



Practical Manifesting

This is a simple, straight talking approach to an often spiritual ‘woo woo’ topic. But just because it is simple does not always mean easy to do.

Create the Life of Your Dreams.

Let’s start by asking what do you want...From life?

Personally, I’ve done quite a lot of work around wants, and it’s important to know that it’s okay to want more, and it’s also okay to be happy and content with what you have. Two things can be true!

One of the things my own coach helped me see, is it’s natural for us to want and to grow. Nature is doing this all the time, each year animals and plants seek to take up more space, grow their species and be stronger. The only difference in our world is that might look different as we have evolved past our natural environments.

Here’s what creating the life of your dreams is not, it’s not chasing money, it’s not chasing status, it’s not chasing happiness and it’s not chasing excitement or even freedom. It is being able to see the whole journey of life and live presently in it. It’s that simple, if you can embrace this life, then you are open to creating the life of your dreams.

Remember. there’s nothing wrong with wanting, it’s healthy, however as soon as we attach a meaning to that want such as:

- I’ll be happy when I have that big house.
- I’ll be proud when I have that six pack.
- I’ll be important when I earn 6 figures.

When we do this, we are creating ‘conditions of worth’. (A therapy term that starts early in our life, actions or states of being we feel we need to meet in order to gain approval, love, recognition...) It has become so normal to measure almost every

aspect of life then compare it to something. It's that comparison that can take away our mindset of success. A key element of this is presence; Living in the present moment and seeing the whole journey of life.

A practical focus here is a simple guide to how manifesting 'works':

1. **Ask.** Get crystal clear on what you want to manifest.
2. **Believe.** Create the belief and live in a mindset state as if your dream is already achieved.
3. **Receive.** Take action while remaining open to opportunities.

This builds off of the law of attraction. Law of attraction is a concept on which manifesting is based on. Simply put it means: A philosophical and metaphysical (things that exist beyond the physical world. A concept that suggests our thoughts, beliefs, and mental focus can influence what we experience in our lives.

Here's another simple explanation of how it's commonly understood: At its core, the law of attraction proposes that "like attracts like" like magnets, meaning that the energy and focus we put out into the world tends to draw similar energies and experiences back to us. While many people interpret this law quite literally, as a cosmic force. We can view it far more practically. In maintaining a positive mindset and clear goals this naturally leads to:

- Increased awareness of opportunities.
- Greater motivation to take action.
- More confidence in pursuing goals.
- Better decision making aligned with desired outcomes.

Playing the Long Game

Focusing on long-term goals aligns with an abundance mindset rather than a short-term 'need' mentality. While living in the present is vital, it's important to consider the bigger picture for a fulfilling life. Slowing down can provide clarity on your path, similar to pausing during a hike to check your direction.

Bringing It All Together

If reaching your goal took over ten years, would it still be worth pursuing? This simple question helps assess your alignment with your goal's purpose, with an emphasis on the journey's value over the outcome.

To help others move past stress, it's crucial to demonstrate that calmness can lead to greater achievements than constant hard work. Many live with limiting beliefs, perceiving life as a struggle. Awareness of these thoughts allows for a shift in perspective and empowerment over one's experiences.

Foundations of Manifesting

Manifesting relies on recognising that our experiences are shaped by our thoughts. Limited thinking can hinder what we can manifest. Signs of limited thinking include frequent stress, feelings of inadequacy, and a sense of being stuck. Acknowledging these blocks is the first step toward overcoming them, a common challenge shared by many.

Happy exploring! If you would like to explore this further or discuss any of the topics I mentioned then I invite you to reach out here:

[Book A Call](#)

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