

FOUNDATIONS

Manifestation Event Form II

Manifestation events come to illuminate your beliefs so that you can raise your perspective/vibration. E's that trigger negative emotion help you discover limiting beliefs. But when you experience an event and feel positive emotion, the manifestation event has illuminated a beneficial or empowering belief. Just as you are able to process the limiting belief by finding evidence to prove it's false, you can enhance the intensity of an empowering belief by finding evidence to prove it's true.

All limiting beliefs are false, while all empowering beliefs are more true. All beliefs exist at a certain intensity. To increase your perspective you would reduce the intensity of limiting beliefs and raise the intensity of empowering beliefs. You can find evidence that proves your empowering beliefs are true, just as you can always find evidence that proves your empowering beliefs are false.

The happy event does not make you feel good. The event is neutral, and you are choosing to interpret the event as good. You feel good, because you are aligned with your inner self's perspective with regard to the event itself. You are simply perceiving reality accurately and the associated feeling confirms this. But without an empowering belief, you could not choose the same perspective.

The Manifestation Event form can also be used to help you raise the intensity of your empowering beliefs. This will help you increase your perspective. It's the validation from within that you are on your path and correctly assessing your reality. Use this form whenever you feel any positive emotion in response to some event that has occurred during the day. It could be a compliment from your mate, a successful moment at work, an unexpected check in the mail, etc. This form will help you find the underlying beneficial belief that initiated the event.

There is far more to this form and much more to learn. This form can be used to practice maintaining your alignment with your inner self. For today's assignment, we will focus on those beliefs that are responsible for attracting much of what you want.

As you move through the various courses and programs that we have brought forth through Gary and Christy, you will receive more advanced versions of this form that will take you much further. However, this version of the form will help you make a great leap in your own perspective and this will ready you for more to come in the future. For now, let's play with this process.

On the next page, think about a recent event that triggered positive emotion and complete the six-step process.

If you have difficulty with any of the steps, do your best and fill out each one. Then send your completed form to christytrg@msn.com and you will be given a tip that will help you.

An example of this six-step process follows the form, a happy event that happened for Christy

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Step One: Describe the event that you feel caused the positive emotion you felt recently.

Step Two: Describe the emotion you immediately felt (excitement, satisfaction, compassion, joy, connection, etc): Find the most accurate word that describes how you felt specifically. Try not to generalize the emotion such as; good, bad, happy, joyful, etc.

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Step Three: List some thoughts that you immediately attracted:

Step Four: Identify at least one possible belief you have about yourself that could be related these thoughts:

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Step 5: List one example from your life (or the life of someone you know) that could provide evidence that the above belief is TRUE for you. At some point in your life you had a similar experience and felt the same kind of emotion. Use these experiences to prove that your perception of this event is true.

Step 6: Everything is happening to you. If you agree, you will feel positive emotion. This feeling is the proof (in the form of guidance from your inner self) that your perception of the event is accurate. Now it is time for you to look at the event from an even higher perspective. Find a perspective that could be even more true and might be more aligned with the perspective of your inner self. Describe how this event orchestrated by the universe and every person involved just FOR you:

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MANIFESTATION EVENT FORM

Step One: Describe the event that you feel caused the positive emotion you felt today.

After completing my very first Joshua Live - Channeling White Light in front of a group or anyone but Gary for the first time - I received dozens of emails and text messages immediately. The messages were expressions of gratitude, appreciation, congratulations and high compliments. They came from close friends and some came from members of the community that I barely knew.

Step Two: Describe the emotion you immediately felt (joy, love, exhilaration, satisfaction, etc). Find the most accurate word that describes how you felt specifically.

Relieved, grateful, excited

Step Three: List some thoughts that you immediately attracted:

Phew, I didn't destroy Gary and Joshua's credibility in one hour! This information IS beneficial. This is actually REAL.

Step Four: Identify at least one possible belief you have about yourself that could be related these thoughts:

I can push past any fear to do what I'm inspired to do.

Step Five: List one example from your life (or the life of someone you know) that could provide evidence that the above belief is TRUE for you. At some point in your life you had a similar experience and felt the same kind of emotion. Use these experiences to prove that your perception of this event is actually true.

I bungee jumped! I was as scared as I have ever been, but it was the most fun experience and I felt invincible for weeks after I did it.

Step Six: Describe how this event was FOR you:

The inspiration came through Gary for me to bring in White Light on the Joshua Live (only a couple of hours prior to the start). The positive feedback I received as well as the amazing feeling of love that I felt build as the Zoom call progressed, strengthened my belief in my connection to White Light. It showed my that pushing past fear to act on inspiration is always worth it.