



# How to Act “AS IF” YouALREADY Have What You Want!

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# Creation is a cycle with a very distinct pattern.

Our perceptions create our feelings and beliefs.



Our feelings and beliefs create our behaviors.



Our behaviors create our experiences.



And our experiences reinforce our reality, or what we perceive and how we feel.

Because it is a cycle that supports itself, it can sometimes make creating a new reality a bit of a challenge.

Throughout this cycle, our reality tends to strengthen the way we perceive and feel about things, which, in turn, strengthens our beliefs, behaviors and experiences that line up with those perceptions and feeling states.

If your perception is one of not having what you want (and there is a distinct feeling that corresponds with that), that is the first thing that must change in order to experience what you DO want.

To feel lack, creates just that.

The perception and feelings are main components of the cycle that strengthen what is manifested. Therefore, the new perception and feeling states must be altered to one of...

“This has always been something I’ve had. It is a part of my experience now.”

Creating this new perception is what shifts the other parts of the cycle into reinforcing its truth and creating it as reality.

To act “as if” this is true, a person must begin to...

1. Think in terms of it being true
2. Feel as though it’s true
3. Speak in terms of it being true and...
4. Behave and act as though it is true

To do this, it’s important to really sit with yourself and determine how your perception and feeling states would change in the event that it **were actually true**.

Many people ask how they can act “as if” they have something when they’ve never actually experienced it.

**Consider this:** If there is something that is desired, there is a reason for that desire to begin with. That desire comes from a feeling. It’s highly unlikely that anyone would want anything if some part of them couldn’t actually imagine and feel how it might be to have it. Even if it’s a small spark of a feeling, that is the part of a person that must be nurtured so that it grows into an inextinguishable flame.

Within the feeling of lacking something, there is the opposite feeling of what it might be like to actually have it.

It's as simple as bringing forth that feeling that makes you want something to begin with, finding the contrasting feeling of what it would be like to have it and then telling yourself it is something you already have.

In fact, it's the feeling state you're ultimately going for with the manifestation anyway. And you have the power to feel that any time you think of it. Therefore, it really is something you **already have**.

The lack of something only bothers you **because** you can imagine what it would feel like to have it. You already have within you what you are ultimately desiring to create. It is already yours. And, you can bring it forward into your present experience any time you choose. It's merely a matter of maintaining the positive aspect of the dual feeling states more than the negative aspect of it.

### **If you have difficulty with this...**

Imagine someone you love or admire experiencing the thing you wish to experience. Feel how exciting it is for you to see them with this thing or experience and make a conscious effort to remember that feeling and perception so you can recall it at will.

Sometimes, it's easier for the mind to believe that someone else can have something that we want.

We often believe that others are more worthy or capable than ourselves. Practicing seeing another person with the thing you desire will assist in manifesting the perception and feeling states necessary for the experience to come into existence.

In addition, giving others what you have desired, and delighting in that process, even if only in your mind, is one of the keys to true happiness; it also comes with great rewards.

The point of the exercise is to freely give yourself the experience. You have the ability to change your perception and feeling states and realize that you have this thing now. It is a demonstration that what you choose to experience, you can already experience any time you wish.

The purpose of life is to express and live what we are passionate about; to become and experience who really are; to celebrate life in its fullness and delight in it.

Because you are able to experience these states any time you choose, it is not only closer than you think, it is ultimately already a part of you.

**It has always been something you've had; it is a part of your experience now!**

# Worksheet

To recap what the Acting “As If” Article States:

**Reality is a cycle that supports and reinforces itself.**

Our reality tends to strengthen the way we perceive and feel about things, which, in turn, strengthens our beliefs, behaviors and experiences that line up with those perceptions and feeling states.

**Here’s how the cycle works:**

Perceptions and feelings states strengthens our beliefs. Our beliefs strengthen our behaviors. Our behaviors dictate our experiences and our reality.

When we change our perceptions and feelings states, we are at the starting point of a new cycle that ultimately creates a new reality, or experience. This new cycle can then support and reinforce itself, just as the old one did.

New Perceptions and Feeling States =

New Beliefs =

New Behaviors =

New Experiences =

New Ways to Perceive and Feel =

New Reality

**Here's a simple way to do this:**

Try for just a moment to act “as if” you are happy by putting a smile on your face.

This accomplishes two very important things.

**1.) It tricks your brain into believing you're happy. Your brain then releases all of the “happy” chemicals that relate to feeling happy.**

**2.) It tells the universe that you are accepting happiness and focusing on it. In return, the universe will deliver you the reward of happiness.**

Spend a few minutes each day finding things that make you happy or that make you laugh. It's as easy as looking up a silly video on YouTube

to get into a happy feeling state. Or, write down things that bring you into a state of joy or any other feeling you're looking to achieve.

### **Next...**

Fill in the blanks below.

These sentences will prompt your mind to search through the files it has stored to access the feeling states that associate with them.

Try to list at least 5 things per sentence to lift your mood and put you into the “**as if**” feeling state. Even if you haven't achieved something that matches the feeling states given, your mind will still be able to give you reasons that will fit because it understands what those feeling states are.

**Example** – I feel really happy when I see someone smiling at me. Or, I feel really happy when I hear a child giggling. Or, I feel really happy when I bite into an apple. Or, I feel really happy when I get to hang out with my friends.

**\*Hint** – You might notice that after the word “when,” it generally follows with something that one or more of your 5 senses has picked up on because that is how we store our experiences.

I feel really happy when

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It always makes me laugh when

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I feel freedom in my life when

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I feel abundance when

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I feel love when

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I feel peaceful when

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I feel grateful when

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Create your own statement using "I feel" followed by an emotional state and what makes you feel that way:

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# 30-Day Manifestation Challenge

This 30-Day Challenge will give you clear instructions on what it takes to manifest something you desire as a tangible reality in your life. It truly is an amazing process that will prove to you the power you have to create your life by design. Your part is to follow through with this process each day, for the next 30 days, and **watch miracles show up in your life!**

**Begin by identifying your desires.**

Close your eyes and ask yourself, **“What do I want most at this moment in my life?”**

Focus on this question for just a few moments while taking a few deep breaths in and just listen for the answer to come to you from the deeper recesses of your mind.

**Next, grab a piece of paper and write this desire down.**

Below the description of this desire, write out what a visualization of this desire might look like with you having this thing in your possession. Your words should be **descriptive** and **reflect the end result of already having this thing in your life**. This part of the challenge will encourage your mind to use its creativity to imagine a vivid scene.

**Next...**

Find a quiet and comfortable place where you can be alone for approximately 15 to 20 minutes. Close your eyes and rest your hands,

(palms up) on your thighs with your index finger and thumb lightly touching and your other three fingers lightly stretched out.

This is known as the Gyana mudra (meaning "seal" or "closure" in Sanskrit). It symbolizes the unity of universal and individual consciousness, increases concentration and creativity, and is a gesture of knowledge. Keep your palms facing upwards to increase receptivity.

Take a few deep breaths in through the nose and exhale out through the mouth. Remember to breathe with your diaphragm. As you breathe in, your stomach should puff out and as you breathe out it should contract. On every other breath, breathe out the sound “ah” for as long as you are able. Continue this breathing process for about 5 or 10 minutes.

While in the position and doing the patterned breathing, **fill yourself with a feeling of extreme gratitude by thinking of all of the things you are grateful for in your life.**

As you breathe in, imagine you are breathing in a powerfully strong feeling of gratitude that consumes you. Feel how wonderful it feels and put a big smile on your face as you do. Continue to heighten your feelings of gratitude for about 2 minutes.

**Next...**

Bring your visualization that you wrote down on the piece of paper **into your mind's eye and begin to focus on it** while still feeling the immense feeling of gratitude you've generated. **Allow this visualization to play out all the way to the final scene.** Feel your creation as a part of your life, using all of your senses to experience it as you do so.

While in this state, repeat the affirmation, **“I now have....”** out loud, filling in the blank with your desire.

**Do this meditation every day for 30 days.**

This is a great way to start your day and I suggest doing it in the morning to keep your mind saturated in those thoughts (even if subconsciously) while you move throughout your daily activities.

Find a picture that represents your desire and glue it on the piece of paper where you wrote down your desire and visualization – just underneath it if possible.

For the next 30 days, **look at your picture each day and bring up those powerful feeling of gratitude for already having this thing in your life.**

Spend 4- or 5-minutes staring at this picture while pulling up those feelings. You can do this once each day or several times per day.

**Each evening, just before bed...**

Write out a list of all the things you are grateful for on that day. This keeps you in the **feeling of gratitude** which is very important in the attraction process. This is the fuel your desire needs to make its way into your life. It opens you up to receive more things to be grateful for.

**Watch for signs and listen to your intuition.**

Throughout the course of this 30-day process you will receive many nudges of inspiration from your subconscious mind. Each time you act on these inspirations, you move yourself one step closer to your desire.

If you ignore these nudges, they will most likely begin to feel overwhelmingly strong. This is your subconscious mind urging you to take the action it has suggested. When you listen to what your subconscious mind is telling you, you are working with universal laws to bring your manifestation into your reality.

Do this technique for 30 days, **without missing any days in between**. In doing so, you will be amazed at the power you have to create your life. This power only requires a little effort on your part to manifest a life you truly love!

To solidify this process, recite your monthly affirmation each day (or several times per day). You will find that affirmation on the next page.



# Monthly Affirmation

Print this affirmation, fill in your manifestation in the space given and place it somewhere you can read it (or subconsciously see it) several times per day over the next 30 days.

I now have my new \_\_\_\_\_. It is a wonderful feeling to create this in my life and I am so grateful for it. I am one with the power that created me. That power flows through me, allowing me to create my life any way I choose. I can have any experience I desire by harnessing this power and using it deliberately. I am full of gratitude for this knowing and for all of the things I am creating NOW.

It's super important to continue these processes for a full 30 days to begin **rewiring your brain** for successful manifestation. (Just a few glances will not do the trick.) Next month, we will add to the information given here when I teach you how to **MAGNIFY your manifestation power!**



# How to Mind Map for More EFFECTIVE MANIFESTATION

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## Mind Mapping is a Visual Thinking Tool.

This method of capturing information is proven to boost your productivity, creativity and memory. It is a great tool as it encourages whole brain thinking by working from both the logical and creative hemispheres of the mind. By using both of these skills simultaneously, your brain becomes **more synergetic and maintains at a favorable working level.**

When the two hemispheres of our brain work in unison, we become more creative, solution based and learn faster.

This is a great way to encourage your brain to work for you when attempting to manifest something new. This process works with both logical reasoning and creativity to allow whole brain thinking to be integrated.

***And when we're using our whole brain, we can reach heightened states of manifestation.***

Here's how to begin:

**Step 1 – Grab a blank piece of paper large enough for a picture and some markers or colored pencils.**

**Step 2 - Create a Central Theme or Idea**

This is the starting point of your map as it represents the topic you are exploring and intending to manifest.

This could be anything tangible that you want, or something non-tangible, such as overall happiness. Put this idea in the center of your page and draw a picture that represents it.

For example, draw a house if you want to manifest a home, or you could draw a smiley face to represent happiness. Don't worry if your drawing skills aren't so great; your mind will know what your representation means.

By putting your central theme in the center of the page, you draw your mind's attention to it so it is able to trigger associations through visual stimuli.

Color in the image you've drawn to strengthen the connection you have with this content in your mind. You may even choose to create a color code to help your brain create mental shortcuts between your logical and creative hemispheres of the brain.

### **Step 3 – Add branches to your map**

The next step for your mind map is to add branches from your central idea. You'll want to create main branches that flow out from the central image and are used to represent your key themes.

### **Step 4 – Add keywords to your branches trying to use just one word per branch.**

The use of keywords triggers connections in your brain and allows you to remember a larger quantity of information.

Keep these keywords to just one word when possible; this helps your mind find a greater number of associations. For example, if you choose happiness as your main theme, some of your key branches might be your spouse, your children and/or your parents.

**Step 5 – Add what is known as “child branches” to your main branches.**

This will help you explore each of your main branches in more depth. If we stick with the theme of happiness as your manifestation, your child branches from those main branches might include all of the ways the things on your main branches contribute to your happiness.

**Step 6 – Create small drawings or symbols that represent each keywords.**

Once again, create small drawings or symbols to represent the keywords you’ve written down to strengthen the connection in your mind and stimulate the connection between the two hemispheres of your brain.

You can continually add new branches and you’re not restricted to just a few options. The structure of your Mind Map will come naturally as you add more ideas and your brain freely draws new associations from the different concepts.

Mind Mapping is a great way to send your mind in search of new experiences for you, and as an added benefit it has been proven to increase long-term memory of information.

## Mind Mapping Templates

On the following pages are several Mind Map Templates that you can use for more effective manifestation.

Attempt to recreate your mind map each day for the next 30 days using the goal that is most important to you right now AND using as many new keywords as you can come up with each day. (This will challenge your mind.)

You can print these templates and put them in places where your keywords will trigger your mind to stay focused on reaching for more “like” things.

**The more often you use your mind map, the more you open your mind to searching for new ways to create the experiences you choose in life!**





