

# The 3 ways to stop sabotaging your manifesting

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*by Juliet Martine*

I recently experienced a miracle – a healing miracle to be precise. For several weeks I'd had a skin problem, and while I'd been doing everything I could to make it better and get my body to heal, no matter what I did nothing seemed to work, to the point that my skin was red, inflamed and... well you get the gist of it.

However, eventually it got to the point that I was so frustrated with putting in all this effort to no avail, that eventually one night I got so fed up that I threw my hands up in the air and declared, 'Forget it! I give up! I can't be bothered any more!', and, with that, I turned out the light, went to bed, and didn't give it another thought. ... until the following morning, when I got up.

As if touched by the magical hand of God, my skin was completely healed! Totally! 100%! The health I'd been trying so hard to manifest had literally appeared over night, and it was nothing short of a miracle.

I was so shocked I couldn't believe it, and I wanted to understand exactly what had happened. I started to examine the energetics of the situation, to see if anything else had occurred to enable this brand new fresh new skin to miraculously appear, without my having done anything.

And that was when it happened. I finally understood how we all sabotage ourselves when it comes to manifesting what we want into our lives, and what it is we need to do in order to manifest things more easily.

## **The process of manifesting**

To make something 'manifest' is to make it 'appear real', to bring it into our physical experience of reality. It's no coincidence that the word 'manifestation' contains the word 'man', because it's actually us, 'humanity', that are the ones that initiate the creative process of manifesting.

However, while we are the initiators of the cause part of the manifesting equation, what I realised after my 'miraculous' healing was that we are not in fact the ones that make the 'effect' part of the equation happen. We are not the 'effectors' of the effect. What creates the physical effect is the organising force of the universe, summed up by many as the Law of Attraction.

The thing is, we often block, sabotage and interfere with these natural organising forces without realising it and we impede ourselves, making the process of manifesting more of an effort and struggle rather than a natural matter of course.

We do this in three different ways...

### **The 3 ways we sabotage ourselves**

**The first way** we sabotage the process of manifesting is through fear. Much of the time the reason that we want what we want, is because we fear that if we don't get it then we will get that other thing that we really don't want.

We want to manifest a great new relationship because underneath we really don't want to end up lonely and on our own, or we want to manifest greater financial prosperity because deep down we don't want to end up feeling like a failure or not being able to afford the things we need in life. In other words, we think we want something, but really what's going on underneath is that we're trying to avoid something else that we're fearful of.

So which desire has more energy and power to it? The thing we think we want, or the thing we fear that's burning away underneath?

When we're fearful of something, the strength of our fear effectively burns away the seeds of our originating positive intent, creating an energetic attachment to the very thing we're trying to avoid.

Whenever we're trying to avoid something, it will be sitting right there imprinting itself in the energy we're putting out on a subconscious level. In fact, the more we want something, the more fear there will be underneath, and the more we'll be sabotaging our own manifesting.

**The second way** we sabotage ourselves is that we mentally interfere with our intent. We say we want one thing, and then we tell ourselves mental stories that contradict what we want. For example, we say we want to manifest a fantastic new job, and then as we go about looking for that great new job we start telling ourselves stories about how difficult it's going to be, how it's going to take a long time, and how we're not qualified enough, smart enough, attractive enough to get a good job. Every time we tell ourselves these stories, we undermine what we want and take our energy in the opposite direction to where we want to be heading. It's like saying to the universe, 'Come here!' in one breath, and then, 'Go away!' in the next.

**The third way** we sabotage the natural processes of manifestation is assuming that we are the ones that have to make things happen. We're not. We're the ones that set the initiating energy of our intent, but it's the organising programs of the universe that then bring that intent into physical manifestation. If we try to control the process in any way by setting expectations or conditions, we effectively tie the hands of the universe and prevent what we want from flowing easily into our lives.

### **The 3 ways to get out of our own way**

So how do we stop sabotaging ourselves and start allowing the universe to manifest our desires with ease rather than struggle, given that most of the time we're unaware of the ways in which we're interfering with the process?

First, we need to look at what we are fearful of. Whatever it is you're wanting to manifest into your life, look at what it is you fear will happen if what you want doesn't manifest. Stop running from your fear, write it down and take an objective

look at it. Nine times out of ten the things we fear either aren't true or are already part of our reality and we're surviving even though they're happening – so there's really nothing to fear.

When you really stop to look at your fears and move through them, you'll realise that, even if the thing you fear does happen, you'll still be alive, you'll still have people that love you, the sun will still shine, you'll still be okay, and that you don't need to keep resisting it. Do whatever it takes to move yourself into the place of, 'If what I want happens it happens, and if it doesn't it doesn't.' Then you'll have truly let go of your resistance and fears, and that's when the miracles can happen.

Secondly, we need to uncover all the stories we've been telling ourselves that are contradicting our desired intent. Think about what you're wanting to manifest into your life, and then notice the subconscious thought patterns that come to mind telling you why what you want isn't possible. Once your stories have made themselves known to you, you can then rewrite them into positive new stories that better support your intent. After all, your subconscious thoughts are not factual truths. They are simply stories that somewhere along the line you started believing to be true. If you learn to rewrite and affirm positive new stories for yourself that take you in your intended direction, then you'll notice things start to shift.

Thirdly, we need to realise that the universe has far more resources at hand to line us up with the manifesting of our desired intent than we could possibly orchestrate ourselves. Realise you are not the one that has to make things happen. Relax and focus on taking the action steps that help support your intent to manifest, but then leave it up to the universe to sort out 'how' and 'when' it comes about. Hand it over and surrender it into the hands of God, the universe, or whatever that higher orchestrating force is that keeps the planet spinning and our life experiences showing up as they do!

Above all else, realise that manifesting is meant to be light. If it feels like hard work then you're still caught up in fear and attachment and doing it the wrong way! Learn to support the process rather than sabotage it, and then you'll step into being the powerful master manifestor that you truly are!

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