

FOUNDATIONS

MANIFESTATION EVENT FORM

Nothing is ever happening to you. Everything is always happening for you. Did you feel negative emotion today and perceive that something happened to you? If you are like most people, you experienced many events that were accompanied by some form of negative emotion. That's wonderful! You have been given gifts from the universe designed to help you manifest everything you truly want.

These gifts come in the form of events that we call "Manifestation Events" and their purpose is to illuminate your limiting beliefs. Something happens and immediately you feel negative emotion. You might assume that the event was the cause of the emotion. You probably conclude that if the event did not happen, then you would not feel negative emotion. That sounds logical, but it is simply not the case at all. Nothing can create in your reality, for you are the sole creator of your own reality.

However, in this case, you believe that the event was wrong or bad and should not have occurred. You are choosing a limited perspective and an inaccurate view of your reality that your inner self does not agree with. Who is right? You or your inner self? Since your inner self has far more information and can see things you cannot see, you can rest assured that your inner self's perspective is accurate. Think about this; if you believed the event was right and should have happened, do you think you would still feel negative emotion? Of course not.

Therefore, the negative emotion only came because you believed the event itself was wrong or bad. It was the belief that made you perceive the event was wrong and that is the true cause of your negative emotion. Without that belief, it would be impossible for you to see the event as anything other than some kind of beneficial occurrence.

Once you have identified a limiting belief, you can always prove that the belief is not true. When you complete this process, day in and day out, you will steadily raise your perspective and realize your power over a belief system that is not accurate. You will start to see things clearly. What you truly want is clarity and this process gives you that.

One of the most powerful and effective tools that we have given you is the Manifestation Event form. Use this form whenever you feel any negative emotion in response to some event that has occurred during the day. It could be an argument with your mate, an embarrassing moment at work, an unexpected bill in the mail, etc. This form will help you find the underlying limiting belief that was triggered by the event.

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There is far more to this form and much more to learn. This form can be used to process and reduce the intensity of limiting beliefs as well as raise the intensity of empowering beliefs. For our purposes here, we will focus only on those beliefs that limit you from receiving everything you truly want. These beliefs are always false and you will use this form to prove to yourself that they are not true.

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.

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

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Step Two: Describe the emotion you immediately felt (anger, resentment, envy, grief/loss, misunderstood, etc): Find the most accurate word that describes how you felt specifically. Try not to generalize the emotion such as; bad, wrong, sad, upset, etc.

Step Three: List some thoughts that you immediately attracted:

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

Step 5: List one example from your life (or the life of someone you know) that could provide evidence that the above belief is FALSE 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 may not actually be true.

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Step 6: Nothing is ever happening to you. If you think it is, you will feel negative emotion. This feeling is the proof (in the form of guidance from your inner self) that your perception of the event is inaccurate. Now it is time for you to look at the event from a higher perspective. Find a perspective that could be more true and might be more aligned with the perspective of your inner self.

Describe how this event could possibly have been FOR you:

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.

On the next page is an example of this six-step process. This is a real manifestation event that happened for Gary in 2022 while on a trip to Siesta Key, Florida.

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

I was taking the dog for a walk one morning in Siesta Key. We were having a few friends over for dinner that night and I was thinking about what to make for dinner. I walked by a little seafood place, but I wasn't sure if it was a market or a restaurant, so I put my hands up to the window to cut out the glare and take a peek inside. It was a seafood market.

Just then, someone from the behind the counter said, "You know you can just come inside and look." I told him I was walking my dog and I would come back later. Then I heard him say to someone else, "why can't these idiots keep their hands off the windows?" I had not occurred to me that his initial gesture was sarcastic.

Step Two: Describe the emotion you immediately felt (anger, resentment, envy, grief/loss, misunderstood, etc): Find the most accurate word that describes how you felt specifically. Try not to generalize the emotion such as; bad, wrong, sad, upset, etc.

Disrespected! I was wrong and I was being verbally punished for my mistake.

Step Three: List some thoughts that you immediately attracted:

I was outraged. He shouldn't treat me like this. Who does he think he is. I'm going to leave a negative review. I'm going to call the owner and complain.

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

I did something wrong, so I am not good. I made a mistake. I am not good enough.

Step Five: List one example from your life (or the life of someone you know) that could provide evidence that the above belief is FALSE 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 may not actually be true.

I am good enough. I have lots of friends, I've excelled at many things. I am not socially awkward. I have always had people who have either liked me, loved me and/or respected me through my life. I have never had anyone leave me for not being good enough or making mistakes.

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Step Six: Nothing is ever happening to you. If you think it is, you will feel negative emotion. This feeling is the proof that your perception of the event is inaccurate. Now it is time for you to look at the event from a higher perspective. Find a perspective that could be more true and might be more aligned with the perspective of your inner self.

Describe how this event could possibly have been FOR you:

The event came to show me that I am in fear of doing something wrong. My limiting belief in this area is still very intense, due to experiences in my childhood. The truth is that it had nothing to do with me, but I perceived it as an attack on my behavior. I did something wrong and I was punished for it verbally.

He probably just finished cleaning those windows and now he'll have to do it again. I bet it happens all the time. In fact, this is likely a recurring manifestation event for him. I would probably feel the same way if I were in his shoes.

This event was orchestrated to show me how I sometimes perceive myself as wrong or could make a mistake that results in admonishment. It's a highly limited perspective that prevents me from acting on inspiration.