

# Everyday Manifesting

*Releasing Your Unconscious Creations*



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[www.CreatingConsciously.com](http://www.CreatingConsciously.com)

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# Releasing Your Unconscious Creations

(An excerpt from the book [Everyday Manifesting](#): Finding Joy  
Through Creating Consciously)

For some of you, simply knowing the steps to Creating Consciously is enough. You can take a list of guidelines, like the one below, and you are off and creating, by simply following along:

1. We live in a knowing universe of communication.
2. There is energy all around us, willing to obey our requests.
3. My thoughts are like arrows, sending out my desires.
4. When I focus these arrows in a one-pointed way, my creations develop quickly.
5. I know my requests are heard and answered, and I rejoice in knowing I am receiving my desire.
6. I naturally behave according to this joyful anticipation.
7. I am relaxed, at peace with my life just how it is, and in gratitude for the process of creation.
8. I receive my desire, and move forth to create again, thus contributing to the ever-expanding nature of the universe.

For others, myself included, the path is not so smooth. Like I've said before, at the heart of all creation is **your beliefs**. If you find yourself struggling with the first three steps, concerning the nature of the universe, I urge you to read more about these topics. Study what quantum physicists are saying. Some excellent books on the nature of the universe are **The Field**, by Lynne McTaggart and **The**

**Holographic Universe** by Michael Talbot. And there are certainly many more out there.

It may also be helpful for you to study about energy medicine—things like Quantum Touch, EFT (Emotional Freedom Technique), and Rapid Eye Technology. Visit a practitioner if you'd like to learn more.

Let yourself have firsthand experience with the way our bodies and minds direct energy. Pray or ask for the experience you need to understand this truth--it will come.

Perhaps you are already comfortable with our minds being able to direct the energy all around us, but it's the ***“one-pointed thought”*** that trips you up. This is where you need to take some time, and think about YOU. What are you currently believing about yourself? Get a notebook and a pen, and write down the thoughts that come to you. Begin each sentence with the words, “I am . . .” and fill in the blanks.

Just as a traveler must know where he is at for a map to be of any use to him, the Conscious Creator needs to know what he or she is currently creating, and we do this by examining our beliefs.

It might be helpful for you to read over the list below, and notice how true or false the statements feel to you. This will help you see where your energy is at. Read these statements out loud.

- I am loved.
- My life is happy.
- I am pleased with who I am.
- I am lovable.
- My relationships are rewarding.
- I know I am powerful.
- I am a divine being having an amazing learning experience.
- I am wealthy.
- I have access to infinite abundance.
- I am listened to.
- I am a winner.
- Anything I ask for is answered.
- I can have the life I choose, no matter how simple, or grand.

- I am okay, no matter what happens.
- Everyone is okay, no matter what happens.
- I attract my experiences in to my life.
- My life is my creation.

How was it? Did the statements feel true to you, or did some just fall flat? I encourage you to make up your own list of the beliefs you would like to hold about yourself and your life, and use it as a guide. Read through the list and notice which feel true, and which feel like words only—they don't mean anything to you, or they even sound like lies.

This list exercise can show you where you need to do some work. Take your beliefs, one at a time, and ask yourself, "Why do I feel this way?"

For example, maybe when you said aloud, "I am wealthy," part of you responded with, "Yeah, right—that's why I have so much debt"...or the roof is leaking, or whatever else comes to your mind to argue the point. In EFT, these responses are called "Tail-enders." Essentially, tail-enders are statements from your subconscious, or even conscious mind, that argue with the belief you'd like to develop. And somewhere along the line, you'll find even your physically validated tail-enders—like being in debt—are rooted in an intangible belief you hold about yourself. Learn more about this at [www.EverydayManifesting.com](http://www.EverydayManifesting.com).

If you want to see where you really are, read this list aloud when you are upset. It can be very revealing to yourself to you listen to your self-talk, particularly when you are unhappy. At these moments, you are charged with emotion (energy) and may often begin to degrade yourself or profess the bleakness of your current situation. And what happens when we say our beliefs with great emotion? That's right -- we soup-up our creations!

If you find yourself doing this, just be curious about it. Notice the things you say, and realize that some part of you is still believing this about you. Be assured that our positive statements are more powerful

than the negative ones because they are fueled by **truth**, by a natural alignment with the universe.

So, what do we do about these tail-enders? Personally, I use EFT--a process of tapping on certain energy meridian points while focusing on the belief I'd like to change. This tapping is a language the body can understand—similar to the pulsing of your heartbeat—something your body is very familiar with.

When I get upset, I've found tapping a point on my collarbone helps me to calm down. See, with negative emotions, it's not so much the **thought** that is bothering us, as it is the **physical reaction** our body creates in reaction to the thoughts. So if you can calm your body down, it's easier to examine your thoughts, and recognize when they are not serving you. Without all that emotion distracting you, it's easier to choose new thoughts.

For more information on EFT, go to [www.placeofhealing.com](http://www.placeofhealing.com), and look under "Learning EFT". It's a very simple process everyone would benefit from knowing. If you would like to learn to use EFT for clearing specific money issues, go to [Money Beyond Belief](http://Money Beyond Belief), or my website ([www.creatingconsciously.com](http://www.creatingconsciously.com)) for more information.

Remember, many of the beliefs we have adopted are the rules that we set in place--usually through our subconscious mind—when we were young. Often our beliefs are influenced by the opinions of others—parents, teachers, other children. Unless you somehow had a perfect childhood, you probably have developed some negative beliefs about yourself. In order to create effectively, you'll want to clear these beliefs up.

A good time to examine your beliefs is when you are calm and relaxed. In the beginning, as I cleared through my own baggage, I found it helpful to lay down on my bed, relax, and just let thoughts come to me. As I'd remember painful experiences that probably contributed to my beliefs, I became aware of the fact that the people who hurt me, were also acting from a state of negative self-beliefs. I

thought of experiences that they might have had that could have caused them to be unkind (or whatever the case) to me.

The more relaxed I became, the more I seemed to understand why events occurred as they did. This understanding led to forgiveness, and it helped me to release the pain I'd experienced during these interactions with others. I gained an appreciation that we are all learning about ourselves, and trying to uncover the false, unhealthy beliefs we have developed. We are all seeking to connect with the truth within us.

You'll be amazed to find how these subconscious beliefs have affected your life and personality. I know one of my habits was needing others to validate me. I needed them to compliment me and like the way I did things in order for me to feel loved and special.

This "neediness" is what I now refer to as the "Empty Cup Syndrome." If I am out of touch with my own self-worth, my incredible value, and the fact that I am deeply loved and cared about, then my cup is empty, and I'm going to—usually subconsciously—look to have my cup filled by someone else. When you have this neediness, it's actually harder for people to be loving (or whatever else) toward you. No one likes to be forced, and when you are subconsciously saying to someone, "I need you to fill my cup," they tend to be resistant, often in their own subconscious way.

But when you learn to fill your own cup, your relationships can now be full of giving, not looking for your needs to be met. Filling your own cup happens as you come to understand the miracle that you are. As you begin to create consciously, you will see your manifestations come into your life. For me, this reminds me of just how loved I am, every time it happens. We all are infinitely loved and cared about—we've just developed tendencies to resist this truth.

Let yourself think about the wonderful things in your life. As you do, your heart will fill with gratitude, and when you are in gratitude, you are feeling loved.

I look at the world today, and when I notice the pain and turmoil so many experience, I realized this is "Empty Cup Syndrome" taken to the global level. People act out of lack, out of a state of neediness, and it hinders their ability to be loving and giving. As you examine your beliefs, notice where your cup could use a little filling.

Remember to develop a relationship with God, the universe, or whatever you feel connected to, and let yourself feel loved and valued. Learn to allow this flow into your life—do not be resistant.

As you allow your cup to be filled, it can be filled to overflowing, and as you feel this sense of worth and value, you naturally want to share these feelings of joy with others. What would our world be like if everyone could act from a cup overflowing? Please note, I am not inferring that we should not want to be loved by others. But there is a difference between appreciating the love we feel from others, and **needing** it for our survival. Learn to connect with God and the universe to know your own worth and value, then you can help others to do the same. You can share your love freely with others, because you have tapped in to an infinite source of love yourself.

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I hope you have enjoyed this sample chapter on Releasing Your Unconscious Creations.

Feel free to pass this chapter along to anyone you feel would benefit from it, just leave the links and copyright intact.

To learn more about creating the life you desire, please see:

<http://www.EverydayManifesting.com> for the full version of the book .

Sincerely,  
Apryl Jensen

P.S. What are other people saying about [Everyday Manifesting?](#)

"I **fell in love** with Everyday Manifesting immediately. Not only is the philosophy in this book close to my heart, but the way she writes is truly elegant and poetic. But what is more important is that Apryl could truly make difficult concepts sound so simple and relevant to our life.

"You can tell straight away that **she is writing from her own personal experience**, and that she **genuinely wants to share** what she had learned with you in a very gentle and non-imposing way.

"If you are in to personal transformation and you truly want to empower yourself, I strongly urge you to read Apryl's book. It is first class--**easy to read** and **full of valuable gems**."

*Dr. Tim Ong*  
*Author and Medical Doctor*

"Apryl's Consciously Creating book combines two topics I hold dear to my heart, **joy and manifesting**. She writes in such a **poetic style**, with stories and examples, yet the **true practical principles** shine forth and do what every good book should - **it enriches my life**.

She reveals that we are **joy-seeking beings**, and then tells the reader how to go about this in a **conscious way**. By reading this book you will understand about the blueprints **we create with our thoughts**. These templates or patterns attract the physical matter and create our **then life**.

Experience the benefits of [Everyday Manifesting!](#)

*Christopher Westra*  
*Author and Developer*

