

# *7 Spiritual Practices to Purposeful Manifestation*



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***“The highest reward for a person’s toil is not what they get for it, but what they become by it.” ~ John Ruskin***



Why practice?

A practice is something you do – over and over and over again, until it is no longer a practice; but a habitual part of your everyday life.

For years, you have been practicing what you don’t want in your life; it’s time to start practicing what you do want.

Acquiring a new set of practices that will serve you and that will ignite your passions will help you to create a more peaceful existence. When you are at peace, you can connect with your authentic self and your true purpose and passion.



Practice also means you do it ***consistently!***

Not once or twice – but ***consistently!***

## *The Two Wolves*

*An old Cherokee chief is teaching his grandson about life:*

*“A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves.*

*“One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.*

*“The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.*

*“This same fight is going on inside you - and inside every other person, too.”*

*The boy thought about it for a minute and then asked “Grandfather, which wolf will win?”*

*The old chief simply replied, “The one you feed.”*



***So... which wolf are you feeding?***

## 3 Great Maxims

### 1. There are no mistakes.

Everything happens for a greater purpose – *your* greater purpose – to grow you, to strengthen you and to prepare you for your authentic coming out party!

*Nothing in this life happens to you, it happens for you!*

### 2. Don't take anything personally.

From *The Four Agreements* of Don Miguel Ruiz: don't take anything personally – even if it has your name on it!

Everyone has their own story and they are the leading lady or man in their story – NOT YOU!

### 3. Everyone has their own God or Higher Power – and it's NOT YOU!

I cannot fix you, you cannot fix anyone else – that is *not* our job! Our job is to re-connect to our divine purpose, our heart's desire and then live the rest of our lives in that desire.



## *Your Power to Choose*

You don't have to live your life by default as you have done up until now. You can make the choice to live a life by design.

I know some of you may think this sound like wishful thinking or just a lovely dream. Yes, it is wishful thinking, if you choose to see it that way. It is all about choice. If you choose to live your life on autopilot, then that is the choice you live with. But why would you make that choice when you can step into a bigger life – the life of your heart's desire? This is the life you were created to live, not the meager existence you are eeking out now.

There are only two things in life you have to do: eventually die and make choices. If you choose to continue to live your current life of lack and scarcity, remember, that too is a choice.

***It is your life – and your choice!***



## 7 Spiritual Practices to Purposeful Manifestation

### 1. STOP!

***“Stopping is a spiritual art. It is the refuge where we drink life in.”***

~ Sue Monk Kidd

You need to take a mental and spiritual time out from running on the proverbial hamster wheel. You must stop doing what is no longer serving you or working for you. If you’ve done what you’ve always done, you will only get what you’ve always gotten!

### 2. BREATHE!

Take a breath ... it’s free to do and you can do it anywhere!

Focusing on the act of breathing clears the mind of all daily distractions and clears your energy, enabling you to better connect with the Spirit within.

Breathing brings you back to center and back to the present moment. You are either living in the past filled with regrets and if only’s; or you are living in the future looking for someday. The past is gone and someday never comes.

### 3. ASK!

***“You have not because you ask not!”*** ~ James 4:2b

You tend not to ask because you don’t know what you really want! But until you ask, you will never receive.

So, what do you ask? Start with the **BE/DO/HAVE** Questions:

- ***Who am I?***
- ***What am I here to do?***
- ***What do I truly desire?***

#### 4. LISTEN!

***“Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.” ~ Doug Larson***

Learn to sit and listen. This means stop talking and unplug – from the mobile devices, the television, the electronics and from anything else that will distract you. Plug into your Divine Source.

***You cannot hear the answers if you are not listening!***

***“We have two ears and one mouth so that we can listen twice as much as we speak.” ~ Epictetus***

#### 5. DECIDE!

***“Make the decision and then make the decision right. Line up your Energy with it. In most cases it doesn't really matter what you decide. Just decide. There are endless options that would serve you enormously well, and all or any one of them is better than no decision.” ~ Abraham – Hicks***

You have been gifted with the awesome power to choose. Choose wisely!

Napoleon Hill says in ***Think and Grow Rich***, indecision breeds fear and doubt.

***“Once you make a decision, the universe conspired to make it happen.”***  
~ Ralph Waldo Emerson

#### 6. ACT!

***“You see, in life, lots of people know what to do, but few people actually do what they know. Knowing is not enough! You must take action.”***  
~ Anthony Robbins

Once you go through these spiritual practices, you will be divinely guided to take not just any action – but ***inspired*** action. This stems from making the decision.

## 7. RELEASE!

Take the action and let go of the results! It's useless to try to control and manipulate the outcome because remember, your way just doesn't work! The Universe knows what to do; and the moment you make the decision and take an action, the Universe rises up to meet you, conspiring to make it happen. But you have to let go of your control over it.

Also, let go of the *how* – *how* it gets done is none of your business. If you needed to know how, then you would *know* how! Just take the next right action and let go.

***Leap, the net will appear.***



*“Our background and circumstances  
may have influenced who we are,  
but we are responsible  
for who we become.”  
~ Anonymous*

## Resistances

***“What you resist, persists;  
But what you befriend, you transcend.”***

Now, here comes the *fly in the ointment*:

When you begin to consistently take action toward your desires, your resistances will come to pay you an unwelcomed visit. What are your resistances? They come in many guises, the **Top 3: Fear, Doubt & Worry**.

Because your conscious mind is making the decisions and setting the intentions, your subconscious mind is having a fit because it is all so unfamiliar. These fits come in the shape of fears, doubts and worries. Your subconscious mind is only trying to keep you safe and secure – it is not meant to harm or sabotage your dreams.

How do you calm your subconscious mind and silence the fears, doubts and worries? ***Consistent Action***. Do the **Spiritual Practices** consistently and persistently. Soon your subconscious mind will get on board that this is the way it is to be.

Remember, you have been practicing your old, self-sabotaging habits for years now, and your subconscious mind is used to that. And now you want to *change*? Well, how *dare* you?

Not taking consistent, inspired action breeds fear, worry and doubt. When you are doing nothing towards your dreams and desires, then the voice of doubt gets louder.

***Stop resisting what is – this only leads to suffering.***

There is never *struggle* ... only *resistance to change*. Life is not meant to be a struggle. If you are struggling, then you are resisting change.

***“Indecision is the seedling of fear... it crystallizes into doubt and the two blend to become fear! The “blending” process is often slow. This is one reason why these three enemies are so dangerous. They germinate and grow without their presence being observed.” ~ Napoleon Hill***



**Use your powerful imagination!**

This will also *trick* the subconscious mind into your new way of being, doing and having. Your subconscious mind, like the universe, does not know the difference between what is real and what is imagined. So, if you consistently write, speak and imagine your desires, soon your subconscious mind will think this is your reality and stop having all those fits!

## Need more help in manifesting your dreams and desires?

Check out what my friend, **Dr. Robert Anthony** has to say:



“What stands between you and having what you want? Be honest. A lack of education? A toxic marriage? A bad divorce? You have no relationship and can’t find anyone? A problem employer? You are stuck in a job you hate? Be honest. A medical condition? A weight problem? A lack of money? Be rigorously honest.

“I’m proposing that the real reason that you don’t have what you want is because you are creating your life unconsciously by DEFAULT instead of consciously by DESIGN. Most of the time you are blocking the deliberate creation process because your conscious messages and your unconscious messages are in conflict.

“Am I saying that you are deliberately or consciously sabotaging yourself? Absolutely not; but I am saying that through limited, mostly unconscious beliefs, and negative, unexamined habitual patterns, you are creating your life by DEFAULT.

“You cannot achieve success by simply slapping positive thoughts on top of a lifetime of negative expectations. You need to uncover and release the unconscious obstacles and habitual patterns that hold you back from creating the life you desire. [The Secret of Deliberate Creation](#) is designed to do this for you.

“The focus of [The Secret of Deliberate Creation](#) is about collapsing the limiting beliefs and unconscious habitual patterns that stand between you and what you want.

“Once you become “conscious” about what is truly happening in your life and why you don’t have what you want, you are destined to live a life that is free of fear, doubt and worry. One in which you feel happy and rejoice soundly in the knowledge that you are meant to thrive; not struggle. A life **Consciously Chosen** and **Deliberately Created** that puts you into a “state” of unlimited possibility instead of a state of limitation and unfulfilled desires.”

*I love that I can instantly go into a state where I can re-program my subconscious mind and tell it what it is I desire; instead of living in default mode.*

*If you want to create your life by design and not live by default, [The Secret of Deliberate Creation](#) will help you manifest prosperity and abundance.*

*When you go to Dr. Anthony’s website, you will have the opportunity to sign up for his free report, “[How to Make Your Mind a Money Magnet](#)” and learn the hidden secret to unending cash flow.*

If you are reading this in printed format, then enter this: <http://tinyurl.com/26ozchz>



As a Spiritual Animator, Author and Advocate, **Carolyn D. Townes** has been teaching, coaching and facilitating workshops for over a decade in the areas of women’s wellness. Her company, [\*\*Spirit Women Institute\*\*](#), is dedicated to equipping, empowering and encouraging women to lead lives of inner peace, passion and prosperity. Trained and certified in grief counseling, death education, hospice care, and bereavement services, Carolyn has journeyed with women and men going through difficult life transitions through her workshops, one-on-one counseling, group coaching, and courses in grief, healing and life transition, such as dealing with anger, change, and forgiveness issues.

Carolyn has a unique gift for designing and delivering dynamic, leading edge programs that give participants access to life-altering shifts that lead to embodied and lasting change. As a keeper and teller of stories and parables, Carolyn is known for injecting passionate and humorous stories and tangible processes into her coaching, classes and facilitation, giving her audience the tools they need to live consciously and intentionally.

Carolyn is the animator and transformational facilitator of many programs including *The Confident Woman*, *Women in Transition*, and *The Joy of Living on Purpose*. She is the founder and animator of the [\*\*Becoming a Woman of Purpose\*\*](#) women’s circle and authors the [\*\*Becoming a Woman of Purpose Blog\*\*](#) to further integrate and incorporate the principles and practices.

Carolyn is the host of the *Blog Talk Radio* show, “[\*\*Mind Your Own Story\*\*](#)” where she shares her expertise on changing your limiting story to a story of abundance and peace.

The other hats that Carolyn wears are in pastoral ministry, social peace and justice, and Franciscan studies.

As one of her students shared, “*A lot of souls will be saved through your wisdom and compassion. Your dedication has definitely inspired me.*”

There are more components to the [\*\*Mind Your Own Story\*\*](#) program. When you begin to create a new story and change your life, several issues will surface to challenge you and question your journey – issues like fear, taking action, and how you deal with money, and more. Check them out today!

