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**HOW TO MANIFEST WISHES –**

**BE YOUR OWN GENIE!**

**Manifest your wishes by using fun techniques, the power of your subconscious mind and the beauty of your spirit**

**by Anna George**

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**For My Father**

**Thank you for your love and support. You were the greatest example that I ever knew of a generous, honorable and spiritual man.**

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## **INTRODUCTION**

Why be your own genie? Because you are magical! You possess a magic lamp How To Manifest Wishes - Be Your Own Genie! inside of you – your subconscious mind. If you feed it with thoughts and images of what you desire, and replace negative beliefs with positive ones, in

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a matter of time you will manifest a How To Manifest Wishes - Be Your Own Genie! new reality. And you will discover there is an easier way to get How To Manifest Wishes - Be Your Own Genie! what you want out of life. If you're like most people you believe the only way to get what you want is to pursue it. So you spend endless hours working hard, struggling and sacrificing so you How To Manifest Wishes - Be Your Own Genie! can achieve your goals. But what if there was another way to get to your destination? There is – **attracting** what you want instead of pursuing it. Attracting involves clearing a path to your desire, creating a picture of what you want, doing the inner work necessary and taking action to bring it into fruition.

Consciousness has undergone some radical shifts in the past few decades. More and more people have been doing the inner work necessary to heal themselves of accumulated pain and negative energy. I love the quote by Helen Keller that I have on my refrigerator: “Although the world is full of suffering, it is full also of the overcoming of it.” That beautifully explains how we are evolving. People are waking up to themselves and their innate power to heal and create their lives. We truly do create our own reality. And we are co-creators with each other and the Universe of the world's reality. I believe as more people heal and release emotional and spiritual trauma, the How To Manifest Wishes - Be Your Own Genie! world's vibration will be more attuned with the vibration of peace and love. We won't have to struggle so hard to be in the world or to love each other, or even to love ourselves.

When I use the word vibrate I'm meaning it literally. Our vibration is our emotional baseline, if you will, and it's emitted from us at the subconscious level. Each one of us is like a magnet or tuning fork. We vibrate positive and negative thoughts and emotions. These vibrations act like a net or a bubble surrounding us. This net pulls in How To Manifest Wishes - Be Your Own Genie! to our reality all the experiences that match up with our vibration. Imagine you are walking down the street and you are predominantly vibrating the feeling “the world is not a safe place”. What kind of experiences do you think you will pull to you? The kind you see on How To Manifest Wishes - Be Your Own Genie! the 10 o'clock news: crime, sorrow, loss. But what if the majority of your vibrations were positive? What if you believed on a deep level that the world is a safe and loving place and that most human beings are basically good and are contributing to your good? You would have a totally different life! Don't misunderstand me, I'm not candy-coating anything. The road of life is littered full of painful experiences – sorrow, loss, betrayal. But there are so many experiences that make life worth living as well. We are on Planet Earth to learn lessons and to How To Manifest Wishes - Be Your Own Genie! grow from them. And as I always say: “If you have a body, then you have issues!” We have physical bodies for a reason. We still have a lot of learning to do! But learning doesn't always have to be painful. It can be the result of a joyful or informative experience. That's what I want to provide for you: fun ways to manifest and creative tools to use so that How To Manifest Wishes - Be Your Own Genie! life is a bit easier and full of happy surprises.

I wrote this book to synthesize what I've learned How To Manifest Wishes - Be Your Own Genie! from several years of exploring metaphysical and spiritual topics and applying them to my life. I've had extraordinary results and made some interesting revelations as a result of my

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explorations. I want to share some of what I've learned, as well as entertain people with my stories. I've had some memorable experiences as I've gone through life and gone after my goals. I was able to land my dream job at a major music publishing company after three months of steady planning, action and manifesting. I attracted the opportunity to be in a major motion picture with A- list actors. I got to meet my favorite movie star and interview him! I found the perfect apartment. How To Manifest Wishes - Be Your Own Genie! And I finally fit into a size 4! All these experiences, as well as many others, are what inspired me to write this book. If I can do it How To Manifest Wishes - Be Your Own Genie! anyone can! That's what How To Manifest Wishes - Be Your Own Genie! this book is about: uncovering what you love and then designing a strategy to get you where you want to be.

So let's begin!

## CHAPTER ONE – MAKE ROOM FOR BLESSINGS

Ever since I was a little girl I have wished that I had my very own genie in a bottle to make my dreams come true. I fantasized that I would go to the beach and accidentally trip on an exotic-looking bottle that had washed up on shore. I would clear away the debris and pluck it up from the secure spot where it had been waiting for me in the wet sand and hold it up to the sun – only to How To Manifest Wishes - Be Your Own Genie! see a little figure trapped inside. (Sounds like the TV show *I Dream of Jeannie*, doesn't it?). There she was, my very own genie, waiting to do my bidding as soon as she was released. Now I would be all right because I had a bit of magic in my hands. This was a vision I nursed for several years until I grew up and realized I wouldn't have to scour the beach in search of the one thing that would ensure my happiness. I How To Manifest Wishes - Be Your Own Genie! already possessed that magic within me: my mind and my spirit – a powerful combination.

I began the quest to educate myself on how to make my dreams come true. I found there were many routes I could take and fun tools I could use to bring what I wanted into my life. But it wasn't just a walk in the park. I had to How To Manifest Wishes - Be Your Own Genie! do the actual physical tasks that would implement my spiritual plans. This marriage of spiritual and physical has served me well. I was able to manifest my dream job in the music industry and then later transition into a career as an actor. Along the way I also attracted money, the perfect apartment, romances, trips and celebrity meetings. I also found myself inspiring others to follow their dreams, offering advice and even planning out their yearly goals for How To Manifest Wishes - Be Your Own Genie! them. What I kept discovering, over and over again, was that when I committed to a consistent plan of inner and outer action, I couldn't help but succeed.

You are a unique and powerful being. You can attract and create anything in How To Manifest Wishes - Be Your Own Genie! your life if you are willing to figure out what you want, create a plan, do the spiritual work and take consistent, inspired action. We are all connected to the

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Divine, the Source of Life, God, Goddess – whatever you wish to call it. It's the power that flows through us and through the world around us, connecting everyone. When How To Manifest Wishes - Be Your Own Genie! you create a call to the Universe asking for what you want, the Universe will respond. It will either give you what you want right away, or it will show you what obstacles are standing in the way of what you want. If you're like most people you might think that when you arrive at an obstacle, it's the end of the road and you must quit. On the contrary, it's usually a test to see how badly you want it. You can believe the false messenger or you can deal with it, go through it or around it. Just figure out a way and you will rise above it. This book will give you a few basic tools to do just that. Remember that you always have the power to create your dreams – and you deserve to have what you want in life, the **way** you want it. Or better!

The first How To Manifest Wishes - Be Your Own Genie! thing you need to know when you manifest is: **what** do you want to manifest? Sounds simple, doesn't it? But that's the point where a lot of people get stumped. They don't know what they want. They know what they don't like and what they like to complain about, but they have no clue as to what they would like to replace it with. And sometimes they don't want to know because it would take them out of their comfort zone. Some people prefer the Devil they know to the Angel they don't. But that won't be you because we are going to clear a path to your desires.

The best way to get clarity, and the one I find most satisfying, is to clean house! Cleaning out your environment is one of the most therapeutic experiences I know. What you are literally doing is making space How To Manifest Wishes - Be Your Own Genie! for what you want. You are telling the Universe "See, I'm ready! I got rid of those papers, old clothes, complaining friends, neglectful boyfriend...you get the picture. What you create is a clean slate - a container for your dreams. And the Universe will rush in and fill it with what you ask for – or even better! This is what happened to me.

I was inspired to share my story because of the experience I had in manifesting my dream job in the music industry. Several years ago I was miserable and temping and uncertain of what to do with my life. I had spent a few years in the publishing industry but had not enjoyed it. I found it to be boring and dead-end. I got laid off (right when I was contemplating quitting - funny how How To Manifest Wishes - Be Your Own Genie! the Universe gives you what you want!) so a friend and I decided to go to Australia for a few months. I came back home and had Post Travel Stress Disorder. I didn't know how to fit back How To Manifest Wishes - Be Your Own Genie! into the 9-5 world again. I was drifting through life, drifting from one temp job to another, not sure what my passion or purpose was. I started to read every book on metaphysics and creating your reality that I could find.

## **How To Manifest Wishes Be Your Own Genie**

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