

Wed Gathering in Rockville - Frost/Abraham-Hicks manifesting under pressure 4/21/10

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This Wednesday [Sandbox gathering](#) we learn how to manifest your dreams in the face of negativity and pressure with clues from the movie [Frost/Nixon](#) and the book Ask and it is Given by Abraham-Hicks <http://www.abraham-hicks.com/>

Frost/Nixon is one of my favorite movies - not just because of the drama and seeing powerful people operating up close and behind the scenes. But also for the way that David Frost successfully manifests the project under very difficult circumstances. Manifesting in the real world can be challenging - especially if other people are saying negative things about your project or get angry with you. Learn how David Frost manifested the most successful independent TV show in history (the interview with Richard Nixon) and how he dealt with lack of support from the TV networks, lack of money coming in, internal fighting in his team and pressure from Nixon staffers to gut the meat of the show.

Frost had not read Abraham-Hicks at the time (it wasn't written until 15 years later!) but he used many of the techniques from the book Ask and it is Given to shift his vibration, stay centered on his vision and deal with fear and negative external events. You too can use these techniques to create what you want in the real world, even when not all your ducks are in a row to start with (or if some ducks are fighting with you and each other!)

The playshop begins after dinner at 8pm. I invite you to join us, though as always what ever choice you make you will be honored in.

