



Presents

Fast Track Manifestation

7 Step System to Help You Manifest Whatever You Want

There is a whole lot of confusion about what the Law of Attraction is and what it isn't. In this short guide, I'll walk you through a basic understanding of the law of attraction and share some strategies and techniques to help you harness the power and use the Law of Attraction in your life.

At its simplest, the Law of Attraction is about turning good intentions into positive or inspired action. It's also about slowing down and listening to our thoughts and paying attention to the stress and pain points in our body. There is a saying that "thoughts become things". It means that what we focus on is what we experience in our life.

Ultimately, the following 7 Steps will help you harness the

Step 1: Get **Crystal Clear** on what you want. Be Specific, not wishy-washy.

Step 2: Acknowledge your anger or frustration. Get pissed off. Own it. Then release it.

Step 3: Visualize what you do want.

Step 4: Make a conscious decision to focus on the good stuff.

- Observe what you focus on and think about what most of the time.
- Acknowledge your power to choose what you focus on

Step 5: Find systems that raise your energetic vibration. Things like:

- [Meditation](#)
- [Practice Gratitude](#)

Step 6: Take Inspired Action

Step 7: Let it Go





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Letters to the Universe

I've found that the simplest and most effective way to put these steps into action is by writing a Letter to the Universe. A letter to the Universe merges all seven steps into a simple process and can help you go from stuck to unstuck in 15 – 20 minutes.

Writing down what you want in a letter to the Universe is incredibly powerful. When you write a letter to the Universe you move through the stages of clarity, gratitude and surrender in a manner that easily releases the resistance that you have.

Personally, I use Letters to the Universe for everything, big and small. Some LOA practitioners suggest that you only use it for immediate needs. I write separate letters for my big stuff and my little stuff and then I release and trust the universe to deliver.

Let's get started. Here is the system that I use when writing letters to the Universe.

Step 1- Hello Universe

When you write a letter, be sure you do it as if you're writing to a loved one – friend, family member or significant other. You can either type it out or handwrite it; the choice is yours. It doesn't have to be anything fancy – napkin, simple piece of notebook paper, stationary. The only thing that really matter is that you actually write that letter. Everything is dependent on how you feel. Be sure you date the letter and begin with *"Hello Universe"*.

Step 2 – Inform The Universe What Your Reality Is Like At This Moment

When you write to the universe, you want to let it know what's going on in your life.

For instance: *"Hello, Universe, it's me again! I don't know if I told you that I was recently fired from my job. Well, not fired per say, but laid off. I was already having a tough time making ends meet. I was barely scraping by. Where I live, there are just no available jobs. I really don't know how I'll be able to pay the bills – rent, electric, etc. Paying for food is almost impossible too."*



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Step 3 – Make The Universe Know What Fears You Have

In your letter, write out what makes you stressed out and afraid. What are you looking not to happen? Most people tend to avoid putting attention on things they don't want but it's a fear that you must face. And, if you have a fear, it's a valid concern.

Sure, the Universe may know what you want, but in your present state of stressed mind, you won't think it does. You are worried and concentrating solely on the reasons you're worried! Therefore, when you list the reasons that you're stressed out and afraid, you can let the Universe know what it is you don't want! This is one way that you can release the fears you have and move on.

For instance: *“I'm worried that I won't be able to find a job and will have to move back in with my parents. Or, I find a job and it doesn't pay enough to live on my own and I'll need roommates to make ends meet. I don't want to be homeless or sponge off people. I want to live my life without worrying where I am going to live and how I'll be living day to day.”*

Just write until you finally get everything out you want to say – all your fears and worries. Believe it or not, just writing it down can help you relieve the weight on your shoulders... just a little bit.

Step 4 – Let The Universe Know What You're Looking For

Okay, you've written down the fears and gotten them out of your system. This is the time you tell that Universe what you are after. What is that you need? What are you looking for? You do not want any negative statements, just positive ones. Continue writing until you feel better. There's no reason to edit – make mistakes, who cares? The only thing you need to be concerned with is writing until you've said everything positive you wanted to say.

For instance: *“There's a job I am really interested in. With this job, I could easily afford the place I am in. I wouldn't have to worry about roommates or moving back in with my parents. With this job, I can easily purchase food, make the bills and do things I want to do. I like where I live and, with this job, I can stay here. There's no reason to pack or move. No reason for me to look for cheaper places to go. I can stay with the landlord I know and trust, and knows and trusts me. I invite friends over again and can offer them something to drink or eat. This job ensures that everything I was worried about is a thing of the past. I have everything I want!”*

Read back over the paragraph and notice how your writing style changed from wanting something to actually getting it. As you imagine the things you want, you start thinking as if you already have it. When the writing begins changing, allow it to change. This is not the time to worry about spelling or grammar. It all boils down to your energy.

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The idea is to stay involved with the vision and write about it until you actually see it coming true – you found a job, you can keep your place to live, you can easily purchase groceries and bring friends back over. You feel utter relief! You have what you want and you wondered why you were ever worried in the first place. All you're doing now is telling the Universe all about the positive changes going on in your life.

5 – Give Thanks To the Universe For Making Your Wish Come True

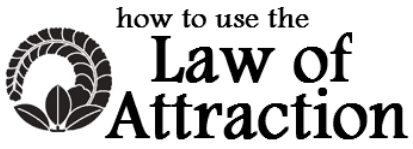
The next thing you need to do is give “Thanks” to the Universe for making the wish you had come true. The matter is complete. What you're looking for is going to take place and there's no reason to worry about the matter any longer. All you have to do now is allow the wish to materialize. Let the Universe know how great, creative and amazing it is. And, how it was so nice of it to bring you and the job you've been looking for together. Always tell the Universe how appreciative you are for helping you get what you want. This really helps to boost your positive energy and mojo.

Step 6 – Let it Go.

Once you're done with the letter – either written or printed off the computer – you need to fold it up and place it in an envelope. On the envelope, write the word Universe. Now, you can let the letter go in a number of ways – put it in a special box, throw it into a body of water or burn the letter. People use a variety of techniques to assist them in getting rid of things. This is what you're doing with that letter.

You have made known your desires, your fears and stress in this letter to the Universe. And, it's time to let it all go. If you put it into a box, don't go looking into it to see what has yet to take place. If you choose to go through the box, don't do it very often. It can be pretty funny to see how worried you were about things in your life. And, these letters can remind you why you shouldn't be so freaked out by the happenings in your life now.

What you're doing is putting all your trust in the Universe about the request you have made. There is nothing else you will need to do. The only thing you should anticipate is the request coming true – go about your everyday life like you did before but with a smile on your face and less stress. And, when you do begin to feel stressed out about the issue, just remember you're letting the Universe handle it for you. The problem isn't yours any longer!



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Your turn; write your first letter to the universe. Do it Now!

Date: _____

Dear Universe:



