

3 Steps to Use Awareness as a Manifestation Tool

(To finally make our wishes come true)

Desire is the engine of life... It is our desires that make us wake up every day, every morning to do something to fulfill them. Unless we have desires, it would be impossible to keep up with life's uneasy and sometimes unfavorable demands and responsibilities... Desires keep us moving and living to our best...

And all of us have desires in some form, changing in type, scope and number. A lot of us have desires related to one or more of the following:

- Finally getting the job we want
- Finding that relationship we have longed for
- Attaining physical health and wellness
- Reaching a healthy mental state that enables us to focus
- Being utmost productive
- Starting the business we've always wanted
- Having access to a supportive network of individuals
- Being financially abundant
- Getting high recognition at a certain industry
- Forming our own family
- Living in our dream place/location/geography

Succinctly speaking, desires can come in both tangible and intangible forms:

- Tangibles (Valuables, Money, House, Job)
- Intangibles (Health, Success, Love, Relationships)

However, although many of us report having desires from a very early age, very few of us report having them fulfilled during our lifetime.

According to some recent statistics:

98% of people live their whole lives without fulfilling their dreams (Wealth Research Group 2016).

Only 25% of professionals in the US are actually earning a living from their “dream job” or a related field. (This according to a Linked In survey of 8,000 professionals).

85% of Americans hate their jobs (Results of a Sept, 2017 Gallup Poll).

And **3 billion** individuals from all around the world are still looking for great jobs (Gallup survey 2018 Global Great Jobs Briefing) and only **214 million people** in the world actually have a great job which is identified by the amount of employee engagement (according to Gallup 2018).

92% of people who set goals to achieve their dreams quit. The 8% that succeed have clarity and passion for their dream and they connect with mentors to guide them. (According to research conducted at the University of Scranton, as reported by INC. magazine) In other words, **8% of** People Achieve Their New Year's Resolutions.

Just over half of 18- to 34-year-olds have **no steady partner** in the US (General Society Survey conducted by NORC at the University of Chicago-cited in Washington Post 2019 article).

15% of American adults who are single and looking for a committed relationship or casual dates – most say they are dissatisfied with their dating lives and that it has been difficult to find people to date, according to a Pew Research Center survey conducted in 2019.

The most common explanations include the challenge of finding someone who is looking for the **same type of relationship (53%** say this is a major reason), **difficulty in approaching people (46%)** and trouble finding someone **who meets their expectations (43%)** (Pew Research 2019).

These statistics all point to the brutal fact that not all of us have the chance to reach our desires albeit in any form or type during our lifetimes.

SO WHY IT IS NOT HAPPENING?

When we look at why our desires do not get fulfilled, research shows that people attribute that to a luck problem, to faith or to some kind of magic powers that few people have access to but they themselves do not (see Fritz Heider's (1982) work on self-serving bias and attribution theory) And it is not only having a certain fortune, skill or a capability, but many do not know what would be the best way to attain those related qualities to be able to reach one's desires especially at a certain timeframe (definitely during a time and age period when we have the required energy and capacity to experience those in life).

In that respect people turn to a lot of supportive resources such as spiritual gurus, healers, books, workshops, personal development programs, and many others out there who kind of offer a wish-related promise.

All of these are good and useful resources to use and there is no harm in benefiting from them to unveil some of life's mysterious occurrences.

However, there is also some (albeit limited in number) research that shows that reaching one's desires could also be related to one's awareness and state of consciousness (Barns et al., 2007; Ghasemipour, 2013; Coe & Salanova, 2018). Although we may not quite understand what the nuts and bolts of those awareness and consciousness-based factors might be, it is at least refreshing and even soothing to know that there is something that happens inside that actually creates our life experience. And here comes our question:

Could we use awareness as a tool to make our wishes come true?

Yes, in fact it is possible and even doable. Usually it is not that people are not aware of their wishes or even how to fulfill them; they actually know a lot about what they want and how to take some related steps. However, coupled with some research evidence and practice-based observation, I

have come to a conclusion that people do not know how to remove some *awareness blocks* that hinder their progress towards their wish fulfillment either in their chosen methods or even in choosing a life goal to be a priority. As a scientist-practitioner, I have also witnessed many times that people either do not know how to take a related step or omit one of more of the steps below to fulfill their desires in life.

3 STEPS TO USE AWARENESS AS A MANIFESTATION TOOL

- 1. Most people jump into making wishes without getting to know themselves better.** Here I am referring to not doing the necessary awareness work before you come up with what you really want in life. As there are some obvious reasons for why we want certain things to happen, the underlying internal reasons are critical to decide why a certain desire needs to be a priority in our bucket list.
- 2. Most of us have desires based on a need state, not an experience state.** Many individuals form certain desires based on something they already lack, or something others have (therefore they should have it too!). These are rational and understandable reasons for wish fulfillment; however they are somewhat not sustainable to keep us being motivated to fulfill a certain desire as need states always create new ones to work on to remain happy while experience states help us maintain our long-term satisfaction therefore perennial contentment and happiness. When a desire emerges out of an experience-based motivation, it creates a sense of fulfillment even we are in the process of taking steps towards it. In other words, the journey itself becomes enjoyable as well.
- 3. We may not always know or recognize the related awareness blocks towards our wish fulfillment. And sometimes we may not even know how to put our awareness into action towards our life goals.** When we try to take care of the things to be done towards our wishes, we come across some internal hindering factors along the way what we sometimes call *awareness blocks*. If we do not know how to recognize therefore remove them from our way, our wish fulfillment might become a dead end.

I know this all might feel a bit daunting and complex to digest all at once. However, it should not and it really is not. You can start analyzing your desires and their priority level while making sure you take the right steps in your methodology by starting to use your awareness as a *manifestation tool*. All you need to do at the moment is to click on the subscription link below (FREE) and start benefiting from our biweekly awareness toolbox that gives you *actionable awareness tools* towards achieving your **manifestation goals**.

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With this subscription FREE of charge, you will also be given access to our Q&A function which allows you to send and receive instant messages about your manifestation goals. By the help of this tool, you will have a chance to receive useful clues as to what your *awareness block* might be related to a certain goal, while you will also be provided with related *awareness tips* so that you can put your *awareness into action*.

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