

Journal

Manifesting the Life You Want

Request ==> Manifest

Beverly Fells Jones
Commanding Your Life
4541 Larner Street
The Colony, Texas 75056

Journal
Manifesting the Life You Want
Request to Manifest

©2015 by Beverly Fells Jones. All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means without written permission from the author.

Published by Commanding Your Life 2015

Disclaimer

Any information in this book is not intended to diagnose, treat, cure or prevent any disease or mental condition. It is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified medical practitioner or the appropriate therapist.

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication or may no longer be valid.

INTRODUCTION

How can you know where you are going, without a map? How will you know if you are succeeding if you don't know what you have been achieving? The best salesmen in the world track their progress. W. Edwards Deming said, "You can expect what you inspect."

The greatest scientists and mathematicians have notebooks which document in detail all of their experiments. In order for you to succeed at Mega-Manifesting you must track your manifestations and unintended creations. This journal will allow you to do this easily.

Request to Manifest is for when you have a desire that you want to bring into your life. These pages are designed to have you record the current date, what you are asking to receive and what method you are using for the request. Put as much detail into the form as possible. The more detail the sooner the manifestation. What command did you use? What technique? An example follows based on the techniques you learned in class or in "Manifesting the Life You Want."

The specific question "What is the one imaginable act that says this request is completed?" is extremely important.

Neville Goddard states, "I urge you to shape your world from within and no longer from without. Describe yourself as you would like to be seen by others and believe your words. Walk in the assumption they are true and - because no power can thwart God - what He is imagining, you will experience."

Create one scene that will happen when your request is manifested, i.e. your boss shaking your hand in congratulations on your promotion.

Do not doubt that what you ask for will come. "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours" (Mark 11: 24)

When what you asked for shows up fill in the date of appearance and total days from request to manifestation. If you are a beginner start with little things like parking spots or a free dinner. As you realize your successes then begin to request something you think is more difficult such as a car or job or house. Always record what you received. Was it what you asked for or better or something else? Describe in detail how it showed up in your life.

The more you review your success you will reinforce which method works for you best. As you practice and experiment you will also learn how your emotions are tied to manifesting.

Intentional Manifesting

Date of Request	Date of Appearance	Days to Manifest
<i>May 15, 2014</i>	<i>May 21, 2014</i>	<i>7</i>

What are you asking to be manifested?

Dinner at Saltgrass Steak House with someone.

Commanding
Your Life™

What technique are you using for your request? Explain

Prime Directive/Mental Video/I love the idea of . . . /Spiritual Sanctuary/Prayer or something else

Thoughts: I haven't had dinner at Saltgrass Steak House in a long time.

Wouldn't it be nice if I could have dinner at the restaurant sometime soon.

I was dipping into theta. Visualization: Sitting at a table in the restaurant talking to someone who is having dinner with me.

How did your request Manifest?

Contacted a friend I hadn't seen in a while. She suggested we meet for dinner. I asked

her what she wanted to eat and she said she wanted a good steak and have I ever been to

Saltgrass Steakhouse. I said yes and we set the date and time and met there for a great

dinner and conversation.

Intentional Manifesting

Date of Request	Date of Appearance	Days to Manifest

What are you asking to be manifested in your life?

Commanding
Your Life™

With the power of your theta mind

What technique are you using for your request? Explain

Prime Directive/Mental Video/I love the idea of . . . /Spiritual Sanctuary/Prayer /Spiritual Treatment/etc

What is the one imaginable act that says this request is completed?

Commanding
Your Life™

With the power of your theta mind

How did your request Manifest?

Intentional Manifesting

Date of Request

Date of Appearance

Days to Manifest?

What are you asking to be manifested in your life?

Commanding
Your Life™
With the power of your theta mind

What technique are you using for your request? Explain

Prime Directive/Mental Video/I love the idea of . . . /Spiritual Sanctuary/Prayer /Spiritual Treatment/etc

What is the one imaginable act that says this request is completed?

Commanding
Your Life™
With the power of your theta mind

How did your request Manifest?

Intentional Manifesting

Date of Request	Date of Appearance	Days to Manifest

What are you asking to be manifested in your life?

Commanding
Your Life™
With the power of your theta mind

What technique are you using for your request? Explain

Prime Directive/Mental Video/I love the idea of . . . /Spiritual Sanctuary/Prayer /Spiritual Treatment/etc

What is the one imaginable act that says this request is completed?

Commanding
Your Life™
With the power of your theta mind

How did your request Manifest?

Intentional Manifesting

Date of Request	Date of Appearance	Days to Manifest?

What are you asking to be manifested in your life?

Commanding
Your Life™
With the power of your theta mind

What technique are you using for your request? Explain

Prime Directive/Mental Video/I love the idea of . . . /Spiritual Sanctuary/Prayer /Spiritual Treatment/etc

What is the one imaginable act that says this request is completed?

Commanding
Your Life™
With the power of your theta mind

How did your request Manifest?