

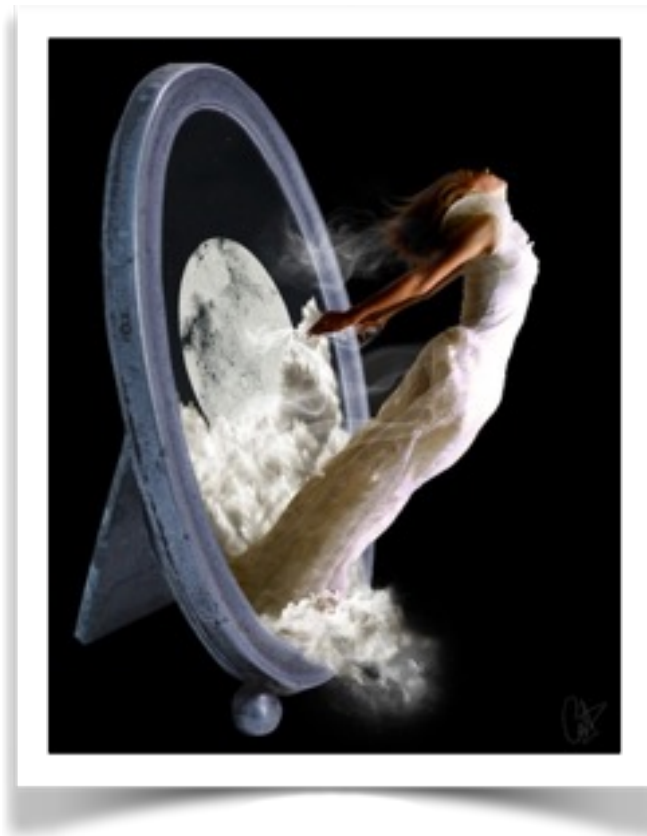
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# Manifestation Simplified

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Using the Law to Become:

*A Master of Energy*



## You Get to Choose

**Our world is filled with individuals with diverse values and ideas. Sometimes we argue our point of view as a way to achieve a state of agreement and thereby a state of peace. Seldom that does work. Learning to ask questions and listen in order to hear the "other's" point of view or experience, without trying to fix or change it, is a skill worth learning. Diversity can bring a richness into a culture that adds benefit.**

**And, there are times when we feel constricted, attacked and in possible danger.**

The most immediate response to situations that threaten ourselves or those we love is to be angry, to lash out, to blame, to cry, to feel powerless and then go numb.

The Conscious response is to recognize that senses, feelings, and thoughts are a valuable aspect of your system of growth and protection. They are very connected to the lower brain of survival.

It is important to pay attention and note what your sensations, or thoughts are. And to notice when a specific "situation" has triggered your responses. Being "triggered" or "emotionally flooded" is something to note.

Then, because of the Universal Laws, first, Personal Choice has power on this planet, and second, The Law of Manifestation, You can identify that there is a "cause" beyond your sight. When you focus to dissolve the "cause", you can move out of the "trigger" or "flooding" to create a new outcome.

Problems are not solved within the same consciousness that created them. The state of "trigger" or "flooding" or blame or powerlessness will not bring a solution. They do, however, point to a problem within your energy system. And, you have power within that system.

## This is the Simple

The **Law of Manifestation requires that whatever is in energy, must manifest.**

This Law is just as unchangeable as is the Law of Gravity. Situations, whether in your life or in the greater world, are outgrowths of imprints in the vast field of energy in which we live. Like seeds in dirt, these imprints “grow” into situations in our life.

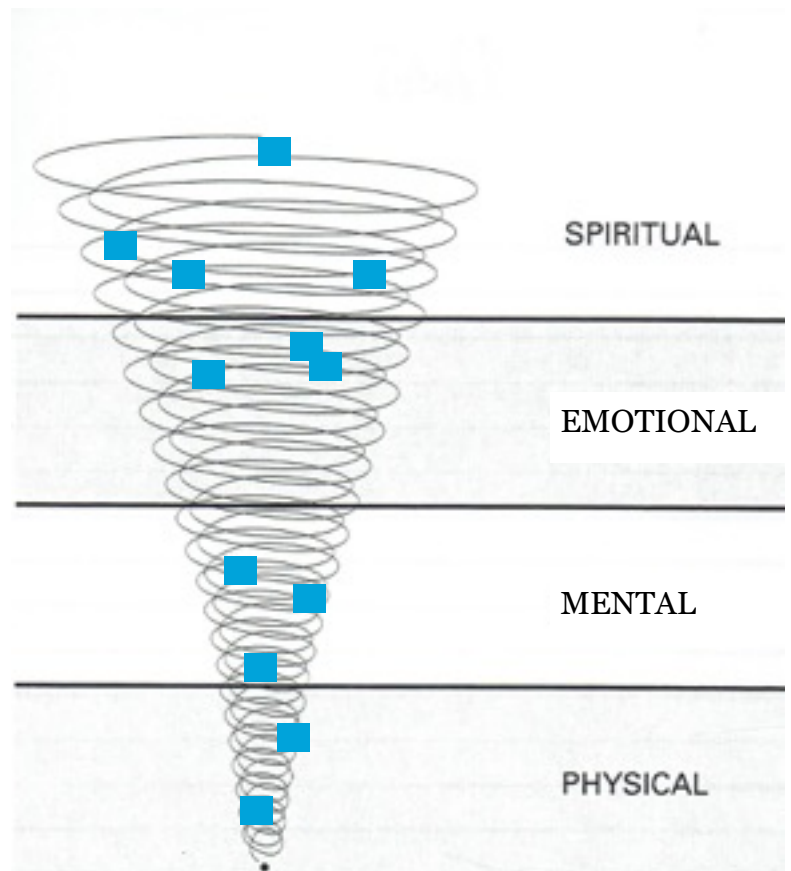
If you understand that the physical is coming FROM an imprint that exists in the unseen energy field of life, you have power.

If you see a situation as physically created by something or someone outside of yourself, you are left feeling angry, confused, blaming and powerless.

The Law of Manifestation is sure. If there is an imprint in any region of your or the greater group's energy fields it will cause a vibration to match itself. This vibration will cause energy waves to ripple outward slowing energy to its form and attracting energies like itself. The vibrational wave, as it slows, will show up as an intuitive sense, an emotion, a mental construct, thought, idea or memory and, if not identified and changed, eventually becomes a physical situation or experience.

Energy is one continual flow with no boundaries between regions. If a situation shows up as a Physical form, will have its beginnings in unseen energy regions. Whether a situation occurs in the physical, such as a blow, or an emotion picked up in a charged situation, it will cause a ripple and eventually be stored within the mental, emotional or spiritual regions.

For example, constant sabotaging limits in your life may come from genetic female patterns created during witch hunts in Europe. Shutting down in order to stay safe, has become automatic silence and sabotage in your current lifetime.



# Imprints are created from multiple sources.

Some are:

- personal experiences
- physical impacts
- stories you make up
- stories you are told by others and take on
- parasitic attachments
- group thought
- genetic patterns
- contracts
- life plans
- accidents
- other lifetime situations
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**Where imprints come from and why they are in your fields, although interesting, is not as important as that they EXIST.**

How do we know that a unconscious pattern exists? Because the unseen imprint is showing up in your life. The concept of “speak your word to change your life” does not work because you **believe** it is true. **The Law of Manifestation** says, “You are the authority in your life.” And your life is an accumulation of multiple "words" spoken over the eons. You have the power and responsibility to discern, sort, evaluate and choice for your Present life.

**The question isn't "Why is this happening to me? It is, “Do you like their result?”**



## What to do?

Use the Law until your life is what you want it to be, "that and better".

### Simple steps:

1. Create Sacred Space for your work. You can set up an alter, light candles, have music in addition.
2. Complete this Statement to set criteria of who in the Unseen can work with you:
  - *My Spiritual teachers and guides have the qualities of:.....*
  - Write story lines for your life with Reality Statements using the Reality Shift Process
  - What do you want?
  - What are your discomforts, this will show you what is in your field that you may not want or may be old imprints from unknown sources
  - Ask, does this discomfort serve me? Or does it make my life meaningful?
3. If not, re-write them using the Reality Shift Process
4. Decree that the old be transformed with the help of Spiritual Healers using the TAG and Transform Process and the Decree, "Not Acceptable"
5. Remain the Authority
- 6. REPEAT.....**
7. Learn more



# Processes

## Sacred Ground Space Protocol:

It is most important when working in the unseen to set criteria for who can enter assuring that you are working with Spiritual Beings committed to your Highest Good

1. Use the Reality Shift Process and complete this as the Reality Statement: The Spiritual teachers, guides and healer who enter my space must have the qualities of: (name those qualities that you require, i.e. committed to my Highest Good, integrity to my Soul's harmonic, wise, strong, honest, fun, accurate, etc.)
2. Create boundaries for your space by enclosing your space with the Red Rock Vortex energy
3. Declare "All parasitic/hitch hiker or control type energies are removed from my energy fields and returned to their home of origin." This activates the PTO team who has that assignment. They are also called in with the words, "Not Acceptable" applied to something in your life or in the world that you identify, i.e. news of a child's kidnapping, actions of violence, etc.

## Reality Shift Process

Unlike an affirmation, the Reality Statement and Reality Shift works from the higher realms and is directed by your Soul's Design.

1. Describe your ideal world as if you are experiencing it now. This is similar to an affirmation but need not be specific. Write a sentence using personal and present tense, i.e., "I now am...." You are choosing your next experience and in the process old patterns can be transformed.
2. Say to your Spiritual team, "Please move me and all to whom I am loving connected into this chosen reality".
3. Next, ask your Spiritual team, to "TAG, Transform and Remove anything which has, is or would keep us from this experience."

A Realty Shift can be repeated three to four times for the first three days. After that, repeat it as you wish. You can also create a card with your reality statement to post on your mirror, refrigerator, in your office, etc.

## TAG and Transform

TAG and Transform is based on the law “ask and you shall receive”. It is comprised of multiple healing, balancing and clearing commands that your Spiritual Healing team will act on when activated at a specific discomfort, i.e. growing fear, or physical pain. They can transform a great % of the underlying energy causing the discomfort with just your request. It can be repeated several times and is great in those moments when you are busy with life and have no time for longer processes.

## Not Acceptable

Outsider with agendas of control, greed, usury and voyeurism have been hidden in our energy fields from before Earth. For eons they have had authority over us and NO LONGER.

Now, you can declare “All parasitic/hitch hiker or control type energies are removed from my energy fields and returned to their home of origin.” This activates the PTO team who has that assignment.

They are also called in with the words, “Not Acceptable” applied to something in your life or in the world that you identify, i.e. news of a child’s kidnapping, actions of violence, etc.



### Learn More:

Healing: [www.restored2yoursoul.com](http://www.restored2yoursoul.com)

Teachings: [www.sharonriegiemaynard.com](http://www.sharonriegiemaynard.com)

YouTube Building a Fire for Your Life [https://youtu.be/2IEolZd-y9Y?](https://youtu.be/2IEolZd-y9Y?list=PLqmia_KUvMtlvurvjLJe19zk6OTJVmcNt)

[list=PLqmia\\_KUvMtlvurvjLJe19zk6OTJVmcNt](https://youtu.be/2IEolZd-y9Y?list=PLqmia_KUvMtlvurvjLJe19zk6OTJVmcNt)

Sacred Space: <http://restored2yoursoul.weebly.com/sacred-space.html>