

Advanced Manifesting

STARTER
KIT

How to get better
at consciously
creating your
reality (and have
fun doing it)!



LIVE *a* LIFE *you* LOVE 



ADVANCED MANIFESTING Starter Kit

How to get better at consciously creating your reality (and have fun doing it)!

Learning to consciously create your reality is *the* most important skill you'll ever learn. You literally create everything in your world—from relationships to money to health to happiness—and improving your skills in manifesting will likely be one of the best investments you've ever made in yourself.

I've been studying this topic for more than 30 years, and I'm still fine-tuning my skill set. Yes, I've created a beautiful life, filled with so much beauty, love and joy. And still, I want to expand my abilities to deeper and more meaningful experiences, which will provide even greater impact on my world and humanity. I suspect, you do too.

What's the best place to begin in order to advance your creation skills to the next level? I suggest you begin by looking at the reasons that might be keeping you stuck on a creation plateau ...



Top Five Reasons ...

The top 5 reasons your manifesting doesn't work every time (and how to fix that).

What's more important than knowing how to create your own reality? Knowing what to do when you're *not* getting what you want. Here are five reasons you might be mis-creating:

1. You thought you "had this"

A big mistake seasoned creators make is thinking because they succeeded in the past that they will automatically succeed again. Your negative self¹ (ego) will jump on this bandwagon and make things worse by telling you, "You don't have to work so hard/pay attention/show up fully—you are a fabulous creator!"

¹ Learn more about the negative self in [The Map – To Our Responsive Universe, Where Dreams Really Do Come True!](#)



What to do about it:

Realize no matter how many times you create beautiful realities, or how many times you create disappointing realities, the past has no impact on your what you create in the present moment. Each and every creation must be approached as if brand new—it's your energy **now** that creates each and every tomorrow. Don't let your past successes go to your head, and don't let your past failures determine who you are or what you're capable of. And don't let your critical self-talk fill your head with ideas that you will automatically succeed or fail—listen to them, but then move beyond their influence into your own power.

2. You aren't the most patient person

Even if you've had some success with conscious creation, it won't speed up manifesting in the here and now. Your impatience will push your creations further and further away—and may even stop them altogether.

What to do about it:

Time lag is real. Our thoughts, feelings, and beliefs almost never manifest instantaneously. We all set this up before we came to this planet, in order to protect us. If not, the first time we were to think, "Oh my god I'm going to die!" that lifetime would be over. Time lag protects us from our negative thoughts, feelings, and beliefs so we can practice what we came here to master: consciously creating success.

Remember, your impatience is an indication of the uncertainty you have that your dreams will manifest themselves. If you absolutely believed, beyond a shadow of a doubt, that your dreams would all come true, you would have unlimited patience. Figure out which beliefs are sabotaging you and change them. They might even be what I call, Foundational Beliefs² (beliefs about creating reality) which should be changed before any others. The tools are available. Use them.

3. You are focused on a particular "form"

This one is a common "rookie" mistake, but we all get caught in it from time to time. Thinking we must have "this" job, or "this much" money, or "this particular" woman or man. When you think this way, you close down hundreds, if not thousands, of ways that success,

² Learn more about Foundational Beliefs in [The Map Workbook](#) or [The Map to Abundance](#).



abundance, or love could show up.

What to do about it:

Let go of the idea that you know better than the universe about what will make you jump for joy. You may have it in your head that this particular company is where you'll find the best job possible, or one guy or girl is "the one," or even that once you have this much money _____, all your problems will be solved.

But it's ... Just. Not. True.

Particular "things" don't bring you the joy, fulfillment, and satisfaction you desire—your energy does. Maybe that job, person, money is the perfect form to manifest for you, but maybe it isn't. And if you get stuck there, you're saying "no" to what *will* make you happy.

Again, you may hold underlying beliefs³ that keep you stuck on a particular form—if so, determine what those are, then change them.

4. You have become complacent

I know this one all too well. Once you have manifested all the "things" such as money, homes, cars, vacations, investments, and even loved ones, it's tempting to rest on your laurels and sit back and enjoy your life. And you should, for a while, but remember everything is changing all the time. Your reality will get better, or it will get worse. And if you aren't dreaming and creating new dreams you may create everything falling apart in your world just so that you can have the fun of creating it all over again.

What to do about it:

Never stop dreaming. Never stop desiring. Humans need dreams—it is, after all, why we are here. You won't necessarily want to dream and create more "things," but you can dream and create more love intimacy, creativity, passion, impact, connectedness, insight, fulfillment, healing, joy, and success for those you love and for the world.

³ For more information on changing beliefs read [How to Change a Belief](#).



5. You aren't following all of the steps required

The reason that your dreams don't manifest is almost always because you aren't doing the work. Creating your reality isn't difficult—not even slightly—it's like breathing; you do it without knowing how, without skill, without thinking. But *consciously* creating your reality—that takes some knowledge, practice, and artistry. If you aren't taking this seriously and learning all the steps to create your reality, you're going to get a mixed bag of results.

What to do about it:

- a. First, educate yourself. Get my [books](#) or someone else's whom you are certain has all the facts, and learn how to do it. It's not simple, but it isn't hard either.

- b. Do the work. Creating has seven steps:
 - i. Know you are divine.
 - ii. Know what you want.
 - iii. Flow energy towards it.
 - iv. Take inspired action in the world.
 - v. Look for signs that your new reality is on its way.
 - vi. Stay in joy, living and feeling as if your dream is already here.
 - vii. Ask for help from your unseen friends.

Becoming a master creator isn't a one and done—it's a life-long learning and practice. You will never be done.

- c. KEEP doing the work. My teacher, Lazaris, has a saying, "Nothing changes until you do." Remember that.

Keeping these five things in mind will absolutely affect your manifesting in many magical and wonderful ways. But what if you can't break free of old, self-destructive patterns that keep sabotaging you? It may be time to ...



Stop Negative Patterns

Do you see yourself playing out the same scenario time after time? You may be ready to make a new choice.

1. Recognize your patterns.

Ending patterns begins with seeing the patterns that you run. Sometimes that requires writing out a timeline of events for your life, or aspects of your life such as finances, relationships, etc. Sometimes it takes a third party to help you see the patterns you've established.

2. Heal the reason(s) why.

Ask yourself why you run these patterns. It's likely the reason can be traced back to an unhealed past.

In my early 30's, Lazaris pointed out to me that I had a pattern of being "the damsel in distress." I'd look to "the knight in shining armour" to fix my problems. I would give my power away until the 11th hour, at which time I'd get down from my imaginary tower, pissed off at the "man" for not rescuing me, and do the damn thing myself. Then I'd go back up in the tower where I'd wait (again) for the "man" to do it for me. The "man" was any authority figure...father, husband, boss, etc.

When I saw this pattern, I had to ask myself "Why?". Why did I do this?

It took a lot of self-reflection, but what I realized was there were payoffs for running this pattern. I got a lot of attention by playing the victim. I got "proof" that people loved me by their responses. I also could avoid taking responsibility for my life and avoid developing my power. Ouch. It hurt a bit to see these underlying motivations.



And what was the price? How had these patterns impacted my life? What had it done to my reality? It had kept me in the role of victim. It had kept me impotent. (Funny that word impotent popped into my head as exactly the right word. Upon looking it up in the thesaurus, it's meanings: helpless, incapable, paralyzed, powerless, unable to manage for oneself.)

As I thought about it, feeling impotent had worked well for me for a number of years. But then it sunk in that I didn't need to feel that way any longer, in fact it was ruining my life.

So I healed it. How? By working with each faulty motivation and breaking it down—changing the beliefs and then making new choices.

I sought to avoid responsibility for my reality. Why? Because I didn't think I had it in me to create what I wanted. I changed that belief.

I tried to get attention from others by being a victim. Why? Because I didn't feel I deserved attention for being myself. I changed that belief.

I tried to prove I was loveable by creating situations for people to rescue me. Why? Because I didn't feel loveable. I changed that belief.

Then I started to act as if I were powerful, deserving, and loveable. *You* can do the same.

3. Love yourself through it all.

It's not easy to do the work necessary to grow and change. You have to step out of your normal, everyday, status-quo life. Your own subconscious beliefs will try and corral you back into same-old, same-old, and you have to resist it all. You have to focus on all of the possibilities before you, on the reasons you incarnated in the first place, and on the dream that brings you the most passion, the most excitement, and the most joy that you can possibly imagine.

And there is a way to make this easier and more elegant—by learning to ...



Connect with Your Spirit Guides

Get the help you deserve from those who see the bigger picture.

When I first began to consciously create, I was motivated by one thing and one thing only: "What could I **get**?" I wanted money, success, happiness, and lots of it. I did not realize this journey would take me deep into developing a relationship with my spiritual guides.

The journey has been beautiful and deeply fulfilling, and interestingly enough, it has resulted in more money, success, and happiness than I could have even imagined. Our unseen friends are integral in this journey of becoming master creators. Why? Because they were there when we chose this lifetime, it's energies, it's challenges and our individual gifts, talents, and strengths. They **know** us—inside and out. They can help us through our self-chosen lessons and guide us through the obstacles we encounter.

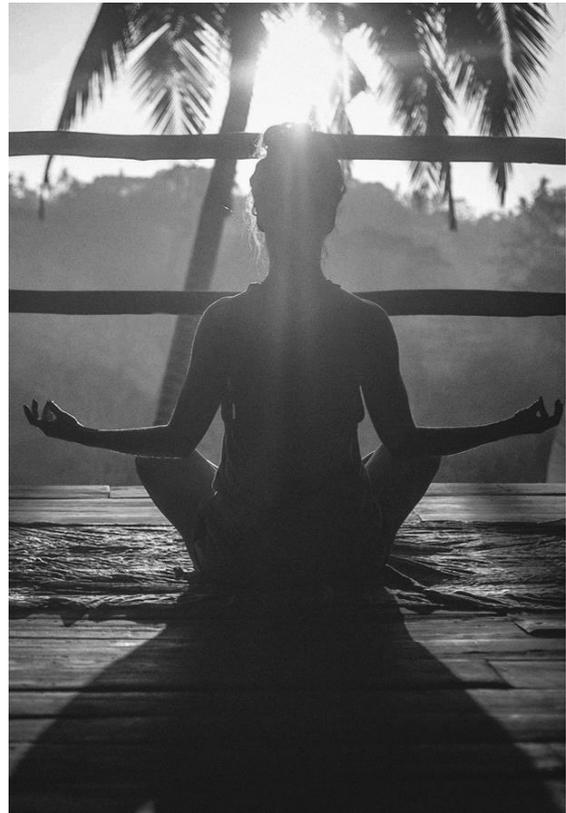
But, we have to turn to them. They will not interfere with our lives without asking because this is a planet of free-will.

So how do you ask?

Well, say something like this (out loud, or in your mind):

"Higher Self, Soul, God, Goddess (or whomever you want to ask),

Please help me to break my repetitive negative patterns. I realize I've taken them on as a way to cope, survive, and thrive at a time that I didn't have many resources. But I have resources now, I realize how much power I have lost, and I want it back. I'd like help in accessing that power and healing whatever stops me from using it.





Thank you for your support, guidance, and love.”

That’s it. Easy, right? This journey doesn’t have to be arduous, or lengthy, or lonely. Choose to take a giant’s step forward on your path of conscious creation **now**.

With so much love,

Boni

P.S. For more information, or to peruse my books, recordings, and some other interesting items, visit

LiveaLifeYouLove.com!

P.P.S. If you’d like to stay informed on my workshops, books, and blogs, visit [here](#).

P.P.S. ☺ I host a private Facebook group for those who are serious about conscious creation. [Come, create with us!](#)