



Journey of Manifestation

**A diary of your manifestations to remind you how powerful
you truly are**

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Like many people I have been manifesting since the day I was born. Unlike many people – I was taught to be **aware** of my ability to manifest since I was age 6.

My family attended services every Sunday in a charming Victorian house with beautiful gardens. Although the congregation was tiny, being a very young child I had nothing to compare it to and so was quite happy with the arrangements.

It was there that I was introduced to metaphysics and the [Science of Mind](#) - a very serious book by a man named Earnest Holmes. I didn't read it, but our minister, Dr. Katherine Breeze Whiting read from it and her voice was mesmerizing. I must have been daydreaming and yet taking every word into my subconscious mind.

At that time I didn't even know that it was a church, it was called "The Phoenix Institute" after the legendary bird who rises from it's own ashes and resurrects itself. Heavy stuff for a six year old! Mostly I enjoyed the Sunday school activities and snacks afterwards.

In our home there was a high emphasis on self growth and personal evolution, so the books available had to do with things like: numerology, tarot, astrology, metaphysics, Jungian Psychology and since it was the 60's all kinds of various and sundry other titles along the lines of "personal development". In high school the books I read were usually related to something I was interested in at the time like "You Can Do It!" by famous actress Mary Pickford, she wrote that if she could become famous as an actress then anybody could and she wrote about all the positive thinking and prayer that she put into action when trying out for acting parts. I wasn't able to find a link to it in Amazon, so I can't show you a picture of it or provide you with a link to Amazon. The book was only about 3x5 inches and had a black cover with the words "You Can Do It!", I liked it just for the affirmative suggestion, after all, she didn't know me, how would she know if I could or couldn't do it?

It made for a great read and I loved theater, but I didn't have the same drive to be famous so I settled for a little bit of community theater and some modeling and went on to other interests.

The next manifestation book I remember reading was called "[Inner Skiing](#)" by W. Timothy Gallwey. This had some very practical tips about imagining yourself successfully navigating mountain slopes and I read it cover to cover the night before my big skiing debut...And on my first day on the slopes I can honestly tell you that I survived without injury, embarrassment or even one fall! I felt really bad for my sister and my mom though, they didn't read the book and I remember looking back up the mountain after completing one hill and to my horror they were going in opposite directions, both headed straight for a tree. No broken bones, but I think there may still be a little ego bruising, my sister has never returned to the slopes.

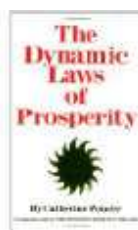


By the time I went to college I was on to reading things like “Super Learning”, the concept that the brain will have a greater capacity to focus when entrained to the rhythms of Bach. I figured that since I was not the most devoted student I would need all the help I could get, and the idea of listening to classical music while studying seemed a simple trade-off for hours of repetitive study. I managed to keep my grades to a respectable GPA and still go to the beach several times a week...Nice!

Somewhere along the way I sort of forgot all the magic and fun of manifesting and got caught up in the “real world” when I had to get a J-O-B and support myself. It’s amazing how easily I allowed myself to become brainwashed to other peoples’ belief systems and so for many years I struggled, I worked hard, I used credit cards and wracked up debt just like every other working class American.

And then one day I woke up and I remembered, and I started using the tools I had learned so early on and eventually I quit working for other people, went out on my own and struggled really hard....for about a year - then I got serious!

I pulled out every manifestation book and tool I had ever used and I started making posters of the things I would like to experience in my life. I read and re-read all of the classic works of Catherine Ponder like “[The Dynamic Laws of Prosperity](#)” and anything I could by U. S Anderson, my favorite was “[Three Magic Words](#)”.



Manifestation is a tricky thing though, it doesn’t happen overnight and no amount of want, or desire or fervent praying makes it happen quicker, but you know what? Sometimes things just show up when you really weren’t even trying. I started to notice that I had manifested simple things, and often.

At one point I got totally frustrated with the whole idea of making a living and I decided to put my house on the market, hoping I could sell it “before the

bankruptcy police came a knockin'". I didn't even think it would sell, because the market was in a dangerous slump and had already been that way for 6 months.

Since I was in the real estate business and some of my clients were getting anxious about the state of the market, I decided to do a little test to show them that they would be better off waiting to sell, probably for several years. And so, I put my modest little house into the pool of available properties and waited. I had decided that to give it the best chance of selling I would move out for a few weeks, that way it would be spotless and ready for showing 24/7.

My plan was to keep a record of the number of people who viewed it and then report back to my clients to say "see, hardly anyone is buying these days, you will need to be patient". As I suspected, 10 days later when I viewed the report on the electronic key system, only 3 people had viewed my home.



Imagine my shock and surprise when 3 days later, I was presented with an offer to purchase!

So to make a long story very short 31 days later I stood with a stack of documents related to the closing of escrow, including a satisfaction notice from my mortgage lender and a big fat 6-figure check for me!



Wow! Do you think I went out and bought all the stuff on my "wish boards"? No, in fact I was dumb-struck. Everyone kept saying that I could do anything I wanted now, the only trouble was I had no clue what I wanted to do. And then it hit me – I have always been fascinated with languages and perhaps this would be a good opportunity to learn by going to another country?! So I started planning a trip to Guatemala or Mexico, it seemed to me that learning Spanish made sense. It would allow me to better serve in my career by catering to the needs of a large and almost overlooked percentage of our population.



And so it goes, I made my way to Mexico and that is the first place I started to really “GET” the impact of those “wish posters” or as some people call them “vision boards”. You see I was standing on a beach looking left and right and marveling at the lack of people and how beautiful it looked without millions of bodies coated with oil laying about. And then, as if waking from a dream, or remembering a story you heard once long, long ago – I realized that I was looking at EXACTLY the same beach that was photographed for a centerfold of Oprah magazine. The same photograph I had haphazardly torn out and plastered on the background of one of my posters I had done this not so much because I wanted to go to the beach, but because I thought the colors were pretty.



(actual photo on the day I discovered my manifestation had occurred)

And this is when I identified a very critical piece of the manifestation puzzle: my subconscious mind does not know the difference between the things I sort of want and the things I really, really, really want. No, the subconscious is an equal opportunity provider and so it brought to me something that I had no resistance to, and so the manifestation was easy.

Okay, now I know you are thinking that I should not be resistant to anything on my “wish board”, after all everything on it is something I am wishing for...right? Well, yes, and still if there is any part of me that fears that I cannot have something on that board then I am holding a subtle resistance pattern in my mind.

Why then was it possible to manifest a trip to another country? Because I didn't have any energy charge around the beach photograph...I just would see it in the periphery and it felt good to see it. And that is the true method of manifestation...feeling good about things brings them to you faster.

I hope that you will use this as a record or diary of the things that you manifest in your life. Sometimes it is so easy to forget how it is that things come to be in the first place, so if you begin to note the things that you are conscious that you are creating, then you will no doubt start to become more conscious of all the other things that you are manifesting (good or not so pleasant).

Have fun with it and don't forget to read back through your notes as the months and years pass. I have a beautiful little notebook that my cousin made for me where I keep notes about what I want to manifest. I write in it each New Years Eve as if it is the end of the coming year and as though everything had already happened just as I wanted it to. Then I read from the beginning of the book all of the entries from years past, it's fun to read my notes in the margins where I added the date that it actually manifested, and how it came to manifest.

We are so much more powerful than we believe.

In the beginning was the word...

Use yours wisely!

Jeannie Warren

I recommend photocopying the following pages and having them spiral bound at a print shop so that you have a nice big workbook to write out your dreams and still have plenty of room to record your progress.

Make it a fun ritual to do weekly, monthly or whenever feels right to you. The more you put into writing the more you will manifest. And by all means, if you are a visual person make posters using photos from magazines to show your vision to the universe. Your mind has resources that have scarcely been tapped, when you give it something to work on it will enthusiastically set to the task and you will be amazed at what you can do.

Manifestation Journal

I give thanks for the abundance that I already have.

And some examples of that abundance are:

The essence of what I am currently manifesting will appear to me in my dreams. I intend to recall from my dream-state what is important for me to remember. When recalling my dreams I focus on the essence of the emotion in the dream. Writing a few notes each morning about my dreams will help me to recognize what I am manifesting and make adjustments as needed to my wish-list.

Today is _____ Right now I would like to manifest:

The way I know about this is that I saw it or heard about it when:

The reason I know that I would like to have this is when I learned of it I felt:

What I expect having this to feel like is:

Follow up notes:

On this date _____ I am aware of having manifested the above mentioned:

What I remember about how this came to me:

Is there anything about this that I would like to refine or improve upon?

Did I acknowledge this gift and give thanks?

I am thankful for all of the gifts I have received including: