



Live stream workshops – a brand new way to learn

The Magic Of Manifestation

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10.1: Homework

1. Do the manifestation exercise...

...but don't do it repeatedly for the same thing. That's a bit like asking the waiter for your steak over and over: asking once is quite enough! Just do the exercise once for each new thing you want to manifest.

2. Keep a journal...

...detailing your experiences with "ordering/allowing" the universe to do your bidding. Start with little things – and you will find that they happen fairly easily. Then move on gradually to more important things. The reason the more important things sometimes don't materialise immediately is that we get blocked by our sense of their importance. We have talked a bit about lowering the stakes – it is vital you do this.

3. Read the Vadim Zeland books.

Yes, there are three volumes but the volumes are fairly slim and there isn't any pressure to get it all read in a week!

4. Sit with the image I have attached...

...and be aware of the manner in which light and dark work as partners to create it.

Optional Extra:

5. Research some of the creation myths of different cultures.

See how some of the principles we have studied are mirrored in these myths – the void, the even-handedness between light and dark, the sense of "play".



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10.2: Manifestation – a meditation

Stage 1

Breathe, close your eyes and relax your body from the feet up to the head.

Imagine that you are a beautiful, snow-capped mountain. Visualise tourists coming to see you from miles around. They take photographs of the mountain.

I am magnificent

Imagine now that there is a storm coming up the valley towards you, the mountain. The tourists flee in panic. Lightning crashes down on the mountain, thunder booms through the valley, the black clouds blind you.

What do you, as the mountain, think of the storm?

You *welcome* the storm, you give the storm your *love* and *admiration*.

You've done a very good job! The thunder is coming along nicely! Well done!

Open your eyes – but don't lose your cocoon of concentration.

Stage 2

Breathe, close your eyes and relax

Imagine that there are two valleys on either side of you:

To your left is (an upper-world inspired) sunny, warm valley full of grazing sheep and playing children.

To the right there is a (lower world inspired) storm ravaged valley full of rain and thunder.

Love them both equally.

Open your eyes – but don't lose your cocoon of concentration.



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Stage 3

Breathe, close your eyes and relax

Imagine that you are the *creator* of the sunny valley: you can feel the force of it emanate from your left palm.

Imagine that you are the *creator* of the stormy valley: you can feel the force of it emanate from your right palm.

Love them both equally.

Open your eyes – but don't lose your cocoon of concentration.

Stage 4

Breathe, close your eyes and relax

Distil the essence of the sunny valley into a bright golden light – feel that emanate from your left palm.

Distil the essence of the stormy valley into a stream of dark energy – feel that emanate from your right palm.

Love both these energies equally

Have the two energies meet in the space in front of you creating a hologram of the thing you want to manifest. Use your hands to sculpt the energies.

Make sure you do this in the spirit of "play" – like a child playing with clay – you can "rub out" things and re-do them at will. Have fun.

Open your eyes – but don't lose your cocoon of concentration.



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Stage 5

Breathe, close your eyes and relax

Look at your creation through the point of view of the golden energy? Which bits of your creation would the golden energy take credit for?

Look at your creation through the point of view of the dark energy? Which bits of your creation would the dark energy take credit for?

Look at the squabbling energies through the point of view of the mountain. Smile benignly down at them!

Open your eyes – but don't lose your cocoon of concentration.

Stage 6

Breathe, close your eyes and relax

Get a vivid sense of what your creation *looks* like – and find one thing about the way it looks that you *don't* like.

Get a vivid sense of what your creation *sounds* like – and find one thing about the way it sounds that you *don't* like.

Get a vivid sense of what your creation *smells* like – and find one thing about the way it smells that you *don't* like.

Get a vivid sense of what your creation *feels* like to the touch – and find one thing about the way it feels like to the touch that you *don't* like.

Get a vivid sense of any *tastes* associated with your creation– and find one thing about these tastes that you *don't* like.

Open your eyes – but don't lose your cocoon of concentration.



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Stage 7

Breathe, close your eyes and relax

Go back to being the mountain. View the golden and dark energies as they continue to create and refine what you have manifested.

No relinquish the mountain. Let go of the image of the mountain. Have golden and dark energies emanate from *the void*. Have them create your object of manifestation *out of the void*.



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10.3: Quotations

Borges – *Everything and Nothing*

There was no one in him: behind his face... there was nothing but... a dream...

No one was ever so many men as that man: like the Egyptian Proteus he was able to exhaust all the appearances of being. From time to time, he left, in some obscure corner of his work, a confession he was sure would never be deciphered: Richard states that in his own person he plays many parts, and Iago curiously says 'I am not what I am.' ...

History adds that before or after his death he found himself facing God and said: I, who have been so many men in vain, want to be one man, myself alone. From out of a whirlwind the voice of God replied: I am not, either. I dreamed the world the way you dreamed your work, my Shakespeare: one of the forms of my dreams was you, who, like me, are many and no one.

Hafiz – *One day the sun admitted*

One day the sun admitted:
I'm just a shadow
I wish I could show you
The infinite incandescence
That has cast my brilliant image
I wish I could show you
When you are lonely or in darkness
The astonishing light
Of your own being

David Bohm

Matter is frozen light

Patanjali – *Yoga Sutras*

When that free Soul will command – not pray or beg, but command - then whatever it desires will be immediately fulfilled; whatever it wants it will be able to do.



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10.4: Reality Transurfing 1. The Space of Variations – selection

From *Reality Transurfing 1. The Space of Variations*, Vadim Zeland, 2008, O Books

The wave of thought energy “highlights” a certain sector of the space of variations and as a result, the variation gets its own materialization. (p.18)

You can choose your own happiness, without having to fight for it... Whatever order you choose to place, it will always be delivered to you, no matter what. (p.26)

You don't have the right to condemn or change anything in the world. You have to accept everything like you would accept an artwork at an exhibition, no matter whether you like it or not. There may be many pictures at the exhibition that may not seem appealing to you. However, it would never occur to you to demand that they be taken away. (p.44)

The main thing is to avoid getting into a fight with it – don't blame it, don't get angry with it, don't lose your temper. Do the exact opposite, quietly accept...and leave. (p.45)

Before exploring what it means to *choose*, we have to learn how to say *no*... *In order to say no, it's necessary to accept*... admit to yourself that everyone has the right to exist, and then pass by indifferently. (p.45)

If you don't want to have a certain thing in your life, then stop thinking about it, pass this particular thing by indifferently, and it will disappear from your life. (p.46)

Fate is truly in your hands, but only in the sense that you were given the ability to choose it and not to change it. (p.94)

There is the opinion that if you want something very badly, then you can get whatever you want. It could seem that a very strong desire would bring you onto a life track where it would be fulfilled. However, that is not the case. If your desire has transformed into dependence, into some kind of psychosis or you are hysterically striving to obtain something, regardless of the cost, then somewhere deep down inside you, you don't believe in the fulfilment of your desire. The only thing to be done in this case is to reduce the significance of your aim. Go for it, in the same way as if you would go to a newspaper stand for a magazine. (p.99)

If you feel that you've suffered a great defeat... Be happy! (p.100)

Money is not the goal and it is not even a means for reaching the goal. It is only an accompanying attribute. The goal is what a person wants out of life. (p.109)



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Artificially created importance is the single obstacle on the path to fulfilment of your desires. (p.117)

Don't overcome obstacles – start reducing importance instead. (p.118)

The only thing that doesn't create any excess potential is a sense of humour, (p.119)

Don't think act! If you can't act, then don't think. (p.120)

Each person forms his own reality with his own thoughts. (p.128)

An entirely new path: don't ask and don't demand, but simply go and take. (p.158)

Simply go with the flow. Let go of the situation, don't become a participant, but the observing bystander. (p.164)

How in the world could a black cat have any kind of influence on our lives? The influence is not the cat, but your attitude to the particular omen. If you believe in omens, they will help shape the events in your life. If you don't believe in omens, but have doubts, the influence of omens is weakened... If you don't believe in them and don't pay any attention to them, they will not have any influence whatsoever on your life. It's all very simple: *you get what you allow into your script.* (p.167)

I suggest you keep in mind this simple and reliable formula for determining when your soul is saying "no": *if you have to convince yourself and talk yourself into saying "yes", then that means your soul is saying "no". Remember, when your soul is saying "yes", you don't have to talk yourself into anything.* (p.172)



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10.5: *Reality Transurfing 2. A Rustle of Morning Stars* – selection

From *Reality Transurfing 2. A Rustle of Morning Stars Level II*, Vadim Zeland, 2008, O Books

The script does not change – it is being chosen by your intention. (p.12)

There are no obstacles. (p.17)

We will roughly define intention as *the determination to have and to act*. (p.17)

Intention does not ponder on whether the goal is attainable or not. The decision has already been made, thus it only remains to act. (p.18)

A choice is not a request – it is your determination to have and to act. (p.19)

When solving the problem – act. When pondering over how difficult the problem is, you are giving energy away. (p.19)

Trust the flow, and the problem will be solved on its own. (p.20)

You are assuming the position of an outside observer – everything happens according to your will, but it kind of happens on its own. You do not change things – you choose them instead. (p.26)

The goal is already in your pocket. The fact that the goal will be reached is beyond any doubts and is not subject to discussion. (p.26)

“According to your faith will it be done to you” (p.28)

It is necessary to achieve agreement between the soul and mind in positive aspirations, and throw all negative thoughts away. (p.31)

Internal intention attempts to *affect* the outside world directly, while external intention – *allows* the outside world to realize itself in accordance with your intention. (p.35)

Intention does not follow orders. It manifests at its own choosing, as a product of agreement between your soul and mind. (p.36)

It is necessary to *realize* that you can control the script. Awareness is vital. (p.39)



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In order to gain control over your life, you need to switch from the role of a participant onto the role of an observer. Play your part just as before. But your inner Watcher should always be active ... watching your own performance and the performance of others in a detached way, as a viewer sitting in the auditorium. (p.39)

Do not get too engrossed with your role. Always have your Watcher ready. Your ability to control the situation is directly proportional to your awareness. (p.39)

Do not forget to trust the flow of variations. If the soul and mind are sufficiently united in their "comedy" attitude towards the problem, then you will get astonishing results of which you could never dream before. (p.42)

Wanting without desiring, caring without worrying, striving without getting carried away and acting without insisting. (p.47)

"I really want to get what I want. It is a matter of life and death. I must get it, no matter what. I'll strain every nerve." Vs "Well, alright. I've decided that I'll get what I want. I do want it after all. So what's the problem? I'll have it, and that's that." (p.47)

Intention does not believe nor does it wish for, it simply acts. (p.47)

"I've simply decided that this is how it will be" – it is almost an actual fact. It is you calmly realizing that this is how things will be. For example, I intend to go to the newspaper stand and get a magazine. Already, there is no desire in this situation. The probability of the desire not becoming fulfilled is very slim, and should it not get fulfilled – it won't be a disaster. (p.47)

You need to want and act without desiring. (p.50)

Move towards the goal as you would towards a newspaper stand to get a magazine. (p.51)

Let's say you have an ambitious desire to become a star or a millionaire. Yet, are you ready to let yourself have it? People usually think that fame, money or power is the lot of the chosen ones. But who picks these chosen ones? The chosen ones pick themselves, and only then are they picked by all the other people. If you dream of something but you are not ready to let yourself have it – you won't get it. (p.63)

You need to get used to the thought that you will achieve your goal. (p.64)

You don't have to worry about how these things will become yours. (p.67)

You have everything necessary to become one of the chosen ones. You can do anything. It is



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just that no one has told you that before. (p.90)

All you need – is to take for a fact that your soul is capable of everything, and then let yourself make use of that knowledge. You are capable of anything. (p.91)

Your task is to let yourself be you. (p.92)

If a man is expressing dissatisfaction with himself, he will never end up on the life tracks, where he is satisfied with himself. (p.109)

If you will truly believe that you are worthy of your dream, if you let yourself have it – you will get it. *To let yourself have is the main condition of fulfilling a wish.* (p.113)

Throw the goal off the pedestal of inaccessibility. Do not be thinking about ways of achieving it. (p.115)

Listen to what your soul is telling you to do, consciously remove importance, let yourself have, and you will get everything you soul desires. (p.117)

If you define your goal and strive towards it, and not towards having more money, then the money will come to you on its own and you'll have more than plenty of it. (p.137)

First, *love and care about yourself. Only then will you find the way to your goal.* (p.149)

Your mind will keep trying to ask: "How to achieve this?" That is when your soul should tell your mind: "Be quiet, it is not your concern, we are choosing a toy!" (p.156)

Loosen your grip. Drop the importance of the goal, abandon the desire to achieve it and leave on the determination to have... *without wanting or insisting.* The only thing that could ruin everything on your way to your goal – is any excessive responsibility, diligence, meticulousness and compulsion on your part. (p.166)

There is no need to make any extra effort when you are moving towards your goal. However, your mind is used to struggling and overcoming obstacles. The mind is creating all his problems himself, when he starts attributing excessive significance to things. (p.166)

You must look towards your goal, as if you are going to get your mail from the mailbox. (p.167)

Trying to convince yourself that it will end up with success, you are keeping yourself in a death grip. *Loosen the grip, do not think about problems that are not yet present.* (p.168)



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Release your control. (p.172)

Do not worry about the future, live through the present. (p.174)

Play the following game: *meet any supposed failure with joyous surprise instead of disappointment.* (p.174)

Do not submit to someone else's influence. Believe in yourself. In your search for your goal, do not listen to anyone or anything but your heart. When it comes to this matter, you must be firm and uncompromising. (p.184)



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10.6: Reality Transurfing 3. Forward to the Past – selection

From Reality Transurfing 3. Forward to the Past Level III, Vadim Zeland, 2008, O Books

In order to eliminate psychological tension, you have to drop importance, and that is all you need to do. (p.6)

Transurfing helps you to stop fighting problems, and it does that not so much by helping you to solve them, but rather by helping you to simply not encounter them at all. (p.29)

It basically comes down to rejecting your internal intention to get and replacing it with the intention to give. (p.36)

Forcing your soul is impossible. *Criticism makes your soul your mind's enemy, while encouragement makes your soul your mind's ally. (p.42)*

Accept yourself the way you are. Allow yourself the luxury to have flaws and to not possess the necessary virtues. This will be of great help to you (p.56)

Where it will come from is not your problem. (p.58)

The secret of this labyrinth is that its walls will come down, once you've stopped looking for an exit (p.70)

Reject the need to prove something to others and yourself. (p.73)

There is no need to believe nor to convince yourself. *Simply reject the struggle and see what happens. (p.74)*

Stop struggling, the obstacles will get eliminated on their own. Would you need any confidence in this case? No, now you only need coordination, in order to move with the flow. (p.75)

Now you are calm, happy, balanced, but that doesn't last long. A pendulum will set up a provocation. For example, you get involved in an unwanted situation or you receive bad news. According to the pendulum's script, you should be worried, frightened. All you need to do is to *wake up and remember* in time, what kind of game is going on, (p.80)

"Where will the money come from?" How many times have I told you – don't think about the money. If you'd stop your battle and let yourself have, external intention will find a way to



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get you what you want. Let yourself have from this moment onwards – unconditionally and unreservedly. Continue allowing yourself to have, then one fine day, what others would call a miracle, will happen. (p.87)

If you focus on the goal, as if it has already been achieved, your doors will open, and the means to reach the goal will find themselves. (p.87)

What you need is an idle, careless determination. (p.89)

Having rejected control over the situation, you will get it. (p.102)

Treat every event as positive. (p.103)

The world, like a mirror, is reflecting your attitude to it. When you are dissatisfied with the world, it turns away. When you fight the world, it fights you. When you stop fighting, the world moves towards you. (p.125)

Ideally, the realization that everyone is a master of his own fate should be entirely ordinary. Imagine that you were issued a certification, which give you the right to buy newspapers at any newsstand in the city. Will you get happy? Hardly, because it is your right anyway. (p.127)

You only need to make a choice, and then not be in the way of the world realizing your choice. (p.132)

Just tell yourself that you are unique, original and know everything. Ask yourself a question and wait for an answer. It will come on its own, perhaps at once, perhaps in several days, or even months, depending on the complexity of the question. But it will definitely come to you! (p.141)

To achieve truly grandiose success, you need to identify your goal and move towards it unfalteringly, not listening to anybody. (p.147)

Intention is capable of anything. Intention is the calm realization that this is exactly how things will turn out, For example, the intention to get your mail from the mailbox. (p.149)

Release your grip. (p.157)

It is not about the technique, but about becoming aware of your inner freedom and feeling that you are the master of your world. Once you've got that feeling, everything will roll on its own, without any technique. (p.173)



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10.7: *The Visionary Window* – selection

From “*The Visionary Window*” Amit Goswami, 2000, *Quest Books*:

When consciousness collapses actuality from possibility, there is room for free will, for creativity, and for divine purposiveness. (p.35)

It depends on how you look. You choose reality by how you look at it. (p.41)

Consciousness is needed to collapse possibility into actuality. (p.42)

If consciousness is the ground of all being, then matter exists as possibilities within consciousness. And consciousness chooses among the available possibilities by recognizing a particular one for a particular event. (p.45)

Spiritual traditions seem to have a built-in prejudice against the world, not realizing that the separateness is necessary for experience and is part of the divine plan of manifestation. (p.55)

The world is not outside of consciousness; it is the play of consciousness. (p.56)

If we are aware, we are free to choose (p.58)

Quantum events remain in possibility until consciousness looks at and actualizes them. (p.108)

All this separation in consciousness is illusory, a mere appearance. Consciousness forgets itself for the sake of play – it pretends to forget, so to speak. (p.131)



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10.8: Yusuf Arakal painting





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10.9: Looking ahead

1. Play!

Play with the exercises you have learnt – both alone, and in pairs or groups. The content of this workshop lasts a lifetime – but you need to practise consistently in order truly to embody the principles. It is a bit like fitness – you do need to keep at it. But it gets easier – and with time you'll realise that you don't have to do things in quite so much detail. You can, for example, simply have your Guides around your without going through the whole "rainbow" modality.

2. Do revisit the reading list and dip into the books that you didn't get a chance to read while doing the course.

Given that you now have a strong foundation to which to refer the new material, you will find these books keep you in touch with on the sometimes counter-intuitive attitudes I have discussed.

3. Continue to keep a journal.

When one writes about one's experiences, the unconscious mind registers these experiences as important – and draws into your world more such experiences. We've got the ball rolling: it is up to you to keep it going. There really is no limit to how far you can take this work.

4. Keep a lookout for items of news, passages in books, images you come across, which bear out the principles you have learnt on this course.

Gather over time your own array of materials similar to those to which I referred you: Borg and McEnroe ("It's only a game"), Tendulkar's centuries ("being in the Now"), Mother Teresa (leaping into the Void), for example.

The more you reinforce the presence of these principles in everything around you, the more they will (unconsciously) apply them to your life - and the more you will benefit.

Finally, these principles become a way of looking at the world – and, as we learnt in the very first session, the way we look at the world determines what we get from it.

Optional Extra:

5. Get in touch. You can reach me on shomit@shomitmitter.com.

All the very best,
Shomit
