

Have you ever wanted to know exactly how to manifest something that you've been dreaming about for as long as you can remember? Well, in this episode of The Jamie Michelle Show, I lay out the biggest secrets, and the most practical steps to manifestation that the expert coaches don't want you to know about. They want you to pay for this information. So grab a notebook and a pen, you're going to want to take notes.

Yo, what's up? I'm Jamie Michelle, and I'm here to help you make sense of all the crazy chaos and uncertainty that exists in our world today. I'm an expert, award-winning mindset coach gone rogue. I completely ditched coaching just so I could bring the truth straight to you. It's all of the answers, none of the bullshit, to help you live your very best life.

Look, you're not crazy. If you've been suss of all the shenanigans going on in our world, you're in the right place. There's so much more happening than we could ever imagine. All the corruption, all the lies, all the bullshit going on is incomprehensible for the human mind. Which is why we need to look at things with our spiritual mind, or collective consciousness. We have been lied to for far too long, and right now we're going through the great awakening. The truth needs no defense and it always comes to light. We need to come together as one, to rise up and defeat the dark forces in this matrix, to save humanity. If you want the truth, you'll find it right here. Let's get it.

Hey, what's up? Welcome to episode three of The Jamie Michelle Show. I'm your host, Jamie Michelle, and today we are going to talk about the top manifestation secrets that the experts don't want you to know about. So before I get into this, just to remind you, the whole reason why I started this podcast, and quit the coaching industry, was so that I could just bypass all of that BS, and give you everything that you need to create the life of your dreams. A lot of the stuff that I'm going to be sharing with you in this show, is stuff that I would have reserved for my top paying clients if I were still doing coaching. So my point being is the experts don't want you to know this information for free. It's supposed to be something that you're supposed to invest in to learn this kind of stuff.

But to me, I'm just like, "You know what? It doesn't have to be that way." And we're at a point in our lives... And not just our lives, but in the point of humanity's history, this specific point in time, where every single human needs to know all of this stuff as soon as possible. And so that is the whole reason why I'm doing what I'm doing. No investment, no coaching purchase necessary. I just want you to have the tools, and the information that you need to live the life of your dreams. And manifestation is something that's a buzzword, I guess you could say, in today's society. In our culture today, it's something you see all over Instagram, "Manifest this." And all of this stuff. And to me, it's like, I don't even know if most of those people understand what manifestation really is. And obviously you have to have some level of understanding.

Manifest means to bring about, to create, to bring into existence. But what isn't always talked about, and most people don't understand, is your entire life is a manifestation of you. And that might sound a little trippy, but there is never a moment where you're not creating. There's never a moment where you're not manifesting your next moment, your next experience. And of course, there are things that are going to take a longer time to manifest than others. Some things are instantaneous, and it depends on your level of attachment and amount of desire. I'll get into all of this... all of these details in the episode. But what I really want to drive home, is every moment, literally every single second that you're existing, you're creating, you're manifesting your life right before your eyes.

And I've talked about this before, definitely on other podcasts on the radio show that I had. And I'm pretty sure I've done countless videos on this, but it's really important. So many people don't understand, and it's easy to forget when we're living in this life, this physical, 3D world, this material world. But every single thought we think, every belief, every attitude, every emotion, the way that we're

feeling, the energy that we're carrying, the frequency that we're vibrating at, we are creating our entire life. So the way that I like to say it, is, "Everything that you see, everything that you experience is... it's just a giant mirror." It's reflecting back to you, you. It's reflecting back to you the way that you feel about yourself. It's reflecting back to you the way that you think the world should be, and the way other people are, and all of this stuff.

It's like every single thing that you believe is going to be shown back to you, and reflected back to you in other people, in your relationships, in your career, in your finances. It's literally going to show up everywhere. This is why so many people will say, "Why does the same thing keep happening to me over, and over, and over again?" Well, lessons are going to continually show up in your life until you learn the lesson. Until you finally realize, "Holy shit, okay." This is what I needed to learn from that experience." Instead of being the victim, you end up embodying that experience. And you see what about you was creating that, what attracted that experience to you. You learn the lesson, you grow from it, you transcend it, and it no longer comes into your experience anymore.

Because you've risen above that level of frequency, you've learned the lesson. You no longer need to experience that pain, or that lesson, or whatever it might have been that you continually were experiencing. That is why there are two very different people with the different mentalities. If you're walking around the world feeling like a victim all the time, like, "Oh, woe is me, all this shit always happens to me. It's always one thing after another, after another." Well, you are solidifying that, you're affirming that that's your experience. So the universe is like, "Okay, here you go. Here's another thing, and another thing, and another thing." That is not going to happen, that cycle will never break until you switch your mentality.

It's the same thing with money mindset. If you have a poor mentality about money, if you believe that you're going to be in poverty for the rest of your life, even if you win the lottery, you're going to burn through it and be right back in debt and poor again, because it's the way that you believe money appears in your life. Are you going to be poor, or are you going to be wealthy? So if you are like me and you continually felt like you were dating the same guy over and over and over and over again, just in a different human body and different personality, there's a reason for that. I was creating that experience because they were just showing me how I really felt about me. They were showing me the low self esteem that I had. They were reflecting that back to me. And that didn't start to change until I started to believe that I was worth more than that.

And then, you rise above that and you don't attract those kinds of experiences anymore. So this manifestation stuff is happening every single day. It's in the big stuff. It's in the little stuff. And there is a level of collective manifestation, too. We all are in agreement about certain things on this earth, and so there are certain things that we all experience as a humanity collective group, because of certain things that we've agreed to, like this is this way, blah, blah, blah. And I'll do other episodes about that too. But the point is, you get to create your entire life. Your whole life. You get to be the ultimate creator. You're not the ultimate creator. God is the ultimate creator, but God is expressing himself through you.

So you're co-creating with God. And it takes a level of trust to know that God is always giving us everything that we need. Life is not happening to you. None of this is happening to you. It's happening for you, for your growth and evolution, depending on what lessons you came here in this lifetime to learn. So that's just a little brief overview of manifestation, but really once you understand that every single moment, every single thing is just reflecting back to you, it's extremely empowering because you realize that you get to change it. If something's happening that you don't like, you get to get curious and ask yourself, okay, what about me is attracting this into my life?

What am I thinking about? What am I focusing on? How am I feeling? What is going on inside of my head and my energy, and how can I switch it so that I can rise above and create something better for

myself? It becomes, also, so... I don't know what the word is that I'm looking for here. It becomes a lot less personal, which is huge. You start to realize, it's not really... Nothing is permanent, and everything is just a lesson. And so you get to, you start to, I don't want to say take life less seriously, but it becomes less, there's not as much pressure. That's the word that I was looking for. It's a lot less stressful and you get to play with it, and it becomes a game.

And that, again, it's so empowering. Once you understand all of this stuff, it's like, oh my God, this whole time, I've been so upset over this thing or dreading blah, blah, blah. You get to change it. It's up to you. But it depends on what you believe. This is what energy work is. You have to go deep within your consciousness, within your psyche, and peel back the layers and ask yourself, why do I think this way? Is it true? Look at all of your core beliefs, because those are the things that you have to change. If you want to see change, this is why behavioral change does not work, because that is at the action level. Actions, yes, they create results. But actions are a result of the way that we're feeling.

They're a result of our emotions, they're a result of our thoughts. And ultimately all of that is a result of our beliefs and the energy that we're embodying. And all of these things are very deep within our subconscious mind that we have to be the, I wanted to say architect there, but that's not the right word. The paleontologist, I guess, isn't that the word? Or archeologist, I don't really know what the word is, but you go digging. You go digging into your past to kind of uproot all of these things that have run your life without you even realizing it. And I'll do more episodes about the subconscious mind and the brain, as we progress with the show, but I want to just focus on manifestation today and tell you the biggest things that you can do.

What I'm about to tell you are the top. If you can master these things, these steps that I'm about to tell you, you will be able to create literally anything. But again, if you don't fully believe it, if you don't fully believe that you can have it, that it's possible for you, it's never going to happen. So let's just get right into it then. I already said one of the ones, you have to believe that it's possible. You have to know that it's possible, know that anything is possible, but before even that, step one to manifestation is you have to know what it is that you actually want. And this... It sounds so simple, but it's actually for most people a lot harder than you realize, because most of the world is so focused on what we don't want.

We are so clear. We are so crystal clear on everything that we don't want. I don't want to be treated like that in a relationship. I don't want to feel this way. I don't want to blah, blah, blah. I don't want to... You know? We know what we don't want, but have you ever asked yourself, well, what is it that you do want? Because most days, most of the time, what are we doing? We're walking around, complaining about how we don't want to feel this way. We don't want this to happen. We don't want to do this. We don't want to do that. We don't want to blah blah... It's like, I don't, I don't, I don't, I don't want, I don't want, but what do you want then? If you stop and you ask yourself, well, what do you want? Are you like, "I never thought about it?" Because you're so focused on what you don't want. And why does that thing keep happening to you? Because you're focused on it.

Where your focus goes, your reality follows. Anything that you're thinking about, anything that you're focusing on, you're literally calling more of that to you. That's why when I was doing body image coaching, and even performance coaching, when you're focused on the thing that you don't want, like I don't want my body to be this way, I don't want to gain weight, all of these things, I don't want to feel heavy in my body, I hate this, that's the way we speak to ourselves, but that's what you're focusing on. So it becomes literally impossible to make progress because all you're focused on is how you don't want to feel.

So you got to start to flip that on its head and focus on, what do you want? And you have to be specific. You have to actually like say out loud, and that's another part of this, is you have to actually ask for what it is that you want. God cannot act unless we give him direction. We have to actually ask for it, we can't

just assume that it's known, because God does know what's on your heart, but you have to ask for it. That's exactly what Jesus taught us, that's what all of the gurus have taught us, that we have to actually ask for it, be specific. It can't just be, oh, I want to be rich, you have to know exactly what is the goal, what is your desired outcome?

And be so specific, I can't even stress that enough, because if you're not specific, you might get something in that realm, but it won't even be remotely close to what you wanted. So when you get it you'll be like, "Well that's not what I asked for." So a way to do this is visualize exactly what you want, whether it's a person or a relationship. It doesn't matter what you're manifesting, you just have to be able to visualize yourself in that reality. You have to know that it's possible, you have to believe that you are worth it. You have to believe that this is something that could actually happen for you, instead of saying, "Oh, that type of thing just doesn't happen for me, it's just not in the cards for me." You can't have those thoughts.

And if you do have those thoughts, you need to go back and ask yourself, well, why do I think that way? Where did it come from? When was the first time that I was told that those kinds of things happen for other people, but not for me? And I guarantee you, it goes back to your childhood, when someone one time told you one thing, "Oh, that just doesn't happen for people like us, our family, that kind of thing just doesn't happen for us. That's for other people, but not us." You would be so surprised as to how many times stuff like this gets mentioned one time when you're a kid, and it gets hardwired in your conscious. You make a blueprint, like a program in your mind, that says, okay, I will never have X because that kind of thing just doesn't happen to people like me. And before you know it, it becomes a hard program in your brain that, that is running your life and is attracting all of these other things into your life. This is how it works.

So if you are having those kinds of thoughts, you have to go back and get to the root of it, and then reprogram that part of your brain to say, actually, I can have this, there's no reason why I can't. Is that story that you were told even true? Because no, it's not. You get to decide, it's a decision. Everything in your life is a decision and a choice. How do you want to feel? Who do you want to be? That's it. And every single day show up as that person.

So step one is to know exactly what you want and ask for it. You have to know what you want, you have to be so specific and so clear and ask for it, and visualize it happening for you. Visualize it happening. Step two is getting into the energy, the feeling, the emotions of how you would feel if that thing were real for you right now. So number one thing that I always do for this is to get in the feeling of gratitude. Imagine how you would feel if that thing was yours right now, if that was your life right now, how would you feel? It doesn't matter if it's a kind of reality that you want to have, a different life, or it's something that's going to happen in a moment in time. If you were to receive that thing right now, or if you were to be in that life right now, what are the emotions that you're going to feel?

Gratitude should be number one, like oh my gosh, I'm so grateful, this is what I've been waiting for, this is what I've wanted for so long. But some of the other emotions that you're going to feel are probably excitement, happiness, love, bliss, joy. You're going to want to dance around you're so excited, like, I can't believe this is my life. It's a very, very high vibe, and you have to feel those emotions now.

So the way that I do this for myself, and the way that I've taught my clients, how to do this, is think about a time when you did feel that way, when you felt all of those things, and put yourself back into that moment so you can really start to feel those feelings in this moment now. And when you're feeling this way, that's when you visualize exactly what it is that you want. Because what you want to do is you want to tie in, you want to create a program in your brain that connects the visualization of what you want with those feelings, because the feelings, the energy, is what creates it, it's what draws it closer to you.

It's all about the energy. Everything begins with energy, and the emotions, and how you're going to be vibrating. So feeling how it's going to feel in that moment, if it's something that's going to happen in one particular moment in time, or if it's something that it's a general life experience that you're going to create that's your new normal, feel how it's going to feel now, and embody that feeling any chance you get. Try to make that your new normal now, energetically, because that is exactly how your reality is created. It's the law of attraction.

So step one is to know what you want and to be specific. Step two is to feel the energy. Get in the feeling now and associate it with the life that you're creating or the thing that you want. Whatever it is that you're manifesting. Have that visualization in your mind and see if you can really feel it happening for you. One of the things that I would always do, and I do do this, is visualize the exact scenario that I want to feel and try to actually physically feel my body in that reality. So if it's a car you're trying to manifest, imagine that you're actually sitting in the driver's seat and the chair that you're sitting on is no longer the chair that you were sitting in before, it's now the driver's seat. And feel the feelings around you. Try to physically put yourself in that scenario.

Now, obviously your eyes are closed, it's a meditative practice. But that is seriously so powerful because our mind cannot tell the difference between something that actually happens in real life versus a visceral feeling that we get, even if it's just in our imagination. That's why dreams when they're so vivid, they feel so real because you were in that experience, even though it was in your mind, it was real. Your body, your heart rate will speed up. Sometimes you wake up in a cold sweat. Your body is responding because your brain literally cannot tell the difference. Your goal is to make your mind believe that that is real for you now. It's all about now, which leads me to my next step.

Step three, act as if it's yours now. So not only now are we feeling the energy of what it's going to feel, but imagine how different your life would be if you had that thing or you were that way or your life was however you want it to be right now. What would you do differently each day? What would your days look like? What are some of the habits that you would have? How do you speak? How do you dress? How do you treat other people? How do other people treat you? Start being that version of you now. It sounds so simple and it really is. It really is. The hardest part is not letting your brain go back to old programming where that thing, it seems so far out of reach. And one of the things that's actually pretty tricky about it is when your physical reality around you is showing the opposite.

You're creating this thing for yourself, but everything in your physical reality is telling you that that's not yours and it never will be yours. You have to have tunnel vision. I don't want to say it'll be in denial, but you do, you kind of have to ignore what's happening around you and imagine and act as if the things that are happening around you and your reality is already that thing. Depending on what it is that you're manifesting for yourself, this could be really simple, or it could be really challenging. But the point is, as often as you can, as much as you can, do the things and live the way that you would live if the thing that you were trying to manifest was yours and real now.

So step one, know exactly what you want. Exactly. Step two is feel it and connect that feeling with whatever it is that you're creating. Kind of solidify that in your brain step three is to act as if it's yours now, which is perfect transition into my next one. And this step four is probably the trickiest of all is to be unattached. Let go. And this sounds kind of counter contradictory to what I just said. You're living your life as if everything that you want is yours now, but it's so important. And this sounds so crazy. You have to be unattached to the outcome. You kind of have to try your hardest to forget about it, to forget that you even asked for it. Because when we're so attached, if we are emotionally attached to a specific thing happening exactly this way, we're creating blocks. We're blocking it. Because the way that we think it's going to happen is never the way that it happens. It's never the way that it happens.

And I guarantee you, there's going to be things that pop up that make you believe, well, this is just proof that this is never going to happen. Again, ignore it. Ignore it. Things are going to pop up that make you think that it's blocked and it's never going to happen, but God has ways that we know not of. The way that it's going to happen, you can't even try to predict how it's going to unfold for you. You can't. Because it's never the way that we think it's going to be. So let go of a timeline. If you have a due date or a deadline or whatever for this thing to happen for you, I urge you to just drop it because why would you put a deadline on something?

Say you want to be in a relationship by this time next year. Well, why would you wait? By saying that you're blocking any relationship to come to you before that time. Do you see what I'm saying? If it has to be by that day, it can't be any sooner. But also too, that might not be the time that we're ready for it yet. So we have to let go of the how. That is the number one. The how and the why, forget about the details. Let it go. Be so unattached. And honestly, the things that manifest for me the fastest, and I think this is pretty universal, are the things that I even forget that I asked for. I forget that I asked for it.

One time I manifested in the beginning of COVID quarantine or locked down or whatever you want to say, and everything, everything was closed. And Winnie needed a bath so bad, she needed groomed so bad. Her hair was out of control. And I went to bed the night before saying, "Oh God, it would just be so nice if I could get Winnie groomed tomorrow." And I forgot, it was right before I went to bed. And I literally forgot that I asked about it. I said it out loud. It wasn't even something that I was actively trying to manifest. It was just a thought like, "Oh, wouldn't it be nice if." And I woke up the next day and at 10:30 my mom called and was like, "Oh, Deb, the groomer called. She's going to take all three of our dogs today."

Totally 100%, not planned. I had forgotten that I asked for it. It's the things that we care least about that we don't really have an emotional attachment to, those are the things that end up happening the fastest, because we're not constantly thinking about it, we're not constantly obsessing over it. We have to be okay with whatever's going to happen. The groomers appointment for my dog, I really didn't care if it was going to happen or not, it was just like she was kind of smelly and I share a bed with her, and it would have been nice if she was clean because it had been like a while since she had had a bath, but it wasn't something that was do or die, my whole life wasn't waiting on this thing to happen.

On the other hand, if you're trying to manifest a relationship with a specific person, which I have experience in this area, sometimes it feels like life or death, and sometimes it feels like it's still the number one thing that you want and so much time has gone by and it seems like absolutely hopeless and out of reach. That's when it's so easy for people to give up hope and to say, "Forget it, I'm just going to settle for something that I don't really want. But, nothing else is happening, I'd rather be in a relationship than be alone," kind of thing.

The thing that's ironic and frustrating is, the moment that most people give up is five minutes before it's actually going to happen, but when you give up you're effectively telling the universe, "Okay, nevermind, you don't have to bring that thing to me." And it was like just around the corner, if you would've just held on for like a couple more minutes it would have been yours.

So, practicing patience too, that's step six, patients and detachment, I think, go hand in hand, because we can't put a timeline on things. God knows best, His timing is always perfect. He's never too early or too late, He is right on time. And sometimes the thing that we think we want is actually not... There's something actually better. So, you might not get the thing that you wanted, that you specifically asked for, but you're going to get something even better.

So, a lot of the times when I'm trying to manifest something, I ask for that or better, like the equivalent of this or better. Because, again, when you're so specific about what you want it doesn't always come in

that exact form, but it comes in an equivalent. Does that make sense? So, this or better, this or higher, don't limit yourself and don't cut off your manifestations by giving up too soon or needing it to happen just so, and in this exact way.

Just try to let go of everything, try to get it out of your mind and forget about it, forget that you even asked for it. And I know that that's so hard to do, it's so hard to do, but anything thing that you want to do, anything that you... It actually gets to be easy, the only thing that makes it hard for us is our belief that it's hard. Literally everything comes down to a belief. So, if we say something is going to be so hard, guess what, you're creating a challenging experience for yourself. But, my mantra has become, it gets to be easy it doesn't have to be such a struggle, it doesn't have to feel so excruciating when you're manifesting these things, when you're trying to create the life that you want to live or your best life, or whatever it is that you're trying to manifest, it doesn't have to feel so hard, and it doesn't have to be... Please, if I tell you one thing to do with this step, with being unattached, is to accept your reality in your life for what it is right now.

We have to be in a state of acceptance of what is, and that's probably something that I should have said in the beginning, but better late than never. We have to accept what's real now, this is why so many people have such a hard time losing weight or creating their fittest body, or whatever it is, is because we're so damn focused on how much we hate our current circumstances, we hate our body for what it is right now, "I hate being single, I hate not having a job."

Whatever it is that you're trying to create for yourself, we have to be in a state of acceptance for what's real right now, but also knowing that this is not the final destination, we're always working to make it better, we're always working and creating a higher experience for ourselves. So, yes, you may not like what's real right now, but you have to accept what's real, and know that you're going to be okay no matter what. You're okay right now, so the best way and the easiest way to allow yourself to unattach from the specific outcome, from needing it to be just so, "If it's not this way then I'm just going to die." No, you're not. No, you're not. You're perfectly fine the way things are right now.

But, it doesn't have to stay this way, and the minute that you stop obsessing over it, the minute that you stop thinking about it all the time is the minute that it comes to you. When we're constantly focusing and obsessing on it we're blocking it, we're blocking it because there are an infinite number of ways that it can happen for us, but if we're obsessing on the one thing, the one way that we think it's going to go, it can't come to us because we're creating that. So, so times we're the ones that are, I mean we're always the ones that are in our own way. It's never up to anyone else but you, and that's where so many people get tripped up in life, we blame other people, we blame external circumstances, but those other people are just showing you, you, those external circumstances are just showing you, you.

That's why I said the thing that I said in the beginning, is your world is just a reflection of you, and it's malleable, it can change, in the snap of a finger, in the blink of an eye your entire reality can change. And that's exactly how I healed my body so quickly. It's like I decided that I was going to accept my body, and all of a sudden, I mean obviously it wasn't like all of a sudden, but like quicker than I could have even ever imagined, I had my body back.

And the house that I'm in right now, this is a perfect example. I was okay in my old house but I didn't want to be there anymore. I had outgrown it. The energy was really toxic. It reminded me too much of my painful past when I was anorexic and heartbroken all the time. And I didn't want to be there anymore. And I just kind of put it out to the universe like it would be nice if I had the office opportunity to move into a brand new home that no one's ever lived in before. So there no old energy there and I get to create it and make it new. And literally the very next weekend I was presented with that exact opportunity. And I sit and record this podcast in that house right now.

And it was a 30 day close. So it wasn't obviously in the blink of an eye that my reality changed, but it was like shit. As soon as I had that opportunity I was like, "You better get packing girl. You're going to be moving in a month." So my reality did change. It's all about what you're thinking about, what you're focusing on. If you believe that it's possible for you. Do you actually think that's something that you can have? And if it's something that you want but you don't think you can have it, you're never going to have it. So you got to work on that belief. Why do you think that you can't have it? And is that actually true? Because guaranteed it's not, here's what I want every single human to know.

If you have a desire on your heart, if there is something that you desperately want, that thing is made for you, you are meant to have that thing. You wouldn't have the desire on your heart if you couldn't have it. There's no question that you can ask that there's not an answer to because if the answer didn't exist, you wouldn't know what question to ask. Does that make sense? So if you have the desire, that thing, that version of you that has that thing already exists. And this gets caught up in a time continuum that I talk about all the time but every single thing is happening all at once and all possibilities exist right now in this moment. And I'll do another episode on this too.

But right now, there is already a version of you that has the thing that you're trying to manifest that exists in another universe. In a parallel universe there is a version of you where you already have everything that you're asking for, everything that you want. So it is very possible for you. All possibilities exist right now in this moment. That's a trippy thing to think about and I know, I'll get into that far more in depth in later episodes. But for now, I just want you to understand if there is a desire on your heart, it's not a coincidence. You're meant to have that thing. So don't just write it off as some silly dream that's never going to come true because it's already true somewhere else. All you have to do is wake up to that reality.

And that should be so empowering. That's one of the coolest things. When I found that out, I was like, "Holy shit. I can literally create anything and I get to change the future and the past at the same time," it's so trippy, but it's so exciting because this is how you truly allow yourself to feel limitless because you are. There is no limit. The only limit is the one that you put on yourself. The only obstacles are the ones that you make for yourself. And when obstacles do arise, this is the last thing I want to touch on, when obstacles do arise, when blocks seem to enter into your experience, it's, not... I don't want to use the word test but it's just showing you another part of you that you need to heal, that you need to shift your beliefs and your mindset around. Asking yourself, "What am I thinking about? What am I focusing on that's attracting this experience into my reality?"

So that you can transcend it and remove the block. That's essentially the way that I live my life day to day. And all of this stuff is things that mindset coaches and metaphysical experts do not want you to know without paying for it but I'm breaking the system. This knowledge, it should be universal. Everyone should have access to this information because it's literally everything is ours. And I know that's such a vague term and phrase but I don't know how else to put it but the way that I'm feeling right now, it's literally everything that exists we deserve to know about it. No one person is more powerful or higher than the other, we're all equal.

And so I want every single human to know this stuff because when you are empowered with the truth, nothing is off limits for you. You don't have to suffer anymore. It doesn't have to be so hard. If you're sick of the way that things have been going, start focusing on creating your new life with the steps that I just laid out. So really quickly, I will go back over and review the steps to manifestation is number one, step one, know exactly what you want. Quit focusing on what you don't want and focus only on the things that you do want. The things that you want to create because when you focus on the things that you don't want, you're causing yourself to feel pain. You're vibrating super low. The energy isn't there to create the things that you want. So when you shift it to a higher vibration and ask for what you want and

be super specific and be able to visualize it actually happening for you and know that it's possible. This is all step one.

That's when you really start to begin to attract that reality to you. Step two is to feel the feelings. Feel the way that it would feel if that thing were yours, if it was real right now. Practice gratitude as much as you can. Gratitude is the ultimate state of receiving, it's the ultimate state. So if you're in a state of gratitude, start focusing on all the things in your life that you have to be grateful for and it's not possible to not feel grateful. And embody that feeling now, and try to maintain that vibration, maintain that energy. Step three is to act as if that reality is already real now. Act as if you're already that person that has XYZ, whatever it is you're manifesting. Do it.

However your day would look, obviously depending on what you're manifesting, you can't do 100% of the things, but do as many things as you can. Be that version of yourself as much as you can. How different would your life be if you had that thing right now, if that was real? How would you act? How would you speak to others? How would you treat others? What would you do in the morning and the evening? Kind of map out how your life would be different and do as many of those things that you can now. Step four is to detach from the outcome. Let go of the how, forget about the why. Let go of the details. Leave all of that up to God and the universe, because they are going to do it 10 times better. 10 times. I should say 10,000 times better than we could ever do it ourselves.

Try as much as you can to just like, get it out of your mind. I know that contradicts step three to act as if, but if you can just kind of separate the two and be okay with whatever happens, knowing that no matter what happens, you're good. Nothing can touch you because you're the creator and you get to decide. You get to decide. That should be so empowering. Do not obsess over what it is that you're trying to create. Try as much to get it out of your mind, and maybe even, if you can, forget that you even asked for it. Just put it out in the universe, feel the feelings, accept what's real, and let it go and let whatever's going to happen, happen, while knowing that literally anything is possible.

You're creating your reality, and literally nothing is off limits for you. Nothing. Then the last step that I haven't yet mentioned is to just be open to receive. Again, I mentioned the state of gratitude is the ultimate state. It's a perpetual state of receiving. When you're grateful, when you're feeling that overwhelming sense of gratitude, the universe, it just wants to pour more into you. So, quit blocking yourself and allow yourself to just get ready to receive. You know? Be excitedly, the way that I always say it, what's the phrase that I always say? Eagerly anticipating. Like if it were Christmas Eve or Christmas morning, how did you feel when you were a little kid knowing that you're going to get this thing?

That's the thing, too, is you have to know that it's already yours. You have to know that it's coming to you no matter what. For example, if you order something online, you know that it's coming to you. You get excited for the day that you get the package. That's exactly like you're placing your order with the universe. That's exactly how you're supposed to feel, how you should feel. So, be in that state of, "Ah, I can't wait, I can't wait. It's coming to me." You know? So, that's it. Those are the basic steps to manifestation. But, again, knowing that it ultimately comes down to looking at the things that you're thinking about, what you're focusing on, the way that you feel, why are you thinking the way that you're thinking, and what are the ultimate beliefs that you have about yourself and the world? Because those are the things that are driving your reality.

I will get into a whole other episode about beliefs and thoughts and how you create your ultimate reality that's not focused on manifestation, but actually the energetic principles behind it. I'll do all that, and I'll also do another episode on everything existing at once, the parallel universes and how... every time I say this, if you're someone that's new to this information, it's just like, I remember the first time I heard it, and I was like, "That person's insane." But time is an illusion. Time doesn't exist. It's not real.

Everything's happening all at once. There are an infinite number of realities that exist. I'll do an episode on all that stuff too.

If there is something that you specifically want me to do an episode on, if you have questions, you can send me an email. If you go to my website, I'll have all of that in the show notes, or just hit me up on Instagram. I'm always hanging out there. It's @JamieMiche11e, the number 11 in place of the double L's. I'll put that in the show notes too. Don't forget to subscribe to the newsletter. I'm going to be releasing a brand new weekly newsletter every Friday. In that newsletter, I'm just going to be sharing with you a high-level overview of all of the things that have happened that week and the truthful side of things, like what the media isn't telling you, what they're hiding from you.

I'll also be sharing my top favorite things of the week, my favorite quote or favorite tool that I'm using, or book that I'm reading. All the resources, I'm going to share it all with you in that newsletter, so don't miss it. I'm going to be launching it on January 1st, around that time. I don't know what the actual Friday is, but it's going to come out every Friday. Go to my website. It's at jamiemiche11e.com/newsletter. I will put that in the show notes. Again, the double L's in Michelle are replaced with the number 11. So, J-A-M-I-E M-I-C-H-E-1-1-E .com/newsletter to sign up.

All right, kids, that's it for this episode. I will see you in the next one. And don't forget, sign up for the newsletter and hit subscribe to the show, and feel free to leave me a review if you feel so inclined. All that does is it helps the show reach more people, and with all the information that I'm sharing, it's so important now more than ever for as many people to know what I'm sharing as possible. So, if you do that, it just helps the algorithm reach more people. So, go ahead and hit subscribe, leave a review if you feel inspired to, and I will see you next week. Bye for now.