

# RK

MANIFESTATION MINI COURSE

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Manifestation is a way of life, we are all manifesting all  
of the time

This little course is designed to help you understand how to begin  
manifesting and explore various techniques to get you started.  
Read through it and try the exercises, don't rush, there's no time limit!

*Lots of Love, Rhiann*



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## What is Manifestation?

Let's start with a quote from Henry Ford  
'Whether you think you can or think you can't,  
Either way you are right'

Science confirms that every human body has an energetic field around it. As you think, feel and act you are emitting your energy out into the world. Manifestation is simply using your thoughts to create your life. Negative thoughts and actions all the time create a negative life. Positive thoughts and actions create a positive life.  
We are all doing it all of the time.

Every thought and feeling we have is a frequency.

Everything is energy. Energy cannot be created or destroyed. Everything that ever was has always been and will always be. You are the universe experiencing itself in a human body. Your body, mind, thoughts, feelings and speech are electrical impulses with a frequency and the power of your mind is limitless. You just need to believe it is.



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You may have heard of the Law of Attraction? Simply put, everything you want, wants you too. Like two magnets that want to come together. Have bad and negative thoughts and feelings, things will keep showing up in your life time and time again to make you feel worse. You might keep expecting bad things to show up in your life because 'they always do' So the opposite of this has to also be true. If you are positive, happy, kind and grateful, things will keep showing up in your life time and time again to make you feel happy and grateful.

Just like any other energy, your thoughts can be focused on specific things you would like in your life.

*Energy flows where attention goes*

Give all of your attention to positive thoughts, including the things you would like to have in your life and watch how your life changes for the better. Try not to think about what you don't want.

Read through the course now and the exercises, take your time and I wish you all of the success in the world for your manifestation journey.

In summary, deliberate manifestation is the focus of positive thoughts and feelings on specific things.



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## The Power of the Mind

Have you ever been thinking about someone and they text you or call?

Have you thought about something you want and an advert appears on your social media for that very thing?

Have you had a song in your head and then you turn on the TV or radio and the song is playing?

Have you ever just thought about head lice and began to scratch your head?

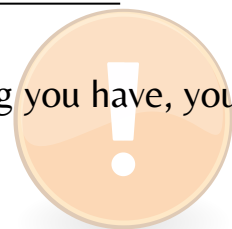
Your brain and everything you think about is powerful!

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Manifestation always starts with Gratitude , if you are not grateful for everything you have, you cannot begin to manifest the things and the life you want. Please take the time to understand and practice gratitude.



I recommend that even before you begin to practice gratitude, you reprogram your brain with what is called the Thank You method. This exercise is especially useful if you suffer with depression, low moods or anxiety. This exercise only takes one day and will make you feel wonderful before you begin learning about daily gratitude and how to manifest.

### The Thank You Method

Just for one day, say "Thank You" in your head with every single step you take. Each foot, Thank You, Thank You, Thank You, all day.

This might seem a little bit strange, but I promise you, it really works!

After you have done this, you should feel much better in general.

Doing this exercise gives you a clean slate to work with, metaphorically washing away any bad thoughts or feelings. If necessary, repeat for another day, and another, until you feel the changes in your mood.

It is said that this was something Einstein did every single day !



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## GRATITUDE AND GRATITUDE MANIFESTING

### WHAT IS GRATITUDE?

Gratitude is the simple act of giving thanks and appreciation for all the things in your life big and small. Everything you can think of.

Gratitude changes the chemicals in your brain and makes you feel more positive. This is a scientific fact, making practicing gratitude a worthwhile part of your life.

The best way to get started with gratitude is to write down three things each day you are grateful for and read them back each day, as well as adding three new things.

Soon you will have too many things to read per day, so you could just read one page of your choice.

If you are feeling sad or having a bad day, reading through all of it will change your brain chemicals into a happier mood. So starting off by writing your gratitude down can come in handy in the future.

As you get used to thinking of things to be grateful for it will become effortless. You might prefer to start doing it in your head. You can use cues as your are out and about, such as a siren. If you hear an ambulance siren you might say in your head,

"I am very grateful for my health"

You might see a bird and say in your head, "I am very grateful for nature"



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## GRATITUDE

Write at least 3 things each day and read them back the next day...  
and the next

I am so happy and grateful to have...

I am grateful for...

I am grateful to...

Example...

I am so grateful to have clean running water

I am grateful to have clothes

I am very grateful to have shoes

I am so grateful to have friends

I am so grateful for the roof over my head

Use a dedicated notebook to write down your gratitude. Avoid using the notepad on your phone or any device, pen to paper helps your brain to store memories. This works for your to do list and shopping list too!



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You can also write your manifestations down as gratitude  
Remember, your brain doesn't know the difference between real and imagined,  
that's why you scratch your head just thinking about head lice!

I am so happy and grateful now that I have...

I am so happy and grateful now that...

Example...

I am so happy and grateful now that I have the new shoes I wanted

I am so happy and grateful now that I have the new job I wanted

I am so happy and grateful now that I have an abundance of money in my  
savings account (or write a specific amount)



## Vision Boards

A vision board is a great tool for manifesting. You simply put pictures and photographs of the things you would like in your life onto a board or into a scrap book.

You can either:

- 1: Put the board where you'll see it all the time (most recommended)
2. Make it and put it away completely for at least 6 months
3. Look at it before bed for a few minutes every night

Top Tip:

Make your vision board things you would like to manifest in the next 6 months and not far out of reach things such as mansions, you can change the pictures as you go along.

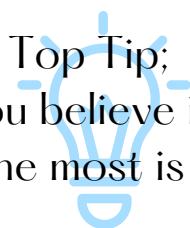
Top Tip:

Making a vision board doesn't have to be expensive, Pinterest is great for ideas and once you download the pictures for free, you can print them out for free on apps such as Freeprints or Snapfish. A cork board or a sturdy piece of cardboard to put them on and some selotape or pins is all you need! A magnet board would also work well, even the front of your fridge.



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Here are some of the techniques to try for manifestation



Top Tip;

Manifestation works best if you believe in it, so finding the technique you believe in the most is important too!

### The simple act of writing it down

You've already written the things you want as gratitude and gratitude manifesting, however, writing a simple list of everything you want is a great idea. You can refer back to it in the future and tick off the ones you have received in your life. Be as specific and detailed as possible in your list. As you are writing, try to imagine receiving or living your wants. Try to feel the feelings you would have if it was happening. Remember, your brain doesn't know the difference between real and imagined.

### The How and the Now

Try not to include the 'how'. For example, if you write, I will have 2 million by June because I am going to win the lottery: You are telling your brain it hasn't happened yet and also that you have won the lottery (the how). So the universe can't move things around in mysterious ways if it can only provide you a lottery win.

You never know what might happen, you could find a painting worth 2 million in a charity shop. Leave the 'how' to the universe.

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Some examples of perfectly written manifestations

I have more money than I need, I love the way it feels knowing I have it  
in my bank account and I'm so happy

I am at my ideal weight, I love looking at myself in my new clothes. I can feel how  
lovely and new they are, soft and comfortable.

A simple list is also fine for this section if that is easier:

Money in abundance

Healthy weight

Better house

Put anything you want on your list

Top Tip: Always be looking through your own eyes when visualising  
Do not imagine looking at yourself from a distance, look through your eyes  
only at the things you are manifesting!

Top Tip: Try to let go of what you are manifesting. Decide it, feel it, believe  
it...then forget about it

Top Tip: Good or bad, do not manifest for anyone else. You have worked hard with  
gratitude to change your frequency and you can only manifest specific things for  
yourself. You can wish people well, or not, but leave others out of your manifesting.



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## The Doorway Method

As you go through either a chosen doorway or every doorway,  
simply say to yourself:

"As I go through this doorway, I... and add your manifestation"

For example: "As I go through this doorway, unexpected money has come to me"

"As I go through this doorway, I have lost weight"

"As I go through this doorway, I am able to relax and not feel anxious"

You can even have different doorways for different manifestations!

## The Insistence Method

Another way to manifest is by insistence. It's basically arrogance and you have to really believe in yourself. Even if you're not an arrogant person, this method is worth a try.

Simply decide what you want, demand it, insist upon, believe you are worthy of it and finish with a feeling of such arrogance!

For Example:

I demand to have / be / do (INSERT YOUR MANIFESTATION) , I will get it because I am the universe, I am worthy and I insist it happens, end of, no doubt.

The most important part of this method is that you let it go / try to forget about it. It delivers the message that you're sure and confident.

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## The Ladder Technique

The Universe is infinite, that is known to science. Space is endless and there are many possibilities yet undiscovered.

If you can believe that there are many thousands of possible dimensions within the universe, then there could be also multiple versions of you, living all sorts of different lives. Imagine there is a ladder, and the versions of you having a worse life are on the ladder rungs underneath you and the versions of you having a better life are on the ladder rungs above you and you are somewhere in the middle.....

What does the version of you look like that is on the very next step above you? How are they slightly better than you? Maybe they have slightly better clothes? Slightly happier? Richer?

I want you to clear your mind and imagine you are on that ladder. In your imagination, look up at the next version of you having a slightly better life and ask them to pull you up. Take their hand and let them pull you up to their step and you have now become them. They are you anyway. Every single day, do this exercise in your mind.

In just one week you will be 7 versions better than before you started.

If you can remember to do this exercise before you sleep each night, who knows what better version of yourself you might be in one month... two?

All manifestation techniques are worth a try until you find one, or a few, that really work well for you!



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## The Tomorrow Command

Another method to try is the tomorrow command, again it's a before bed technique. You don't need to go to bed an hour earlier to get all these techniques done! Just try them on different nights.

Remember this course is about understanding manifestation and trying different techniques until you find the one or ones that work for you. Perhaps the ones that work for you might all be the before sleep ones and then maybe, you might have to go to bed earlier!

Sorry about that



## The Tomorrow Command

It's very simple, before you go to sleep, just say to yourself:

"Tomorrow will be the best day ever.

Everything will go well, I will be happy.

Wonderful things will happen to me"



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## The Giving Frequency

Another way to use the law of attraction is to give.

Part of changing your frequency to a more positive one is to be more giving and kind in general. You want the universe to give you things so could you yourself be more giving?

You don't have to give all your money and possessions away, just change little habits.

Do you usually sell your old clothes, shoes and little pieces of furniture? Perhaps you could give those away to someone or a charity shop?

Can you give some time to your community? One hour a week of volunteering is still giving. There's always plenty of volunteering opportunities in every community. You might even make friends and learn new skills.

Could you give a little bit of food to your local food bank? Just one item in a donation box in your local supermarket?



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## Desperation

Being desperate for something you want or really wanting it too much can be a blocker to manifestation. When you hope and wish for something, you are putting out the frequency that you do not have it yet. A big part of learning to manifest is to learn to let go of your wants.

## Letting Go

The most successful manifesters I know all have one thing in common... they let their manifestations go. They believe and then they forget about it. They are so grateful for everything they have that they need nothing and do not hold on tight to their wants. Manifesting is effortless for them with no negative emotions, no desperation, simply pure trust and faith in themselves and the power of their minds !





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## IT'S WORTH REMEMBERING...

The Universe will feed every bird, but it will not put the food actually in their nests

It's called the Law of attrACTION

You have to take actions and steps towards your goals and dreams.  
Your vibration and energy needs to match your wanted manifestations.  
Even if you feel like you cannot take any steps and you feel stuck...

Are you spending time with negative people?

Are you consuming too much negative media such as the news?

Are you taking care of yourself so you feel good?

There's always a 'step' you can take!

## TOP TIP...

Try not to get involved in negative comments on social media where people are arguing. Keep your personal vibration positive.

Don't leave negative reviews on the things you buy, avoid all negativity as much as possible. Try not to complain about things you might normally complain about and lastly, avoid gossip.

I absolutely promise, it will make you feel better in the long run.

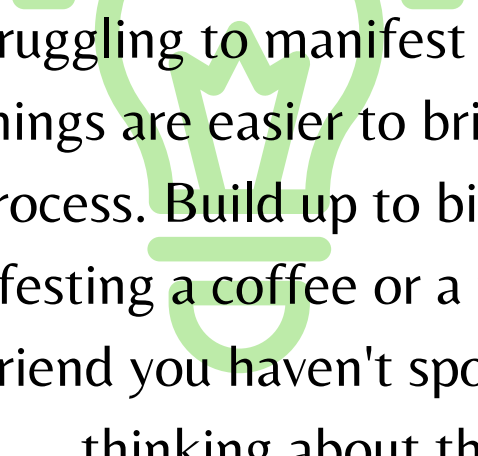
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## IT'S WORTH REMEMBERING...

You have to feel worthy of receiving the things you are trying to manifest. Especially the bigger things. I'm sure you've been through enough, you DO deserve your life to be better!

There's plenty of things to go around. There's more than enough money, clothes, food. Whatever it is you want, you cannot ask for 'too much'. You are not greedy or wasteful. Why shouldn't you have the life you want?

### TOP TIP...



If you're really struggling to manifest the things you want, go smaller. Smaller things are easier to bring about and help you to believe in the process. Build up to bigger things over time. You could try manifesting a coffee or a parking space or getting a phonecall from a friend you haven't spoken to for a while by just thinking about them

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## Manifesting Money

The universe doesn't really care about money, the law of attraction doesn't understand time and size or amounts of money. Therefore, money is just another 'thing' made of the same energy that can never be created or destroyed. Remember, everything that ever was, has always been and will always be. Money should be just as easy to manifest as anything else. Take away the importance of money and treat it like any other 'want' on your list. Feel the feeling of having the money you want now, it's already happened.

### TOP TIP...

Try to be so grateful for the money you already have, no matter how small, that you don't need any more money. It's just a 'want'.

A 'need' creates desperation, and remember, desperation is a manifestation blocker!

## Manifesting Health

**You are not a human body with a soul, you are a soul using a human body!**

Think of your brain as an operating system for the cells making up your human body. Your cells need instructions from the brain, (the operator.) Tell your brain that your body requires fixing and be specific. Visualise yourself healthy and free of any illness. Remember your brain doesn't know the difference between real and imagined. Happiness, gratitude and living a positive life will help to keep you healthy. Trading any low moods for a positive mood by laughing or listening to fun music can be a great way to manifest health.

**You are simply awareness (a soul), having a human experience**  
**'You' are not your body!**

# *Rhonda Recommends*

PEOPLE TO FOLLOW ON SOCIAL MEDIA AND BOOKS TO READ TO LEARN MORE

My ultimate number 1 recommendation is to start watching videos and reading books by RJ Spina as soon as you feel ready to really level up your understanding of spirituality, self healing, gratitude and manifestation.

Pete Sapper teaches the principles of RJ Spina in a more bite sized way and his videos are on TikTok and YouTube

Dr Joe Dispenza

Joe is a neuroscientist who perfectly bridges the gap between science and spirituality.

He has many books and YouTube videos.

I would recommend his book: You Are The Placebo

[drjoedispenza.com](http://drjoedispenza.com)

Mel Robbins

[Melrobbins.com](http://Melrobbins.com)

Mel has many videos and books which all aim to change your perspective and I would suggest watching or reading anything from her as a tool to keep your mental health in good shape!

Rhonda Byrne

Rhonda is the author of the book: The Secret and the maker of the films: The Secret and The Secret Dare to Dream. Rhonda believes completely in the law of attraction and manifestation. She has many books each containing lots of case studies where people have successfully manifested their lives and many wonderful quotes. The Secret is not for everyone, however, it is worth a look!

All the information can be found on her website  
[thesecret.tv](http://thesecret.tv)

# Rhianne Recommends

## Crystals for Manifestation:

PYRITE  
OBSIDIAN  
PETALITE  
ZINCITE  
CARNELIAN  
AVENTURINE  
DIAMONDS  
OKENITE  
TIGERS EYE  
MOSS AGATE  
KYANITE  
TOPAZ  
PREHNITE  
ZOISITE  
STILLBITE  
APATITE  
GOLDEN BERYL  
ALEXANDRITE  
RED CHALCEDONY  
CITRINE

### TOP TIP

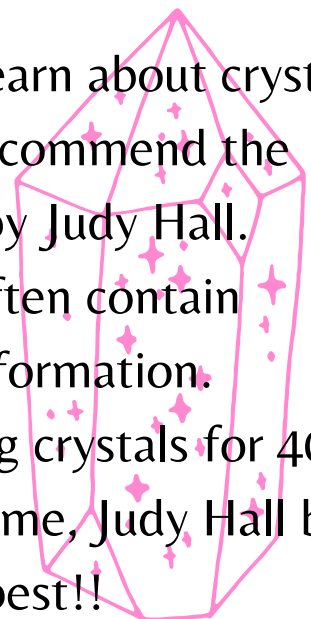


Start with some Carnelian.  
Carnelian is one of the cheapest  
and most readily available  
crystals. It is also very pretty and orange!  
Place it by your front door.  
If you stand inside your house  
facing your door, place your  
Carnelian in the corner to your  
right. This is the wealth corner  
of your home.

Also keep a small piece with your  
bank cards and any cash you keep.

If you would like to learn about crystals  
I would highly recommend the  
Crystal Bibles by Judy Hall.  
Other books often contain  
inaccurate information.

I have been collecting crystals for 40+  
years so please believe me, Judy Hall books  
are the best!!



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I hope you have found this mini course helpful in starting you off on your journey of using your mind to make your life better. Even if the only thing that happens is that you feel better in yourself and learn to be grateful, that is still the best possible start to changing your life.

Remember that at any second of any day, you can change your life. It's your life! Don't wait for Monday or a new year. Try to avoid thinking that one thing will make another easier. There's never a good time to make big changes. So just start where you are and do what you can, no matter how small.

We are all simply awareness having a human experience for a really short time on earth. Don't spend it unhappy.

From the bottom of my heart, I am sending you  
love and luck

*Rhiann*