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Module V– Wood Element: Birth Your New Life
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Worksheet #6:
The Manifesting Formula
Consciously Manifesting Your Life

In this section some core principles of conscious co-creation.

As part of the **Healing Heart Protocol**, we will focus on helping you to attract a new partner into your life. You can easily transfer the same principles of our *Manifesting Formula* to any other areas of your material/external life (i.e. finding a home, a school for your children, a job, etc...)

The manifesting formula has three components:

INTENT – EFFORT - GRACE

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I. First Component - Conscious Intent -

Some of you might have heard about or even seen the movie ‘The Secret’. This movie illustrates the basic principles for how to co-create one’s life based on understanding the law of attraction. Most of you have heard the famous saying by Jesus: ‘*Ask, and you shall be given*’.

This is an expression of one aspect of the law of attraction. You have to tell Life, the Universe, God, Spirit, the Tao, that Great Mystery what you want. You have to ask for what you want and it’s important to be as specific as possible when you do that.

You might wonder why that’s the case. Let’s say you would call Amazon and tell the clerk that you want to order a book; Would Amazon be able to deliver your request? Of course not.

One of the keys in attracting what we want in our lives is to learn to be *specific!* You have to tell the clerk that you want a romance or a mystery novel with a particular title written by a specific author. And two days later you’ll have it in your mailbox. Learning to be specific is critical.

In order to support you we’ll guide you into a process using a manifesting formula that we were introduced to many years ago. This profound formula states that in the external world, meaning your career, family, relationships, material life, finances, anything external – you *can* co-create your life through the power of conscious intention.

This profound formula states that in the external world, meaning your career, family, relationships, material life, finances, anything external – you *can* co-create your life. You *can* have tremendous impact on your life and can become a co-creator of your life through the power of conscious intention.

Part 1: Describe specifically the qualities of your future life partner.

Take the time now to write out your conscious intent. It is very important to actually write it down. The inquiry work you have done in the last section with the ‘Life Partner Examination Worksheet’ can now be used for this process.

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Be as specific as you can. One example could be something like:

“I want a relationship with a healthy man between 50 and 55, who takes good care of himself and his body. He loves nature and animals, and also children. He’s passionate about life, financially secure with an annual income of \$ 80000 or more. He’s monogamous like me, has high integrity and is comfortable in his body and with his sexuality. He is clean, punctual, honest, loves to travel and is on a spiritual path. He’s committed to personal growth and has a very mature level of self awareness. He loves music and dancing, is generous on many levels and is a great father who is open to my son.”

As you can see, we want you to be very specific about the values and qualities you want your future mate to bring into a new relationship.

Write down a description of the life partner you want to attract.

Part 2: Describe how life with your future life partner will enrich your life and the life of others:

In order to take this a step further, reflect on how being with this partner is enriching your life. How is he/she and the relationship itself contributing to you, to your life as a whole and to your immediate family, friends and community?

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And envision how your relationship brings love, joy, play, passion and goodness to your partner, your family, friends, your community and the world at large!

Write down your vision.

Part 3: Clearing Obstacles to your Intention

We've observed that most teachings regarding the art of manifesting do not look at or work with the potential sabotaging beliefs that live in our unconscious. What we've discovered, both in ourselves, and in the many people with whom we've worked, is that it's very difficult to manifest a vision unless one understands the potential subconscious blockages to that vision. What most people want on the surface is often different than what our subconscious wants. Unless we address the potential obstacles that live buried under the surface even the greatest vision will likely not manifest.

This is the reason why so many diets fail. Most diets are about a change in surface behavior; eat more of this, less of that, consume x number of calories, work out this much in a given week. Yet very rarely do diets encourage people to go deeper into what motivates a person's behavior. Until a diet includes excavating the potential obstacles that live in the person's subconscious, they will most likely fail, as so many of them do!

What we're about to teach you is a revolutionary approach to the Art of Manifesting. You'll look under the surface at what's really motivating your behavior. This will allow you to free up any subconscious blocks to having the life and love that you want.

Inquiry 1: Look at the passion that you have regarding your desire!

The first place we're inviting you to look is at the energy behind your intention. For your intention to manifest, you need to *really* want a new

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partner in your life. If it is just a wishy-washy desire – an *I'm ok either way* kind of desire – then the manifesting power of your intent will be weak. Passion in this sense is like the fuel in your gas tank that you need in order to have the intent become reality.

Reflect for a moment:

Am I passionate enough to get out of my comfort zone to make this desire become real?

If yes, wonderful, you have fuel in your manifesting engine. If you answered no, then you'll need to apply the teachings from Inquiry 3 on page 6.

Inquiry 2: Look whether there is a hidden belief that potentially sabotages your manifestation!

You're wanting something intensely is like the accelerator or the gas pedal in your inner bus. Yet, just like in a car, there is also a brake pedal in the bus. If a desire doesn't have a lot of passion behind it or if it's not manifesting as you imagined, then very likely a passenger on your inner bus has a foot on the brake.

If desires aren't manifesting, that usually indicates there's an inner conflict. Often the conflict is between the conscious intent and some inner belief or idea that it can't or shouldn't happen. It's important to note that this conflict or tension between the gas pedal and the brake is a very natural phenomena of the human mind. It is normal that a passenger on your bus might internally say or feel:

I'm not so sure about this finding a new relationship. Look what happened last time. I was so deeply hurt. I don't know if it's worth it to let someone else in again.

When you look at your intention, see if there might be a passenger on your inner bus that doubts that intention. It may doubt that this intention is even possible or it may doubt that a future life or a love like this could even exist? Or it might doubt your ability to manifest that intention!

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For a moment reflect and allow any surface or even hidden beliefs or doubts come to the surface.

Examples:

- I will be alone forever
- I'm not worthy
- I don't deserve love
- All relationships are doomed.
- I just can't trust anymore
- I'm not good enough for someone to be interested in me
- I'm not beautiful enough, or any other "not enough" that you might feel.

List as many doubts or concerns that you can think of regarding manifesting your intention to attract future love into your life.

Inquiry 3: If there is a hidden belief, look whether there is an emotional charge accompanying the belief!

There is usually an emotional charge with these kinds of thoughts or self-limiting beliefs.

Examples:

The '*I'm not good enough*' doubt or belief has feelings of insecurities or anxieties attached to it.

The '*I can't trust anymore*' belief has the emotion of distrust and fear with it. See if you can notice what emotional charges accompany your beliefs.

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Go through your list from Inquiry 2 and discover the charges and note them down.

Belief:

I will be alone forever

Charge

Fear of aloneness

You're probably wondering what to do with these kinds of self-sabotaging thoughts and beliefs and the emotional charges attached to them.

The way humans usually deal with such emotional charges is by trying to get rid of it. This is the old unconscious way of our mind in action. And this way of dealing with negative beliefs has *never* worked. It actually can't.

Our new revolutionary teaching for you is:

Don't fight with a belief or any emotional charges.

In other words respect the belief, doubt or concern from the passenger on the bus *and* the emotional charge of anxiety, worry, frustrationthat accompanies it.

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And, don't fight with the part of you that is on a mission to try to get rid of the belief and the emotional charge either.

A simple and timeless teaching explains this why you should not fight with beliefs and charges:

You get what you love!

You get what you hate!

You get what you fear!

This means if you reject your anxiety you *attract* more anxiety. This is why dealing with one's unpleasant emotions in a rejecting way has never worked.

We are co- creators with the Divine Consciousness. Our Consciousness has the power to co-create. And because *the outer world is a reflection of the inner world*, what's in the subconscious manifests also in the outer world.

In our culture this same principle is explained by the famous saying:

What we resist – persists.

Learn to BE with your emotional charges

What makes the manifesting process so complex is that we humans often have two different inner passengers showing up regarding our intention. Often one passenger has a strong desire, in this case for a mate, yet another passenger in the bus has hesitations or maybe even a strong 'no' to opening up again.

Fortunately you have the key to unlock this dilemma: Your Aware Self

The spiritual way around this dilemma is to practice non-judgmental awareness, which is the natural state of your Aware Self. In this example, you are encouraged to just allow the anxiety passenger without fighting against it. As much as you can, stay curious and open towards that part of yourself. And also allow any reactive part that this anxious passenger might evoke.

From the inner spaciousness or presence of the Aware Self you can be

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compassionate and hold space for the anxieties about a potential new mate *and* at the same time be compassionate and hold space for the other part who wants to get rid of the anxiety, because it seems to stop you from having what you want. This part also tries to serve you, aka protect, you by rejecting the anxiety part.

The simple solution to this complex problem is to pay attention to the anxiety and allow it to exist. There's a simple law of nature that's so important to remember here: nothing lasts. Once you really get that, it will be easier to allow the anxiety to arise, exist for a while, and then at a certain point, change.

We recommend to use our guided Non-judgmental Awareness Meditation in Module V to neutralize the charges of these sabotaging doubts and beliefs.

Part 4: The Conscious Intention Ritual – Taking San Kalpa

A. Set Up Talk:

We'll be guiding you through an ancient ritual called San Kalpa. This term comes from the Sanskrit language of India. In ancient India setting an intent was compared to the planting of a seed. San Kalpa literally means to plant a thought seed.

Below are the key points of the San Kalpa instructions from the audio that will make your manifestation successful:

- *Put yourself into the future and envision* that what you want – for example being in a relationship with your future partner - has *already* happened. You'll be envisioning your future mate with all the qualities that you wrote about before. It's completely fine if you can't see a specific face or body, yet you can sense and visualize being with a man or woman that is loving and caring, in a nice home, where you are living in abundance and so on.
- *Bring your emotions* into the visualization. Feel the love between you two, the joy, the passion, the laughter, feel the peace as you see yourself laying in bed together just holding each other with great love.

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- *Activate all of your senses* as that will make it especially powerful. Allow yourself to not only see what's happening, but also to hear it, to touch it, to taste it, to smell it.

The more you can bring in all your senses the better and, again, the most important is to feel it:

***What you feel, so shall it become!
Life only manifests what you feel!***

So feel joy and intensity, love and crying together. Feel you two celebrating and dancing and sharing your joy with family, children, friends. These are the 'secret ingredients' to attract to what we want in life and the reasons why the movie is called the 'Secret'. Now let's plant the 'thought seed'.

B. The Conscious Intention Ritual – Taking San Kalpa

1. Physical Positioning:

Place yourself in a sitting position with your spine straight. Then place your left hand palm facing up on your right thigh. Take your right hand palm facing down and put it on top of your left hand. Imagine the seed of your intention is between your hands.

2. Recall the specifics of your intention: the kind of mate you want to attract, how it feels to be together, and how your relationship will impact you, your family, and also the world in positive ways.

3. Imagine yourself in the future: a couple of years in the future, and see that your intention has *already* manifested. You are with your partner. It has happened! Your intent has become a reality!

4. Allow yourself with all of your senses to experience how it feels being together with your partner: Add the other senses of hearing, tasting, sensing smelling, and touch.

See yourself embracing your partner, feel the touch, the hug, the connection!

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See and feel yourself dancing or going for a walk. Hear yourself sharing with each other, deeply connected, joyously laughing. Smell the place where you're walking. Taste the food that you're eating.

5. Feel the depth of the connection, the trust, the sweet tenderness, the passion, the intensity of love:

See and visualize how your being together is also impacting others positively. Remember the most powerful intention goes beyond just you getting what you want for yourself. See how your intention and being with this future partner is also contributing to so many others.

6. Express your gratitude: Now that you've experienced all of the gifts of this relationship, and felt how it feels to be together, allow yourself to express your gratitude for this intention becoming a reality.

Sink down into your heart and really let yourself feel thankful for having received your beloved.

Allow the deep and profound gratefulness to spread through your body.... for having received these gifts.

Thank you universe

Thank you God

Thank you great spirit/divine

Thank you to whomever you direct your gratitude.

You can use the San Kalpa principles to manifest in other areas of life. Here are some examples:

Car

You are driving in the car that you desired, you are in it, feel the joy in driving it, smell the leather, feel how the steering wheel feels like, how the car moves on the street, and the joy and fun you have driving it. Enjoy the ride, be enthusiastic and grateful.

End with Gratitude towards universe/God/Spirit that you got the car.

Job

You are in the job you want, be in your office, feel the joy and gratefulness of being in your job,

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See yourself in the environment, executing your tasks. Hear yourself be in communications, on the phone, with people.

Feel the connection to your colleagues, your managers, to the people.

End with Gratitude towards universe/God/Spirit that you got the job.

Money

See yourself receiving a check, or see the amount you want appearing in your bank account, feel your joy and gratitude about it. Hear yourself sharing this with your friend or partner. Feel so joyous about having received the money you wanted.

End with Gratitude towards universe/God/Spirit that you got the finances.

II. Second Component - Effort -

The second component of the manifesting formula is effort. It's not enough to create an intention; it has to be followed up with effort.

This earth plane is also called the plane of action, the plane of cause and effect. Unless you sow a seed you cannot reap the fruit. You need to go into action by planting, then fertilizing and then watering the seed. After that you need to nurture the sapling in order to be able to eat the fruit.

A. Three Pointers:

There are three Pointers regarding right effort:

Pointer 1: Is the effort mutually nourishing?

While you're heading towards your goal or vision, always check to see if your goal is hurting others in any way. Ask yourself if your intention is going to be beneficial to you and to others as well. Is it about your survival alone at the cost of the survival of others?

Are the means beneficial? Remember! The end does not justify the means! How does this relate to attracting a future partner?

When you start dating make sure that the interactions with the people you meet are not only about you and your intention but also about them. Make the time together mutually beneficial. To the degree possible, make sure they

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are enjoying themselves and that they learn and grow too. Even if things are not working out between you, wish them well in finding a suitable mate.

Enjoy the journey not just the destination.

So many people live life in the unconscious paradigm that they will enjoy themselves and feel happy only when they have reached their goal. Many people suffer along the path to happiness. Right effort means we go towards our goal but we also enjoy life along the road.

Pointer 2: Is the effort consistent?

For a plant to grow it needs consistent effort. It is dedicated action which moves you in the direction of your intent.

Just setting an intent and not following it up with the action cannot work because the universe or life needs your contribution.

Regarding attracting a partner consistent effort might mean that you do something every single day, even if it's a small action, that moves you towards your goal of meeting someone.

E.g. you could call a friend and let them know that you're available for a partner.

Or you could join an online dating site.

Or you could become socially active and put yourself in environments where you will likely meet people.

Pointer 3: Is the effort coming from a strong commitment?

Your level of commitment depends on the depth or the power or the passion you have for your desire. So if you feel low about your commitment look at what holds you back or blocks your desire. Very likely there is a passenger with a foot on the brake on your inner bus.

Most people hesitate to give their word fully and instead say: *Okay, I will try*. This indicates that there might be a doubting passenger in your bus that you need to befriend and get to know.

On a practical level practice shifting your language. Your words are more powerful than you think because they send a message out to the universe.

Instead of saying, *I will try opening my heart to love*, experiment by taking a more declarative stance and say, *I open my heart to love!*

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This sends a powerful message. You've likely heard the famous quote by Marianne Williamson that '*until one is committed, the universe cannot fully align behind our desire*'.

B. Action

Part 1: Write an action plan:

A powerful inquiry to support your plan is:

What do I need to learn, to do, to plan, and to put in place in order to achieve my intention?

Creating time for going on dates, networking, calling friends to let them know you're single, signing up with online dating, are actions that will make your intention come into reality

Whatever you want in life, requires effort. There is an energy exchange in the universe. The very fact that you are active in your quest for a mate and are available on a consistent bases will lead to success. Your effort may not pay off in the way you expect it. We have often noticed that results come a different directions then we had assumed.

As an example you might put a lot of energy into online dating, yet you end up being introduced to a friend of friends and this is where the connection happens. Yet all the effort that you put into online dating was not wasted. Your effort sends an energetic message to the universe that says I want this and here's what I'm doing to make it happen.

Write down an action plan for how you can move towards your intention. Keep in mind the 3 pointers for right effort. When you write your plan make sure your effort is:

- +mutually beneficial
- +consistent
- +coming from a strong commitment.

The Dalai Lama guides us by saying: 'Never, never, ever give up and it is bound to happen'.

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Part 2: Creating space for your future life partner

Another important piece of effort is to really look to see if you're ready to receive a partner. If you want to attract someone into your heart, you need to be willing to look and see if you have an inner and outer environment that is ready to receive that future partner. Think of it this way - if your outer environment, your home, or your inner environment, your heart is cluttered, there won't be enough room or space to invite someone in.

Most of the work in the **HHP** so far was about cleaning up and clearing out your inner environment, your heart, so that it is ready and able to attract and receive your future partner.

This same attention and effort is also required in your outer environment: your home and your external life.

Look around your environment from the perspective of a future love being there and ask yourself:

Is this a welcoming place to receive my partner?

Even if your current house is small, is there a way that you can create more space for your future mate?

What changes need to be made so this becomes an inviting space of intimacy and connection for the two of you:

Some suggestions include:

- +clearing out clutter
- +buying a second bedside table
- +putting out a cup for them to keep their toothbrush in the bathroom
- +buying matching pillows for your bed
- +making room in your closet for them to hang some clothes
- +buying them a nice coffee mug
- +making room on your bookshelf for your future partner's favorite books
- +looking at your bedroom from the perspective of having your future partner there with you....
- +make sure any art on the wall fosters intimacy and connection
- +get an extra house key made and put it on a nice keychain

Choose 3 suggestions from this list to implement in the next week.

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Part 3: Creating Space in Your Life for Your Future Love

In the same way that you cleared space in your home, look now at your life and ask yourself a similar question:

Is there room in my life to welcome in a future love?

Is my schedule packed from morning till night?

Do I have time for a relationship?

How can you create more space in your life right now?

Write down 3 ways you can create more space and room in your life for your future love.

III. Third Component - Grace -

We are completing our Manifesting Formula with the third component 'Grace'. What do we mean by Grace? In our Judeo-Christian culture Grace is often associated with the Holy Spirit, the third aspect of the Christian trinity. For us, Grace is God's or if this works better for you, the universe's benevolence showering on us. We call it also divine intervention.

The question might arise, why do I need Grace if I have a strong intention and put forth right effort to make things happen?

The reason is because the future consists of various sets of possibilities. So Grace is needed to influence the outcome of these unpredictable possibilities.

Example:

Let us assume you are looking for a new job. You created a specific intention about the job and then you get invited for a job interview.

Although you prepare yourself with your best effort, you have no control over the mood of the interviewing person. So we call on Grace for help regarding all the circumstances that we can't control or directly impact. We can only do our best through our intent and effort and then we need the intervention of our own higher consciousness in the form of Grace.

When we tune into this higher consciousness, we can access infinite help and can connect to tremendous power and great wisdom. Then life suddenly

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becomes a flow, because the higher consciousness, Grace, is manifesting for you. It is manifesting your mate, it is also manifesting your business partner, your home, it is actually manifesting everywhere. Everything starts getting linked up, which we often explain as synchronicities. Yet you could also see this as Grace being in direct action in your life.

There are only two choices in life:

Either everything in the universe is by chance and accidental, or nothing in the universe is by chance and accidental.

If you want to live life from the 2nd perspective look at the times when Grace supported you.

For us one of the secret keys about life is:

Recognize Grace and it will multiply in your life.

As you speak about it, live it, express gratitude towards it, it will increase!

Reflection Exercise:

Just as we guided you in the Grace Meditation we encourage you to reflect on your life so you can uncover all the times when Grace was in action and supported you, protected you, guided you or inspired you.

List situations, times, people when you felt Grace in action: