

# PRACTICAL MANIFESTING

THE LAW OF ATTRACTION IN EVERYDAY LIFE

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## [INTRODUCTION](#)

### [PART ONE:](#)

#### [FROM SCARCITY TO AN ABUNDANCE MINDSET](#)

[What Do Abundance and Scarcity Mean?](#)

[Abundance Mindset](#)

[Scarcity Mindset](#)

[Thinking Big vs. Thinking Small](#)

[Plenty vs. Lack](#)

[Happiness vs. Resentment](#)

[Embracing Change vs. Fear of Change](#)

[Learning vs. Knowing Everything](#)

#### [Abundance and Guilt](#)

[We're All Worthy of Abundance](#)

### [PART ONE:](#)

#### [WHAT'S YOUR MONEY MINDSET?](#)

[Money Story](#)

[Change Mindset About Money](#)

[Change Your Mindset About Money](#)

[Mindset and Money](#)

[Change Money Mindset](#)

#### [Your Money Mindset](#)

[Money Makes Me More or Less Worthy](#)

[Every Penny Counts](#)

[Working for Money is Unavoidable](#)

### [PART THREE:](#)

#### [MANIFESTING AND MENTAL HEALTH](#)

[What's Manifestation?](#)

[How Do I Manifest?](#)

[Positive Manifestation](#)

[How Do You Manifest?](#)

[Spiritual Manifestation](#)

[MANIFESTING • MINDFULNESS • MAGIC](#)

[ABOUT SARA RAE](#)

# INTRODUCTION

Thank you so much for downloading this ebook as part of the Manifesting Bundle. I hope you enjoyed it and found it a good companion! Also included in this bundle is the Manifesting for Beginners Workshop, with this Guide to the Law of Attraction workbook. This is a ton of awesome, free manifesting content! I believe this bundle contains everything you need to go from feeling lost and unsure to thriving and free. All of this, and so much more, is possible for you when you learn to work in tandem with the Laws of the Universe. I believe in you! Do you?

# PART ONE:

## FROM SCARCITY TO AN ABUNDANCE MINDSET

### What Do Abundance and Scarcity Mean?

**Abundance is everything. It comes in so many different forms. It is every good thing the Universe sends us to meet our needs as well as fulfill our desires. Scarcity is a hindrance to these blessings.**

These are conflicting ideologies. Most people heavily lean towards one or the other, with some blurring of the lines. In this section, we're going to talk about an abundance mindset versus a scarcity mindset, and how you can shift between the two to manifest more miracles for yourself!

Only you can really know where you sit on the scarcity/abundance spectrum. There's no shame in meeting yourself where you are right now. You're willing to self reflect in this way, which means you're ready to grow as a person by transforming your mindset.

**This will definitely take some practice—we didn't adopt a scarcity mindset overnight. Give yourself grace and the best chance at overcoming these scarcity-based obstacles.**

### Abundance Mindset

We must maintain a healthy amount of faith and trust when manifesting with the LOA. Without these two things, we risk being stuck in a scarcity mindset. You'll notice that this episode references "trusting" the Universe.

This is important when you're first working to shift from scarcity to abundance. Living in scarcity gives us a false sense of security and control. And when we *need* control, we lack trust.

Organization and planning are important too, because there are some things we can influence and control immediately. It only becomes a problem when we obsess over the *amount* of actual control we have.

**Ask yourself, “How do I react when my plans don’t go exactly as I wanted? What is my motivation for planning in the first place?”**

## **Scarcity Mindset**

Most of us need to plan to a certain extent. Knowing our general direction can ease anxiety and prepare us for different outcomes.

But staying so rigid in our planning does not give the Universe enough wiggle room to send us our fair share of abundance.

**Now let’s work through some of the simplest mindset shifts we can make to begin adopting an abundant state of being instead of living in scarcity!**

### **Thinking Big vs. Thinking Small**

When we’re abundant, we believe the stars are the limit. And reaching the stars is *easy*! Limitations and obstacles don’t matter because we can easily overcome anything.

We tend not to focus too much on the minuscule details of things because we trust they will fall into place. Instead, we embrace the biggest picture we can fit our arms around. We know in our hearts there is a greater destiny.

*Dreaming big is the secret to living a full, beautiful, abundant life.*

When we’re scarce, we focus way too much on tiny details. We believe these details can make or break our plans. And when our plans don’t work out, when we lose control, we give up.

Not being able to control every little thing gives us great anxiety because we feel control is the path to happiness. Faith and trust seem so hard. Thinking small doesn’t require us to have faith because we have honed in our focus.

**We see only what’s right in front of us, but then can’t figure out why we’re unfulfilled or not achieving our goals at all.**

To make this mindset shift, zoom out your lens and focus on the overall big picture of your goals. Trust that you *will* get there, know what it is you have to do to get there, and believe all the details will fall into place on their own (thanks to the Universe).

### **Plenty vs. Lack**

When we’re abundant, we have plenty to go around. More than we need sometimes. We believe there is plenty, and so there is. We know we will always meet our needs, so long as we

do our fair share of work. We have plenty of food, water, clothing, money, love, ambition, opportunities, or whatever else we can dream of.

Our reality reflects this truth, allowing us to recognize and embrace all forms of abundance.

When we're lacking, we constantly worry about not having enough, especially money. We scramble to make ends meet, to figure out solutions, to achieve our goals. Living in lack will always mean perpetual struggles in all areas of life.

We can lack anything and everything, just like we can have plenty of anything and everything. No matter how the core belief of "lack" came to be, understand there is really no such thing. It's just our perception towards certain things that make them either lacking or plentiful.

**Money is a splendid example—there isn't a lack of money in the world by any means. It just *appears* to be lacking because of greed, hoarding, wage limitations, and things of that nature.**

To make this mindset shift, follow your intuition. It will take you where there is plenty to go around for you, your family, and everyone else. Be careful not to count every single penny, or eat every single crumb. Be careful not to be wasteful and ungrateful. See how you already have all you need right in front of you, and trust it will stay that way regardless of what happens.

### **Happiness vs. Resentment**

The search for happiness is short because happiness is an internal feeling towards our external worlds. Most people search for happiness in their external world before they can feel it in their internal world. Gratitude makes all the difference in our happiness levels.

If we're not grateful with what we have now, we'll never be grateful for anything we'll have in the future. Happiness is not circumstantial. Happiness is a choice we all can make. We can also be happy for other people, even our enemies, when they achieve great things.

**Their success does not affect our success in the slightest. Our happiness for them does not take away from our happiness for ourselves.**

Resentment is a cancer. It eats away at us until there is nothing left but bitterness. When we refuse to express forgiveness (to ourselves or others), we deny ourselves inner peace more than anything else.

This is where resentment festers. If we want lasting happiness, we have to learn to forgive and let go. Forgiveness is not about justifying behavior, it is about not allowing past events to affect our emotions today.

**It is about our own inner freedom and happiness. Clinging to resentment creates a solid brick wall around ourselves, preventing the flow of abundance.**

To make this mindset shift, please, for the sake of yourself and your family, learn to forgive. Let go of past pain and be careful to not allow that hurt to shape your future. Don't make the mistake of waiting for conditions to be just perfect before you finally allow yourself to feel happiness.

### ***Embracing Change vs. Fear of Change***

One of my all-time favorite proverbs is, "Change is the only constant." There are two different ways of looking at this universal truth. One is optimistic, one is pessimistic. I bet you can guess which one is more likely to lead to abundance?

Being afraid of change stems from hardcore resistance, fearing the unknown and needing excessive control. To reject change is to reject growth and cycles.

What if Mother Earth rejected the changes of the seasons? She wouldn't be able to flourish at all. If we reject our natural life cycles, we will only live up to a fraction of our true potential. This is true on a personal and collective level.

**Resenting generational changes in society only makes it harder for society to grow and improve.**

"Change" has a stigma of being a bad thing. It sometimes seems like we are at the zenith of our success, so there's nowhere else to go but down. So any change will surely result in something lesser than what we have now.

But this is a myth! These labels of "good" and "bad" are all a matter of opinion. And even if our opinion of the change is "bad," there is still something "good" in the change that we can be grateful for—I guarantee it.

Being grateful in this current moment makes embracing change *so much easier*. Being able to recognize the amazing things we have right now will help us to not miss them so much, if they were to go away.

We still might miss the "good ole days," or we might look back on our lives and notice peaks in our happiness levels. But that doesn't mean the changes that occurred were evil. Or intended to take our happiness from us. Change is natural, it happens to everyone, it's constant, and it's not something to be afraid of.

Embracing change helps open doors for abundance to flow. Perhaps we've outgrown a certain aspect of our lives, so the Universe helps dissolve that aspect, so there's room for something new to arrive.

**And when we've cultivated an abundance mindset, that hole in our lives fills up with abundance. Isn't that magical?**

To make this mindset shift, make expressing gratitude a part of your daily life. If you're eager for things to change, slow down and take a moment to appreciate where you are now. If you're afraid of change, start small.

Take an alternative route to work, try some new recipes, watch a different channel. Break those routines so you can become comfortable with change—and with all the possibilities that await outside your comfort zone.

**Learning vs. Knowing Everything**

The Universe *loves* to learn. That's the reason so many life forms exist—so the Universe can express Itself in infinite ways and experience infinite experiences. There's always something new to learn, even in just one lifetime.

An abundant mindset will most definitely include a love of learning. And not just in the form of school or books (even though these things are excellent tools).

Everything we experience in life teaches us things, shapes our perceptions and values, and ultimately helps us become who we are. We are always learning, even if we're not consciously doing it.

**A love of learning new things in any form will keep our eyes, our minds, and our hearts open to all the possibilities.**

We will never know everything, even if we dedicate ourselves to one particular topic of study for decades. And if we ever truly believe we've "mastered" a topic, then we haven't dug deep enough.

We haven't talked to enough people, asked enough questions, or explored enough angles. Believe it or not, a desire to "know everything" comes from a scarcity mindset because of the notion that there's a finite amount of information to consume. Once we've consumed it all, we know it all.

But the information and the experiences never cease in a good way! This goes hand-in-hand with being afraid of change. Discovering new things requires us to explore change, even if we resist it.

To make this mindset shift, approach new discoveries and experiences with an attitude of, "What am I going to learn from this?" Actively pursue topics that interest you, even if it's just a hobby (for now). Value quality education and mind expansion. You're never too old to learn new tricks!

## Abundance and Guilt

Do you feel ashamed for accepting your abundance? Do you feel guilty climbing into your warm, cozy bed at night with a belly full of food and enough cash to pay all your bills, because you know there are plenty of people out there who aren't as fortunate? This is a matter of self worth, not a matter of "wanting to help others." Abundance and guilt cannot coexist together, and there are a few reasons.

It's imperative to remember that abundance is abundant! There is *no limit* to the amount of abundance available for everyone in the Universe. There is more than enough wealth, success, love, food, water, happiness, opportunity, peace, and everything else to go around. That's why we refer to these blessings as "abundance."

Feeling guilty for what you have because other people don't have it is a toxic mindset. In the long run, that mindset will only hurt you and your family, while all the other people who have less than you will *still* have less. If you feel guilty for accepting your abundance, the Universe will take notice. It will be as if you're telling the Universe, "I have too much, please don't give me all these blessings." And then the blessings will stop coming. Is that really what you want?

Having a cozy bed, cash in the bank, and plenty of food does not mean someone else goes without. It means you have welcomed these blessings into your life while other people have not. That is not your fault. Nor is it your responsibility to ensure other people accept their abundance.

You can give them advice, you can give them cash, and you can give them food or shelter. But you cannot give them abundance. The Universe Itself cannot give them abundance, either. It merely sets abundance down at their feet, and it is their choice to pick it up or not. It is up to them to receive their gifts. Just like it is up to you to receive *your* gifts.

You can live comfortably and do what you love. If you don't truly believe this, you can never live abundantly. This applies to every single human being on the planet. I can write book after book about how you are worthy of abundance, but it won't make a difference if you don't allow yourself to believe it. The only thing stopping you from living abundantly is you. That can be a tough pill to swallow, so don't blame yourself if it doesn't come easily at first.

Most of us want to help others and to be of service, but we cannot make changes for other people. All we can do is share our thoughts, give our support, and perhaps share our abundance with them. But it is up to each individual to make their own ends meet. Don't blame yourself if other people are not ready or able to receive abundance, prosperity, and success in their lives yet.

Now, that doesn't mean we should place ourselves above those less fortunate than us. Rather, we should aim to recognize that they are still learning to accept abundance. It's an

opportunity for us to lead by example, to trust in Divine Timing, and to share our abundance with those who are happy to accept it (without taking advantage of us). In this way, those people *are* accepting abundance through us!

Along these same lines, we cannot shame wealthy people who don't appear to be sharing their abundance in the way we think they should. That is still placing ourselves above others, which will stop the flow of abundance. Again, their abundance is not taking away someone else's abundance. They are free to make their own choices, just as you are.

You do not have to want to help others to accept your abundance, or to be worthy of it. The desire to assist others in need *is not* a prerequisite for manifesting wealth and prosperity. Regardless of what you intend to do with your wealth, you are worthy of it. If you want to donate to charities, fantastic. If you just want you and your family to live comfortably for many generations, fantastic. Again, there is more than enough abundance to go around. What you do with your abundance is up to you. And frankly, it's no one else's business but your own.

## **We're All Worthy of Abundance**

If you feel more comfortable manifesting abundance intending to help others, then so be it. Karma will thank you! Just know your manifesting efforts will go unheeded if you still don't believe you are worthy of the abundance, regardless of your humble intentions.

Money isn't the most important thing, however it is important to the functionality of our society. Having money doesn't automatically make anyone a bad person, and we shouldn't judge people who seem to have a lot of money. The problems arise when people are greedy towards money. Greed often stems from a scarcity mindset as well as an inner belief that they are more important than others. However, that doesn't mean these sorts of people are not worthy of abundance. They are simply working through their own internal struggles, just as much as anyone else.

As a living embodiment of Universal energy, you are worthy. As are all the other living embodiments of Universal energy. That doesn't mean we shouldn't strive to be good and loving, it just means all life is valuable and important. All living beings are worthy of love and abundance, regardless of their karma. You'll hurt your own karma if you believe someone else is not worthy of the abundance you think they have. Don't do that. Their karma is their own business. You worry about your own karma, and how you want to impact the world. You can only control your own actions.

Seeing other people being "careless" with their money can infuriate us. We may think, "I can't believe they have all this money and I don't. I would be smart with it while they are being stupid with it. How come they get the money and I don't? I am way more deserving!" But guess what? That is still putting yourself above someone else morally, therefore you will *not* receive your abundance if you think this way. There's no need to be bitter, you're only hurting

yourself. Instead, why not look at them and think, “Wow! Good for them for being so abundant in that way!” Compassion will always take you further than competition. Love will *always* trump hate. And the Universe will reward you greatly for your loving attitude.

## PART ONE:

# WHAT'S YOUR MONEY MINDSET?

### Money Story

Now that we have thoroughly established the importance of recognizing [abundance in its many forms](#), we can move onto changing our money mindset.

This is typically where most people start their manifesting journey: attempting to manifest a ton of money for themselves. No shame in that! We need money to survive in our world.

Transforming our relationship with money can open so many doors we didn't even realize were closed. Exploring our core beliefs about money, scarcity/abundance, and security can be extremely healing on a spiritual level. When we feel secure in our financial situation, it's so much easier to feel secure everywhere else in our lives.

### Change Mindset About Money

There is nothing selfish or evil about needing, wanting, or working for money. Money and spirituality are not mutually exclusive.

The first step to changing our relationship with money is understanding what our personal "money story" currently is. The story we tell ourselves continuously and reinforce with our actions. Earlier in this book we talked about abundance mindsets versus scarcity mindsets. Did one of these resonate more with you than the other? That's an excellent place to start. From there, consider:

- How do I talk about money to myself, my family, and other people (if at all)?
- Does money seem to disappear quickly?
- Where does my money go every month?
- How often does money come into my life, and in what quantity?
- Do topics in the realm of personal finance bore me? Why?
- Do topics in the realm of personal finance give me anxiety? Why?
- How do I feel when I get paid? Blessed, stressed, relieved, or anything else?
- How do I feel when I spend money? Excited, guilty, ashamed or anything else?
- How do I feel when I save money? Bored, impatient, accomplished, or anything else?
- When I think about money, what is the first and strongest emotion I feel?
- How often do I look at my bank account or my wallet and why?
- Am I more excited to spend money, or save money? Why?

- What is the ratio of money leaving my bank account to the money coming into it each month and why?
- If I were to lose my stream(s) of income, how long would I be able to survive on what I have now?
- How much debt do I have, and how do I feel about it?
- How do my parents, grandparents, and siblings feel about money?
- How does my spouse or partner feel about money?

## **Change Your Mindset About Money**

Our answers to these questions will help paint a picture of our current attitude towards money. Personal finance may not be the most glamorous or interesting thing in the world, but it's imperative to understand in order to become a functional adult who lives in abundance.

How we verbally speak about money is the primary indicator of our money attitude. If we catch ourselves always bringing money up, even in conversations that have nothing to do with money, we are likely living in a scarcity mindset. We cannot direct so much attention to cash because it is not worth more than a fraction of our attention. Remember, money is a form of energy.

When we are in this head space, always thinking about money, we are taking focus away from other things that are much more important. Over thinking about our cash situation will not make the situation change—only our actions can. If the Universe sees us constantly thinking about our lack of money, or constantly worrying about how we are going to make ends meet, It will only send us more of that same energy.

Avidly avoiding money is another indicator of a scarcity mindset. Refusing to acknowledge the important role money plays in our lives will probably cause more financial strain. Maybe you feel extremely anxious when you think about money—therefore you do everything in your power to ignore it. But does that help ease the anxiety you feel, or does it only exasperate it? The best way to ease the tension is to work through it slowly and deliberately. That's part of being an adult and taking charge of your own life, even if it's painful in the moment.

No matter what our money story is, we cannot blame ourselves for it. It's a natural reaction we have developed over the course of our lives based on our experiences. You have the power to change your money mindset at any point in time, regardless of your age or your current financial situation, or even your past financial situations. If we shame ourselves for our current money mindset, we are not setting ourselves up for success.

Rather than being angry with where we let ourselves end up, we can forgive ourselves and vow to make changes as best we can. The alternative is staying stuck wherever you are now, which is probably not where you want to be if you're learning about manifesting abundance.

Recognize where you stand, accept it lovingly, extend yourself forgiveness, and prepare to do the work it will take to transform your life.

## **Mindset and Money**

The time has come to change your money story! This part is super exciting and filled with nothing but potential. We don't have to hate money, and we don't have to love it either. All we have to do to manifest abundance is understand that money is one of the many tools we can use to create our reality-but it's not the only thing that will make us abundant. Not even close.

Now that we understand what our current money story looks like, it's time to write ourselves a new money story. It would be very helpful to write it out in a notebook, letting it sink into the subconscious mind. Use the scripting journaling technique to further instill it, and manifest other things for yourself. To write yourself a new money story, consider these questions:

- How do I want to feel about money?
- Without being overly greedy, what would my ideal income be each month?
- What sort of lifestyle choices are most important to me?
- What does financial security mean to me as a concept?
- What does financial security mean to me in terms of dollars and assets?
- How do I want to feel when I spend money?
- How do I want to feel when I save money?
- Do I have a plan to pay off my debt?
- Is there unnecessary spending happening I am already aware of?
- What are my necessary expenses each month? Think rent, groceries, utilities, debt, insurance, childcare, transportation, savings, etc.
- What are my optional expenses each month? Think any form of entertainment (especially streaming, cable, and phones), eating out, vices, excessive transportation, new household items, memberships, subscriptions, children's activities, services, etc.
- What are my long term financial dreams? Think retirement, college funds, home ownership, home upgrades, traveling, debt free living, stock investment, etc.
- What am I willing to trade away for living my financial dreams?
- How can I diversify the streams of income in my household so we aren't so reliant on one source of money?
- What makes me feel most secure and safe regarding my finances?
- How do I want my children and/or partner to feel about money?

## **Change Money Mindset**

After we establish all this, it's time to embody it. Creating financial plans, developing budgets, and earning more money are brilliant starts to manifest abundance. Following through on these plans is imperative, too. What good does a plan do if you don't stick to it? However, we

must also embrace who we want to become right now in order to become that person. If you want to be abundant, you must embody the energy of being abundant right now, just as you are. This is where the “belief” aspect of the LOA comes in (phase two). This is the part where we are thinking our way to transformation.

We first took stock of our situation, then we asked the Universe to assist us (by deciding where we want to go), and now it’s time to believe that we are already there. We are worth it, we deserve it, and our family deserves it, too. By believing we are already there, we will be open to receive the gifts that will bring us there. This isn’t a linear concept, it is a continuous circle of asking, believing, taking action, and receiving.

## **Your Money Mindset**

Money is just another form of energy that flows in and out of our lives. As long as we are working to manifest money from an abundant mindset instead of a scarcity mindset, we will still raise our vibration.

The Law of Attraction is useless if you don’t do your fair share of work. We co-create our realities with the Universe. We do not sit around waiting for abundance to come knocking. There is an important role for us to play on our manifesting journeys, and only when we fulfill that role will abundance arrive for us to receive.

We’ve already planted seeds for shifting our money mindset by exploring our current money story. Now we can let go of other money mindsets that don’t serve us and replace them with ones that will. Below I’ve listed common, hurtful money mindsets and how we can transform them into mindsets that align with abundance:

### **Money Makes Me More or Less Worthy**

So many people directly attribute their worth to the amount of money they have. And a capitalist society perpetuates this false belief. Just because we can “afford” certain luxuries (that we don’t even need) doesn’t mean we are better than anyone else. The reverse is also true. Just because we can’t afford certain luxuries doesn’t mean we are any less of a person than anyone else.

Big companies don’t want us to feel this way. They want us to want everything, so they can continue to make money and sell new products to us. That’s why they have massive marketing divisions with obscene budgets. Their goal is to create advertisements that evoke feelings of “Oh my god I need that right now,” despite whether you actually need it (or can afford it).

Not all companies are evil of course. Not all marketing has slimy intentions. There are plenty of trustworthy businesses who use similar marketing techniques to stand out from all the noise. Just don't let these advertisements get to you. Don't let them dictate your level of self worth and confidence. You may experience a brief spurt of dopamine in your brain (the feel-good happy chemical) when you buy something fancy, but in the long run it's not going to make you happy or abundant.

To transform this limiting belief of our self worth being tied to money and material items, we have to learn to tune out the excessive advertisements. We know what we need, what we want, and what we can afford. Having "nice things" doesn't necessarily mean we have a pleasant life, nor should we be ashamed if we save up and manifest a pleasant thing for ourselves.

### **Every Penny Counts**

This scarcity mindset can be just as toxic as believing you're not worthy of riches. When we obsess over every single cent we spend (or don't spend), we are clinging to the belief that once that cent is gone, we can never get it back. That's the opposite of abundance.

While budgeting is important, at some point we will be financially secure enough to loosen the purse strings a bit. Even if we only have our day jobs as income right now. Doing this tells the Universe we believe we are well off, and always will be. We are financially secure because we take responsibility for our spending habits. While also enjoying our money and view it as a tool to live our best lives. Rather than an end-all evil entity that controls our lives.

To transform this habit based on scarcity, change the way you view your money. Look at your wallet or bank account and be grateful for what you see, no matter what. Remind yourself your budget is important and you have to stick to it, but you're also free to enjoy the fruits of your labor. You could do this by budgeting some cash each month to spend on anything you'd like—that way you still can indulge yourself while staying within your means. Then let the Universe do the rest.

### **Working for Money is Unavoidable**

Working is unavoidable to some extent, but it is not the only way we can collect money. This limiting belief can be very demotivating and soul-crushing.

No one really sits around and gets paid to do nothing. Working is always going to be part of our lives. But it shouldn't be the only thing we do with our lives. Abundance can flow to us in [so many forms](#), beyond our paychecks. To transform the mindset of your job being your sole source of money, trust there is always going to be a way to make more money. And perhaps more importantly, begin to understand the diverse streams of *abundance* you can open up to, beyond money. Follow a path that excites you, and the Universe will surely help you every step of the way.

## PART THREE:

# MANIFESTING AND MENTAL HEALTH

## What's Manifestation?

Manifesting isn't necessarily hard because we are constantly doing it whether or not we are intentional about it. The tricky part comes from embodying what you want to manifest as if you already are that person who has it. And if your mental health is plummeting, it will probably be difficult for you to imagine your life any other way than it is right now.

So if this happens to you-you're trying your hardest to manifest positive changes but you're not getting the results you wanted-it's likely a sign from the Universe saying it's time to take charge of your mental health.

## How Do I Manifest?

Sometimes, the Law of Attraction can ruin your mental health. If this happens, there are probably a few reasons, and they have nothing to do with manifesting or the LOA. Rather, they have everything to do with the current state of your mental health, and your motivation behind wanting to manifest.

People with poor mental health and mental health habits are often desperate to try anything to improve their situation. But what they don't yet realize is that acting out of fear and desperation will only make the situation worse. Especially if they continue to associate their self worth with tangible material items.

**It can be pretty demotivating if you're working to manifest something positive for yourself, and it doesn't seem to work. But that doesn't mean you have failed. It means you need to change your approach and your mindset.**

In my research for this book, I realized the people who say the LOA ruined their mental health, or that it heightened their anxiety/depression, went into it believing all they had to do was "think positively" and their life would transform overnight.

And because they weren't able to change their thought patterns immediately, they ended up experiencing shame, guilt, and feelings of extreme inadequacy. They most likely thought to

themselves, “I cannot think positively therefore I can never manifest positive things for myself, so my life will always be horrible.” Of course, we now know that there is so much more to the LOA than just thinking positively.

Managing our mental health can be painful sometimes. It’s tempting to punish ourselves for thinking and feeling the way we do. But how is that going to change anything? When has beating ourselves up ever resulted in anything positive?

When we’re in this mental space, all we can do is meet ourselves where we are. Accept where we stand now and continue to express gratitude towards the many blessings we already have. If we refuse to see what blessings we have, or if we refuse to be happy with the blessings we have, our mental health will never improve.

## Positive Manifestation

Positive thinking is the “secret” to a genuinely happy life. However, the biggest myth surrounding the LOA is you must always be positive no matter what. "All negative feelings are bad and will attract bad things, therefore you must only ever have positive or happy feelings and thoughts in order to attract good things." This is called toxic positivity and it cannot be any further from the truth.

*If you find yourself feeling very sad, the worst thing you can do is not allow yourself to really be sad.*

It may seem counterintuitive because we have been conditioned to repress unpleasantness and replace it with positive thinking. But sadness is there for a good reason. If we invalidate our own feelings by not allowing ourselves to really feel them, it will be next to impossible to manifest abundance.

While positive thinking is vital to manifesting abundance, it’s not realistic to only ever be positive. There is a major difference between feeling your feelings so you can move on from them and completely replacing them with “positive” feelings so they can be ignored.

*Everyone feels bad sometimes, and everyone reacts differently to bad feelings. All emotions are totally natural and deserve to be felt.*

How boring would life be if we never experienced a full range of emotions? Why would we even have the ability to feel all these different feelings if they didn’t mean something to us? These “low vibration” emotions get such a bad rap. People often mistakenly believe that if they are feeling low vibes, then they will attract only more low vibes. However, this is not how the LOA works.

The LOA reacts to your core beliefs more than your emotions. How you're feeling today doesn't necessarily represent how you feel about your entire life. Core beliefs are not the same as emotions, even though emotions often arise from core beliefs.

Allowing yourself to feel low vibe emotions will not put a damper on your deliberate manifesting efforts. Even master manifesters do not manifest instantaneously. It takes a buildup of energy in order for the Universe to respond. So feel your feelings and get to know yourself better.

**In fact, allowing your low vibe emotions to exist will ultimately make you a happier, more well-rounded person.** You'll likely be even more grateful for all the good things in your life if you're aware of the not-so-good things. You'll be able to move on from those low vibes sooner. You'll be a stronger, healthier, and better person for it.

If you carry a core belief that there are no good people in the world, you'll only ever attract "bad" people to you because the LOA can feel this belief in your soul. This may make you feel very sad and defeated, which piles onto your existing core beliefs. This energy then builds up, and the Universe will respond to it.

## How Do You Manifest?

Our human brains have evolved to focus mostly on the negative things, purely in terms of survival. And there's a tendency to blow the negative way out of proportion. If we are afraid, we are less likely to put ourselves in a situation that could kill us. This primal belief continues to bleed into our modern society, and some people are committed to embracing it.

People committed to being miserable are likely stuck in a coping mechanism (or several) that makes them feel safe. They rationalize with themselves that it's better to stay in a negative, familiar mental space than to step out of their comfort zone into the unknown—no matter how great the rewards might be.

**If someone lives in a toxic negative mindset and they don't know how to break free, they might benefit from "faking" positivity in the short term. Here, breaking the habit of perpetual negativity is crucial to moving past it. This could be done by quickly replacing negative thoughts with positive ones. This could do wonders for someone who hasn't had a positive thought in a long time.**

Eventually, they will have to work through all that underlying unpleasantness in order to make real, lasting progress. This "thought replacing" technique is only meant to help open doors to new ways of thinking and being. It's a very thin line, but it can work for some people. As long as they are not committed to being miserable.

Think of your low vibe emotions as a long, underground tunnel. You enter the tunnel, either on purpose or you find yourself there somehow. You look back down the tunnel where you came from, and you can easily obsess over the path you already took that brought you here.

You can sit down on the ground, swallowed up by the darkness, wishing you could go straight up through the ceiling to escape, but you know can't. Or, you can also glance backward and acknowledge where you came from, and when you face forward again, you can clearly see the way out of the tunnel.

*You have to keep walking through the darkness for a bit, but you will get to the light soon. You know if you keep walking, you will be free.*

This is the difference between a negative mindset and a positive mindset. A negative mindset leaves you stuck, refusing to see all the distinct possibilities in the outcomes. A positive mindset acknowledges what brought you here and helps you see the light at the end of the tunnel. There are possibilities in positivity!

## Spiritual Manifestation

Toxic positivity exists, as does toxic negativity. The former ignores the darkness, while the latter ignores the light. Toxic positivity is not how anyone manifests good fortune. We can't live life to the fullest if we are only focusing on the lighter emotions and ignoring the darker emotions. Doing this will cause repression and resentment.

Over time, darkness will build up higher and higher, until we cannot ignore it any longer. And then we end up having major mental breakdowns because we are so overwhelmed with emotions we don't know how to deal with.

**Positive thinking is only a small part of transforming your life with the LOA. If all our thoughts are negative and self deprecating, how can life be anything more than difficult? There is a major difference between putting ourselves down and leaning into our negative emotions. Learning that difference takes a lot of self-awareness and self-forgiveness.**

The negative emotions have something to teach us and expose us to. We can work through them, let them go, and grow as a person. Negative self-talk is often the result of trauma and years of suffering. It teaches us nothing other than how easily thoughts and opinions manipulate us. The negative emotions will probably dissolve away much quicker than the negative self-talk will.

In order to dissolve either, we definitely need to put in the effort, which gets easier as we learn to differentiate between a negative opinion about ourselves and a negative emotion triggered from an outside circumstance.

Both are important to work through before we can truly adopt a more positive mindset and therefore be abundant. Does anyone really want to live with a negative mindset forever? I can totally understand the appeal of the “perpetual positivity” myth, especially for those who have stuck in perpetual negativity.

But unfortunately, positive thoughts alone are not enough to change anything. Mindset is an important piece of the puzzle, but that’s all it is. A single piece in a 1,000 piece puzzle of life. The phases of manifesting are: ask, believe, take action, and receive.

If you ever come across anything LOA related that tries to tell you all you have to do is “believe” and you shall receive, throw it out. That is patronizing and absolutely false. Believing and positive thinking is only one part of manifesting. It would be pretty awesome if all we had to do was order the Universe to give us what we want and then just wait for the Universe to deliver.

**But it doesn’t work that way. Anyone who truly believes life can be transformed only through changing our thoughts and nothing else has been fed lies. I’m sorry to burst anyone’s bubble-I would love it if that were true, but it is not.**

We have to be willing and ready to do our fair share of the work. We are manifesting regardless of how much (or how little) conscious effort we put into it. Choosing to put in no additional effort at all will only result in more of what we already have. Which isn’t always a bad thing, but if we’re looking to change our circumstances, then we have to change what we’re doing that has brought us here.

One of my favorite proverbs is “nothing changes if nothing changes.” Wishing for something to change but we don’t take any action to change it is just a waste of our energy. Energy that we could spend on actually making changes. The wishing and the believing are very important to manifest abundance and transform our lives, but it is literally only half of it. The other half is action. Honest, dedicated action.

# SPIRITUALLY INSPIRED

***MANIFESTING • MINDFULNESS • MAGIC***

## ABOUT SARA RAE

I began Spiritually Inspired back in 2016. Over the years, it has evolved into my beloved spiritual lifestyle brand and podcast. Along with being an author, I am also a manifesting coach. I help spiritual women dissolve old patterns of behavior, mindsets, and beliefs that no longer serve them and adopt new ways of being, thinking and creating. While working with me, they discover their own flavor of spirituality and learn how to easily incorporate it into their everyday lives. I am also a medium, a reiki practitioner, a crystal healer, a tarot reader, astrologer, and a new mom.

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