

## Lesson 37: Trusting in What You Cannot See

Most of us cringe at the thought of putting our trust in something we cannot see when it comes to manifesting our wants and needs. Sometimes it can be quite difficult to let loose the reigns of control in favor of allowing the details to work themselves out and to not interfere in the process of manifesting what we desire. When it appears that what we want or need cannot be realistically manifested, according to our beliefs and perceptions, we have a tendency to become frustrated, thus we give up often holding an attitude of disbelief. But before we can talk about trusting in what we cannot see there are a number of important factors that must be examined at close range in order to understand how the process of manifestation works on different levels. This lesson will take an in-depth look at the fundamentals of manifestation as well as its many implications so that it can become possible to trust in what you cannot see, sometimes well beyond the scope of your own horizons, which you will see more clearly later on.

When the internet movie, *The Secret*, swept around the world back in 2006 many people were taken in by the lure of getting anything their hearts desired with little or no effort. The teachers in the movie described the universe as being very much like a catalogue that contained infinite possibilities from which we could order anything we ever wanted or needed directly from the universe and then expect to actually receive them at the time we desired them to manifest by merely expressing an attitude of gratitude and practicing a manifestation technique called ‘visualization.’ For many people the notion of ordering up their wants and needs with little effort became the long sought after metaphysical genie that would grant them their hearts desires but they were fast disappointed when the genie failed to measure up to their expectations. In many cases not only did they not manifest what they desired, they actually manifested what they did not desire and in some cases manifested more of it which caused them to believe that the Law of Attraction (LOA) did not work or that it did not exist. The quest of this lesson is not to support the existence of the LOA but rather to enhance on the principles of manifestation that is based on a number of fundamentals. The lesson will examine the matter of manifestation from a metaphysical and quantum physics perspective because there is much more to the business of manifesting our desires than expressing an attitude of gratitude and implementing various visualization techniques. While these are an integral part of the process of manifestation they are not the whole of how we manifest things into our realities.

The process begins with your current state of mind which is directly connected to the related beliefs you hold fast too as well as your perceptions, your thinking and your feelings. Your beliefs and perceptions of not only what you hope or expect to manifest but how it will be manifested can ultimately undermine your efforts before you ever take the first step. Your beliefs and perceptions will stop you dead in your tracks when you allow your beliefs to become disabling influences and your perceptions to deceive your

reality anymore than you cannot expect to manifest the things you need or want if your state of mind leans toward negative thinking. Negative thoughts produce negative energy which will definitely hinder your manifestation efforts right off the bat. The attitude you hold will either negate your own efforts or it will serve to help you manifest what you desire; the choice is always yours. However, it is much easier to make a good choice when you understand the differences between the affects of negative and positive thinking as it applies to what you hope to manifest. The more negative your attitude is the lower is your vibrational frequency which makes manifesting what you really desire that much more difficult and manifesting what you don't desire that much easier. While this may sound like a contradiction, it is nonetheless the basis on which the principle of manifestation acts on. The teachers of The Secret understood the principles of manifestation which is why they stated such fundamentals as "thoughts become things" and "like attracts like." Thoughts do have an energy frequency which is why it is so important to guard your intended thoughts lest you bring something undesirable into your reality.

Those of you who are unaware of the fundamentals of manifestation will usually have similar experiences. You express a particular need or desire that you would like to see manifested only to extinguish all hope of it ever becoming a reality long before you get out of the starting gate. You tend to become overwhelmed from trying to dot every 'I' and cross every 'T' rather than to trust in what lies beyond your horizons. Unless you can see right up front how all the puzzle pieces are going to fit together you will hold fast to the belief that what you want or need cannot be manifested simply because you cannot see how all the details are going to work out, thus you undermine your own efforts and limit your possibilities. In some cases, stress becomes an additional factor especially when it involves resolving important matters. Not only do you talk yourselves out of manifesting something you really need, you also add unnecessary stress to the equation that so often results in manifesting more of what you do not desire.

Many times your inability to not manifest what you need or want is the result of a strong belief in lack. When you act on this erroneous and debilitating belief you are transmitting negative energy which of course comes from negative thinking, feeling and perceiving. Such a disabling belief keeps you bound to a low level vibrational frequency because it acts on the principles of thoughts becoming things and like attracting like, hence it will always manifest itself in the appearance of more lack and with more lack comes more stress. Consequently over time you find yourself caught up in a vicious cycle that you just can't seem to break and then you wonder why you keep experiencing lack when in fact you truly desire abundance. A strong conviction in your belief in the existence of lack and the opposing desire for abundance has a mathematical canceling affect on the possibility of manifesting abundance because the two mental attitudes are a contradiction to one another as in a positive one minus a negative one equals zero. The desires and the associated beliefs you hold on the inside must match up with the

desires and beliefs you exhibit on the outside in order to manifest what you truly desire otherwise you will never get to first base.

The process of subjective realization involves coming to terms with the simple fact that like will always attract like and that thoughts really do become things manifested in a relative way that will either be desired or undesired. Hence it is in your best interest to understand why you can manifest certain things so easily and why other things are much more difficult to manifest or are not manifested at all. Many people have been oblivious to such subjective realizations and have not yet consciously awakened to the principles of manifestation. An important aspect of subjective realization is that, in spite of what certain prosperity gurus promise, there are no short-cuts and no overnight success stories any more than there are any get-rich-quick schemes. The only way to realistically realize your wants and needs is to become consciously aware of what is going on within you and what you are exhibiting externally. That is where the conflict occurs and this can become your point of power when you understand how to make that power work in your favor. When you become acquainted with what makes you tick in terms of your own attitude, the related beliefs you hold, the feelings you express and the way in which you perceive your own circumstances you will have removed the mental and emotional obstacles that have been blocking your ability to manifest the things you really desire. There is no easier way to do this other than to take a good long and honest look at you own 'operatus mundi' to see what disabling beliefs you are hanging onto that are undermining your efforts as well as to remove any deceptive perceptions. Your feelings are very much an integral part of what makes you tick as well as your manner of thinking; all of which should be scrutinized to see what is preventing you from manifesting your desires. I can assure you that once you remove the impeding obstacles you will find that your inability to manifest your desires had nothing to do with it being God's will for you or that it just wasn't meant to be but that it was your own methods of operation on the mental (cognizant) plane that hindered your efforts.

Unfortunately it doesn't end there because there are still factors in the process of manifestation to consider that you are perhaps unaware of. The most important of these has everything to do with timing issues of which there are two distinct aspects involved. First is that if you have been accustomed to operating on a lower vibrational frequency and especially if you are functioning on the lower end of the scale on that particular frequency there is less opportunity for you to expect to manifest something that typically requires a more advanced vibrational frequency or at the very least requires that you are positioned further out on the scale of your current frequency which means that more personal growth by means of a conscious awakening are necessary. The second applies to the timing of something that you desire to be manifested that actually does need an indefinite period of time for all the pieces to come into play, especially when what you desire involves creating the necessary circumstances that may also involve the positioning of other people, places and things. These more complex situations do not

happen overnight but usually it takes time to strategically move all the pieces into place, much like that of a chess game.

The problem with these situations is that we are not always patient enough to see the endeavor through and so we let go of the desire to manifest a want or a need in favor of believing that because it did not happen spontaneously or even over a period of time that we think was reasonable it is, therefore, never going to happen. Unfortunately because we cannot see beyond our horizons we are typically unable to trust in what we cannot see, hence we fence ourselves in, and we draw lines in the sand which of course limits our manifestation experiences. Because we sometimes desire things that are beyond the scope of what we ordinarily experience time is needed to bring these types of desires into our realities. In such situations as this we must be willing to see it through regardless of how long it takes because very often we find that what we desired to manifest was well worth the wait in the long run and we have a tendency to appreciate it that much more. In many cases manifesting something we desire is more about us growing into what we desire vs experiencing it when we are not mentally, emotionally or even spiritually equipped to handle the results.

Now there are situations when although what we want is not truthfully in our best interest we are nonetheless driven to manifest it anyway giving no thought to the law of cause and effect which we then have to experience in the way of undesirable circumstances or events that automatically creates a karmic debt that will have to be paid back or a karmic lesson that needs to be learned. Either way, the outcome is usually not a good one and often times it involves other people who should not have been involved in the first place which, consequently, creates a karmic relationship that will have to be resolved in some manner of speaking that is usually not very pleasant as well.

There is also the matter of desiring those things that we think we need but really don't need. Sometimes the act of manifesting something that we think or believe we need is tied to unresolved psychological issues that ultimately does us more harm than good such as attempting to unconsciously or even consciously fill emotional voids. In this case it is definitely in our best interest to get to the bottom of the matter as soon as possible so as to stop the psychological train from running off the track. Other times it is merely a competitive attitude of needing or wanting to "keep up with the Jones's" which on the surface seems innocent enough but that can later become quite stressful in terms of the mental, emotional and financial implications attached to the need of actually keeping up with the Jones's. Often times there are underlying issues involved that should be resolved as well so as to eliminate the associated mental, emotional and financial strain of actually keeping up. These are all examples of the various aspects of manifesting things that we think or believe we want or need that don't always produce

the kind of results we thought or believed they would and are not always in our best interest.

There is of course something to be said about intended thoughts and strong feelings when it comes to manifestation. The degree of your intention and your feelings for something to become a reality in your experience is very relative to manifesting something you want or need. The more intent you are and the stronger are your feelings toward that want or need the more energy you transmit along the vibrational frequencies of the universe and the greater are the chances of your desires to be polarized in the sense that you will actually get what you asked for. This is why you must be careful of what you ask for especially when what you ask for holds a great deal of energy because it will come to pass whether you like it or not. So if you really want something to enter in your reality you must really desire it with a strong conviction that in turn creates a strong energy signal that is received along certain frequencies that you don't necessarily need to know about.

Synchronicity plays a very important role in manifesting what you desire into your reality and requires very little action on your part other to do what you are led to do and to go wherever you are led to go. This in no way implies that you simply transmit your desire into the world-wide web of the universe and then kick back and wait for your desire to arrive on your doorstep, in your driveway, in your bank account or in your mail because that is not how manifestation truly works. There is some degree of action that is required on your part but if you follow your own intuition you will be led in the appropriate directions that will eventually lead you to the unfolding or the revealing of whatever it is you are desiring to manifest and which typically occurs through a series of synchronistic events. Generally speaking you will find that one door will unexpectedly open into another door and in the process of these doors opening you will find yourself in the company of people, places or things that you did not expect to be a part of the manifestation process. Certain circumstances or events will take place and will shift and move around in such a way that often times will surprise you as you witness things falling into place on your behalf. The reason why these things occur as they do is because we are all connected to various frequencies that are all interconnected universally speaking so when you transmit a desire the energy of that desire travels along energy frequencies which are then received as a signal by others who act on them, sometimes without your knowledge, and who assist you in manifesting your desire. This is why it is essential to your experience to not try to take control of the reins but to act only when you are prompted to act and to leave the details to work itself out as you move along the path of manifesting your desires. This is how you learn to trust in what you cannot see. Just because you cannot see what lies beyond the horizon does not mean something is not there waiting to manifest itself in your reality which eventually becomes your own personal experience. When you understand the principles of manifestation you do not have to weigh yourself down with the burden of having to work

out all the details in advance. Hence you eliminate the probability of giving up on manifesting your desires which so often equates to realizing your dreams and achieving your goals.

I have covered a great deal of information in this lesson and in doing so I truly hope that I have awakened you to the many aspects of manifestation. I have experienced the process of manifestation on a personal level and I have seen others struggle to experience manifesting what they desire as well. I studied this process from the bottom up and learned all the ins and outs because I too once struggled with not being able to manifest what I desired. Much like many of you who might be struggling with manifesting your desires, I too could not understand why I was so easily experiencing what I did not want to experience and yet struggled so hard to experience what I did desire to experience. It took a great deal of research in order for me to finally grasp and implement the fundamentals which the principles of manifestation operate on. Once I was able to see how the process works from the bottom up I was able to go back in time and actually see where I was going wrong which finally explained why certain things I desired or wanted to achieve never worked out the way I wanted them too. I also came to the realization that manifesting certain desires were really not in my best interest either at the time or in the long run whereas other things I desired needed a lot more time, sometimes even years, before they actually manifested. I came to understand that there were always very good reason why it sometimes took years for a particular desire to manifest just as I saw that I was not ready for a particular event or circumstance to unfold or be revealed until I arrived at a certain point in my life where the manifestation of a desire actually fit into the fulfillment of my life purpose or was something that I could better appreciate. Thankfully there is a greater force of energy behind the scenes acting on our behalf that sometimes has to prevent certain desires from manifesting prematurely. This is another reason why it is so necessary to learn to trust in what we cannot see because trusting in what we cannot see prevents us from falling into those darn “ditches of error.”

Once again I thank you for the opportunity to bring to your conscious awareness information that I know will serve you well in your efforts to manifest your wants and needs which of course will positively affect the nature of your own personal reality when you learn how to implement the fundamentals of manifestation into your life experiences.

Many Blessings,

Linda, Z and the Collective We

### **Resources and Recommended Reading:**

Byrd, Rhonda. 2006. The Secret

Hawkins, David R., M.D., Ph.D. 1995, 1998, 2002. Power vs. Force

Taylor, Travis S., Ph.D. 2010. The Science Behind the Secret