

Bashar's Teaching -- The Five-Step Manifestation Process Formula

Step 1. Act on whatever contains the highest amount of passion, excitement, curiosity. That you can first, because passion is your souls. Communication to you energetically, but this is who you are. This is the next step on your life. That's why that event or that job or that opportunity contains more excitement, more attractiveness than anything else. It's your soul telling you this is the next step you need to take. So, you act on your passion first.

Step 2. is you take it as far as you can. Until you can take it no further, until the excitement wanes, making sure that your beliefs are not what's dampening the excitement that is truly, naturally waning. Then you look for the next thing that contains more excitement than anything else. And when we talk about the acting on your passion, we don't mean it has to come with trumpets. We simply mean everyday things that are more exciting. Then any other option you have at that moment could be simple as I'm more excited about taking a walk than I am with reading a book. So do that first. Take it as far as you can until you can take it no further.

Step 3. You must act on your passion with absolutely 0 insistence and 0 assumption as to what the outcome actually is, because you actually don't know what the ideal outcome really would look like. You may guess. But you don't really know. So let yourself be excited about the possibility of an ideal outcome, and maybe even visualize something that represents an ideal outcome. But don't insist that it has to happen that way, because your soul could actually help you have it happen better than you were capable of imagining with your physical mind. So no insistence, no assumption, let it just come to you.

Step 4. Remain in a positive state no matter what manifest. Even if what manifest is something you don't objectively prefer, it's gotten be there for a reason. Use it in a positive way. Having something manifest that you objectively don't prefer doesn't need to cause a negative reaction in you. You just have to use your curiosity. Oh, that's curious. I wonder why it happened that way. Because I don't prefer that. But sometimes seeing something we don't prefer helps clarify by contrast what we do prefer, and that's a positive. Way to use what you don't prefer. And when you stay in that positive state and use it that way, you'll get a benefit from it. You'll get a lesson from it; you'll get information that will move you forward. If you stay in a negative state, you will only react to it and continue to perpetuate the thing you don't prefer.

Step 5. Examine your belief systems. Let go of the fear-based ones. Let go of the limiting negative ones. And really, really allow yourself to understand that the only reason you've been holding onto it is because you believe you have to. Maybe because the alternative seems scarier to you. Or not as realistic to you? But you have to understand that's just a story. It's not a fact. Let go of the negative beliefs. Examine your belief systems. Clean your attic out. And then energy can work more efficiently for you, and you can move forward in a more accelerated way. So those five steps act on your passion. Take it as far as you can so you can take it no further. No assumption, no assistance, staying a positive state, examining clear out your negative and fear-based beliefs. When you do that, it starts a chain reaction of all sorts of side effects happening. You experience more synchronicity or effortlessness in your life, more joy in your life, more connection in your life, and you get a reflection of any beliefs you may be holding onto unconsciously that you don't prefer in you to bring it to your surface and say, oh, now I realize I had this belief. Now I can work to let it go. And it also brings you all the support you need to allow you to continue to act on your excitement in whatever form that support needs to come, 'cause it's not always what we think, but as long as it gives you the ability to do what you need to do when you need to do it. That's a form of support. That's the formula in a nutshell.