

manifestAction

A Short E-Book

By

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I have to do this...

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You may however give it away, add it as an incentive, package it with other products or place it on a membership site.

The Author would prefer however that you sent friends to manifestAction.com as they will be able to receive the same updates you do!

About the Author

AI is a Senior Officer in Learning and Development, qualified in Psychology and Sociology, published poet, Master/Teacher of Usui Shiki Ryoho Reiki and Internet Marketer.

AI's primary website is Grow Your Own Assets which powers manifestaction.com .

The list of resources at the end of this book does not contain any affiliate links and is simply a list of direct links to either my own sites or sites I recommend.

Scroll down and let's get started huh?

Let's get started

I have lost count of the Self Help books I have read in conjunction with the Psychology books I had to read when at college. If you're reading this then you've probably read a good few too? If not and this is your first venture into the world of Self Help, then welcome to the family and please don't let me put you off!

Self Help books can and will assist you to change the way you see things and view the world around you. All you need to do is read them and take in the information and then make sure you act upon it and that's the key to this short book/report.

Many of these books if not most, are based on a basic premise.

If you change the way you think, you change the way you perceive things to be.

This change in perception allows you to adopt a more positive and accepting attitude which in turn allows you to see the “good” in even the worst situations and learn from them in a positive way.

Seeing the world around you in this way allows you to take much from even the smallest gain and may even help you to turn a small defeat into a major victory by manipulating your standpoint on the matter!

It's a good way to live your life and I highly recommend it. Stress is reduced exponentially, you tend to be happier and more content all round and life...well the serious stuff seems to lessen in it's importance.

The trouble is.....

The sort of person who turns to self help books is generally “lost” in some sense.

They may be down on their uppers or experiencing incredible stress levels.

Breakdown of a relationship, teenagers going off the rails, loss of employment, money issues, the list can go on.

Often they are experiencing a crisis of faith when their religion is failing to provide what it preaches.

These people are looking for a very quick fix!

Sadly this is just not possible to do in the reading of one book no matter how talented the author may be at putting his philosophy forward.

It has to be said that many do have a sense of improved inner well-being after reading a particular book but the first place they head is the nearest online forum to ask why nothing has actually changed in their life in general.

The reason of course is, they haven't changed anything! They just read a book and expected a miraculous epiphany of events to occur and their lives to transform beyond their wildest dreams which rarely happens also.

A very good friend of mine, June MacFarlane, runs a Weight Loss and Dietary Advice Club and online forum (link at the bottom of this book) and she coined the phrase “Nothing Changes if Nothing Changes”. That's a good one to put on your kitchen wall if you need a reminder!

The next step often advised in self help books is Meditation.

This a great tool to have in your box. Meditation, even if you can only find 20 minutes in every day for peace and quiet to carry out a short meditation can really transform the way you feel about yourself. The sense of Inner Quiet can be quite intense at times and I highly recommend it.

The majority of “first-timers” find it difficult to let the thoughts go and find themselves mulling over all the thoughts they are trying to escape from. They also have difficulty understanding what a “quiet mind” can be like.

Try this short but very effective exercise.

Sit quietly. Take a few deep breaths and calm yourself.
Now close your eyes and take a few breaths more.
Now. Ask yourself this question.
I wonder what my next thought will be?
And wait for it.....to pop into your head.

The quiet you had while you were waiting? That's the meditative state you want to try to get to every time.

Meditation takes many forms too.

In Buddhism there is the Walking Meditation.

As you walk along you concentrate on every single step you take to the point where you don't think of anything else. Very effective if you are on your way to a stressful situation.

Apply this technique to every thing you do especially the more mundane tasks and you'll feel a whole load better.

What you are actually doing is living in the moment and not in the future or the past which is where we all tend to dwell most of the time.

That's where most of our stress comes from. Thinking about what we *might* have done in the past or what *might* happen in the future.

Another gem for you (I have it on my office wall).

“Today is the tomorrow you worried about yesterday. Was it worth it?”
I think Emerson said that but could be wrong.

Meditation tends to lead us to the Unseen world if you will and you come across.....Manifestation.

Or Attraction or whatever the new trendy name is.

Manifestation, Visualisation or Attraction is not new. It was going on long before recognised religion came along.

It's not a New Age thing.

There is nothing mysterious about it.

Basically you visualise actually experiencing whatever it is you want, preferably Need, in your life and you increase the chances of it happening.

Trouble is that folk misinterpret it in the same way the hippies of the sixties misinterpreted the Buddhist/Eastern teaching of Living in the Moment as Living FOR the Moment.

Two different things entirely!

For instance I can visualise/manifest/attract a cup of coffee to move from to my hand from the table but unless I put out my hand and get it, nothing is very likely to happen.

Nothing will manifest itself unless you take action.

There is no point in me manifesting 200% growth in overnight sales unless I put out products for people to buy is there?

There is no point in manifesting a new and more highly paid job if you're not applying for it.

No point in manifesting a Lotto win unless you buy a ticket.

You get the picture?

If you don't take action you are actually choosing to act against your manifested thoughts.

You are actively introducing conflict into your life between your thoughts and your actions.

You are manifesting the "bad" stuff yourself.

So what can you do?

Use the new word!

ManifestAction!

Take Action!

How do you know when?

Let's say you're Visualising a well paid job but not sure which career direction you want to take.

You could meditate for an answer.

That doesn't mean you sit and think for hours with your eyes closed!

You settle for meditation in your usual fashion and just before you begin, you ask yourself the pertinent question and let it go out into the Universe.

Personally, the answer usually comes the following morning as I wake from sleep.

Then act on it.

Why not take an even more positive action?

When you are commuting why not visualise a successful action plan?

Then put it into action?

If you are visualising gaining a qualification, get down to the night school and see what courses are available first!

If they don't have your course, look further afield within reason and visualise yourself getting there and doing it. Don't forget to apply too. We don't want that inner turmoil starting up again!

Then visualise yourself actually going into the college, doing the course work and graduating with flying colours.

Assuming you have actually applied for the course, right?

Or How about.....

The Three Times Rule?

I use this to good effect almost daily.

If a subject , however obscure, comes along three times to the extent that I think about why.....I take action and investigate it immediately.

The same with people. If someone pops into my life unexpectedly three times then I strike up a conversation. Even if its just about the weather. Being in Glasgow, it's usually about the rain! :)

Why?

They could have information that will be useful to me or, I may have useful information for them. Either way, it will be good for me because I may have found a good friend regardless. (and so, good for them too)

A win-win situation.

This is called Synchronicity. Recognising opportunities that come your way and yes, acting upon them. It was pioneered by Psychologist Carl Jung and there books out there based on just this concept alone.

Being aware of Synchronicities and the importance of acting upon them can aid your personal journey to a great extent and well worth looking out for a few and seeing what happens!

How about seeing manifestAction in action for immediate effect?

Yes, it can happen!

ManifestAction in Interpersonal Relationships.

The following is loosely based upon Eric Berns “Stroking” theory from Games People Play.

Put very simply, when someone approaches you with a positive, friendly and helpful attitude your emotions have been “stroked” or soothed and your first impulsive reaction is to reciprocate by helping them in return.

You then, can apply this technique through manifestAction.

I'm not suggesting for a moment that you go out and try to hypnotise someone with your dazzling charm just for personal gain!

On the contrary, when you have fully embraced this technique, the only time you will feel like you have “won” is when you achieve what will be your manifestAction aim from now on...

“A positive outcome for every single person involved”.

Remember that and keep it at all times foremost in your thoughts and mindset.

“A positive outcome for every single person involved”.

From now on “winning” or true success for you will mean achieving the above in every situation you encounter.

The beauty of this is it has multiple benefits.

You feel better, others feel better and they then go make others feel better etc.

You get to witness first-hand the positive impact you have had on others.

There is no better feeling than watching someone leave your company happy, uplifted and smiling!

But there's more...

Use it at work.

Are you in sales? Try this.

Before you approach your potential customer take a few deep breaths.

Relax.

Take a look at their faces and actually like them.

Visualise how good you will feel when you have made the sale.

Visualise your customer going away feeling absolutely fantastic about their new purchase.

When you approach them send that positive outcome to them in a blast of Loving Positive Energy (LPE) from your entire Being.

Keep the LPE flowing the whole time you are with them and if they don't make a purchase, keep the LPE flowing to them until they leave. That way they won't feel intimidated about returning because you left on great terms.

Try it and see.

In doing so you are manifesting and taking action at the same time.

Got a tricky/sensitive meeting to attend?

Use the Group approach.

Do exactly the same as above and send to the whole group before you enter the room.

Use plenty of eye contact and smile.

Don't get involved in any conflict. Thank people for their criticism and even ask if they have any ideas how to improve things. Thank them for their help and reassure them you will try to implement their ideas if they prove to be viable. (however wrong you feel they are)

Send your LPE to everyone.

When another is speaking, focus your LPE on them and keep eye contact and show you are listening by nodding your head.

You might even start off by saying that the meeting is to ensure a positive outcome for everyone and not a "witch hunt"?

I could go on but you should get the idea.

You can use LPE and manifestAction in any environment. Once you've mastered it, it's easy!

On Spirituality.

I wasn't going to include this section as it is such an incredibly complex subject and each person has their own view on what Spirituality is.

However, as I write I find it is inescapable to avoid it.

It matters not whether we are devoutly Religious or intensely Non-Religious, we all experience some form of Spirituality.

Essentially, your level of Spirituality is equal to the way you feel about yourself and your environment. If something is troubling you about yourself or your environment, your perception of your Spirituality will decrease and you might even say you feel "disconnected".

All negative emotions are based upon fear. Fear is caused by a feeling that you are not in control of yourself or a situation that may affect or is affecting you.

So you need to regain control.

I'll assume you just don't like yourself right now.

Don't bother about why, that's the wrong way to go!

Sit down and visualise the way you want/need to feel as a happy, connected person.

Now manifest it by actually feeling that way right now, this instant.

Was that a good feeling? Yes it was! Like a nice warm bath on a cold winters evening if I'm not mistaken?

Hold that thought at the front of your mind (there's a lot to hold onto there isn't there? Practice makes perfect!)

Now you Know how you want to feel.

Now let's start getting you there.

Sit down (OK, I know, you haven't had time to stand up) and write down all the things you are good at. Oh yes you can! You must be good at something!

Still struggling? Oh dear, OK here's some assistance and I don't even know you. ;)

How many times recently have you helped someone and not asked for or expected anything in return? Yes? See? That was a nice unselfish act! Not something a baaaad person would do now is it?

Write it/them down.

What's your favourite dish? You good at cooking it?

Write it down.

You see you don't need to focus on big things, just the little stuff.

Keep writing them down and then get straight back here.

OK, you've got your list and you know where you want to be emotionally.

Now think about this.

In this very moment, right now in this actual instant that doesn't even exist because it's gone the instant you experience it and is only a memory, does any of the stuff you worry about and let get you down, actually affecting you right now?

I mean, you're reading this aren't you? So they can't possibly be.

The time for worry is when the situation is happening and not before or after.

Let it go.

No. You're not avoiding the BIG stuff.

You're just putting it aside until the appropriate moment, that's all. You can't be happy with the whole world on your shoulders.

Let it go just for this moment, and be happy.

Be happy you have the time and equipment to access this book at all.

Right. Back to the list.

Read it again and see for yourself that you have good reason to like yourself and then.....Like Yourself!

Let's be narcissistic about it, Love Yourself! Isn't that nice?

The more you love yourself (your being, existence and inner self I mean) the easier it is to love others.

You should now be more prepared to address the difficulties that made you feel disconnected.

Take one. Just one.

Look at it carefully. When you are in a positive frame of mind does it seem less important? Yes? That's good!

Before you lose the motivation, decide right here and now what you are going to do to rectify it.

Write it down on several pieces of paper or print it out from the PC several times in the form of.....

Just for today I will ...what you are going to do here...

This is called an affirmation.

Now go put it in the wall or door of every room in the house where you are

certain you will see it every time you enter.

Before you go to sleep at night say your affirmation and in the morning when you waken say it again.

Remember, it's Just For Today.

It's simple but very, very effective!

Especially if you are trying to kick smoking or lose weight for instance. The Just For Today statement acts as a stimulus for the brain to recognise that the state of deprivation is only temporary and strengthens resolve.

By doing the above you have manifested your desired outcome and put it into action.

What has all this to do with Spirituality?

Yeah, thought you might ask that.

Remember what I was saying before?

“Essentially, your level of Spirituality is equal to the way you feel about yourself and your environment.”

Kicking an addiction or solving a deep rooted problem increases your Self Esteem, Self Confidence, assists you to like/love yourself and others and your environment.

In doing so your connection to everything else grows and so does your sense of Spirituality. Religious or not, it makes no difference.

All we need to do is recognise our perceived inadequacies, correct them through positive thoughts and actions and we will get there!

Easier said than done granted, but is there anything you can think of that isn't easier said than done?

Thank You for reading to the last part of this short e-book. I hope it has been of value to you. I hope you will read the addendum and visit the recommended links too?

**Love and Light,
Namasté,
*Al B. McGowley***

Addendum

All feedback is welcomed on the content of this e-book, positive or negative.

Do you like my style of writing?

Topics not included?

Too “in your face”?

Enough detail?

Introduce a discussion forum?

Should I expand into a small series?

If you liked this e-book let me know by sending me your testimonial and I will include your name and website on the sign up page. If I get many I will rotate them as fairly and as often as possible.

Regards spelling and grammar. (said with a big grin lol) I live in Scotland and so write in English and not US English so please no mails about spelling and the placement of z instead of s or the inclusion of u in colour etc. I don't mean that as a slight against US English. Friends...we speak the same language but write a different one. ;)

Send your feedback to manifestaction@googlemail.com

Recommended Links

I'm placing this link first because Weight Loss is a major issue in the Western world just now and is also a major factor in peoples lack of self-esteem and spirituality.

June offers 7/7 support for free to anyone who joins her Booster Diet Forum regardless of whether they have actually bought her Ultimate Booster Diet Plan and incidentally her plan actually works! I highly recommend it!

[Visit Ultimate Booster Plan Here](#)

[Visit Ultimate Booster Forum Here.](#)

More....

Al's primary website. If you didn't sign up to my regular GYOA mailing list to get this book you should know that you can get further products for free by clicking the link below and signing up. Further Self Help ebooks are there as well as software and marketing products!

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