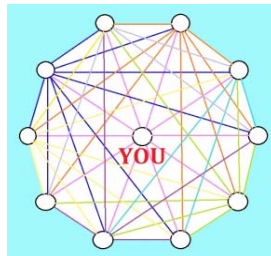


*How to Manifest Love,
Freedom, Joy
and
Abundance*

by
Stephen P. Means

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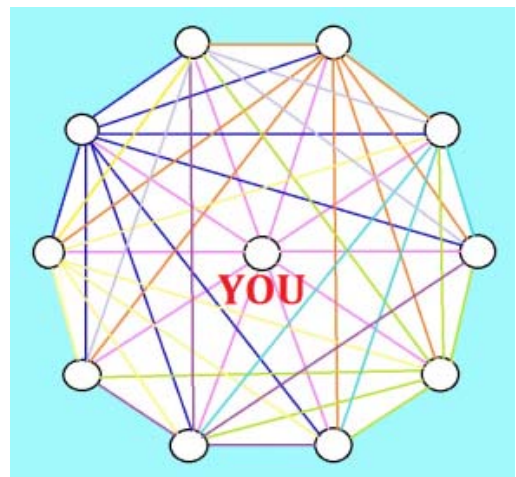


Hi. I'm Steve

Before I get into the very important information in this report, I like to tell you what happened to me as I was researching this material, reading and studying, talking to and listening to people—discussing these ideas—my life started to change. It became a lot more fun; I started experiencing more love. I felt freer and felt more joy, and I became more abundant. The following report is extremely important life benefiting information, but the secret of these changes isn't exactly in the information, but there is a secret. Here's what I discovered:

While I was researching this extremely important life benefiting information, I learned there are no real secrets. Wait, that's not exactly right. There is one secret. When you understand what's presented here and share it with your friends, associates, and family you build a supportive interactive matrix. Not like in the movie, the Matrix. Instead, it is a personal support system—an interlaced system. Visually, it might look like this:

By sharing the information in this special report, you link to others who understand and support love, freedom, joy and abundance. In turn they link to others and almost magically your world opens in an unbelievable way.



If you want, you can get started on this right away. There's a link at the end of this report which opens to a way to share this report with two close friends. But I don't want you to leave this report right now. I put a lot of time and energy into discovering how a person could increase love in their lives, how they could have freedom and joy and how they could have all the abundance they deserve. I

believe what I'm presenting here is extremely important, and I want you to share it. The information is new and life altering and the secret is that by sharing the new ideas in this report you create the world you deserve.

I'm really excited that you're reading this. I hope you start right away sharing it with as many people as you can, but please finish the report. This information enhances existence. As you understand and begin to share it, you create a powerful center which magnetically affects your surroundings and brings to you a quality life. Not only that but it creates these changes in the people you share it with so it has a multiplier effect. This transforms and amplifies that life enhancing quality.

You're a wonderful person. You are unique and have special qualities that no one else does. You deserve to have a life filled with love, freedom, joy and abundance. The purpose of this report is to show how to get these. You can manifest this easily and simply if you understand and put into practice what's contained within this report. What I learned while researching manifestation was that within every person, hidden behind the mask they wear as a wife, husband, working person, mother, father, son and daughter is a power essence. It is concentrated love. When you realize you have this center within you, then in all your dealings with others that center harmonizes and vibrates with their internal essence. When you understand and access your center, you become polarized in a life filled with love, joy, freedom and abundance. People are drawn to you. They cooperate with you. They want to help you because their essence, their essence of love, is activated around you. When people are around you, you act like a tuning fork. Your vibration awakens their magnetic center.

The purpose of this report is to activate your magnetic center, but I want you to know I'm very practical. I'm impressed by things and ideas that solve problems and support people in getting the lives they desire and I've never been much interested in metaphysical or esoteric ideas. Although I am religious, some belief systems seem to me to rely too much on faith alone. I'm practical. I need to see results. Simply believing in abundance and expecting money in the mail or a gift from heaven never seemed to manifest much. But I can tell you this. Because you are unique and special, your personal belief is a powerful factor in producing the life you desire. I believe we all have a powerful magnetic center within us and after you read the rest of this report I hope you believe that also. But, because I am a realist I'm not counting on belief alone. My research has uncovered practical means to manifest reality and in this report while I show how to awaken your essence, I'm also going to present practical steps for you to manifest the life of your dreams. But what is manifestation?

In putting this information together, I talked to a lot of people, took a lot of notes and spent a lot of time reading. One of the first things authors do is either go to Wikipedia or Miriam's dictionary. They write the definition of a word, in this case "Manifestation," and then move on to use that definition in the body of their text. I gave that a try and typed into Google "manifestation defined," and got

"An event, action, or object that clearly shows or embodies something, especially a theory or an abstract idea."

You are a unique person who embodies love. The event, action, or object that clearly shows your freedom, joy and abundance is particular to you. You may

desire more love, or to be free, or be free from something. You might want to be blissfully joyous or just have moments of peace and feel comfortable. Perhaps you need a little more money, a better home, or you want a million dollars. What you want to embody is unique to you. Let me define manifestation in a little different way so you can clearly understand it.



Magic or manifestation? Face or vase?

Depends on how you look at it. But manifestation is not magic. Magic is creating things, objects, desires, or love in the moment out of thin air. Poof! It happens. Whether or not there are magical techniques and if they work or not is not the scope of this paper. I want to be more personal. I need your help to answer these questions.

**What is a deeply satisfying human life, and
how do we design one?
How do we share that information with others?**



What are we truly capable of in the realm of human excellence? What are we here to do together?

The answers to these questions are not mysteries beyond our reach.



What I discovered is that our essence is not only a powerful magnetic center based on love but it is intelligent and can answer these questions. Deep within everyone is a vision, your own personal lofty ideal that you can access. When you do this you

become a powerful creative person, able to do, be, and have what you want. You're able to receive and give love, to do what you love and do it in your own way. When you are centered in your essence, your world changes. It's not magic because reality doesn't change instantaneously. But once you get in touch with your magnetic center your life becomes magical. You define what you want to have happen, you make it happen. You manifest it.

One of the first ideas I came across in my studies is that a lot of people believe they already have the answers to just about everything. They say “Work hard, and if that doesn’t work, work harder.” Or, you might even hear this, “Work smarter, not harder.” These are what are known as bromides.

A bromide is a generalization or a cliché. This is important. You are a unique special person. Cliché doesn’t apply to you and this is good because only a special person can understand that we have to be empty to be filled. You may remember the story of the young girl who was searching for the answer to the question

“What is life?” She climbed a mountain where an ancient wise woman had a little



hut. Inside, the young girl talked and talked about her search. The wise one poured a cup of tea and kept pouring until it flowed over. “What?!” cried the young girl. The old woman replied, “You are just like the tea cup. So full you have

no room for any new knowledge.”

So I came to understand that what I thought I knew was a gigantic block to me learning anything new. I remembered when I was young about how I learned. I discovered most of the stuff was just what others thought about life and those thoughts were from what some others had been taught about life. Very little of what I believed was true about the world came from my real experience. A lot of it came from fairy tales of how life was “supposed to be.” I discovered that most of what I read and had been taught was simply wrong, that my thinking was rigid and crystalized because my parents and brothers and sisters made me wrong, so I always wanted to be right. Having to be right all the time meant I was full of

myself. This caused me to turn away from the truth of my being and I was closed down to discovering the essence of my powerful magnetic center.

I discovered that not only did I always think I was right but also that because of that I was making everyone else wrong. I learned that at many points in my life I came to a place that I thought I knew it all. You can see how this attitude turned people off. Who wants to be around a person who won't listen to anyone because they "know it all," and criticizes everyone because they are "wrong." I'm exaggerating this a bit to show how my attitude and state of mind kept me from getting close to my real essence. In this report I want you to access your essence so you can manifest a life of love, freedom, joy and abundance. For that to happen, I'd like to ask you to be open to the new ideas I'm presenting. I've written them in a simple and fun method because on this path these steps are easy to follow. Nothing in this report is difficult to do.

To access your essence and work from your magnetic center to manifest a life of love, freedom, joy and abundance you need to feel good about yourself. One of the principles I discovered is that everything in reality is vibrating at a certain rate. Rocks vibrate a lot slower than trees and trees vibrate slower than humans. As humans our means of communication is by making vibrations in air. We call this sound. I took care of my mother for five years before she passed on. She had dementia and didn't recognize me, and communicating was difficult but I discovered a sound vibration that soothed her. What do you do when you hurt? Don't you make the short sound "Awk!" And what do you do when you feel good? You make the long sound, "Ahhh . . ."

You'll notice right now when you make that sound, the sound "Ahhh" it vibrates in your throat and chest. You can expand that and begin to feel it in different parts of your body. Try it. "Ahhh!" You can expand that to the different parts of your body and by this exercise change each part and your whole body to feeling good. Give it a try right now. "Ahhh." Feel it deep inside.

Sound and sound vibration are the key to manifestation. Here's what I mean. I



want you to repeat this phrase, "I like myself." Go ahead. Say it to yourself, and then say it out loud. "I like myself." Say it three times, each time with more and more force. "I like myself." "I like myself." "I like myself!" When you like yourself, you start to feel good about what you're doing.

This is extremely important to accessing your essence because there, in that magnetic center, you do feel good about yourself. So now I want you to wrap your arms around yourself and say "Wonderful, wonderful . . . wonderful me!" This might seem a little silly but that's okay. You're going to laugh a lot when more and more joy seems to arrive spontaneously.

Now, I want you to say this: "I feel terrific." Repeat it a little louder. "I feel terrific." Now raise your hands in the air and shake them. "I feel TERRIFIC!"

You can change how you feel by sounds and words.

Every one of the gurus of manifestation who I investigated agrees. Creating positive self-talk is one of the most beneficial actions you can take to change your life. Yet, by more study and being open to my own essence, I discovered an interesting fact. Everyone talks to themselves, but until you have complete access

to your powerful essence center, it's not what you say to yourself; it's what **you listen to** that determines your experience of life. When you hear yourself repeat your internal self-talk, you may hear the tone of one or another of your parents, grandparents, siblings, or teachers. These old "no's" and "You have to" or "you should" control how much aliveness and joy you have right now. These are others' ideas of who you are. They're from a past when you were little. The truth is that the future is unknown, but facts are realities.

For instance, if you say "I'm too old to go to school!" Is that a fact? No. If you say, "I'll never be any good!" How do you know? That's not a fact.

The idea is that when you hear yourself say something in your head you must question if it is really true. If not, eliminate that type of self-talk by asking yourself, "Is this fact or fiction?"

To have a life of love, freedom, joy and abundance you can't force change. Just separate a fiction from a fact by examining and recognizing what's going on in your inner dialog. Listen carefully when you make a statement in your mind. What I did you can also easily do. Just immediately drop those thoughts and say out loud. "I feel terrific. I feel terrific. I feel terrific!" If you're in a place where you can't speak out loud, what matters is repeating positive thoughts in your head. For instance, if a voice in your head is criticizing yourself or someone else is dissing you, say to yourself, "I like myself. I like myself."

Positive or negative self-talk is simply habit. Know you have a choice not to struggle. When it comes to your psychological states, habits repeat themselves.

Negative depression and insecurity are simply habits and can be altered. They are FICTIONS that are merely being treated as facts. Remember the previous section where I said the world is made up of vibrations. Sounds change your life.

Right now can you feel the difference between the self-talk of “I’m depressed. I don’t feel good. I’m tired.” and that of “I’m great! I feel good! This is a beautiful day!” Words change you.

Recognizing that you have a choice both in what you say to yourself and what you listen to in your self-talk is an awakening. To begin to manifest a new reality ask yourself “Am I caught up in a fiction? Am I the same thing as my struggle?” The reality is you are your power center. You are a magnetic center of love. You have the right to choose the life you want rather than the one you feel stuck with. As we grow and learn to live in our world, we survive by shaping ourselves through habit. Here’s a saying that comes out of China:



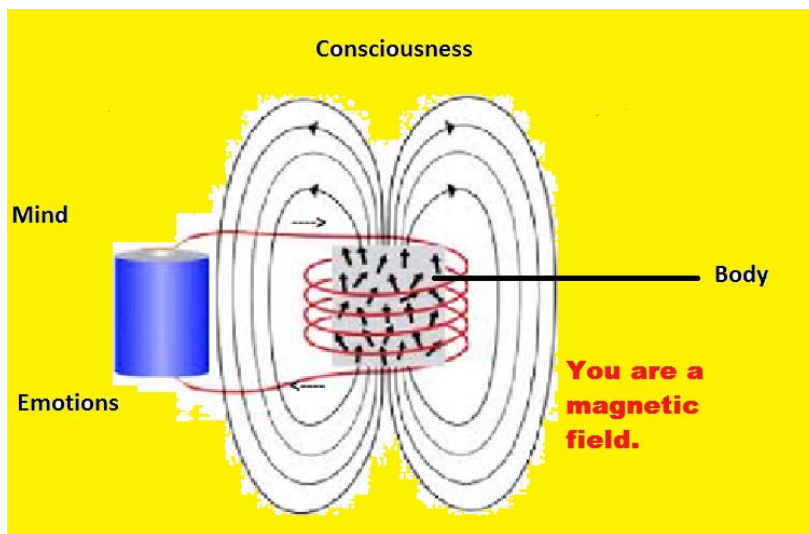
**“Habits are cobwebs at first,
chains at last.”**

Feeling and acting stuck is a habit. How are these chains dissolved? How are habits changed so we’re not restricted? How can we tap into our power essence center of love and live a life of freedom, joy and abundance? The answers to these questions are so simple you might laugh. I hope you do, because laughter is one

of the answers to a life of joy. But before I completely reveal these answers, it's important that you understand the foods we live on. Then the answers to stop being stuck will make a lot more sense.

It's pretty obvious that our bodies need fresh wholesome food and clean water to be healthy. For our bodies to be physically strong we have to eat good proteins, vegetables, and also drink around eight glasses of water a day. Now we also have an emotional body. That is, how we feel, if we're depressed or elated, have the blues or are red hot with anger. Your emotional body is sort of a stand-alone unit like your physical body. It's not so obvious but this emotional body has the food of air. Everyone has experienced a sudden fright or shock. At that time we take in a quick deep breath. Quick breaths and panting are connected with excited emotions. Slow deep breath is connected with calm emotions. Our intake of air is food for the emotions.

It's also important to understand that your mind is a stand-alone body.



Of course, each person is co-ordinated as a being with a body, emotions and mind. Your mind, like your physical body and your emotional body, also needs certain foods. These foods are called

impressions or sense impressions. These are the sights we see, the sounds we hear, what we touch, and kinesthetically, which means how we move around in

the space about us. Like the body which needs fresh wholesome food and the emotions which need fresh air, the mind feeds on fresh impressions. It needs new sights, sounds, touch sensations, and needs to move around in new spaces.

“Ennui” is a French word which means the state of being stuck. It’s like a sailboat in a lake with no wind. If you’re stuck and in the doldrums, if you can’t access your magnetic center, your essence center of power, if you don’t have the love, freedom, joy and abundance you deserve—you need to fill your mind with new impressions. You need to do new things, go to new places, take in new sights, listen to new sounds, taste things you’ve never tasted before, and move about in new spaces.

When I first discovered these ideas I thought how ridiculous, especially moving about in new spaces. What is that about? Then I remembered back to being a kid when I rolled on my side down a grass hill. I bounced on a trampoline. I slid down a slide into a pool. I danced. I had my first kiss. I did new things all the time. That’s what being young is about and that’s what getting out of the doldrums of ennui, getting out of being stuck, is about. To access your magnetic center, the essence of your being, you need to feed yourself with new experiences.

I have a friend. She’s always telling me,



“You’re too much of a dreamer. You should be more analytical.”

At that time, I think. "I like myself. I like myself," but then again, maybe here I should be a little more analytical so you understand more about how to free yourself and emerge into the love, freedom, joy and abundance that is your right.

Aside from food, air, and sense impressions, what's the one food that every single person needs?

As babies we cry and scream. As two year olds we run around like crazy. At four and five we but into the coversation. "Why? Why?" Teenagers primp and practice and groom themselves. As adults we fight to standout and gain distinction. What is our biggest need? In all these instances throughout our lives, what is it we are crying for? What food will satisfy us throughout our lives?

I discovered the answer to this when I got together one afternoon for coffee with three of my friends. We sat in the coffee shop and one topic quickly led to the next. Everyone was really having a good time telling the latest from their lives. Since I'd been so deeply investigating what human needs are and how to solve them, I stepped back from the coversation and just observed my friends. What I noticed is that it's a competition. What were they competing for?

I'm teasing a little here trying to be funny to capture your attention. Attention is the answer! The food everyone seeks is attention.

You can easily verify this in movie stars and politicians. They have all the abundance they need. They're happily married. They live in gigantic homes. But day after day you'll see them on the news with a new antic to get their faces in

the internet, the news on tv. They make a buzz even if it's negative. Why? They crave attention so much that's what they live for and are lost without.



Understanding this in your personal relations can be the wind in your sails to get you out of the doldrums and to the life you deserve. What happens to people when they are in the state of craving attention is that they don't listen. They appear to be wide awake and listening but at the same time they are preparing their presentation to attract your attention and the others of the group they are in. If you also understand this about yourself, that as you are listening to others you have the hidden agenda that very soon you be doing the same, presenting your demand for attention—when you understand this you are at a moment of choice. This is a subtle moment. At that moment, if you pause and really, actually open yourself and listen with an attentive empty mind you open the door to your power center of love. You access your essence.

Remember the story of the young girl who went to see the old woman in the hut. The tea cup flowed over. She was so full of herself there was no more room. Well, you are a special person, a beautiful person, or you wouldn't be reading this and have come on this journey so far with me. I appreciate you. You matter to me. It takes a very big person to begin to understand their self.



What I'm getting at here is that in my studies and research I discover that what was blocking me from all that I desired was that I was simply filled up with me. I used to think I knew it all. Gee, I could really argue. Did being right get me anywhere? Before, I said we need to feed ourselves with new impressions.

If you see an old woman in this picture use your finger and cover over her mouth. The nose of the old woman is the chin of a young girl. The necklace of the young girl is the mouth of the old woman. Give it a try. Which impression did you take in first, the old woman or the young girl?

One of the most potent new impressions you can feed yourself with is new ideas. Ideas! Now, what I discovered is that the idea that I crave and other people crave attention is a very potent new idea. For instance, if you're in conversation with a friend and you understand this, and if you pay attention to them, I mean really pay attention to them then you're feeding them. You're going to make them feel a lot better about themselves. You'll be very attractive to them because you're feeding them. They'll want you near them. They'll seek you out and help you because you give them what everyone wants: attention.

This also works on a much deeper level and this opens the door to your magnetic center.

At first, when you sit quietly with yourself and listen to yourself you may hear a lot of self-talk grumbling and so on. While meditating, this is called the monkey mind. In my search I studied all sorts of practices including Raja and Kundalini

yoga, but it seems to me it's better not even to call it "meditation": because that implies sort of sitting on a mat alone, but what I'm talking about is just paying attention to yourself with an open mind. Being quiet and just watching what comes up—this opens you to your essence.

The reason I wrote this report is I sincerely care about you. I want you to experience being in touch with your essence and the liberation that comes from that. Each week we publish a newsletter the "Out of the Box News." In this newsletter I feed you new ideas and guide you to new experiences that develop your essence and produce all the love, freedom, joy and abundance you deserve. I hope we keep in touch. Here's the most important thing. Remember how I mentioned at the beginning of this report that there wasn't really any secret to manifesting. That is, the secret was really in sharing this information, and by sharing this with you I've really benefited. I'd like you to share this information with a couple of friends and develop a network of understanding loving support. To do anything, a person has to start.

The great German philosopher Goethe said,

"Whatever you do or dream you can do—begin it. Boldness has genius and power and magic in it."

Here's the link if you want to subscribe to our newsletter. Just click on the logo.



OUT OF THE BOX NEWS

It's our job to use entertainment to educate and enlighten readers so they can have more love, freedom, joy and abundance in their lives.

I'd love it if you'd subscribe to wisdomgame®. We make it interesting and a lot of fun with new ideas, video interviews, and time saving products and solutions.

I hope you become a subscriber, but what's important is that you share the information in this report with your friends and family. New ideas, new impressions—experiencing a refreshing and a joyful life—depend on caring about others and helping them to achieve a wonder-filled life. The word “Enthusiasm,” in Latin, means “God within.” Sharing information with enthusiasm is a tremendously powerful force.

Here's the link to this free report: <http://wisdomgame.org/manifest-love.html>

Please share it with your friends and family in your network to produce a world of love, freedom, joy and abundance. You can send this pdf file by attaching it in email to a friend. Another way to really begin to generate more love, freedom, joy and abundance is to go to your Facebook page or your Twitter account, copy and paste this phrase: For more love, freedom, joy and abundance click <http://wisdomgame.org/manifest-love.html>

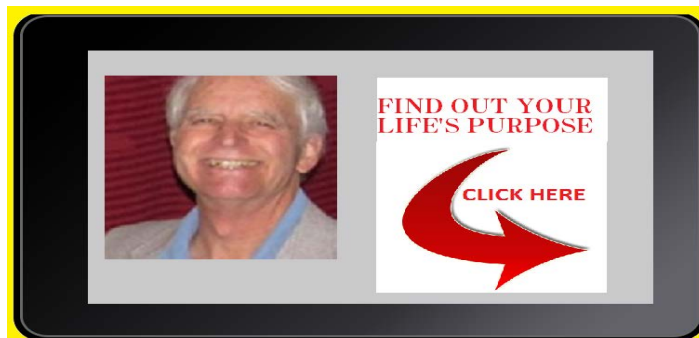
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Thanks,
Steve



Ps. Remember that Goethe said, “Whatever you do or dream . . . begin it.”