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# How to Intentionally Manifest and Co-Create Your Life

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By Dr Petra Weldes

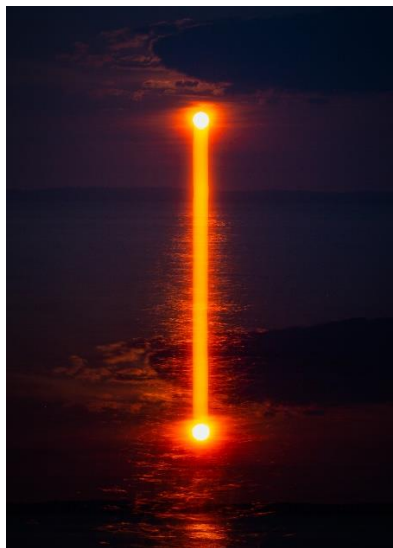


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It starts in kindergarten, where we learn that our attitude matters. In school and sports, we are told we can if we think we can. As we become adults we learn about intention and goal setting. From psychology we are taught that our expectations tend to become reality through what is known as the “self-fulfilling prophecy” of our thinking. Somewhere along the line we are exposed to the idea of visualizing the outcome, using affirmations, and the power available to us in the movie “The Secret.”

All of this adds up to an overarching realization that we can and do influence, even create, much of what we experience in our lives. We learn we are not victims of the trauma and disappointments we have experienced, unless this is how we unconsciously continue to live out the patterns of behaviors and beliefs we took on from those experiences. We want to become more empowered, more deliberate, and more conscious, but we are not always sure how to go about doing this. We want our lives to be happier, more sane, healthier, and more meaningful. How do we go about doing this?

Learning to participate in the co-creative process is a like learning to play chess. You can learn the rules of the game in a few hours, but it takes weeks if not months to truly understand the game and it may take years to master. Learning to intentionally manifest is no different. There are some simple, yet powerful steps to becoming a co-creator, which you can learn but the beauty and joy of building a life this way requires diligent and ongoing practice. I do not know of any magic pill that can create change overnight, but I do know the magic formula that will create permanent transformation if vigorously applied.

This spiritual technology is designed to deepen your connection with the universal power of Life, raise the vibration of your consciousness, and set new causal waves in motion in the quantum field. It aligns with timeless wisdom and modern science to allow you to step CONSCIOUSLY into your role as co-creator of your life. You see, you are already co-creating your life, every day, with your beliefs, attitudes, thoughts and behaviors, you are just doing it unconsciously. What this process teaches you is how to use the tools you already have in a conscious manner for what you desire, rather than simply to keep recreating life in a way that doesn't work.

What is the spiritual technology? It's called “Spiritual Mind Treatment.” I did not invent this, but I can teach you how to use it. And I can guarantee you that if you use this consistently, you will deepen your consciousness, raise your awareness, and begin to create powerful manifestations! So, let's start with this weird name.

**Spiritual** – The work of intentional manifestation is done at the causal level using universal principles. This means the work is done on the mystical, quantum level of reality, the level of consciousness. It is based on the  
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Timeless Wisdom of the ancient mystery schools, the mystical teachings of Unity, Oneness, and Wholeness, and aligns with the latest scientific understanding of the quantum field and the holographic universe. We have come to use the term “spiritual” to capture our understanding of and relationship to the Infinite Reality, rather than “religious” which implies a certain set of beliefs about and practices regarding this Infinite Reality.

**Mind** – This means that the tools we use is primarily our consciousness. This includes our conscious awareness, imagination, and ability to intend, as well as our subconscious beliefs, patterns and habits of thinking. Mind also means the wholeness of our consciousness – the head and heart in alignment and the mind and body connection. It is based on the understanding that everything, from the chair you are sitting on, to the vacation you want to take, to the healthy meaningful life you want to experience, begins with an IDEA of what that is, how it feels, and what it will allow you to express and experience. This IDEA is the cause that is set into motion with the universal principle and power used to create with.

**Treatment** – This is my favorite word in the whole process. Using this technology is like taking a pill or therapeutic treatment for your consciousness in the same way as you might take aspirin or physical therapy for your body. This process is often likened to the term “prayer” yet unlike prayer it isn’t designed to do anything to “God” or that Infinite Reality. It is, in fact, to “treat” your own consciousness into alignment with Ultimate Truths and that Infinite Life that is already expressing Itself through you, as your very life. This is why it’s called “co-creation.” Life is already expressing as you. Yet you are a self-ware, conscious being with the power of choice. This technology aligns your outer life with your innermost, deepest desires for health, happiness, and fulfillment through the power of your intentional choices.

Now I’m going to outline the stages of shifting your consciousness into this alignment just like describing how each of the different chess pieces move. It’s not enough to simply learn each step, but it is where we have to begin. Once you learn the moves, then you start trying them out and seeing what happens. Each time you play, you learn which moves are most effective in which situation, and eventually you develop your own ideas and strategies about how to play the game. This is exactly what happens with Spiritual Mind treatment. At first it will feel like a bunch of unrelated pieces you have to consciously think about moving but over time it will become a seamlessly unfolding movement through which you express your deepest knowing and claim your heart’s desire.



## The Five Stages of Spiritual Mind Treatment

### Recognition:

Spiritual Mind Treatment begins with what we recognize to be universally and spiritually true about Life, the Universe, and the Nature of Reality. In the first stage of our treatment we remind ourselves of these universal truths and we seek to develop a deeper awareness of and conscious experience of our Oneness with the Whole, or All of Life. In this step we remind ourselves of the truths we believe about this One Life, this Ultimate Reality, and how it works to create through the Universal Laws of Cause and Effect, Attraction, Circulation, and Intention.

From a spiritual point of view, we are having a mystical experience of the Infinite. From a scientific point of view, we are describing the quantum field. From a psychological point of view, we are remembering what we know about Life and we are feeling, as best we can, into the Nature of Reality. We can use passages from sacred writings or teachings, metaphors from nature, or qualities of the Divine to help us express, but more importantly experience the Nature of Reality. We also specifically focus on that aspect of the Spiritual Truth about life that seems to be missing from our human experience. Since you are using Spiritual Mind Treatment to intentionally manifest, here are some examples of what you might want to focus on:

| Condition                  | Spiritual Truth   |
|----------------------------|---|
| Disease/Health             | Wholeness, Perfect Pattern for everything   |
| Financial issues           | Abundance of Life, Everywhere Present   |
| Don't know how....         | Infinite Intelligence of Universe to Create   |
| New Idea/Business/Creation | Universe is always creating something new like every new flower is a new expression of Life |

The more you can recognize that this IS the truth about Life Itself the more you will be able to intentionally manifest because you are standing upon a spiritual truth, not just wishing, hoping, or affirming something simply because you want it. This is one of the reasons Spiritual Mind treatment is so very powerful, more than affirmations, visualizations and other tools. It is powerful because it is totally aligned with what is actually spiritually already true. It is simply creating an avenue in your consciousness to see, accept, and experience this truth in your life.

### Unification/Identification

The next stage of our Treatment is to remember that the Infinite Life that is all Life is also your life! That you are, in fact, the place where Consciousness is waking up to Itself, that you are Life becoming aware of Life, and that you are a necessary outlet for Life to express. This is the step where we Identify our Higher Self as our truest, essential self. This means that everything that is true about Life on the Universal, macro-cosmic level, is true about you on the individual, microcosmic level. In this step we are simply seeking to feel, experience, and express our ONENESS with all of Life, all of Infinite Reality. Again, we can use whatever sacred passage, things we've read or metaphors about nature to help us truly identify our essential nature with the nature of Reality.

Sometimes, for me, the culmination of these first two steps is similar to the deep peace and profound connection I experience in meditation. Your meditation practice can really help you experience the reality of what you are saying in these steps. Remember, you aren't trying to convince yourself of something, you are simply using this technology to open your awareness and raise your consciousness into that which is actually

already true. The more you work with these steps the more you will experience this Truth as a felt-lived reality, rather than simply an intellectually knowing. But having an intellectual idea that this is true is usually the place we all start, just like knowing how a piece moves on the chessboard is the beginning of learning to play the game.

## Realization/Declaration

Now the fun begins! What would your life, or this particular area of your life that you want to manifest, look-feel-be when the spiritual truth you know is actually fully realized in your life? How you describe it? This is what this next stage is all about. It's a bit like an if-then statement in logic. For example, if the One Life is Peace (1<sup>st</sup> step) and that Life is my life (2<sup>nd</sup> step) then that Infinite Peace is present within me and within my relationships (3<sup>rd</sup> step). Now you go on to describe yourself as that peace made manifest in the relationship you are seeking to manifest peace in.

The more fully you can describe, imagine, and experience the reality of what you are saying in this step, the more deeply you are realigning your awareness and rewriting the pattern in your brain. This work is based on deep spiritual understanding in both eastern and western spirituality and philosophy that has been handed down through the ages, beginning with "as above, so below" which also translates as "as within, so without." In addition, there are powerful statements of Universal Principle in both Hinduism and the Teachings of Jesus which encapsulate the teachings of the Law of Cause and Effect and the Laws of Attraction and Circulation including "It is done as you believe" and "Ask, believing you have already received, and you will receive."

This Timeless Wisdom is now being corroborated by psychology, neuroscience and quantum physics. First of all, your brain doesn't know the difference between a vividly imagined experience and a real one. So in this step you are vividly describing the how life is with your manifestation completed. In addition, neuroscience reminds us that synapses that fire together, wire together, so as you believe in the truth that your manifestation is already here, those synaptic pathways are created and fused together by the power of your intention and declaration. Finally, quantum physics hints at the way this actually works when we explore the implications of the notions of quantum entanglement and the observer effect. There is much written about these implications which is totally worth exploring.

So, hang out in this stage of your treatment. Your work here is to make it as real for yourself as possible. This is why the spiritual grounding of the first and second stages are so important. This helps you realize that you are not affirming something out of the blue, but you are describing how spiritual truth manifests in your life through your conscious participation in the process. Some key ideas here is to make this portion highly personal, and about what you see, sense, know, and feel about your manifestation. It is also important to really imagine it here now without basing it on the need for something to happen or some steps to take place. This is called not outlining the "how", just focusing on the "what".

When you reach a deep state of acceptance that what you have described is not only possible, but is in fact, the truth and reality of the situation, you will find that you automatically go to gratitude.

## Gratitude/Thanksgiving

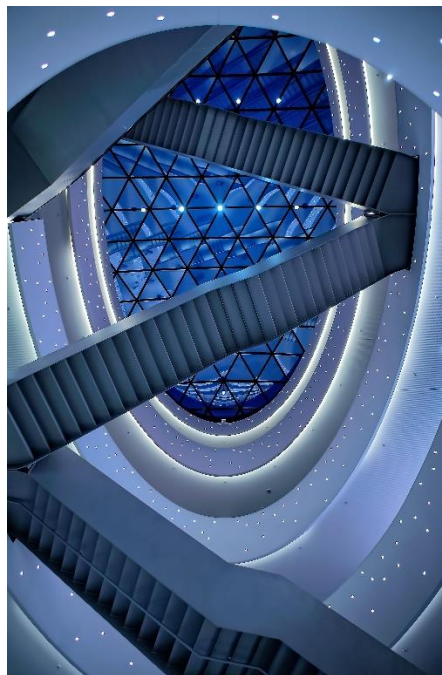
Gratitude is the 4<sup>th</sup> stage of this process and usually happens naturally. Why? Because when you are grateful for something it means you already have it. Gratitude is a generative energy which actually cements the

manifestation in place. If you can't get to gratitude, go back and work the first 3 steps again. You may have to do this over and over until you fully accept the reality of what you are stating about the Nature of Reality, about how you are a part of it, and how that means that you get to have/experience/be what you have declared.

## Release

The last step in this process is letting it go. This is a powerful expression of trust and allows the Universal Principle to act on your behalf. It means you understand that there is a powerful force of creation and that you are deliberately and consciously participating in the process. But you are letting the process unfold without you having to figure it out. Now you can go about the business of your life, taking whatever steps and actions that seem appropriate, with complete confidence and trust that your manifestation is already becoming a reality. Your intuition guides you. Your mind and heart provide positive energy and expectancy to all your endeavors. You walk around expecting your manifestation until it arrives.

You can, of course, also do Spiritual Mind Treatment for others as long as you know what they want to intentionally manifest. Also speak about what you know about them rather than speaking to them in your Treatment. There is much to learn, and also much love and power to receive in treating for another.



So now you have an idea of the way these steps fit together to create a powerful whole. There is so much more to learn about Spiritual Mind Treatment, but you can begin practicing today. You can hear what specific Spiritual Mind treatments sound like by listening to or downloading our “Guided Affirmations” in various topics you may be interested in. There is a series of videos on each step of the process to provide more insight and guidance. If you want to go deeper you can purchase a more in-depth booklet, sign up for an e-course, or get into an online course. All of this is available at [www.csldallas.org](http://www.csldallas.org),

Are you ready to intentionally manifest your life in a way you've never done before? Then let's get started on your first Spiritual Mind Treatment right now! Use the form below and start manifesting!

## Spiritual Mind Treatment template

### Recognition

I know that the Nature of Reality is deeply spirituality and that the Ultimate, Infinite Reality is the Consciousness that is all there is. I recognize that this One Life is \_\_\_\_\_ (focus on the quality or spiritual truth you want to manifest, like Intelligence, Creativity, Abundance, Wholeness, Peace, Joy or Love). Because it is the Nature of Infinite Reality, I know that as It is everywhere present, so too is \_\_\_\_\_ (Love, Intelligence, Creativity, Abundance, Wholeness Peace and Joy) everywhere present. I know this because I see it revealed in Nature and in all of life around me when I look at \_\_\_\_\_

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(description of metaphor that helps you deeply believe this is true).

### Unification/Identification

I know that I am an individualized expression of this One Life, One Consciousness; therefore, I am a microcosm of all that is. I am one with and express the same qualities and attributes of \_\_\_\_\_.

### Realization/Declaration

A few points to remember when speaking the next step:

- **The three P's: Present, Positive, and Personal**

**Present:** Always speak in the Present Tense, as if what you want is already here. Instead of saying, "I want to be prosperous," say, "I am prosperous."

**Positive:** Always speak in the Positive. Instead of saying, "I am not poor," say, "I am prosperous."

**Personal:** Always make it Personal. Use personal words that are related to you. I AM, I HAVE, etc.

And take your time in vividly imagining or describing your manifestation.

Realizing that my word is the power and the activity of the Co-Creative Process in and through me, I speak this word with complete confidence for myself. I declare/claim/accept \_\_\_\_\_

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\_\_\_\_\_ (the desired result) is manifest in my life now. For just as the quality \_\_\_\_\_

\_\_\_\_\_ is present in Life, it is present in me. Right now, I claim that this new life is my reality. I know that any old ideas, past hurts, and false beliefs are now released. I know that these are not the spiritual truth of me. I release all barriers and obstacles to the realization of my highest good.

I give thanks for the Truth that has been spoken. I am so grateful for all this good. I now accept this word as the word of Creation, through the Universal Law.

I release the Word spoken into the automatic action of the Universal Law, knowing that it is already done and is made manifest in my life. I let it go with perfect trust. **And so it is!**