**Namaste’s Guaranteed Manifesting Results**

**BASIC Checklist**

**Version 1.0**

**Unedited**

**September 29, 2015**

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13. Do I Expect My Desire To Manifest?

14. Do I Feel It’s Necessary To Add Any Additional Steps In Order To Manifest My Desire?

15. Am I In Alignment With My Desire Manifesting?

Thoughts

Emotions

Words

Actions

ALIGNMENT FEELING CONFIRMATION

**Congratulations, You’re Done With The Checklist!**

**Now What?**

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**Frequently Asked CHECKLIST Questions**

When I say, “You’ll need to neutralize this” what do I mean?

When I say, “You’ll need to shift a negative belief into a positive one” what do I mean?

When I say, “You’ll need to shift your don’t want into a do want” what do I mean?

**Frequently Asked MANIFESTING Questions**

Are there any limits on what I can use this checklist to manifest?

Why is it now possible to manifest guaranteed results?

What causes your desires to manifest?

What is alignment?

How do you know you’re in alignment?

Why does alignment cause your desires to manifest?

Does getting into alignment with a desire ALWAYS cause it to manifest?

How can you prove to yourself that getting into alignment always causes your desires to manifest?

How can you prove to yourself that alignment really is what causes desires to manifest?

Is there a guaranteed way to get into alignment with your desires?

How do you know that the alignment questions on my manifesting checklist really do cause you to get into alignment every time?

What other manifesting teachers agree with me that alignment is what causes desires to manifest?

Do I have research that can back up everything I said above?

Do I have a way to prove to you, beyond any shadow of a doubt, that my alignment checklist makes it possible manifest life changing results possible?

**What Will It Actually Take For You To Manifest Guaranteed Results?**

Guaranteed Manifesting Results Are Not Magic

Guaranteed Manifesting Results Are A Naturally Occurring Phenomenon

Learning How To Bowl & Learning How To Manifest Guaranteed Results Have A LOT In Common

Bowling A Perfect Game & Manifesting Guaranteed Results

What Skills Will You Need To Master So That You Can Manifest Results Every Time?

How Long Will It Take For You To Master These Skills?

It Could Take You An Hour To Complete This Manifesting Checklist. Or It Could Take Years.

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**Quick Intro**

After getting feedback from a number of people, I decided to create a quick introduction to my basic manifesting checklist.

If you want to run through the alignment questions on my manifesting checklist quickly, select option #1 below. While it’s completely possible to manifest your desire by only answering the 15 questions in Option #1, if you want to be certain that your desire is going to manifest, you’ll want to follow the detailed instructions I provide along with the questions in Option #2.

If you have any questions about how these 15 questions cause guaranteed alignment, or a question about something else, see the Frequently Asked Questions sections.

**Option #1**

**Alignment Questions With Quick Directions**

Start with the first question and don’t stop until you’ve answered the last question at the end. Then all you have to do is sit back, relax and wait for your desire to manifest or for you to be inspired to take an obvious action that acquires your desire.

**The 15 Alignment Questions**

1. What Do I Want?

2. Does My Intuition Agree That Working On Manifesting This Desire Is In My Best Interest

Right Now?

3. Do I Believe I Can Manifest This Desire?

4. Am I Denying Myself This Desire?

5. Is There Any Reason Why I Wouldn’t Want My Desire To Manifest?

6. Have I Totally Given Up On Figuring Out How To Manifest This Desire?

7. Am I Able To Be Happy Without My Desired Manifestation?

8. Am I Ready For My Desire To Manifest?

9. Is My Desire Manifesting The Next Obvious Step?

10. Do I Trust My Desire Will Manifest?

11. Am I Confident That My Desire Is Going To Manifest Within My Desired Time Frame?

12. Is Manifesting This Desire No Big Deal?

13. Do I Expect My Desire To Manifest?

14. Do I Feel It’s Necessary To Add Any Additional Steps In Order To Manifest My Desire?

15. Am I In Alignment With My Desire Manifesting?

If you feel consistently good, every time think about your desire, you’re in alignment and your desire and it will manifest. Sit back, relax, and wait for it to appear or for you to be inspired to take action.

If you titter totter between feeling good and feeling bad, every time you think about your desire, that means you’re out of alignment and your desire is not going to manifest. To get into alignment with your desire, you’ll want to carefully follow the instructions in Option #2. I’d also encourage you to check out the Frequently Asked Questions section to see specifically what it really takes to manifest guaranteed results every time.

**Detailed Introduction**

If you don’t care about who created this checklist, and why the checklist makes it possible to manifest guaranteed results, and you simply want to start on the detailed questions that make guaranteed results possible, stop reading now and scroll down to the highlighted question on page 14, “How Long Will It Take Me To Complete This Checklist And Manifest My Desire?”

Or if you want to know more about who created this checklist, how it was developed and why it makes it possible to manifest guaranteed results, please continue reading below.

My given name isn’t Namaste but that’s what everyone has called me for over a decade. A lot of people assume that Namaste is my nickname but it’s not that either. Namaste is a tool for becoming the kind of person I've always wanted to be. Every time someone calls me Namaste, I'm reminded of how I want to BE. Slowly but surely that way of BEING is becoming my default setting in life.

I first learned about manifesting in 1985. I was just eight years old. My father had enrolled me in a training program for kids created by the Rosicrucians (www.amorc.org). When I first heard that people thought they could manifest desires of theirs into reality, by only thinking about them, I was totally put off. Seriously, I thought it was the stupidest thing I’d ever heard of. Any idiot could look around and see that people weren’t thinking things into being.

A few months after learning about manifesting, I found myself in a desperate situation. I wanted this little red boombox more than I’d wanted anything else ever (you know how kids are). The problem was I had no way to get it. My parents wouldn’t buy it for me. I didn’t have the allowance money to buy it, and I certainly didn’t have enough good behavior points at school to trade in for it at the student store. In complete desperation, I remembered that stupid manifesting thing. Since I had no other options, I decided to try it out. A few days before the end of my 3rd grade school year, a girl named Karen, walked up to me and handed me the exact little red boom box I’d been lusting after. I was shocked! For starters, I’d only talked to Karen a few times ever. I barely knew her. Then there was the fact that those stupid manifesting instructions I’d followed had actually worked!

After that initial success, I went on to manifest cash, girlfriends, trips, and even a millionaire who mentored me in a business I owned. While I loved all these experiences, they didn’t change the fact that I had a major issue with manifesting. **My problem was that while many times my desires would manifest, sometimes they wouldn’t. The crazy thing was that I took the same steps when my desires manifested as when they didn’t. This made zero sense.**

Case in point, when I turned 30 years I decided to make some time in my non-stop work schedule to find the woman of my dreams.  I’d successfully manifested girlfriends in the past so I followed the same manifesting formula I’d used before.  Basically this involved coming up with a list of qualities I wanted in a significant other and releasing my desire to the Universe.  Three months passed and nothing happened.  I reviewed the formula steps, checking to see if I’d made any mistakes.  I’d done everything right.  I thought, “Maybe it takes the Universe a bit longer to find the actual woman of my dreams, compared to finding me a girlfriend.”  Six months passed and still nothing happened.  I reviewed the steps of the formula again, once more hoping I’d find a mistake.  Unfortunately I really had done everything right.  So I thought, “I just need to relax and be happy. I don’t want to start focusing on her not being in my life, because that will definitely cause her to not show up.”  Nine months passed, and then a year passed without me having even gone on a single date.  I’d never had to wait longer than a few months for a relationship to manifest.  Something was obviously wrong.  
  
One night I was driving home from work, reviewing my manifesting formula in my head for the 100th time, hoping that somehow I’d figure out what I was doing wrong.  Suddenly an insight hit me!  I realized that there are actually three components involved in manifesting a desire: the Law of Attraction, the manifesting formula and me.  I didn’t see how the problem could be me so the first thing I looked at was the Law of Attraction component.  
  
**THE LAW OF ATTRACTION**  
I quickly realized the problem couldn’t be the Law of Attraction itself.  Why?  I’d manifested other stuff in the past 12 months.  Other people had, too.  If the Law of Attraction was broken, none of us would have been able to do that. Suddenly, I saw the truth in the statement that the Law of Attraction is always working.    
  
**THE MANIFESTING FORMULA**  
Having realized the problem couldn’t be the Law of Attraction, I quickly realized the problem couldn’t be my manifesting formula either.  Why?  Because I’d successfully manifested girlfriends in the past using it.  *Manifesting formulas don’t suddenly break.*  All I had to do, to prove to myself that my manifesting formula still worked, was to use it to manifest something else.  
      
**ME**  
The problem had to be me.  That was super confusing.  How could I be the problem?  I thought about it, and realized the only way I could be the problem was if I didn’t actually want to manifest the woman of my dreams.  I would have dismissed the idea as insane but the evidence I had was too strong to ignore.  So I asked myself, **“Why wouldn’t I want to manifest the woman of my dreams?”** Immediately the thought that popped into my mind was, “Because I don’t want another woman in my life nagging me about my work schedule!”    
  
As I mentioned, I’ve always been a happy workaholic.  Unfortunately the price of being this way meant that my relationships have always started out with my date saying, “It’s great that you’re so ambitious.”  A short time later though it always turned into, “Why aren’t you spending more time with me?”  Within about six months, I’d get tired of being nagged about my schedule and drop the relationship or she’d walk away on her own.  
  
After having the nagging realization, I understood why the Law of Attraction wasn’t delivering the woman of my dreams to me.  On one hand I focused on what I wanted (the woman of my dreams).  On the other hand I was unknowingly focused on what I didn’t want (another woman in my life nagging me about not spending enough time with her).  As everyone knows, the first step in manifesting a desire is focusing on what you want.  Since I was focused on what I didn’t want, as well as what I did want, the Law of Attraction had no idea which one I wanted.  No wonder it wasn’t delivering her to me!  
  
I loved how much sense everything was beginning to make; but I was also worried.  I’d never had a relationship where the woman I was dating hadn’t nagged me about my work schedule.  I knew I needed to find a solution but what could it be?  I thought and thought.  Two weeks later, I figured it out!  I’d add workaholic to the list of ideal qualities of the woman of my dreams.  If she truly was a workaholic, she’d be elated to meet a guy like me -- who wouldn’t nag *her* about *her* schedule.  *Talk about a match made in heaven!*

I wasn't done yet though.  I'd written down a number of other reasons why I didn't want the woman of my dreams to show up.  It took a few more weeks but I found solutions to all of them.  Finally I was done.  Now that I was no longer focused on what I didn’t want and my focus was completely on what I wanted, the Law of Attraction delivered results with blinding speed.  Within seven days a woman showed up in my life.  Then to my surprise another showed up, and another and then another!  I went from not being able to get a date to actually having too many options.  After a short romance that helped me completely clarify my desires I found Regina.  As I got to know her I was floored when I realized she had 17 1/2 out of the 18 qualities I'd wanted my significant other to have.  Regina truly was the woman of my dreams (at that point in my life).

After I manifested the woman of my dreams, people began approaching me to help them do the same. I was certain that the hidden resistance identifying question I’d discovered (Why wouldn’t you want \_\_\_\_\_ to show up in your life?) would help them manifest the significant others they wanted too. Sometimes it did. However, other times it didn’t. I was fit to be tied. I wanted to pull my hair out in frustration. It made no sense!

One day I was thinking about this and I realized something: **either manifesting is real, or myself and everyone else who believes in it is delusional.** If we’re all delusional, than there is nothing that I can do that is going to change the fact that sometimes my desires manifest and other times they don’t -- (cause they aren’t manifesting results; they are really just coincidences.) However, **if manifesting is real, then it has to be possible through careful research, analyzing and testing to figure out how to create predictable results.**

In 2009, I began looking for a way to create predictable manifesting results. Here’s a quick review of the research I did…

I analyzed **119 personal manifesting successes and 10 failures.**

I reviewed over **60 manifesting successes and failures other people experienced.**

I evaluated over **253 manifesting formulas.**

I researched and reviewed **72 manifesting techniques.**

I identified and **examined every major manifesting discovery that has ever been made.**

The end result was I realized that the reason desires manifest is due to alignment. Alignment is when your thoughts, feelings, words and action are all in line with what you want. When this happens, your desire manifests. If any one of these is out of synch, you desire doesn’t manifest. Why? It goes back to the same lesson I learned when I was manifesting the woman of my dreams in my early 30’s. If you’re **thinking**, “I want to own a home on the beach” but **saying**, “I could never afford that” you’re confusing the Universe. Since the Universe is confused your desire doesn’t manifest. However, when your thinking, feeling, speaking and acting are all focused on what you want, the Universe clearly understands what you want and delivers the result.

Now, if you’ve been a student of manifesting for a while, the idea that alignment is what causes desires to manifest is NOT new news to you. I certainly wasn’t new news to me. Where the breakthrough came was when I asked myself, **“If alignment is what causes desires to manifest, and everybody knows this, why are so many people still experiencing inconsistent, unpredictable manifesting results?”** Asking that question was what caused me to strike gold.

Thanks to my research, I figured out that alignment occurs for everyone when specific universal steps are taken. All anybody has to do is take ALL of the same universal steps, that will cause them to get into alignment with their desire and consequently it is guaranteed to manifest. If the person skips even one of these specific universal steps, they don’t get into alignment with their desire and it does not manifest. After figuring this out, I realized that **the reason people have been experiencing inconsistent, unpredictable manifesting results is because sometimes they *naturally, and unknowingly,* take ALL the universal manifesting steps and sometimes they don’t.**

**EXAMPLE**

After manifesting the woman of my dreams in 2008, a college aged guy I knew approached me to help him manifest a girlfriend. I helped him get clear on the qualities he wanted her to have. I had him ask himself the hidden resistance identifying question I’d discovered, “Why wouldn’t you want a girlfriend to show up in your life right now?” He figured out solutions to the reasons he wrote down. Finally, I had him release his desire to the Universe. I told him, “Now all you have to do is wait. Either she’ll show up in your life or you’ll feel inspired to take an action one day that leads you to finding her.” Three months passed, nothing happened. I told him to be patient. Six months passed, still nothing happened. I knew we’d done everything right so I told him to hang in there. A year passed without any results and he gave up. I was really bothered by his lack of results so I thought about his situation constantly, until one day it hit me. I remember thinking, “There is no way it’s that!” I called him up and said, “Did you ever **believe** it was possible to manifest her?” He said, “What do you mean?” I explained that if you believe something is impossible, it’s not possible. He thought about it and replied, “I’d been hearing about the Law of Attraction for years. I didn’t think it was really possible to manifest things. However, when I heard your story, I decided if you’d help me, I’d test this manifesting thing out. I never really believed it would work though because I don’t think it’s possible to manifest things.” I was stunned. I couldn’t believe I’d overlooked something so obvious. The problem was that I’d never given much thought to belief. I’d been successfully manifesting my desires since I was eight years old so it never occurred to me that it could be an issue.

During my research, where I was looking for why people experienced inconsistent manifesting results, I found myself reflecting back on this experience. As I thought about it, I asked myself, **“Has lack of belief ever been an issue in my own manifesting experiences?”** Eventually, I remembered two dream board experiences I’d had…

In 2000, I posted pictures on my dream board of a U2 concert I wanted to attend in Hawaii. I loved U2. I’d never been to Hawaii. I wanted to go but nothing happened. The dates came and went.

In 2003, I found a picture online of a woman I was really attracted to and made it into a dream board. About four weeks later, Renetta walked up to me at a Landmark Education seminar and introduced herself to me. She was short, blonde, and cute just like the woman in the picture. Plus she had a ton of other qualities I was looking for in a significant other. We quickly became boyfriend and girlfriend.

Thinking about these two experiences, I realized that the reason one desire had manifested and the other hadn’t was due to belief. I remembered putting up the pictures of the U2 concert in Hawaii and thinking, “I literally have no idea how this could ever happen based on the situation I’m dealing with.” I was launching a business and had every penny invested in the launch. I unconsciously didn’t believe my desire would manifest. I also remembered creating the dream board that attracted Renetta into my life. I felt intense desire for the woman in the picture. My life experience had shown me that whenever I feel intense desire for something, it ALWAYS manifests into my life. I unconsciously believed this gorgeous woman was going to show up in my life and so she did.

Both of these examples show the power of unconscious manifesting steps and the make or break power they have in the manifesting process. Thanks to years of careful research and analyzing, I slowly but surely identified ALL of the sometimes conscious/sometimes not conscious steps that cause alignment. I compiled them on this checklist so nobody has to ever again worry about desires not manifesting due to unconscious manifesting steps.

Once my research was complete, I began quizzing other people about their manifesting experiences, sharing the alignment components I’d discovered.  It became immediately apparent (whether they were conscious of it or not) that when they successfully manifested their desires, the alignment components I’d identified were always present.  And when even one of the components wasn’t present, their desires always failed to manifest.

After realizing this I started getting excited.  If these components were present during every successful manifestation, it meant that that the components were universal. Anyone who made sure that they were all present, would be guaranteed to be in alignment with that desire and it would be guaranteed to manifest. As I considered this, suddenly it hit me, I'd identified all the components that cause alignment!  That meant I'D FOUND A WAY TO CREATE GUARANTEED MANIFESTING RESULTS!    
  
When I first realized this, I didn't believe it.  I went back and rechecked all my facts.  When I didn't find anything wrong, I was annoyed.  I liked the thought that guaranteed manifesting results were possible. However, like everyone else I knew it was impossible to manifest guaranteed results.  Frustrated, I went back, rechecked everything a second, and then a third time.  Still, the facts were telling me the same thing!  Despite what everyone has always thought, it's absolutely possible to manifest guaranteed results.

To make things easier for everyone, I created 15 questions that make it possible for you to identify that all the alignment components are present. I then took these questions and organized them into a manifesting checklist. You start at the top, working downward.  By the time you've answered the last question at the bottom, you've become aligned to your desire.  This means your desire is guaranteed to manifest!   
  
I’m now using this same checklist to manifest the lifestyle of my dreams (which includes millions of dollars). Parts of the lifestyle of my dreams have already manifested, others are in the process, to see my progress report go to the My Results page on www.mrnamaste.com

If you’d like more information on how this checklist makes guaranteed manifesting results possible, please check the **Frequently Asked MANIFESTING Questions**.

**Unedited**

**Why hasn’t my checklist been professionally edited yet?**

Before I start charging money for my manifesting checklist, I will pay a professional editor to fix any minor grammar mistakes I made. I haven’t done that yet because I’m a perfectionist. Even though this checklist is already producing awesome results in people’s lives, I’m still making minor clarification tweaks here and there. Since professional editing costs between $10 and $25 a page, I’m waiting to do it until I’ve perfected everything. For now, please excuse any minor errors you run across. I promise that when I start charging you money for this checklist that the grammar will be immaculate.

**Life Changing Results, Here We Come!**

This checklist is the manifesting tool we’ve both been waiting for since we realized that manifesting is actually real.  At long last, finally a way to manifest **Guaranteed LIFE CHANGING Results*.*** Mark my words; this is the manifesting tool that changes both our lives.  One day we’re both going to look back, and realize that our lives looked one way before we discovered the checklist, and looked completely different after mastering it.  Welcome to a new world where you know if your desires are going to manifest or not based on whether you completed the questions or not.

**How Long Will It Take Me To Complete This Checklist And Manifest My Desire?**

It depends on how quickly you’re able to completely answer the questions on this checklist.

In some cases, it’s possible to answer all 15 alignment questions, in just about an hour (after you’ve familiarize yourself with the material).

Other times, and (often in the cases that involve your grandest desires), it might take weeks, a couple of months or even a couple of years to complete all 15 questions.

While there is no way to tell for certain how long it will take you right now, I can give you a good rough estimate by answering the following simple questions…

**#1 How "big" is the desire you want to manifest?**

I realize this can be difficult to gage so use questions below to help you come up with a rough answer.

Is it **small** desire like manifesting a $100 or a dinner at your favorite restaurant?

Is it a **medium** desire like manifesting an important date or a vacation to a place you really want to go?

Is it a **big** desire like manifesting $10,000+ or your soul mate?

If it’s a small desire write down 1, medium desire write down 2 or a big desire write down the number 3.

**#2 How long have you wanted this desire?**

Use the questions below to gage your final answer.

Have you wanted it from one day to 1 year?  
  
 Have you wanted it from 1 year to 3 years?  
  
 Have you wanted this desire for over 3 years?

If under a year write down 1, under three years write down 2, over three years write down the number 3.

**#3 How necessary is having this desire to your happiness?**

If you’d like to have it but you don’t need it to be happy write down 1.  
  
 If you really want it and it’s important to your happiness write down 2.  
  
 If you’re not going to be satisfied with your life if you don’t get it write down 3.

**Now what do you do with this information?**

Add up your answers and look at the chart below.

Score 3 – 5

Estimated time it will take you to complete it is between 1 hour and 3 months.

Score 5 - 7

Estimated time it will take you to complete the checklist is between 1 month and 1 year.

Score 7 - 9

Estimated time it will take you to complete the checklist is between 1 year and 10 years.

**Please understand that the time estimates to complete the checklist are simply estimates, nothing is written in stone.**

It is entirely possible that you could have scored a 7 – 9 and find yourself breezing through the questions in a matter of weeks, then having your desire manifest a short time later.  There are always exceptions to the rule, for example…

**EXAMPLE**

Cynthia Stafford read Joseph Murphy’s book The Power of the Subconscious Mind. She spent **only four months** writing down the figure $112 million over and over again and then decided she’d done enough. Thanks to that exercise, she went onto buy a lottery ticket that resulted in her winning $112 million dollars.

**EXAMPLE**

Bunky Bartlett had a Tarot card reading done or him that told him to slow down and focus on his spirituality. He did and **only a month later** he won $82.5 million. He’s quoted as saying, “I thank the gods for this gift. I don’t know which one granted me this wish, but whichever one did, thanks!”

If you think you’re dealing with a score of 7 - 9, and after a few weeks of working on the checklist it’s clear that you’re *not* an exception to the rule, initially this will likely seem incredibly frustrating. A year to ten years seems like a long time to have to wait for a desire to manifest. However, if you step back a moment and consider the alternatives you have for getting your desire, it might not seem like that big a deal. I’m sure that Ingrid Plattman is incredibly grateful she was able to manifest winning the lottery even though it took her three years to do it.

Ingrid Plattman is a student of Ramtha’s School of Enlightenment in Yelm Washington. If you’ve never seen the move WHAT THE BLEEP DO WE KNOW you’ll likely remember JZ Knight who channels Ramtha. Ingrid manifested winning the lottery. She manifested $230,000. **It took her three years of consciously shifting her beliefs to allow this manifesting result into her experience.** She used a variety of different techniques to do this. If you’d like to hear her story click on the following Youtube link <https://www.youtube.com/watch?v=FRgffGl3QfM>.

**Whether you’re happy with your estimated resistance level or not, it’s a blessing, here’s why…**

Imagine that you’re boarding a plane to take a trip to the other side of the world. You’ve never taken this long of a trip before. However you’ve flown from California to New York and that took about four hours so you figure this trip will probably take twice as long. You’re expecting an eight hour trip when the plane takes off. What you didn’t factor in was the stops along the way, delays in fueling, and the possibility of being rerouted etc. Passing the time to get to the eight hour mark was hard but you did it. When you found out it was going to be at least eight hours in addition, to the eight you’d already flown, you were shocked. The hours slowly dragged by. When you got to 16 hours and found out you still at least another eight hours of flight time you almost exploded in rage. The idea of sitting in your seat for another eight hours seemed like worse than a death sentence. When you got to the 24 hour mark and found out you had another possible 10 hours, you actually did consider going to the bathroom and killing yourself.

Now imagine if when you booked your flight the ticketing agent said, “Your trip time is going to take about 38 hours.” You might have been shocked at the length of time but since you knew up front you got use to the idea and accepted it. When you arrived in 36 hours, you probably thought, “Wow that was easier than I thought and we even arrived early!”

I can really attest to the value of having an estimated time frame. Before I understood everything I do today, I thought it was going to take me three months to do the necessary manifesting work to manifest the lifestyle of my dreams. Three months dragged into six months, which dragged on into a year, and then two years and on and on and on. I was constantly annoyed because I had totally unrealistic expectations of how long the process was going to take. If someone had told me, “It’s going to take between 1 to 10 years, I wouldn’t have been happy but at least I wouldn’t have always been thinking that everything was taking way too long.

Having a long estimated time frame can be tough but it’s always better than the alternative of not having an estimated timeframe at all.

**Notice I gave you an estimated amount of time; I did not say that the time it’s likely going to take has to suck.**

Answering the questions, can actually be a lot of fun. Plus every time you complete a question, you get that much closer to being finished and you know at the end that your desire is going to manifest.

**Do you still want your desire now that you have an estimate of what it’s going to take to release your resistance to it?**

When people get started with manifesting and find out they can manifest anything they want, it’s natural to think, “I’ll manifest a mansion, a Ferrari, and a billion dollars!”

Those kinds of things excite most people because they assume that stuff like that will make them happy. However the excitement often wanes, when they realize the amount of work it is going to take, to answer all 15 questions and get that desire to manifest.

If you’re having any doubts, now is the time to consider them. Better to dump a desire, that you really aren’t committed to now, then to waste days or months before you drop it anyway.

A great way to figure out if you should continue through the process of manifesting this desire is to ask yourself, “Why do I have-to-have this?” If you come up with some answers that really move you emotionally, you should carry on. If you don’t, that’s a good sign to give this desire some more thought, before you start working through the steps.

**Regardless of your estimated resistance level, make up your mind to treat everything like a game.**

Life is just a game and so is answering these 15 questions. If you treat answering them like a game, have fun with it, life will be fun. If you are one of those people who play too seriously, you will cause unnecessary resistance and things will be much harder for you (trust me I’m speaking from personal experience here).

Make a point to start noticing the things you like about the challenge of this manifesting checklist game.

Notice how answering the 15 questions are increasing your manifesting skills.

Notice how much more knowledgeable your getting about manifesting in general.

It might not be easy sometimes but figuring out how to love this game is worth it.

Like the saying goes, *“You already bought a ticket to play this game called life, might as well figure out how to enjoy it.”*

**Option #2**

**Alignment Questions With Detailed Directions**

Start with the first question and don’t stop until you’ve answered the last question at the end. Then all you have to do is sit back, relax and wait for your desire to manifest or for you to be inspired to take an obvious action that acquires your desire.

If you have any questions about why these 15 questions cause guaranteed alignment, or a question about something else, see the Frequently Asked MANIFESTING Questions section or the Frequently Asked CHECKLIST Questions section.

**1. What Do I Want?**

**Summary**

You can manifest anything you want as long as you first know what it is that you want. As you’ll see, you don’t have to know all the details of what you want, you just have to know what you want.

The first Universal step in the alignment process is to ask yourself, **“What do I want?”**

**2. Is Working On Manifesting \_\_\_\_\_ In My Best Interest Right Now?**

**Summary**

**The biggest reason why desires of yours don’t manifest is you are pursuing them when your intuition is not in alignment with them.** You can’t manifest something your intuition doesn’t agree with. This is why it is so critically important that you develop a relationship with your intuition. Until you do this you are literally flying blind through life.

The second Universal step in the alignment process is to ask your intuition, **“Is working on manifesting \_\_\_\_\_in my best interest right now?”** Fill in the blank in the previous sentence with whatever desire it is that you’re thinking of manifesting.

If you don’t know how to listen to your intuition yet, now is the perfect time to start.

I suggest starting out with a book like Infinite Quest by John Edward. Or if you prefer something faster, in single session I can show you everything you need to know to begin successfully listening. You can contact me at www.mrnamaste.com and sign up for a free introductory session by going to the contact page.

If you do know how to listen to your intuition, and you got a solid, “Yes” please scroll down to where you see the question, **“Do I Believe I Can Manifest This Desire?”** and begin again there. I highlighted the question to make it easy to find.

If the answer is, “No” ask your intuition, **“What should I be focusing on right now?” Once you have your answer, pursue it first.** I understand that, in some cases, this might be very difficult to do. You want what you want. You might think, “Why should my intuition’s preference take precedent?” It’s understandable to feel this way. But realize that **your intuition ALWAYS KNOWS BEST. You don’t have to take my word or it. Ignore your intuition; See how far you get. I don’t listen to my intuition because I want to; I listen because I’ve learned, the hard way, that not listening gets me nowhere.** Also, keep in mind you don’t have to give up on your desire. Your intuition is simply telling you to pursue something else first. Once you’ve completed that, come back and do this section again. See if your intuition gives you a green light on the original desire.

EXAMPLE #1

I’d always wanted to travel internationally with two really good friends of mine. I decided to take a trip to Southeast Asia for a few months. A month or so before buying my tickets, I suddenly had this strong urge to take a trip to Costa Rica instead. IT MADE NO SENSE. Still the feeling was strong and persistent. I did some research on Costa Rica but I just couldn’t get into it. I had my heart set on Southeast Asia. The day I bought my plane ticket to Southeast Asia, I kept have a strong feeling to buy a ticket to Costa Rica instead. I blew it off. A short time later, my two friends that I’d always wanted to travel had changes happen in their lives and decided to book a multi-month trip to Central America. I looked into changing my airline ticket and the costs were simply too high. If I’d listened to my intuition, I’d have been going to Costa Rica and it would have been perfect!

**3. Do I Believe I Can Manifest This Desire?**

**Summary**

Years ago, I heard the famous Law of Attraction teacher Joe Vitale say, “We live in a belief driven universe.” At the time I didn’t understand his point. Later I read a Steve Pavlina article where he explained that most people think that it’s their thoughts that cause their desires to manifest. The reality is that your beliefs influence your thoughts which cause your desires to manifest. Steve explained that this is why it’s so important that people know what their beliefs are because it’s their beliefs that ultimately determine what they do or do not manifest. It’s super important that we find out if you believe you can manifest your desire or not. If you believe you can, your desire will manifest. If you don’t believe you can, your desire will not manifest. Why is that? You can’t manifest something you don’t believe is possible (you’d be out of alignment).

Ask yourself, **“Do I believe I can manifest my desire?**

If your answer is, “yes” you’re done with this section. Please scroll down to next highlighted question.

If your answer is, “I’m not sure” keep reading.

If your answer is, “No” keep reading.

Ask yourself, **“Why don’t I believe I can manifest my desire?”**

Keep writing until you’ve gotten everything down. Then you need to deal with whatever you wrote down by neutralizing it or figuring out why it’s not true.

**EXAMPLE**

I’m not sure if I can manifest my desire because I’ve tried to manifest it before and it hasn’t shown up.

I love this one because it’s super easy. The checklist you’re using covers every variable you need to consider when manifesting a desire. You didn’t have this in the past. You have this tool now so you can expect different results.

**EXAMPLE**

I don’t believe I can manifest my desire because I’ve never done it before, nor have I heard of anyone else successfully doing it either.

I promise you that someone, somewhere out there, has already manifested your desire. Do is some googling. If you can’t find a manifesting success story that way, go to Facebook. Look for some Law of Attraction groups and post your question. I doubt it will take much for you to find someone who can point you to a success story.

You have to deal with everything you wrote down before continuing on. I realize this can be tedious at times but that’s the price you gotta pay to manifest the desire. If you do incomplete work now, you’ll get to the end of the checklist and you won’t be in alignment. Then you’ll either have to give up on manifesting your desire completely or come back and do complete work then.

Once you’re done dealing with the reasons you wrote down, ask yourself again, **“Do I believe I can manifest my desire?”**

If your answer is, “Yes” you’re done and can move down to the next highlighted question.

If your answer is still, “I’m not sure” continue reading.

If your answer is still, “No” please continue reading.

If you still don’t believe you can manifest your desire, there are a number of different things that could be going on, to many to list out in this basic checklist. I suggest you contact me directly at www.mrnamaste.com, remember the first call is always free.

**4. Am I Denying Myself This Desire?**

**Summary**

You and you alone determine if your desire manifests or not. There is nobody out there denying you your desire except you. By answering the questions below, we find out if you’re unconsciously denying yourself what you want to manifest.

The fourth Universal step in the alignment process is to ask yourself the following questions…

**SELF ACCEPTANCE CHECK**

Ask yourself, “**Am I the kind of person who makes sense possessing this desire?**

If you answered, “Yes” to the question above, you’re done. Please continue on down to the next highlighted question below.

If you answered, “No” ask, “Why not?” Don’t judge anything that comes to mine, just write it down. When you feel like you’ve gotten it all down, you’ll need to neutralize or shift your response to what you do want. Do not move down to the next question until you feel like you’re the kind of person who makes sense possessing this desire.

**GOOD ENOUGH CHECK?**

Lots of people are walking around with the belief, “I’m not good enough.” So they deny themselves the things they want.

Ask yourself, **“Am I good enough for this desire?”**

If your answer is, “Yes” you’re done. Please continue answering questions below.

If your answer is, “No” you’ll need to fix this. This can be a bit of a challenging issue to solve sometimes because the belief can be so deeply engrained. If you’re struggling with this one, I suggest you contact me directly at www.mrnamaste.com. As I always mention, talking to me the first time is FREE.

**DESERVING CHECK**

**Do I deserve \_\_\_\_\_?** Fill in the blank with your desired manifestation.

If you answered, “Yes” please now ask yourself, “Am I certain I deserve \_\_\_\_\_?”

If you answered, “Yes” to both questions above, you’re done. Please scroll down and continue answering questions below.

If you answered, “No” to either question, ask yourself, “Why don’t I deserve \_\_\_\_\_?” Write down whatever comes to mind. When you’re done, you’ll need to neutralize everything you wrote down or shift them to what you want. If you don’t know how to do this, check the Frequently Asked Questions.

**5. Is There Any Reason Why I Wouldn’t Want My Desire To Manifest?**

**Summary**

The fifth Universal step in the alignment process is to identify the things you don’t want about your desire. Then, switch them to things you do want, so that all of your thoughts are about what you do want. Why does this need to be done? Because *when you think about what you don’t want, and what you do want at the same time, the Universe has no idea what you want so it does nothing.* However, when you think totally aligned, non-contradictory thoughts about what you do want, the Universe knows exactly what you want and brings it to you. Releasing resistance is what causes you to naturally think aligned, non-contradictory thought. Until you release the resistance, your mind will always be titter tottering between thoughts about what you do want and thoughts about what you don’t want, causing your desire to not show up.

Now it’s time to think of your desire and then ask yourself, **“Why wouldn’t I want this desire to manifest in my life?”**

Keep asking yourself this question until you ***feel*** empty or ***feel*** complete. You know you’re complete when you know that you’ve written down every possible reason why you wouldn’t want your desire to manifest in your life.

I’ve ***felt*** empty or ***felt*** complete after only a few minutes of asking myself this question about a desire of mine. I’ve also not ***felt*** empty or ***felt*** complete until after five+ years had passed. The amount of time is different for each desired manifestation, *the key is to keep going until you* ***feel*** *empty or* ***feel*** *complete, no matter how long it takes.*

Once you’ve completely identified all the reasons why you don’t want your desire to manifest you need to turn your don’t wants into do wants.

**TURNING A DON’T WANT INTO A DO WANT EXAMPLE**

It was time for me to get married. I decided to manifest a ring. Next I asked myself, “Why wouldn’t I want a ring to show up in my life?” A reason that immediately came to mind was that I didn’t know what I wanted the ring to look like. I looked at a ton of rings. I didn’t find anything to my liking. Also, the woman I was in love with had very strong likes and dislikes about the jewelry she wore. I wanted it to surprise her. But I didn’t want her to not like the ring. I decided not to manifest a ring. I’d manifest a big diamond instead, then, choose the ring later. Do you see what I did there? I turned *the don’t want* (not wanting to manifest a ring because I didn’t know what kind of ring to get) into a *do want* (deciding to manifest a big diamond instead). I then turned the rest of don’t wants into do wants. I finished up the rest of the questions on the checklist. Once I was in alignment, I sat back and waited for the diamond to show up or for me to be inspired to take an action to acquire it.

A few months later, I was in the Las Vegas airport and I saw a diamond on the floor. I picked it up, assumed it was a fake stone from some costume jewelry, and headed over to the trash to toss it out. Just before I threw it away, I took a closer look at it. I saw that it had an inclusion in it. An inclusion is a hairline fracture in a diamond that sometimes is possible to see with the naked eye. I thought, “Why in the world would a costume jeweler put an inclusion in a fake stone?” Suddenly it hit me, I’d found a diamond! I took it into a jeweler and asked, “Can you tell me if this is a real diamond?” She took it, put it in a laser gun device, pulled the trigger, and said, “It’s real.” “I don’t get it.” I said, “How would someone lose a diamond this size?” She replied, “Happens all the time. A woman bangs her ring around, doesn’t get the prongs checked and one day the prong loosens and the diamond falls out. That’s why we tell all our customers to come in for a free prong check once a year.”

**What if you can’t seem to figure out how to turn your don’t wants into do wants?**

If you’re running into issues, this would be the time to contact me directly at www.mrnamaste.com. As I always mention, talking with me the first time is FREE.

**6. Have I Totally Given Up On Figuring Out How To Manifest This Desire?**

**Summary**

Your job is to figure out what you want. The Universe then figures out the best method by which to bring your desire to you. Conscious creators often get into trouble because they figure out what they want, and then, try to help the Universe figure out the method by which to deliver the manifestation to them. A classic example of this is people who decide they want to manifest financial abundance, and then begin buying lottery tickets. Now if a person felt inspired to buy a lottery ticket, that’s fine. Inspiration is a sign from the Universe to take action. But to go out and start buying lottery tickets is trying to control the method by which the financial abundance comes. This is not how it’s done. When you try to control the method by which the Universe delivers the result to you, in almost all cases, you’re going to mess everything up.

The sixth Universal step in the manifesting process is to ask yourself, **“Am I willing to let the Universe figure out how to bring me my desire?”**

If your answer is, “Yes” you’re done. Scroll down to the highlighted LETTING GO OF HOW FEELING CONFIRMATION.

If your answer is, “No” you have some work still to do. Ask yourself, **“Why won’t I let the Universe figure out how to manifest my desire?”** Write down whatever comes to mind, even if it doesn’t make sense. Once you have everything down, come up with the necessary solutions.

**EXAMPLE**

I don’t want to let the Universe figure out how to bring the wealth I want to me because I really want to win the lottery.

If you really want to manifest winning the lottery, you can do that. Lots of people have done it. The question you need to ask yourself is, “Do I want to win the lottery or do I just want the money?” When you answer this question, pay close attention to how you ***feel***. If you’re like most people, you want to win the lottery because you want the money. If that’s the case, figure out how much you want. Then, let the Universe figure out how to bring it to you. If you really have your heart set on winning the lottery, that’s fine. But know that you’re trying to control how the money comes to you. I’ve learned the hard way that it is generally a bad bet. You better be sure your heart is set on winning the lottery or you will end up wasting a lot of your time.

Once you’ve come up with the necessary solutions, ask yourself, **“Am I willing to let the Universe figure out how to manifest my desire?”**

If your answer is, “Yes” scroll down to the highlighted question.

If you’re answer is still, “No” I suggest you contact me at www.mrnamaste.com. As I always mention, the first call is FREE.

**7. Am I Able To Be Happy Without My Desired Manifestation?**

**Summary**

The seventh Universal step in the alignment process is to *make peace with the fact that your desire hasn’t manifested yet*. Why do you need to do this to be in alignment with your desire?

If you make peace with your desire not having manifested yet, you’ll remain focused on wanting it. If you don’t make peace with your desire not having manifested yet, you will soon be looking around and thinking, “Where is it? Why hasn’t it manifested yet?” If you start focusing on the fact that your desire hasn’t manifested yet, you’re screwed. Why? When you think about what you don’t want (your desire not having manifested yet), and what you do want (wanting your desire to manifest) at the same time, you’re out of alignment and the Universe has no idea what you want. So it does nothing. However, when you think purely about what you do want (your desire manifesting), you’re in alignment and the Universe knows exactly what you want, and responds accordingly.

To determine if you’ve made peace with the present, ask yourself, **“Am I happy with life right now even though my desire hasn’t manifested yet?”**

If your answer is, “Yes” you’re done here. Please scroll down to the highlighted PEACE FEELING CONFIRMATION.

If your answer is, “No” or “I’m not sure,” you still have some work to do so please continue reading.

Remember how when you were a kid, life was grand until you saw a new toy and had to have it. Suddenly, life wasn’t good anymore without the toy. You did everything you could to acquire the toy. You asked your parents for it. Or maybe you used your birthday money, Christmas money, or money you got from your allowance to buy it. Maybe you just threw a fit, and screamed and cried to get it. Finally, you got it, played with it and life was grand again -- until you saw the next toy that you had to have and quickly forgot about the previous one.

As adults, we’re not that much different from kids. We get fixated on a desire. We decide, in order to be happy, we have to have it. Just as when we were kids, having to have this new desire in order to be happy seems absolutely real. The reality is it’s not. You can be totally happy, right now, without your desired manifestation. How? By doing the following exercise:

Ask yourself, **“Why do I have to have this desire in order to be happy with my life right now?”** Write down whatever comes to mind; don’t judge anything, even if it doesn’t make sense right now. Once you know that you’ve got all your reasons down, it’s time to find solutions to them.

**EXAMPLE**

The new car I want has to manifest now in order for me to be happy because the car I’m driving is always breaking down.

A way to neutralize this would be to accept that the car you’re driving right now is old and breaks down. The fact that it’s old and breaks down isn’t what is making your miserable. It’s the thoughts you have about it being old and breaking down that are harming your happiness, and also stopping your new desire from manifesting. Once you stop resisting that your car is old and breaks down, and simply accept this fact, then you can focus your attention on how to make the best of this situation right now.

One way to do this is by asking yourself the question, **“Why is the fact that my car is old and breaking down right now absolutely perfect?”** Maybe you need to lose some weight. By riding a bike around, you’ll get to do that. Maybe you could really use the money you’re currently paying for insurance and upkeep on the car for pursuing your passion. As Napoleon Hill so famously pointed out, “Every negative has an equal or greater positive, if you take the time to look for it.”

Figuring out how to be content with your life, as it is, without your desired manifestation is not always simple or easy. Learning how to do this is a skill. Like any other skill the more you do it, the better you get at it. If you really can’t figure out how to be happy without your desired manifestation, I’d encourage you to contact me directly at www.mrnamaste.com. As I always mention, talking with me the first time is FREE.

**8. Am I Ready For My Desire To Manifest?**

**Summary**

If you want something it means you’re ready for it right? Nope. It means you want it. Whether you’re ready for it or not is an entirely separate matter. I’ll never forget seeing an interview with the famous rapper Nas on MTV years ago. They were talking to him about his early years right before he blew up. The interviewer asked him, “Why do you think you succeeded and so many of the other talented rappers around you didn’t?” Nas replied, “I was ready. They weren’t. It’s not going to happen until you’re ready.” You can want something but until you’re ready for it to manifest, it won’t.

*Note: When doing this section you might find that you have a very real reason why you’re not ready for your desire to manifest. It’s ok to have a valid reason. Just know that until that valid reason is gone, do not look around for your desire to magically manifest because it will not.*

The eight Universal step in the alignment process is to ask yourself, **“Am I ready for my desire to manifest?”**

If your answer is, “Yes” skip down to the next highlighted question.

If your answer is, “I’m not sure” or “No” ask yourself, **“What needs to happen first for me to be ready for my desire to manifest?”** Write down whatever comes to mind. Don’t worry if it makes sense or not, just get it down on paper or type it out. Once you’re done you need to figure out what to do with what you wrote. Go back over everything and decide if each item is really relevant or not. If it’s relevant, you gotta get it taken care of because that’s the thing that is stopping your desire from manifesting. Once you’ve taken care of everything you wrote down, answer the next question below.

**9. Is My Desire Manifesting The Next Obvious Step?**

**Summary**

The ninth step in the Universal alignment process is to figure out if your desire manifesting is the next most obvious step. This section is going to feel similar to the previous section. The reason we look at things from so many different angles is to be certain that you’re in alignment when you complete this checklist.

**EXAMPLE**

Let’s say you’ve always wondered what it would feel like to sing in front of thousands of people. Up to this point in time, you’ve only sung in front of a few friends. You sounded pretty good. Of course, you’d had a few glasses of wine and nobody was recording you. Regardless, you decide to manifest the opportunity to be in the spotlight. A couple of months later, you’re at a huge concert. During an intermission the announcer walks out on stage and says, “At every event we do, we like to invite a member of the audience up to do a solo number. In order to get a chance at this opportunity you had to put your ticket in the special draw box when you entered the theater. We pulled a number out of the draw box a few months ago. If you’re holding ticket stub number 1111, please come up to the stage now.” You can’t believe it! That’s your number! Suddenly, your heart is pounding in your chest. You can’t believe this is really happening. You make your way up to the stage and get on it.

Now, you’re looking out at thousands of people. The stage lights are beating down on you; you start to break into a bit of sweat. Someone hands you a mike and says, “Sing a note into the mike so we know you’re on.” Your voice cracks but you get the note out. The audience begins to quiet down. You can feel the thousands of eye balls on you. All of a sudden stage fright kicks in. Now, it’s possible that you’re going to snap out of it, miraculously sing an amazing song, and bring the house down. The most likely result though is not so pretty.

The reason your desires don’t manifest until they are the next obvious step is so that you don’t suddenly find yourself on a stage you’re not ready to be on.

Yet, don’t let that previous example cause you to start limiting yourself in any way. If you were ready to sing in front of thousands of people, after only having sung in front of five people at a dinner party, you absolutely could cause that desire to manifest. I’ll use Susan Boyle’s story as proof of this. Prior to becoming an international singing sensation, where she did sing in front of thousands of people, her singing experience was mostly limited to performing with her local church choir. Another great example is Cynthia Stafford’s story. Cynthia Stafford was ready to go from struggling to raise her kids to becoming one of the wealthiest women in the world in an instant. Cynthia dreamed of owning her own movie production company. She decided that $112 million dollars was exactly what she needed. She focused on that figure, visualized it, wrote it down over and over again, and even slept with the figure under her pillow. She mentally prepared herself to be open to receiving that amount of money so that the next most obvious step was it showing up. That’s exactly what happened. One day the lottery jackpot in California reached a $112 million, she bought a ticket. Wow! The next morning she was the sole winner! If you’d like to read more about Cynthia’s exciting story, go Google her name.

There are no limits, only the limits you put on yourself. Please don’t read-- “next most obvious step” and interpret it to mean -- “next most *logical* step.” Those are two completely different meanings, at least in my book. Next most logical step is a limiting phrase that forces you to determine what’s possible, based on your previous life experience. Next most obvious step means whatever you decide you are ready for next.

Now we need to find out if you’re ready for your desire to manifest. Please ask yourself, **“Is my desire manifesting the next most obvious step?”**

If your answer is “Yes,” you’re done here. Scroll down to the next highlighted question.

If your answer is “I’m not sure,” or “No,” you’ve got some work to do.

Ask yourself, **“What needs to happen first so that I’m ready for my desire to manifest?”** Write down whatever comes to mind, even if it doesn’t make sense right now. You’ll have time to figure it out later. Once you’ve gotten it all down, it’s time to go to work. You have to deal with each point you wrote down until you’ve gotten them all handled. Don’t try to take any shortcuts here. You can’t trick yourself. Remember, you’re the one who decides if you’re ready for this desire to manifest or not. Once you’re done, answer the next highlighted question.

**10. Do I Trust My Desire Will Manifest?**

The tenth step in the alignment process is to ask yourself, **“Do I trust that my desire is going to manifest?”**

If your answer is, “Yes” scroll down to the next highlighted question.

If your answer is, “I’m not sure” or “No,” you have some work to do. Ask yourself, **“Why don’t I trust that my desire is going to manifest?”** As always, write everything down even if it doesn’t make any sense initially. Then you’re going to have to find solutions before moving on to the next question. If you need any help, you know where to find me.

**EXAMPLE**

I don’t trust that my desire is going to manifest because I’ve been trying to manifest this forever and it’s never materialized before.

The solution to this one is easy now that you have this manifesting checklist. You can tell yourself, “The reason my desire didn’t manifest in the past is because unknowingly I wasn’t covering everything I needed to for it to manifest. Now that I have this checklist, that’s no longer a problem.

**11. Am I Confident That My Desire Is Going To Manifest Within My Desired Time Frame?**

**Summary**

The eleventh step in the alignment process is to figure out by when you want your desire to manifest and to see if you trust that it will manifest within that time frame.

Let’s start things off by having you identify your desired manifestation time frame. **Do you want your desire to manifest now, relatively soon (one week to three months) or whenever?**

Once you’ve identified that ask yourself, **“Am I confident that my desire is going to manifest within my desired time frame?**

If your answer is, “Yes” you are done here, please scroll down to the next highlighted question.

If your answer is “I’m not sure,” or “No” we have some work to do.

Ask yourself, **“Why am I not confident that my desire is going to manifest within my desired time frame?”** Write down whatever comes to mind. Even if it doesn’t make sense, you can figure out the meaning later. Then, it’s time to deal with your concerns by either neutralizing them or turning them from concerns into beliefs that support your desire manifesting in an agreeable amount of time.

**EXAMPLE**

I’m not confident that my desire is going to manifest in the time I want it to because I’ve been trying to manifest some things for years and they still haven’t manifested. A way to neutralize this would be to acknowledge that in the past you weren’t using this checklist. Now you are. Prior to this checklist getting into alignment with your desire was always hit or miss. When you’re done with this checklist you are guaranteed to be in alignment and your desire will manifest.

**PROOF THAT YOU CONTROL WHEN YOUR DESIRES MANIFEST EXERCISE**

A lot of manifesting teachers will tell you that you don’t have any control over how fast their desires manifest. I’ve found that when you actually look at your results, you’ll find that more often than not, your desires manifested within your desired time frame.

If you’ve manifested less than three desires, this exercise probably isn’t going to do a lot for you. You can do it if you like. If you have manifested more than three desires, this exercise will be eye opening.

**STEP 1.** Write out a list of at least three of your successful manifestations.

**BONUS**

I’d suggest you write out a list of every desire you’ve ever successfully manifested.

**STEP 2.** Look at each successful manifestation. Think back to how long it took to manifest. Ask yourself, “Did it manifest within the time frame I wanted it to manifest within?” If it did, make a note of it. If it did not, make a note of that too.

**STEP 3.** Now look at your list. If you’re like most people, you’ll notice that the majority of your desires manifested within the time frame you wanted them to.

**STEP 4.** Next look at your desires that did not manifest within your desired timeframe and ask yourself, “If I had this alignment checklist back when I was manifesting this desire, do I think my desire would have manifested with my desired time frame?” Most people find at least a couple of more desires that would have manifested in their desired time frame.

**CONCLUSION**

I submit to you that the desires you wrote down that manifested in your desired time frame did so because you were in alignment with them. I also want to point out that the desires that did not manifest in your desired time frame were desires that you were not in alignment with.

You are the one who either gets into alignment with a desire or not. Since you are the one that determines when you get into alignment with a desire, you are the one who actually controls when your desires manifest. If you recognize the truth in this right now, great! If not, ponder it for a while and you’ll see that it is true.

**12. Is Manifesting This Desire No Big Deal?**

**Summary**

The twelfth step in the alignment process is to make sure that you feel *it’s no big deal* to manifest your desire. If you think it’s a big deal to manifest your desire than it likely will not manifest. Or if it does, it will take way longer than you wanted it to. Ask yourself, “What do you believe about big deals?” Answers I commonly hear are that big deals are rare, big deals don’t happen all the time, big deals aren’t always possible to achieve. All of these are limiting beliefs that slow or completely stop your desire from manifesting.

Please ask yourself now, **“Is manifesting this desire no big deal?”**

If your answer is, “Yes” you are done here, please scroll down to highlighted question.

If your answer is, “I’m not sure” or “No” we have some work to do.

What do you do during the manifesting process? You figure out what you want. That’s what you do. That’s your job. Yes, you might build a dream board, visualize, or do affirmations too. All those things do though is just further communicate to the Universe what you want. The key point I want to make here is that you don’t actually do ANYTHING to manifest your desire. Your sole job is to figure out what you want.

What does the Universe do during the manifesting process? It draws on its infinite intelligence and resources to make your desire a reality. During the time the Universe is putting everything together you are ***not*** helping the Universe do anything. You aren’t out gathering data. You aren’t contacting different places to help the Universe figure out where to get the necessary items for your manifestation. You aren’t the Universe’s assistant running around doing stuff. You are living your life and waiting for your desire to show up in your reality.

The reason I bring up your job and the Universe’s job is that is that a lot of people think it’s harder to manifest one thing compared to another.  *What they don’t understand is that they aren’t manifesting anything.* The Universe does the manifesting, you just figure out what you want. It takes the same amount of effort for you to point at a house as it does for you to point at a car right? All you’re doing is pointing.

If people haven’t sat down and figured out that during the manifesting process all they are doing is pointing, it’s easy to understand why people get mixed up in this situation. They compare themselves to the Universe. It takes more effort for them to build a house than it does to build a fort for their kids. It takes more time for them to bake a cake than it does for them to cook Thanksgiving dinner. The Universe isn’t human. The Universe has infinite power and infinite resources. Think of God. God doesn’t need anyone’s help. God has got it covered.

Are you clear that all you do is select what you want?

Are you clear that the Universe does everything else?

If you answered, “Yes” you’re done. Please scroll down to the next highlighted question.

If you answered, “No” you’re going to have to get help on this area. Don’t beat yourself up if you need help. It took me years to get this lesson. You can contact me directly at www.mrnamaste.com. As I always mention, the first call is FREE.

**13. Do I Expect My Desire To Manifest?**

**Summary**

A lot of people collapse belief and expectation. Both are important to the alignment process and both are separate and distinct.

Belief is when you believe something can happen.

Example

I believe I can manifest this desire.

Expectation is when you expect it to happen.

Example

I expect this desire to manifest.

The two are close cousins but not the same which is why we check for both.

Expectation is a very distinct feeling. Check this out…

A person says, “The check is in the mail.” If that person happens to be someone you loaned money to that has been avoiding you, you don’t *expect* the check to arrive.

A person from the IRS calls and says, “We found something wrong with your tax return. You missed a major deduction. We’re sending you a refund check. Expect it sometime next week. First off the IRS really does do this, it happened to a guy I use to work with. Second when the IRS tells you the check is in the mail you can ***feel*** the feeling of expectation when you think about it. That’s the feeling you want to feel when you think about your desire.

The thirteenth step in the alignment process is to ask yourself, **“Do I expect my desire to manifest?”**

If your answer is, “Yes” you’re done. Please scroll down to the next highlighted question.

If your answer is, “No” ask yourself, **“Why don’t I expect my desire to manifest?”** Keep writing down answers to this question until you feel like you’ve got them all. Then, you’ll need to neutralize them or turn them into reasons why you do expect your desire *will* manifest.

The reasons you write down to the question above need to be dealt with totally and completely or your desire will not manifest. Why? If you have reasons why you don’t expect your desire to manifest, those reasons will stop your desire from manifesting. You don’t manifest what you want; you manifest what you *expect*.

**EXAMPLE #1**

A common thing people write down when answering the question above is, “I don’t expect my desire will manifest because I’ve tried to manifest this desire a number of times. It’s never worked.”

Neutralizing a reason about why you don’t expect your desire to manifest means to remove all the resistance from it; so when you think about the reason you no longer feel any negative emotions. A way to neutralize this imaginary reason would be to say to yourself, “I now have a manifesting checklist that insures that I will get into alignment with my desire so I can expect it to manifest.”

**EXAMPLE #2**

A way to turn this negative expectation into a positive expectation would be to say to yourself, “If you bake a cake using a bad recipe, it’s going to taste terrible. It doesn’t matter how many times you bake the cake, if you’re always following the bad recipe, the cake will always taste bad. The very first time you use a good cake recipe your cake is going to taste great. I now have an alignment checklist; I now have the good recipe I needed to get my desire to manifest.”

**14. Do I Feel It’s Necessary To Add Any Additional Steps In Order To Manifest My Desire?**

**Summary**

If you’ve been studying manifesting for more than a year it’s highly likely you’ve fell in love with a couple of manifesting processes. Maybe you’re a big Abraham Hick’s fan and love getting into the vortex or filling in your daily grid. Maybe you love Bashar and are all about following your highest excitement. Or maybe you simply found that you love meditation, mantras, visualization, dream boards or EFT tapping. While studying alignment I had to figure out what pieces are essential parts of the alignment process and which are not. So far we’ve covered the pieces that are essential parts of the process. Now it’s time to check in with yourself (intuition, guides, Higher Self, angels or whatever you call your broader perspective) and find out if you need to do anything else to get into alignment with your desire.

The fourteenth Universal part of the alignment process is to ask yourself, “**Do I feel it’s necessary to add in any additional techniques to assist me in aligning to my desire?”**

If you answered “No,” you’re done. Please scroll down to the next highlighted question.

If you answered “Yes,” figure out what techniques you feel called to add and add them. If you know you’re in alignment but simply like to “get happy each day” you can continue to the final step. If you feel like you have to do your additional exercise for a while before you’ll be in alignment, you won’t want to complete the final step yet.

**15. Am I In Alignment With My Desire Manifesting?**

The Universe doesn’t bring you what you want, nor does it bring you what you visualize, script or dream board, it **brings you the desires that you and your intuition are in alignment with.**

What is alignment? Alignment is when your thoughts, emotions, words, and actions, all match up. Let’s say you want to be a millionaire. Your thoughts are in alignment with your desire (you think about being a millionaire all the time). However, when you see a news story about another big tax break for the wealthy, you say to your friend, “Another example of the rich taking advantage of everyone else.” This is a classic case of being out of alignment. Your thoughts are about getting wealthy. Your words are about the rich taking advantage of others (which tells us your words are not in alignment with wealth). If, instead, you’d said to your friend, “I’m really looking forward to being wealthy so I can get tax breaks like that” your words would also be in alignment.

How do I know this alignment idea is true? I analyzed over a 100 of my successful manifestations, as well as all of my manifesting failures. My desires that *did* manifest were all in alignment. My desires that failed to manifest were all because I was out of alignment. The sole purpose of everything on this checklist is to bring you into total alignment with your desire.

Now let’s check to see if your thoughts, feelings, words and actions are all in alignment with the desire you want to manifest.

**Thoughts**

When you think of your desire is the story that ***you tell yourself*** positive or negative?

There is a story that you tell yourself about your desired manifestation. Often times it is subtle. Carefully, consider this step before scrolling down. Right now you’re either thinking thoughts like, “I used the checklist. I did everything I need to do. I know my desire is going to manifest.” Or you’re thinking, “I’m not sure if this is going to work. I’m worried.” If you do not know which story you’re telling yourself, think about your desire. Pay attention to how you *feel*. If you feel good, you’re telling a story that is in alignment with your desire. If you don’t feel good, you’re telling yourself a story that is out of alignment.

If the story is positive, you’re thoughts are in alignment. Scroll down to emotions check.

If the story is negative, go back to the main resistance releasing section that is titled with question **#5** **Is There Any Reason Why I Wouldn’t Want My Desire To Manifest?** Do it over again. You’ve got some kind of resistance going on that knocking your thoughts out of alignment. When you’re done, return here and check again. If you’re thoughts are still out of alignment, you’ll need to contact me at www.mrnamaste.com. As I always say, the first call is FREE. Don’t move to the next step until the story you’re telling yourself is about what you want, instead of what you don’t want.

**Emotions**

Do you ***feel***, the feeling of positive wanting, when you ask yourself, “Do I want\_\_\_?” Fill in the previous blank with your desire.

Positive wanting feels good. You want something and you feel good about wanting it. Negative wanting feels bad, most likely because you don’t believe you’re really going to get it.

Make a note of your answer and then scroll down and answer the next question.

Do you ***feel***, the feeling of welcoming when you ask yourself, “Am I ready for \_\_\_\_ to come into my life? Fill in the previous blank with your desire.

If both your answers to both questions were “Yes,” you’re done. Please scroll down to words.

If you answered, “No” to either, go back and redo the main resistance releasing section titled with the question **#5** **Is There Any Reason Why I Wouldn’t Want My Desire To Manifest?** You’ve got some kind of resistance going on that is knocking your emotions out of alignment. Complete the exercises. Then, come back here and recheck yourself. If things still aren’t working out, contact me directly at www.mrnamaste.com. As I always mention, the first call is FREE. Don’t scroll down to the next question until you’ve answered “Yes” to both questions.

What other feelings do you ***feel***, when you think of your desire?

Excitement, happiness, intense desire, joy, and comfort are complementary feelings that let us know you’re in alignment.

Feelings like: you need this to hurry up and manifest, frustration, annoyance, feeling that something is off or not quite right are feelings that let us know you you’re out of alignment.

If the feelings are positive, you’re done. Please scroll down to the Words section.

If the feelings are negative, go back and redo the main resistance releasing section titled with the question **#5** **Is There Any Reason Why I Wouldn’t Want My Desire To Manifest?** Then, come back and check yourself again. If you’re still having issues, I’d suggest you contact me at www.mrnamaste.com. As I always mention, the first call is FREE. Do not move down to WORDS until you feel only positive or neutral feelings about your desire.

**Words**

Are you talking about what you do want, with regards to your desired manifestation, or are you talking about what you don’t want?

**EXAMPLE**

You’re manifesting a new relationship. When you see other couples, who are clearly in love, are you saying positive things to yourself about them? Are you saying positive things to other people about them? Or are you saying things to yourself like, “They look so cheesy acting like that.” Or saying things to other people like, “People in love look so stupid sometimes.”

If you’re saying words about what you want, you’re done with this section.

If you’re not, go back and redo the main resistance releasing section titled with question **#5** **Is There Any Reason Why I Wouldn’t Want My Desire To Manifest?** Do the exercises there. When you’re done there, return to this point. Check and see if your words are now in alignment with your desire. If not, I suggest contacting me on www.mrnamaste.com. As I always mention, the first call is FREE.

**Actions**

Are the actions you’re taking the actions of someone who expects his/her desire to manifest?

EXAMPLE

Actions truly do speak louder than words. If you’re manifesting a million dollars but unwilling to give $5 to a charity you really believe in, that would be an action you might want to take a look at.

For more info on this concept, click on the link: http://iasos.com/metaphys/elan/#actions

If your actions are the actions of someone who expects his/her desire to manifest, you’re done with this section.

If you’re actions are the actions of someone who doesn’t expect his/her desire to manifest, go back and redo the main resistance releasing section titled with question **#5** **Is There Any Reason Why I Wouldn’t Want My Desire To Manifest?** Do the exercises there. When you’re done there, return to this point. Check and see if your actions are now in alignment with your desire. If they are not, I’d suggest you contact me at www.mrnamaste.com. As I always mention, the first calls is FREE. Do not move forward until your actions are in alignment.

**ALIGNMENT FEELING CONFIRMATION**

Pay very close attention to how you ***feel*** when you answer the next question. It’s very easy for your answer and how you actually feel to not be in alignment. Ask yourself, **“Will I let this desire manifest in my life?”**

If the answer is, “Yes” and you can ***feel*** the feeling of openness or welcoming, you’re done.

If you’re not sure what openness or welcoming feels like, check out these two scenarios. Imagine getting a phone call from the IRS that you’ve got an unexpected refund being sent out to you. Notice how you feel very open to receiving that refund. You don’t feel any feelings of not wanting that to happen. Now imagine getting a call from the IRS and being told that your past three years of tax returns are being audited. Notice how you feel. Notice that you do not welcome this situation into your experience. Now that you’ve felt the difference between feeling open and feeling closed off, notice how you feel when you answer the question, **“Will I let this desire manifest in my life?”** If the answer is “Yes,” and you ***feel*** open to allowing this desire into your life, you’re done.

If the answer is “Yes,” and you ***feel*** neutral, you’re done. Why is it ok to feel neutral? Neutral is not a negative feeling. The point of the feeling confirmation check is to make sure you’ve released all the resistance you need to in this section. We’re looking for negative feelings which are a sign of contradictory thought. Neutral or positive feelings are both green lights that no resistance is present.

If your “Yes,” answer feels uncertain or doesn’t feel good in any way, you’re not done. You still have work to do. (Skip down to ADDITIONAL WORK TO DO which is highlighted.)

If you answered “No,” you’re not done. You still have additional work to do. Please continue reading.

**ADDITIONAL WORK TO DO**

Go back and redo the main resistance releasing section titled with the question **#5** **Is There Any Reason Why I Wouldn’t Want My Desire To Manifest?** Do the exercises there. Then, come back and retest yourself again. If you still don’t pass the feeling test contact me at www.mrnamaste.com. As I always mention, the first call is FREE. **You’re not in alignment until you feel open, welcoming, or at least neutral when you think of your desire.** That’s the final confirmation feeling you need to feel, to know that you completed this checklist.

**Congratulations, You’re Done With The Checklist!**

You’ve completed the 15 Universal alignment questions!

You can now begin enjoying the first ½ of your manifesting results!

What am I talking about?

The first ½ of your manifesting results are emotional.

The second ½ of our manifesting results are the actual physical item/experience.

At the very least, the emotions you feel when you think about your desire feel really good. At best the emotions you feel are amazing, wonderful and brighten your day because you know the physical portion of your desired manifestation is on its way.

**Now What?**

Regardless of whether you’re experiencing the very least, or the very best emotional experience, you now know that all you have to do now is sit back, relax and wait for your desire to manifest or for you to be inspired/intuitively guided to take action to acquire it.

Keep in mind that inspired action doesn’t ***feel*** like work. If you find yourself taking action, which feels like work to acquire your desire, that’s you trying to force a result and not taking inspired action. Don’t do that. The Universe doesn’t need your help to manifest this desire. Go back to relaxing. Wait until desire hits or inspiration to take action overtakes you.

Also, keep in mind that intuitive guidance is usually loud and clear right before a desire manifests. However, sometimes it comes across subtly. Now is the time to pay extra special attention to your intuition. If you’re used to getting feelings and blowing them off cause they don’t make sense, error on the side of caution during this time. Follow the gut feelings, even if the logical isn’t apparent. It’s far better to do something that doesn’t make much sense than to miss out on desire manifesting because you blew off a gut feeling.

**What Happens If I Can’t Maintain A Feeling Of Being In Alignment With My Desire?**

Probably the single most important manifesting skill you can develop is knowing when you’re in or out of alignment with a desire. Thankfully, this is very easy to do because being in alignment with your desire feels one way and being out of alignment with your desire feels another way.

When you’re in alignment with your desire, you feel open and welcoming towards your desire coming into your life, when you think about it. Those are the core feelings that tell you’re in alignment with your desire. Those feelings may also be accompanied with sub feelings like positive wanting, feeling at peace, excitement or any other positive feeling emotion when you think about your desire. When you’re out of alignment with your desire, you do not feel open and welcoming towards your desire coming into your life, when you think about it. Those are the core feelings that tell you you’re out of alignment with your desire. Those feelings may also be accompanied with sub feelings like worry, distrust, impatience, anger, frustration or any other bad feeling emotion when you think about your desire.

The thing you REALLY want to watch out for is what I call titter tottering. Titter tottering is a clear sign that you’re out of alignment. Titter tottering occurs when you think of your desire one moment and you can tell you are feeling in alignment. A short time later, maybe an hour, maybe a day, you think of your desire again and you can tell you’re feeling out of alignment.

If you’re going to fall out of alignment with your desire, it is usually going to happen within 30 days of finishing the checklist. If it happens to you, don’t beat yourself up. We just need to fix some things. You can’t manifest a desire when you’re thinking contradictory thoughts about it. Here’s what you do…

Falling out of alignment with your desire can happen for a variety of reasons. The most common reason is you’ve got some contradictory thoughts, that whenever you think them, they yank you out of alignment. It’s usually very easy to identify these contradictory thoughts because every time you think them, you have a negative emotional response. I call these contradictory thoughts yankers. When you think them, you are immediately yanked out of alignment and into a bad feeling emotional experience.

Ask yourself, **“What are the things I think about that immediately make me feel bad when I think about manifesting my desire?”** If nothing comes to mind, another question you can ask yourself is, **“What are the things I think about that emotionally trigger me in a negative way when I think about my desire?”** If still nothing comes to mind, ask yourself, **“When I think of my desire am I regularly imagining any negative outcomes?”**

**EXAMPLE**

You want to manifest financial independence. You’ve completed the checklist and gotten into alignment. The problem is you have a job that isn’t paying you as much money as you need. You thought you made peace with this fact while working through the checklist. However, you find that you’re back to worrying about how you’re going to pay your bills.

**EXAMPLE**

You want a beach house. You worked through the checklist and go into alignment. A short time later though, when you think about your beach house you find yourself thinking that it’s never going to happen, it’s a pipe dream.

**EXAMPLE**

You want a promotion. You used the checklist to get into alignment. However, you keep imagining what it would be like if another employee in the office gets the promotion instead of you.

Now ask yourself, **“What are the things I think about that sometimes make me feel bad when I think about manifesting my desire?”** If nothing comes to mind, another question you can ask yourself is, **“What are the things I sometimes think about that emotionally trigger me in a negative way when I think about my desire?”** If still nothing comes to mind, ask yourself, **“When I think of my desire am I sometimes imagining any negative outcomes?”**

**EXAMPLE**

You’ve aligned to manifesting a romantic vacation for you and your husband. The two of you haven’t been able to spend more than an evening alone since you had kids a few years ago. You’re really looking forward to having an entire week to spend just with him. However, once in a while, you find yourself feeling guilty when you think about manifesting this trip and not bringing the kids.

**EXAMPLE**

You’ve aligned to manifesting a romantic vacation with your husband. Your husband’s parents said they’d be ok with watching the kids. You find yourself sometimes imagining that your husband’s parents not being able to do it at the last moment and not being able to go on your trip.

Once you have the contradictory thoughts/imagined scenarios written down you need to neutralize them, turn the negative beliefs into positive ones, or turn them from don’t wants into do wants. See the Frequently Asked Questions section if you don’t know how to do this.

**What if you do that and you’re still getting yanked out of alignment?**

That means you’ve got some other issue that is yanking you out of alignment.

Either go back and redo the checklist to figure out what you missed or contact me for personal one-on-one help at www.mrnamaste.com. Remember the first time talking to me is free.

**What if neutralizing or turning your don’t want into a do want seems impossible?**

You only have three choices here…

Figure out how to fix your emotional response even though it seems impossible.

Contact me to help you figure it out at www.mrnamaste.com

Forget changing the emotional response and physically change the things that are yanking you out of alignment/triggering you to feel negative feelings.

Those are the only three options.

You want to get better results from manifesting than most? You want to experience things that for others are out of reach? Then you have to develop manifesting mastery. That’s the price of admission. I’ve never said it would be easy. Overall though, making the changes are simple. It’s usually obvious what needs to be done. Whether you want to do it or not is another matter entirely. At this stage in the game, which is the end stage, interestingly enough this is the time where it’s easiest to give up. You’re tired, you’ve put in a ton of work getting into alignment and now this. The sometimes seemingly insurmountable last challenge. First off, it’s not insurmountable. Get that. Second, trying to overcome an obstacle in one step FEELS insurmountable SO DO NOT DO THAT. Baby steps, that’s the secret. You can do the baby steps. Anyone can, just make it a simple step-by-step process. The time is going to pass anyway. Unless you’re going to transition into non-physical, might as well get started doing the baby steps. No point in staying stuck in a situation you don’t want. Especially one that isn’t going to go away.

**What if you simply can’t change your emotional response and you really would rather die than take baby steps to change the situation?**

Isn’t there some other option, some way out, a possible loop hole? There is, but it only works when you’re ABSOLUTELY SURE that you don’t have any other options. If you have even the inkling of another option the loophole isn’t going to work. What’s the loophole? Give up on the desire entirely. Forget about it. Accept that you aren’t willing to do the emotional work, you’re not willing to do the baby steps to change the situation and forget that you ever thought having it was possible. At some point, maybe a few weeks, a couple of months or year or five later, your desire will manifest. Why will it manifest? By giving up on it completely, you release all resistance.

**EXAMPLE**

I was working with a woman who wanted to meet the man of her dreams and get married. She’d dated lots of guys. She’d had some decently meaningful relationships. However, none of them came even close to the relationship of her dreams. After working with her on the issue for the better part of a year, she got so fed up with the situation that she gave up entirely. She decided the kind of love she wanted just might not be in the cards for her. She made peace with the fact that she might end up an old lady with a bunch of cats. She went about her life and didn’t give relationships, sex or marriage another thought. A few months later, she ran into her childhood sweetheart in a Starbucks in her home town. Sparks flew and two years later she was married and happily pregnant with her first child.

**WARNING**

Let’s say you have a job you don’t like. You feel stuck. You don’t see any way to leave the job. You can’t figure out a way to make emotional peace with this job. You can’t see a way to take baby steps to get out of it. You decide to try the loophole option and give up that you’re ever going to find anything better. Now, if you’ve accepted the situation as something that is simply never going to change and you’re at peace with that fact, the loophole will work for you. If you have resigned yourself to the fact that you’re stuck in this shit job and it’s never going to change, the loophole will likely not work for you. The reason for this is that on a regular basis, you’re going to be going about your day, noticing all the things you don’t like about this job. You’ll notice that your employees are lazy, or your boss is an ignorant ass or that the way things are done is dumb and always has been dumb. Actively noticing these things, instead of accepting them as dumb, that’s the way they always have been and always will be, means you’re actively focusing on these things and keeping them continuing to manifest in your experience by doing so. The loophole usually only works if you give up that the situation is ever going to change and accept that it’s bad and always will be bad and making peace with that fact. If you give up the situation is going to change and rail against stuff all the time, that stuff will continue to stay that way ETERNALLY. I’ve personally seen two people hate their jobs for between 10 and 20 years, things never changed until they retired. You can screw yourself all the way to old age if you keep noticing what you don’t want.

**What Happens If My Desire Doesn’t Manifest Within My Desired Timeframe?**

If desire doesn’t manifest within the ideal amount of time that you identified, you’ll want to ask yourself the following question, **“Do I feel good, a mixture of good and bad, or simply bad when I think of my desired manifestation?”**

If you feel good it means you’re in alignment with your desire manifesting. Why then has it not manifested within your desired amount of time? I have no way of telling you that without talking to you. If you’d like get in touch with me on www.mrnamaste.com. Otherwise know that you’re in alignment with your desire. Continue to sit back, relax, enjoy life and wait for it to manifest or for you be inspired to take action.

If you felt a mixture of good and bad feelings it means you’re out of alignment. You can redo the fifteenth question to be certain. However I haven’t yet met anyone who has felt a mixture of good and bad feeling emotions that wasn’t out of alignment. The good news is that this is simple to fix. Redo the checklist. By the time you reach the end of the fifteenth question you’ll almost certainly be back in alignment. If you’re still not, that means you’re dealing with an advanced form of resistance. I suggest you contact me directly and I can help you identify what your problem is so we can fix it.

If you feel bad, you’re out of alignment. Redo the checklist. If you get to the end and you’re still feeling bad (which tells us you’re still out of alignment) contact me directly at www.mrnamaste.com. As you know, the first call is FREE.

**Is That It?**

Yes, but I’d encourage you to start studying happiness in your spare time. Why? Studying happiness will cut down your resistance to life in general and will make getting through this checklist easier and easier each time you use it. I suggest…

**ASK & IT IS GIVEN by Abraham Hicks**

In this book you’ll learn about the emotional scale and how to use the processes included to experience more happiness each day. Please pay special attention to the Focus Wheel process as it’s extremely effective.

**The Handbook To Higher Consciousness by Ken Keyes Jr.**

If you’ve never heard of Ken Keyes Jr. it’s because he died just before the internet exploded in 1995. He was known nationwide prior to his death. He sold millions of books and changed the lives of countless people. Unfortunately he’s almost forgotten because no one directly carried on his work (lots of people use portions of it in their trainings today). The Handbook To Higher Consciousness is the main book. I usually encourage people to buy Your Life Is A Gift and The Methods Work If You Do as well. The three books together make up the complete system. First read Your Life Is A Gift. It will take under an hour and introduce you to all the concepts. Then use The Handbook & Workbook to do the actual happiness work. This training combined with Abraham’s work made a massive difference in my life. I honestly wish Abraham taught Ken’s work because the two together make a much more complete happiness system overall (at least in my opinion and experience).

**Frequently Asked CHECKLIST Questions**

**When I say, “You’ll need to neutralize this” what do I mean?**

Neutralize means to make neutral. When something is not neutral it draws your attention to it in a positive or a negative light. When it’s neutral it doesn’t draw your attention at all.

**How do you neutralize something?**

You figure out whatever you need to so that it no longer bothers you anymore.

EXAMPLE

I wanted to stay in a penthouse suite with my girlfriend in Vegas.

I didn’t want to pay the price I saw the casino charging.

This really bothered me.

The way I neutralized my negative feeling was by looking at the room selections and realizing that all the rooms were suites. They weren’t penthouse suites but they were all super nice. This caused me to stop feeling negative and appreciate the suites. Because I neutralized my negative feeling about not renting a penthouse, my focus stayed on what I wanted and the penthouse suite manifested.

**When I say, “You’ll need to shift a negative belief into a positive one” what do I mean?**

Manifesting teachers have been saying for years that the Universe is simply a mirror that reflects back what you strongly believe is true for you. Whatever you believe, negative or positive, is going to pop up in your experience again and again. That’s why it’s so important to figure out what you REALLY BELIEVE (not what you hope or wish you believe) and make sure it supports you and doesn’t hold you back.

First come your beliefs, then comes your thoughts and finally your emotions. Your beliefs determine what manifests and what doesn’t. How you identify any negative beliefs you have that are stopping your desire from manifesting?

Think about your desire and notice any negative thoughts that come to mind. Write those thoughts down. Then ask yourself, “What would I have to believe for this to be true?”

EXAMPLE

You want to manifest a million dollars.

You notice when you think about manifesting the million dollars that you feel bad.

You stop and ask yourself, “Why am I feeling bad right now?”

Your response is, “I want to manifest a million dollars but I don’t really think it’s possible.”

Then you ask yourself the question, “What would I have to believe for this to be true?”

The answer that comes to mind is, “It’s not really possible to manifest anything I want.”

Lucky you! Most manifesters think they believe they can manifest anything. In reality though, they don’t. Maybe you have never believed you could manifest anything. Or maybe you’re one of those people like I was, who thought they believed they could manifest anything, but through asking this question realized it wasn’t true. Doesn’t matter, you do the same thing…

**PICK A SPECIFIC LIMITING BELIEF**

Pick the limiting belief that you feel is hurting your manifesting abilities the most. It’s important to only work on one limiting belief at a time. While some may be connected the process gets too complicated if you try to work on two at the same time.

It’s not really possible to manifest anything I want.

**FIND THE SOURCE OF THE BELIEF**

Why do you have this belief? Where did it come from? Don’t get too bogged down in detail here but it’s worth figuring this out if you can. Why? Because it makes taking the next step so much easier.

The reason I believe this is because sometimes my desires haven’t manifested in the past.

**FIGURE OUT WHY YOUR BELIEF IS NOT TRUE**

If you figured out how you developed this belief, almost always you can easily see how it was created by you making a false conclusion on your part. If you haven’t figured out where it came from, that’s ok, now just figure out why it’s not true. If you can’t, call me and I can help. As you know the first call is FREE.

Thinking about it, I realize the reason some of my desires didn’t manifest in the past is because I didn’t have this alignment checklist. Now that I have the alignment checklist, I really can manifest anything I want.

**CREATE A NEW BELIEF THAT SERVES YOU**

Once you’ve figured out why it’s not true, figure out what is true. You’ll know you’ve completed this step because it will feel right, you’ll feel good when you think of the new belief.

I can manifest anything that I can align to and I have the checklist to make sure that I can align to anything I desire.

**FIND EVIDENCE THAT SUPPORTS YOUR NEW BELIEF**

Try and find at least four reasons why your new belief is true. Think of a table. A table has four legs, if it only had one or two it would fall over, it’s the same with new beliefs.

Look up quotes from other manifesting teachers that understand alignment.

Find stories of people getting into alignment and manifesting desires.

Think back on past manifesting successes where you realize getting into alignment is what caused your desire to manifest.

Whatever it takes, get your four pieces of evidence!

**When I say, “You’ll need to shift your don’t want into a do want” what do I mean?**

Your focus is either on what you want or on what you don’t want. When I say, “You’ll need to shift this” I’m saying you have to shift your focus off of what you don’t want and onto what you do want.

EXAMPLE

I wanted to manifest a ring for my bride. I decided to manifest it. I looked at tons of rings and really didn’t like any. I realized I had to shift my focus off of not liking any of the rings so I decided to manifest a big diamond instead. After that I’d figured out the setting. By doing this I shifted my focus off of what I didn’t want (an ugly ring setting) an on to what I wanted (a big diamond that I was proud of). And that’s exactly what happened. I was in the Las Vegas airport. A shiny stone caught my eye. I picked it up, it was big and I kept it. Took it to a jeweler and she told me it was indeed real.

**Frequently Asked MANIFESTING Questions**

If you can’t find an answer you’re seeking below, feel free to contact me at www.mrnamaste.com.

**Are there any limits on what I can use this checklist to manifest?**

If you’re willing to do what it takes to answer the questions on this checklist to get into alignment with a desire, you can manifest it.

**Why is it now possible to manifest guaranteed results?**

See info below…

**What causes your desires to manifest?**

Some people say, "getting happy."  Others mention the manifesting formula they use.  And still others cite their favorite manifesting techniques-- like visualizing.  While these answers are all different, they still all point at the *correct answer*-- which is *alignment*.  *Getting into alignment with your desires is what ultimately causes them to manifest.*

**What is alignment?**

Alignment is when your thoughts, emotions, words and actions are ALL directed at what you want which results in your desire manifesting.  
  
 Until your thoughts, emotions, words and actions are ALL directed at what you want, you’re NOT in alignment with your desire, and it will not manifest.

**How do you know you’re in alignment?**

 Thanks to the teachings of Abraham Hicks we *now* know that ALL humans are born with the ability to feel when they are in alignment or out of alignment with a desire.  When you think about your desire and you feel consistently good about it, that’s how you know that you’re in alignment with your desire; and that it *will* manifest.  When you think about your desire and titter totter between feeling good and feeling bad, that’s how you know you’re *not* in alignment with your desire; and that it is *not* going to manifest.

**Why does alignment cause your desires to manifest?**

When your thoughts, emotions, words and actions are ALL directed at what you do want, the Universe\* is crystal clear on what you want and delivers it to you.  
  
 When your thoughts, emotions, words or actions are not all directed at what you want, the Universe\* is confused about what you want and does not deliver your desire to you.   
  
 **ALIGNMENT EXAMPLE**

An example of being in alignment is when you hear a woman say, “I want to take a vacation to Hawaii.”  She thinks about what she wants to do there.  She feels good daydreaming about playing on the beach.  She talks about the vacation.  She spends her time looking at Hawaiian resorts online.  Everything she is doing is directed at what she wants. That makes it super easy for the Universe to understand and deliver her desire.

**OUT OF ALIGNMENT EXAMPLE**

An example of being out of alignment is when you hear a woman say, "I want a new relationship." (Her words are about what she wants.) But then, she often thinks about how guys always lie and can't commit (thoughts about what she doesn't want).  She says she wants one thing but she's thinking the exact opposite.  Since she's out of alignment, the Universe has no idea what she wants; so it does nothing.

*\*I’m using the term “Universe” because it’s the easiest to understand by the largest number of people.  Feel free to use Simulator, God, Higher Self, Source Subconscious Mind or whatever term you feel best describes the source that fulfills manifestations.*

**Does getting into alignment with a desire ALWAYS cause it to manifest?**

Yes.

**How can you prove to yourself that getting into alignment always causes your desires to manifest?**

The way you know that you’re in alignment with a desire is by how you feel.  If you feel consistently good, when you think about your desire, you’re in alignment with it.  If you don’t feel consistently good, when you think about your desire, you’re NOT in alignment with it.   
   
 Next time you decide to manifest something, keep an emotional journal.  Record how you feel as you go through the manifesting process.  You'll see that every time you felt consistently good about your desire, it manifests.  You'll also see that every time you titter totter between feeling good and feeling bad, when you think about your desire, it won't manifest.  Observing how you feel during the manifesting process is how you prove to yourself that alignment always causes desires to manifest.

**How can you prove to yourself that alignment really is what causes desires to manifest?**

All you have to do is test it...   
  
 Figure out something you want to manifest.  Make sure your thoughts, feelings, words and actions are ALL directed at what you want. (I suggest using my manifesting checklist to do this.)  Then, wait.  After your desire manifests, you'll know for certain that it's because you directed your thoughts, emotions, words and actions on what you wanted.  
  
 Next, figure out something else you want to manifest.  This time don't intentionally direct your thoughts, feelings, words and actions on what you want.  When your desire does not manifest, you'll know for certain that it's because you did not consciously direct your thoughts, emotions, words and actions on your desire.

**Is there a guaranteed way to get into alignment with your desires?**

Now there is!  After years of research, analyzing and testing, I identified 15 questions that align ALL of your thoughts, feelings, words and actions with your desires.   
  
 To make things easy, I took the alignment questions and placed them on a manifesting checklist.  You start at the top of the checklist.  By the time you've answered the last question at the bottom, your desire is guaranteed to manifest.

**How do you know that the alignment questions on my manifesting checklist really do cause you to get into alignment every time?**

Prior to positively answering all 15 alignment questions, you will always titter totter between feeling good, and feeling bad, when you think about your desire.  Titter tottering between good and bad feelings is the *key indicator* that you’re not in alignment with your desire and that it is not going to manifest.

After you positively answer all 15 questions, you will feel consistently good when you think about your desire.  Feeling consistently good when you think about your desire is the *key indicator* that proves to you that you’re in alignment with your desire, and that it is guaranteed to manifest.

**What other manifesting teachers agree with me that alignment is what causes desires to manifest?**

"What we believe and totally 'trust to be so', sets up the alignment from which we receive that particular '*version*' of reality." ~[Bashar](http://bashar.org/transcriptfundamentals.html)  
  
 "Alignment trumps EVERYTHING...  Alignment and then...  We really want you to hear this.  No matter where you stand, there is a clear path to where you want to be.  And when you are in alignment you will be guided to the ideas, feelings and impulses that will take you to where you really want to be.  Every single time, *no exceptions*." [Abraham Hicks](https://www.youtube.com/watch?v=sWJrT6Jgb_c)  
  
 “It’s my contention that the universe not only will, but *must* provide you with what you conceive of,” says Wayne W. Dyer.  “So if you complain about what’s missing from your life—including the money that you believe to be in short supply—you’ll be offered experiences that match that energy.  When you say, ‘I love my job, but I’ll never get rich at it,’ you’re aligning with a frequency that will give you what you think.  This is why, I believe, the rich often get richer . . . It’s certainly been true for me since I left poverty behind me some 60 years ago." ~[Wayne W. Dyer](http://www.drwaynedyer.com/blog/category/alignment/page/2/)

Further, “I know in my heart of hearts that the journey from despair to hope and on to prosperity and abundance can be achieved with realigned thinking...  No one else can do this realignment exercise for you. You must decide to stay in the feeling of love, prosperity, wellness, or whatever you desire, and let that feeling just flow through you.  And remember that you get what you think about, whether you want it or not... Silently repeat the following: ‘I get what I think about, and I am choosing from here on in to think in harmony with my Source of being, until it is habitual!’ This is alignment.”~[Wayne W. Dyer](http://www.healyourlife.com/align-with-the-divine)  
  
 "Align is another word for feeling good.  When we're feeling good, we're aligned.  And when we're aligned, that's when we're letting the good stuff in." ~[Jeannette Maw](http://www.goodvibeuniversity.com/public/Manifesting-101-How-to-Use-LOA.cfm)  
  
 “Alignment is crucial to manifestation; and a person knows when they are in alignment when they have no attachment; they are comfortable with where they are in this particular subject of their lives; and they believe they can manifest whatever it is they are focusing on.”          ~[Jana Moreno](http://www.wisdom-ink.com/how-to-know-that-what-you-want-will-manifest)  
  
 “The source of all creation is pure consciousness…pure potentiality seeking expression from the unmanifest to the manifest.  And, when we realize that our true Self is one of pure potentiality, we align with the power that manifests everything in the universe.”~[Deepak Chopra](http://www.peace.ca/spirituallaws.htm)  
  
 “Our feelings are a feedback mechanism,” as [Steve Pavlina](http://www.stevepavlina.com/blog/2007/09/feelings/) puts it. “They indicate whether we’re moving into alignment with our true desires (positive feelings) or out of alignment (negative feelings).  Simply put… we feel good when we’re moving towards what we want, and we feel bad when we’re moving away from what we want.  And that movement is more about thought and intention than it is about action.”

“Whether or not something comes to you today or at all is a matter of whether or not you’re aligned with it,” Says [Melody Fletcher](http://www.deliberateblog.com/2014/05/19/how-much-focus-do-you-need-to-give-a-manifestation-before-it-arrives/).

Positive thinking and positive affirmations will not, and cannot, overcome your true subconscious beliefs about something – that is why so many become frustrated with, or even disenchanted by, the law of attraction,” explains [Greg Kuhn.](http://whyquantumphysicists.com/coaching/) “So, if you wish to manifest a dream or desire, your one (and only) true task is to *align your beliefs* with that dream or desire.”  
  
 “The energy of attraction is about much more than getting the things you want.  It’s about *aligning* in order to get the things you want.  Align your deepest desires, the innate desires that give your life meaning at the truest level with the source of all energy that keeps the planets aligned, the earth rotating, and the sun rising every day.  *Alignment is the key.* There is unlimited power in alignment.  Embrace it, and you will discover a whole new way of being in the world." ~[Oprah Winfrey](http://www.soul2soulblog.com/meditation-energy-of-attraction-deepak-chopra/1-the-nature-of-desire-energy-of-attraction-meditation-chopra-center/)

**Do I have research that can back up everything I said above?**

Go to www.mrnamaste.com. On the home page scroll down to where it says, “How did I figure out how to create guaranteed manifesting results?” That’s where you can see an overview of all my research.

**Do I have a way to prove to you, beyond any shadow of a doubt, that my alignment checklist makes it possible manifest life changing results possible?**

Go to http://www.mrnamaste.com/#!about1/cmfc, read the instructions and then do the exercise that will prove to you that everything I’m saying here is absolutely true.

**What Will It Actually Take For You To Manifest Guaranteed LIFE CHANGING Results?**

**Guaranteed Manifesting Results Are Not Magic**

The discovery that it’s possible to manifest guaranteed results is beyond exciting, it’s absolutely life changing. Yet, as incredible as this discovery is it does not mean finding my manifesting checklist is the same as finding Aladdin’s lamp.

**Aladdin’s Lamp**

Almost everyone is familiar with the story of Aladdin’s lamp. A young man named Aladdin discovers a magical lamp that when rubbed causes a genie to appear. The genie tells the young man that he will grant him three wishes. Aladdin uses his wishes to make himself rich and marry the beautiful emperor’s daughter.

**Namaste’s Manifesting Checklist**

After almost six years of research, I identified 15 alignment questions that when properly answered cause desires to manifest. As long as you properly answer all 15 questions you can manifest anything you want guaranteed.

**Aladdin’s Lamp vs Namaste’s Manifesting Checklist**

If you’d found Aladdin’s lamp all you’d have to do is rub it, tell the genie your wish and it would magically come true.

In order to use my checklist to manifest guaranteed results, you have to properly answer all 15 questions. If you answer 14 out of 15 of the questions your desire will not manifest. If you don’t answer all of the questions properly your desire will not manifest. In some cases you can answer all 15 questions in under an hour and your desire will manifest. In other cases it will take you years to answer all 15 questions and you’ll feel lucky it didn’t take you decades. The reason it can sometimes take under an hour to answer the questions, and other times it can takes years, is because sometimes you have very little resistance to a desire and other times you have a lifetime’s worth.

Guaranteed manifesting results are a beautiful thing but they aren’t the result of magic, they are the result of you getting into alignment with your desires. You and you alone determine if you get into alignment with your desires or not. You truly can have anything you want if you’re willing to learn how to get into alignment.

**Guaranteed Manifesting Results Are A Naturally Occurring Phenomenon**

Guaranteed manifesting results are awesome but they are not a big deal.

Guaranteed manifesting results happen when people focus their thoughts, feelings, words and actions on desires.

Why does this happen?

I don’t know and nor does anyone else.

All I know is what I’ve observed countless times.

When I get into alignment with my desires they manifest in my life.

When I’ve seen other people get into alignment with their desires, I’ve noticed that those desires manifest in their lives.

Robert A. Monroe famously said, “The greatest proof of the existence of any particular phenomenon is consistency through repeated observation.”

I realize right now that guaranteed manifesting results are considered a big deal because it’s new conversation. However as more and more people become aware of what happens when you get into alignment with a desire, it will lose its otherworldly uniqueness.

Nobody gets excited when someone jumps out of a tree and falls to the ground.

Everyone knows this happens because of the Law of Gravity.

Soon nobody is going to get excited when someone gets into alignment with a desire and it manifests.

Everyone will know this happened because of the Law of Alignment.

**Learning How To Bowl & Learning How To Manifest Guaranteed Results Have A LOT In Common**

Have you ever been bowling? If you haven’t, please go as soon as possible so that what I have to say next makes sense. Assuming you’ve been bowling before you know that everyone rents special bowling shoes, finds the right size bowling ball and then rolls the ball down a lane with 10 pins at the end. The objective is to knock down all 10 pins on the first roll which is called a strike. The more strikes you have the better your chances are at winning the game.

Even someone who has never bowled before can get a strike on their very first try, (or in the first couple of tries, surely), if shown how to hold the ball and roll it down the lane correctly. Throwing a strike once is one thing. Throwing a strike 12 times in a row (which would give you a perfect score of 300) is a totally different deal.

Bowling and manifesting are a lot alike in this way. If a person is shown the correct questions to answer to manifest a desire, she/he can successfully manifest a desire on the very first try. Doing this the first time (or in the first couple of tries) is one thing. Successfully manifesting the next desire, and the one following that, and the one following that -- is a totally different deal. Just ask yourself, “How many people do you know who manifest every single thing they desire?”

Why is getting a strike one time and getting strikes all the time totally different deals? There are 14 steps a person needs to correctly execute to get a strike. If a person is shown the correct 14 steps the very first time, why can’t the person hit strikes every time from that point forward? Obviously, *the answer is because it takes practice* and experience to be able to execute all 14 steps, precisely as they need to be executed, to get a strike each time.

Similarly, manifesting a desire one time, and manifesting guaranteed results all the time are totally different deals. Why? Like with bowling, it has to do with practice. There are 15 universal alignment questions a person needs to correctly answer to manifest a desire. Answering the questions one or two times correctly is something anyone can do. Answering the questions every single time takes lots of practice to develop that ability.

Now let’s set up your expectations so that you know what you can, realistically, expect from using this manifesting checklist:

You wouldn’t expect to be shown the 14 steps to throwing strikes and then expect to throw strikes every time from that point forward. You also shouldn’t expect to be shown the 15 alignment questions and then expect to be able to answer them correctly every time from that point forward (with practice you can do this one day but it’s highly unlikely you’ll do this right away).

You also wouldn’t execute the 14 steps a few times, get strikes; Then, failing to throw strikes, suddenly declare, “These 14 steps don’t work! I just did them three times in a row and I failed each time. What a scam!” If you heard a new bowler say those last two sentences, you’d say, “Lighten up newbie. The 14 steps got you strikes before. SO YOU MUST HAVE DONE SOMETHING WRONG IN EXECUTING THE STEPS. YOU GOTTA PRACTICE!”

You wouldn’t answer the 15 questions that cause guaranteed results a few times, have your desires manifest, and then after failing to answer the questions a few times in a row suddenly declare, “These 15 alignment questions are crap! I just answered them four times in a row and none of my desires manifested! What a scam!” If I heard a new manifestor say those last two sentences, with everything I know about manifesting, I’d say, “Listen up newbie, the 15 questions obviously work because you got results before. The fact that your last four desires didn’t manifest, doesn’t mean the questions don’t work, it means THAT YOU MUST HAVE DONE SOMETHING WRONG WHEN ANSWERING THE QUESTIONS. With continued practice you’ll figure out what you did wrong and you’ll be on your way to manifesting guaranteed results every time.”

**Bowling A Perfect Game & Manifesting Guaranteed Results**

According to New York Times article writer Dan Barry, “Thirty years ago, throwing a 300 made you a bowling celebrity, the Paul Anka of your local alley. The American Bowling Congress in Greendale, Wis., would solemnly present you with a gold ring to signal your ascension into an elite club. The bowling alley would memorialize your feat with a plaque or a glass-encased shrine. And from that day forward, it was a safe bet you would never buy your own coffee ever again.” Guess what would happen today if you bowled a perfect game? You’d be lucky if someone gave you a tee-shirt. Thanks to advances in the game throwing 12 strikes in a row has become a fairly common occurrence at local bowling alleys across the country. It’s something that many a teen bowler, senior bowler and weekend warrior has achieved.

**QUICK SIDE NOTE**

While doing my research on bowling I ran into this Youtube video of the amazing bowler Andy Varipapa. Amazing is truly an understatement, you gotta see this guy in action, talk about a master in action https://www.youtube.com/watch?v=86te7nGLsAA

In the beginning, people who use my manifesting checklist to manifest guaranteed results are going to be celebrities. People will flock to hear the tips they have for answering the questions. They’ll get written up in news stories and interviewed for magazine articles. I’m sure a few will end up on TV. However as time passes and more and more people get good at answering the 15 questions, it’s no longer going to be a big deal to manifest guaranteed results. One day the questions for how to answer the questions are going to be so refined that kids, teenagers and people just starting out are going to manifest guaranteed results like it’s no big deal.

**What Skills Will You Need To Master So That You Can Manifest Results Every Time?**

There are four main skills you’ll want to master…

Answering the questions themselves is a skill. Each alignment question is very straight forward but over time you’ll notice some subtle nuances. As you notice the nuances answering the questions fully and completely become easier and easier.

Listening to your intuition is a skill. If you don’t currently listen to your intuition the idea can seem daunting. Listening to your intuition is natural and easy, you just have to do it.

Releasing resistance is a skill. There are a number of ways to do it. To master this skill you simply need to try different methods until you find the ones that work best for you.

Feeling when you’re in alignment with a desire and when you’re not is a skill. When you’re in alignment with a desire you feel consistently good when you think about it. When you’re not in alignment with a desire, you titter totter between feeling good and feeling bad when you think about it. Feeling good vs not feeling good is obvious enough but this alignment feeling has a very distinct feeling. Once you’ve felt this a number of times you learn the feeling of alignment and it becomes unmistakable.

**How Long Will It Take For You To Master These Skills?**

There isn’t a definite answer. This is going to depend on a number of factors like: How much previous experience do you have? How motivated are you? How fast do you tend to pick things up in general? But you *can* do it. It’s like bowling, takes practice. There are a lot of benefits in continuing this comparison:

Let’s say you wanted to become a bowler who could routinely throw a majority of strikes in any game you competed in. How much time each week could you dedicate to practicing throws? How many times a week would you head down to the bowling alley to practice? How many games a week would you play, against others? If you knew that you could dedicate a couple of hours at a time, a couple of nights a week, and four Saturdays a month, maybe you could achieve your goal in a year or so. If you could only bowl one night a week, and one Saturday once a month, maybe it would take three years or more. To really master anything, I think it’s a fairly safe bet, you’ll need to commit the next three to five years to the task. Keep in mind that doesn’t mean you have to wait three to five years to see manifesting results. It simply means it would be good to set up the expectation that it’s going to take three to five years before you should expect to be manifesting consistent results every time. Sure, there will be people who do it much faster because of their familiarity and experience with the material. You could be one of them. However, keep in mind my own research, creation, and testing of the Checklist took six years. I don’t think it’s a lot to ask of you to give yourself a solid three years time to master these 15 questions.

**It Could Take You An Hour To Complete This Manifesting Checklist. Or It Could Take Years.**

Below are the 15 major questions you’ll find on my manifesting checklist. Below each question you’ll find out why it’s possible to answer the question quickly or why it might take weeks, months and sometimes even years. You don’t need to read the questions and reasons why it can take minutes to years to answer them. All you really need to know is that’s the truth of what you’re dealing with. If knowing that is enough, feel free to scroll down to the next section.

I realize hearing that it might take years to answer a question can really take the wind out of your sails. Instead of focusing on that, I’d suggest you focus on that fact that this alignment checklist is the real deal. Even if it takes you a few years to align to a desire, when you do, your desire is guaranteed to manifest.

**1.What Do I Want?**

You might be able to answer this question in a few seconds. Or it could take weeks/months to clarify and figure out. Every manifestation is different.

**2. What Does My Intuition Say About Manifesting This Desire?**

If you already know how to listen to your intuition this question will be done in minutes.

If you don’t know how to listen to your intuition you’re going to have to start a relationship with it. This could take a day, weeks or months depending on you.

**3. What Do I Belief?**

If you’ve already manifested a bunch of things this question is a breeze. If you’ve never manifested anything before this question is likely going to take some work. You can’t manifest something you don’t belief is possible to manifest.

**4. Am I Denying Myself?**

If you don’t have any self-love, self-worth or deserving issues this question will be done super fast. If you do, it could take an hour, a day, a month, a year or longer to work your particular issue(s) out.

**5. Have I Released The Resistance?**

If you have little to no resistance you can finish this question in minutes. If you have a medium to high level of resistance this could take weeks, months, or years to complete.

**6. Have I Let Go Of How?**

If you can give up controlling how this desire will manifest, this question will be over in a minute. If you can’t, it will take you as long to complete this question as it takes you to release your need to control how our desire manifests.

**7. Am I Able To Be Happy Without My Desired Manifestation?**

If you don’t need your desire to be happy, you’ll be done with this super fast. If you do need your desire to be happy, that means you’re attached and you’re going to have to release that attachment before you can move on. This could take 15 minutes or 15 months (or more) if you refuse to let go.

**8. Am I Ready For My Desire To Manifest?**

If you are, this question will be over in seconds. If you’re not, this question could take months or years before you can answer it.

**9. Is My Desire Manifesting The Next Most Obvious Step?**

If it is, you’ll be done in the blink of an eye. If it’s not, it will take hours, days, weeks, months or even years to complete this question.

**10. Do I Trust That My Desire Is Going To Manifest?**

If you do, you’ll be done just like that. If you don’t, however long it takes you to develop the trust is however long it is going to take you to complete this answer.

**11. Am I Confident That My Desire Will Manifest In An Agreeable Amount of Time?**

If you are, you’re done. If you’re not, you’ve got work to do that will take minutes, hours or days to complete.

**12. Is Manifesting My Desire No Big Deal?**

If it’s not, you’re done just like that. If you feel that it is a big deal, answering this question can take a while to answer. You’ll need to figure out why manifesting a dollar is as easy as manifesting millions.

**13. Do I Expect My Desire To Manifest?**

If you do, you’re done. If you don’t, you’re going to have to shift thoughts and that takes as long as it takes.

**14. Do You Feel It’s Necessary To Add Any Additional Steps?**

This question could be easily answered or it might take some time depending on you.

**15. Am I In Alignment?**

This question will take ten minutes to years all depending on you.

**Disclaimer**

Namaste’s manifesting checklist is not intended to provide and does not constitute medical, legal, financial or any other kind of professional advice. If you need help with something in your life, please seek qualified professional care.

Additionally, this checklist is designed to show you how to manifest guaranteed results. While I’m able to show you how to manifest guaranteed results, there is no way for me to know if you will properly execute the instructions contained within this checklist. **For that reason, I can’t promise that you will be able to manifest guaranteed results of any kind, now, or at any point in the future.**

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Want to share this manifesting checklist? Go ahead! As long as no part of the checklist is changed or deleted and full credit is given to Namaste Faustino.