



DREAMS TO REALITY  
HOW TO BUILD YOUR  
PASSIONS



MANIFESTING  
**COACH**  
BLONDIE

Okay so now what? Let's talk how what we think manifests into reality.

In order for The Creative Process to work (see the masterclass on that in the Programs section) we have to allow ourselves to really dream into these desires. If you have some ideas that excite you talk yourself into them (not out) and see where they go. Some will excite you more than others and that is where to start.

As I always say, there are many pieces that make up the giant puzzle of 'you' and 'your life' everything links together perfectly and your journey may take to an area you didn't expect but it feels right which is how you know you are in alignment of it.

Feeling good is always your confirmation you're in the right direction it's only a past belief systems and what we've been told from society that causes you conflicts.

### **Creating your new reality! - Lets talk THOUGHTS**

The law of attraction and 'mindset' are completely linked.

When you want something you have to get your mind, thoughts, language and behaviours in sync.

Listen to the difference to how these feel when you say them;

"I am successful and I love it. I've created my dream, I'm so happy"

"I am working on my success and freedom and I love the process"

or...

"I hope I'm successful. I wish I could have it now"

The difference is huge. The feeling is always what we want and our language is either a powerful affirmation that motivates us or something that suppresses you.

We want to be in momentum and get the law of attraction to deliver the components we need to build our dreams.

We want to focus on our beliefs and take aligned inspired action when it comes. Sitting and trying to work out the HOW will put you in efforting energy but when you spend time building your dream in your imagination the law of attraction will SEND you the steps ready for you to take aligned action.



## Let's bring in some experts

Sarah Morgan is a manifesting goddess, look how she explains how to create your reality.

If you spend **51% of your time having positive** thoughts you are going to manifest more of what you DO want rather than what you don't want.

If you spend **60% feeling good**, you will be manifesting the things you want at a nice steady pace and continue to flow

If you spend **75% of your time feeling good** then you will be manifesting your desires super quickly and easily.

The power is focusing on what you want.

Maria Peer is a hypnotherapist and transformation therapist and is fabulous at explaining how we work and why;

Your mind is split into halves; your **conscious** and your **unconscious**.

The conscious self, which you are aware of, has an unreliable memory, whereas the unconscious self registers and remembers even the smallest events and the least important acts of our existence.

**Imagination is far more powerful than knowledge, and emotion is more powerful than logic.**

Lets talk fear

So you have a dream but fear creeps in. Fear is caused by the picture that you made in your mind, so in order for you to think of not failing you instead have think of success.

Your mind cannot hold two pictures at once (failure & success) so be sure to talk yourself into success to remove the fear.

**Train your imagination to win.**

Your imagination is like an untamed horse, it is immensely powerful and you have to go where it wants you to go.

The good news is that you are able to choose the pictures you make in your mind and what you want to focus on.

When it comes to building our dreams we need to spend more time building the fabulous images because that causes the right people, circumstances and opportunities to come TO you.

Also, you CO-CREATE with the universe, its not going to knock on your door with everything you want tomorrow, so you need to pay attention for the signs you see, the people you bump into, the opportunities that come up and if they feel GOOD (sometimes also scary but still right) then this is the aligned action that you should take.



When you are in a routine of; dream it, feel it, expect opportunities and take inspired action your life will transform FAST.

It is NOT about being in an energy of taking any action out of frustration, impatience or should, that won't feel good and won't be aligned.

Its about holding the faith that everything is working out for you and taking the right action when it comes.

Expect inspired action to comes to you and be ready to take it.

## **SUMMARY**

Whatever we focus on we move towards

Whatever we focus on we experience and feel

Whatever we focus on we get more of it as it becomes more real to us..

Can you now see that thinking negative, seeing images of a failing business, an insecure woman, not having any money, feeling overweight are actually all mental instructions?

Instead we want to focus on what we want to manifest all the inspired actions and bring all the right components to build our dreams TO us.

It's time to start creating mental images of what you want, feeling bloody fabulous and in full expectancy of the next steps.

### **Remember:**

Feeling good is your confirmation you're in the right direction, it's past belief systems and what you've been told from society that causes conflict.

What feels better;

"I am successful and I love it. I've created my dream, I'm so happy"

"I am working on my success and freedom and I love the process"

or...

"I hope I'm successful. I wish I could have it now"

Learn to ignore your present reality, from now on understand to focus ONLY on what you want.. Live there. Think there. Focus there.



## CREATION MODE

These processes are how you start to build your dreams and will turbo charge your steps towards your manifestations.

Inspiration, feel the magic baby! Play the **secret movie** or LOA vids all the damn time. I would get up in the morning, press play and have that on loud while I was getting ready for work. Instant magic.

I had **recordings** of my ideal man, my ideal lifestyle in my iPhone. They were recorded with huge excitement and shrieking. The purpose of these recordings is to generate the FEELING. Press play and BAM! straight in the visual and sensory zone...

In these recordings I would have what the environment looks like, feels like, the sounds, what it smells like every sense was there.

Create **vision boards**, Use images that light you up and resonate with you deeply. I stick glitter, crystals and flowers over my vision board so it looks absolutely beautiful I'm just looking at it reminds me of everything I want to have

**Act and talk** like a successful coach all the time, I designed the person I wanted to be and started to adopt the behaviour patterns. I would walk into work thinking that I was walking around in my own coaching building, I would be nice to people, I would be respectful of people, in my mind I was massively successful already so I would dress successfully, I would wear heels, I would have make-up on, I would act and behave like I was the boss of a multi million pound empire, I was helpful, happy. positive.. it felt GREAT.

**Journal / creative write** This is rocket fuel. I both write out how my day has been, what I'm thinking and feeling, what beliefs are wavering, and I write affirmations and new beliefs. I constantly write out my ideal day and my ideal lifestyle. You name it, I write it. I channel creativity energy easily now through pen to paper.

**Get in the zone! Stop** watching the news and aimless social media scrolling. I also stopped going out and getting hammered every weekend because it was a huge self sabotage for me. I made financial investments into my study and I actually studied, I regularly took inspired action when things came up and I started to move, fast.

Literally if someone told me to wear knickers on my head and walk around in public I would have done it because I was ready, determined and committed and I believed in what I was being told.



Based on what Sarah Morgan said above, I was easily 75% focusing on what I wanted.

Based on what Marisa said above, I had/have created a multitude of ways to create the visual images, therefore crystal clear instructions to my mind EXACTLY what I wanted and I was buzzed AF all the time.

Things changed really quickly. Within days i manifested dreams jobs, a BFF, courses, a trip to LA, within six months I met my absolute soulmate and now I work in my own freedom business. These steps WORK when you commit to them. Rather than see to believe its a case of believe to see and it's truly fabulous.

