

# HOW TO GET *happy!*

Make 2021 the year you change your life  
with three easy stages of manifestation  
from **Carolynne Bennett**

## Stage 1: Sleep mode

The first step is recognising when you are in sleep mode, the first stage. In this stage, we believe life is happening to us and we are more likely to react to life events without stopping to think of the consequences. This stage is characterized by lack of awareness. It's like an automated, robotic mode, where life feels like a repeating Groundhog Day.

Being in sleep mode can have a crushing effect because life generally feels soulless and meaningless. It shows in our numbing daily routines, like the job that robs us of our soul or relationships that are reactive, defensive and fractured. In sleep mode, we are often left feeling like every day is a survival experience.



## Who is a Manifestor?

*Live your life by the principles of the Law of Attraction, understanding that like attracts like*

A manifestor is someone who has learned to harness their abilities to create the life they have chosen. They understand that their words and actions have the power to

shape their reality. They make it their life's mission to learn skills, strategies, and tools to turn their dreams into reality.

If you've been working to bring about a life event and are going through disappointing times, these three key stages of manifesting will rejuvenate your skills and help you become a true Master Manifestor.

## Stage 2: Awakening

This is the growth and development stage of manifesting. It starts with us awakening to our true selves and our potential as creators of our own reality. Often





# Secrets for Awakening

future we hope for. We learn that life is happening for us and each life experience has a potential to unlock something positive within us, ultimately helping us to reach new levels of understanding and spiritual growth.

The joy of awakening can give way to frustration, though, particularly when we make the mistake of trying to *force* our manifestations into being. This mistake usually comes about when our will to manifest comes from a place of fear or desperation. When we pursue anything with the energy of fear or desperation, it reinforces the fact that we lack it.

*Manifestation requires you to learn the lesson of patience and of living a life that is not driven by fear and desperation.*

Put simply, the more desperately we want something, the more we see its absence. This can feed our frustrations which is why some people may get stuck in this stage. They come to doubt the manifestation process and their abilities as manifestors. It is like knowing there is a doorway to the next level but not having the key.

## Stage 3: Master Manifestor

This is the third and most powerful manifesting stage. When we get to this level, things become easy and flow effortlessly. It's not because we don't experience difficulties, but because we understand what true manifesting is. Understanding that what is ours by Divine Right will come to us, and what is not ours will pass us by, removing fear and desperation from our minds.

*Remember, no one can live our lives for us, and if we want to live a better life and a happier life, we have to take responsibility and stay on the journey of growth to become true Manifestors of our hopes and dreams.*

Becoming a Master Manifestor also requires that we understand manifestation beyond ourselves. We move away from seeing manifestation as the desire to receive for oneself alone, for material gain and what we feel we should have, to receiving for the sake of sharing. To be a Master Manifestor is to genuinely want to manifest in order to make a difference in the world. A Master Manifestor is connected to her or his life purpose and realises that they are on a dual mission in life – to heal, grow and become the best she can be, and to help the world in her own unique way.

MANIFEST  
MAGIC  
NOW

triggered by painful traumas, perceived mistakes and major life events, whether by experience or by conscious choice, something happens inside us to jumpstart the awakening process.

Being in this stage is exciting and inspiring. As we begin to use tools like affirmations, meditation, visualisation, gratitude and asking the Universe to help, we start to see that we can achieve the



### 3 tips to be a true Manifestor

Read Carolyné's guidance for becoming a Master Manifestor:

**1** When thinking about your desires, ask yourself: how will fulfilling this desire bring good into the world? Receive for the sake of sharing and making a difference in the world.

*To release your potential to achieve true mastery, you must ask yourself how you can be of service to the world.*

**2** Connect to your inner compass, by silencing your mind through daily meditation. Follow the principle

that what makes you feel good is right for you and what makes you feel bad and dims your light is taking you in the wrong direction. By practising this principle, you learn to connect with your inner compass and learn to listen to your heart over the noise of your head.

*Your head may lead you in circles, but your heart will lead you home.*

**3** Finally, instead of asking the Universe to help you, show gratitude for what the Universe has already provided. Asking can sometimes have a desperate undertone and may also imply a lack of trust in the Universe. This is why saying "Thank you for..." is the better way

to lead into what you desire.

You could say:

- Thank you, Universe, for helping me to reach my full manifestation potential.
- Thank you, Universe, for helping me to learn to trust and allow things to unfold in the perfect time and space sequence.
- Thank you, Universe, for helping me to connect to my life's true purpose and to live with kindness, love and compassion for all living things.

*Don't let frustration stop you from becoming a true Manifestor. In some ways, getting frustrated along this journey can be a sign that you're on a path to growth.*



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#### Carolyné Bennett

is an advanced Law of Attraction teacher and coach and helps others tune into and use their inner power and the laws of the universe, helping you create the life you truly want. Follow Carolyné on Instagram for daily attraction advice via [@carolyne\\_bennett](https://www.instagram.com/carolyne_bennett)