



VISION
CLOUD

Everything is just beginning

THE FIVE (SECRET) INGREDIENTS FOR MANIFESTATION





Manifesting is an intriguing concept. A novel one for many.

This is why when people first learn about manifesting, they cannot help but go down the rabbit hole. So many cool ideas and so many revolutionary concepts—the manifestation space is the mecca for people interested in exploring the limits of their consciousness.

With this eBook, my aim is to help you understand manifesting from a different, more thoughtful perspective and equip you with what I believe are the five secret ingredients that really give a successful manifestation its unique zest.

My name is Amelia Anderson, I am a wife, a mother, a special needs teacher and the CEO of The Vision Cloud. My passion is manifestation and visualization and I am passionate about educating and sharing good practice. My mission is to help as many people as possible in taking control of their own lives by empowering them through the power of positivity. My areas of expertise are nurturing others, personal growth and self-development, and it gives me great joy to see people, regardless of age, thriving in their lives.

The intention is to empower you, to make you realize how capable you are, and to introduce you to some manifesting secrets!



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MANIFESTING – A QUICK INTRO

Manifesting in its truest essence is the ability to bring things into physical reality through the power of our thoughts and awareness.

Awareness is the most powerful tool we have been given by nature to help us take part in unfolding our own life path. Our subconscious is intertwined with the cosmos since we are all an extension of the divine intelligence or the supreme consciousness.

Being an extension of the source means that we are all capable of being or having anything and everything. We just have to resonate with the thoughts and emotions of what we want to manifest, and it's ours.

In simpler words, we have to first become what we want to manifest.

Embody that state. Focus on that ONLY. The manifestation then just follows.

Now let me introduce to you the five amazing secrets for which you have picked up this eBook.



1 INCREDIBLE CLARITY

The first ingredient & the foundation of successful manifestation is clarity about what it is that you actually want to manifest. So, I am going to take most of the time trying to explain this to you here.

We are exposed to an infinite number of choices, things, objects, and experiences every day. In today's day and age, sensory overload is just phenomenal.

Because of this constant sensory bombardment, we feel like we want to have everything that our eyes see. Our primal brain tells us that having those things or experiences would be important to our survival and living a happier life.

But the reality is that we don't want to manifest everything we get an impulse for. In fact, at any point in time, every human has just a few things that really matter to him, or that can significantly add to his quality of life.

It's important to be clear about what those things are for you.

Clarity is a process of calmly sifting and sorting through your desires and getting to those that truly set your heart on fire. These are the things you really want in your life.

I have a Clarity Exercise for you to help bring clarity about goals and desires.

THE CLARITY EXERCISE

Take a piece of paper and a pen and sit in a quiet place for a while.

Write these four headings on the paper: Health & Body, Career & Money, Relationships, Experiences.

These four headings represent four key areas of your life.

Let me briefly explain what you will write under these four headings.



Health & Body:

Are you suffering from any ailment or discomfort? Then your first manifestation should be to get rid of that.

If you are perfectly fine, then you can think about making your health and body better.

Maybe some weight loss will help? Maybe getting a shredded body has been on your mind for a while. Great. You can keep those as your goals.



Career & Money:

Are you happy with your job or want to manifest a new one?

Or perhaps you want to start a venture of yours and realize your entrepreneurial potential.

Also, think about your money situation. Are you happy? Comfortable?

What kind of increase in your money supply will make you even more eager for life?



Relationships:

How are your personal relationships going? These can be your relationship with your boss. Your relationship with your immediate family. Your relationship with your romantic partner.

Are these relationships a source of comfort or disharmony in your life? What kind of changes would you want to bring in these relationships?

Maybe you would want to start a new relationship with someone? Write those all down.



Experiences:

This exercise is the most exciting part because you can let your creative imagination run wild here.

Think about all the experiences you want to have in the next 1-3 years of your life. Maybe you would want to conquer your fear of heights through skydiving?

Or perhaps you are a newly married woman who is eager to experience motherhood soon?

Write it all down.

Once you have filled the paper with your desires for all four areas, it's time to go through them again.

Feel free to delete anything (a desire or goal) that doesn't feel very natural, and feel free to add another one that might have just popped into your mind.

This clarity exercise is the most important step in manifestation. I always take a good 2-3 hours to decide what I want in my life. So, I expect you to spend at least one hour on this.



2 FAITH IN YOURSELF



Congratulations!

You are done with the most important part of manifestation—the clarity exercise.

Now, it's time to move on to the next ingredient required in your manifestation sauce. It is the faith you have in yourself.

I don't have a fun exercise to get this done, but I have a piece of advice.

(Bear with me, as it might get a little philosophical as I try bringing some important points home for your perfect understanding!)

So, as I have already mentioned, you are a part, an extension of the divine consciousness. God, universe, source—whatever you call it doesn't matter. What matters is that you realize that you are a part of it and a very valuable part. Your body, your mind, and your whole existence come from that unified consciousness.

This implies that whatever that unified consciousness is capable of, you are capable of that too.

Ask yourself, *Is there anything impossible for God/Universe/Consciousness?*

Of course not!

How can something be impossible for the one that creates everything? Right?

Then reflect on the idea that you are a part of one who creates everything. You are an extension of that energy. Then how might something be impossible for you when you are essentially the creator of everything?

I know this concept is a little more on the spiritual side, and if you are hearing it for the first time, it might be tough to wrap your head around it. But I suggest you take your time with this.



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Take time to explore your spiritual side.

Read books, listen to podcasts, and pick up a practice like daily meditation.

As you start going deeper into spiritual knowledge, your faith in yourself and your ability to create will become stronger. It's just a side effect of being a spiritual person. What a beautiful side effect, I must say!

3 SATURATING YOUR MIND WITH THE DESIRE



The next ingredient: saturating your mind with the feelings of your desire.

I am a big manifestation geek and must have read hundreds of authors explaining the art of manifestation. But one guy whose message has truly stood out from the rest is Neville Goddard.

Neville Goddard was a spiritual teacher who greatly emphasized the role of imagination in bringing desires to reality.

Neville says that the outer world a man experiences is an externalization of his inner world. The inner world means thoughts, feelings, and imagination.

So, if you want to create (manifest) something in the physical reality, it's a fantastic idea to dedicate your imagination to it first.

Bob Proctor said something along the same lines:

"If you can hold it in your head, you can hold it in your hand."

This is precisely what you have to do for a successful manifestation. You have to bring all your focus onto that desire and embed it in the layers of your subconscious mind.

Visualization is a time-tested tool for this purpose.

I will give you one simple visualization exercise and then a tool to help you take your visualization to the next level.

Let's start with a visualization exercise first.

THE VISUALIZATION EXERCISE

- 1 Find a comfortable and cozy place where you won't be disturbed for the next half an hour.
- 2 Sit down in a comfortable position. Don't get too comfortable, or you might sleep. So, to avoid falling asleep, keep your back as straight as you can.
- 3 Very gently, close your eyes.
- 4 Move your attention to your belly. Feel it going in and out with every breath you take.
- 5 Observe your body inhaling and exhaling for a few minutes. The goal here is to get your mind in a much calmer and more peaceful state.
- 6 Within just a few minutes, you will notice that your racing thoughts have become much slower in pace. This is a sign of the slowing down of your brainwave frequencies.
- 7 Next, create a scene three years into the future. In this scene, you must be living as the person who has fulfilled all his/her desires (the desires we identified in the clarity exercise). You should visualize yourself as the man or woman who has the health, body, career, money, relationships, and all the experiences they desire.
- 8 Make this scene as detailed and as vivid as you can. Try integrating all your senses into the scene. Focus on what you see, smell, taste, hear and touch in this scene.
- 9 Then deliberately bring about a feeling of gratitude for having all your desires in the physical form. Gratitude is a wonderful emotion that helps in manifestation, so experience it as deeply as you can.
- 10 Keep going into details of the scene until you can really feel that's YOU living that life. Until all the good feelings and emotions overwhelm your being.

That's it. That was the little visualization exercise you can put to use to really saturate your mind with the feelings and emotions of your wish fulfilled.

Now let me tell you about the tool you can use to really scale up your visualizations. That tool is a vision board.

After much research and deliberation, my team and I have created two perfect vision board sets that can be game changers in your manifestation journey.

The first vision board is one for busy people who don't have much time. It includes a board, a lot of ready-to-use pictures, affirmations, and cute stickers. So, no hassle with this one. You just identify your desires through the clarity exercise and then use pictures and affirmations that represent the life you want.



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The second is the vision board magazine kit.

We have specially created this for people like me who love going all in when it comes to expressing one's creativity and ingenuity. It offers you more tools and room to creatively express your desires.

I have noticed one thing with the vision boards—the more personal and creative they are, the higher the rate of manifestation.

So, to speed up your manifestations, you must combine a vision board with the visualization exercise I just guided you through.

Before every visualization exercise, take out your vision board and look at it for 5-10 minutes. Read the words. Gaze at the pictures in awe. Try connecting with the vision board as much as you can (it will get easier with regular practice).

Once you have connected with your vision board, your mind is now in the perfect state to be further impressed with your desire.

This is when you go into your visualization exercise.

I cannot begin to tell you how powerful this simple act of combining your vision board with your visualization exercise is.

It works so fast that it's scary at times.

4 PERSIST IN YOUR DESIRE

Starting a manifestation and planning for it is easy; it's the most exciting part. Beginnings are always exciting but what's difficult is maintaining the same momentum throughout your manifesting journey,

Just after a few days of setting an intention for desire and doing a few exercises, you get sucked into loops of old thought patterns.

It's perfectly normal and natural.

If you were expecting to rewire your brain for your manifestation in just a few days, then you were clearly being unrealistically ambitious.



It's good to be optimistic, but if you become delusional with optimism, sometimes reality can hit you right in the face. A Lot of people who are on the manifestation path go through this, but this is something I don't want to happen to you.

So, I want you to prepare. Yes. Prepare for what's about to come. That's the fourth ingredient to our successful manifestation sauce.

See, after a few days of setting up your vision board and doing the exercises I told you, you will definitely hit a low. This will be a time when your fears and doubts will get the best of you.

To be prepared for this period, you must develop the habit of persisting in your desire.

Persisting in your desire means not focusing on outer reality or the reality your senses want you to believe in. It means deeply immersing yourself in your imagination, so your desire looks more real than the reality you are in.

A practice of daily meditation can be super beneficial in helping you persist. It will make your resolve stronger. It will help you choose what emotions and feelings to focus on.

5 UNCONDITIONAL SURRENDER

So, I really have revealed to you all the carefully guarded secrets of successful manifestation that only a handful of people know about.

Still, there is one last ingredient without which this manifestation sauce wouldn't be as delicious. That secret is to surrender. Complete, unconditional surrender to the universe.

To prepare yourself for total surrender, you need to stay faithful to your desire even when you don't see its evidence in physical reality. You should understand that everything that appears in the material world is always a vibration first; after its gestation period, it comes in its physical form.

So, when your desires are in their gestation phase, you must be patient and loving toward them, just like a woman nurtures a baby in her womb without ever seeing it for nine months. Your desires and your life vision is your baby.

You have to nurture it with all you have.

You need to protect it from negative energies and influences.

Then, you need to give up figuring out the "HOW." The "HOW" is when you try to predict and calculate how your desire will come to fruition.

It's a total waste of time.



The HOW is not your problem. It's the job of the unified consciousness to bring it through ways that are most suitable for you. That is why you need to surrender.

Just surrender your desires to the universe and know that what you have desired and put in vibrational work for is bound to come into reality. Whenever your analytical mind starts questioning your beliefs, go into silence and do the visualization exercise again. That will get you out of the negative momentum.

That's it, friends. The five ingredients for successful manifestation. Try them. If you haven't been lucky with manifesting all this time, then it is a sign from the universe to give these a try, and I can safely say that you will be surprised at how fast it will happen for you this time. I have tried incorporating all my knowledge of successful manifestation and condensing it into these pages. So, I really hope you find this little eBook helpful and worth your time and energy.

Happy Manifesting!

Amelia Anderson



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