

Make It Happen!



Young author **Stephanie Brookes** introduces us to the power of the mind and shows us how we can make our dreams real!

As a teenager, I never gave much thought to the concept of being able to make my wishes manifest, as a child, even less so. It occurred to me recently, as a now 20-something, that I was already demonstrating 'Creative Visualisation' techniques or 'Manifesting' as far back as I can remember.

As a very young teenager, I had a little routine of praying the day before the (dreaded) maths test. I not only asked for help with the test, but I visualised receiving my grade, and the thrill of passing it with all my friends.

I was always an attentive student, vigilant about my studies and for some years had extra tuition in maths – a subject I still struggle with to this day. I just felt that the energy and willingness I gave out would somehow pay off, and see me through the test.

I always did manage a pass, and throughout my teenage years I subconsciously practiced manifesting techniques on a day-to-day basis.

My first experience of actually being aware of the 'Manifesting' process began at the age 17; when I started to visualise my completed manuscript being accepted by a Literary Agent. I persevered for two years, never wavering that it would happen. Yes, I had my bad days - as we all do - and I sometimes doubted if I was good enough. The thing that kept me going was the thought of receiving that magical acceptance in the post; the moment that would change everything.

As I had foreseen, I did receive that magical answer. It never came in the

post but in a phone call. A Literary Agent had seen 'the potential' in my work and invited me to her offices in London to discuss my manuscript, and how we should progress forward. As it turned out, the relationship with the agency didn't work out and for reasons only the Universe knows, I was back at square one.

Over the years, I have come to realise that my wish, had in fact, been fulfilled, just as I had specifically asked. The experience was a lesson for me to learn from.

Creative

Visualisation – Manifesting – is a technique that can really help you to attract into your life the very things that you need. It is simple and it works. The following exercise will demonstrate that you don't always have to manifest the 'big' events in life - the little things are just as important!



“I will leave you with this one little piece of advice - after all - thought is perhaps the most powerful tool we have. *Be careful what you wish for . . .*”

Try it yourself

Start by manifesting something very simple; for example, a parking space. I recently graduated from University and for three years lived happily in a little flat by the sea. There was one problem – parking. It was pretty horrendous at the best of times. My parents would always drive me back to the flat after every Uni break, the car invariably loaded with even more stuff! Exactly ten minutes before we were due to arrive, I would send out a silent wish for a parking space and would visualise the space opening up just for us. After a few months of practicing this exercise – when out driving with friends or family – a parking space would always become available. You might say this was pure luck, a coincidence or being in the right place at the right time! I would say otherwise, but try it out for yourself and see how it goes.

You are Part of the Process

When you're a teenager you want everything to happen in lightening quick time. Many of us feel like that now. We put out desperate wishes and pleadings, 'Please God, I need this promotion now!' 'Please God, I need some money to cover this month's rent, now!' or, as was the

case in my teenage years, 'Please God, I need that special dress, the one to go clubbing in, and I need it ASAP.'

I have found that just wishing or saying the words out loud isn't enough. Manifesting requires a little effort on our part. I try visualising how it would feel to have that 'special dress', the sensation of trying it on – how my friends would react – how often I would use the dress – how it would take pride of place in my wardrobe. It is important to give 'life' to the wish; it then takes on a whole new dimension. I create a picture in my mind that the wish has already come true. I never waver or doubt that I can achieve it. I send the prayer out once, and am confident that it will be answered. One of my friends who talks to Spirit got an unexpected message one day, she had been asking for something over and over again and they said, 'You only have to ask once – we're not deaf!'

Your answer will come in the most unexpected of ways. The wish rarely materialises in the exact way you had imagined. For example, I might receive a



call from a friend asking if I would work her shift as a favour. The money I would earn will enable me to pay for that 'special dress'. It certainly won't appear magically in my wardrobe, but part of the manifesting process is that you provide the magic. If you already 'manifest' on a daily basis, you know that you should look for signs. We all have instinct and we all have the ability to help ourselves achieve our goals.

When I want to manifest something important, I am careful not to falter. Try to stop other influences changing your train of thought. What you require may seem silly or insignificant to others, but always remember that you are a unique individual; totally different to any other human being on this earth, and what you require is just as important as any other wish, need or desire.

Manifesting is here for us all. We can manifest as much as we like, when we like. I will leave you with this one little piece of advice - after all - thought is perhaps the most powerful tool we have!

Be careful what you wish for . . .

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