

Warning Signs You Are Manifesting What You Don't Want

In this vlog we are continuing to explore how we get in our own way when chanting for a goal. We all do things and use ourselves in ways that block achieving our goals. The longer we practice the more we become aware of what we are doing. The following are some of the issues that I have become aware of. From time to time, we need to stop and examine what we are doing if we are not achieving our goals.

Question: I have lots of negative thots when chanting for my goal. How do I change that?

You are one with life energy of the universe

Our minds are one with the creative energy of the universe. We can create our lives as we wish them, or create what we fear.

Power of thought

Just the fact you give attention to something starts the process of attracting it into your experience. Thinking about something brings the "essence" of it into your experience. This applies both for what you want or what you don't like and don't want.

How Thoughts Manifest

Clarify a preference

Align with the details of the desire

More & more ideas come about the topic.

Begin to see things, conversations, articles etc that match your desire show up in your experience. Since your life experience matches the thought, it becomes your truth, your belief.

Beliefs manifest & are played out in our experience.

Lag time Between Start the Process & Manifestation

if you find yourself focusing on what you don't want, there is time to change it.

How do I know I am manifesting what I don't want?

Warning Signs You Are Manifesting What You Don't Want

Resistance sets up a malleable wall between you and what you want. Malleable because you can take it down.

Resistance means you are out of alignment with your desire. It will take longer, won't happen at all or you will get what you don't want.

How do you know you are being resistant: awareness is the first step. Notice what is happening in your thoughts while you chant or during the day.

1. You don't really think your goal is possible
2. You are dwelling on the problems to getting it, rather than what you want.
3. You are focusing on the absence of what you want
4. You are jealous someone else got it.
5. **You are worrying and agonizing about it. Worry and fear is setting up a goal for what you don't want.**
6. If you are attracting what you don't want, things will start showing up in your life, which hinder or oppose your desire.
7. You cannot want something, focus on the absence of it, or reasons why you can't get it and expect it to manifest. You are manifesting the problems and that is what will show up.
8. You can't look at the current reality and expect things to change. You are projecting the current reality as your goal.

To Reduce Resistance

Talk only about what you want and why you want it. Don't talk about how you are going to get it. Resistance tends to pop up when you talk about the how.

Talk only to people who will support you.

I have said to set a time limit. But sometimes that boomerangs if you are stuck in your belief it can't really happen. If you can raise your energy, and stay positive with what you want in mind, keep the time limit. If not, let the time limit go.

If you believe your goal is impossible, look for different ways it could happen. Don't judge any of them. Play. Find some reason to believe it's possible to receive it.

Take the limitations of time & money out of the equation. Negativity can pop up when time & money define how quickly something must happen.

How to Know when You are Moving Towards or Away from your Goal.

Pay attention to how you feel. You will feel more and more positive as you align more and more with your goal. You will feel more and more negative when you are becoming more resistant and moving away from your goal.

I have found that writing down my goal and then observing my thots and feelings allows me to identify when I am being resistant.

Handling Negative Feelings and Thoughts

Exercise 1: First start writing down your thots and how you feel. Then try to write down a thought that allows you to feel better.

Ask yourself. What thought feels better? To be critical of others or myself or be happy with what I've done. To worry, or acknowledge the universe can handle it.

For example:

Thought

I want 20,000

I don't have anything to offer for it.

My friends tell me I'm being unrealistic .

I have skills. What skill might be a money maker?

I'm going to bounce this one off of an entrepreneur.

I know I can do this. Other people have.

Feeling

Desire excitement in alignment

Powerlessness out of alignment

Irritation less out of alignment

Optimism becoming aligned

Eagerness more in alignment

Empowerment fully in alignment

You can see how this person went from negative thoughts, attracting what he didn't want to eagerness and empowerment, attracting what he wants. You can do this on purpose.

Exercise 2:

- a. When you feel a negative emotion, stop and notice what you were thinking about. A negative emotion is telling you that your inner, universal self is not in alignment with what you were thinking, or that you were thinking the opposite of what you desire, thus attracting what you don't want.
- b. Once you've identified the negative thought, ask yourself, "What do I want regarding this? Then shift your thinking to what you want.

- c. If you can't shift from negative to positive quickly, once you know you are being negative then try out thots that will move you out of negative feelings and into positive ones, as we did in exercise 1.

We create our reality: no one else does it for us. Depending on how we use our minds, we can create that reality to reflect what we want or what we don't want. Nothing comes to us without our inviting it.

Summary:

We all do things that get in the way of achieving our goals.

We were reminded we are one with the creative power of the universe .

Since our question was about handling negative thoughts we looked at the great power of thoughts and how they manifest.

We saw that there is a lag time between the time we first set a goal and the manifestation giving us time to change what we are doing if we are moving away from what we want.

- 8 Warning signs you are manifesting what you don't want
- Negative feelings are a warning

Then we talked about how to handle negative thoughts and feelings and move from a negative to a more positive space.