

Everyday Manifesting and Beyond

*What
Would you
Like to
Create?*



by Apryl Jensen

About the Author

Apryl Jensen is the author of the book, [Everyday Manifesting](#) – *Finding Joy through Creating Consciously*.

Apryl holds a Bachelor of Science degree in Human Development and has been trained in Emotional Freedom Technique (EFT) and Quantum Touch. She is the mother of 5 incredibly active and wonderful children, and wife to the amazing writer, speaker, and lecturer, Randy Jensen, of [A Place of Healing](#). Apryl maintains the website and newsletter, [CreatingConsciously.com](#), writes articles, loves graphic design and creating websites. She is an avid student of Quantum Physics and understanding the laws of the universe. She also loves to sculpt faeries and art dolls in her free-time, and is a self-taught (well, Universe-taught) artist. Her artwork can be seen at [www.aprylian.com](#).



Story

It's hard to pick just one story to express how Professional Dreamer has affected my life—when it's more accurate to say my entire life is becoming a manifestation of dreams I held dear to my heart all of my life. I always had the feeling that there was more joy to be had, that life was significant, and that we were miraculous beings. Ghalil's work with Professional Dreamer helped me to understand the process of bringing my dreams to life, from the unmanifested intentions of the heart to concrete reality. I guess what has affected me the most is the simplicity Ghalil presents in her six steps—she taught me that manifesting is simple, and that refining the process is only a matter of following each step. I have learned to use the process of manifestation in all areas of my life—with relationships, obtaining material items, and in creating fun life experiences. I've created a blog at my website, [CreatingConsciously.com](#) detailing many of the manifestations I've experienced. Professional Dreaming is about creating a life that flows with the Universe, and life becomes one big manifestation—as indeed, it has been all along.

Event Details

Everyday Manifesting and Beyond focuses on learning to create our lives consciously and how the entire process serves to reinforce our ability to create. As manifesting becomes a daily part of our lives, we embark on a marvelous journey into the wonder of *ourselves*. As amazing, creative beings, what do we choose to create of our own lives? Of the world around us? Together, we'll examine the process, the expansion spiral, and *the possibilities!*

First off I just want to take a minute and thank Ghalil for putting together this marvelous Professional Dreamer week.

It was so fun to get a phone call from Ghalil because her book and her willingness to share her experiences and her wonderfully simple 6 steps have had a great impact on my life.

I used to listen to her talking ebook over and over again, so I could get... what was to me--a new way of thinking--to stick.

One of the things that really stood out to me in the early interviews with Ghalil is when she said she wanted to explain more about the process, but then felt like, "No, there would be others and that was their part." And as we are all gathered here for Professional Dreamer week, haven't we really seen this come about?

We've heard so many wonderful presenters, each with their own unique point of view and set of experiences. It seems that the more people are willing to share what they have been experiencing with Manifesting, it helps all of us to get better at it, and to increase in our beliefs and our abilities.

Each of us has a circle of influence that is unique to us, and isn't it marvelous as we step up and give voice to what we are learning and experiencing, we run into more and more people who are saying, "Yes, it's happening for me, too!"

I know others like Ghalil, Carol Tuttle, and Christopher Westra have had a profound effect on my life and on my learning journey, and it was their influence that encouraged me to share my own story, my own views --to write my own book.

I was so thrilled to hear Ghalil on the line when she called me and I just wanted to thank her again for all that she has created.

Presenting today has been on my mind for several weeks now and I've wondered—what should I talk about? What would be of benefit to others? And what kept coming to me was, Just share your story.

And as I've taken a closer look at my own story, I can see it covers a wealth of topics as well.

For me, my experience with manifesting really started about a year and a half ago. I'd had some experience with Power of Thought books like "Think and Grow Rich" "Think like a Winner" and "Psycho-cybernetics." But, it wasn't really sticking--and at that point, the term Manifesting was foreign to me.

I had a religious background and had grown up with the scriptural phrase, "Ask and ye shall receive"--but by now, that phrase was really starting to bug me!

I felt like, "I'm asking, aren't I? Why am I not receiving?" I was asking alright--asking daily for the things I desperately wanted to change in my life, and then I'd spend much of the day worrying and fretting and trying to figure out what to do. I honestly thought I was helping matters by so diligently worrying about them. In my mind, I was "figuring"--and somehow I guess I thought if I figured long enough, I'd finally figure it out.

Well, to my surprise, I only felt worse and worse. I had 5 small children by now, the last one being a complete surprise, and I was incredibly overwhelmed. This last pregnancy had wreaked havoc on my body, and I'd spent most of the pregnancy on bedrest due to preterm labor issues. But even several months later I still had health issues, and was really stressed out.

Now, with my knowledge that our thoughts create, I look back on this time and see I really had a whirlwind going. We kept having more and more problems come up, cars breaking down--so many things that I started to wonder. What is really going on here? No one can have this bad of luck--this beats the odds. SOMETHING is causing this. But it was still a mystery to me. I continued to worry and fret and things continued a downward spiral. Where I **used** to only be a person who got nervous from time to time, I now had constant anxiety and started having panic attacks. I felt like anything could go wrong at anytime --I'd become full of fear. I didn't know what to do.

Until one day. I remember the day very well because I was completely maxed out. My physical and emotional limits had reached their capacity. I prayed. I said

out loud, "God, this life is not working out for me. I am miserable--I can't do it this way any longer. God, Angels, anyone who is listening, please help me!"

I don't know why I said "Angels"--it wasn't something I'd ever done before. But within a week I'd seen a book mentioned in a local email group, and had it in my hands. It was Carol Tuttle's [Remembering Wholeness](#)--it was my introduction to manifesting and energy work.

I read the book within a day--I'd been so hungry for knowledge on what the heck was going on in my life, I simply consumed it. But I guess the most amazing thing was ...that every inkling, every inspiration I'd ever had in my life lined up before my mind and all lead to the same conclusion--that our thoughts create. That the things we hold in our mind create what is experienced in our lives.

And then suddenly, all the turmoil I'd been experiencing made sense to me as well. I had caused it. I had no idea I was causing it--but I knew that I had. I cried a lot that day--but it was a good, cathartic cry. And really, my life has been different ever since.

I could see that the frustrations I'd experienced had put me in a state of readiness to learn. And by experiencing manifesting ...in the negative flipside, I had confidence in my abilities to create--I just needed to point my arrows, as Ghalil would say, in the right direction. I came to realize I had been creating all along. I wanted to learn to do it CONSCIOUSLY.

What followed is what I consider a magical time. I guess during all of my turmoil, I'd forgotten that I was cared about. And as I opened up to understanding energy and manifesting, it filled me with joy, and I felt SO loved and cared about.

I started asking for the improvements I was looking for in my life, and I did so with the expectation that I would be answered, and I felt joyful about it. I saw many changes. One of my favorites was getting our new van.

We'd had a decent mini van that had broken down--too far gone to be repaired, and we weren't able to afford a new one yet, so in the mean time we were driving an old, ugly van that used up an incredible amount of fuel. We'd spent the summer with no air conditioning, and the vehicle would break down often--this

van was THEE THING I wanted to have changed most in my life. I prayed about it--well, actually, I more "complained about it" to God . I told him how life would be so much better with a decent van. And into my mind came the words "So get one" as if it was the simplest thing in the world.

"Get one? I can't just get one? We can't afford that!" But then I stopped myself. I need to just follow this impression. So we started looking for vans. Within a few days, we were driving a new one. The first payment didn't come for a month, and at that point my only way to pay for it was using our grocery budget--not the best plan!

But, by the time the payment was due, the universe had shifted. My husband's employer noticed he'd been deducting too much in taxes from his check and made an adjustment, and with that increase and a few other tiny miracles, our budget had expanded to fit the new van perfectly! I was amazed.



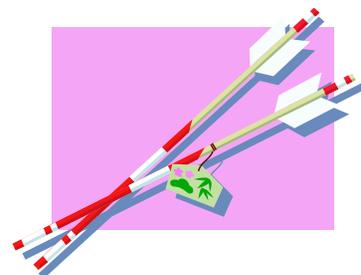
I love to study--I was one of those strange kids who really liked school and learning, and I began studying like crazy. I studied Deepak Chopra, Wayne Dyer, anything I could find on Quantum Physics. I read the Field, the Holographic Mind.

I was in an intense time of learning. In fact, I think I'd begun to fill my mind too full. Some of my old programming--"Work hard, study hard" started to show up.

I found I was most at peace when I studied books that reminded me of the simplicity of the process. I found Christopher Westra's [I Create Reality](#) and later, Ghalil's [Professional Dreamer](#) book. I fell in love with her 6 steps. In fact, when Ghalil called, my husband Randy, read to her a segment from her book, "I took 6 steps" that he had posted in his office.

In my bedroom I have "Thought Woman is sitting in her room and whatever she thinks about appears."

Down my hallway I have many arrows with the words "One Pointed Thought."





By my kitchen sink the words about it being possible to imagine something so vividly that in time, you can touch it.

I loved Ghalil's soft, simple approach, and despite all I'd learned, I needed to keep reminding myself, it really was that easy!

When I relaxed, I noticed things manifesting much more easily, and the funny thing was that in that state--I didn't NEED it to happen. I was relaxed about the time frame.

Over the past year I've had fluctuations--times where I was joyful, and times when I was more concerned.

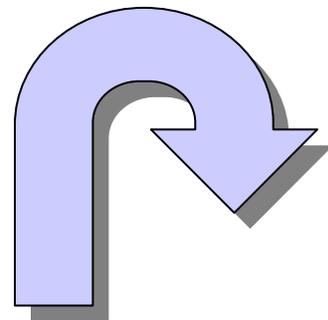
I've come to understand that *learning to manifest what we desire is a process, one we learn like anything else*. I love how Ghalil refers to her 6 steps as "The Practice" --for as with anything, we practice, we teach our minds and bodies to work on our behalf at a subconscious level.



Another thing I've experienced during this past year and a half--since I've been CONSCIOUS, so to speak, is a great curiosity when events occur in my life that I don't consciously desire.

As many people have talked about this week, our subconscious mind plays a great part in what we create. And sometimes I still create things I don't want out of habit. Before I knew about manifesting, I'd given energy to a lot of negative circumstances.

In some ways I've found I've been able to change directions immediately. My beliefs shifted easily. But as I've noticed the creations that have come about that I did not desire, some of them simply take more time to shift.





It reminds me of the ride at the fair where you get inside a circular seat and begin to turn the wheel in the center. As you do so, the whole seat begins to spin around and around. I loved this as a child--thinking of it now makes me nauseous, but you get the idea. Turn the wheel and around you go. But to change directions, you have to slow down in the direction you are going, come to a stop, and then you can begin to turn the wheel the other direction. On this ride, you can't immediately go from one direction

to the next--it's a process.

Now, don't get me wrong--with enough consciousness--it's probably possible to shift to positive creations immediately. But I think with most of us, there are at least some aspects that take some patience, and some introspection.

I have actually learned to love the mystery. When something shows up I don't like, I get to discover "why"--what part of me is believing something that I don't like the results of?



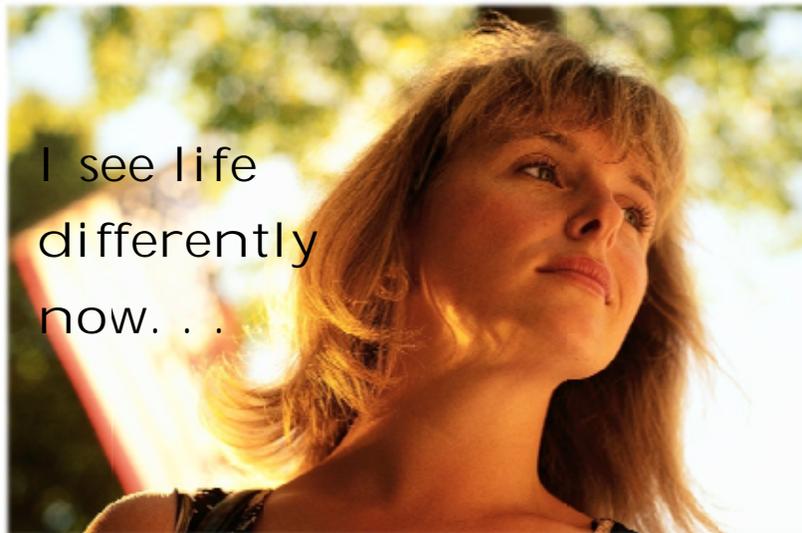
At first, it can be frustrating once you HAVE the knowledge of HOW to manifest--but you are still manifesting things that are not desirable. Or you may get hung up on the **fear** that would haunt **me** every once in a while—"AACK! Since I was so good at creating negative things when I didn't even know I was doing it, What if I keep creating negative things without even meaning to?"



Well, now you are conscious--and that forever changes the situation. Sure, there may be the un-intentionals that come up, but now they mean something different to you. And this in part, is what I mean by EVERYday Manifesting. We become conscious about what we are manifesting, everyday. This daily consciousness is also a practice. We change the way we think. We change the thousands of thoughts that go through our minds.

Now, if you were to try to control each of those individual thoughts--it would make you crazy. And in fact, most of them you aren't even aware you are thinking any way. They have become so habitual.

But what you can do, and much more easily, is to work on **changing your interpretation of your life events.**



For instance, say you used to fear you'd get fired from your job, and you do. Before, maybe that **meant** life was stressful, you'd be broke, you'd never find another job you liked as well, and so on. ***It was THIS INTERPRETATION that made "losing your job" seem so fearful to you.***

But now, when you are **creating consciously**, all it means is that you had some strong emotion and thought energy pointed at losing your job. And guess what? You get to choose again. You can choose to create strong emotion and thought energy on **having** a wonderful job you love, if that is your desire.

Since learning to be a conscious creator, I have found the world around us is ***incredibly malleable***. The past does not dictate the future. In fact, my whole concept of the future has changed drastically. The "future" used to be looking at the past and making predictions. It was assuming if something is traveling along a certain path that it will continue to do so.

I did not have the money for a new van. My past did not indicate we'd be in a new van within the week. But, I made decisions, I followed an inspiration, and my future changed. The tangible,



physical aspects in my life shifted to support my belief--that somehow it would work out. If I hadn't believed this strongly, I wouldn't have set foot in a car dealership in the first place.



So now, when something unpleasant shows up, I am very careful about what meaning I give to it. And most of time, I am able to recognize it as an aspect of myself that still needs some housecleaning--some old beliefs that are not serving me.

Learn to cultivate a certain amount detachment from your life experiences. And by this, I don't mean you no longer care, but you learn to be **flexible** in your interpretation of events—especially when you are tending to interpret things negatively.



Alright, next, I wanted to talk a bit about our beliefs. Everything is fueled by our beliefs. I wanted to share with you a segment from one of my newsletters--it reads as follows:

Today I woke with a phrase running through my mind that seemed to sum up perfectly all that I have been learning about Conscious Creation. The phrase was this:

Your beliefs define your reality.

Simple. Succinct. True.

If we could just learn to grasp this one concept, all others fall right into place.

Your beliefs define your reality. What is it you are believing? What is the reality you are experiencing? This is a reflection of your beliefs.

I know--this begs the question,

"Can I really be that powerful?"

Take a look at your life. You will notice patterns. What issues keep coming up over and over? Money? Relationships? Problems with self-worth?



Look for the patterns, ask for understanding. Ask yourself in your quiet moments, "What is it I am really believing about ME?" You will be answered.



Your beliefs create your reality.

Now, while it is true that our *thoughts* create our reality, this is true *because* our thoughts collect together to become our BELIEFS.

To illustrate this, think of a rope. A rope is made by hundreds, or probably thousands, of tiny little strands. Each strand by itself can't hold very much--and it would certainly never bind anyone down. Yet, a rope can bind pretty well. When these strands all collect together and form a rope, they are now strong and powerful.

So it is with our thoughts. By themselves, or without any belief behind them, they don't do much. But as you collect them together--as you focus and create "One-Pointed thought," your thoughts, become BELIEFS, and are incredibly powerful.

Like Ghalil said the other day, we are thinking 50-60 thousand thoughts



each day. That is so many little strands of creation coming from us, but alone they are weak. Gather enough together, and you'll have a strong rope.

So, just how strong are your ropes? Well, you can test them out. Take a minute and do the following.



Say to yourself, or out loud if you can, "The sky is Green." Say it with passion and fervor--"THE SKY IS GREEN!" Hmm...how did that feel?

You probably noticed, even if you said the statement with passion, it still felt flat. It still felt like a lie. Well, in this case, that's because it is.

But notice how it FEELS when something DOESN'T feel true to you. This lets you know, it's not in your belief system.

Now try this. Say "I am a marvelous and incredible person." Say it out loud, with passion and fervor--"I AM A MARVELOUS AND INCREDIBLE PERSON!!!!"

How does that one feel? Either it felt wonderful and brought you joy as you said it--and you are in harmony with this belief. Or, it felt flat and didn't mean anything to you--similar to your "The sky is green" statement.

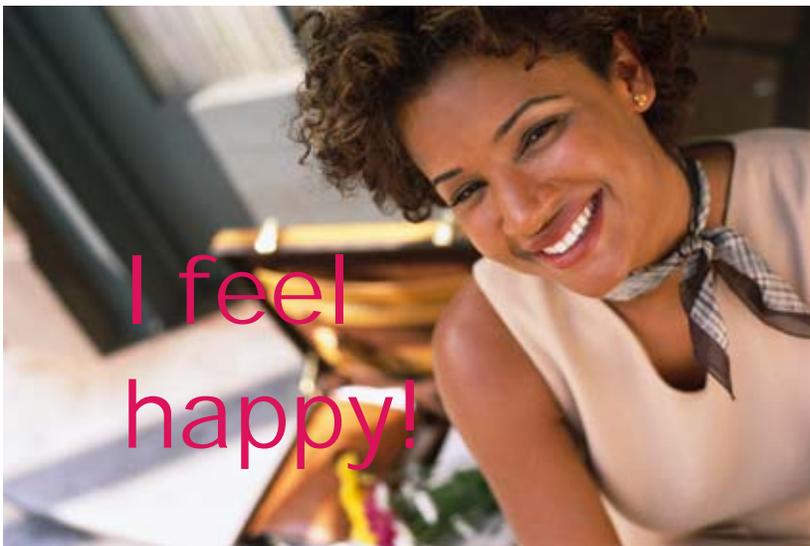
Or, there's a chance--and this is what it does to me at times--that it brought tears to your eyes, that it made you emotional--but not in the rapturous-joy way. It just struck something deep inside you. So what would this response mean? This, my friend, means that part of you knows this statement is true, and wants ALL of you to believe it. And when you are in this state of disharmony (part believing, part not)--it can be uncomfortable.

Remember, you can use your rope as a powerful tool, or you can tie yourself up with it. The choice is yours.

When we have a belief, it is often because it is supported by MANY, MANY thoughts. We have evidences, other experiences, other "strands of thought" if you will, that agree, that collect and bind together to become a strong rope of belief.

Can you see in this way that we can choose our thoughts, and while doing so, *we can choose our beliefs?* We can actually create our beliefs. So how do you know what beliefs to create?

You will create most easily and joyfully, when your desires and emotional energy--what we could also call, your beliefs--are in harmony--are lined up with each other. Or as Ghalil might say, are all arrows pointing in the direction of your desire.



Our emotions let us know two things. First, if what we are thinking about--and therefore putting into the process of creation, is something we desire. If thinking about having the thing we desire makes us feel good, if thinking about ourselves in a certain way feels good, then it is something we desire.

And second, our emotions let us know if we are on the way to creating having it or feeling it--or NOT.



If it feels good, if it feels true--you are creating it, and can expect to experience more of it in your life. If it doesn't, you aren't creating it! In fact, you may even be creating its opposite.

I remember a time when I was creating an opposite. A while back we had a good friend of ours get married. It had taken a long time for him to find the right woman, and we were thrilled that he finally had.

When my husband told me about their honeymoon, and gave me all the fun details of a romantic trip to Hawaii, I noticed the joy I had been feeling, hearing about our dear friends, was going away.



What? I love these people. I am thrilled for them! What was this emotion?

Well, for our own honeymoon, we'd planned to do some fabulous trip to an exotic place, and it fell through. We stayed in my grandmother's condo in Idaho instead. And we'd never gotten around to taking that fun trip we'd dreamed of.

After some thought I realized, every time I thought about or was reminded about taking an exotic trip, I would actually feel regret and sorrow about not having the special trip I wanted.

No wonder we hadn't ever taken the trip. I was actually creating NOT taking the trip **WHENEVER** I thought about it! Thank heavens for my Emotional Guidance System for cluing me into this! Now, I had yet another aspect of creation well learned. If you aren't feeling good when you are thinking it, you aren't creating it in the way you desire.



Again, learning to manifest what you desire is a process. And though by now I have consciously created **MANY** things, and my confidence in this ability has

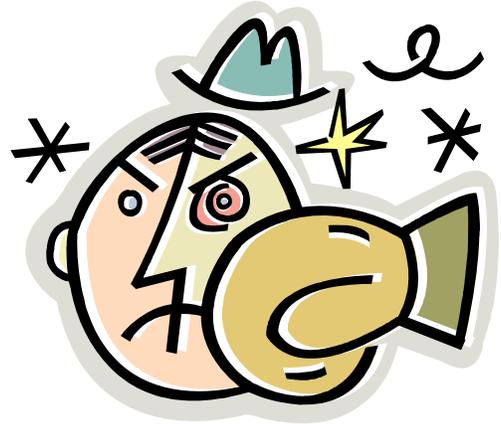
increase many fold, I still have a funky day one in a while. In fact, I wrote in my newsletter about this. It's called,

Who is the creator here, anyway?

Have you even been going along just fine, getting the hang of manifesting, finding life getting much better, and then WHAM! Something unpleasant hits.

"What? Why? I didn't create that! Why did this happen?"

That's because every once in a while you really are a victim. Yep, every once in a while creation just stops working, and things just HAPPEN to you. Haven't you noticed? The same thing happens with gravity. Most days, I step out of bed onto the floor, but once in a while, the universal laws just stop working, and I step out onto the ceiling. Don't you?

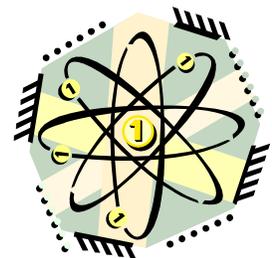


Okay, okay--if you haven't noticed by now, I'm being a bit facetious. But, honestly, didn't you almost believe me until I started talking about gravity?

It's okay--I STILL get sucked into thinking I'm a victim once in a while, until I SNAP out of it! And luckily, I notice much quicker, and it's happening less and less. But learning to create consciously is a PROCESS.

But isn't it funny how when we get something we want, we say, "YES! Look what I manifested!" But then when something unpleasant turns up, we tend to look the other way--"It wasn't me, I didn't do it"--it happened TO US again.

So, who is the creator here anyway? Do universal laws work only when we use them the way we want to?



It's okay if you created a bad experience, and didn't even mean to. Be amazed at how detailed an event you can create! Recognize thoughts, feelings, FEARS, that may have contributed. REALIZE you hold the same power to create amazingly detailed in a joyful way.

The energy exists to be shaped and molded by you. What do you want to create?

I wrote particular newsletter because I'd experienced the WHAM earlier that week, and after I centered myself, I realized that this is what I had done--even though I've made so many changes.

Now, part of this is because the victim mentality is what we have been taught. It's still alive and thriving in our society--and to shift over into being the responsible creator, we choose to be diligent in reminding ourselves of our new beliefs—of the new truths we have discovered.

I keep a record of my creations. In fact, I put many of them in my [book](#) and on my blog--just to remind myself. Now, I don't need to be reminded this is REALLY HAPPENING anymore--but in the beginning, I did. I had within myself a degree of skepticism--of feeling--it can't be THAT SIMPLE. And so I gathered my own evidence. I was willing to give it all a try, and I had a burst of joy upon discovering the process of manifesting to fuel my motivation.



The most wonderful thing about manifesting is that you don't have to take my word for it. You get to be your OWN SCIENTIST! Only YOU can know if your life is a reflection of what is going on in your mind. I'm not in your mind, and I don't know what you are creating. But you do. And you can choose to find the correlations. Or choose to not see them.

But I am here to encourage you to try it. Be patient with yourself, be patient with the process. Understand that you may have some beliefs that are hindering you. You may need to learn to interpret things differently.

The idea that the world around us is a reflection of what goes on in our minds is amazingly profound.

I like to put myself in this paradigm, for it gives me clarity. In fact, when I said earlier that our society tends to promote victimhood-- perhaps me seeing this in society is only a reflection of the aspects of me, that once in a while, choose victimhood.



[Carol Tuttle](#) once said that the extent that we understand and use the principles of creating consciously is evidenced by what is showing up for you.

It took me a while to come to believe this myself--and now I do. I gathered my strands together, and now I hold this belief that supports me. I am amazed at how my life experiences reflect my beliefs--so much so, that I have learned to greatly value my life-lessons.

When I have someone treat me less than kindly, I look at myself, my mind, and I wonder, "Am I still treating me unkindly? Am I still believing that I am anything less than wonderful? Apparently so. Hmm..." And then I take note of my self-talk, I pay closer attention to that area of belief (in this case, kindness). I often notice that I STILL had some negative belief lurking, ever so subtly. And then I change it. I find those little strands that have collected into a belief, and a start to take them apart. Often, just RECOGNIZING a negative belief about



yourself is enough to dispel it. And when that's not enough, make it part of your self-talk. In those 60 thousand thoughts a day--we are talking to ourselves--it's just what we do. Learn to do it a bit more deliberately.



What do you say to yourself? Do you say, "URG, I never it get it right?" Yikes--that's a global recipe for disaster. You know what I discovered was one of my negative patterns? I'd think I wasn't enough. I could never do enough, do it well enough, hard enough, good enough, never enough. In fact, one of my beliefs that I would unconsciously recite when I was REALLY UPSET and FRUSTRATED --giving it lots of emotion-- was "No matter what I do or how hard I try it's never enough." And that's what I was experiencing. Hence

the anxiety and depression I went through. But you know, now I am enough. I may not do things perfectly, but it's enough, and there is great benefit in what I do. I have changed this belief--and life is much happier.

I want so much for you to experience this --this shift, this change. Because when you do, you will see you are powerful. You are a creator, and you are not a victim. You may hate your life right now. You may see hundreds of things wrong with it and wish they were all different. But just as you so brilliantly created this negative life, you can brilliantly create one you love. Because it felt miserable yesterday does not mean you have to feel that way again today. You get to choose again. You have changed. You have learned and understood something new, and things will change. Be patient with yourself. Be loving to yourself, and above all--KNOW THAT YOU ARE LOVED.



What do I want to create?

If you don't believe this--create it. Gather your strands together. Look for the tiniest strands of love in your life and gather them together.

Use your creative abilities--use your self-talk--teach "I am LOVED" to your subconscious. It will simply obey, and you will experience love. Trust me on this one.



I guess here is where we really get into the AND BEYOND part of Everyday Manifesting and Beyond.

We are living in an illusion we are meant to break through. We are learning to feel connected, rather than disconnected. To feel loved and cared about, rather than alone, and without someone to watch over us.



The whole situation of our entrance to the planet serves to provide an illusion for us to permeate. We enter the world small, cold, helpless--completely reliant on the support of others for even mere survival. And yet we are to learn of our great power and ability.

We are on a planet with billions of other people. How, amongst so many are we to feel our individual, infinite value and worth? We are placed in a sea of millions of other people--given the illusion that we are insignificant, and simply one of many. Yet, we are to see through the illusion, to find our true uniqueness--that magnificence that exists within us.

We are here in separate minds, separate bodies, separate houses, separate cities—yet are to learn the many ways we are one, and the great effect we have on all of us as we learn and grow.

We are now living in a time when we are more ready to break through the illusion than ever. We experience our connectedness with those around us, and those



across the world as well. We live in a time when we can, in an instant, be on the phone or instant messaging with people thousands of miles away.

If we had lived in another time, when people lived in castles and on farms only by the light of day, how would we understand our connectedness with each other. How would we comprehend it would be possible to talk about life and share our values and experiences with people we had no way of

reaching, where seas divided us, and contact would take the better part of a lifetime?

Yet, we have been able to bridge this perceived separateness. We have created ships and planes, telephones and the Internet. And now we do feel more connected. We are in touch. The miles between us no longer infer a separation of communication.

Isn't it amazing how our world has evolved to support new levels of belief? For instance, if you've read my book, you know I discuss the implications of everyday things like transferring information from one computer to another.

It is an accepted, everyday belief that information travels through the air-- through sound waves and frequencies. How much more able are we now, as a people, to understand that information can be transmitted, and yet not be seen by the naked eye? How much more do we understand than the generations that went before us, with our cell phones and wireless equipment, that the transfer of information has an existence that relies on a knowledge of the workings of science, rather than the perceptions of





our eyes? How much more ready to understand that we can think thoughts, and they are heard and responded to by the Universe?

The Internet provides us a great metaphor for understanding our relationship with the universe. We sit at our computers and have a desire in mind--something we'd like more information about. We type in a few key words, and in an instant, results are before us. Now, how well those results meet our desire depends on how specifically we are asking. And if we are wanting wealth, yet type in "not wealth" --we don't learn about wealth.

We understand searching the Internet--we accept that there is a WAY to do it--we focus on and ask for what is wanted. When you are thinking, remember the universe also responds to the "key words" in our mind. There is a WAY to receive what is wanted.



Take a moment, and think of what you desire. How does it feel? If it feels good, if it feels like joyful anticipation, you are following the WAY--those are the right key words. If it feels painful, if it feels like NOT having what you want--then those are the wrong key words. Ask again. Know you are heard.

And as you learn to manifest what you desire--pay attention to how it feels when you receive.

To me, it feels like love--like a great big hug from the universe. Like someone saying to me, that's right, I love you, you are not alone, I am always here. What would you like to create next?



And in the moment, we feel connected. And in that connection, there is no more loneliness. There is joy.

You might have guessed this by now, and it is something the Universe wants you to discover.

All of those things on your vision board, all of your lists of desires, you don't need any of them to be happy and joyful.

Now, it took me a while to really understand this, and I'm not saying, so stop desiring them. This is about Creating Consciously, after all.



But think, if you will, on those moments you have experienced joy and gratitude in your life. Think about those times you've just been tickled at how cleverly something manifested into your life. In that moment, you get it, you are whole. You are so full of happiness, you don't NEED anything.

It's something you have to experience to understand. And when you feel this, when you start to truly believe you are loved, cared about, and POWERFUL, you become free. More free to create, free to enjoy life as it is right now.

You are able to let go of your sense of urgency. Often when we desire things, more accurately, we are desiring the feeling of love, of power, of joy, we expect those "things" will bring us. But when you learn to experience this joy, often simply through a practice of gratitude, the creating and manifesting becomes--well, just fun!

So what happens when you realize you don't really NEED anything? Do you stop creating? Certainly not! But can you see that your REASON for creating has shifted?

So much of our creating is a journey of exploration--of our selves. We learn to manifest the money, the experiences, the objects, in a large part simply to discover...we CAN.

In the last few years, I discovered a talent I didn't know I had. I learned to sculpt. And now I sell my sculptures on ebay from time to time.

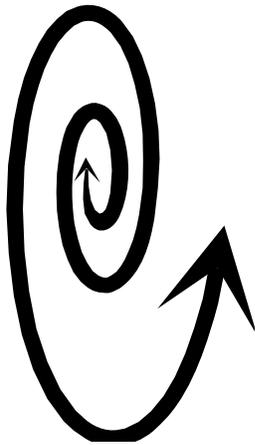
I had a friend once express to me that she couldn't see how I could stand to part with my sculptures. She said, if SHE had discovered such a talent in herself, she'd keep every one.

I explained to her, I did feel that way in the beginning. I was so pleased with a doll I'd created, I didn't want to part with it--so I didn't. I created another one and sold her. And then another, and another, etc. I didn't mind letting them go. I loved hearing about the joy they brought to others. And because I discovered the magic, that at first appeared to be in the doll I'd created, ...was actually...IN ME. I was the sculptor, the creator, and the number and variety of sculptures I could create was now limitless.



Think about this--did I need the dolls any longer to know I was a sculptor and creator? The answer is no. But do I stop making them? No. But now I make the dolls because it's fun, it's another way to express, and simply put, I enjoy it. My reason for creating has changed.

The same thing applies to everyday manifesting and creating consciously. Continue to create--you can't help but do that--that is what we do! But watch, your reasons will change. You will see things and events come into your life in such a way that you will know--that you had something to do with it. And it will inspire you, and you will move on to create again, this time with more confidence. Again, you will see your creations coming to being in your life, again you will be



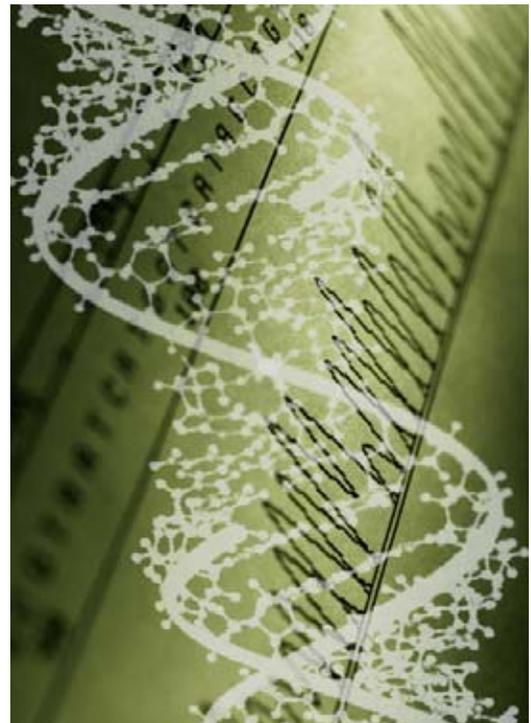
thrilled and inspired, and your confidence will blossom. Your reasons for creating with change--and it will become, well--fun!

I was thinking the other day about how when we are wanting to manifest, we are really asking for miracles. We are wanting something to come into our lives in a miraculous way. A miracle by definition is something that is unexplained by current understanding. On dictionary.com it says a miracle is

an effect or extraordinary event in the physical world that surpasses all known human or natural powers.

I find it interesting how they use the word-KNOWN--because I feel like a lot of what we are doing is simply waking up to powers we didn't know we had.

If you'll remember in the beginning I mentioned that I started studying--almost too much. I had learned so much by feelings and inspiration, but for some reason I thought I better learn the SCIENCE of it as well. And study is fine, as long as you are staying in your joyful place. For me, I later realized whenever I was at a lower point of joy, I had stopped trusting my unseen evidence enough--stopped trusting my intuition-- and began to look outside of myself. Now, while I love to study quantum physics and feel like it really helped me to understand HOW this was all possible--at the quantum level--I feel like I knew better when I just trusted my feelings about it. It may be different for each of us. I would like to suggest that we learn to be okay with not understanding exactly how something comes about. We are wanting miracles anyway--that is wanting something, by definition, that SURPASSES our understanding!





One of the most helpful things I have done is to just be okay with the process. I trust that if I have questions, the answers will show up as I'm ready for them. They always do.

Children are so okay with not knowing how things work. They just flip on a light switch without worrying about how the house was wired. The

light switch works--that's all that matters to them. In time, when they are ready, they will wonder and they will learn why the switch works. But this knowledge wasn't necessary for them to have--to be able to use the light switch.

As you are learning and experiencing, be like a child. Trust the process, and learn to manifest what you desire. It works, whether or not you understand the wiring!

The last thing I wanted to touch upon today is that as we are consciously creating, that we learn to see the world and society in positive way--that we see it as unfolding, as becoming, as growing in consciousness. I was so thrilled to see The Secret on Oprah, and to later find the movie at Costco--of all places. But it just tickles me, because I see that the world is opening up as a whole. Or was that just a reflection of something that has opened up in me? Or are we simply getting better at



becoming one? I'll let you decide. Remember, we get to choose! We can choose how we see our world and those around us. Choose light! Choose love! Choose peace!



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I look forward to hearing from you!

Apyl Jensen