



HOW TO GET WHAT YOU WANT

3 Easy-to-Use Templates to Manifest Anything

By now, I am certain, you have heard of the Law of Attraction. It was made popular by the 2006 movie “The Secret”, but its conception dates much further back, to 1937, when Napoleon Hill wrote the book “Think and Grow Rich”.

In its simplest form the Law of Attraction states that “like attracts like” or “what you focus on, you will get”. This law was explained at length by Esther and Jerry Hicks, the teachings of Abraham, in their book “Ask and it is Given”.

So why, you may ask, didn’t you win the lottery yet? Or have found the perfect mate, if this is all you have been focusing on?

Problem is, your brain is biased towards the negative. You will always see what could go wrong, or why it won’t work. Take heart; it’s not your fault!

The brain’s job is to keep us safe, to assure our survival in the best way possible. The brain is constantly on the look-out for something dangerous. Although there are no wild beasts around anymore that could attack us at any given moment, there are certainly dangers that are just as real. Think about driving on a busy

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highway or messing with electricity or a gas stove...

The brain bases its decisions on the input from our senses and on our life's experience. It makes us shy away from something that sounds too good to be true. What if it doesn't work? What if I embarrass myself? What if I get ridiculed? What if...?

A second part to simply "Ask and it is Given" is to *allow* it to happen. Abraham has been teaching that for many years, so why haven't more people adopted his teachings? Sounds easy enough; ask, allow it to happen, and it will. Except that it usually doesn't...

There is one critical element that's missing; you have to *believe* it will! Call it faith, or trust, but you must *believe* that the good you are wishing for is actually going to happen to *you*.

You must believe that you are good enough, or worthy enough, or deserving enough to get what you want.

If that is a stumbling block, you have work to do...I can help you with that, if you wish.

Meanwhile, use the following 3 templates to really bring into focus what you desire. The more specific you are, the clearer you will become about what you want to attract and the clearer the message will be that you send out to the universe.

Convince your brain that you not only *hope*, but that you *expect* the good stuff to come your way.

Then, let it be!

If you now start questioning *when* it will come, doubt will set in (remember the bias toward negativity?), and you'll start focusing on the *lack* of your dream person, object, or intangible thing...in other words, you'll start from scratch.

TEMPLATE ONE- HOW TO ATTRACT THE PERFECT OBJECT

It is intentional that attracting the perfect object is the first template I want you to tackle. It is the easiest to do, as you have many physical cues to describe a perfect object.

When I needed a dresser for our 2 guest rooms (we had just moved, and I didn't need children's furniture anymore) I very specifically asked to find a dresser that was antique, that was of a certain style, a specific height and width, and especially not too deep as there wouldn't be enough space between the dresser and the bed. And, oh yes, it needed to be within a reasonable distance for pickup so I didn't have to pay shipping, and I didn't want to pay more than \$ 300.

Then I started checking out Craigslist and eBay. After 3 days, I found the first one. 150 years old, in a style I liked, 45 minutes to drive, and I got it for \$ 220.

The other one didn't take much more time. It was a bit taller, 120 years old, and cost \$260.

It went the same way with a large saltwater aquarium that we got for 20% of the retail price, with many extras, fish and corals included.

Now, if you are still skeptical (and I would be too, had I not experienced manifesting firsthand), start with something small. Say, an apple.

My son, when studying for his master's degree in engineering, was telling his girlfriend who also studied engineering, about the Law of Attraction and manifesting. She was not convinced, although she had to admit that "your family seems to be uncannily lucky". My son told her: "Let me prove it to you. How about I'll manifest an apple?"

They were going to a class on campus, when only a few minutes later a random guy walked up to them and said to my son: "Dude, you want an apple?"

My son is getting apples ever since...

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So start small, with something that seems believable to you. Show your brain that it is possible! Do not ask for unrealistic stuff like the jackpot lottery ticket, because you will never believe getting that anyway. How about an apple? 😊 (The apple, BTW, has worked for my coaching friend's clients too. After I told her the story, she now has 2 clients manifesting apples...)

Print out the templates. Fill out the blanks, be specific! Then help the universe out by taking appropriate action like checking out used car ads if you're looking for a specific car, or Craigslist or eBay, like I did.

Then, let it go. Let it come whenever it's ready.

“The difficult we do immediately; the impossible takes a little longer” –
Your friend, The Universe

TEMPLATE ONE

THE PERFECT OBJECT

What is the object that I desire?

Why do I want that?

What else can it do for me?

How does it look? (be specific!)

How do I feel when I have it?

Other notes



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TEMPLATE TWO- HOW TO ATTRACT THE PERFECT PERSON

The perfect person does not have to be a spouse or the love of your life (although it may!); it can also be the perfect boss, the perfect neighbor, the perfect business partner, or the perfect employee, and more.

I was able to find the love of my life, when I finally gave up dwelling on the issues I had in my marriage. When I was able to let go of the “poor me” victim mentality, I found that my soul mate was right here, with me...my husband of thirty plus years and father of our five children!

Now, when you are thinking of that perfect person, be as specific as you can. Don't be shy! Don't feel you are too superficial if it matters to you what hair color that person has.

You might be surprised what the universe has in store for you!

My daughter, tall and slim and at one time a runway model, was looking for a boyfriend who was equally attractive. On a trip to Europe she fell head over heels in love with a guy who was the opposite of what she had envisioned. “I never thought I would date a Ginger!” she exclaimed. But he is smart, funny, and values the same things she does, and the two have been happy together for over five years now, and got married in the summer.

So here is the template for you to fill out.

Make it as juicy as you can. Envision it clearly, use all your senses. Picture him/her in your mind. What would this person smell like, what would the sound of his/her voice be?

Fill in all the blanks, and then refine them over the next 24 hours.

Once you have a clear picture of your perfect person, mentally place it into your cupped hands.

Hold your hands up and gently blow the image into the universe. Say: “This is the person I desire. Thank you”.

Lastly, set your intention to detach from the outcome and just expect the best to happen, in whatever form.

TEMPLATE TWO

THE PERFECT PERSON

Who is that person in relationship to me? (e.g. soul mate, business partner, love interest, etc.)

Who do I have to be to forge a relationship with that person?

How old is he/she? (Give an age bracket)

Ethnicity? Languages? Political views? Religious? Spiritual?

Where does he/she live? Is it important?

What is his/her education? Employment status? Marital status? Finances?

What does he/she look like? Give general observations (e.g. fit, younger than his/her age, etc.)

Now get specific. What is their height? Weight? What is the hair color? What type of hair? (Curly/straight/full/bald...) What is their eye color? Think of someone, maybe an actor or actress who could resemble your dream person. Make it juicy!

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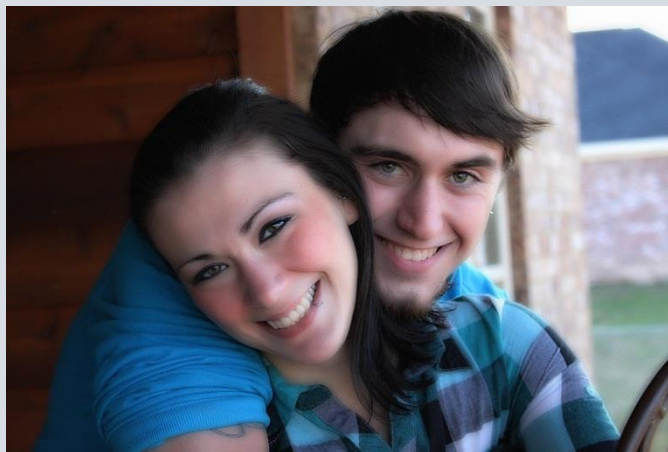
What is important to him/her? What values does he/she share with me? (e.g. honest, hard-working, fun-loving, sexually active, etc.)

How will my life be different when I am with this person? (e.g. have more fun, be happy, loving etc.)

→Really picture this person in your mind as if you were already with him/her. Flesh it out! Lastly ask yourself:

Is this truly what I want? Why am I sure now? Does it FEEL right?

Other notes



TEMPLATE THREE- HOW TO ATTRACT SOMETHING INTANGIBLE

Intangible would be desires that aren't a person or object, things such as money, a job, a parking space, or even good health.

Naturally, many of these things are related to either a person or an object.

Therefore, ask yourself *why* you want a certain thing or outcome.

Here is an example. What is your root cause for wanting money? What do you want to do with it? Do you want to go on a vacation? Should you then not rather focus on the vacation destination and let "the universe" handle how you get there?

For many years, I always dreamed about going to Hawaii. We never really made plans as something else always came up. Most of the times the interests of one of our five children came first.

Then, out of the blue, I got a phone call from Hilton Grand Vacations. They offered us a stay in one of their top resorts on the Big Island, a car for the entire time there, a luau, and \$ 200 off of a future stay in a Hilton hotel, provided we attended a time share presentation. All we had to pay for was airfare, which was OK as we had accumulated enough reward points to fly for free. My husband and I spent our 30-year anniversary in Waikoloa, HI. Very fitting, as we never had had time for a honeymoon!

Also always remember that even a little bit is more than zero.

Just a few weeks ago, I was surprised to find two checks in the mail. Verizon Wireless had apparently settled a class action suit and awarded us a total of \$ 29.18.

Amazon did the same, on behalf of the Apple eBooks antitrust settlement, and I received a credit for an astonishing \$ 1.72 ☺

Still, it's better than zero!

Fill out the template, send your desire out to the universe, *BELIEVE*, feel yourself there, and see it come true.

TEMPLATE THREE

THE MOST WANTED INTANGIBLE THING

What do I desire? (e.g. more money, better health, more fun etc.)

Why do I want that? What does it give me?

What else would that do for me? How would it impact my life?

How does life look with that goal manifested? (be specific!)

How do I feel when I live that way? (Imagine yourself already there!)

Other notes



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So go ahead, start manifesting, and remember to always be grateful.

If something doesn't go your way instantly, know that there is always a reason for it. You might not know yet, but in the end, it will be in your best interest.

Just make it your intention to wish for the greatest good of all involved.

Wishing you success in your dreams coming true, and much happiness,

Irena Kay, M.D.



If you still don't think you can do it, reach out! There may be limiting beliefs at work that you can get rid of...go to <https://ultimatesuccessmindset.com/beliefs-shift/> to check out what you can do to permanently shift those beliefs!