

The Soul HorizonEp. 11 Quantum Manifestation

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SPEAKERS

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Hello, and welcome back to the soul horizon podcast. I am so grateful to have you with me here today. And I'm really looking forward to getting into this conversation. We'll be discussing manifestation today, but specifically quantum manifestation.

So if you're unfamiliar with this idea of manifestation, it's really this idea that we're capable of creating our reality through our thoughts and feelings. It's most commonly known as law of attraction or abundance. You might also be familiar with this idea of manifestation from the movie, *The Secret*, and it really focused on this sort of common depiction of manifestation. So positive thoughts, vision boards, etc. The thing about the secret though, is that it mostly zeroed in on manifesting material gain. So things like money houses, shiny objects, if you will, it oversimplifies the concept of manifestation and it oriented around the physical three dimensional world, which we've gotten into discussing a lot in recent episodes.

So in this episode, we'll be taking a broader and more holistic look at manifestation. And we'll also begin to dig below the surface to examine the interplay between quantum mechanics and manifestation.

On the note of physics, let's just go ahead and dive right into that topic now. For the sake of keeping this discussion as straightforward as possible. And also because I'm not personally a physics major, we'll be discussing Newtonian physics versus quantum physics. do know, though, that there is a lot in between. And that sort of plays into or overlaps with these two things, including Einstein's theory of general relativity. But again, just for the sake of simplicity, we're really going to distill this down to two columns of physics, because it's easiest to look at it this way, when we're talking about manifestation. The usefulness of comparing Newtonian physics to quantum physics is that the two are in such stark contrast to one another, and therefore help to really clarify for the sake of the greater conversation today. As we get into this comparison between these two types of physics, keep in mind that Newtonian physics has been mostly abandoned by modern physicists. So quantum physics is

really the prevailing approach to understanding the universe and its many parts today. What's so interesting now is that this trickle down of the shift and understanding from physicists to every other field takes time, so systems are notoriously slow to respond. This is true with any type of large system, but it's especially true here.

I guess what I'm trying to say here is that even though quantum mechanics prevails in the world of physics, and for those immersed in it, and studying it, most of us who are not part of that world still perceive the world in a very Newtonian way, especially when it comes to our understanding of our own bodies, minds and energy. So for example, the modern medical system unfortunately, still predominantly operates as if we're living in a Newtonian reality, even though we're not. That's a tangent for another day, and something that we can absolutely get into if there's interest, but for the sake of time, let's just go ahead and get into the primary differences between Newtonian physics and quantum physics or quantum mechanics. As we move through this comparison, do your best to envision your own understanding of reality as it currently stands, and try and figure out which bucket between these two types of physics you're falling into most often or predominantly in terms of the way that you perceive of the world and the way that it works. First, let's take a look at Newtonian physics. This is really classical physics. At its heart, Newtonian physics is causal, meaning that the past allows us to compute or predict the future. The theory took shape when Newton developed his theory of gravity. So this is really focused on three dimensional its width, height and depth, and it applies to macroscopic particles. So it's very focused on the atomic work. Old physical matter density. In Newtonian physics, there's this idea of a clockwork universe. So physical reality moves forward in time in this very linear fashion. So reality then is linear, and it's orderly. From the perspective of Newtonian physics, the universe is made out of matter, atoms have physical structure to them. And it's very much oriented around what we can perceive with our physical human senses. Newtonian reality, then is really that which we can see, touch, taste or hear. This is physical reality, as we perceive of it and measure it through the limitations of our physical senses and the bounds of mathematical assessment. Again, it's really focused on linear time. And because of this, there's this limited reality as well as limited outcomes because of that causal aspect to the theory. Okay, so now that we've covered Newtonian, let's talk a little bit about quantum physics. So currently, most physicists embrace quantum physics as the most useful theory of the universe, the heart of quantum mechanics, or quantum physics is really this understanding of microscopic particles. So it's subatomic, and it's energetic. This is really taking a look at the energy that exists within atoms. I think I mentioned it a few episodes back, but it's 99.9999% of physical matter is actually energy. It's just point 0000 1%. That's actual physical structure or matter. This is why quantum mechanics prevails today is because of this realization that beneath what appears to be this physical structure of the atom is this entire subatomic world that's really based and exists as an energy form. Again, to reiterate that difference there. Newtonian is macroscopic, or atomic. Quantum is microscopic, or subatomic. Quantum physics is also a bit counter intuitive, which I think is so fascinating, because so much of what we talk about here is counter intuitive. And it's sort of all these keys to life, in a way are counter intuitive. And that's just fascinating to me that it also applies to this prevailing aspect of physics. So whereas Newtonian physics can really predict a future outcome, quantum physics acknowledges that all probabilities exist in the form of energetic potential. It's really this multi dimensional reality that exists beyond our physical senses, and beyond that, which we can perceive of in our human bodies. Because of this, it's this limitless reality where all probabilities exist. And it's waves of probability versus just the physical structure of an atom. It's beyond space and time as well. It is nonlinear, it is holistic. So it's very focused on nonlinear time, time is essentially an illusion made possible by the limitations of the body senses, which is really fascinating. When we start to really question this understanding of time, I always think of the movie Interstellar, if you've seen that it really starts to get you thinking about the limitations of our senses, and their ability to perceive of

time because of gravitational pull, and different things that actually affect our own senses and the way we perceive of time and age. It's truly fascinating. But know that within this quantum world, time is non linear, essentially, everything exists at once. Now, if we get into a more spiritual perspective on quantum physics, you can see that there's sort of this pure consciousness, there's awareness, there's unity, there's nothing and yet everything at once again, it's this limitless reality. And from a quantum perspective, we are pure conscious awareness, a fragment of the Divine whole, I find that the simplest explanation of the difference between Newtonian physics and quantum physics or quantum mechanics is that Newtonian is linear and quantum is holistic. It's nonlinear. So in Newtonian physics, the world that we perceive is made of solid matter. In quantum physics, the world we perceive is made of energy. When we examine physical matter at the subatomic level, we realize that it isn't physical at all. It's energetic. And this means that we aren't physical beings. We are energetic beings. This is just absolutely mind blowing when you really think about it. Because if you think of all the different things that we do, and day to day life and the way that we perceive of our world, we are still operating as if we are physical matter when truly Quantum Physics and the science behind it shows us that this reality, including us, is energetic. And when we talk about this sort of holistic perspective that quantum physics introduces, it's really this idea that everything is entangled and enmeshed. There's this wonderful quote from biologists Bruce Lipton, and it's quote, however, the quantum perspective reveals that the universe is an integration of interdependent energy fields that are entangled in a meshwork of interactions.

I also love this quote from Richard Kahn, Henry, who is a physicist, quote, the universe is immaterial, mental and spiritual, live and enjoy, and quote,

it's amazing to see physicists saying things like this because their reality is so rooted in science, and yet their reality because of this new movement to the quantum world, and it's really not all that new. This has been around for a long time. But this is how slow we are to adapt to it. But anyway, it's this movement, to this quantum understanding of reality really introduces this spiritual and energetic component that goes far beyond what we ever thought reality was. Alright, now that we have a basic understanding of those two differences between Newtonian physics and quantum physics, let's talk about the difference between what I believe is this more Newtonian type of manifestation versus quantum manifestation. So Newtonian manifestation is really this idea that every outcome that we desire is a product of action, action action. Newtonian manifestation is this very typical three dimensional way of perceiving of how an outcome comes to be. So let's say we have a goal, we set our sights on it, and we line up all these different sorts of objectives that we need to hit along the way, these various targets. And then we work work, work, work, work, take action on it, grind ourselves into the ground, sometimes to achieve that outcome. It's all about action. So it's as cause and effect if we work hard enough, our dreams will be made manifest. This ends up being a very controlling way to transform our desires from idea to physical reality, because it relies on this idea that we have to do it all. And we have to do most of it alone as well. This is of course entirely possible, but also very exhausting, and sometimes very lonely to to feel like you're just left to your own devices to accomplish all of your dreams and desires. That's a lot of weight to carry on our back. From this Newtonian perspective of manifestation. It's all about forcing the outcome to occur through the limited resources of physical three dimensional time and space. So we believe that the outcome rests entirely on our shoulders with no assistance from the quantum field, we probably aren't even aware of the quantum field when we're operating from this perspective. And don't mix it up. I'm not saying that there isn't action involved in quantum manifestation. But it's a different approach where it's more of this integration of action, effort, and also really aligning with this desire and feeling to invoke the support of the universe. To wrap up this idea of Newtonian manifestation, though, this form of

manifestation feels heavy and dense, because we are literally trying to manifest within the density of the three dimensional world, we're skeptical, we might be closed off, and we're disconnected from this quantum power. And we're either unaware that our thoughts and feelings form our future reality, or we're just in total denial about it. I hope this is making sense. So now let's take a look at quantum manifestation. As I mentioned, quantum manifestation is really this combined effort. And because of this, it's extraordinarily powerful. So quantum manifestation combines our desires, emotions and efforts, while also welcoming in the assistance of the quantum field. In the words of Dr. Joe Dispenza, instead of cause and effect, were causing an effect. So in quantum manifestation, then we recognize that we're co creating our reality with the assistance of Universal Intelligence. Because of this awareness that we're backed by something so much greater than we can perceive of, we end up being willing to surrender our desires to the unknown and really trust in the process as it unfolds for us. Because we know that the quantum field can deliver far beyond what we're capable of coming up with on our own. When we engage the rules of quantum manifestation What happens is particle reality is solidified into physical existence by the collapsing of specific waves that we've aligned ourselves with through the quantum signal we create with our thoughts or desires, and our feelings. It's this combination of the mind. So our thoughts and desires, the body, our feelings, reaching out sending a signal into the quantum field, which then responds to our aligned signal, whether it's coherent or incoherent, which we're going to get to in a moment, and then these waves of probability essentially collapse and deliver these various steps to us in physical reality that align with our desire. This form of manifestation feels light, airy, flexible, and fluid, we're really leveraging the energetic power of higher dimensional or less dense frequencies to anchor our desires into physical three dimensional reality. So we're trusting we're open, and we're connected. Joe Dispenza, has an amazing chart that's really helpful for trying to visualize this rather abstract concept, because it might just sound like a bunch of blah, blah, blah, right now, be sure to check out the show notes for a link to it because it is really helpful in clarifying this idea of frequencies and waves and coherent signals and all of that, before we go on to talk about the various steps in quantum manifestation. I want to talk about an important sidebar here because there are caveats to both forms of manifestation in the New Age movement that was unfolding a few decades ago, there was really this sort of attitude, if you got something in your life or something happened that you didn't want, or with some truly horrific circumstance, the idea was, well, you attracted it, you must have put out the signal. So you've got to, you know, deal with it, essentially. And that is just so shameful, so unhelpful, and gets people locked into a bad place.

And what's so important to note here is that it is not always the power of manifestation that brings certain circumstances into our life. So in addition to the outcomes that we intentionally or even unintentionally manifest, it's really important to note that certain circumstances and situations that we experience and our lifetime are decided upon by our souls before we incarnate here, this is going to get much more into a spiritual realm right now, but just sort of flow with me here, if you will. So in other words, what I'm trying to say is that coming in to this incarnation, there's really this rough outline with a few key, unnecessary happenings. And then we're left to fill in the rest through the power of freewill and manifestation. I feel like I'm describing this in a bit of a convoluted way. But really what I'm trying to say is that prior to coming to earth, in this lifetime, we all sat down, our souls sat down, or maybe they stood I'm not exactly sure how it works. But we all made decisions of certain things that we wanted to happen in our life sort of these key events. In in between these key events were allowed to fill in the everyday details through the act of freewill, which is something that is quite unique to our life on this planet in particular. Unfortunately,

this idea is often ignored or overlooked, or maybe just forgotten about or maybe not even known in

common conversations about manifestation. So this is why again, some people are so turned off by the idea of law of attraction or manifestation. I truly I don't blame people for being turned off by this sort of common understanding of it, telling someone that the reason they're sick with a disease or facing some truly terrible life circumstance is because they manifested it is harmful, and it's also incredibly disempowering. I find this to be particularly true for people who struggle with mental health. And I mean, I have certainly been there struggling with anxiety, OCD, depression, all sorts of things. It is not helpful when you are feeling that way to be told that you're going to manifest some terrible circumstance in your future because you're so focused upon it. Much of our experience here on Earth is protected by this law of free will, which means that we have a say in what's brought into our reality through the process of manifestation specifically through the process of quantum manifestation. However, again, prior to moving into each incarnation, our souls outline certain key events and scenarios that they would like to experience in order to evolve. It might seem so odd that a soul would choose to experience something horrific or devastating, but it's important to remember that at the soul level All experiences are neutral. So they aren't perceived as good or bad like we perceive of them through the lens of the human brain and through the human senses. The soul knows that certain experiences are likely to lead to more evolution and growth while we're here in this earthly plane. And because evolution and expansion and growth are the most fundamental goals at the soul level, it's sort of the entire point of incarnating, here on Earth. And so the soul will always choose those evolutionary paths when it can. There's a quote that was channeled by Paulette M. Raymond that says, quote, evolution always is connected to love and quote, yeah, and that struck such a chord with me, because it really does get at this idea that the soul before it incarnate will choose these difficult experiences for the sake of evolution, because evolution ultimately brings in more love because it's expansive. Just as diamonds are formed by pressure here on Earth, our souls evolve most profoundly through the process of navigating certain trials and tribulations, and difficult experiences. So if everything is easy, there's very little growth and the soul knows this coming in. And it certainly knows that our human mind, which are so afraid of fear, so afraid of quote, unquote, bad feelings, or difficult emotions, our human mind will never choose these expansive, growth oriented but painful experiences if it's left to its own devices. And so the soul chooses those for us during the Incarnation so that we can truly evolve and expand in the lifetime and make the absolute most of it. I'm running away with this topic a little bit. But the key takeaway is, when something comes into your life, that just doesn't make sense. And you feel there is absolutely no way you ever would have manifested this, you weren't even thinking about it, it blindsided, you caught you completely off guard, try your best to remember in those situations that it may have actually been a scenario that your soul agreed to before you incarnated. It may be something that your human mind again, would never willingly choose to experience. And yet your soul chose it so that it could evolve through the experience. I read this beautiful story in a book once and I can't remember what the book was. But it essentially was talking about how there is this huge waiting list of souls that want to incarnate into bodies with severe disabilities, because there is so much soul evolution that occurs in those incarnations. So not only for the soul incarnated into that body, but also for the souls who incarnate alongside the individual as family members or friends or teachers. And I just thought that was so profoundly beautiful gave me chills, especially as someone who used to work with special education students, it just was like, I don't know, it rang so true for me. Just something to keep in mind is that you never know what someone's soul chose for their life. And we never know what ours chose for ours until we experience it. Another caveat to manifestation is soul contracts. So that first caveat was really talking about these sorts of pre incarnation decisions. And then this other one that I want to mention, again, is soul contracts. what's meant by this is that we also have contracts with other souls that we end up making contact with during our lifetime, whether in our families or mere passer buys, or our friends. And we choose these interactions to facilitate the growth of our own soul or for the sake of all souls involved in the contract. Sometimes the soul will agree to a soul contract not for their own evolution, but for the evolution of another soul or souls that they come into contact with in this incarnation. So this is often the case with infants that passed shortly after birth. The soul that

incarnated even though it's for a very, very brief time, likely agreed to the experience, not for its own evolution, but to honor a soul contract with the parents. And oftentimes, that original soul then quickly returns to Earth in another incarnation, either in the body of another child to the same parents or even in another family that somehow has a connection to the parents or will have a connection in the future. Okay, on that note,

let's sort of wrap up this conversation on these manifestation caveats. That to me is a very important sidebar to discuss. Because again, this common approach to understanding law of attraction or manifestation can end up having a very blaming or shaming feel to it when there's an experience or circumstance in our life. That's very negative, very traumatic, very difficult. Again, I just don't think it's at all helpful to ever point out or to blame some One for manifesting something. And it's also very important to keep in mind that perhaps that experience was a decision that was decided upon by the soul or souls involved prior to incarnating here, or perhaps it was part of a soul contract that existed before incarnating. It's very important to put these parameters around our understanding of manifestation, especially when it comes to challenges in difficult situations. Because otherwise, we're just going to get burned out and start throwing shame on certain people or on ourselves, when really there is a much, much bigger picture at play that we really can't see, we have a very limited sliver of understanding in terms of what it is that we want to experience in this lifetime. Now, let's get into the specifics of quantum manifestation or quantum creation, we can call it that as well. Quantum creation is really the understanding that clear intention plus a matching emotion meaning the emotion matches the intention or desire equals powerful manifestation capabilities. So this is fifth dimensional manifestation. Contrast this again, with that three dimensional type manifestation or Newtonian manifestation, which is forcing or controlling an outcome by sheer Will, or action. I like to think about quantum creation as creating our life as opposed to merely surviving it. And we're really welcoming in this assistance of the universe or source to do so. If thoughts are energy, which they are, an energy is physical matter, which it is 99.9999% of the time, then thoughts can most certainly materialize in the physical world. Abraham Hicks or Esther Hicks has really been this conduit for bringing forth channeled information about the law of attraction and, and one of the quotes that I absolutely love is, quote, hard work is not the path to well being feeling good is the path to well being you don't create through action you create through vibration, and then your vibration calls action from you and quote, what's lost oftentimes with the understanding of Abraham Hicks, and that material is that we can just feel good and not do anything. And these magical results will just come to us because we're connecting with the quantum field, which of course, sometimes that can happen. But really the heart of that message from Abraham Hicks is that you cultivate this feeling of well being that aligns with your desires, and then it goes out into the quantum field, and returns to you in this way that it's really calling action through you and guiding you along the way and really offering you this direction that you would not otherwise have found on your own. Now let's talk about the steps to quantum manifestation. Step number one is to create a clear quantum signal. So the quantum signal is a fusion of the frequencies from both the mind and the body. Simply put, it's a combination of our intentions, desires, or dreams, which again originate from the mind, and the feelings that originate from the body. So thoughts, intentions, desires plus feelings equals our quantum signal. That's the simplest way of sort of understanding this. According to Dr. Joe Dispenza, thoughts have an electrical charge and emotions have a magnetic charge. So in other words, the thoughts we think send out an electric signal into the field or into the quantum field, and the feelings that we feel magnetically draw events to us. So those are the feelings are really what attract that in, there are really two flavors of quantum signal that we can be putting out. So we can be putting out an incoherent signal. So this is really, it's a mixed message essentially. So

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if we're sending out an incoherent signal to the quantum field, it means we're thinking one way and we're feeling another. So it's a very inefficient signal, the results that we're receiving or what we're manifesting into physical reality are likely very mixed, so we might get some desired results some undesired. On the other hand, a coherent signal means that our thoughts are consistent with our feelings. This is of course, the most powerful type of signal that we can send out into the quantum field. Because of this, our results are likely to be consistent whether they're consistently desired or undesired. This is actually an important note to make an incoherent signal doesn't necessarily mean that you're manifesting negative experiences. It just means that your signal is sort of wonky and unclear, thus you're manifesting a mixed bag because the quantum field is like, Okay, well, one day she wants this. And one day she wants that. And I'm not really sure because she's thinking one thing, but she's feeling another way, like she's thinking about this amazing dream job, yet her feelings are all sorts of jumbled. An example of this would be if you have clear visualizations and dreams of becoming a world renowned, let's say, marine biologist, yet, because of subconscious limiting beliefs, you don't feel worthy of this achievement, or this desire being made manifest. So although your thought base desires are very clear, your feelings are not on par with those thoughts. And thus, you're creating a very incoherent signal and the quantum field is unsure what to deliver to you. So it's sort of delivering this mixed bag, you might take one step forward, and two steps back or two steps forward and one step back, but you're sort of getting this mixed experience in physical reality. Likewise, a coherent signal doesn't necessarily mean that you're manifesting positive experiences, it means that your signal, whether positive or negative, is very clear and very efficient. So this means that both your thoughts and your feelings are very aligned. And this is sending a very clear message to the quantum field, alerting it to draw down into physical reality, the materialized experiences that are a match to the signal that you're broadcasting, I hope this makes sense. But again, this difference between incoherent and coherent is really that incoherent confuses the quantum field, it doesn't really know what you want, it's not sure what to send. So it's just sort of sending you a mixed bag, because that's what you're putting out. And then a coherent signal is just very, very clear. Your thoughts and feelings are just such a match for one another that that signal is laser sharp, and you are getting back exactly what you are putting out because there is zero confusion in the quantum field that that is what needs to be reflected back to you. All right, with that in mind, step number two is this idea of quantum momentum. So once we've built and created that coherent quantum signal in which our desires are very aligned with our feelings, what we then want to do is sustain that coherent signal. So this is really about maintaining that momentum in the signal and making sure that we're putting it out there as much as we can, day after day, month, after month, etc. Step number three is to experience quantum gratitude. Simply put, quantum gratitude anchors future gratitude into the present moment. So what I mean by this is that we imagine the feeling of gratitude will feel once the desired outcome manifests in physical reality. And we feel it so clearly right now, in the present moment that it's as if it already exists. So it's really being so grateful in the here and now that we sever our attachment to any future outcome, because we don't even really care. It's sort of this let go of the outcome. Because there's so much joy here in the now and with present circumstances, that we aren't reliant on a future outcome to feel joyful or fulfilled. This is very ironic, counterintuitive, however you want to look at it, but it magnetizes the future outcome to us. And this is because the present feeling is aligned with the imagined outcome and therefore creating a coherent quantum signal. You can contrast this with three dimensional gratitude, which really relies on the outcome in the physical in order to feel grateful. When we're very focused in Newtonian reality, or in three dimensional reality, it's hard for us to feel grateful for something that we can't see touch feel experience in the here and now. That's why we want to invoke this quantum gratitude in which we can imagine that future desired outcome so clearly, that we began to anchor in the feelings of gratitude in the here and now as if it already exists. Unfortunately, that three dimensional type gratitude that really relies on the outcome existing in the here and now in order to feel grateful ends up repelling the outcome because the feeling is mismatched with the desire and so therefore, the quantum signal becomes incoherent. Step number four is what I like to call quantum surrender. So

we've visualized what we want, we've aligned with the feeling of that desire in a very clear way. We've expressed gratitude as if it's already here in our physical reality. And then what we want to do is surrender the details of how that's going to happen to the care I have the field or the universe. So in other words, we'll address the what. And then we'll let the quantum field address the how. So what we do here is we create what we desire fully on the quantum level. And this means that we're creating in the mind, we're really imagining intending, and also in the body by feeling exactly what we'd like without needing our senses of the physical world to confirm that this outcome exists. The act of surrendering also involves this very deep trust. So it's a trust that there is plentiful abundance, that there's enough to go around, there is this divine assistance ready and willing to guide us. And there is also this greater intelligence at play that's capable of orchestrating the very linear events as we perceive of them in this reality in a way that supports our visions, our dreams and our desires. Step number five is accessing the quantum key. So to directly access the quantum field and select the outcome that we desire, we must enter a similar state of being. We've already hinted at this quite a bit, but I felt that it deserved its own clarification here. So in other words, the key to unlock the door to quantum manifestation is to become so aligned with the thoughts and emotions that inhabit our desired outcome that we're genuinely feeling as if the outcome already exists in this physical world. To manifest our desires into this physical reality, we almost have to become them. First, when we do this, we end up reaching into the quantum realm. And this is again the realm of all probabilities. And we really anchor in the desired outcome. So we become a magnet for it, it's attracting to us and pulling towards us in this physical reality from this realm of all potentials. Again, this idea of these collapsing waveforms, pulling into physical reality and forming matter before our very eyes. In this way, the quantum key is really reaching beyond our current circumstances as best we can, as well as beyond our habitual thoughts, feelings and behaviors, so that we can access the quantum realm and pull from it what we desire to manifest, think feel and do, I feel like this is a bit convoluted. So I'm going to offer an example here for a moment. So imagine that you are so worried about something and you're so immersed in that experience of worry that you disconnect your awareness from your body. So you're no longer consciously aware of how you feel in space, your environment, you're not really noticing the world around you, or it's really dimmed out because you're so in that internal world, and also time, so you lose track of how long you've been tuned out. So this state of being completely immersed in your internal world unlocks the quantum door. So this is a quantum key, maybe not one that you want, though.

But you're then reaching into the quantum realm and anchoring outcomes and experiences into your future reality. I give this example talking about worry, because it truly is, I think, for most of us, such an all consuming emotional and mental state to be in it really is this ruminative cyclical process. I'm like turning my finger in the air, as I'm saying this, but it is like this merry go round that we're on. And it's so immersive that we really get lost in this internal world when we're worried, just as the world of worry can be created within to form that quantum key. So can the world of our desires, it just takes a lot more mental effort for us to get there. Because we're not used to doing that, again, this goes back to this idea of survival instincts in the mind, our mind is really not as easily attuned to the positive or to think in that sort of way because it doesn't necessarily keep us safe or surviving. So this is just something that we have to sort of manually work to overcome because of the setpoint within the brain that attunes to things that are negative as a way of keeping us safe. And finally, step number six quantum surprises and divine synchronicities. This is when the way in which something manifest catches us completely off guard. And by surprise, so we couldn't have predicted it and we certainly couldn't have willed it to happen. So instead, what we did when we manifested is that we became so aligned and sent out such a coherent signal that our intention reached into the quantum field and pulled through the serendipitous circumstances required to make it happen in the physical world. To wrap up and just leave us all thinking about future steps and things that we can do take a moment to

think about the ideal you so what does she look like? What energy does she radiate? How does she dress So how does she make others feel, if you're able to really envision your ideal self with such clarity that you start to become her in the moment, this really initiates that process of quantum manifestation. So it unlocks the door to that quantum realm and allows you to anchor in that variation of yourself, and maybe who you are now is exactly who you want to be. But I think most of us find that there are always things that we want to be growing or ways in which we want to be evolving. And so reaching for that next version of yourself that next iteration, that next level of expansion is this normal part of being human, if you're able to really feel how that variation of you feels, and carry that feeling out into the world with you, that is the key to manifesting who that person is in the here and the now, if you have trouble envisioning your ideal self in the here, and now perhaps because that person feels so distant or so far from where you're at, I completely understand and I've absolutely been there. What I like to do in that situation is to imagine what you would most like your life to look like five years off in the future, putting a bit of distance between where you're at and where you want to be, in terms of linear time can really help separate the way you're feeling now from the way you want to feel, then, if that makes sense. So what does the future you look like inside and out? And how does she feel really imagine this sort of off in the distance of your life. What's important here, too, is that the more detail that you can infuse into this visualization, the better, what happens is that details really anchor the mind into the experience so that we're handed that quantum key, we get so immersed in the details, when we're focusing on them that we start to lose that sense of time, that sense of reality, and the environment that surrounds us, because we're so absorbed in this internal world. The act of daydreaming is really a great example of the level of detail and visualization you want to go into here. Another thing to think about is consider what signal you're broadcasting into the quantum field. Think about the desires, dreams and goals that you think about most. And then how do you feel about these desires and about yourself in relation to achieving them or to making them manifest? So what do you daydream about? And

how do you feel most of the time, all of these different variables help to inform us about where our quantum signal might be at this moment in time, and whether it's incoherent or coherent, I would venture to guess that as humans, our signal is always a bit incoherent, it can be pretty difficult to create a very consistent quantum signal. But we can strive for, you know, maybe 80% of that time, the 80/20 rule here, where 80% of the time, we're pretty clear and precise and onboard with those desires. And maybe 20% of the time, it's a little less clear, that's totally okay, it is absolutely not about perfection. Once we are able to identify where our quantum signal is at right now and whether or not it's coherent, we can then start to consider whether our signal is matching up with that ideal version of self that we envisioned. So is your signal a match for that ideal version of self. If your signal is incoherent, then begin to consider what you might need to shift and do this in a very gentle, self compassionate and loving way. So consider what might need to change in terms of your thoughts or your emotions, or maybe both in order to create a coherent signal that aligns with that vision of your ideal future self. We're going to leave it here today. I know this was a long one and ended up being a lot denser and lengthier than I could have anticipated, but know that this is really just the tip of the iceberg with regards to manifestation. It's a topic that we'll be revisiting and building upon in the future. But I hope today's conversation served as food for thought to get you thinking about the process from a different vantage point then you may have been seeing it from in the past or most typically, if this did pique your interest Be sure to check out the show notes for sources and additional reading. I've included a lot of things in there today. And as always, thank you for bringing your presence to this space today and especially for holding and maintaining it to this point if you've made it here. I am so grateful for it and for you and I hope you have a beautiful week and I look forward to chatting with you again soon.

You