

# The Art of Manifesting

By Katie Gallanti



*This is the third article of a series of five articles on the art and science of manifesting. The information in these articles has evolved over a ten year period of learning, working and eventually teaching principles and tools for manifestation. I thank my many earthly teachers as well as Metatron and the Council of Creation for their teachings and inspiration.*

## Part 3 - Thoughts and beliefs

If I had a pound for every time I have heard the sentence “Watch your thoughts!”, I would be a rich woman. Anybody that has dabbled into the field of metaphysics even a little will have learned to understand the truth that what we think today, shapes the reality of our tomorrow. Our thoughts are where we direct our consciousness and energy and with that energy we create our world. This can be as simple as understanding that if we think angry thoughts all day, we should not be surprised if our interactions are angry ones. Even from a purely psychological perspective it is easy to understand how this could happen. Our attitude influences the quality of our relationships with others. People are more willing to deal with happy people than angry ones. From a metaphysical perspective, however, we also understand that thoughts are energy and vibration. And as we know, energy creates. The more focused the thought, the stronger the intensity of that vibration. And the more likely it is to manifest into the physical world.

### *Monitoring your thoughts*

As we understand that our repetitive thoughts shape and create our own reality, it is obvious that it is important to think the thoughts that are most suited to creating the reality that we truly want. But first we must gain awareness of the thoughts that we are already thinking, unconsciously, most of the time. We are constantly thinking something. Our thoughts are the background noise of all of our activities. We wake up with thoughts and they do not leave us until we go to sleep. Even during sleep the mind is still processing the events of the day. We are constantly emitting a stream of creative consciousness, the content of which we are usually unaware of. The life we live is created in every moment by that stream of consciousness, so it makes sense to explore it further.

I first became aware of the quality of my thoughts after attending a group called The Prosperity Club led by a man called Shaun de Warren. For those of you that live in London, this is a group I highly recommend. Shaun is a great and very inspiring man from which I learned a lot about changing my thinking patterns. One evening he suggested an exercise. We were to buy a journal, divide each page into two halves by drawing a line in the middle of the page. On the left-hand side of the page we were to write down each negative thought that we had. On the right-hand side of the page we were to turn that thought into a positive statement. For example, if we thought “I am hopeless with money”, we needed to change it into “I am great with money”. If we thought “Relationships never work out for me”, we were to change it into “All my relationships are fabulous and work wonderfully”. He also suggested that we take

this journal with us everywhere and that we keep it with us at all times. And that we monitor our thoughts throughout the day for several weeks, catching as many thoughts as we possibly could, writing them down as we went about our business and changing them into positive statements. The idea was that after a while monitoring our thoughts would become second nature and that we would become more positive thinkers. But also that we would become more aware of what we were actually thinking, aware of our usual stream of consciousness.

After a week of doing this exercise, I was horrified as I realized that I was thinking negative thoughts all the time, a continuous stream of negative self-talk going on and on and on. No wonder my life was not working! As I practiced changing my thoughts I began to see some positive shifts in my life and I also started to enjoy myself more. Every time I changed a thought into a positive, I would repeat it in my mind and I would feel charged with positive energy. I felt much more uplifted as I went about my day. Little miracles unfolded around me. People in the street would smile at me, as I was emanating a positive attitude. Small encounters became meaningful, as I became more conscious not only of my thoughts, but of my entire being. Monitoring my thoughts became almost a form of walking meditation.

Monitoring our thoughts, just like meditation, requires constant practice. Every now and then I still slip into periods of negative thinking, usually when faced with a challenge that does not solve easily. It is easy, when things are difficult to get stuck into constantly thinking about one’s problems. If you pay attention, when this happens you will find yourself repeating to yourself thoughts like “Things are so hard right now”, “How am I going to get out of this mess”, “This is a disaster”, “Things are going to hell in a hand-basket” or “That’s it, I am throwing in the towel”, repeated over and over. It is at times like these that we need to be particularly conscious of what we are thinking. If we don’t we can get into a vicious cycle of reacting to difficult events with negative thoughts that in turn create more difficult events, that we react to with even more negative thoughts, that create yet further cycles of difficult events. Before we know it our whole life is spiraling out of control. Even popular wisdom knows this with sayings such as “When it rains it pours” or “Bad luck always comes in threes”. If you ever feel that you are slipping into a negative spin cycle of this kind, make sure to stop at the first stationery shop you find to buy a thought-monitoring journal. Within a few days your life will start running a little smoother. And remember to breathe deeply, as the breath is sacred and invaluable in keeping our energy high and our thoughts calm. You will soon be out of your funk and back on the saddle of a positive consciousness stream.

### *Beliefs: thoughts that we believe are true*

Beliefs are thoughts that not only we have often but that we believe are true. They define the way we view the world. They are our filters, our rose or gray tinted glasses. Beliefs can be statements about oneself, such as “I always get fired after three years in a job”. Or they can be statements about others, such as “People are selfish”. Or they can be statements about the world at large, such as “The world is cruel” or “Life is scary”. Or they can simply be statements and judgements on the nature of things,

such as “Money does not grow on trees” or “Love hurts”. Beliefs are very powerful in shaping our reality, as what we believe we create. If you believe that you are unlucky in love, chances are you will be, until you find a way of seeing yourself differently. Until you manage to change the belief that you have about your self, love and relationships. If you believe that you are always ill, chances are you will manifest more illness. Beliefs are very powerful. Thoughts come and go, but beliefs are very stable energetically. Energetically beliefs can be found right up to the Soul level. Uncovering one’s beliefs is not only very important for manifesting, but it is fundamental for the healing of the Self. It is my experience that beliefs are mostly unconscious. Some are not even our own: we pick them up from friends and family, from our culture and even from television. Many beliefs come from past lives. Particularly troublesome are beliefs, statements and decisions that are made in past lives at the moment of death, as they often get imprinted at every level of one’s being. Beliefs of this kind are highly unconscious. We are often not consciously aware that we have these at all, but undetected under the radar of our conscious mind the old beliefs might still be operating, creating difficulties in many areas of our lives.

### *Beliefs and manifesting*

Uncovering and changing one’s beliefs is important when manifesting as especially deeply held unhelpful beliefs can sabotage the effect of our intent. If we firmly believe, for example, that money is not spiritual, due to many past lives as a monk in the middle ages, we will encounter internal resistances when intending to create money. And especially when intending to manifest money that is in surplus of our immediate needs. Our subconscious might be ok with creating money strictly for survival, but it will not allow money for pleasure, comfort or to be accumulated as savings. If we make some extra money, we might probably manifest some extra bills too, so we never actually have extra money and so that our reality can still mirror our belief. If, for example, at some level we believe I that we do not deserve to be loved, or if we believe that the spiritual path requires celibacy, we will encounter difficulties in attracting a mate. And so on. So, here is an exercise designed to help you uncover and transform your limiting beliefs. I suggest that you repeat this exercise focusing on a different area of your life each time you do it. As an example in this exercise, we will be exploring beliefs about money. In my classes I usually suggest that people do this exercise several times picking and focusing on different topics such as Money, Love, Power, Life, God, Myself, etc. People are always amazed at the beliefs they uncover.

### *Changing and releasing your beliefs*

Take a sheet of paper and write in non-linear fashion all the beliefs you have about Money. Keep on writing for at least 15 minutes, as after about five minutes of writing your censor will start easing off, as you get into a more focused and meditative state. You might want to play some soft background music to help you with this. The more troublesome beliefs are usually uncovered in this deeper phase.

When you have finished, breathe three times, deeply with your eyes closed as to induce a light meditative state. Imagine in front of you two angelic beings whose job it is to help you to dispose of these beliefs. Notice that the angels guard a machine that looks like a large paper shredder. The angels let you know that it is a cosmic belief shredding device.

Imagine that you are putting each of the beliefs that you have uncovered through the cosmic shredder, one at a time. As each belief enters it, feel the energy that you are holding within yourself, the energy that is attached to each belief come alive

within you. Become aware of this energy.

Mentally will the energy out of yourself, with the assistance of the angels. Allow it to be absorbed by the cosmic shredder. See the energy of this belief leaving your being, entering the shredder and exiting on the other side transformed into beautiful streams of rainbow light.

Feel the angels digging really deep within you, pulling out any residual energy that no longer serves you out of your being as you mentally repeat “I release these unhelpful beliefs now”. Continue until you feel that the process is complete.

When you feel complete, allow the angels to shower you with cosmic rainbow energy. Feel your whole being absorbing this vibration. Allow for this healing energy to move within you, healing all the parts of you that hold unhelpful Money beliefs, even those that are out of your awareness. Know that you are healing at a deep level and that you will continue to do so in the days and weeks to come. And with this knowledge, gradually release and thank the angels, as you return to normal consciousness.

You can repeat this exercise as many times as you want or whenever you discover a belief that you are choosing to release. Some beliefs you might have to work on several times before you see a true shift, as their roots might be deep. As a general rule, beliefs born from traumatic circumstances might need a little extra attention. Have fun as you play with this process.

### *Our collective thinking manifests our collective world*

Becoming aware of our thinking and changing our beliefs is not only interesting for manifesting a better life for ourselves as individuals, but also for creating a better life for our global community. All of our collective thoughts create the paradigms for the collective body of humanity. Erroneous beliefs about power that we hold individually, for example, can contribute to power imbalances for all. Negative thoughts about the self contribute to abuse patterns in the world at large. I think we would all agree that our collective human family could do with a little healing right now, as the energies of ascension shake the human shadow from the roots, uncovering it for all to see. The unprocessed unconscious beliefs and patterns held at the personal level by the many are partly responsible for the creation of the human shadow that is the sum of all of our collective baggage and pain. One of the most powerful things that we can do to change the world is to heal ourselves. By healing your limiting beliefs, you will not only come closer to the life of your dreams but you will also be providing a great service for our human collective soul. Become a metaphysical activist by monitoring your thoughts, by making your unconscious baggage conscious and by transforming your beliefs. Working on the self is the path of the Sacred Warrior. The mass mind will benefit greatly from your contribution. Indeed it is the most efficient way to create change. May you be blessed on your journey of personal healing and world service, as you shine light and healing onto your psyche, the Soul of humanity and all corners of our beloved Earth.

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Katie Gallanti is a soul healer, metaphysics teacher and writer. She is a channel for the energies such of Metatron, the Council of Creation and the High Angelics with which she has created many courses and metaphysical tools. Her course *Light Tools for Manifesting* will be available in late 2005 as a CD series. She is also birthing a multi-leveled healing system that will also be available in 2005. As a healer, Katie specializes in reading and clearing the Akashic Records, in healing and integration of multidimensional issues and in assisting healers, lightworkers, starseeds, walk ins and people that are awakening to their spiritual path. For further information visit [www.cosmicessence.com](http://www.cosmicessence.com)