

**30 Days  
to  
Divine Power**

## 30 Days to Divine Power

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## *Day 1: Deep Relaxation*

**Today is the first day of the rest of your life.**

Whatever has happened before now is past.

The troubles and problems of the past need not affect the present or the future.

What you do NOW is all that matters.

**The first thing to do is realize that you are, at the core of your being, a child of the Divine.**

And as a child of the Divine, you have unlimited Power to co-create your world however you see fit.

You may have forgotten this, got sidetracked by the illusion of humanity, and drifted into a belief in lack and limitation.

When you look out upon the world, your physical eyes can only see the surface of things.

With your mind, you can imagine so much more.

What you imagine is determined by your beliefs.

Your beliefs also guide the course of events so the physical world reflects what you believe.

**If you believe in lack and limitation, that's what you'll see. And conversely, if you believe in wealth, abundance, love, and joy, these are the things you'll see in your life.**

We'll take our time in helping you believe in your own Divine nature, and your unlimited Power to create the things you want in life.

One of the biggest problems most people face when seeking to make dramatic changes in their life is they try to do too much all at once.

You can't eat an elephant in one sitting.

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You also can't build a pyramid in a day.

By the yard, it's hard, but by the inch it's a cinch.

**Your task for today is simple.**

Relax. Let go. Clear your slate.

To find your inner Power, you must become more aware of your inner being.

You do this through deep relaxation.

**Take 10 minutes and just empty your mind and imagine that you're letting go of a heavy weight.**

**Let it all go.**

Focus your whole mind on this for at least 10 minutes.

20 minutes would be better, and 30 would be great, but even just 10 minutes is good.

Relax to the point where you start to feel a bit drowsy and sleepy.

When you notice that feeling, you've shifted out of the outer-aware beta state and moved into an inner-aware alpha or theta state.

This is the first step in the manifestation process, so you really want to practice doing it well.

**The more you can relax and stay focused, the easier it'll be to manifest the things you desire.**

Take time today to deliberately relax, as deeply as you can.

Try to keep your mind clear in this, but don't worry if you find yourself thinking of all the many ways you could accomplish your goals.

If you like, you can write them down afterwards.

Now, before you do anything, pick a time to set aside 10 to 30 minutes for deep relaxation.

**Make an appointment with yourself, and honor that appointment.**

Here again, you can demonstrate to Life that you're serious about wanting to make a change.

Even though it's an easy thing, the fact that you can make a decision to do a thing, and then follow through with that decision is a solid means of developing willpower.

And that will come in handy later.

But right now, make that appointment with yourself, and then make sure to keep it!

Believe it or not, the rest of this program will be just as easy.

**Welcome aboard! The train has left the station.**

**This is going to be an AMAZING ride!**

## *Day 2: Relax and Enjoy*

The process of manifesting your desires can be described as 3 simple steps.

1. Relax
2. Imagine
3. Trust

As we discussed yesterday, relaxation helps you connect with your deeper Divine Self, where your Divine Power comes from.

**Without relaxation, manifesting doesn't work.** And if you don't relax deeply enough, results come slowly, if at all.

In our modern society, many folks try to fill their schedule with too many things, and fail to understand the damage they do by not taking adequate time to relax.

**As you will find in going through this course, you can often get BETTER results by doing less.**

Especially when you connect with your deeper Divine Self and ask for guidance about the things that will move you closer to your goals, and how best to do them.

This will often show you how to get the same (or better) results with less than half the effort.

We'll get to that later.

For now, I really want to help you reach the deepest levels of relaxation possible, and to get so good at it, you can reach the ideal level for manifesting within mere moments.

You see, I'm not just talking about getting plenty of sleep and taking time away from the things you want to do.

**I'm talking about mastering the manifesting process.**

If you've learned much about brainwaves, you've probably heard that when you're awake and aware of the outside world, your brain is normally in a state called beta.

When you're relaxed and daydreaming, your brain is in an alpha state.

And when you're deep in meditation or hypnosis, your brain goes deeper—into a theta level.

The only level deeper than theta is sleep, which is also known as delta.

You may have also heard about going into alpha to do creative visualization.

**Alpha is good, but theta is even better.**

That is, as long as you can maintain a degree of conscious awareness and focus.

**The ability to maintain full conscious awareness in deep alpha and in theta comes with practice.**

As you go through this course, you'll get plenty of practice, starting with your assignment for today.

**Today's assignment is a slight alteration of yesterday's assignment.**

Start as you did yesterday, by relaxing as much as you can, imagine yourself dropping a heavy weight, and letting go of any stress or tension you may feel.

Then take a few minutes and replay an enjoyable memory within your mind.

The point is to clear your mind and keep yourself focused on 1 thing as you relax your body as much as you can.

So if you find yourself drifting away from your chosen enjoyable memory, bring your focus back on task.

I could have you count backwards from 100 to 1, but where's the fun

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in that?

**And focusing on an enjoyable memory actually helps strengthen the connection with your Divine Self, so feel free to really indulge yourself here.**

In many hypnosis programs, they suggest you imagine yourself at a beach, or walking along a forest stream, or sitting by a fire, or something else you find enjoyable.

It's a great way to relax your mind and drift into a deep state of theta.

Which is one reason people get fantastic results from hypnosis—because they add the Power of the Divine Self to the process.

You may recall from yesterday's email that your experience of Life tends to reflect your beliefs.

You may also know that hypnosis is a great way to change what you believe, at least temporarily.

**Now you know why it's so important to develop the ability to maintain full conscious awareness while relaxing into a deep theta state of mind.**

Now, set an appointment with yourself for today's practice session, and make sure you keep that appointment!

Remember, relax as deeply as you can, and keep your mind focused on a chosen enjoyable memory.

Feel free to practice this often. We're going to be building on this in upcoming lessons.



## *Day 3: Intensely Enjoyable*

If you haven't already noticed, you soon will.

The assignments for each day of this 30-day program are small shifts from the day before, yet in just 30 days, you will be able to identify with your core Divine nature and direct Divine Power to manifest any specific thing you may want or need.

In a way, it's how the Colorado River created the Grand Canyon, or how the folks on Easter Island erected the huge stone statues all along the coastline.

**Small efforts, repeated often, create HUGE results.**

Now, while you COULD use this idea to keep yourself motivated to stick with a diet and exercise program, or learn words and phrases of a new language, we're using the principle here in this course to help you shift your beliefs away from lack and limitation into true infinite abundance.

Abundance of money, of love, of success, of peace of mind, etc., etc., etc.

Our first step of relaxation helps you to focus your mind and tap into your Divine Power.

Our second step of replaying enjoyable memories helps you to shift closer to the essence of your core Divine Nature.

This will shift into identifying with your Divine Nature, which will eventually lead to you believing you can perform miracles.

**And since Life reflects what we believe, once you believe you can perform miracles, you'll see it happen.**

I know, it's still early in the process, and you may or may not fully understand how it all works.

You will.

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For now, I just need you to trust the process, and take each day as it comes, focusing your whole mind on the exercises as they are given to you.

However, if you miss a day, or feel you need more time to master a particular exercise, feel free to take your time and catch up later.

One of the beautiful things about email lessons is that they don't go anywhere unless you delete them.

My job here is to provide you with the specific steps you need to take to master the manifestation process.

**Your job is to take each step, one after the other, to the best of your ability.**

One step at a time is easy enough, yet will take you from one end of the country to the other.

**Do you know how those with incredible willpower develop it?**

By making one small decision at a time, following through with each of those decisions, and gradually progressing to larger and more difficult decisions.

One of the best ways to develop willpower (and a belief in yourself) is to precede every action with a decision to take that action, even if it's something you would do anyways.

For example, before you get out of bed in the morning, decide to get out of bed, and then do it.

Before you pour a cup of orange juice or coffee, make a decision to do so, and then do it.

Before you get dressed, make a decision and then follow through on that decision.

By the time you've done this a few hundred times, you have a "success streak" going, and it's much easier to make more difficult decisions and follow through on them.

At it's foundation, willpower is based on belief. A belief that you can

follow through with whatever decision you make.

Which leads us to your assignment for today.

**Make a decision to allocate time to relax as deeply as you can, and focus your whole mind on an incredibly enjoyable memory.**

**The more enjoyable, the better.**

**Make sure to really FEEL it.**

**Make it as real as you can.**

**Live it.**

Yesterday's focus was on deepening your relaxation, with a minor focus on replaying an enjoyable memory.

Today's focus is on the feeling of enjoyment, with a minor focus on deepening your relaxation.

Small shifts from beginning to end.

You can set aside 5 or 10 minutes here and there throughout the day, or you could decide to stick with it for 20 or 30 minutes in one session. Your choice.

**Your task is to maintain a clear focus on the enjoyable memory while in a state of deep relaxation.**

Don't worry if you're not perfect right away. Perfection comes with regular practice.

Feel free to build your monument (pyramid, statue, skyscraper, etc.) one small piece at a time.

Yes, we have a big job ahead of us.

I have faith you can do it!

## *Day 4: Divinely Delightful*

Step one of the manifestation process is to relax as deeply as you can, as this puts you in contact with your deeper Divine Self.

Step two is to engage your imagination, which directs Divine Power to manifest whatever you imagine.

So far, we've engaged your imagination through replaying an enjoyable memory.

In today's exercise, we'll take it further.

If you were to daydream about 10 different enjoyable memories, you would start to notice the same feeling with all of them.

**Your task for today is to identify that feeling, and then focus your whole mind on ONLY that feeling, without the memories that sparked it.**

**Then try to imagine that feeling getting more and more intense, more enjoyable, more powerful.**

The further you can stretch this, the better.

**There are a couple of reasons for this.**

First, it's an exercise in imagining something new.

Before you can manifest great wealth, or enduring love, or unshakable confidence, you must first be able to imagine them.

The second reason for imagining incredibly intense enjoyment is because it resonates with your core Divine nature, and therefore strengthens your connection with the Source of all Power.

**And when you want to manifest something big, you want all the Power you can muster.**

Make sure you don't strain your "mental muscles" in this.

Remember, it's supposed to be enjoyable.

And this is true with manifesting in general.

**In fact, I can say unequivocally that if you're not enjoying the manifestation process, you're not doing it right.**

And here's why.

If you're not enjoying the process of manifesting your desires, you're like a cell phone with a dead battery.

If you ever find yourself stranded, and need to call for help, you can't do it with a dead battery.

**Plug in first, then make the call.**

Before you can manifest anything, you have to be in contact with your deeper Divine Self.

And that connection, by its very nature, is intensely enjoyable.

The wonderful thing about manifesting, is that you can manifest a stronger connection to your Divine Source, through relaxing deeply and imagining an intense feeling of enjoyment.

Feel free to do this as often as you'd like. Consider it a "good addiction", like breathing, eating, or sleeping.

Now you know why some folks spend hours and hours meditating.

**When you do it right, it's like an orgasm that lasts forever.**

## *Day 5: Instant Relaxation*

If you study the history of manifesting, you quickly come to the subject of symbols.

Many people have believed that certain symbols contained a power of their own, and by using these symbols, you could harness that power to manifest certain desired effects.

As an example, a pyramid is a shape symbol said to focus Divine Power to a particular spot within it, and if you sit inside that pyramid, your health is improved.

Some say the original pyramids were built as healing centers for this very reason.

Or a medallion might have a set of symbols inscribed on it, and as a whole, operates as an amulet, or “lucky charm”, which causes random events to go your way more often than they would otherwise.

There are a few reasons for this.

**The deeper mind processes symbols just as easily as (and perhaps even easier than) words or pictures.**

In fact, you could say that words and images are just specific types of symbols.

And since your deeper mind naturally creates associations between things, when you see/hear/feel/etc. a symbol, the association is also brought into your awareness.

On one level, this means that when you hear or see a word, the meaning of that word comes to mind.

On another level, when you daydream about a good memory, positive emotions come up with it.

You’ve already experienced this in this course.

In the science of NLP, students are taught to create “anchors”, which

are symbols used to trigger various emotional and mental states of being.

**Starting with today's lesson, you're going to receive a set of powerful symbols for manifesting.**

We're going to start by creating a set of NLP anchors to trigger relaxation and positive feelings, so you can reach the ideal level for manifesting as quickly as possible.

The way we do this is simple.

Start by relaxing as deeply as you can. Really take your time on this. While 10 minutes is enough to do some good, 20 or 30 minutes would be a whole lot better.

You may find it helpful to imagine each part of your body relaxing, and releasing whatever tension it may be carrying. Hypnotists call this "progressive relaxation," and it's a standard method of moving closer to a theta level of mind.

Just sit comfortably, and instruct each part of your body to relax, and then imagine it doing so.

Imagine the body part going to sleep, or floating on a cloud, or laying limp like a rag doll. Whatever tickles your fancy.

Some folks start with their feet and move up. Others start with their head and face and move down. Either way works just as well.

Another option is to imagine a clear space within your mind, and as you imagine yourself sitting in this clear space, count yourself down into lower and lower levels of mind.

You can start at 10 and count down to 1, or you could start with a larger number, like 20 or 100. Whatever feels right to you.

Some folks like to imagine themselves walking down a flight of stairs to get to their secret sacred place, with celestial music playing, and soft glowing lights surrounding them.

Obviously, you could spend a little time daydreaming about an enjoyable memory, as we've done the last several days.

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And you can combine all of these methods, with gentle suggestions that you are drifting deeper and deeper into your inner self.

**Every so often, tell yourself something along the line of “*Each time I go within myself, I reach an ideal level for manifesting much quicker than before.*”**

Several levels of meaning in that statement, all good.

When you feel you’ve gone about as far as you can go during this session, ask your deeper mind to give you a symbol to manifest relaxation to an ideal level for manifesting.

You may ask for a particular type of symbol, such as a color, sound, image, or word.

For instance, you may ask your deeper mind, “*Please give me a color that represents a level of relaxation ideal for manifesting.*”

Colors and words tend to be some of the best symbols for this purpose.

Although sounds—which could be music, chimes, or a babbling brook—are also good.

When you ask for your symbol, make sure to pay attention to what you’re given, and practice using it.

Yes, even before you finish the session.

**Think of your symbol, and imagine yourself drifting deeper and deeper within yourself.**

Repeat this a few times.

As you end the session, give thanks to your deeper mind for your symbol, and tell yourself that you’re coming out now.

If you wish, you may count up from 1 to 5—or 1 to 10—imagining yourself rising higher and higher, and waking up gradually as you do.

**From now on, every time you want to relax deeply into yourself, you can use your relaxation symbol to speed up the process.**

Now, make an appointment with yourself to carry out the instructions



of today's lesson.

You only have to do it once, although if you have the time and inclination to do it again, feel free to do so.

**BTW – just in case you're interested, I have a recording that leads you through this process.**

It's part of a larger program called *Symbolic Solutions 2.0*, which you can read about at: <https://PowerKeysPub.com/symbolic-solutions/>

This larger program is a set of 6 hypnotic recordings designed to help you master the skills necessary for manifestation.

You don't NEED it for this 30-day program, although it CAN make the process a bit easier.

Completely up to you.

## *Day 6: Instant Enjoyment*

As you go through this course, you may find that some aspects take a little longer than others to master.

For instance, yesterday's process of locking in a relaxation symbol to help you reach the ideal level for manifestation.

At first, you may feel that it takes just as much time to relax deeply with the symbol as it did without it.

**The more you use a symbol, the more powerful it becomes, and the more you'll notice the effect.**

At this stage of the course, we're just starting to get a feel for using symbols, where it's relatively easy to reinforce them each time you use them.

More specifically, you can always take a few minutes in future sessions to consciously direct yourself to relax deeply, reinforce your relaxation symbol, and then move on to the rest of the process.

The same goes with every other process in this course.

**You can always reinforce the shortcuts, and the more you use them, the more powerful they become.**

After you've had more practice using them, we'll cover some interesting ways to use symbols to tackle larger manifestation projects that would be difficult to do without them.

**In today's lesson, we're going to repeat yesterday's process to find your unique symbol for manifesting a feeling of rich, intense, enjoyment, which will lead to making direct contact with your deeper Divine Self.**

So, as before, the first step is to relax as deeply as you can.

At this point, you may want to repeat the process we did yesterday, with the various induction routines like progressive relaxation,

counting down to 1, imagining yourself in an enjoyable situation, all while suggesting that you are drifting deeper and deeper within yourself to your ideal level for manifestation.

But this time, also include your relaxation symbol right from the start.

If your relaxation symbol was a word, repeat that word within your mind. If it was a color, see that color as you go through the other relaxation processes. If it was a sound (such as music, chimes, etc.), imagine that you hear that sound as you consciously relax your body and mind.

**When you feel you've relaxed as deeply as you can, take a moment to reinforce your relaxation symbol in whatever way feels right to you.**

One possibility would be to simply tell yourself that whenever you use your relaxation symbol (word, color, image, etc.) you will immediately drop down to your ideal level for manifestation, and that each time you do this, the quicker you get to this ideal level.

You could imagine using your symbol from a fully conscious state, and then imagine that you IMMEDIATELY shift into a hypnotic state in which you are still consciously aware.

You could also imagine that you are directing a flow of Divine Power into your symbol, therefore making it more Powerful to have a stronger effect.

You could imagine that your symbol is being blessed by the Divine, or charged in a pyramid or other energy collector.

And obviously, you could combine these ideas, with other ideas of your own.

**Feel free to be creative and have fun with it,** and use whatever feels appropriate.

Once you've done this, move on to eliciting a strong positive feeling, and imagine it getting stronger and stronger until you can almost feel yourself vibrating from the sheer enjoyment of it all.

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Once you're engulfed in the feeling of enjoyment, it's time to associate it with a symbol, such as a color, a sound, a shape, an image, an action, or something else you can easily imagine in order to elicit the feeling when needed.

**So, at this point, ask your deeper mind what color, sound, shape, image, action, or other symbol best represents this feeling.**

Your deeper mind will respond to the question, giving you the perfect symbol for you to represent the feeling of enjoyment.

Now, as before, imagine yourself using the symbol, and imagine the feeling of enjoyment getting stronger and more intense.

Do this a few times.

**Repetition helps to lock in the association between your symbol and the effect you expect it to have.**

And finally, give thanks to your deeper mind for its help, and bring yourself back out to normal waking consciousness in whatever way feels right to you.

Again, you might want to count up from 1 to 5, or 1 to 10, imagining that you are rising higher and higher, becoming more aware of the space around your physical body again.

And that's it.

The whole process will usually take between 15 and 30 minutes, so make sure to set aside enough time to get everything you can out of it.

**Now, make the appointment with yourself, and make sure to keep it.**

Oh, one other thing to mention here.

The process I've described above is essentially the same process we'll use to manifest anything else you may want or need in Life.

**The more you treat it as the powerful tool it is, the better the results you'll get from it.**

## *Day 7: Approaching the Divine*

In this course, we've talked a lot about connecting with your Divine Self and directing Divine Power to manifest your needs and desires.

But what do we really mean when we use the word, 'Divine'?

In today's assignment, which starts to bridge the gap between preparing to manifest, and actually starting to manifest positive results, I'm asking you to spend time thinking about what 'Divine' means to you.

Of course, I'm also suggesting you relax as deeply as you can and bring up positive feelings before you contemplate the Divine.

Now, before we go any further here, I want to make sure I'm clear and you understand WHY this is important to manifesting your desires.

**The whole manifesting process is built on a foundation of trust, expectation, belief, and faith.**

It's not easy to trust a nebulous concept, and a LOT easier to trust something or someone you know intimately.

**And in the history of manifesting, those who have attained the highest levels of mastery were those who felt they had a deep personal relationship with some aspect of the Divine.**

Some folks see the Divine as one or more celestial beings, others see it as a force of nature. Some feel the Divine is a field of energy pervading the Universe, much like "The Force" in Star Wars, or the Zero-Point field in quantum physics.

However you see the Divine is up to you. Any form will work.

What is vitally important, however, is that you associate the Divine with creation and manifestation, and the ultimate Power in the universe, beyond any physical thing, being, or force.

In other words, if you saw the Divine as nothing more than the result

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of physical forces, or an idea that has no power, you wouldn't be able to manifest a piece of toast without being physically involved.

**Before you can work miracles, you MUST see/hear/feel the Divine as a non-physical source of Power that responds to human consciousness.**

Presumably, you already believe this, or you wouldn't have signed up for this course.

I'm just pointing out the critical importance this has on the results you get from this course.

So, if you came into this course with a weak belief in the Divine, what we do over the next few days will correct that.

**Your assignment today is simple.**

Relax as deeply as you can, bring up a strong positive feeling to start, and then contemplate the Divine as a marvelous, glorious, miraculous source of Power that directs everything in the universe. And if you really want to make sure you get the BEST results, you'll also want to make sure to see the Divine as infinitely GOOD and loving.

At this point, it doesn't matter how clearly you "see" the Divine, or how vividly real you imagine it. What matters most is the feeling you have while thinking of the Divine and the concepts of absolute Power and creation.

**Personally, when I think of the Divine, I focus on the qualities of Love, Wisdom, and Power, both infinite and personal in their scope, without beginning or end, existing in all points of space at all times. If I imagine anything else, it's a view of the universe, with galaxies spinning through space, and an invisible force controlling all of it.**

**I also see the Divine as a responsive field of energy, which creates any thought and/or feeling directed to it, without judgement or preference. I also know that the Divine creates what we believe even when we don't consciously direct any thoughts or feelings to it.**

In other material, I've described the balance between these two forms of manifesting as a sailboat with a motor. When you engage the motor, your boat can go anywhere on the water without any concern about the wind. When the motor is turned off, the wind directs the boat according to how the sails are set. The sail is your beliefs, and the motor is your ability to set a purposeful intention, and the wind is the "group mind" of the world.

Okay, that's enough for today. Time to make one or more appointments with yourself to contemplate the Divine as an infinitely Powerful creator that responds to human consciousness.

Your sessions today may be cut back to 5 minutes each again if you want.

## *Day 8: Infinite Goodness Right Here*

In yesterday's lesson, I mentioned that those who have attained the highest levels of manifestation mastery have felt they had a deep, personal relationship with the Divine.

And how do we develop that relationship?

Well, how do you develop any relationship?

You spend time together!

**So, today, I'm asking you to take time to focus on the qualities of the Divine in everything you do, and to also set aside your normal sessions to focus your whole being on the Divine.**

If you don't yet have a clear concept of the Divine, start with the qualities I mentioned yesterday — Love, Wisdom, and Power, universal and eternal.

It will be easier if you start your day with a dedicated session to shift your thoughts and emotions to these qualities, and then do your best to bring them with you into your normal day, refreshing your focus as needed with another dedicated session.

Many people call this exercise, "practicing the presence".

**If you did nothing else, this one practice can shift the balance of everything in your life to manifest great good for yourself and others.**

I recommend you make this a regular habit for the rest of your life.

Now, to give you the best guidance I can on the actual mechanics of doing this.

What works great for me is to imagine that everything and everyone I see is a full and complete expression of the Divine, whether it's readily apparent or not. In other words, even if I don't see it myself, I **PRETEND** I see it, or to put it another way, I pretend I see Divine



aspects in everything and everyone.

All animals have natural instincts which lead them to do the things that will help them live well.

Squirrels have an instinct to bury nuts for winter. Birds have an instinct to build nests to lay eggs. Cats have an instinct to climb trees to avoid danger.

**And humans have an instinct to pretend that reality is different from what it started out being.**

We tend to call it ‘playtime’ and have forgotten that the things we enjoy as children are part of the natural order of things, and we’re meant to use those skills in adulthood.

I know I certainly did!

Another way of spending time with the Divine is to use another childhood game — the imaginary friend.

If you prefer to see the Divine as a being rather than as a field of energy, pretending that you have an invisible Divine friend with you throughout your day can help you develop a strong relationship with the Divine.

While it may start out as nothing more than imagination, **imagination plus faith produces reality.**

Napoleon Hill wrote about this concept in his classic book, *“Think and Grow Rich”*, in the chapter on developing the sixth sense.

He talked about assembling a “master mind” of legendary people in his imagination, for the purpose of rebuilding his own character to be more like those of his heroes.

Over time, the members of his mastermind took on a life of their own, exhibiting qualities that surprised Mr. Hill.

**Many folks have used this same technique to get advice and guidance on various topics by imagining they are talking with an expert on the subject, and a large percentage of these folks report positive results.**

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Which is why spending time pretending you have an invisible Divine friend can be an excellent method of developing a deep personal relationship with the Divine.

Personally, I'm more of a "field of energy" person myself, and I sometime imagine that I am floating on a sea of Divine Energy, soaking it into myself and allowing myself to take in as much of the Divine as I am able to hold.

As with most things in this course, all this is merely a suggestion of the general direction you want to take, Feel free to substitute the specifics with details more to your liking.

**The main point here is to spend as much time as you can thinking about and imagining the Divine as a constant companion in your life, however you see the Divine to be.**

**You'll know you're doing it right when you feel uplifted and energized, full of positive expectations for good.**

While I would normally direct you to make one or more appointments with yourself, the nature of today's lesson suggests more of a free-form approach, fitting into the natural flow of your day as appropriate.

**Have Fun!**

## *Day 9: The Divine Within You*

It's time to get personal.

While the last couple of days have been about contemplating the Divine, and seeing the Divine in the world around you, today you are asked to consider that the Divine is also within yourself.

It makes sense, right?

If the Divine is everywhere at all times, this means the Divine is right now right here with you. And not only just now, but every moment of your life.

Now, it may be like the diamond mine buried 30 feet below your house. If you don't know it's there, you may not see any benefit from having it so close.

**It's only when you focus your mind on the Divine, and allow yourself to believe that it may possibly be an integral part of your life that you will get any real benefit.**

And that's what we've been leading up to.

So far in this course, you've learned that if you focus your mind on relaxing, you produce relaxation in your body and mind.

If you focus your mind on enjoyment, you produce positive emotions within yourself.

If you focus your mind on the Divine, you produce an experience of the Divine.

**Manifesting is, at its core essence, a process of focusing and believing.**

The more you are able to focus your mind on what you desire, and the stronger your belief in it actually happening, the quicker your manifestations will occur.

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At this point, we're deep in the midst of a process that is strengthening both of these abilities. And we're not even half-way through the course!

**Remember the lesson from Day 3? Small steps, repeated often, will accomplish anything.**

**Your assignment for today is simple.**

Take a few minutes here and there, and just sit, relax, and breathe deeply, thinking about the Divine as being within you.

You may focus on any one of the various qualities of the Divine, such as Love, Wisdom, or Power. Personally, I've seen better results when focusing on Love than on any other, at least until you have that firmly in your own self-image. You may alternate the various qualities, focusing on a different one each session.

Again, the specifics of HOW you imagine this is up to you.

Since I'm an "energy field" type of person, I tend to imagine that each breath in carries with it Divine Love (or Wisdom, or Power), and each breath out expels everything else.

**Breathe in Love, breathe out stress. Breathe in Love, breathe out worry. Breathe in Love, breathe out disappointment.**

You get the idea.

A few minutes of this and I'm looking at the world through rose-colored glasses, which tends to produce uncanny lucky streaks.

If you're one who prefers to see the Divine as an entity, you may prefer to imagine the Divine as a voice within your mind, giving you comforting words of encouragement and advice as you need them.

**When the Divine is guiding you to do and say the right thing at the right time, you're virtually guaranteed better results at whatever you're working on.**

For now, don't worry about what results you get from this process.

**Just focus on getting your whole mind and being resonating with**

**the qualities of the Divine.**

It may take some effort, but it's well worth it.

## *Day 10: Connecting with the Divine*

I hope you're starting to get comfortable with the idea of the Divine as something or someone you can really connect with.

Again, it doesn't matter if you see the Divine as an entity, an energy, or a force of nature.

Even if you see the Divine as nothing more than a law of the universe, like gravity, magnetism, or electricity, as long as you believe it to be more Powerful than physical reality, you can get great results from your manifestation work.

**The beliefs necessary for significant manifestation work include:**

1. A Divine Power exists.
2. This Divine Power supersedes physical reality.
3. Divine Power responds to human consciousness.
4. You have the ability to direct Divine Power with your thoughts and feelings.

As you read this list of beliefs, do you feel comfortable with all of them, or is there one or more than give you some doubt?

If you have doubt about any of them, there's work to be done.

**The primary reason I describe manifestation as a process of relaxation, imagination, and expectation is because when you relax deeply and imagine something in rich, vivid detail, your beliefs naturally shift to accept whatever you imagine.**

This gets into the idea that your deeper mind responds to your vivid imagination the same as it does to a real physical event.

**And since your beliefs create your reality, this leads to the manifestation of whatever you imagine in that deeply relaxed state of mind.**

Today's assignment is to spend time reinforcing whatever beliefs may still need to be addressed.

If one or more of the above statements gives you reason to pause, then I suggest you go into your manifestation state (deeply relaxed, with strong positive emotions) and spend time imagining the troublesome statement as an actual reality.

Daydream about it. Pretend it's real. Pretty soon, you'll find yourself believing it more and more.

And that belief will translate to an improved ability to manifest whatever you wish.

**If you're okay with all the statements above, then take this time to deepen your relationship with the Divine.**

Focus on getting closer to the Divine. Imagine that you are changing, shifting your own personality and nature to be more Divine yourself.

Some folks imagine this as if they were an instrument, and are being 'tuned' to play Divine music.

Other folks imagine this as if a mechanic were adjusting the engine of a car, twisting dials and screws, and cleaning the various connections.

It's also possible to imagine this as if you're taking a bath, and the water is washing away anything not like the Divine.

Or maybe you're getting a massage, restoring your Divine flexibility and energy flow.

As you already know, these are merely suggestions, and you may be as creative as you'd like to come up with your own mental experiences.

**As long as it feels good and leads you to a feeling of Divinity, go with it!**

Tomorrow, we start a new segment of this course.

## ***Day 11: Right Now, This Moment is Good***

Believe it or not, we're just 1/3<sup>rd</sup> of the way through this course!  
This first segment of the course is what I call, "*Divinely Connected.*"  
The segment starting today is what I call, "*Divinely Blessed.*"

**Over the next 10 days, we'll be using what we've learned so far to direct Divine Power to create a multitude of blessings in all areas of your life.**

So, if you've already seen positive results, fasten your seat belt, because that's just the beginning!

The reason is because, for the most part, you've already learned everything you need to manifest whatever you desire in life.

And you have had some practice doing it.

**The rest of the course is devoted to giving you some guidance on HOW to use what you've learned to get maximum results with minimum effort.**

One of the most beneficial things to manifest is a general tone of "good luck".

**Not only does this help attract good things to you, it also acts as a safety net in case you make any mistakes.**

You could also think of it as a set of training wheels on a bike. You don't have to be perfect to stay upright.

Later, when you've had a bit more practice, we'll take off the training wheels and show you how to manifest more specific things.

**So, let's get started, shall we?**

Well, to be honest, we've already started. Any time you focus your



mind on positive emotions, such as enjoyment, pleasure, love, gratitude, or the Divine, you are adding to the manifestation of “good luck” or what could be described as a Divine Blessing.

**This is because positive emotions resonate in harmony with the Divine, and any time you resonate with the Divine, you automatically bring more of your Divine Essence into the situation.**

And whatever the Divine touches becomes blessed.

Negative emotions cause you to fall out of harmony with the Divine, and consequently, cut off the flow of Divine Power in your life.

Now, I want to make sure you don't start kicking yourself for feeling upset, angry, or frustrated. All emotions have value, even if that value is a warning signal that you need to shift your focus to something better.

And kicking yourself for feeling down isn't going to help you feel any better, is it?

I also want to make sure you know that I'm not talking about burying your head in the sand and ignoring whatever may not be working in your life. At least, not permanently.

**There's a balance in all this, and the best way to approach Life is to handle the events of the day the best you can, and also give yourself a boost whenever you can.**

If you're consistent with it, you eventually reach a point where the potholes on the road of life get filled in, and it's smooth sailing from there on.

**For some of us, taking a hot bath, getting a massage, eating a delicious meal, or watching an enjoyable movie is all it takes to boost our morale.**

When you're in a good mood, you tend to do a better job at whatever you're working on, including manifesting.

Another point I want to make here is that 10 minutes of conscious,

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deliberate focus on positive emotions in a deeply relaxed state of mind can reverse the effects of a whole day of feeling bad.

**Remember, the deeper you're relaxed, the closer you are to the Divine Mind, and the more powerful your thoughts and feelings.**

There seems to be an exponential relationship here, so being just a little bit more relaxed brings a whole lot more Power into your reach.

So, if you're in a relaxed state of mind and find yourself worrying about something, don't fight it. Just focus on relaxing a bit more and counteract it with a happy thought.

Yeah, I know. I just referenced Peter Pan. You gotta have fun with this, remember.

**Okay, time to give you your assignment.**

Take a few minutes here and there, whether it's 5 to 10, or 20 or 30 minutes doesn't matter, and relax deeply while doing something that feels really good.

**And while you're doing it, say to yourself something like, "*Right now, this moment is good.*"**

This is the main point of the exercise — to acknowledge something good in your life, however small or large.

Really get into it. Allow yourself to get lost in the feeling, as if it's going to sweep you away with it.

**More than anything else, have fun!**

If you combine this with practicing the presence, real magic could happen.

Even so, don't worry if it doesn't. The point of today's exercise is to help you shift your focus to something good.

If any actual results come out of it, so much the better!

## ***Day 12: The Best Day of My Life (so far)***

In today's assignment, you're going to combine yesterday's focus on enjoyment in the present moment, and expanding it as we did on day 4.

**Specifically, do your best to focus on the events of today, and imagine/pretend that everything that happens gives you great pleasure and enjoyment.**

Whatever you eat today, pretend it's the most delicious thing you've ever tasted. If someone shakes your hand, imagine that it tickles. If someone smiles at you, pretend it's a long-lost lover. No matter what anyone says to you, pretend it's the most loving and encouraging thing they could have said. If you get into an accident, imagine that a guardian angel has just saved you from a far worse event that may have ended your life.

I know, for some folks, this may be difficult. This was one of the most difficult things for me.

Remember, I said to *imagine* and *pretend* it's the best day of your life. You don't have to actually believe it, at least not yet.

If you have to, imagine that you're back in your childhood, and today is a play-day. **Live it up, and allow yourself to take a break from all the seriousness of Life.**

**This is going to do a couple of things for you.**

Mostly, it's an exercise in imagining what you want to manifest before it actually happens. And the more you get into the spirit of play, the more you're going to affect future days to come.

**If you have a hard time thinking of the events of today as something enjoyable, then play with the way you perceive them, and turn them into cartoons, or play with the flow of time.**

For instance, you can imagine everything moving in slow motion, or in

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super-speed, forward and backward and sideward and in and outward. Think Willy Wonka or Alice in Wonderland.

If you're getting reprimanded for something, imagine the person in front of you as Bugs Bunny, or Daffy Duck.

Imagine everything looking like it was painted in garish technicolor paint, and glowing florescent in black light. Whatever you have to in order to get a giggle out of it.

**Once you've figured out how to turn a bad experience into a funny one, nothing can stop you.**

If nothing else, remind yourself that this is coming from your past, and in a year's time, it's not going to matter in the slightest. This has tremendous power to help you break away from the old patterns of belief and response.

The same can be done with memories of the past. If you ever decide to take time to do this, you'll find that many of your negative beliefs will lose their power, and become much easier to shift into a more positive space.

But that's not the focus of today's assignment. **Today, I want you to be firmly focused in the present moment.**

You may find it helpful to take a few minutes here and there to relax and focus on the feeling of enjoyment. Imagine this feeling growing stronger and more intense until it has no choice but to overflow into the world around you.

This will help you maintain a spirit of playtime as you go about the rest of your day.

Again, don't worry if you're not perfect at this right away. Small steps and repeated practice will accomplish anything you set your mind upon.

And in the end, does it really matter if it takes you a month or a year to master this? Allow it to take whatever time it requires, and you'll be rewarded with an amazing life experience.

## ***Day 13: The Power of Pretending***

I've mentioned a few times in this course that the core process of manifesting consists of 3 simple steps.

Relax, imagine, and trust.

We covered relaxation at the beginning of the course, and we've been using your imagination in a variety of ways to help you master the fine details involved in manifesting your desires.

We started with daydreaming about enjoyable memories, then moved on to imagining the feeling of enjoyment itself, and eventually got into imagining the events in your life as if they were the most enjoyable, exciting, wondrous things that could possibly happen.

I even suggested that we could move beyond *imagining* and shift into *pretending*.

Pretending is a bit like method acting. To do it well, you have to BECOME that which you are pretending to be, and the more you do this, the better the end results.

**In other words, the more you believe you ARE the role you're playing, the better.**

When I produced some of my best manifestations, they came as a result of pretending that reality was different from what I was then experiencing.

One example is when I manifested a couple different vehicles as gifts.

As I was driving the car I had at the time, I pretended I was driving a newer, better car. As I drove down the road, I imagined that I saw a different steering wheel, a different dashboard, and a different hood in front of me. I imagined that I heard a different engine, and that I felt a different seat beneath me.

**It was as if I placed a new image over the physical one, then acted**

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**and responded to the car as if the overlaid image were the true one.**

In both cases, within a month or two, I was given a car as a gift (from family) that matched my visualizations.

In neither case did I know they were about to buy a new car, nor did I ask them for their previous one.

I also didn't sit on the couch at home to visualize the new car. I imagined it in real life. I lived it. **And I trusted that what I did would produce tangible results.**

Now, you might ask where was the relaxation step in all this?

In these particular examples, the relaxation was nothing more than a lack of tension or stress.

**Nowadays, I split my manifestations into 2 separate processes.**

The first process is a deeply relaxed meditation in which I imagine the desired end result in as much detail as possible with strong positive emotions.

The other process is exactly what I described above, perhaps with a positive thought in my mind to give the pretense a more definite form.

To give you more detail, I recently did a series of sessions for greater wealth, and in the pretending stage, I walked around my home, imagining it as the greater and grander home I would love, and thought something along the line of, "I finally did it. I am a millionaire!"

**Yes, this is nothing more than an affirmation. What I want you to notice is HOW I used it.**

I didn't sit and repeat the same statement 100 times in 2 minutes. If I repeated it at all, it may have been just a couple of times over a 10 minute period.

I also didn't work on crafting the perfect sequence of words to ward myself against misunderstanding with the Divine. Doing so would have indicated a lack of faith in the process, and often produces the exact opposite effect than what is intended.

In fact, the words don't really matter at all. It's the MEANING behind them that matters.

In the coming days, I'm going to ask you to focus on a core idea, and to communicate that idea to you, I'll use what may be called an affirmation.

Do NOT sit and repeat these affirmations ad nauseam or dissect the words used.

When I give you an idea to focus upon, find the core meaning behind the words, imagine what the reality of that would look like, sound like, feel like, etc., and then spend as much time pretending that the core idea is real and true for you in your life now.

**Your first idea to focus on, (which is today's assignment) is contained in the phrase, "*Good things happen to me.*"**

What I mean here is to imagine that your life is a flow of events in which many good things happen.

You don't have to pretend that EVERYTHING that happens to you is good, although if you can, this would be ideal.

Just focus on the good things that DO happen in your life, and pretend they are the majority.

You'll find it helpful to set aside a few minutes here and there to relax deeply and imagine this in rich, vivid detail. It will definitely make it much easier to keep this perspective as you go about your regular activities.

**As much as you can, focus your mind on the positive and enjoyable aspects of life.**

**The more you do this, the more positive and enjoyable things will manifest into your life.**

Eventually, it will be as if your life has been blessed by the Divine, and everything works in your favor.

And if anything negative or distasteful happens today, shrug it off as a 1-time event never to be repeated, and move on with a positive focus.

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### **One more point before I let you go.**

At this stage of your development, you will be better off if you keep this exercise general and light.

In other words, don't spend the whole day focusing on manifesting one specific thing, and don't fret if results aren't immediately apparent.

At this point, we're still focusing on the process, and on producing general blessings.

The time for specific manifestations will come soon enough.



## ***Day 14: Channeling Divine Power***

We're going to try something a bit different today.

Now that you've had some practice imagining good things and pretending that Life is better than what it had been, I think you're ready to take a more conscious role in manifesting blessings into your life.

**Essentially, I want you to channel the Divine Power within to bring more blessings into your experience.**

There are many ways you could do this, so I'll describe a few.

One method would be to relax deep within yourself, bring up a strong positive feeling, and imagine a bright golden-white light radiating from the core of your being out into the world around you.

Another method would be to go within, meet the Divine face-to-face, and simply ask for a blessing.

A third possibility would be to go within and ask your deeper mind to show you a symbol for Divine Blessings, and then imagine that symbol touching everything you encounter as you go about your day.

You could relax deep within yourself, ask your deeper mind for a symbol for Divine Blessing, as well as a symbol for your life, and then merge the 2 symbols to form a new one.

Here's another: You could relax, elicit a strong positive feeling, and then chant a phrase that represents strong positive blessings, such as "*Everything goes my way today. Everything goes my way.*" (BTW - this is a little chant I used myself several years ago with great results.)

One more for good measure. If you have a background in astrology, you could draw up a chart and place the planetary symbols in the chart where they would create the energy influence you want to create. However, these types of rituals only work if you already have a subconscious understanding of the symbols.

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For example, with astrological symbology, you could put the sun in the sign of Leo for more authority, and Venus in Cancer for a more loving home life. Place Scorpio on the ascendant and you'll find it much easier to express more powerful emotions. This is also something I've done before with positive results.

**There's really no limit to the creativity you can bring into this phase of manifestation.** In fact, most books and other resources on manifestation focus exclusively on this aspect, and if any of them appeal to you, feel free to use their suggestions.

Just remember that the Power is not in the way you ask, but in your belief and your connection to the Divine.

**In other words, you may need to PRETEND that what you're doing will produce a tangible result.**

If you can relax and imagine a connection to the Divine, you can get great results with nothing more than a request, like "Please help."

Other than this, you'll go through your day watching for the manifestation, and if nothing else, at least pretending it's just about to happen.

**If you want a core thought to focus upon, try this: "*What new blessing is coming my way now?*"**

If you truly EXPECT a new blessing to arrive, your belief and connection to the Divine will make it happen.

Well, that's enough for today.

Go and have fun with it!

## *Day 15: Divine Blessings*

As we go through this course, your assignments fall into 2 general categories.

The first category is what I call “skill training” and includes the basics of relaxation, imagination, pretending (*a form of imagination*), and trust.

The trust skill is developed through the second category of assignments, which are what I call “belief training”.

**Manifestation requires a set of skills supported by a set of beliefs.**

As mentioned on Day 10, the core beliefs necessary for significant manifestation results include:

1. A Divine Power exists.
2. This Divine Power supersedes physical reality.
3. Divine Power responds to human consciousness.
4. You have the ability to direct Divine Power with your thoughts and feelings.

While these are the core beliefs necessary to manifest your desires, there are other beliefs which can support your efforts.

For instance, an idea I gave you on Day 11, which is that **Divine Power blesses everything it touches**.

In most manifestation courses, the authors try to “teach” you the beliefs necessary to their system as if they were absolutes without any leeway or room for individuality.

While there’s nothing really wrong with this, and it does have some advantages, I tend to prefer to help you understand the deeper truth of the matter.

**The deeper truth here** is that when you believe that Divine Power blesses everything it touches, and you also believe that you can direct

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Divine Power with your thoughts and feelings, events will happen to support these ideas, whereas if you don't believe these statements, you will not experience these events.

**This is why most people fail when following other courses on manifesting.**

This also means that if you're not seeing a positive result from your positive thoughts and feelings, then there's work to be done in the area of beliefs.

Quite honestly, this is where most folks have the most difficulty in manifesting. They haven't yet had enough experiences to support these beliefs, and have trouble letting go of previous beliefs to make room for them.

And this is why I'm continually suggesting that you **approach the assignments as purely practice sessions**, with no real intention of producing a specific result.

When you approach the exercises in this way, your old beliefs don't interfere as much, giving you more opportunities to experience something new.

**As we move into the second half of this 30-day course, we'll spend more time on beliefs, and less time on the mechanics of manifesting.**

While there are many methods that may be used to change what we believe, I've found the core process of manifesting to be the best method.

Relax, imagine, and trust.

This makes sense when you look at what you're doing as manifesting a new (or stronger) belief.

Relax as deeply as you can, entering a light hypnotic state if possible.

**Imagine the new belief as if it is a current reality, as vividly and in as much detail as possible, complete with strong positive emotions.**

And come out of each session with a strong expectation of seeing a

change in the way you approach Life and what you expect to happen in various situations.

**The first two steps make this third and final step much, much easier.**

We've already practiced this last step, because it's the same thing you've been doing. **PRETEND** that the change has already occurred.

You can spend as much or as little time in each session as you have time for.

5 to 10 minutes here and there can work just as well as a single 20 to 30 minute session.

**Your measure of success is how easily you can respond to Life as if you expect things to happen according to your new beliefs.**

**To put it another way, how easily can you “step out on faith”?**

If you're too scared to take action on the new idea, you don't yet believe it enough, and you just need to do more sessions.

One of the reasons I gave my book, “*Choose to Believe*,” that title was to serve as a reminder that **the process of changing what we believe can be as simple as making a choice**, and then standing by your choice until the change takes place.

I also included a number of real-life stories from individuals who did exactly that. They simply **CHOSE** new beliefs, and got positive results from doing so.

Once more, don't worry if you're not yet at that level of proficiency. The more you practice these skills, the easier it gets. Just like anything else.

**Okay. Work time now.**

Your assignment for today is to use the process I just described to build up your belief in the idea that **Divine Power blesses everything it touches**.

Feel free to imagine this in any way that feels right to you.

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If you already believe this statement, fine. Do it anyways.

**These beliefs cannot be too strong, and the process of imagining this will itself direct Divine Power to bless you and your life.**

## *Day 16: My Life is Blessed*

Today, we get to take another small step that results in a dramatic shift in your manifestation ability.

Yesterday, I asked you to imagine how Divine Power blesses everything it touches, and then to at least pretend you believe it.

**Today, I'm asking you to relax and imagine Divine Power blessing everything in YOUR life.**

And instead of asking you to at least pretend you believe this, let's try something a bit different.

**Consider this, “What if it really IS true that Divine Power is already blessing everything in your life?”**

Asking this type of question puts you into a different mind state.

You're no longer trying to MAKE something happen. You're looking at it as if it happens with or without you.

Remember when I said that most authors who write manifestation books and courses will often tell you that this or that happens whether you believe it or not?

This is the mind state they're putting you into, and as long as you trust them and accept the belief, you're okay.

The way I present things, giving you the background principles involved, I'm giving you the option to choose your own beliefs, and helping you put yourself into that mind state.

This way, you have a lot more control over the situation.

So, let me ask you that question again.

**What if your life has already been blessed, and you're just waiting to see the results?**

The work we've done over the past 2 weeks has shifted your

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consciousness and strengthened your skills in manifesting. And the things I've had you imagine and pretend will no doubt produce positive results sooner or later.

At this point, it's really just a matter of accepting that it has happened, and continuing to work for greater and grander results down the road.

**In my own development, I made my biggest improvements when I could believe that the work had already been done, AND NOTHING COULD STOP THE MANIFESTATION FROM HAPPENING.**

This is why you may read that when you "cast your spell" you are to put it away and not think of it again. It's not so much that you'll disturb any energies you sent out, but the idea of HAVING to add more Power to make it work indicates a belief that the work is not yet complete.

**When you have relaxed deeply, imagined what you want in rich, vivid detail, and can walk away from your session TRUSTING that the work is done and the results you want are coming, then you've done everything you needed to do.**

Any time you find yourself losing that trust, doubting the process, or getting tired of pretending that your reality has changed, that's the time you need to go within and refresh your beliefs with strong imagination in a deeply relaxed state.

I've done this regularly for so long that I KNOW that when you fully trust yourself and the work you've done, results do come.

Maybe not right away, and maybe not exactly as you imagined them.

On the other hand, maybe the results you get are so much better and more beautiful than anything you could have imagined. I've seen that happen too.

Many people tend to use this same process unconsciously to their own detriment.

They worry about "what if" situations they would rather NOT



experience.

- What if I'm getting a cold?
- What if I lose my job?
- What if my husband / wife is having an affair?
- What if I try this and it doesn't work?
- What if I succeed and can't live up to the expectations?

Asking yourself the "what if" questions has power, and can produce results for better or for worse.

Use it to get the results you want.

**What if your life is already being blessed by Divine Power, and you'll start seeing results any second now?**

## *Day 17: Blessed & Divinely Guided*

The first 10-day segment of this course was focused on relaxing to an ideal level for manifestation, then bringing up positive emotions to help you resonate with the Divine, and then imagining a connection with the Divine.

This middle segment started with focusing on the idea that “right now, this moment is good”, expanded into “good things happen to me”, continued through “Divine Power blesses everything it touches”, and just yesterday passed “Divine Power blesses everything in my life.”

**Today, it’s time to focus on the statement, “*I am Divinely Blessed & Divinely Guided.*”**

Your assignment today is to relax deeply, bring up strong positive emotions, and then imagine this idea as an absolute truth in your life.

**Remember, these ideas I’m having you focus upon are the templates from which future events will be created, and how firmly you implant them into your mind determines how quickly and how well they manifest.**

You can do multiple 5 to 10 minute sessions, or a single 20 to 30 minute session. Whatever works for you.

And outside of your manifestation sessions, do your best to **hold your focus with joy and expectation**, and imagine the world around you responding in harmony with this idea.

**With practice, you’ll get to the point where you can hold a steady focus on your desired manifestation indefinitely.**

Simple, but at the same time, perhaps a big jump from how you’re used to thinking about yourself.

If you have to, go back to the idea that this is just practice and pretend, and allow yourself to play with the idea, even if you feel it doesn’t yet ring true.

**The more you play with the idea, the more familiar it will become, and the easier it will be to accept.**

And the more you play with this idea in your deeply-relaxed manifestation space, the quicker you'll get there.

That's really all I have for you today. Talk to you again tomorrow.

Just kidding!

This is an area where you might have a few questions, particularly about what form Divine Guidance may take.

Before I get to that, let me say that I personally see the Divine as a brightly-glowing golden-white light, and seeing that light covering myself and my world is how I see myself being Divinely Blessed.

Some folks may see it as a tiny angel sitting on their shoulder, or an army of nature spirits playing around the periphery of your world, making little changes that add up to a massive improvement of your overall life experience.

Some may imagine the idea of being Divinely Blessed as hearing heavenly / otherworldly music.

It could also come across as a warm feeling that pervades your entire being.

If you're not sure how you should imagine it, just go within and ask your deeper mind for your particular symbol for Divine Blessing.

It'll come to you.

Go back to Day 3 if you need a refresher on how to find your unique symbol for an idea.

**Okay, on to Divine Guidance.**

Different people experience Divine Guidance in different ways.

Very rarely will you run across a burning bush with a thundering voice telling you exactly what to do.

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Sometimes, it's nothing more than a feeling that makes you WANT to do something new and different.

Other times it's your deeper mind re-interpreting outer words and events in a way that gives you fresh insight.

Some feel it as a gut reaction, like instinct or intuition.

Others hear voices inside their head.

Some folks see signs in outer events, such as a water pipe breaking, or in the way leaves fall to the ground.

Someone might be talking to you about anything, and something in the way they phrase an idea makes you think, which leads you to do something that yields the results you're hoping for.

It's how a psychic reads tea leaves, or a dowser finds water.

**Trust your gut. Go with your heart. Follow your passion. Be open to what you find.**

And expect to be amazed at the many blessings flowing into your life.

Again, the thought for today is, "*I am Divinely Blessed and Guided.*"

**Focus on it, imagine it, and make it real by trusting it to appear.**

## *Day 18: Infinitely Blessed and Perfectly Guided*

There's a pattern here I hope you recognize.

We start with a basic idea, play with it a little, and then we take it a bit further.

It's a good way to approach any manifestation work.

**Get comfortable with an idea before you go all-out to force it into reality.**

This is another area where many people go wrong in their manifestation efforts.

They try to do too much too soon, and in the process, they introduce strain and frustration into the mix, which contaminates whatever results they may get, often producing the exact opposite of what they wanted.

If you approach it as a fight, you're going to get a fight. If you approach it as playtime, you're going to get something fun and enjoyable.

**That's why I'm always suggesting that you want to have fun with all this. When it's fun, there's no strain or frustration, and you get more beautiful results.**

It's also why we start with simple ideas like "right now, this moment is good" before we get into imagining our entire life as being Divinely Blessed.

I don't know about you, but when I first started out, there was no way I could possibly focus on the idea that my life was one big happy party of overflowing joy and abundance.

When I first started out, it was all I could do to focus on the idea that "it's not as bad as I think it is."

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I know. Pretty pitiful affirmation, isn't it?

Even so, it worked, and several thousand tiny steps later, I'm now in a place where thinking of my life as one giant blessing after another is not only possible, but the way I actually see things.

And this helps me to manifest the specific things I want to see in my life.

The process we're using in this 30-day course will help you get there much, much quicker than I did.

Do you remember what we did on Day 4? We took the basic feeling of enjoyment, and imagined it growing stronger and more intense until it was the most powerful feeling you could then imagine.

We're going to do something very similar today.

**I want you to take the basic feeling of being Divinely Blessed, and imagine this feeling growing stronger and more intense until it is the most powerful feeling you can now imagine.**

And then I want you to ask yourself, *“What would this feel like if it were 100 times more powerful?”*

Pretend that you can lock in this feeling so you carry it around with you all day long.

Refresh it whenever you can.

At this point, don't worry about projecting this feeling out into the world, or imagining the world around you responding to this feeling. Just focus on the feeling itself.

**The more you do this, the more you will resonate with the Divine, and the more you will find it easier to manifest whatever you desire in life.**

Trust me, we're almost there.

And more than anything else — HAVE FUN!

## *Day 19: It's Already Done*

As mentioned on Day 13, I tend to split my manifestation efforts into 2 separate processes.

The first process is a deeply relaxed meditation in which I imagine the desired end result in as much detail as possible with strong positive emotions.

This process helps to reshape my beliefs to support the manifestation.

The quotes I often refer to are, “*according to your faith is it done unto you,*” and “*it is done to you as you believe.*” Both coming from a man who could perform literal miracles.

The other process is essentially pretending that reality has already changed to become that which I desire it to be.

**This second process serves as a catalyst to transfer my thoughts and emotions from my mind to the physical world to manifest.**

Essentially, it speeds up the process, and makes it more definite — less like a casual daydream.

Gregg Braden has a wonderful story about a group of healers who focus on the patient, imagine the body as completely healthy, and then chant something which means, “It’s already done.”

Writers throughout history have told us that in order to get an answer to our prayers, we must first believe they are already answered.

Believe first, then get your miracle.

**The level of belief referred to is not “*yeah, I guess it COULD happen,*” but one of “*this is real — right here and right now.*”**

It is this state of mind which perceives reality in the way you want it to be that directs events to make it happen.

**The more you can believe in it working, and the more you can**

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**maintain your focus on the desired end result, the quicker it happens.**

Over the past few days, we've been playing with the idea of Divine Power blessing all aspects of your life.

**Today, I'm asking you to really focus on the idea that EVERYTHING in your life is being blessed by Divine Power, and the changes are already taking place.**

See everything in your life as you want it to be, trust that your focus is making it happen, and put yourself into that mind state that says, "it's already done."

While you do this, make sure that your emotions are positive. Emotions of love, joy, excitement, expectation, and gratitude are the main ones that resonate with successful manifestations.

If you have to, think of how you'll feel when your life magically transform into a long series of Divine Blessings, and you have the Power to manifest anything you desire. Think of the gratitude you'll feel when you get what you want.

You may also find it helpful to take time to go within, remember what these emotions feel like, amplify them, and then bring them out with you into the world around you.

In my experience, intensity is more important than duration — the intensity of your emotions, and the intensity of your belief that reality is changing to match your desired results.

**In Gregg Braden's example, it only takes a few minutes to transmute physical matter from one state to another.**

Of course, if your belief and focus aren't perfect, it will take more time, and yes, time can make up for a less-than-perfect faith and focus.

A soft, general focus on your desired result, with a belief that's a bit more positive than negative can also work. It just takes more time.

Okay, to wrap this up, **your assignment for today** is to take a few minutes here and there to relax deeply and focus 100% of your mind



on the idea that blessings pervade your entire life, complete with intensely enjoyable feelings of love, joy, excitement, expectation, and gratitude, and then do your best to hold this focus throughout your day, in every situation, seeing each and every situation as a Divine Blessing, even if the surface doesn't appear to be Divine.

**Remember — intense, relaxed focus in a state of joy and gratitude.**

I know, quite a little balancing act.

Give it your best shot. The more you practice, the better you'll get.

At least PRETEND you're a master at this. Use the power of manifesting to improve your manifestation ability.

And HAVE FUN with it!

## ***Day 20: The Force is With Me***

Today, we come to the end of the second 10-day segment of this 30-day course.

Your assignment today is essential a repeat of yesterday's assignment. Imagine and pretend that your focus on Divine Blessings is creating those blessings into your life.

Take a few minutes here and there to go within, focus your whole mind on the idea of Divine Blessings filling your life, complete with the emotions of love, joy, excitement, expectation, and gratitude. Carry these feelings with you as you go about the rest of your day.

Imagine these blessings manifesting into your life, and pretend that all these blessings are already a part of your life.

**Imagine it. Feel it. Believe it. And make it real.**

**Do it right, and you'll start to notice something magical happening.**

Things that used to be difficult suddenly start to become easier.

People that used to be critical suddenly start to be nicer.

Luck seems to be on your side.

The Force is with you.

You have a guardian angel watching over you.

The laws of physics and chance no longer apply in your life.

You're virtually guaranteed to be successful at whatever you do.

**It's a wonderful feeling to know that no matter what happens, it's all going to turn out okay in the end. Even if the path seems to go through a few dark alleys to get there.**

If you ever start to doubt yourself, relax deeply and refresh your connection to the Divine Essence within. This is the Source of your

strength, your Power, and goes a long way to giving you confidence that you can make it through whatever comes up.

As I write this, I realize that I haven't invited you to ask any questions you may have on the material.

Please know that I'm here for you, and if there's anything that doesn't make sense to you, or anything that isn't clearly explained, or even if you just have a question about how something can be applied in another way, I'm perfectly happy to answer whatever questions you may have.

I love questions, because they help me know if I need to adjust how I present things, and what new things I can write about next.

Well, that's enough for now.

Continue your focus on Divine Blessings filling your life, and work on keeping your focus on the good things you'd like to see as if they are already a part of your life now.

**And more than anything else, HAVE FUN!**

I'll connect with you again tomorrow with the beginning of the third and final 10-day segment.

See you then!

## ***Day 21: Everything Exists as Divine Power***

If this course ended now, you would have everything you need to manifest a life full of abundant blessings.

The rest of the course is focused on helping you manifest specific things, with every detail according to your specifications.

You may recall the first segment of this course I called, “*Divinely Connected.*”

The second segment was called, “*Divinely Blessed.*”

This third and final segment is one I call, “*Divine Power.*”

**Now, while I COULD say that playtime is over and now we get into real work, we really do want to maintain the playful attitude as we ramp up the intensity of our efforts.**

The skills you’ve developed up to this point will be the same skills we use to manifest more specific things, events, and conditions. And the way you use these skills will also be the same.

The primary differences are exactly what you focus upon, and some of the beliefs that support the process.

**The first major belief we’re going to work on today is one expressed in the phrase, “*Everything is an expression of Divine Power.*”**

Since Einstein showed us that matter and energy are two forms of the same thing, it’s relatively easy to understand how a toaster or a rock can be an expression of Power.

By this point, you should already be comfortable with the process of working with beliefs.

Relax deeply, bring up a strong positive feeling, and imagine the

essence of the above statement as an absolute Truth. As you go about the rest of your day, imagine the world around you and everything in it as an expression of Divine Power.

If you notice something that seems to be very UN-Divine, you have a couple of choices as to how to respond.

You could simply imagine something more Divine-like in it's place, or you could stop to consider how it might actually be more Divine than you originally thought.

For example, when I went through a similar process, a bunch of flies over a garbage can caught my attention, and I took a few minutes to consider how they might be Divine. By the time I walked away, I had a genuine appreciation for the work they did in breaking down organic waste to reuse it in new life.

**In this process, you're not trying to MAKE the world Divine. You're just establishing the fact that the world is already Divine inside your mind in a way that makes it easy to remember and act upon.**

Admittedly, the process is the same either way. Take note of this.

Actually, any process you used in school to study for your tests will also work in your manifestation efforts. Learning facts, and learning new beliefs are exactly the same process.

And manifesting is essentially a process of learning new beliefs.

Most folks learn best by relaxing and focusing their whole mind on the materials to be learned.

Others, like me, learn best by pacing the floor, with music blaring, and using a "hard focus" to drive in the details into our minds.

Over time, I learned that a balanced approach works best, and this is why I use two different processes to manifest the things I want in my life.

The reason I waited until now to tell you this is that I wanted to make sure you got a nice, easy start to develop your manifestation skills with

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comfort and joy. If you had started out trying a “hard focus” approach, the odds are good that you would have done so with feelings of frustration and opposition, which would have done more damage than good.

**Again, whatever process you use to learn new facts will be the process I recommend you use most often when manifesting your desires.**

And if you feel you never did well enough in school, don't sweat it! Just follow along with what I'm sharing with you here, and you'll do fine.

**Faith in yourself, and practice, are all you need.**

For now, and more specifically for today, your assignment is to learn this all-important fact: **Everything is an expression of Divine Power.**

Masterful manifestation depends on you knowing this to the core of your being.

Luckily, this is an area where “fake it til you make it” can help.

Imagine everything you see today as a form of Divine Power, and at least pretend you believe it 100%.

Soon you will believe it, because you'll see it in action.

## *Day 22: I am Divine*

Yesterday, I asked you to consider the idea that everything and everyone is an expression of Divine Power.

Today, I want you to focus on the person in the mirror and recognize that face as an expression of the Divine.

This will be a significant step towards improving your ability to manifest your desires.

**The more you see yourself as Divine, the easier it is to believe the universe will respond to your commands.**

Some people have trouble accepting this because they feel they don't "measure up" to some standard. This was a problem I faced for many years, and prevented me from manifesting much of anything until I learned how to overcome my limited thinking.

**Being Divine doesn't mean you're perfect. It just mean you have abilities and characteristics that go beyond just existing as a physical being.**

If you haven't been the most loving, caring, and honest person in the past, that doesn't mean you don't have the capability of being those things. It just means you have been exploring an alternate way of life.

Today, I'm inviting you to explore a different way of living and seeing yourself.

And no, I'm not saying you have to be these things in order to manifest. I'm just saying that you can be different than what you used to be.

It's your choice, and really, that's all it is. A choice. No one of any importance will care that you're becoming a more powerful, more Divine Individual.

**Now, while the processes we've learned earlier in this course are**

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**all you need to establish and strengthen a belief in your own Divinity, I'd like to share a new process with you, which you are free to use as well.**

It starts like our other processes, with a deep relaxation into an alpha or theta level of mind. As much as you can, put your body to sleep while keeping your mind focused on what you're doing.

Again, no need to be concerned about how deeply you relax. Just do your best and that will be good enough for now.

Once you've relaxed your body, focus on the feelings of enjoyment, pleasure, love, and gratitude. These positive emotions open up your Divine Connection and help you access that part of your being.

Stick with this until you feel a definite response. If you want, you can play with the feelings and amplify them to the point where the intensity is nearly overwhelming.

At this point, ask your deeper mind to give you two symbols. One symbol to represent yourself, and another symbol to represent the Divine.

Doesn't matter which order you get the symbols. Just ask for (and get) a symbol for each.

Now, bring the two symbols together, and notice how they merge, become one, and morph into a new and more powerful symbol. This step of the process instructs your deeper mind to make the changes you desire.

Sit in the energy and power of this new symbol for a minute or two while you imagine living as a Divine Being, and then end the session however you prefer.

And that's it. Nothing more to do, although you are free to repeat this process as often as you feel it necessary until the idea of you as a Divine Being is somewhat familiar and comfortable.

**The use of symbols to represent larger concepts is a key element in many magical systems.**



When you read of ceremonial magick, and how symbols may be drawn in the air to consecrate a space, or to call upon a spiritual being, or to send power to effect some change in the physical world, you'll now understand that the true power of all this is in how it communicates a set of instructions to the deeper Divine Mind within.

**Now, it's time to go play as a child of the Divine.**

Have fun!

## *Day 23: Connected to Everything & Everyone*

I have to say, I'm really proud of you.

Seriously! You've reached the 75% mark in this course.

By this point in any course, the majority of those who started have long since given up and gone on to something else. Especially in this field, where the vast majority of folks are hoping to find the elusive 'abracadabra' that will open the gates to Ali Baba's treasure cave and command the magic genie.

But you've stuck with it this long, and there's every reason to believe you'll finish this process and become the magic genie everyone's looking for.

### **Congratulations!**

And while it's true that you can manifest whatever you want using nothing more than what we've covered so far, what's left to come in these last few days will make everything up to this point seem like a mere warm-up!

I know I asked you yesterday to consider something which may have been quite a stretch for you — that you are a true Divine Being.

Today, I'm going to ask you to consider something much more expansive. Yet, still just another tiny step forward.

**You are directly connected to EVERYTHING and EVERYONE in the whole universe.**

A tiny step forward because, in my mind, a Divine Being is, by definition, universal in nature.

On the physical level, it appears that we are all separate and distinct individuals, with the only possibility of connection through physical touch.

Yet, scientists have proven that we are more than our physical bodies, with psychic senses that can see events miles away, and communicate with people on the other side of the planet.

Admittedly, the scientific proof is thin, yet statistically valid. And while there are many charlatans and con artists at work, there are enough sincere and talented psychics and miracle-workers who get a high enough “success rate” to know that there is a level of reality that goes beyond the physical.

**It is this non-physical level we’re learning how to access and use for our own purposes.**

I could talk for hours about some of the many theories about how this is possible, including higher dimensions, cosmic strings, quantum physics, and so forth, but it’s in everyone’s best interest that I keep this short and sweet.

If you’re interested in learning more, find a copy of Michael Talbot’s book, “*The Holographic Universe*”. A great explanation of the hard science, explained in a way that practically anyone can understand.

**This course is based on their work and my own experience, making it all much more practical and usable.**

Okay, back to topic.

**You are a Universal Divine Being in constant contact with EVERYTHING and EVERYONE in existence.**

No one really knows the scope and nature of this connection. We just know it exists.

Personally, I think of it as the same type of connection that exists between your feet and your hands. They are both part of the same human body.

You and I are both parts of the same Divine Body, as are everyone else on this planet, the next planet, and all the “stuff” in between.

**The more direct you imagine this connection, the better it works for you.** Which is why I see everything as an extension of my own

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non-physical body.

Play with this idea as much as you can today.

It's a crucial part of this manifestation machine we're building in you.

## ***Day 24: Universal Sea of Cosmic Divine Power***

Our focus for today is essentially a combination of a few things we've already covered.

Particularly, the lessons on practicing the presence, seeing the whole world as an expression of the Divine, and the fact that you're connected to all of it as a Divine Being.

And if you feel comfortable adding one more detail, the idea that you are Divinely Blessed.

**By bringing all of this together into one cohesive whole, you have the equivalent of an atomic power plant motivating your manifestation abilities.**

One of my favorite books, "*Mind Power*" by William Walker Atkinson, instructs the reader to start with a visualization that he/she is floating in the middle of a sea of Cosmic Divine Power. Some traditions instruct their students to imagine they are flying into the sun and soaking up the Power there. You could also imagine yourself walking into a nuclear reactor and soaking that up with complete immunity.

**However you want to imagine yourself immersed in an unlimited supply of Divine Power, doing so will shift your self-image beliefs in a way that makes it so much easier to manifest your desires.**

Personally, as you might have guessed, I feel that it's best to imagine this sea of Divine Power as part of your everyday world, perhaps as the Zero-Point Field referred to in quantum physics.

For those who aren't familiar with this Zero-Point Field concept, the idea is that the physical universe is essentially floating on a sea of Power, and the lowest power state that anything can possibly reach still contains an incredible amount of power and energy.

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One way to think of this is to imagine power as sound. When everything is as quiet as you can possibly imagine, there is the equivalent amount of sound as a hard-rock band playing for a stadium crowd. Ear-splitting levels. All other sounds are IN ADDITION TO this base-level of sound.

In our physical universe, the weakest and most insignificant thing has more power than 1000 atomic bombs.

**YOU have much MORE power than that within you. And you're directly connected to ALL Power, since you are a Divine Being.**

Here again, the things we're imagining today aren't intended to MAKE anything different than it was, but are intended to help you see the truth about yourself in that you don't just HAVE Power, you ARE Power.

**Accept this truth, and you will be completely unstoppable.**

Your assignment for today is exactly what you might expect. Take a few minutes here and there to focus your entire mind on the idea that you are in the midst of a universal sea of Divine Cosmic Power, and you ARE that sea of Power. This is the essence of who you are. And if you can add it in, a feeling of being Divinely Blessed.

And make sure to hold this idea as you would any other truth about yourself.

And do your best to hold on to this idea as you go about your day.

**If you did nothing else, this one thing will manifest a constant supply of ever-increasing blessings into your life for the rest of your life.**

The most important aspect is holding the idea as you would any other truth.

Try this. Think of your name. Now think of the place you grew up. How do these memories feel within your mind and body?

Now, think of the idea that you are a Divine Being. Does it feel the same, or does it feel different?

This is what I mean when I say to hold an idea as you would any other truth.

**In order to manifest something, you want to be able to think of your desired outcome, and have it feel like “truth”.**

This is why New Thought books sometimes refer to affirmations as “Truth statements”.

You can always relax deeply, bring up a strong positive feeling, and then ask your deeper mind how the new idea would feel when it becomes truth.

For me, true ideas have a degree of solidity to them, with a feeling of being placed low in my chest. False or imaginary ideas feel lighter, higher, and softer.

When I want to manifest something, I think of the desired result, notice where it’s placed within my body and how it feels, and then I consciously alter the placement and feeling of it until it matches the feeling of truth.

Play with this as you imagine yourself as a Divine Being in a sea of Cosmic Divine Power, and do whatever you have to in order for it to feel similar to knowing your own name.

## ***Day 25: I am a Co-Creator with the Divine***

Did yesterday's assignment give you a feeling of being a god?

If so, then you're starting to realize just how powerful you really are.

Am I saying that you are a god? Maybe. Maybe I'm just saying that you have access to a God-level of Power. Either way, the end result is the same.

Today, we bring together all of your previous training in this course into the next logical step.

**Your thought for the day is this: *I am a co-creator with the Divine.***

As a Divine Being, with access to Divine Power, connected to everything and everyone in the entire Universe, and blessed in a way that you naturally get whatever you want, you have everything you need to manifest whatever you desire.

You really just need to accept this Truth about yourself, and you're good.

Some people wonder if the Divine is universal and omnipotent, why does it (he/she) need co-creators?

**If you think about it, how else would the Divine be able to maintain and create a infinite number of intricate details on a universal scale if not for multiplying itself into billions and trillions of co-creators?**

You are a necessary piece of the overall puzzle. You, and the visions that are yours to create, are far more important than you can possibly imagine.

**Today's assignment gets into far more than a simple belief to help you manifest. It also gets into the very reason you exist. Your reason for being here. Your mission in Life.**



Some folks going through this course will find this easy to accept. Others may need a bit more time to work with the idea before it becomes comfortable. No rush. Take as much time as you need.

Even if you fully accept this idea, I still want you to take today to fully engulf yourself into it. Focus your whole mind on the idea of yourself as a Divine Being with Divine Power, serving as a front-line person for the Divine to create your vision of what the world should be.

If you want to entertain the idea that the universe would fall apart without you, go right ahead.

**Accept your Divine Importance.**

I know. Heavy stuff, isn't it?

Some folks may be wondering what this has to do with manifesting greater abundance, more money, improved health, better relationships, and other more mundane desires we all have?

Simple answer. It's a matter of perspective.

When you see yourself as a Divine co-creator with a mission in life, everything takes on new meaning, and you start to see those little things AS little things. And when you do this, they are so much easier to manifest, because you know you are much more, and much more Powerful than they are.

**When you see yourself as bigger than your problems, the problems are easier to solve.**

When you see yourself as "larger than life", Life get easier.

One of my worst mistakes was seeing myself as this little guy from a little town, with nothing much to offer the world.

When I allowed myself to consider the idea that I had a mission in Life, to create my vision of what the world should be, and to help others create their visions of what the world should be, my experience of Life grew so much more beautiful and enjoyable than I ever thought it could be.

The purpose of today's lesson is to help you take your foot off the

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brakes, to use a common analogy.

Don't hold back. Let yourself go free. Refuse to acknowledge any perceived limitations. Be bold and conquer. Go for the gold.

### **You can do it.**

You just have to believe in yourself.

Today's step in that direction is to imagine yourself as a co-creator with the Divine, with Divine Power, and a mission to co-create YOUR vision of what the world, Life — and in particular, YOUR Life — should be.

Use the same process we've been using. Set aside time to focus your whole mind in this idea in a state of deep relaxation and intense emotion, and then do your best to carry it with you as you go about your regular activities.

If you have to, PRETEND you are a co-creator, until you can fully accept this truth.

You can also practice reshaping the feelings around this idea to match other truths about yourself, such as the truth of your name, your home, etc.

**And above all else — HAVE FUN WITH IT!**

## ***Day 26: I am a Master Manifestor***

You've "heard" me say a number of times that you already have everything you need to manifest whatever you may want in life.

Most of this course has been on improving your manifesting skills and expanding your abilities to manifest bigger and grander visions, more quickly and easily than ever before.

**Today, we take the final step in perfecting your manifesting abilities.**

As you might expect, it's accepting one more truth about yourself.

**This truth is (expressed as your thought for the day): *I am a master manifestor.***

By this point, as long as you've been practicing each and every step along the way, relaxing deeply within yourself, bringing up intense positive emotions, imagining various things in rich, vivid detail, and holding on to these ideas throughout your day as if they are already true, then you have all the skills of a master manifestor.

That's because these are the steps to manifest anything.

Now, it's possible you may be wondering if these are the only steps in manifesting, then why did we spend so much time focusing on the Divine — practicing the presence, focusing on the fact that everything and everyone (including you) are an expression of the Divine, and so on.

**The steps I listed above are what you do with your conscious mind. All the other stuff we covered in this course is handled by your subconscious mind in the background.**

Think of it as two levels of manifestation work. Conscious and subconscious.

The majority of this course has been focused on training your

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subconscious to support your conscious efforts.

Tomorrow, I'll start to give you some very specific guidance on how to use this process to manifest specific things into your life.

**For now, use today to focus on the idea that your development is now complete. "It is already done!"**

You are a master manifestor!

Congratulations, new master.

## *Day 27: Manifesting Divine Guidance*

During this course, we've covered the specific mechanics involved in manifesting, as well as many of the beliefs which will help you improve your manifesting abilities.

These last few days of the course will be focused on how to use the manifestation process to get the most from your efforts.

**Today, we'll focus on one of the best time-saving techniques I know. Manifesting Divine Guidance.**

Let's say your goal is to start a freelance business in which you offer some creative service to other business owners. Perhaps it's graphic design, photography, modeling, or copywriting. It could be anything.

Without Divine Guidance, most people look for information on how to best start, run, and advertise their new business, following the suggestions of others who have started similar businesses. In general, this is a good approach. The possible problem with this approach is that you may get conflicting advice from different people.

For example, one person may say you need to spend a few hours each day on social media to build relationships. Someone else may say you need to meet potential clients face to face and show a portfolio of previous work. Another person may say the best approach is to offer small samples / sessions / etc. to demonstrate what you can do. You might also hear that none of that really matters if you have a great website and offer low-cost services until you become well-known in your industry. And that may conflict with someone else who says you never want to offer low prices and you need to start charging full industry rates right from the beginning.

The same conundrum exists when pursuing a new relationship, treating a health condition, or even planning a fun and exciting weekend. A wide variety of paths to follow. Some good, others not so much.

So, which way do you go?

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Without Divine Guidance, you try each idea until you find one that works for you.

**Or, you could skip all the trial-and-error, and “manifest” a plan of action.**

Before I describe the technique, I probably should say that it has taken me YEARS to learn to trust the advice I get from within. I’ve always been a left-brained logical thinker who needed solid reasons why before doing anything. This has made learning this stuff much more difficult, but also helped me find the specific details no one else was talking about.

In my case, going with the first thought that popped into my mind never really worked. Most likely, because whenever I tried it, I was in a beta state of mind — not relaxed enough to make contact with the Divine Mind within.

When I finally learned to relax deeply, open myself to the Divine Mind through the use of strong positive emotions, and simply ask for an answer, I found that the answers I got were often much better than I could have produced after weeks of conscious mind effort.

So, these day, I don’t plan out any significant work without consulting with the Divine Mind within. And that includes each and every one of the lessons in this course.

**Here’s my process. Once you’re used it a few times, feel free to modify it to fit your personality.**

First step is to relax into an alpha/theta state of mind, focusing on positive emotions until I feel a definite response.

Next, I imagine the end result I want — a clear and definite outcome the plan is to produce. In the case of these lessons, the desired result is thousands of happy students who are getting great results from their manifestation efforts and are happy to pay me a reasonable fee for the course. For a business plan, the end result would be a successful business, with happy clients gladly paying healthy fees and an income that more than meets your needs.

At this point in the process, you have essentially manifested the end result. The only thing left would be to trust the process. But in this case, we're going to take one more step.

After imagining the desired end result, I simply ask my deeper mind, *“What do I need to do to enable this to manifest?”* In asking, I trust that the answer will come, either directly before I end my session, or as I need it as I go about my normal activities.

In most cases, I get the answer immediately. Sometimes before I even finish asking the question.

And usually, the answer is so clear and easy to understand, I don't need to ask for further clarification, which would be a followup step if necessary.

Also, in many cases, especially with a larger plan, I only get the details of the next step, or maybe the next couple of steps, with the rest of the guidance to come later.

**Whether you get an immediate answer or not, trust that the process is working, and that you will be guided to do the right things at the right times for the right reasons.**

Even if — and maybe even ESPECIALLY if — that guidance leads you to do things that are “out of the ordinary” for industry standards or your normal way of doing things.

**There is truth in the saying that “if you do things the same old way, you'll get the same old results.”**

After you've finished your session to get Divine Guidance, continue on as you would with any other manifestation. Imagine the end result as a present reality, with an attitude of “it's already done,” and a feeling of being Divinely Blessed and Guided.

And so shall it be.

## ***Day 28: Developing Intuition***

Divine Guidance, intuition, psychic abilities, gut instinct. What makes one different from the others?

Not much, actually. They all depend on being able to relax your conscious mind, and receive information from your deeper mind. The main difference I see is in how well they are integrated into your daily life.

**Today, we're going to take the basic framework we established yesterday, and show you how you can use your natural psychic abilities to make life easier.**

First, though, a quick example of how this works in real life.

Just yesterday, my wife and I went on a grocery shopping trip. One of our stops is Sam's Club, where the only boxes or bags you get to carry your stuff home are the leftover cartons you might find around the store. As we went through the store, I had picked up 2 of the cartons as I felt led to do. When we got to the car, I placed the 2 cartons on the back seat, unloaded the cart, and it was a perfect fit.

Linda said, "*Great planning there, dear.*" I responded, "*Actually, that was no planning at all. Just worked out that way.*"

I know, not a dramatic story, but it illustrates what I'm talking about here. A dozen such experiences a day, and your life runs like a well-oiled machine.

Another example would be when I meet someone new. Pretty quickly, I get a feeling about them which later turns out to be right on the money. Maybe something doesn't feel right, and I later find out they're not to be trusted, or maybe I feel in sync with this person and we have a nice time together.

Again, it took me years to learn to trust the messages I receive from my deeper mind.



They may not always be right, but they're right at least 85% of the time. I suspect the other 15% is when I wasn't relaxed enough, tired, or my beliefs somehow garbled the message.

**Okay, so how do we learn to do this on a regular basis?**

More than anything else, it's practicing what we've already covered. Relaxing deeply (especially when you're first starting out), imagining a connection to a Source of guidance and information, and trusting what you receive. That, and clearing your mind to get accurate details.

As far as imagining a source of information, there are many ideas and models to work with. Akashic records, Universal library, collective consciousness, Divine Mind, spirit helpers, thought radiation, astral projection, multi-dimensional perception, / third eye, etc., etc., etc.

Feel free to read up on these topics and pick one that appeals to you. The main thing is that you believe you can get information from whatever process you use.

Relaxing and "tuning in" like I'm adjusting an old time radio works well for me. Some folks imagine they are "stepping into" another person who already knows the information they seek.

Unfortunately, the only way to really get good at this is taking time to practice and play with various methods.

Most of the practice we've done in this course has been on PROJECTING your thoughts out into the universe, and this process of receiving guidance, intuition, and psychic impressions is going in the opposite direction.

The only thing I can say that might help this go quicker is to work on "manifesting" clear and accurate intuition. That will at least help move you in the right direction and eliminate a lot of trial-and-error.

**Here's a game you can play for practice. You'll need at least one other person to play, and it can be highly entertaining at parties with a large group.**

Better to start with small groups, though. Wait until you know you're good before performing in front of a large audience.

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Have someone give you a name of someone they know, but you don't know. Go within, connect with your deeper Divine Self, and ask for a description of the subject. Relay this information and get feedback on how accurate it is. When you start getting close, notice how you feel inside and how the information is coming to you. That will be how you can tell good information from the not-so-good.

When I first played this game, practically everything I came up with was wrong. With practice, though, I got better and would get accurate information on the subject's height, weight, hair color, eye color, personality, and interests. Hard objective facts that could be easily verified or disproved. Rarely did I get any of the details wrong, and sometimes I even got information the other person didn't know, but later verified.

Once you know you're getting good information, it becomes easier to trust it when you can't verify your accuracy.

A variation on this game is to hold an object and ask your deeper mind to describe events and people who came in contact with it. Psychometry is an old practice, with ties to psychic investigation into hidden activities.

## ***Day 29: Divine Will & Momentum***

Before we end this course, I want to make sure I give you everything I can to help you get maximum results from your manifestation efforts.

The previous two days have been about eliminating wasted effort in trial-and-error hunting for a plan of action.

These final two days will be about amplifying your ability to use Divine Power.

**Do this right, and you'll become the proverbial “unstoppable force”.**

As we've gone through this course, you have no doubt had experiences where I asked you to imagine something and pretend it's real, and yet felt some degree of difficulty following through with it.

**This is something else I had a lot of trouble with, and in my case, it was a reluctance to ignore the “facts” of my perceptions and embrace what felt like a fantasy.**

This is why I asked you to approach many of the assignments as a game, and hold no real expectation of results. At least long enough to get practice with the core mechanics of manifesting until you could develop a belief in it working.

Hopefully, you have noticed some changes, and have some direct experience to prove that this stuff does work, even if you weren't perfect in how you did it.

**Either way, today's lesson will help you multiply your results.**

The core principle we're working with here is that the strength of your manifestation ability is based on the clarity of your thoughts and the strength of your beliefs.

Put out a wishy-washy effort, and you get wishy-washy results.

**Put out a strong, clear signal, and the Divine Mind receives a clear**

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### **set of instructions to follow.**

Just to be absolutely clear, what I'm talking about in today's lesson isn't about using force to make anything happen. I'm talking about being clear and precise about what you want.

Yes, I'm taking extra steps here to be clear in my message to you, because what I'm talking about is willpower.

When most people hear the word, 'willpower', they think about making yourself do things you'd rather not do, like starving yourself, walking over broken glass, or other nonsense like that.

**In manifesting, willpower is used to keep your mind focused, pretend that reality is different from what is currently true, and allow yourself to believe in magic and miracles.**

It was willpower you used to imagine something enjoyable and actually feel it. It was willpower you used to imagine Divine Power blessing everything in your life.

This course has given you many opportunities to exercise your willpower, and today, I'm giving you something completely different, which can multiply your willpower like nothing else I've ever seen.

At its core, willpower is nothing more than the ability to make a decision and follow through with it.

The strength of your willpower is determined more by your belief in your own willpower than anything else. And your belief in your willpower comes from your experience in using it.

When I first thought of the exercise I'm about to share with you, I almost thought of it as a joke. But something led me to actually try it, and as I mentioned earlier, it works better than anything else I've ever come across.

The core idea is that as you go about your day, before you do anything, simply make a decision to do it, then follow through with what you were going to do anyway.

For example, before you get out of bed in the morning, make a clear

and definite decision to get out of bed, then do it. Before you go to the bathroom, make a clear decision, and then do it. Before you get dressed, make a decision, and do it.

**Follow the same pattern with everything else you do for the entire day. Yes, this is your assignment for today.**

It's going to feel a bit silly to make decisions to do things you were already going to do. Do it anyway.

The principle at work here is that as you make decisions and follow through on them, you're developing a pattern of action where you follow through on your own decisions. You're establishing a "history of success" in using willpower. When it comes time to make a tougher decision, you're more likely to follow through on it by the sheer force of habit.

**This also carries over into your manifestation results. Make a decision => get results.**

Don't jump right from these "easy decisions" to a "near-impossible decision" right away. Built up to it in easy steps.

I've often told the story of how I increased the weight I was able to bench press from 150 pounds to 202.5 pounds with nothing more than a single lift per day. If you haven't heard it before, here's the essence of it.

Before starting this process, the most weight I could lift in this exercise was 150 pounds. On the first day of the experiment, I went to the weight machine, set it for 130 pounds, and lifted that. Nothing else until the next day, when I added 2.5 pounds to the stack and lifted that.

Each day, I went to the school gym and added 2.5 pounds to the weight stack, laid down on the bench, and pressed it up from my chest to arm's length. If I failed, I went back the next day to repeat that weight.

On the last day of school that year, I lifted 202.5 pounds, which was completely impossible before I started this process. No other exercise during that time.

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By starting with 130 pounds, I set up a pattern of success before I attempted to lift more than I had previously. When I started to move into new territory, I had a belief that lifting 2.5 pounds more than the day before was an easy task, and my belief made it real.

By exercising your willpower on easy tasks, you build up a belief that you can make a decision and follow through on it.

**This will enhance your manifestation results because once you make a decision to manifest something, you'll have a firm belief that your decision will produce tangible results.**

This has become quite a long email. Hope it helps.

## *Day 30: Multiplying My Results*

I know I've said this before, but I'm VERY proud of you!

You made it all the way through this entire 30-day course, and now here we are on the last day.

One more chance to give you something that will help you manifest more of what you want in life.

Of course, if you know me, you know that I won't stop here. I have a habit of giving and giving and giving. And for good reason.

I've found that the more I give, the more I get. Most people call it karma.

**One of the best things you can do to multiply your manifestation results is to become a source of blessings to other people.**

It's almost like Life is an echo, or a mirror. Whatever you do for others comes back to you multiplied.

If you give love, you receive love. If you give honesty, you get honesty. If you give someone what they need, Life makes sure to give you what you need.

**One of the primary reasons we have "the Golden Rule" is because it works.**

Too many people get this backwards, especially in the area of money. They feel they need more money, so they become stingy and hold back from giving when they really need to give more so they can receive more.

This doesn't mean you have to give money to become more prosperous, although that does also work. Talk to anyone who tithes on a regular basis and ask what it does for their prosperity.

What I mean here is that if you currently have limited funds, you need to find some way to give to others, which may be to give your time,

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your expertise, or even your love.

**When you seek to serve others in whatever capacity is required, Life seeks to serve you in whatever capacity is required.**

Of course, the spirit in which you give will also be the spirit in which Life gives back to you. If you attempt to manipulate the system, the system will manipulate you.

And there's no fooling the Divine Mind.

I can't tell you how many times I've read in various books that we are to celebrate the success of others in order to manifest our own success. When you see someone getting an award, or a raise, or purchasing a luxury yacht, refuse to respond with resentment, envy, or judgement. To do so will only produce negative results for yourself.

Instead, when you see someone who has what you want, and even if they have what you feel is "too much" of this good thing, you really want to respond with approval and appreciation, and even gratitude — gratitude that such success is possible.

Now, I will completely understand if this doesn't yet make sense. It didn't make sense to me for a very long time.

**The principle behind this is the same principle which makes manifestation itself work. Thought projection.**

When you project your thoughts into the Divine Mind, the Divine Mind responds by manifesting the essence behind the thought.

So, a thought of Divine Blessings is manifested into positive experiences.

A thought of prosperity manifests into prosperity.

A thought of generosity manifests into generosity back to you.

A thought of giving out of lack and limitation produces more lack and limitation.

**And thoughts which lead to actions are more Powerful than thoughts that do nothing more than sit in your imagination.**



This is why pretending your manifestations have already happened is more powerful than simply visualizing them.

It's also why we have the saying, "faith without works is dead."

**Bottom line: if you really want to maximize your manifestation results, become a blessing to others, and focus on the Divine Abundance from which it comes.**

Your assignment for today is to find at least three people you can help in some way, outside of what you would normally do.

Tomorrow, we'll wrap all this up.

## *Graduation & Commencement*

WOW! We've come a long way in this short 30-day course, haven't we?

We started off with basic relaxation, and reaching an ideal level of mind in which to manifest our desires.

We learned how to elicit a strong positive feeling to help us resonate with the Divine Mind.

We even learned how to use symbols to bring us into the ideal space for manifesting quickly and easily.

And that was just in the first week!

We used these basic skills to establish a connection with the Divine Mind so our thoughts and feelings could be communicated in a way that would produce tangible results.

Through a process of focusing on positive moments, then gradually expanding to an idea that our life is Divinely Blessed, we activated feelings and beliefs that serve to provide a strong foundation upon which we can manifest an almost infinite number of positive benefits.

In this process, we also learned that our natural childhood instinct for pretending is actually a powerful success strategy for manifesting, as long as we allow ourselves to suspend disbelief long enough for the new ideas to become real.

We expanded our own self-image to realize our Divine Nature and our link with everything and everyone in the Universe. We also learned that through this connection we are a co-creator with the Divine and can exert an influence over the events in our lives to lead to the manifestation of whatever goals we may desire.

We even learned how to eliminate much of the trial-and-error that wastes time, through the use of Divine Guidance and intuition.

And finally, we covered how to maximize our Divine Will and activate the law of karma to manifest more good things into our lives.

**From here, the sky is no longer the limit. The only limit is what you can imagine as a Divine Possibility and your resolve to stick with the process of Relax, Imagine, and Trust until your manifestations become reality.**

What do you desire? Money, wealth, success, fame, love, romance, adventure, health, happiness, peace of mind? These can all be manifested using the processes we've learned in this course.

In my own life, I've manifested everything from a same-day windfall of \$70 to a gift of \$20,000, as well as guidance on building two successful businesses, one which has produced as much as \$5,000 in a single day and \$15,000 a week. And that's just in the money category. I've also manifested positive results in every category you could name.

Knowing what I know now, I understand the true value of the information shared in this course. If I could go back in time and get this information sooner, it would have been worth many thousands to me personally. And that's just the money I spent on other books, audio programs, workshops and other courses that didn't work for me.

And yes, we are now at that moment where I ask you what this course was worth to you.

I realize you don't yet have the hindsight I do, so you probably aren't going to feel the same way I do.

**Personally, I would consider this venture a smashing success if you feel it is worth a mere \$50 or \$100. Completely overjoyed if you feel it's worth \$200 or more.**

But even if you felt it's worth only \$10 or \$20, that's okay too.

As I promised before you signed up for this course, YOU get to decide what it is worth to you. My own prosperity does not depend on what you do here.

I've set up a form where you can enter your own value for the course

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and complete a payment. You'll find it at:

<https://PowerKeysPub.com/amember/signup/30days>

If you already have a member account on the website, the form will ask you to sign in before completing it. The system is already set up to help you where you might need assistance. Of course, if you need additional assistance, just let me know and I'll do what I can.

If you don't yet have a member account, the system will create one for you. When you log in, you'll find a couple of pre-selected bonuses I'd like you to have.

As mentioned yesterday, I have a habit of giving, and after you make your payment for this course, I'll add one or more bonuses to your member account, the specifics of which will depend on any previous purchases you may have made and the amount of your "donation" for this course.

I say "donation" because at this point, you really have no obligation to pay anything for it. I hope you do, however, as this helps me continue offering low-priced and free resources to everyone who could use them.

And yes, you may consider this one way you can continue to be a blessing to others and activate the law of karma to return the favor as increased blessings for you.

Whatever you decide to do at this point, know that I truly wish for you the best of all good things.

Thank you for allowing me to be of service.