

## Seven steps on how to manifest anything in your life

Posted At : October 10, 2012 4:41 PM | Posted By : Michael Smith

Related Categories: Abundance

Manifest tips and dealing with blocks from the super energetic [Marie TV](#) with guest Gabby.

1. Get **Clarity** on what you want/goal. Allow room for "that and even better...". Language in choice ("I chose..." rather than "I have to ...")
2. **Feel** the energy of what being and having that result is like. "I am ..." not "I want ...". Take time each day to focus in this energy.
3. Be brave to see and **address any blocks** to feeling that way. Notice Old beliefs and patterns about your goal. Have a regular practice to clear them.
4. Notice any guidance and synchronisties about your goal. Take **inspired action** steps towards your goal.
5. That includes **ignoring any external evidence** that appears to contradict your want
6. Know that **god/your higher self has your back** and that you will manifest this goal for sure! Be patient, not anxious.
7. Feel **gratitude** for the results you get. Gratitude is one of the most powerful vibrations for manifesting. Guilt and shame are some of the worst. Stay in a high vibration throughout your day in order to manifest more.