Success-soul® Living
Manifesting Guide

Wildest Dreams

Success-soul Living
WITH VIBEKE SCHURCH
Welcome to the Success-soul® Living Manifesting Guide! This guide is a supplement to the Manifest Abundance Meditation and is recommended to read before you do the meditation in order to get the best possible results.

It’s hard to find something I’m more passionate about than teaching people about their inner power and how to use it to create the results and circumstances they dream of.

Before listening to what I have to say, I’m sure you wonder, who are you, and why should I listen to what you have to say? It’s a valid question so I thought I’d answer this for you right away.
Even though I naturally manifested many wonderful things into my life before I knew what I was doing or how I was doing it, it was during my breakdown close to ten years ago that I truly discovered the power of my own mind.

At the time, I was working with a client and as I stood up, my back collapsed. It was the beginning of a mental, emotional, physical and spiritual crisis all at once. For many years I had been trying to be a superwoman, taking care of everyone, except myself.

During that time, I was parenting my two young boys, I lived with the man who is now my ex, who was traveling extensively with work, and I ran a business and managed several franchise offices across the country.

When my body collapsed it was just a symbol of where my life was at at that moment:

My body and health was in shambles.
I was in the wrong relationship.
The wrong career.
And I had lost completely touch with who I was.

After leaving my job and spending several years doing everything I could think of to heal my body, it wasn’t until I had exhausted all other efforts to getting well that I discovered the power of my mind.

I had spent tens of thousands of dollars on all kinds of doctors, completely changed my diet and lifestyle habits...and even though I felt a little bit better, I was far away from being my regular self.

I felt like what I imagined it would be like to be 80 years old, even though I was just in my thirties! I could barely stay up past 7 pm, let alone cook dinner for my children.

It got to a place where I was sick and tired of being sick and tired.

I read over a hundred books on healing and transformation and decided to come up with a formula to heal myself.
After several years and tens of thousands of dollars spent on all kinds of doctors and experts, it wasn’t until I discovered the power of my own mind that I was able to heal myself in just two weeks.

Really?
Could it be this easy?
I was blown away.

*I knew I had found something very powerful and I knew I could use this process for other things than my health.*

I remember thinking: “If I can do this, I can do anything, ANYTHING!!”

I set out a bold goal to manifest a large sum of money in my business in a short amount of time. (During the time of working on healing myself I had started my coaching business, but I was barely making anything, despite the fact that I had paid large amounts of money to learn from the best coaches in the industry and I had been successful in business in the past.)

I was determined to prove that the process I had used to heal myself could also be used to manifest money in my business and even though I had only made $11,000 in an entire year, using this process I manifested $24,000 in my business in just three days, after having done the mental work for just a few weeks.

I promise you I worked no harder to make that $24,000 in three days than I did when I was making $11,000 in the entire year, in fact I worked LESS and it was EASIER!

I know that what I did was nothing else than using the Universal laws to my advantage and I know that anyone can do what I did.

*You can manifest ANYTHING your heart desires and I want to help you do that.*
Since I discovered the power of my mind, I’ve taken my manifesting powers to new levels, and often manifest things out of thin air, sometimes almost immediately. Don’t be surprised if this starts happening to you after using this guide and the manifesting meditation regularly.

But if it doesn’t, know that it’s a process to learn to understand how you manifest. So if you don’t see results right away, don’t give up!

I hope this guide will be your friend along the way and give you the tools to get you started. If you’re already a pro at manifesting what you desire, I hope this guide will help you take your manifesting game to the next level!

To learn more about me and my story, click here.
The basics you need to know about manifesting.

Here are a few facts about the Universe and how it operates that it’s important to understand before you set out to manifest what you truly want. I’ve always been the kind of person who wanted to understand why things work the way they work, and never really accepted anything until I fully understood why I should do something. I think a lot of manifesting materials out there explain what to do, but not why and without the why sometimes all this stuff doesn’t make a lot of sense if you’re new to this. And to me, the key to get me to do something is to understand why I should do it in the first place.

What is the Law of Attraction?
Why is it important and what do I need to know about it?

The Law of Attraction is the name of one of the many spiritual laws of the Universe that work to create your reality. Essentially, the Law of Attraction states that like energies attracts like. (I will focus on the Law of Attraction here because it’s the most common law referred to when it comes to manifesting but I want to make sure you understand that it’s not the only law that determines how things work in the Universe. There are many more. However, I cannot go into all the different laws in this guide.)

The fact that this is a spiritual law means it applies to EVERYTHING in the entire Universe. It’s unchangeable and works EVERY time, with the same precision as the law of gravity.

When we refer to law of attraction it’s important to understand that it’s working with energy. As Einstein stated, everything in the Universe is energy. At the core, everything in the Universe is energy vibrating at different frequencies. That means you are a bundle of energy too! Nothing in the Universe is fixed or solid, everything is just energy vibrating at different frequencies. They may appear solid, but that’s an illusion!

To quote Einstein: “Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but have that reality. This is not philosophy, this is physics.”
In order to master manifesting, it’s key to truly understand the message in Einstein’s statement.

Essentially, when we’re talking about manifesting anything, we’re talking about matching the frequency of the thing we want to manifest, because when we do, we will draw that into our physical reality and we are experiencing the result of that.

We are always manifesting, whether we are aware of it or not. Our energy, thoughts, beliefs and feelings will draw to us what we are a match to.

**We match the frequency of health and we’re healthy.**  
**We match the frequency of wealth, and we’re wealthy.**

This law applies to **EVERYTHING**, so once you learn to master it in one area of your life or business, you can apply it to anything your heart desires and you can create it.

The reason why it may be easy for you to manifest some great things into your life, for example great relationships, but not as much money as you want in your business, is because of your beliefs. If you believe it is hard, it will be hard. If you believe you don’t deserve it, you won’t receive it. This is where your beliefs play a huge role in whether or not you get what you want.

Nothing is too big for the Universe to create. Size doesn’t matter! In fact, it’s no harder for the Universe to give you $1 as it is to give you $1 million. The reason it may seem harder to you to manifest a million dollars than it is to manifest one dollar is because you’ve been programmed to believe that it’s harder. (More on that later.)

**I am the creator of my own reality**

In order to apply the teachings of this, and to manifest what you want it’s important to accept and understand this concept.
If you can imagine it, you can create it.
The world doesn’t happen to you, but you create your reality from your energy field or your energy vibration. (In case you’re wondering, yes your frequency can be measured scientifically.) Your vibration consists of everything in your subtle energy field, which works together to create your core level of frequency.

That frequency is worth gold, because your frequency determines what you get. Your energy is your most valuable asset and spending a few minutes to reset your energy every day is time well spent.

What impacts your frequency? Every thought, belief as well as emotions, both conscious and subconscious impacts your energy 24/7. When you feel sad, depressed, angry or have any kind of negative emotion or thought, you will lower your vibration.

When you’re operating from a lower vibration, you will attract people, circumstances and events to match that lower frequency. In other words, you will attract more reasons to feel sad, depressed or angry.

And the Universe will simply mirror back to you what you vibrationally are putting out.

When you feel happy, joyful, empowered, you are operating at a higher frequency and you will then attract people, events and circumstances to mirror this higher vibration. Meaning; you will attract circumstances that make you feel even more happy, joyful and empowered.

A huge misunderstanding about manifesting is that it’s all about the thoughts in your mind. And although those are super important, if you think “all is well, I am happy” while your body’s energy field is screaming, “I feel so sad and depressed right now”, your emotions will essentially override your thoughts and you will manifest from the energy of your emotions.

This is why, when you’re in a bad mood, you may have a series of things go wrong. Or, when you’re in a great mood, you attract more wonderful things to you. Downward spiral or upward spiral, the spiral is created from your energy field.
Essentially, when manifesting, it's super important to understand that how you feel is everything! How you feel will tell you where you’re at, vibrationally speaking. Spending time doing things you enjoy that will put you in a good mood is time well spent, and it will return to you with more circumstances and events that will feel good.

This is why, if you are feeling frustrated in your business and you’re working from this energy of frustration, you’re going to create more frustration. It’s better to take a break, do something to make you feel good and come back when you’re fresh and have a different outlook and higher vibration.

What you imagine, you create.

I have this saying on a picture hanging at the top of my stairs, in hope that it will sink into the subconscious mind of my boys.

This is really key to understand. When you think about something, the scenario you create in your mind, being it in pictures, words or feelings, is essentially creating the situation you’re imagining. While thinking something one time may not be enough to manifest it, if you keep repeating the same images and thoughts in your mind, you will eventually create the manifestation of that.

Most people are not at the level of manifesting where they can manifest just from just thinking about something, however, as you grow in awareness and manifesting powers, this is possible and I do it all the time. I just think about something and it shows up, sometimes almost immediately!

It’s taught me how important our thoughts are and why it’s crucial to only focus on the things you want, because those thoughts are creative and whatever scenarios you work out in your mind, as they are repeated in your mind, you are creating that scenario in reality.

Let me just share that I’ve manifested things I don’t want too, and I can usually trace it right back to a scenario I created in my mind and the vibration I’m in. (We’re all human, right :-))
In other words, if you want to manifest more health, don’t focus on illness, for it will make you more sick. Instead focus on seeing yourself healthy.

If you’re working on manifesting more money or wealth, don’t focus on lack of it, as you will manifest that. Instead, focus on feeling and seeing more abundance.

**You have infinite powers**

While you might think you are a body with a soul, what you really are is a soul in a body. Your soul is the real you. It is infinite and it has infinite powers. Your soul is connected to everything in the Universe and communicates energetically with the Universe and everyone on the planet. Of course, you are not consciously aware that you’re doing this, but you are. Your energy speaks.

Your thoughts can travel across the world in an instant. Remember, your thoughts are energy vibrations. Just like a cell tower transmits frequencies out into the air, you do the same via your energy (thoughts, beliefs, emotions and energy field) only you are many, many more times as powerful because your transmission of frequency reaches infinitely.

**Your energy never lies!**
The power of your subconscious mind

Whatever you impress on your subconscious mind will manifest in your life. Don’t worry about how that will happen, the subconscious mind takes care of that. It’s not your job to know how it’s going to happen. It is your job however, to decide what you want.

Whatever you believe at the core and in your subconscious mind, you will manifest into your life whether you want that or not.

The job of the subconscious mind is to carry out whatever it’s been programmed to do. You program it for success, and it will create success. You program it for wealth, and it will create wealth. You program it for lack and illness and that’s what it will create for you. Period. It cannot do anything else than what it’s been programmed to do! It doesn’t have the ability to reason but simply carries out it’s programming.

This happens by itself without your conscious awareness.

Your subconscious mind was programmed during the first 7 years of your life and everything that happened around you, everything you heard and experienced got dumped into your subconscious mind, aka the computer programming system of your mind.

As you go about your life, what is programmed in your subconscious mind will manifest in your reality. This is the job of the subconscious; to carry out the orders it’s been programmed to do.

The good news is that you can reprogram your subconscious mind if the reality you’re experiencing is not what you want!

The subconscious mind doesn’t know the difference between image and reality. This is a beautiful thing because you can create an image of something you want in your mind, and as you do this, you can impress it into your subconscious mind, sort of like a template or blueprint for what it will create. This is why visualization works.
If you want help reprogramming your mind to easier be able to manifest the goals in your business, I invite you to reach out to me here.

I do a process where I can help you quickly and effectively change your subconscious beliefs and processes to shift your energy frequency to unblock deep rooted energetic blocks to manifesting the reality you want. When you align your goals and your subconscious mind, magical things start to happen!

If you feel stuck in a pattern that you can’t seem to get yourself out of, this is a great option to create immediate changes in your subconscious that will give you lasting benefits. I do a lot of different kinds of work to help you unblock even the most overseen, misunderstood and hidden energy blocks most people are not even aware exist, but which can cause havoc in your life if you don’t know it’s there or don’t do anything about it.

If you understand what I’ve written up until now, you will know how crucial and important it is to remove and process energy blockages, thoughts, beliefs and emotions that are continuing to manifest a reality you don’t want. If you’re struggling or feeling stuck in a certain area of your life or business despite doing everything you can think of to change it, this may be for you.

Just reach out here to request to speak with me.
The basics you need to know about manifesting.

The Manifest Abundance Meditation that came with this guide will help you reset your energy and magnetize yourself for abundance.

Listening to this meditation will tune you into the frequencies that will help you attract good things into your life and help you reset your energy. Remember, everything is energy so the most important investment you can do is to invest into your energy! Spending time each day to listen to this meditation is one of the most important time investments you can do.

It only takes a few minutes of your time!

Reflect on this before listening to the Manifest Abundance Meditation. I encourage you to pull out your notebook and journal on the following prompts. You can do this each time you’re doing the meditation for the best possible result.

What do you really, really, really want?

Be honest with yourself and make sure you’re listening to your heart, not your ego. Your ego comes from fear, while your heart comes from your higher truth.

For example, saying you want to manifest 1 million dollars could come from the ego if you think that if you had that you don’t have to worry about money. Essentially, the fear of not having enough is driving that desire.

However, if manifesting 1 million dollars will help you live your life purpose, and fund the things you need to do to be the ultimate expression of who you really are, now you’re listening to your heart. When manifesting it’s important to work from the desires of the heart, not the ego!
What do you currently want to manifest in your life and business?

Why do you want to manifest this?

How will having, being or doing this make you feel?

When you think about this larger vision or dream of what you want to manifest, what thoughts, beliefs and feelings are coming up for you?

These are clues for what you need to work on. If your dreams feel heavy, it’s because you have thoughts or beliefs that are not in alignment with what you want. That means you have some inner work to be done to overcome these limiting beliefs before the manifestation can become your reality.

If you need help with this, just reach out here to request a call with me to see how I can assist you in shifting this.

What do you need to change in your life or business in order to make this dream or vision a reality?

What additional support do you need?

What do you need to let go of? (Think about anything from practical things or clutter, to relationships, thoughts, beliefs and feelings.)

What are you currently resisting doing or being?

What would stop you from manifesting this goal?

Write down specifically what you would like to manifest during the meditation.
Make sure this is something you believe you can do because if you don’t believe you can do it, you will be having problems manifesting it. However, it should be something you’re truly excited about and really want.

Once you have this clarity, you can start listening to the meditation! Of course the meditation can be used without doing these exercises, but it’s not going to be as effective as if you do the exercises!

**Manifesting Pledge**

Understanding and using your ability to manifest consciously is a big responsibility. This information used to be only available to very few. With manifesting powers comes the responsibility to use your power wisely and for the good of all. Do not attempt to manifest anything that involves a specific person as everyone has free will. Using your power irresponsibly will only come back to bite you through the Universal law of Karma!

By using the manifesting guide and meditation, you agree to only use this information responsibly and only for the highest good of all.

**HAPPY MANIFESTING!**
Let’s stay connected!

Follow me on Instagram @VibekeSchurch or Twitter @CoachVibeke to get daily inspiration and help on your manifesting journey.

Learn more manifesting secrets and business success tips on my blog!
Get comfy, grab a cup of tea and jump right over :-)  
http://successoulliving.com/blog/

Want more support?
If you are ready to take this to the next level and want to explore working with me to reach your business goals, I invite you to reach out here.

I know first hand how important it is with support as you're growing your business. Since the beginning of my manifesting journey I’ve learned many powerful tools to help you shift your energy and subconscious beliefs so you can unblock the things that are holding you back. Match the frequency of what you want to create - and you will manifest those wild dreams into reality!

Just click here to request a call with me to find out how I can help.