



Manifesting Change

week 2

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Joy is not the result
of getting what you
want; it is the way
to get what you
want.

In the deepest sense,
joy is what you
want.

- Alan Cohen

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What did you discover this week
about manifesting what you desire?

Put your answer in the chat.

What You Can Expect



Knowledge

Understand what you want and your unique strategies to manifesting.



Tools for Change

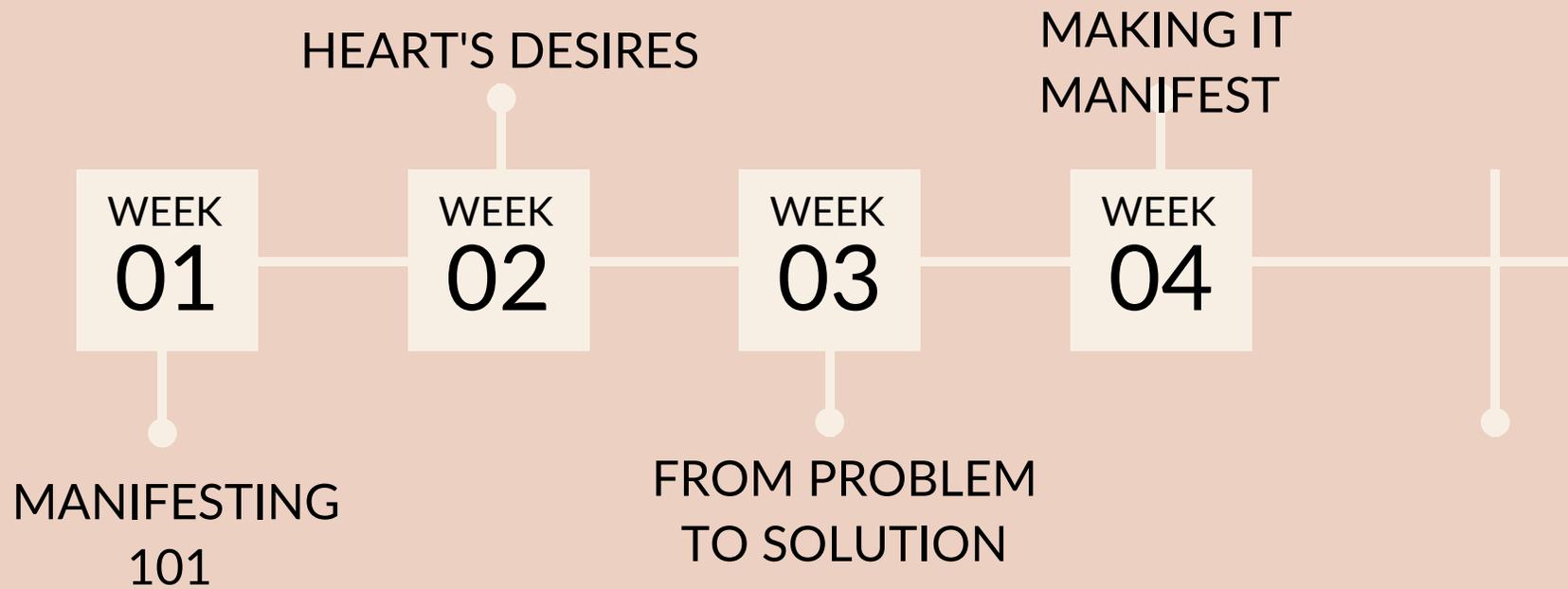
Learn proven techniques to manifest using writing and art.



New Relationship to thoughts

Daily practice of writing, art, and scheduling.

Timeline





What is a **SMALL** problem you would like to solve?

Put your answer in the chat.



Opening to desire

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Defining **DESIRE**

A strong feeling of wanting to have something or wishing for something to happen.



Defining **DESIRE**

- A sign post.
- A direction pointing to your future self.
- When in line with your values, what you desire also desires you.



Synonyms for Desire (unhelpful)

- Jealousy
- Covet
- Ambition
- Envy / Spite
- Resentment
- Evil Eye
- Ungrateful for what you have
- Green Eye / Jaundiced Eye



Desire expressions (unhelpful)

- Judging others
- Looking down on what others want
- Projecting onto others
- Backbiting / Gossip
- Stealing
- Seething in anger
- Holding a grudge



Synonyms for Desire

(helpful)

- Want
- Longing
- Fancy
- Inclination
- Aspiration
- Impulse
- Preference
- Craving



Desire Expressions (helpful)

- Honesty about what you want
- Plan your time
- Admire others who have what you want
- Celebrate success of friends
- Learn
- Save money
- Thought work to remove judgement



Goal
Consciously
being & acting,
in line with your
values,
to select & live a
life you love.

A dried flower with a brown, textured center and thin, light-colored petals is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured background. The overall color palette is warm and muted, consisting of browns, tans, and soft greys.

The Miracle Question

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Miracle Question Goals

1. Generate positive vision of future self.
2. Prepare for "exceptions" to the problem.
3. Create a narrative that life is becoming better instead of worse.



The question

“Assume your problem has been solved. What is different?”

(Strong & Pyle, 2009)



Another way to phrase the question...

“Assume your problem is gone. What does this mean to you?”

(Strong & Pyle, 2009)



Miracle Question

- Gives you power to explore hidden resources and find solutions to your existing problems (Yu, 2019).
- Opens the door to your possibilities for manifesting change (Strong & Pyle, 2009).



Miracle question

- May be very challenging.
- Likely requires new vocabulary.
- Typically used in dialogue & evolves in conversation.
- Requires creative thinking using "what if" scenario.
- Can be used repeatedly.
- Even better when used with Art!



Miracle Question Exercise

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Identify a small problem that you would like to work on.

(without lots of baggage)

Small problem example:

procrastination

messy house

lack of money for an event

unscheduled appointments

upset with a friend over a small matter

want to do something but don't know how

Large problem to avoid today:

divorce, betrayal, your parents, your childhood,

addiction, abuse, crisis, etc.

WHY something small?

Because I want you to learn how to use the exercise!



Write down your small problem
with some detail.

Why do you want to change it?

Write for 1 minute



“Assume your problem
has been solved.
What is different?”

Write for 2 minutes





**“Assume your problem has been solved.
What is one thing that is different?”**

Put your answer in the chat.

Miracle Question Art!

15 minutes

Goals

Create three separate pictures.

Visualize how good life could be.

Practice for using this technique at home as a way of self coaching / problem solving.

Materials

Drawing materials and paper.





Miracle Question: Art 1

What is the problem?

- My piggy bank is empty.
- I spent all my travel funds.
- I am starting over saving for the next trip.
- Work no longer pays for my travel.
- My next international trip feels very far away and uncertain.



Miracle Question: Art 2

A Miracle has happened!

- I am planning for my next trip, this time with my family.
- I picked a set amount to save per month.
- We have pre-paid for our hotels and flights 6-9 months in advance.
- We are looking for interesting tours and underground restaurants.



Miracle Question: Art 3: How do I go from problem to solution?

- Enlist support from family in planning & saving.
- Pick location together. Focus on "WE". Share responsibility.
- Spend with my values in mind. Build more positive relationship to money.
- Plan further ahead - buy tickets one year out, etc. Practice commitment without fear of "what if".

Miracle Question Art!

Drawing 1

Draw your small problem.

However you do it will be great!

5 minutes



Miracle Question Art!

Drawing 2

Assume your problem has been solved.

Draw what is different or what it means to you.

How will you know it happened?

What will others notice about you?

What would you do next?

What would others see - feelings, thoughts & behavior?

5 minutes



Miracle Question Art!

Drawing 3

Draw how you get from the
problem to the solution.

(look at next slide for cues)

However you do it will be great!

5 minutes



Stages of Manifesting

Stages apply to big & small goals.
Use these steps over and over.



Write

What happened for you in the
art process?

What did you notice / learn?

Where do you want to make
change?

What values might you focus on
to make this change?

2 minutes.





What was most
exciting/interesting/surprising in
the miracle question process?

Put your answer in the chat.

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When you
wake up to
your power and
snatch it back,
miracles
happen.

- Lalah Delia



Practice Manifesting

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Make a Commitment

noun: the state or quality of being dedicated to a cause or activity

verb: actions which reflect your values

- **Committed action** is behaving in a way of your choosing. And this month, you choose manifesting!
- **Behavior change** creating opportunities to respond differently & lots of decisions to persist at chosen actions or alter how you typically respond.

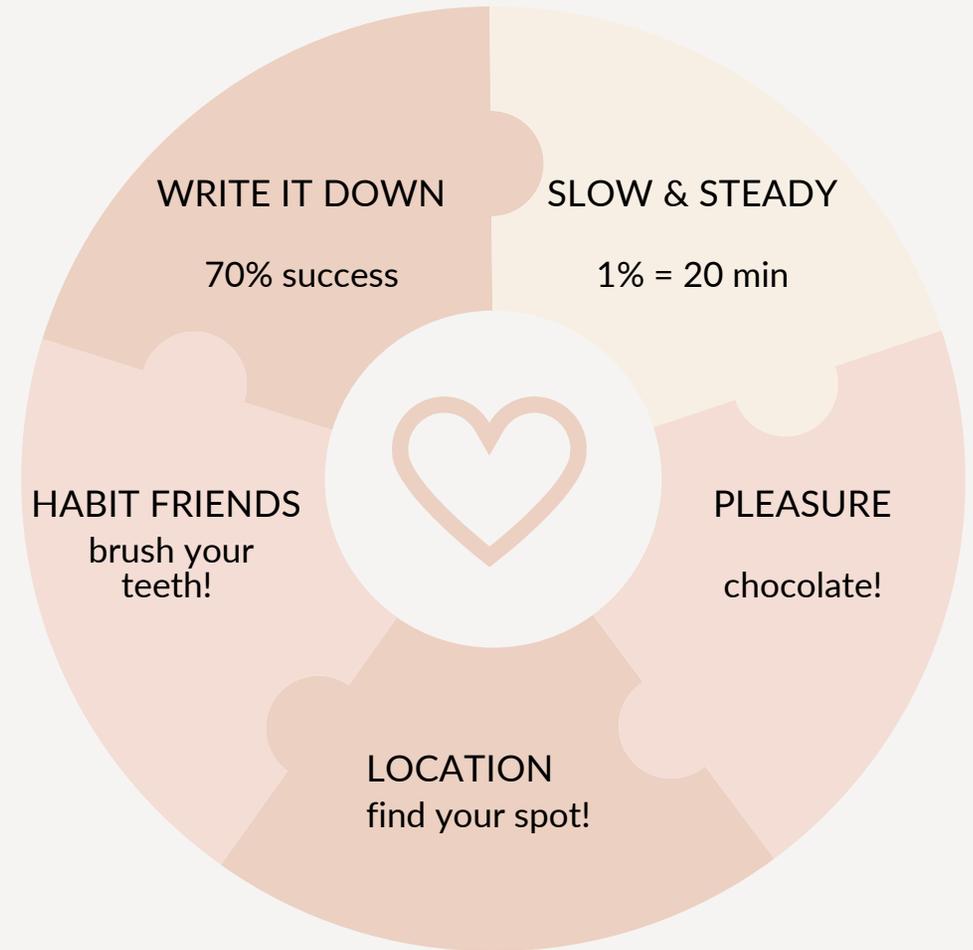
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Research says...

Success follows a pattern

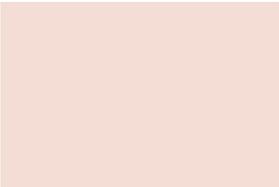
- Have you really committed to 20 minutes a day? Why or why not?
- Have you followed through? Why or why not?
- What are you telling yourself about the commitment?



A close-up photograph of a dried, brown flower with a textured center and several thin, dried petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured surface, possibly a wall or a piece of paper. The background is a soft, out-of-focus gradient of light brown and beige tones.

Homework

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Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

What do you really want?

2

Blocks to Manifesting

3

Whatever You Want.

4

Creative Expression & Reflection



What do you really want?

pg. 32

- You are allowed to want whatever you desire, without judgement.
- Withholding desires from yourself brings frustration, boredom, and apathy.
- Write a list of what you that you really want or even "sort of" want.
- Go wild with this list - this is only practice.



Manifesting Blocks

pg. 33

- What judgements appeared as you wrote your desires?
- Pay attention to these thoughts and feelings; they give important clues about how your brain stops you from manifesting what you desire.
- When your brain judges your desires, thank your brain and keep going!



Whatever the heck I want!

pg. 34

- After you unpacked the ways your mind blocks you from even thinking about your desires, create a new list
- "Whatever the heck I want!"
- You have permission to write whatever you want.
- You have permission to think about & even pursue your desires without judgement.
- This list is for fun so be bold!



Visual Expression

pg. 35

- Show some aspect of your happy desires.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous.



Week in Reflection

pg.36

- Reflect on what have learned about your desires, what society tells you about having desires, and how your brain judges desires.
- Appreciate your strengths and celebrate.
- Avoid judging yourself for what you did or did not do this week.



What will you remember about
today's class?

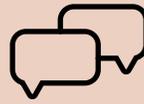
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What To Do Next



Review

Review what you learned last week.



Make the commitment

Schedule 20 minutes a day & write it on your planner.



Week 2

Read and complete Week 2 exercises and complete worksheets.



Want More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

Individual psychotherapy

Signature packages

Discount on packages for class members!

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A close-up photograph of a dried, brown flower with a textured center and several thin, dried petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured surface, which appears to be a hand or a similar organic form. The background is a soft, out-of-focus light brown color.

Thank you!

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