Paul: Welcome, everyone, to the Secrets of Effortless Manifesting. This is Paul Bauer and I thank you for being on the line with us tonight. And if you’re listening to this as a recording, I thank you as well. There is no real difference between this being recorded or being heard live. And the reason why is because when you’re intent is in the present moment, there’s no such thing as past or future. It’s all in the now.

So as you hear my voice, you’re hearing this right now as you’re listening. The energy behind my voice, the energy behind your ears and your eyes and all your senses. And on tonight’s call, what we’re going to do is we’re going to tune into the deep essence of what manifesting… and I don’t pronounce it manifesting, I pronounce it “Mana”-festing, is all about.

Mana is a Hawaiian word that means spirit or energy, and we’ll talk in more detail about that. And before we get into what is some of the basics of the call… first of all, you should have the study guide for tonight’s call. If you don’t have that, check your email. I sent that several hours ago and you can pull it up on your computer. Or, hopefully print it out so you can sit back in your easy chair so you won’t have to be sitting at the computer per say so you can step back, let go, let the mind relax, let the body open up, let your energy start flowing, and start noticing things that the mind wasn’t letting you notice until, of course, you stepped back. And you let go. And you took a deep breath. And you let that deeper part of you, that knowing part of you, the observer, the witness within you [breathe in] [breathe out] take a nice deep breath. And then it starts noticing things that you weren’t aware of previously.

My story of struggle (and lessons learned)

Let me start with a little story and, for some of you that already know me, I’ll go through this story rather quickly, but it’s helpful for people that don’t yet know where I’ve come from and what gives me qualifications to be of service to you. Or what has brought me to do this thing of manifesting or Mana-festing.

Back in the late ‘80s, I had some significant struggles in my life. I had a serious relationship break up right in front of my very eyes that was going to turn into marriage. My dog that had been my puppy since almost high school was killed and it was unknown to me how it happened, but somehow it happened. And I also lost my job. It
just seemed like for a long time, or at least at the period in time, that I was just kind of drawing bad luck to me. And it didn’t make sense to me.

And it got me to start paying attention though. A little part of me asked the question: “Okay, I don’t want to go through this, so what is it that we need to learn here?” And it was not like a voice as much as it as like a feeling. Each of us gets our own intuitive voice in some way. It might be a feeling, it might be an actual little sound, it might be a sensation that you get. You might get external symbols, whatever it might be. But your intuition isn’t external. Your intuition is something that you can kind of get a felt sense of.

My feeling was that things weren’t just going quite right and I was wondering not why the bad things were happening, but what were the lessons that I was supposed to be learning so I could transcend that stuff, what we call the bad stuff. So I started learning about myself. I started digging deep. I started doing some therapy and stuff that was available at least at the time. And I started understanding a little more about myself and I started doing a little bit more in terms of… let’s call it inspiration, the spiritual field. That gave me some sustenance.

And I began to understand that as long as I was taking responsibility for what was going on inside me, I felt better even though the events didn’t change. My corporate job that I had at the time kind of faded and then I joined another corporation and I really wanted out. I didn’t know how to leave the corporate marketplace. But I was doing this kind of thing on the side. I was giving free speeches. I was teaching meditation on the side and it really made me feel good when I did it. That told me something. I didn’t know exactly what, but it did guide me.

In the process, I decided somewhere around 1995-96 that I wanted to start my company, Dreams Alive. It wasn’t the easiest thing to do, to start, and to leave that last corporate job, but I decided to do it. And when I did, I had a lot of challenges. Have you ever heard the phrase “If you really want to grow, start your own company?” Because it just forces you to pay attention to stuff that you didn’t know you didn’t know. That’s when the real, real deep stuff started coming up for me. And I don’t mean that as bad. I mean there was just enormous treasures that would surface and I didn’t know how to channel them. I didn’t know what to do with them. I didn’t know how to share what it is that I did with the world until I started learning about things like marketing, working and understanding what peoples needs are, and creating products and things like that.
Well, I almost went bankrupt at the time and that was the second time I almost went through bankruptcy. And I was right on the verge and I remember the mortgage company sent a FedEx for me. I opened it up and I knew exactly what it was. I saw the mortgage company on the outside and I thought, “Uh oh”. And it said you have like a small period of time, a window of, let’s say, 30 days. And I was not going to lose my house. I was not going to just give it all up. And so I just dug a little deeper, found some deeper essence reasons why I should continue and started branching out even more instead of folding in all my cards.

What that did was it actually doubled my energy, it tripled my energy. Suddenly money started showing up. I had to borrow a little bit at first, but after a while, something happened. Some circuits “turned on” that I didn’t even know were there within me. Some energy. You don’t even realize sometimes with your mind how much power you really have until you’re pushed to the wall. Do you know what I mean? Until life has seemingly has began to press all your buttons and you’re at your wits end and you just feel like looking up to the sky and saying, “Okay, I have no clue. What am I supposed to do?” And I was in that mode at the time.

“Surrender Mode”

That’s a great place to be when you’re in surrender mode. It’s a wonderful place to be. When you step back and you let something bigger than just your mind step in, something is really beginning to happen within you. That’s what happened for me back then. I want to share some of that with you tonight in terms of some lessons, some ideas, and some things you can apply.

Now, if you bring all that story to today, I travel across the world. I have a beautiful time where I travel with my sweetheart, Susan Castle. We create products together. We create seminars together. Some of you have been at some of those seminars or attended some of our Tele-seminars. And I’m in Lake Geneva, Wisconsin right now as I create this Tele-seminar. It’s a beautiful place. We have a beautiful view of the lake and I feel fortunate. I’m grateful every day. Not every moment of every day. I’m still human. The ego mind still steps in, but I remember how powerful those lessons were for me back then and it humbled me out. And it humbles me to this day.

And so my purpose is to share with you just how powerful the energy is right now within you. Right now as you hear my voice. And how to tap that power, bring it up and know
how to channel it. In other words, how to harness it, how to focus it. And that’s intent. That’s pure intent. And we'll talk about that.

What’s The False Premise?

So let’s move on to the study guide now. Let’s look at number one. There’s a question there and it says, “What is the false premise?” There’s a lot of premises that we operate on. In other words, basic beliefs or assumptions that life is a certain way. You get up in the morning and you just kind of automatically go into your day. And you are in a relationship and you assume certain things. And let’s say in your money or your financial part of your life, you assume certain things. There’s a lot of premises we agree to unconsciously that we don’t even know we’ve agreed to.

One of the biggest false premises is that we’re separate from the very thing we want most. So you can write that down on your study guide there. False premise ONE is that we’re separate from what we want. (It’s not true, by the way). And I’ll help you understand why. Intuitively, you know that you’re not separate from anything. You’re not separate from your Source, your God, your Creator, whatever you call God in your life. Despite the religious upbringing that you might have gone through, despite the systems that you’ve been through, whether it be the schools, the familial systems, the media that you watch, they all have done a great job trying to prove that you’re separate in some way from who you really are.

Until you shift your intent along the way and you find someone, you find a mentor, you find a teacher, you find a friend, you find a book... something that helps you remember something in you and a light turns on. It kind of scares you sometimes at first or it just gives you pause. And you step back and you go, “Okay, this is weird. Okay, this feels familiar, like a déjà vu in a way, but I don’t know what it means and I don’t know what to do about it.”

And about ten or fifteen or twenty minutes later, you don’t know how you did it and you wonder how you get back there. And the mind is confounded, which then causes you even more stress and even more separation. We’ll talk about how to let go of the mind, which is one of the hugest issues for us as human beings across the planet. That is the cause of our separation (or the seeming separation).
So this false premise of feeling separate from what we want is unconscious, first of all, and we're not really thinking of it every time we go to do something, go to create something, go to do whatever something. Take a minute and think of... what are one or two of your greatest challenges in life? Bring at least one to the top of your mind. It's usually not hard to find them, because that's what we're thinking of most of our day. If you've got one now, take a deep breathe and notice how often during your day you think that kind of thought. How often? In other words, how often am I letting this unconscious thought drive me? How often do I let it kind of move my thoughts, move my energy? Or in some cases stunt your energy?

Who's Doing The Driving…?

Who's doing the driving? What's getting me to think this thought frequently? Hmm. Not sure about that one. But if I’m not conscious that I’m creating this thought then I may be unconscious of other thoughts as well and other feelings that are going through me. And feelings are expanded energies of thought that are reverberating throughout your body. They’re moving all the way from your head, down to your toes, and back up again. If you’ve got body pains, if you’ve got any states of lack of health in your body, it's because the mind has been thinking habitual thoughts over and over and over again. And those are low vibrational thoughts that actually deplete life from your body.

All they’re trying to do is to get your attention. It’s a hard thing to understand. Western medicine doesn’t treat it like that. They don’t understand that. But whatever stress you have in your life is literally trying to get your attention. That's all it’s trying to do and we don’t interpret it properly. We don’t know how to process those thoughts sometimes, so they become suppressed. In other words, they get pushed underneath the surface. A familiar analogy that we’ve talked about before in previous calls and previous courses that we teach is imagine the stress that comes up in your life is like a basketball and you’re in the water and you’re trying to push it in. You’re trying to push that basketball down and you notice it takes a little bit of energy to get that ball under the water. That ball represents the problem or the challenge or the stress that keeps surfacing.

So let’s say that you push it down with one arm and then another ball comes up, which represents some other major stress in your life. Something about money, something about someone in your family is sick, a task that you’ve gotta get done or a series of tasks. All of a sudden now it’s a multiple set of balls and you’re trying to push those
down with your arms. Now you’ve got your legs and all of a sudden you can’t control them any longer. So what if you let go?

To the mind, in other words to the ego, it feels like “It feels like I would be giving in…” When, in fact, that’s the mind’s biggest problem. It wants to be in charge. By it trying to be in charge all the time, it actually causes our own undoing. It creates the stress. What? That doesn’t make sense. How could my mind be creating my own stress? Because it thinks it knows what’s best for you and it identifies. In other words, it thinks it’s that problem that you just thought of. It thinks that if you don’t have good energy that you’re low energy. It thinks that if you’ve just been told that you’re not a nice person, suddenly that becomes the identity of not a nice person. If you don’t have enough money, if you get money, without too much problems, but you can’t seem to hang on to it, you can’t seem to save it, you can’t seem to invest is smartly, wisely, then you identify with I must be a bad investor. Money… I’m a bad money person. Money’s bad. And you create an identity out of that. I’m not meaning consciously. What I’m meaning is unconsciously.

95 percent of our behavior is unconsciously running 24 x 7

It’s so important to know that 95 percent of our behavior is unconsciously running 24 by 7. Twenty four hours a day, seven days a week. That’s incredible if you think about that. But the good thing is that your subconscious and your unconscious are processing stuff that you don’t have to. Right now, there’s energy moving through your body that is at billions of bits per second that you don’t have to pay attention to, because your subconscious and your unconscious is doing it for you. That’s good.

Occasionally, there’s a bad pattern. A pattern that’s not serving you. A pattern that says I’m bad with, you know, love, money, health, energy, recognition, self-esteem, confidence, whatever it might be. So if I can step back long enough, if I meaning you, and let go of my mind’s ability to try and control it all, even if the mind fears letting go, that’s okay. And maybe I can have some peace in that moment. I can come back into the presence. I can live in the now for just a moment in time. That’s all you’ve got to do.

So this false premise that is separate from what we want, it’s an unconscious belief that’s really important. On your paper there, make sure you write that down. It’s an unconscious belief. It’s not thought like, “Okay, I’m going to get up today and try to see if
I can become separate from anything and anyone.” It’s running in the background. We were taught from a very young age that we’re separate from God, separate from Mom, separate from Dad. We’ve gotta earn our way. We have to do certain things in order to earn the love from our parents or our siblings or other authorities.

Why it seems so hard for the mind to get what you want

Why does it seem so hard for the mind to get what you want? In other words, why is it the mind keeps thinking that “I’ve got to do something?” Why is it that the mind keeps repeating, “Okay, you haven’t done enough. You still have to do more. You haven’t earned your wings. You haven’t done what’s necessary to get to the next level.” I used to hear those phrases quite a bit during the ’90s before I started Dreams Alive. I thought I needed more training, I thought I needed more of this, I thought I needed more love. My Lord, it seemed endless.

And I created a mastermind group in Chicago, a bunch of nice guys. One of the guys in our group looked at me and he said, “You know, Paul, you don’t need anymore training”. And he was talking to me about what I’m doing today. He said, “I keep hearing you say that you’ve gotta go to that next training, go to the next level and do the next thing.” He said, “Honestly, you’re like way heads above the crowd in terms of what you’re teaching and you’re doing it for us all the time. All the time. Every meeting we have, Paul, you’re doing it and it just comes naturally to you.” I was like “Wow”. I wasn’t feeling quite worthy or deserving of that, but I also thought there is a part of me that does feel that. This is incredible.

Now if you don’t have people like that in your life, you’ve got to find at least one. And if your mind says, “Oh, there just aren’t people like that for me”, then take a step back and say thank you to that part of your mind. Because that’s the part of you that’s stopping you from the very things you want most. There are plenty of people like us. There are hundreds of people that signed up for this call and I just sent the notice out starting yesterday morning. This didn’t take like a week long. There’d be thousands if I had started a week ago.

So the energy that’s going on inside of you now, just kind of take a nice deep breath. Get a sense. And when I say a deep breathe, I mean all the way down to your belly. If you don’t breathe from your belly, that’s part of the problem. [breathe in] [breathe out]
And if you don’t have that kind of a sound when you exhale, that’s part of the problem. It’s because the breathing gets just stuck. And most of our breathing is wired backwards. Seems kind of strange, I know. When we were young, especially before age seven, we breathed deeply from our belly all the time because that was our natural, automatic habit. We were wired properly.

Then stuff happened. More and more stress, some traumas as we grew up, we had to learn. And then in learning systems, depending on what learning system you went through, your grade school, your high school, your college, depending on what was told do you, depending on what love you did or did not get. Stress began to accumulate more and more in your body and it got really hard to breathe the right away. And instead of breathing from the belly, you started breathing from your chest. In other words, like your shoulders move when you breathe instead of your belly. And that was a big problem for me back in the ‘80s until I worked with a therapist and she taught me out to rewire my breathing. It didn’t take long at all until I became conscious of it.

Every time I got stressed, it was a reminder for me to breathe from my belly. Every time I felt tightness in my body, I remembered to breathe. Every time things didn’t go right for me, I remembered to breathe. In so doing, my mind began to get calmer and calmer. I wasn’t a meditator yet. I wasn’t doing these nice deep meditations that some of you know that we do in all the seminars, all the products that we create, all the programs that we have. You don’t have to be a master meditator. That’s not the point of it. The point is to have the intent of having peace with that which doesn’t feel peaceful within you.

The Number One Problem

The number one challenge of thousands of the people that we’ve worked with and of course for mankind, you’re talking about millions and billions of people, is the inability to quiet the mind. Ask yourself.

*Can I simply and easily quiet my mind?*

Just write the answer down on your paper. Is it easy for me to quiet my mind? For most of us, the answer is no. If you ask me as little as 15 years ago, the answer was no. Ten years ago, yeah. It was getting easier for me. And then with anything, the more you practice, the better you get. But with some of the things you’ll learn as you continue to study with me in the Effortless Manifesting course and beyond, then calming your mind,
that’s like an easy thing. What comes after that, what comes into your life when your mind is calm, when you don’t have a polarized mind in other words, one that says I want it. I don’t have it. If I could only have it, then things would get good. And that constant feeling of separation. That’s what I mean by polarized. It’s split into two. “I don’t have it, if I only could, I’d feel better.” And that’s the cause of our suffering.

If you’ve studied any Buddhism and even if you haven’t, it’s the feeling that “my needs aren’t being met” (and longing for more). “If only they were”, …wow what a shift. What could happen? So take that problem that you wrote down on your paper and just take a deep breath for a second. Just notice the feeling that you feel around or inside of that problem or that challenge. Even if you don’t feel like feeling that feeling, that’s okay. Just take a deep breathe, because there’s a gift within that feeling. There’s nothing bad within it. All it is is just energy. The more you feel that feeling, the more you allow yourself to feel it, the better you will feel because it’s just energy that’s trying to move up and out of your nervous system.

And there’s a message in there. Now your mind won’t get that message all the time and that’s why it’s wise to practice some form of meditation, because it allows you to understand what the signals that are coming up and out of your nervous system really are, what that energy is, why it’s there in your body to begin with and what it’s trying to say. And for most of us, if we heard the message for what it’s really trying to say, you’d be blown away. Completely blown away. And if not, either a) you’re standing back from your own wisdom or b) you don’t want to hear it. Because if you’ve got stress in your body at all, all it is is just a message. It’s just energy that’s trying to move through. Each of us has our own unique way of holding energy in the body.

Some people get knee problems. Some people get diabetes. Other people get cancer, other people get heart issues. Other people just get neck aches or back aches. Whatever it is, it’s just energy trying to move through the system, through the body. And years ago, we had a wonderful, wonderful mentor that was sharing with us that those are habituated thoughts that are thought thousands and tens of thousands and hundreds of thousands of times. And they get sent through the body like an echo. Imagine your body like a cave that you’re saying those thoughts into time after time after time. And after a while, the energy just doesn’t come back out. It stays in there.
"The common thread"

Now you know your own unique patterns. We call it the common thread. David Hawkins, in his book called *Powers vs. Force*, calls it your LOC, your level of consciousness. But it's not a static thing. Your LOC relative to where you get stuck is completely different then when you’re in a meditative state. That’s completely different then when you’re walking around and you’re smelling the chlorophyll and the nitrogen and the beautiful oxygen coming off the trees. So some people misinterpret that. They’re like “Okay, what’s my level of consciousness?” Well, it’s a thing that is in flux. It moves.

So it seems hard for the mind to get what you want because it’s restless and it's polarizing your very thought process moment to moment. So even if you had what you wanted, it’s kind of like cutting it into pieces and it doesn’t realize that what you want. Most of the time it’s here right now. I don’t mean just material, by the way. That is just a small fraction of what is possible for you. And I’ll explain that in more detail as we go.

Material, if that’s what you want, then you’re greatly diminishing your power every moment you think it. In fact, what it does is it also depletes your energy, your *Mana*. And I’ll talk about that in more detail. If what you want isn’t here right now, it’s because your mind thinks that it’s not here. And it keeps creating a field where you can’t see it, you can’t feel it, you can’t sense it. And in the Effortless Manifesting course, I go into incredible detail and also through exercises and through a very powerful process that helps you understand that – “Oh my God, my mind didn’t even see that. How is it that I didn’t see this? How is it that I didn’t notice this that it was here the whole time?”

Now you could call that awakening, you could call that a *Satori*, which is a Japanese word that means instant awakening. You can call it a light bulb moment. Whatever it is, it’s when the mind lets go and there’s a greater force within you that turns things on for you. It’s not outside of you, that greater force, it’s within you right now. Remember that thing I was telling you about before where I thought I needed to go for more training and “more this and I thought I needed more love and more that”? Well, that was my mind thinking those negative thoughts, those thoughts of separation. And if that sounds like something you’re experiencing in your life, then I can promise you that through the Effortless Manifesting course, that you’re going to have a incredible time.
The Meaning Of Mana

So you'll hear me once in a while say the phrase Mana-festing. Like I mentioned it in a couple of emails, some of you have seen it on my blog. We’ve talked about it in some previous tele-seminars, some free calls here and there. So I don’t use the word manifesting, I use the word Mana-festing. Mana means energy or spirit. It’s a Hawaiian word. Some people say, “Well, why do you use Hawaiian words, Paul?” Well, all I can share with you is that it resonates with me. It’s a sacred word. You can use the word prana or shakti or chi – whatever word you use for energy or spirit – God, Creator, Source. So we won’t get hung up on words themselves or the definitions of it. The key is what does it mean to you? What does having enough energy mean to you?

What is allowing the energy to move through you and having it available and being able to tap into it and harness it at any point? There it is. Right there. To be able to use that during your day to create something, to be who you really are, to honor humanity, to somehow give back to people, people who you care for, other humans, other forms of life and of course, Mother Earth. Because this is a time when we’re really being woken up pretty clearly that Mother Earth is in pain and it’s time for us to heed that advice. And if you think I’m a tree hugger or something like that, that’s okay. If you don’t like that kind of energy, then you have two choices. One is that you can just kind of let go and you don’t have to listen any longer or B) you could actually say, “Hmm. Maybe there’s something here.”

The more I don’t pay attention to what’s going on inside of my body is almost like not paying attention to Mother Earth. The more I don’t pay attention to Mother Earth, the more I’m in pain because I’m separating myself from the very Mother that gave me birth. Most men don’t understand that. It took me a long time to understand that. Mother Earth is our Mother in a global sense of the word and we have destroyed this planet in many ways. Kudos to you if you do things that help the restoration process. If not, this is your chance. And this is not meant to be preaching in any way, it’s meant to understanding where is the energy happening in my body, you know? If I’m in pain, if I don’t get what I want, hmmm… what kind of energy am I putting out? Am I blessing everything that comes into my life? Do I take good care of this planet? If not, then I might want to reevaluate my choices because every moment is a new moment.

I don’t have to continue to do it the way that the people who taught me their way any longer. This is a completely new birth of time and of wisdom on this planet. So the
meaning of Mana is it’s an energy that’s profoundly sacred and can heal anything, can manifest anything or Mana-fest, that you would love to create or be or do or have in your life. In fact, it’s so simple for that energy that it’s already here right now. It’s just the mind that doesn’t understand that. It doesn’t notice that. There is a way to begin to notice that, though. And there’s an incredible exercise that I teach people in the Effortless Manifesting course that literally everybody understands and they get it and they feel it. And then you move from there. You move on from that point. You understand that that’s how I tap into the Mana within me. There’s the very essence of creation in that energy.

Mana-festing Is A Sacred Process

Number four, let’s look at this phrase called Mana-festing is a sacred process. It’s something that I have learned over time and I’m going to quote… I’m going to paraphrase a quote by Dr. William Tiller. Some of you may have seen him in a movie called “What the Bleep?” Many of you have maybe heard of him over time. He’s got a quote, and I’m paraphrasing, and that is manifesting is always teaching us. It’s always giving us signals back of what works and what doesn’t work. It’s sharing with us what signals and what really is pono, which is a Hawaiian word that means truth or pure. What works? What doesn’t work? If it doesn’t work, it’s not pono. If it is, it makes you feel good, then it’s pono.

So the energy of creation or what Mana-festing is all about, and you can fill this in on your page there. It’s always teaching us how to create. It’s always teaching us how to create. If you’re not getting what you want the signal you’re getting back is the way you’ve been doing it isn’t pono for you. It’s not working. So it’s just sending you a signal back… okay, this way doesn’t work. You might want to consider another way. You might want to consider another way. What could that other way be?

”Creation is always teaching us the simplest way of how to create…”

Until you let go, you don’t know because your way, the way that the mind is thinking it needs to control it, may not be the way. You’ve got to find what the way is and I don’t mean it’s outside of you. I mean let go of the mind. So since creation is always
teaching us the simplest way of how to create, all you’ve got to do is listen. It’s almost like when you were a kid if you played the Duck, Duck, Goose game or the ‘Cold, Warm, Warmer, Colder, and Hot’ game. If you’re creating what you want with ease, then you are tuned in, you’re into it, into your intuition power. If you’re not creating what you want, then your vibes are trying to tell you that you’re “off base”. What you call Creation or God or Source is sending you a signal that you might want to consider a slightly different way or a slightly different goal because the one that you’re pointing towards now or the way that you’re pointing towards it isn’t what’s good for you which completely relates to your purpose here, by the way.

Because if you’re “off path”, that’s when you’re having stronger difficulties and friction and static and resistance in your life. If you feel a lot of it, it’s because you’re really not living your purpose. In other words, you’re not hearing your Soul’s calling. You’re not tuned into what your Heart is trying to tell you. A silenced heart causes more problems on this planet for more individuals then anything else. The silenced heart is the same thing as saying that it’s the restless mind or the polarized mind. Because if the mind is doing all of its stuff and it just keeps going and going and going, kind of like the Energizer bunny, you know it keeps going and going, then you’re not going to hear what your heart is really trying to speak to you. It says it unconditionally. It doesn’t have any attachments to you getting it or not getting it. That’s really important to understand.

And it’s not easy to hear our hearts. It’s rather difficult for most people especially if that mind has been trained to stay on guard. I can’t let go. I can’t open up. If I were to open up, I might get hurt. I might get humiliated. I might lose face or recognition. I might have to drop my mask. What if you did those and nothing bad happened? What if by stepping back and noticing what’s going on within you and then taking a step in a different direction or in a different way at the very thing that you want is right there? The very person that will love you unconditionally for who you really are is right there, because you let go of that current relationship or the way you were treating the person in this current relationship, that you let go of your need to get back what you think you want instead of just letting go.

So by stating that not manifesting or Mana-festing is a sacred process, it’s really incredibly profound and sacred. It’s always teaching you the best way it knows how. When I say it, it is really you, by the way. Your self-teaching without even knowing it sometimes. If you fall off, it’s trying to get you back. If you’re grounded and you’re centered, it’s going to give you feedback. Like way to go, keep going, you’re moving in the right direction, yes. Whatever those words that you silently speak to yourself when
things are going good, that’s when your Mana is flowing. That’s when your energy is connected. That’s when you know that you’re on path and the energy’s flowing for you.

So here’s something that’s kind of interesting. I shared this with some of our students in another class that we had been teaching recently. The more you want, the more that you’re chasing after something, the more you’re accumulating, the more that you’re doing stuff in the material plane, the more you deplete your energy in your life force, in other words your Mana. And it become a vicious cycle. In other words, the more you don’t think you have what you want, the more you think that you’ve got to go out and get it, the more you think that it’s not being given to you, etc. It creates that constant cycle of not enough and I have to continue to do something in order to get something. And all that while, it’s literally depleting energy from your vital organs, from your brain to your kidneys, depending on what your genetic pre-disposition is. It may be different then, let’s say for me, or for another person.

In my family lineage, it’s kidney energy, at least from my dad and me to a lesser extent. I learned the energy. I learned the “story”. And I’ve cleared that from my DNA and so I don’t have kidney problems. If I even get mildly tired, it’s telling me that okay, you might want to take a chill, bro. And so I do. If I get really tired and I mean more then the kind where you just need a little bit of sleep. I mean when you’re drained. That’s that little warning sign that I put here. Each of us has those warning signs. It might be in your relationship, when the person says “you’re not listening to me”. If you hear that more than four or five times, after a while they won’t tell you that anymore. They’ll just silence themselves. They’ll put up a wall. If it’s in your career and you notice that you’re just not creating that result that you want, that’s a great way to begin to notice things, because most of us think nine to ten hours of our day is our work, our career. Depending on whether it’s your right livelihood or not really isn’t as important as what you think of during the day.

Are those good thoughts that you’re thinking while you’re at your job whatever it is? Because if they’re not, then they’re taking down your energy. They’re literally depleting your energy right out of your body. If you feel that you feel pretty good in the morning and then you get to work and two hours later, you’re drained, that’s because you’re not noticing what your thoughts were about that job. It’s not the job itself. As negative as some job might be, it’s still the way you interpret it.

"The State of Wanting Depletes Our Mana"
So the more that you’re wanting something, the more that you’re striving for something, it’d depleting the very Mana, the very life force, that you want most. If you want to expand the definition of Mana, it’s the profound inner peace. It’s something that most people don’t think they can ever have. Well, they get it once when they go on vacation when just for an instance they caught that sun going down just before it hit the horizon and they heard the waves and the birds and the gulls in the background. And you actually took a deep breathe and it wasn’t a forced meditation. It was just beautiful in the moment. You have felt these moments in your life.

The question is not can I feel these ever again, the question is how can I cultivate those feelings? How can I return to the place of peace within me and do it with some consistency and do it so i won’t have to let all the stress build within me to then have to be in emergency mode or fight or flight mode or I’m really stressed out, I don’t know what to do, I need to go do my habitual response, whatever that is? Some smoke, some pace the hallways, some drink coffee. Whatever it is for is not as important as what you’re noticing yourself feeling in the moment.

And as human beings we’ve done a darn good job cutting ourselves off from our feelings. What does this have to do with manifesting or Mana-festing?

**Everything…**

Because if you’re disconnected from your own self, you are not creating the stuff you want in your life the way you want. It’s going on auto-pilot *the way you don’t want*. And that explains a lot, because if we’re not paying attention to how we feel, we’re not paying attention to the sacred energy among us.

**The Child Within**

In terms of the energy of a child, it’s just like the little boy or the little girl within you. That pain or those little rumblings that you might call it, the stuff that comes to your mind that you’re not paying attention to, because you’re too busy, is just like a child coming up to you and pulling on your pant leg and saying, “Mommy, Daddy. Please.” And if we say no to them once, twice, dozens of times, maybe even hundreds of times, after a while, the child stops asking and it *acts out*. Any of you with children know this. And it acts out in ways that get louder and louder over time. Some of those really loud ways are the break ups in our relationships, states of lack of health, in other words, disease, serious
calamities in our life like financial meltdown and other forms of it, like when you feel like you’re losing your mind. Which is a good thing, by the way, because you don’t want to hang on to the mind. You want to let it go. You want to just let that energy move right through you.

Sharing the energy, the lessons, the wisdom that you’ve been able to learn in your life, the ones that have made a difference for you, the ones that are authentic for you increases you mind and actually gives you energy back. So if you feel like you’re not getting what you want, ask yourself this question. And, by the way, it isn’t just getting what you want, but getting it in the way that you want. You might notice or you might ask yourself

"How am I giving to others?"

In what way? How often do I give to others? How often do I help mankind? How often do I help children or adults or senior citizens or a foundation of some type? And if you don’t do that with some kind of frequency that makes you feel good when you do it, that’s one of the big reasons why your energy feels stuck. That’s why you’re focusing on little old me instead of the big you, the possible you, the infinite you. Kind of cool to consider.

If you really think of why you were placed here, do you think it was an accident? Or do you think there was a purposeful reason and meaning behind why you were brought here? I don’t mean like you were placed here. What I mean, before you got here, you had an intent in this life “I’m going to live this out”. The more you don’t live that out, and I mean a high vibrational purpose, I don’t mean pain and struggle and things like that. There’s another whole intent to that. But in terms of if you’re brought here to share with others your lesson and you don’t do it, it’s going to cause you pain. The more you do share it, the more Mana, the more life force, the more Chi, the more “feel good hormones” move through you and the healthier you’re going to be.

“The Grand Illusion”

And under that you’ll see the great myth. The great myth is that we need to attract the stuff we want and “get it” in order for us to feel better. And I’ll explain what I mean by that. This is the greatest myth of mankind thinking that “this thing over there that I don’t have is going to make me feel better …when I get that…”, (it doesn’t have to be
something material) but let’s just say that it is something that you feel is not complete in your life. And if you remember, as we talked about in the beginning of the call, the false premise that we’re separate from it is what causes all the pain. And so this myth that I need to attract it, I need to bring it into my life, I need to... If I could only have that person who loves me this much. If I could only have that job where I’m recognized. If I could only have that amount of money in the bank. If I only got my 401K back to where it was. If only... What is your if only?

That’s one of those unconscious habituated thoughts that we think almost all the time. If only I had this. So here’s something cool. We’ll do a little exercise here. It’s only going to take about a minute. If you’re sitting at your couch or in your chair, just kind of tune in and ask yourself what is the thing that I’d love to create or have or do in my life right now. What’s the thing I would most love? What is that thing I would love most? Take a nice deep breath all the way down to your belly. ...breathe in, and breathe out... Let your self breathe that “aaahh” sound on the out breath. If you’re not breathing that sound or you’re not breathing completely, your Mana’s not moving, your energy.

Ask yourself “What if I could have this in my life right now, how would I feel right now? If this was real in my life right now.”

Close your eyes, take a deep breath, and tune into that feeling of what if this was real right now. Continue to breathe all the way to your belly. Feel that feeling (even if your mind doesn’t know what it’s like). Just continue to breathe into that. Notice that. Notice the shift that just happened within you. If only a simple shift. It might not be even a big shift. It doesn’t have to be. It could be just a subtle one. That’s the beginning of cultivating your Mana, your Imaginal power and your sacred self. That’s the real you.

Ask yourself “How often do I spend time here?”.

“How often do I allow myself to be in this place, this feeling?”

If the answer is not often, that’s the reason why you don’t have it yet. And that’s okay, so take a nice deep breath into that noticing or into that awareness. (breathe in and breathe out...) Noticing that this is a state of strength by itself. Just noticing that it’s my tendency to not be in this place. This feels good. This is the essence of my creation. That’s more important then the creation itself, by the way. You can go into this feeling anytime throughout your day. It doesn’t matter when, it doesn’t matter where. All you gotta do is tune into the feeling of... “Yeah, it’s not happening in my life right now and, gosh, I notice my mind doing this. How would I feel right now if this was already real
though? The thing that I’m pointing towards, my goal, my intent, the stuff that I was striving for up ‘til just a couple of moments ago, what if it was already real right now?”

I catch my mind doing that very frequently throughout my life. So instead of waiting for the material thing or the event of the whatever to show up, what I would is I go right into the feeling of it and the essence of it being real right now.

Because guess what? It is real right now.

The only problem is the mind doesn’t notice it. The mind can’t create it for you. The mind, really what it does best, is it can set some intent and it can do a lot of confusing the stage. It can throw lots of players on the stage that look like you’re not getting it. People who are knocking on your door and say you’re going to be evicted, or you owe money, your can’t have it, it’s going to be a distance from you for a period of time. But after a while you step back and you go wait a minute. If I come off that stage and I start… I’m sitting in the arena now, in the auditorium, just kind of like the auditoriums in a movie theater. Just kind of imagine that in your mind’s eye right now.

Activating Your Observer

Come up the rows until you get to the back of the theater now. Now notice the stage. There’s you down on the stage. There’s the players in your life, the stresses, the challenges, the obstacles, okay? You’re in the back of the auditorium now, you’re just observing the stage. And now come up into the booth where they run the lights, where they run the projectors, and notice that you can turn some of the light switches up and down on certain characters on the stage. Notice that you can turn the wind on and the rain and the tornados and the hurricanes, all of the special effects up there in the booth. And ask who’s the person in the booth? You don’t have to get a firm answer on that one, it’s just a good question to ask yourself. Who’s the person up in the booth that’s running all the lights, running the show? Who’s the person down on the stage?

Freeing Yourself of Old Identities

You can be either. If you’re stuck down on the stage all of the time, you identify with all those people, all those events and you think that you’re the good stuff and you think that you’re the bad stuff, depending on the identity that you’re in that at time of your day. I’m a mom, I’m a dad, I’m a worker, I’m a person who just screwed up, I’m a person who
lost half my 401K, whatever is floating through your mind habitually is that role that you’re playing, in other words, the identity that you’re playing. And you can take a deep breath and step back just like what we just did in that real simple exercise. Call it the auditorium exercise if you will, the observer exercise. Play observer in your life a little more often. Start noticing you’re noticing. Notice how you feel, take a deep breath into those feelings. Notice when thoughts are moving through your mind, take a deep breath through those thoughts.

After a while you’re going to start noticing some shifts that are happening. They may not be very large or profound. They may be subtle at first. After a while, you cultivate that energy and you’re cultivating your mind. So this great myth of needing to attract or get stuff to feel better is the one that’s causing us this feeling of separation. And we keep doing it over and over and over again. For most of us, the first thing out of bed in the morning – oh, I gotta go do this. I’ve gotta get that done and then we get into those habitual patterns before we even get a chance to be in the moment.

"Be still and know that I am God"

One of the great myths is that I’ve got to invoke a certain law in order to “attract stuff”. That is just not true because you either believe your Creator or you don’t. You either believe that you are God like the Bible says: Be still and know that I am God or you don’t. If you don’t believe it and you want to follow the old traditions, that’s up to you. But if you’re drawn to a call like this, you have something inside of you that says something in me is telling me there’s a greater force now, right now within me. And I’m activating as I hear this voice, as I breathe my breath. I don’t have to attract stuff. The reason why is because I am that which I intend. The moment I intended, it’s real. Just like that.

Even if my mind can’t see it, can’t feel it, can’t taste or touch or smell it, yet I know it’s hear right now and I’m not going to let my mind step in the way of my feeling the essence of migration like what we just did a couple minutes ago. In other words, “how would I feel right now if my essence, if my create to intent was already real?” That’s key. If there is only one skill that you learn on this call, that’s the key one. It’s noticing what’s going on inside you, noticing what those thoughts are that are feeling other than peace and tuning into them and shifting the intent from unconsciously saying I don’t have it to you know what? Thank you. It’s here right now even if my mind doesn’t yet see it or feel it, you can breathe into that. You start cultivating that and that it is an
incredible process. You don’t get everything overnight. You don’t get that exercise necessarily mastered in one time. Like anything else, it takes practice.

So we pretty much did that concept of number five, actually there’s two number fives, which mean there’s a mehehune running through our study guide. A mehehune is just like a little kahuna. If you like Hawaiian studies, we can talk more about that after this manifesting course. But we just pretty much did that. What if you already had what you wanted right now? I’ve typed that up specifically. That’s something you should put on your mirror. That’s something you should put on your nightstand. That’s something you should put in your journal. Instead of wanting stuff, which just creates more not having it, it tells the subconscious, what I call the Uni, and I use that word Uni as a shortened version of Uni Pahu, which is a Hawaiian word that just means your subconscious. So I just shorten it to your Uni. The cool thing about that I realized a couple of years ago that if you spell it, it’s spelled U-N-I. It’s almost like you and I. You and me.

So you’re Uni is profoundly intelligent. It doesn’t work too well with being cajoled and being “subliminal affirmationed” and hypnotized into and tricking it into having what you want. You can’t trick the Uni. What you can do is work with it. You can ask for it’s help. You can marshal or harness its resources. And it’s resources are vast. It’s connected to the All. When you go to sleep, it goes to work for you and just sends out all those intents you had throughout your day and gets them done for you depending on what they were. If you wake up the next morning and you’ve got stuff that you don’t want, it’s because you were thinking the “don’t wants” before you want to sleep.

It’s actually really simple if you think about it. Whatever I think about most, I’m going to expand. I’m going to create in my life. Yeah, because that’s your intent. A lot of people that we’ve shared these lessons with over the years, they say, “Gosh, Paul, I’ve studied this stuff. I still am not getting what I want, okay? What’s the matter?” What’s the matter is you’re unconsciously intending it to not happen and there’s a part of you that feels that it’s better to not have it than to have it. Whatever it means to you in your life whether it be money or recognition or health or love or radiant energy or confidence, whatever it is. If you don’t have it, there’s a part of you that’s intending for you not to and that’s the part of you that you haven’t yet made peace with, that you haven’t integrated, that you haven’t given the love that it wants most.

That’s what it wants most dearly from you is your love. If it thinks it’s conditional, by the way, it will continue to hide and you don’t feel all your power. If, on the other hand, that you decide it’s time and you’re willing to let go, you’re willing to look at this in another way. You never knew this part of you had a positive intent for you, because it does.
What’s The Positive Intent of Problems?”

Your deepest pain has a positive intent for you in some way. If you don’t know what it is, close your eyes, take a deep breath and say “What’s the positive intent of this challenge in my life. Something will come to you. Now, depending on how you hear that or heed that will determine what happens after that. If you’re used to not trusting your intuition, then you'll just pass it right up. Just like the rest of the thoughts or the inklings that may come to you. If, on the other hand, you hear it and it says, "thank you so much for listening. I didn't think I was deserving," or, "No matter what I do, I don't feel I'm ever going to be loved," or, "I did my best and it just seems like every time I do my best, something gets thrown back at me". Now some of us say those thoughts. And you want to journal those thoughts and feelings and you want to get an understanding of this is kind of like that's what's happening within me. That's what I'm writing into my book all day long and that's what's manifesting. Our opposing it is what causes the pain. Just those thoughts by themselves isn't painful. It's how you respond to them. Hmmm… So in other words it's shifting your intent.

The Power Of Pure Intent

Intent is just pure energy. Intent is it’s done. Intent is pure creation. The moment you think of brushing your teeth, you don't think of, "Okay, how do I brush those teeth. This isn't going to work. Oh, man. I can only get to six of those teeth," you just brush your teeth. Right? Because you've got years of practice.

Whatever it is that you want to create in your life that hasn't yet happened, the reason why it hasn't yet happened is a couple of reasons. Number one, you have lack of clarity about the intent. The intent isn't strong. It doesn't have a lot of focus to it. That's the case for a lot of people.

The second one is that the Mana isn't there behind it. You know? Like, I don't feel vibrant. I don't feel energized. I don't feel the way I want to feel. And then third is there’s a big lesson that I'm supposed to learn in the process before this thing manifests in my
life and if I don't learn it, this things not going to manifest. The moment I learn it, I get it. I don't even need the material thing. I don't need that love in my life like I thought I did, …because the thing that I thought I wanted was the thing that I needed to give myself first.

Then the rest of it happened naturally… almost like dominos. That's kind of an interesting thought to consider. Whatever you feel denied of is the thing you deny yourself. Whatever you don't have is something that you're withholding from yourself.

That may sound like tough love. It's not. It's just the way the consciousness works. When you start getting in touch with that which bothers you the most, the pain you feel most frequently, the feelings of anxiety or shame or depression, anger, fear, grief, they have such valuable lessons for you that no book and no mentor could ever teach you the weight of what those fears can teach you, because they are the opposite of you. They are the dark side. It's like a part of you that's been hidden for years and no one understood it and it was judged and it was pushed under the stairs like a child in the dark and we fear it because we don't know how to work with it, but after awhile you do. And you shift your intent from pushing it away to loving it and embracing it, at least accepting it. If you can at least accept that part of you, the part of you that says, "I can't do this. It never happens. This won't happen for me no matter how hard I try. I don't feel that love. I don't feel that oomph in my life," then just love that part of you and if you can't love it then just accept it. Breathe into it. Because breath equals spirit.

That's why breathing exercises are so important. If you're breathing isn't the way that you think it should be, then take some breathing classes. Cultivate them. Before I did the call tonight, I took at least ten minutes and I was tuning into my breath and it really allowed me to tune in. Just a simple form of meditation. That's part of what's going to be in the Effortless Manifesting class. So intent equals energy. It just simply is. Whatever is happening in your life is happening because of your intent, primarily unconscious. If what is going on right now isn't what you want, it's because a part of you has been intending it that way. And it sounds really strange but when you really tune in, you realize that there is nobody outside of me. There's nobody that's doing this to me. I'm the one that's been creating these thoughts and these feelings. You know what?

I'm going to forgive myself. I'm going to let myself off the hook for having not created the way that I want and I'm going to re-imagine it. And by re-imagining it, I allow it to come into a more profound and a more sacred existence than I ever knew. In a deeper, more complete, more grounded way. And I realize that by doing that, but just “re-
imagining” it into the now, that I'm actually thinking of the highest part of me by doing that. I'm actually blessing humanity in some way…

So our last point in the study guide, timing. When's it going to happen? We hear this a lot. I've done all the exercises, Paul. I've done all the good stuff. I feel better. My mind is pretty calm most of the time. I've been doing all the different little things that I'm supposed to do, but the good stuff isn't showing up for me yet. And that's what I call “mind games”. The mind is still kicking in but it's yet another subtle pattern. Where am I placing my emphasis? - on the inner or on the outer? And we talked about this earlier. **Tune into the feeling of having what you want right now**. Having it, right now. So instead of that challenge, it's already here. It's solved. That problem is solved. The thing you want most is already here in this moment.

Tune into a feeling of peace within you and take a deep breath, even if your mind doesn’t know how. And let your body just begin to feel that energy. Call upon it. Just bring it into your body like you can point your hand towards the sky and you can let the energy come down into your body. Just kind of draw it down into your heart. What you want already exists right now. It’s the mind that thinks that it doesn’t.

**The RAS and How Can Stop You From Having What You Want**

There's a part of your mind that’s called a reticular activating system and it focuses on stuff and it filters stuff out. The reason why you think you don’t have what you want is that part of you has been told to keep it out. It’s been told to keep it at least at arm’s length if not further out. So the RAS is doing it’s job. It’s doing what it was told to do a long time ago. It’s almost like a prime directive. It’s a rule. It’s protecting you. It’s a law within you and it says do not let her or him go there because if they do they’re going to get hurt again just like when you were a child. It stops you just like that. It like “pulls the ripcord” and you flying in the opposite direction.

“*What if what I’m learning in the meantime is even better than the “it” happening now?”*
And so instead of it happening the way you want now, here’s something that you could do in the meantime. What if what I’m learning in the meantime is even better than the “it” happening now? Now that doesn’t make the mind feel very good. I need money, okay? Right. But what if the stuff that you had to do in order to earn it was your journey that brought you to far greater things than just the money itself? Now if you’re mind goes “Yeah, I already knew that” then just take a nice deep breath into that part of you, because that part thinks that it knows. “I’ve got it all figured out”. That is a part that doesn’t serve you very well. Just breathe into that part. Some people say “chill out, let go…”

The more you cultivate your breathing throughout these rough points in your life, when the stuff isn’t showing up the way you want. And I don’t mean just material stuff, I just mean the way you want. The more you breathe into that, the more peace you give yourself way before it ever shows up for you. It’s one of the greatest things you can do for yourself.

So as we conclude this section, as we conclude this call, just take a nice deep breath and tune in. Close your eyes for just a moment. Get some really nice closure on what we’ve done so far. If you want to take your fingertips and place them together from both hands, not your palms together, just the fingertips. Close your eyes, take a nice deep breath all the way down to your belly. (breathe in… and breathe out…)

And feel your connection to Mother Earth. (breathe in… and breathe out…) And know that you are complete, that you’re loved, that you’re safe, and that you’re whole. You are enough.

You are enough

Everything you could possibly imagine is within you. There’s no need to go outside of you to have it or to be it or to feel it. It’s here right now within you. I say Mahalo, which means thank you in Hawaiian, for on this special Effortless Manifesting Preview.

I’m going to go through the modules in the Effortless Manifesting Course and how they’re designed. I’ve designed the Effortless Manifesting Course, number one that it’s easy to understand. It’s simple to use on a daily basis, because the more courses that we teach, the more programs that we do over time, the thing that I notice most is people only use stuff that’s simple to use. They’re only going to actually practice things that are easy and that are kind of natural, that are intuitive.
An Overview Of The Effortless Manifesting Course

Module 1
The Core Mana-festing Process

The first part of it is the most important part and that’s what I call the Core Manifesting Process. That’s a process that you can learn in a matter of minutes and when you do it things turn on, they connect. You feel instantly peaceful, which is a huge part of the manifesting process.

So the Core Manifesting Process or Core Mana-festing Process allows you to tune in to your Creation already being real. That’s the first step.

Second, it allows you to feel that filling throughout your day.

Three, it opens up that part of you that we talked about before, the RAS (Reticular Activating System). So you start actually noticing that your Creation is real. It doesn’t take a long time to start noticing that. In other words, the people, the contracts, the book deals, the love in your life, the people, whatever it might be start coming to you naturally, because you’re open to it. It was there the whole time, but your mind was filtering it out.

"It was there the whole time, but your mind was filtering it out”

So what the Core Manafesting Process does is it helps you align all the parts within you and it turns on your Mana. It activates it. It’s there. It’s lying in wait. It’s like a latent talent that has yet to be awakened. And what the Core Manafesting Process helps you do is it turns it out. It just opens up the circuits. It lets the energy move up and throughout your whole energy system and it makes you feel vibrant and alive.
Module 2

How To Activate The Power of Your Imagination.

In Module 2 of the Effortless Manifesting Course, I help you activate the latent power of your Imagination. Sometimes when people read this they go, “Oh, I’m already good at that”. Well, there’s a word that we teach in the course called confabulation. Con-fab-ulation. What it means is you “think” you know it. Like if I say, okay, something that you think you’re good at and I’ll ask you if you think you’re good at that and you’ll go “yeah”. Well, you may in fact be good at it, but there’s a part of the mind that just goes, “Well, I don’t need to study that anymore. I don’t need to do that anymore because I’m already good at it.”

Well, when in fact sometimes we’re really not that good at it and we just kind of pass it up because we think we already know everything there is to know about it. Imagination is one of those things that we know very little of and yet it’s the very answer to your problems on a daily basis. I’ve had people write me and say “You know, I’ve done this thing and I’ve got good Imaginal powers and I’ve done this and this and this, but it still doesn’t show up.” My response to them is that a part of your mind is blocking the very thing that you think you know. It’s blocking your Imaginal powers. I’m going to teach you in the Effortless Manifesting Course how to turn on that Imaginal power in a way that you’ve never understood, never noticed before, and certainly not in the way that’s about to happen for you. That of and by itself is worth the entire price of the course.

In other words, when you tune into your Imaginal power in the way that’s the sacred energy within you, something happens that nothing else could give you from the outside. It’s like harnessing all of the energies from within you that didn’t even know or didn’t even think that you had. And you pull that energy up and all that energy becomes part of your intent and here’s a way of thinking about it.

How to Focus Your Intent

Pull the energy up from the ground in front of you right now. Right from your feet, pull it up in front of your body and now move your arm out like you’re going to do a karate
chop, but point your fingers straight out. Do that a couple of times. Bring the energy up the front of your body and then point your whole hand forward and move your arm out away from your body and point it towards the wall or perpendicular to your body. Just like an arrow. Do that that a couple of more times and know that what you’re doing with that is cultivating your energy.

What I’m going to teach you in the Effortless Manifesting Course is how to cultivate the power of your Imagination in a way that your mind has not even considered before. That’s the point because everything that you could possibly want or need or ever come up with already exists in the Imaginal field, the Field for short. With a capital F as in Frank or Field. Activating this power is a profound sense of ease and peace and energy and the Mana just starts flowing naturally for you. It will come in different times of your day. It will come when you’re doing the exercise, it will come when you’re driving. It may come while you’re doing a presentation. It may come when you’re working with your children. It doesn’t matter when it comes, it’s being open to it and noticing it and cultivating it.

There’s an author, his name is Rick Jarow, and he calls it “regenerative trust”. The more you trust that power, the more it becomes noticed the next time it regenerates even stronger – regenerative trust. The more that I notice I’m good at this, the more I am good at it. The more that I trust my Imagination, with a capital I, by the way, because the small letter does not do what we’re talking about justice.

The capital I means the real you, that’s the source within you.

Module Three
How To Clear Any Block That Stands In Your Way

Module three is how to clear any block that stands in your way and all of these parts complement other courses that you’ve taken, by the way. In fact, the best courses that we take, you notice that they do complement each other. They enhance the stuff that you’ve already learned. There’s nothing that says I have go adopt a new belief system. In fact, none of the things that we’re talking about here are belief based because we’re talking about how you cultivate what is within you. That is a distinct difference. I don’t
have to think about how do I this and how do I that. All I’ve got to do is just allow it, just be it, even if my mind doesn’t know how.

Notice how I’ve been saying that throughout the call tonight. My intent is, and you fill in the blank. In other words, to allow love to come into my life, to allow money, abundance, prosperity, whatever, my new job, my new career to come into my life, even if my mind doesn’t know how.

Write that phrase down….

*My intent is ______________________, even if my mind doesn’t know how.*

Because the mind doesn’t know how most of the time. Thinking that you know with just your mind is what causes your suffering. It causes me stress when I try to do it with just my mind and that’s when I get my little signal to back off, let go, get up, take a stretch break, get some water, really allow the body to start moving again. And then I realize my mind was trying to fixate on it and trying to “lead the charge”. If I can just step back and start noticing these things more often, then the energy starts opening itself up.

### Maybe Your Blocks Are Actually Gifts

So how do I clear any of these blocks? Well, you know what? Maybe they’re not blocks. Maybe they’re just gifts. Maybe they’re just messages like we talked about earlier. Maybe I’m going to begin to shift my intent from “this is a bad thing in my life” to “maybe it’s got positive intent and maybe it’s actually a good thing, but I haven’t yet noticed it with my mind”. So as I begin to cultivate that peace within me and its positive intent, I notice that this block turns into a “Go” sign, a green light. In fact, it will give me the very energy that I want the most because within the block lies incredible trapped energy and power in such vast amounts that it will blow you away. It will liberate you. It will free you. It will open your mind and it will give you a sense of ease in your body that maybe you’ve never imagined. So instead of treating it as a block, treat it as a gift. And you listen to its lesson.
Module Four
How to Live From Your Higher Self with Clarity, Focus, and Present Moment Awareness

How to be your higher self, how to understand how to listen to your higher self. How to let that part of you, the Hawaiians call it your aumakua, a-u-m-a-k-u-a, that’s your highest part of you. That’s almost like the grandfather. The unconditional presence within you that knows your life destiny. It knows your entire life plan, but it doesn’t mess with you. It’s prime directive is to be there as your patient unconditional guide. It knows that what your mind does not. So it’s there for you all the time. When you learn how to let go of the mind, when you continue to cultivate your meditative practice, when you know how to tap into your heart’s wisdom, your higher self is there active quite frequently.

With that becomes the answers you want most, the feeling you want most, the peace you want most, and the abundance. That’s an amazing quality and skill to cultivate. It’s something that I do every day. And if I happen to forget, hopefully I’m either in nature so it’s automatic, so it’s coming right through me, if my feet are in the water or if I’m sitting on grass or if I’m connected to a tree or whatever, and if I do completely forget and my mind’s still doing it, then that’s when we take a deep breath, you step back and you listen. You go “Oh that’s wild. My mind is doing it to me again. Thank you, mind…” You breathe into it and you let the energy just move through you again and then you’ve your Mana back. You’ve got your groove back. And the stuff doesn’t initially show up as fast as you want it, but that’s okay, because you realize that the gifts along the way are the gifts that you really wanted. And when the stuff shows up, which it will, by the way…

When your intent it strong, you will have what you want, whether it be love or money or inner peace or whatever it is you want, including health. It will show up if your intent is strong enough, if your Mana is strong enough. But along the way are the real gifts, the stuff you’ve learned. The stuff you’ve learned about yourself is the stuff you can’t buy.

This course or any other course can’t do that for you. It’s you deciding in the moment that you’re going to let it happen finally or for the first time or again and noticing in the mirror that it’s always you that has been the observer. It’s always you that has been the
Creator. Whether you want to fully accept that power or not, that’s okay. In time, you’ll get another invitation and you’ll continue getting those invitations until finally, when you open them up, you notice that you’re back home again, the very first place you ever began and that is with unity. **A connection is all it is.**

*That’s all we long for* and yet we’ve taken this interesting “off-road journey” to go and find problems and resistance and challenges. The higher self’s there the whole time, your higher self, your Aumakua. It’s there the whole time. It’s listening. It’s watching, but it will not mess with your destiny. It will just give you some gentle “nudges” here and there. It will help you understand the way, (the way that’s right for you). If somebody else tries to tell you the way and it doesn’t feel right, then your choice is to let it go. I’m not telling you that I think I know your way. What I’m sharing with you is that I can help you **find the way within you.** That I’m good at. And when we tune into all the students we work with on all the calls that we do, that’s where you hear it. You hear it in the Mana, you hear it in the voices of people. You hear it on the Q&A calls. You hear it through the course.

**Special Live Q&A Calls**

So speaking of... There’s a special live Q&A session that you’ll also receive as being part of the course. And I also throw in some free bonuses as time goes on. Things that are unexpected that help make the understand of the course more simple, more easy to apply. The Q&A calls, people have said, are probably the most valuable things they’ve done, because it helps make sense with their mind, questions they hadn’t even thought of asking, or ones they hadn’t even voiced. The way I share and the way I teach is an open style. So it’s like you’re sitting with me right here, right now and I’m listening to your question. Instead of trying to come back with my mind, I just like tune in to where your question came from to begin with and how it honors everyone in the group and everyone who will ever take this course.

**There’s a profound energy there,** because whatever you are challenged with today, there are millions of other that are as well. And it’s my humble privilege to be able to let those answers become known for us. If anything, I would just be like a focal point. But when you ask your questions, you’re the focal point. And they’re very powerful.

We also have a discussion forum that’s for members only that join this course that people have made huge shifts just by feeling the love in the community. It’s incredible to
watch that. There’s times when students and members of the course actually provide answers faster than I could and in ways that are different than I could and it’s beautiful to stand back and notice that. Breathing shifts and understanding how to use the Core Manafesting Process. Little subtle ways that... I don’t know if I’m using this Imaginal stuff the right way. I’ve been working on clearing this block and maybe I’m not doing it the right way. Can anybody give me some insight? So you hear it in different ways and with different voices, so to speak, and it helps you understand it with more than just your mind.

That’s a little bit of a review. In essence, what the Effortless Manifesting Course is, it’s a way of finding your truth on the inside and what works for you.

That’s the key. It’s not belief system based. It’s not going to run in interference with any course you’ve ever done. In fact, what it will do will complement things that you’ve learned, especially the life purpose ones. In other words, why you were brought here. Yeah. What am I here for? Am I doing what I’m brought here to do? If I’m not, maybe that’s why I’m listening to Paul right now. Maybe that’s one of the steps that I’m now here to understand and apply.

The course is going to be immediately downloadable or, if you choose the CD version, you can choose the CD version and it will be shipped. We’re going to add the live Q&A sessions and I’m going to be doing some cool things while you guys are listening to the downloadable or the CD versions, some extra gifts that I just love doing. There’s other things that we'll be doing as well, but I’m just going to leave those as surprises.

That brings our call to a close and I thank you from my heart for being present with us tonight. Thank you for taking the time and investing your heart, your energy, and your Mana with all of us. And I wish you Mahalo, a wonderful good night’s sleep, and may you have a wonderful evening or morning wherever you are. I’ll open up the lines and say Aloha to everyone.

Aloha to everyone.

Callers: Mahalo, Aloha.

Paul: All of you, may you have a wonderful night’s sleep tonight and we will see you in the space time continuum, whatever you call it. The now. The Field.
Exactly. So I'll send you some more information as the next days go on. God bless everybody. Aloha. You're very welcome. Mahalo.

Watch your email for the launch of the new Effortless Manifesting course