightenment Package*, and *The Accelerated Clearing Package*, for use by individuals and therapists.

Other upcoming products include: *The 40-day Prosperity Consciousness Program*, *Ten Steps, Three States*, and *Five Principles of Accelerated Manifestation from the Co-creative Mind*, and *The Divine Rights Reclaimer Module, Healing Modules for Depression, Overweight, and Addictions*. If you would like to receive other articles and announcements on availability of new healing, manifestation, and enlightenment products, please join our email list (Inner Mastery Tools List). Visit the Inner Mastery Tools website for the latest product information and for free trials of the various Tools. www.innermasterytools.com.

¹ Abraham is an entity channelled by Esther Hicks, who was one of the earlier being to emphasize teachings on the Law of Attraction. See <http://www.abraham-hicks.com>

² The **Affirmation Enhancer Tool** is a powerful Inner Mastery Tool that enhances the power of an affirmation by well over 3 orders of magnitude. It supports the entire manifestation process and taps into energetic support for very high vibration creational energies to flow through a person's manifestation efforts. www.affirmationenhancer.com

³ Donna Eden, *Energy Medicine* Tarcher-Putnam 1998. ISBN 1-58542-021-2. p. 331