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Part 1 of 4

What does it mean to manifest and why we fail? Overview of consciousness system of manifestation

You are manifesting all the time. If you look around you and see what is in your life, you have created it. Yet, how much of it was created consciously, with your highest good powerfully present. Since we all are manifesting all the time, would it be helpful to do so more consciously? And to manifest from your bigger essence...and not your unsupportive attachment system and negative brain wiring?

I. **Definition of Manifesting** – attracting to you, your highest good be it a job, abundance, or relationship.

a) Feeling whole, centered and happy - especially if what your heart's desire is aching to receive - just hasn't shown up.

II. **There are 3 Primary Reasons Why We Don't Manifest**

1) **Our sense of self creates our reality**; if our false self is in charge (or our wounded parts are in charge) you will create a lower vibrational reality than when your higher self essence is in charge. I call this true essence that holds the vibration of your spiritual wholeness, the Core Being.

a.) If our vibration doesn't meet the vibration of what we want to attract; it simply won't show up.

b) This means there is a life lesson we need to learn.

c) We need to incarnate more of our wholeness into our beloved human form and transform the blocks or negative patterns in our way. These negative patterns make it difficult to see the clear pathway for manifestation so we miss the gifts the universe offers.

d) This means a part of your false self, is holding you back. As you learn to feel the emotional pain of the false self, and transform that pain to a higher vibration, the pain then becomes an energetic portal to **incarnate** more of your higher self (Core Being) into physical form. This increases your vibrational frequency so you attract to you what you want to manifest. In the later parts, I will give you the steps and skills on how to do this.

e) Excuses are not reasons! Sometimes we will make excuses to stay in our negative patterns. For instance, this week I had a client

that said she would stay in a toxic relationship because her false self had more to learn. It can be very difficult to know when we are in a defensive patterning.

2) The second reason we don't manifest what we want is because **the timing is off.**

a.) Patience is often needed. There is our time, and then there is divine time.

b.) Don't give up. British Prime Minister Margaret Thatcher lost many elections and was told by her party that she should give up. Yet, eventually she went on to be one of the most powerful leaders of her time.

3) **It is not meant to happen.** Not everyone is meant to be a rock star. There may be a better path your essence needs to experience. Michael J. Fox was struck down with Parkinson's Disease during the height of his career. He put his career on the back burner and focused on finding a cure for Parkinson's. He now runs a foundation and has raised more than \$750 million! He claims getting sick was the best thing he has ever done. He outlines his gratitude and life lessons in a book called, "Always Looking Up."

4) **Grace can always come in** and break these rules, and that amazing

thing can just show up.

a) The best way to support grace is to surrender, trust and follow that inner voice that can lead you along a more direct path; more on how to create this voice in part 4.

b) Another way to support grace is to be kind to your human when he or she makes a mistake or is experiencing troubled times. Self-love is the primary force that fosters grace.

c) If the path you are on, turns out to have many bends and turns, let that feel perfect and don't ever feel as if you are a victim. Instead, find the internal power to get curious (Explorer's Mind) as to what internal influence you can muster, in order to create a shift. When you have the mind-set that it is the journey not the destination that matters, you can feel joy and fulfillment along the way. And isn't that something important and key that matters?

III. Life is an illusion, ever wonder how to awaken from it?

a.) Open to the super power skills of the quantum reality where life, self, and emotions are malleable (Part IV of the training)

b.) Your sense of self, creates reality (Spiritual Law 1)

c.) High Vibrational Consciousness (HVC-white paint)

transforms Low Vibrational Consciousness (LVC-black paint) so you change your vibration to match the vibration of what you are aligning to manifest.

SUMMARY OF KEY POINTS

In summary, to manifest that relationship, job or whatever it is you want, you must resonate your vibration to match or exceed the vibration of what you want to manifest.

This is why some people are good at manifesting money but can't keep a relationship together. Their vibration is not balanced to manifest both outcomes. Examples are easy to find of the CEO alone in the big house because his children have turned away from him.

You see, our emotions and false self can hold us back from creating all of what we want. As we learn to match our vibration to what we want and embody more of our Core Being, we empower ourselves to consciously create our lives. See this video of my cat Sydney create a loving relationship with my new puppy Inca. Whereas my other cat Gus, just can't resonate at the vibration of creating a healthy loving relationship. Gus is a kind loving soul, yet he doesn't have self-protection skills. Sydney on the other hand, has great self-protection skills, and over time, has learned to be kind and loving too. She started out feral, and over the years (she is 8 – Gus is only 3), she has learned the balance between love, boundaries and self-love.

In Part 2 we will explore specific manifestation techniques so you can rewire your brain and body systems to identify and then receive the

gifts the universe offers. Sometimes, we are conditioned to “miss” the opportunities being given to us.

For instance that message about the drowning person asking God to save her. Specifically, I will teach you two steps, skills and universal laws to change your vibration to foster conscious creation.

Part 2 of 4

How to rewire the brain for manifestation by using Steps, Skills, and Universal Spiritual Laws 1 and 2.

I. Emotional connection - activates memory of the brain and can support manifestation (Abraham Hicks quote about your hands being tied but not your imagination.) Yet, it takes more than just an imagination. Why? Story of being in Cambodia and a cease fire once I got fed up with the bombing during the coup. If you are clear, focused and strong - it can be instant.

a.) What kind of emotion, fosters manifestation?

b. Victim consciousness inhibits manifestation (Part 4 energetics of these concepts)

c.) When the mind loops, energy build will dissipate. Let go, let god.

d.) Neurons that fire together, wire together

II. How the brain's habituated reactivity can prevent manifestation. Background about the negativity bias of the brain - Rick Hanson

a) Your brain is not your mind. An aware and awake mind (white paint) can reprogram the brain so it is better at manifesting.

b) If you collapse into the pain, losing differentiation and individualization (dad story). 3-parts of the brain (monkey-prefrontal, mouse-limbic, reptile-primal) Client story about her saboteur.

c) Role of fear and anger

d) Implicit and Explicit Memory

e) Procedural Memory (bottom up system/top bottom)

Pat Ogden, (trauma orienting patterns) your negative past will repeat until you get the lessons it was meant to bring. For instance, Michael came to me because he wanted to find love. During the session we identified several internal barriers that would prevent him from seeing, then finding true love. Basically, he was afraid of contact. If a woman even looked at him as if she was interested, his procedural memory would take him over and he would run. I told him it would probably be two years before he was truly ready. This is because he needed to reprogram his negative habituated subconscious reactivity and

anchored deeper into his Core Being. I got a call from him last week, he said I was accurate and it had taken him two years. He scheduled a session because he wanted support around preparing to build a family!

f) Einstein – if you do the same thing yet expect different results, is that insanity? Conditioned behavior has a link to ego, false self and trauma.

g) Finding your shadow is the best way to discover what part of the brain needs to be rewired.

h) Assessment exercises on manifestation. Name something that is not working in your life. We will explore your part in creating it. So you can learn from the past, embody more of your bigger essence, and prevent the negative past from repeating.

1. What do you want to manifest? (Relationship story)

2. Is there a trauma/wound link?

3. What is the emotional pain (LVC) involved?

4. What is the positive sense of self/emotion alternative?

5. Feel it as an emotion in the mind and a sensation in the body to reprogram the brain.

i) How to rewire the brain?

j) Your mind is not your brain

III. Steps, Skills, Laws 1 and 2 to rewire the brain's negativity bias and foster manifestation

a.) Spiritual Law 1 – your sense of self creates your reality.

You are manifesting all the time...you might as well choose to manifest from your bigger essence...and not your unsupportive attachment system and negative brain wiring.

b.) Step 1 - Awareness – engages prefrontal cortex

c.) Skill 1 – Explorer's Mind

d.) Spiritual Law 2 – You are not your emotions, they are just energy that can transform from LVC to HVC.

Step 2- Detach, differentiate, individualize – shift from limbic and primal, reset unsupportive procedural memory

Skill 2 – Intention Line (male/magnetic), Brennan Hara Line

Summary of Take Aways

The brain is not the mind. The mind can rewire the brain to foster

(Steps/skills/laws 1 and 2) detachment, differentiation and individualization so that your emotions support manifestation instead of block manifestation.

Yet don't deny that neurons that fire together – wire together. You can't change if you don't change your brain. Awakening, intuition is all about using your wholeness to rewire the brain to higher consciousness.

Part 3 of 4

Biology of the wound (trauma), the nervous systems' reactivity and your dysregulated attachment system, including it's impact on manifestation. Using step/skill and universal spiritual law 3.

I. Attachment system – Polyvagal Theory explores the evolution of the vertebrate autonomic nervous system to the emergence of social behavior (puppy picture)

a) Sense of self, limbic reactivity, ego and false self defenses, procedural memory.

II. Attachment system influences the brain.

a) Insecure attachment – anxious, avoidant, anxious-ambivalent

b) Core Being is secure attachment

III. Brain-body-subtle energy model that emphasized the bidirectional communication between the brain and the body.

IV. Trauma influences the brain – trauma orienting patterns dictate if you tend to over react (hyper arousal) after sifting through stimuli or under react (hypo arousal). Simply responding out of congruence with the energy of the moment changes your vibration and can prevent manifestation.

IV. Exercise

V. Steps 3

Part 4 of 4

Cultivate the Subtle Energy of Manifestation and Learn How to Awaken Your Intuitive Super Powers to Change the Energy for Manifestation. Using Step, Skill, Universal Law 4 and 5.

I. Subtle energy is the blueprint for everything.

a) Can't change if you don't change the brain.

b) The sense of self influences the mind, which changes the brain/body, which changes the energy system

c) As you master these steps, skills and laws, you alter all three systems in one!

d) This changes your vibration to match what you want to manifest

II. Anatomy of the energy of trauma orienting responses and the Energetics of the bottom up system and procedural energy (Levels 2 and 4)

III. Intention line, Barbara Brennan Hara line. (Story about the house and plane.

IV. Chakra system – exercise

V. Link to trauma

a) Must keep energy field bigger than the trauma

b) Anchor into power and Core Being

V. Assess and transform blocks in your way Steps, Skills and Spiritual Laws 4 and 5

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