

Magnificent Midlife Manifestation



Kay Newton - The Midlife Stress Buster

Quantum Spirituality

Spirituality and Quantum Physics now seem to be stating the same things. The great thing about living today is that for many centuries, great spiritual leaders have been telling us what Science has now proved. Whether you have always been left-brained or right-brained, a creative person or a practical person, now there is no excuse for not understanding the truth about energy. We are entering the time of Quantum Spirituality.

Energy

Quantum physics tell us that if you examine anything in the world to its finest resolution, you will see nothing more than energy and space. Nothing is actually solid, it is all just energy. Energy can be moulded into anything. We hold the same energy in our thumbnail as in the universe, and vice versa. We are therefore the universe, we have infinite energy.

One of our biggest sources of human energy is our thought processes. Just like other forces, electric, magnetic cosmic and gravity, we cannot see or hear this energy, yet we can activate it and use it in any way we wish. In fact, we can say that our thoughts are the greatest source of energy on the planet!

Our inner thoughts create our outer world

What we think inside our heads we create in our outer world. Whatever we see feel, hear, taste, smell and touch we have created through our energies. Our thoughts and feelings become our reality. When we feel sad, the world becomes sad too. When we feel scared, the world becomes a frightening place. If we have angry thoughts, our energies become aggressive.

We control our world from the inside, and at the same time the energy returns to us from the outside world. If we have fear or lack in our world it comes from within. The more we feel it, the more energy will feed on it and create more of what we focus on.

When you are truly in touch with who you are and how your energies work, you can manifest anything you want within your life. It is vital that you 'Know Thyself'.

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My reality needs questioning

Please note, based on what I just said: what you will read today is therefore based on my reality. Why do I say that?

Because everything I tell you today comes from my reality of my life. Not from yours. Therefore you may listen to what I have to say, you may thank me for sharing, yet it is entirely your decision whether you wish to believe me and act upon what you learn today, or not.

Thoughts are not reality

Also note: it therefore follows that the thoughts you have about yourself are also not reality. Finish this sentence – I am not good at . . . Who says you are no good at it? You just did! No matter where it came from, you are the only one telling yourself it's true, today.

The only person whose life you can truly change, is your own, inside out. You come into this life and leave this life alone – make sure what happens in between is the best for you. If you want something to show up in your world, then the process begins today.

Beliefs

We may believe for example, that we have come to earth to live this life for a purpose, and that purpose may or may not be known to us. Part of the reason for being here is to learn something specific – our lives are preordained. Our destiny is written in the stars and cannot be altered.

Therefore we may think that it is not important to attempt to manifest our life, since it will happen anyway. My feeling is that we can choose. We can choose to create the destiny already defined by the Universe by manifesting what is innate within us. Or we can decide to fight it all the way.

Quantum Spirituality

Either way, if not in this life, in the next, we will eventually learn what we need to know. Therefore my thoughts are this: if we are here to learn, and evolve, is it not easier to do what we can now, this time around? Surely by understanding and seeking our destiny, we are not only helping ourselves and others too, we are also helping the universe.

Intuition

As human beings, we have to be in tune with our subconscious and our intuition, and how they work within our energy fields. Both our subconscious and intuition are innate within us, yet today many of us have forgotten how to use these energies. When we tap into these sources of power our lives change dramatically. Everyone has these skills, we do not need to learn them, we just need to learn how to tap into them.

Human beings are holographic in nature, at least in the sense that our subconscious minds are a tiny piece of all reality. The subconscious mind is not limited to your reality. It is completely unlimited. It is infinite wisdom. All you need to do is tap into this. Life is holographic because of our thoughts. What we project, what is happening to us becomes our vibration of energy.

Comfort Zones

One thing we have to learn to do is listen beyond our brains. The brain is a wonderful mechanism, and is made to care for us. Our brain does not want us to do things that are new to us, that may cause us harm. We can call these comfort zones. Comfort zones are based on our past experiences and our brain will tell us when we reach these boundaries. I don't know about you, but I get this feeling in the pit of my stomach which says STOP!!

Quantum Spirituality

Listening to the brain

We have to know when to listen to our brain, maybe it is just a new experience, maybe it is life-threatening. For example, I am standing on the edge of a cliff – my brain says STOP this is dangerous – don't go any further. If I breathe and stay calm, I may decide to take a step closer to the edge. This is a new experience, my brain goes into panic mode. Yet I wish to grow and achieve new goals, so with gratitude, I thank my brain for caring, take note of my intuition and know that this is the right move for me and jump... the parachute opens and I have experienced something new AND, more importantly, lived to tell the tale.

Remember – Wasted Energies

Fear and doubt are, more often than not, wasted energies. They are only thoughts about something that may happen and, more often than not, never happens. We need to take back control of fear so that we can distinguish when we truly need to be fearful.

Realising fear, and reaching the edge of comfort zones can be useful energies and can be utilized for growth. The sensation of fear is evidence that you have turned a new idea into something more than an idea within your subconscious mind. Persisting through this means you will change your old programming.

Remember

Remember – Thoughts are Reality

Your thoughts are your reality. Choose your thoughts carefully, no matter what your circumstance you can choose what to think about it. In his book *Man's Search for Meaning* Viktor Frankl watched this process unfold in the worst possible way – in the Nazi concentration camps of World War II. You can murder a man's family right in front of him, you can take his possessions including his hair and teeth, yet you can never take away his choice of thought.

Remember – Language

Watch your words carefully. The language you use reflects your thought patterns. Watch those around you who manifest amazing things in their lives and ask them every morning 'How are you?' – these people will NOT take a deep breath in and say 'Oh okay I suppose' or 'not too good today' or leap into a huge story, they will simply say 'Awesome!'

Remember – Choose to Believe

Whenever you feel you have no choice, choose to believe. Watch your beliefs. If you believe that there is only abundance in the world, then you will see solutions, possibilities and expect to find what you seek. The more you expect to see, the more you will see.

Remember – Quantum Spirituality

Energy is undying therefore it makes sense that supply will never run out. There is enough for everyone. There is no need for competition. You create rather than compete. Only doubt and fear cause scarcity.

Take a break at this point and re-read all of the above. Make notes, contemplate and ponder what this section brings up for you. Write without correcting. Write until you can write no more.

Take a long walk or sit quietly in nature and feel your amazing powerful energy.

Part 2 - Meditation Exercise

Please read the meditation instructions below or ask someone else to read this section aloud, while you do the visualisation exercise. Take time to write down what comes up for you after you have completed the meditation. (If you are unable to see with the mind's eye, take note of the emotions and feelings this section brings up for you).

Begin the Meditation Exercise - The Theatre of Life

Put down all your papers and pens, sit comfortably and close your eyes. Take a deep breath and repeat those deep breaths, three more times.

I want you to imagine that you are sitting in a theatre looking down on a stage. It is a special stage with a very special performance. The person in front of you is yourself, you are about to tell your audience about your life achievements so far.

Take another deep breath and zoom into the stage. Brighten the colours, listen to the sounds in the theatre, take in another deep breath and notice the smells.

Now relax and enjoy the show as you listen to the narrator, yourself, tell stories about all the amazing things that have happened to you up until today.

Pause...

Smile and give yourself a virtual pat on the back. Well done you, you are truly unique and amazing. Be proud of all you have become from your past experiences. Listen to your intuition and feel the positive energy as it courses through your body.

Pause...

Take another breath and look again at the stage. This time you are going to hear from yourself, all those regrets for things not achieved or opportunities missed, areas of your life where you feel you lack something. Notice what comes up. Do this without judgement, criticism or blame. It is just as it is. You are sitting in the audience watching the show, nothing else. Notice how your energy feels now.

Meditation Exercise

Pause...

Take another breath and, again sitting in the audience, lean forwards, look at the stage and listen to yourself standing there talking about the future. What will happen to you from today onwards? What wonderful stories, dreams and hopes do you have for yourself? Paint these pictures with bright colours, notice the sounds, the noise around you. Can you smell anything? Are you touching a special object, what does it feel like? Can you taste anything?

Now take another breath, open your eyes and take your pen and paper and write down the things that come to mind from all three parts of the exercise. Write down those wonderful things that you have already achieved or manifested in your life.

Make note of those areas where you may feel a lack in your life and jot down all those wonderful things that you are still to achieve.

Pause...

Learning

What have you learned from the meditation exercise? Did you feel the difference of energies from one part of the meditation exercise to the other? What do you now prefer to focus on? What achievements do you already have that you can remember? What positive emotions and feelings attached, that give you excitement and who's energy can be drawn upon for new goals? Write these thoughts down.

Well done! Now we are well on our way to creating a new reality. Great. Take a break, you deserve it. When you are ready, the next step is to take these thoughts and apply them to the Sensibly Selfish Chocolate Cake of Life.

Part 3 - Sensibly Selfish Cake

The Sensibly Selfish Chocolate Cake of Life

This Chocolate Cake exercise actually has three sections. For the purpose of this e-book we are going to concentrate on the first section outlined below. Some of you may be unfamiliar with this exercise and will find this enough to deal with here. Others may want to pursue the Chocolate Cake to a great depth at a later stage – if so, reach out and talk to me. We can cover your values and principles and make a list of the things you want in your life.

Have your earlier notes in front of you so that we can use them to jog your memory.

When I do live workshops on this topic, we always use a real chocolate cake, which we then eat with coffee. For the purpose of this exercise, you don't have to make or buy a cake – you can draw a circle on a paper. The circle or the cake represents your life.

Eight Pieces

Draw a circle on a piece of paper and cut it into 8 pieces. Do you know why we choose 8? Eight because it's easy to cut and also because in our every day lives we can usually manage +/- 7 things at a time. When we become proficient at manifesting we too will be able to work on multiple manifestations at the same time – although we must remember the +/-7 rule, or nothing will be achieved.

Take a good long look at each slice and write in your circle a word that resembles one important aspect of your life. For example, you may want to choose family, friends, work, finances, spirituality, home, health, relaxation, hobbies or retirement. You may want to be more specific with a few slices and have a section for diet and exercise rather than just health. You choose: there are no right or wrong answers, it's your wheel, specific to you.

Notes

Take a look now and see if any of your notes from the meditation exercise fit into these slices. If not, do you wish to alter your slices a little bit? We have already begun the process of ditching thoughts that no longer serve us in the [Facebook 5-Day Ditching Mental Baggage challenge](#). Now it is time to take it a little further.

Sensibly Selfish Cake

Today, let us all set aside those thoughts of impossible, failure and obstacles as we know they do not exist. I want you to look at your cake of life and notice which piece resonates with you most. Which vibrates with the most energy. Does it resonate with you in a positive way? Does it cause you excitement, is it coming from the right energy source?

Positive Slice

Today, we need to choose one of these positive slices although I want you to be aware that sometimes we really need to tackle the slice that causes us to have a negative energy feeling. In order to deal with negativity, you need to practice manifesting something with positive energy first, rather than having to exchange the thought process or energy before beginning. Select something you do not already have a plan for.

You are looking for something that resonates with your whole body. If it resonates with your head then you believe in it, when it resonates with your abdomen you do not believe in it, when it resonates through every cell in your body you can have it – NOW.

Right now we do not need to know the way forward, how you will create this dream, you just need faith that the universe will help us achieve whatever you wish.

Notes

Please note at this point that you may be tackling something that will affect another part of your wheel. We may, in fact, be ignoring the wrong piece. For example, perhaps we have issues with both career and finances. By changing your career slice you will affect our financial slice. You may, therefore, choose to look at the career piece first when in fact you need to look at your thoughts about money and how you hold onto the money you manifest.

We have to start somewhere today so let's choose.

Have you got something? Do you feel happy about this choice? Are you having a gut feeling that this piece is a too big, that you have bitten off more than you can chew? Great news! Sounds like you have chosen well!

Part 4 - Manifestation Statement

Stuck

Have you got something that does not excite you? Are you still stuck? Perhaps where you want to focus is not on your wheel of life at the moment. If so, then ask yourself these questions in order find something to assist the process.

What would my perfect life look like?

If I had no fear, what would I choose?

What would I choose if I had only five more years left to live.

The next step is to write your manifestation statement.

Manifestation Statement

Before you write your Manifestation Statement you need to know how. You are halfway through the process, all that is important is to take a deep breath and keep the energy flowing.

You can make notes for this section on a separate piece of paper, in order to have them handy for the next section. What benefits does writing down your manifestation have?

Fast Order to The Universe

When you write down what you want to create, you are submitting your plans to the universe. You are putting in our 'Fast Food Order'. When you do this you are clarifying for yourself what you really want. Taking care to create exactly what you want is paramount because you understand that whatever you 'order' is what you will get.

The more specific you are the more specific the results will be. Know that you can create any fast food order you want, all you need is the courage to ask. In fact, you are expected to ask! Remember, the more you ask the greater the possibility of getting a YES!!

Manifestation Statement

Intimate Vision

In order to manifest you need to know your vision in great detail. At the same time you need to be able to sum it up in just one sentence. Your vision needs to be crystal clear. Think of a twitter feed – if you can write the vision in 140 characters you've cracked it!

We all fantasize about doing things, we dream a lot, yet few of us do anything about these dreams. When you invest in turning your dreams into goals and manifesting them into reality it is because you have invested energy in it. Physical, mental and emotional energy. You live and breathe it, AS IF NOW. As soon as your passionate thoughts become your energy, unseen causes begin to happen on your behalf.

How and What to Write

Always write your manifestation statement in the present tense, as if it is happening now. Give it a place, date and time.

Start with ...”It is”.

Make the date believable yet far enough away to keep you awake at night. If you are not excited it won't happen.

Always choose positive terms such as ‘happy’ and ‘grateful’.

Write with gratitude – lots of this!

Use all your senses, hear, see, taste, feel, smell, touch.

Ask yourself, how does it bring me:

Joy and happiness

Peace and serenity

Love and satisfaction

The ability to help others

Opportunities and options

Part 5 - Manifestation Depth

And how does it affect:

My family and friends

Other people and other creatures

My Community

The Earth and the universe

Finish with... “Thank you, universe, for all the beautiful things in my life and the world and for manifesting this vision in alignment with your ultimate plan.” (This is not part of the Twitter feed!)

What Not to Include

Avoid any negative emotions, avoid the words: should, could, would, but, try, maybe, perhaps.

Remember – You may need help in order to reach your goal. You may not know where this help will come from: just say that you need it and these people will show up in your life at the right time. Help is always on its way.

Remember – Be patient. Just like giving birth, there is a process that happens before the baby is born! Your ideas need time to develop, all you have to do is begin the action.

Remember – If you are putting out energy in your vision, the universe is also adding equal energy. As you move forwards the universe is also heading towards you. It is coming to meet you head-on. Being in motion, therefore, means you expend less energy overall.

Okay just go do it! Then celebrate and take a break, at least 24 hours.

Manifestation Depth

Adding Manifestation Depth

From the previous section, you now have an outline of your manifestation and a 140-character twitter feed-type synopsis. Now we need to add Manifestation Depth. This step takes time and patience, the more you give, the more it will reward you. You need to close your notes for one or two days, and then come back and revise it. This will allow time for new thoughts and ideas to emerge which you can then add to your statement. Include that you may have forgotten, rewrite sections to make them more positive, check that there are no conflicting details.

Back to the Beginning

This is a great time to go back right to the beginning and look at the answers to the three questions I asked you...

What is your first name?

What do you think is your greatest achievement in your life so far? – one word.

What do you miss in your life at the moment?

Make sure that your name is loud and clear somewhere in your statement. Does this statement help you cover the one thing missing in your life? Is it possible for you to harness power you already possess based on your greatest achievement? Have you included this in your statement? The lack of your life, is it still relevant? Will your manifestation statement help you overcome this? If not, do you need to rephrase?

This is also a good time for someone you trust to look at your notes and make sure you're not missing anything. Now the process needs to be taken to the next level. In effect, you have now created your cosmic take-out menu, yet it has no depth, no ingredients, no method, no recipe.

Lottery Ticket

It's like the story of the guy who constantly moaned to the universe that he couldn't manifest his win on the lottery. Each week he moaned until a loud booming voice from the sky said: "Buy a f***** lottery ticket then!"

Manifestation Depth

The universe can only help you when you are in motion. The next move is to create a list of the steps you need to take to create your manifestation. You have to make an effort whether you like it or not! This way you need not work so hard!

Remember we are only energy. The universe responds to energy and the energy you invest in your manifestation. Taking action is more important than the plan itself. Watch what happens when you start moving!

Action

Brainstorm the action you can take more and more. Make a long list of things you can do straight away, or create a mind map. Then choose +/- 7 actions to get you started.

Some of these actions may be beyond your comfort zone – great! You are moving forwards, do these actions first and then make sure you reward yourself for doing them. Rewarding yourself is the most important part of the exercise, under no circumstances should you skip this step.

What will stop you? Do you need to learn new skills? In which areas do you need help? Who can help? No person is an island, and we can never be good at everything. Make sure you are open and honest with yourself at this point and find ways of getting around the areas where you lack skill.

Note that you do not need to know ALL the steps you need to take at the moment. There has to be trust in the process, of not knowing everything. It is movement in the right direction that is important.

In 2017, when I walked the Camino de Santiago all 729 km, all I needed to know was that I had to get out of bed each morning, follow the yellow arrows and stop when my body needed to rest. The Universe did the rest. It opened up beautiful scenery, invited wonderful people to share in my journey and a bed to rest my head each night. All I had to do was trust.

Part 6 - Manifestation Boards

Three Steps

Right now – Take a look at your manifestation statement and your list of actions and write down just three steps you can take to get things moving. Do you need to get help? Do you need to make a few telephone calls? This is not hard work – this is your investment in your life plan.

Again, it's time to congratulate yourself. (We had a glass of champagne with our lunch every time I ran this workshop). What are you going to do?

Manifestation boards are a way of helping you see in a visual format the process you have done so far. They are a valuable tool, because you can place them somewhere in view, where you can see them on a daily basis.

Today, there are many different ways to make them. Some people still prefer to cut out images and words from magazines. Others like to paint theirs, or pin images on a cork board – the list is endless. You can also go digital and use one of a number of apps to help create your design. Pinterest is also a fabulous place to go for inspiration take a look [HERE](#).

Apps

These are links to my currently favourite apps. Each one has pros and cons. Your choice is personal so I have not included my thoughts in this post. (Ask me and I will write one!)

[Jack Canfield](#)

[Hay House](#)

[Subliminal Vision Boards](#)

[Corkulous](#)

[Dream Vision Board](#)

Part 7 - Pitfalls to Manifesting Reality

Manifestation boards in many styles

You can design a manifestation board that has just one theme, or you can create a series of booklets, or design a board that covers a whole year, or even five years. The choice is entirely yours.

Whatever you decide, choose the images with care – there may be a word, image or something in the background that has a negative meaning attached.

Take your time, don't rush the process, the closer you can get to your written work the better.

I now use a combination of images from the computer and words cut from magazines. I find it saves time, and I have exactly the right image for me.

Where to put it

Once you have created it, you need to place it somewhere where you will see it constantly. (Think of the ceiling above your bed type of constant!) I have actually taken a photo of mine and it sits on my computer desktop so I see it every day that I open up the screen.

How to use it

Spend time every morning and evening looking at your board and focus on each area. Take note of how far you have come. Ask yourself: what has been completed? What is incomplete, and what needs attention? Take particular note of the areas where you are lagging way behind. What is stopping you from reaching your goal? Now is the time to find a way to get there, to do whatever it takes. Make a plan, no excuses.

Pitfalls to Manifesting Reality

You can also use your board when you have a big decision to make. Sometimes these decisions are about things that don't even show on your manifestation boards. By taking time out to listen and look, you can stay focused and on track with what's important to you.

There are many pitfalls to manifesting reality. I list 8 of the most important below. Make sure you read all of the list, and avoid these areas as much as you can, so you begin to manifest your reality.

1. Lack of space

Just as when decluttering your mind, take note of your environment. A cluttered outer world does not make for a decluttered inner world. Create physical space where you are able. Less is always more. Open up to the possibility that with less you are creating a vacuum which will want to be filled with something. Make it exactly what you want it to be.

2. Negative Relationships

Be mindful of the negative people that surround you. If you can't separate them from your life completely, you may have to avoid them as much as possible. Negative people can bring you down. And remember that it's your choice whether you listen to them and let them get in the way.

3. Lack of gratitude

Be thankful for just about everything you can: arms, legs, your amazing mind, the food you eat, the electricity working, running water, the hug this morning, sunrise, sunset and so on. An attitude of gratitude brings in more of the same. The more you practice the more wonderful the manifestation that happens.

Pitfalls to Manifesting Reality

4. Lack of faith

Surrender to the process and have faith it will happen – don't give up! If it's in your vibration it will happen. Read your manifestation statements then let it go, trust in the process. Expect 60–90 days before the real change takes place. As you become more focused on the process, changes will begin to happen almost immediately.

5. Lack of preparation

If you have followed the steps above you will be clear in your message and the universe will understand. If you have skipped over the steps or rushed any section, go back and fill in the gaps. Leave no stone unturned, as they say. Be prepared to work at what you want. Writing your statement is not enough.

Be especially aware of the areas of concern, parts where you find discomfort or need help or guidance, or new tools. Make the effort to ask for them. You need to tackle any problems you face head-on, make a plan made to get over the issue and show the determination to do whatever it takes to get there.

6. Not Imagining

Spending time with your manifestation morning and night and when you reach a big decision point is key to keeping it in your mind and making the step-by-step movements towards the help the Universe wants to give you. Spend your energy here and watch your life change.

7. Not listening to your intuition

Another pitfall to manifesting is not asking yourself: Is this what I want right now? Can you feel it in every cell of your body? If not, what needs to change? Be open and honest with yourself. You cannot chase another person's dream, you have to want it, no-one else.

8. Not getting help

Getting help and/or wisdom from others will certainly help you get there faster. No man is an island and you are meant to co-operate. The universe does not want you to do this the hard way, you don't always need to learn by making mistakes. Let others show you the way. ASK always. ([Contact me](#), I am here if you need me!).

We are all so very different and we have a certain set of values and skills. Part of your manifestation may mean that you don't have the values or skill set to reach your goal. Asking for help is paramount if you want to succeed.

Bonus - Asking the wrong people

Telling your loved one what your intentions are may sometimes kill what you want before you begin. Choose the people you share your hard manifestation work with carefully. If you are unsure, give your manifestation a chance to germinate first. Don't be put off by their reactions to your goals. And never, ever, buy into someone else's dreams.

Conclusion

Conclusion

So that's it! In this mini e-book, we have covered exactly what I would have covered in my day's manifestation workshop. Just to recap the topics we have covered...

- Manifesting Reality
- Quantum Physics and Spirituality
- The Theatre Meditation
- The Chocolate Cake of Life
- Writing your Manifestation Statement
- Sharing and Adding Depth
- Manifestation Boards
- 8 Pitfalls to manifesting reality

Now all that is left to do is THE MOST IMPORTANT step of all – Celebrate! Decide how you will acknowledge all of your effort. Will it be a relaxing bath, a rowdy party or a private jet to an exotic location? You decide! The important thing is that it's possible, feels great and allows you to see how far you have come.

Find me for help [HERE](#)

Join our Facebook Group [HERE](#)

AND PLEASE SHARE YOUR MAGNIFICENT MIDLIFE MANIFESTATION STORY WITH US.