

Would You Like To Wake Up?

Powerful Secrets You Must Know To Manifest Your Ideal Reality

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Preface From Beyond

It is our intention to bring this information to the people who have attracted it into their lives, just like you have, to be able to help you understand, know and utilize the greatness and power of your True Being... so that you will easily, and very quickly get more of what you want, and less of what you do not want.

The knowledge and wisdom contained within this eBook are brought to you by a group of non-physical teachers, here to help you remember what you once knew and have only forgotten... so that you can live in your True Essence, as the all-powerful creator that you are, and deliberately create and attract the ideal life experience that you truly want to have.

Trinity de Guzman's body is the one we have chosen to use to bring forth this powerful truth and wisdom into the physical realm.

The words here will resonate very strongly with you because there is only information here that, at the core of Who You Really Are, you *know* is true. It will *wake you up* to the limitless powerful being that You are, and give you everything you need to know to feel, and utilize this power to consciously create anything you desire.

We know that it is possible to live a life experience that is so powerfully and deliberately created – or really, attracted – that you can have 100% of what you **DO** want, and absolutely 0% of what you do *not* want. Meaning, every single aspect of your life – finances, health, relationships, fun time, contributions, business/work and anything else - you are completely, euphorically, and genuinely happy with.

Read this eBook, from cover to cover, with an open mind and an open heart, as you have attracted it into your reality for a good, and specific, reason. We know that the words contained within the pages of this eBook, when applied, will be the solution to WHATEVER “problem” or situation that you are not completely happy with in your life.

Before you read any further, stop after reading this paragraph, and set an intention, as to WHY you are reading this eBook. What do you want in your life right now? What do you want more of? What do you want this eBook to help you get?

Think about the following aspects of your life experience: business/work, finances, health, relationships, fun-time, contributions & personal... and set your intention for why you're reading this, right now. Only continue reading once you've set your intention. We trust you will.

**Action Step: Stop reading and set your intention
as to why you are reading this eBook.**

By setting the intention that you have just set, you will - consciously or not consciously - look for and find information in this eBook that will help give you exactly that. We promise you that by setting that intention, and reminding yourself about it throughout your read, you will get *exactly* what you want out of this eBook.

Our intention is to speak to the core of who you are, your Inner Being, so that the words here ring truth in your mind, body & spirit, so as to uplift you, enlighten you, and inspire you to take action towards your ideal life experience. And trust us, this “action” we speak about is not the same type of action that you have likely grown up in the world learning. Fortunately, it's much simpler...

Chapter 1:

Who Do You Think You Are?

Our intention for this chapter is to teach you about Who You *Really* Are, and about the limitless creator that is You... so that you can stand in your power in all that you do, and tap into this unlimited power to create anything and everything that you want to create. To do this, we will start by first explaining and clarifying who you are NOT...

You are NOT your mind.

Your mind, your thoughts, and everything that you think about cognitively, is most certainly **not** who You *really* are. Your mind is simply a collection of thoughts, ideas, and conditioning that you have accumulated in this physical life experience.

As you have been brought up in this world that you call Earth, you have “downloaded”, and been imparted with plenty of data that has shaped the way you see the world. This data is also known as your conditioning.

Your conditioning is comprised of 3 main factors...

1) Visual Conditioning

Things that you have seen as you were a child, or maybe even as an adult, have shaped the way you see and interact in the world. This conditioning is based around things that you have viewed... from your parents, your friends, your teachers,

the news, TV, the government, in religion, or just any other random person or thing at a point in your life.

Regardless of who or what you were viewing, there has been a "download", and you have been subconsciously (or maybe even consciously) copying certain things that you have seen.

2) Auditory Conditioning

Throughout your life you have been taught many things by hearing them. You have been taught to do, and to be, and to act a certain way. You heard these words from a wide array of sources... like from your parents, your friends, your family, your teachers, religion, government, news and TV, to name a few.

Regardless of what you heard, you have taken these thoughts or teachings, and applied them into your own life experience, thus shaping how you interact in this physical world-- sometimes in a way that is in misalignment with what you really want. You do many things because you have been *conditioned* to do so, not because you have particularly chosen that that is what you want to do.

3) Experiential Conditioning

As you grew up in this physical body that you temporarily inhabit, you have had life experiences that shape the way you now do things and interact with people. From how you act at home or when you're out, to how you interact with your family, friends, lover, co-workers, peers, or teachers... you act differently based on previous past experiences.

For example, if you've ever been heart broken, from that moment on, you have – consciously or not-consciously - changed how you deal with all intimate relationships. That is experiential conditioning at work.

Every single little nuance that you do, every single little reaction that you have, and every single thought that you think, is simply a reflection of the conditioning that you've had in your life.

All this conditioning has shaped how you see and interact in this world... and these experiences, or conditioning, exist only in the past-- which is to say, only in your mind.

Your mind, being the very powerful tool that it is, acts as a "memory bank" for all of this conditioning. Which can be very useful at times, and although useful, it's very important to realize... you are NOT your mind.

Who you REALLY are far exceeds the power of your mind... goes beyond thought... and is much broader, wiser, and certainly older than this mind that you're using right now.

Continuing on...

You are NOT your body.

Your body is a physical apparatus that you reside in temporarily. It helps you to create and experience in this physical world fully and completely. It is one of many bodies that you have had. You have lived in MANY bodies, and you have lived on many planets. You have been many genders, and you have had *countless* physical life experiences.

This body that you are in right now is one that You have chosen to come into. You have very specifically chosen your body. You did this to fully experience this physical time-space reality, and to experience the contrast and beauty that this physical life experience has to offer.

From your non-physical self, you do not have this contrast, as there it nothing but love, light, positivity, and goodness where we reside-- the non-physical dimension.

As you've chosen to come into this physical world, you knew that there WILL be contrast in your experience, and through this contrast there is pleasure and enjoyment... because it is through this contrast that, as a physical being, you experience pleasure.

You Have Made Agreements With Yourself

You have come into this physical body with many agreements. You have agreed with your Inner Being that you will not remember all the previous life experience that you have had. If you did, you would be spending much more time dwelling, and thinking about those past lives of yours, as opposed to fully living in and experiencing this physical reality, and this physical body, that you are in right now.

You have agreed that there will be a clear form of communication between Your Inner Being, and your physical body. This is the KEY to powerful and deliberate manifestation. (We have dedicated a whole chapter to explaining this. So keep reading.)

You have agreed as to WHEN it is that you will emerge into a physical being. You have specifically chosen to enter this time and space, on this planet, because You knew that there is a shift happening, and that there is no better time and place than here and

now, to be a part of a monumental shift in consciousness and evolution in a race.

You have agreed as to WHO you are going to experience this reality with. Not every single being, however... there are specific beings who you have made agreements with, in another life, or in non-physical form. You've agreed that you will come together again, to push each other for growth, to push each other to be more and more connected to Who You Really Are, and to push each other to be as connected as possible to the Source of where we are all from.

So remember, this body that you are in, this mind that you use, is not You. This body and this mind are only temporary... this body, and this mind, are only tools, for which You *flow* through. You don't reside IN. You are a flowing river of energy that flows THROUGH this body and mind that you are currently a part of.

And last, but certainly not least...

You are NOT what other people think about you.

What other people think about you is ONLY their projection. Who You Really Are has nothing to do with what other people think about you. Which is why it is so important to release any and all attachment to how people see you.

No matter what you do, or how you act, there is going to be somebody that is unhappy with you (whether you know it or not). And fortunately, this actually has nothing to do with you, but everything to do with them.

The way people see you, the way people judge you is all about their conditioning. As beings residing in physical bodies, you are very much attached to your mind, and many people do not realize the difference between their mind, and Who They Really Are. (Fortunately, now is the time when this is absolutely shifting)

However, we want you to know that it is the mind that perceives; it is the mind that casts labels, and it is the mind that judges. Because of this, The Real You has absolutely nothing to do with what people think about you, or how people see you, and rather, it has everything to do with them.

Also, just how other people's perception of you doesn't define who you are, nor does your own perception of yourself. Whether you see yourself in a positive or a negative light, it doesn't change Who You Really Are.

You can be living a life, or doing an act, that absolutely feels like the "right" thing to do, (think of something that you think is an action that is positive and will benefit others) and if there are 100 people watching you... there will be 100 different perspectives. None of the perspectives will be right. None of the perspectives will be wrong. Whatever the perspective is... is. It's just that-- a perspective, as in, a projection from their conditioned mind.

So the bottom line is, the way that people see you has absolutely nothing to do with you or who you are. And because of that, it truly doesn't matter what other people think about you.

The only thing that matters, is how you see yourself.

No matter what other people think about you, as long as you are happy with yourself, you are doing exactly what is *right*, and what is congruent with the reality you want to create.

Now we get to the good part...

Who You Really Are.

Who You Really Are is nameless, boundless, and truly beyond all labels or words. There are no words on any planet that can *actually* allow you to discover and know the Truth of Who You Are. It is something that is felt and experienced. We will do our very best using the words in this language.

You are a non-physical being who has come into this physical time-space reality to experience the beauty and the contrast of this physical world. You are an extension of Source energy, and you are all that exists, here, and now. You are everything that you see when you open your eyes. You are everything that you feel when you interpret feelings through your body. You are the whole in which this planet is. You are the being that lives forever and always. You are the never-ending, love and light that radiates no matter what. You are the beauty in all things. You are the birds, the animals, the plants, and the humans on this planet.

There is no cumulative "us"... there is only "I am," as you are all that exists, here, now, in the past, and in the future. You are a much broader, wiser and certainly older being than the body that you reside in right now. You are a culmination of THOUSANDS of years of life experience. And The Real You, remembers it all.

You are the abundance that abounds. You are the energy that is felt. You are the pillar of love and light. You are the endless reality of all that you see. You are the vastness of the Universe, filled with love, light & blessings. And you have come into this physical world to experience the beauty and contrast that your physical body, in this physical dimension has to offer.

Most importantly... you are a powerful creator. You are a value-filled, powerful creator who can absolutely DO... BE... and HAVE absolutely **anything** that you want. There is nothing in this world that you can not create and manifest. Whether it is a physical state of being, or it is an ideal lover, or an amount of money, or physical possessions... you can absolutely have it. Everything that you will ever need to get what you want is within you.

The Real You is truly ineffable, and these words only scratch the surface. The only way to get closer to Who You Really Are, is to want it. From wanting it, and expecting it, because of the Laws of the Universe, there is no other choice but to actually get closer to the Truth of Who You Are. Be present. *Silence* your mind. **Feel** your Inner Being, and the Truth of Who You Are.

From wanting this, you will keep reading... as the pages within this eBook serve one purpose, and one purpose only: to get you closer to Who You Really Are, to allow you to *Wake Up*, so that you can live the ideal life experience that You intended to live, before you emerged into the physical.

Here and now, in this physical world, we will help you to come into such alignment with what you want, that you will have 100% things that you DO want, and 0% things that you do NOT want— a life that can honestly be described as your ideal reality.

Chapter 2: Do You Dare To?

Do you dare to go after what you want?

Do you dare to go and find your mission, your purpose and your passion?

Do you dare to LIVE this mission, purpose and passion, despite whatever it may require from you?

Do you dare to act in spite of what other people think about you?

Do you dare to put everything on the line to fulfill this?

Do you dare to do WHATEVER it takes?

Do you dare to commit yourself, 100% fully, completely, and unreservedly?

Do you DARE to make a positive shift in this world, starting with yourself?

This chapter is all about purpose.

It is our intention that within the pages of this chapter, we shed light on your purpose, so that you can create a life that, every day, you are FILLED with indescribable, positive, radiating happiness, while living your ideal reality, and continuously improving your life, and the lives of others.

Purpose is what drives you. It's what moves you. It's what connects you. It's what binds you. It's what guides you. It's what leads you. It's what wakes you up in the morning. It's what brings you the most joy in your life experience.

There is a certain fulfillment that is only possible when you do what it is that you are passionate about. When you follow your passion, the Universe will open doors where walls once stood.

Now, we understand that there are people on this physical planet who do not know what exactly that they're passionate about, and do not even care to know. Do not let these people take any of your energy.

We applaud you for not being one of these people because as you read these words, we trust that you are in the bracket of people who know that they CREATE their lives. Even if you don't know what your passion is, we know - through the simple fact that you're reading these words - that you **want** to know. Which means it is already yours.

We are pleased to know that you see life as not something that happens TO you, but rather, life is something you CREATE.

There is a shift happening in this world.

More and more people are starting to come from and live their mission, purpose and passion, and are saying NO! to living by anybody else's terms. More and more people are realizing that they are the only one's in charge of their lives... and nobody else.

As you are one of these people, just by being You, and existing as you exist... you unconsciously hold the space for more people to enter the same conscious vibration that comes from living, speaking, eating, and breathing your mission, purpose and passion.

There is a natural, and automatic sense of wonder, amazement and awe that human beings have when they see others who stand in their power, and live their passion, day in and day out.

As these people live their passion, they touch thousands, if not hundreds of thousands, or even millions of people's lives. It's just what happens when you access your true innate power and live your mission, purpose or passion. So we ask, do you want to be one of these people?

One of the most common questions we hear from people is...

What is my purpose?

As human beings you all have one common core purpose, which is coupled with an individual mission that is unique to each and every person.

Your purpose is to come into this time-space reality, and experience all the diversity and contrast that this dimension and this planet have to offer. You have come here to create, and to do, be, and have, whatever it is that you want.

You are here to experience this, while co-creating with all of the relationships that you build within this process. And in doing so, you will shed more light, and help more people to live the same incredible purpose-filled life experience as you do.

Every person has an individual mission, and that is something that only your physical life experience will be able to help you clarify. Know that all missions come from a place of contribution, and that some way or another, your mission here on this planet is to uplift others, and help others evolve. Evolve to a higher consciousness, while experiencing the same growth and expansion that comes with such evolution.

Fortunately, you make money in this physical world based on the value that you provide. So when you, from the depth of your being, live your heart-felt mission, no matter what it is, you **will** have an abundance of dollars, if that is what you desire. If you do not yet see the abundance of dollars in your life, ask yourself, “how can I provide more value to people?”

You are the only one who can determine what your exact mission is. So if you do not yet know, set the intention right now that you want to discover what your mission is.

**Action Step: Stop reading. Set and FEEL the intention...
“I want to know and live my mission so that I can...
(insert WHY you want to know your mission here)”**

By setting this intention, you are going to attract thoughts, situations, events and people that will clarify exactly what your mission is. Keep wanting.

Now, we want to hammer a very important point in here... the only way that you can even begin to live your mission, your purpose, and your passion, is if you first have a strong foundational relationship with you... and You. Everything in your life experience stems from this relationship with your Higher Self.

Without an understanding of Who You Really Are, and without clear communication between you and You, it is impossible to live your mission, purpose or passion.

Every person and entrepreneur who comes from this heartfelt place of contribution, either consciously or not, has a strong relationship with their Inner Being.

Absolutely ALL relationships, experiences and feelings stem from your relationship between you and You. So it is absolutely critical that you have an understanding, clear communication, and a good relationship between Who You Really Are, and your physical, material body.

Which us what the next chapter is all about...

Chapter 3: Feel Your Way to Success

This is our favorite chapter. If there is any one piece of wisdom that we want for you to take away from this eBook... you will find it in the following pages.

It is our intention to teach you the true essence, value and power behind your emotions & feelings, so that you will make the conscious choice, and succeed, at being filled with nothing but happiness and joy in all that you do.

If you want to attract and manifest more of what you want into your life, and live a life experience that is so powerfully and deliberately created, or really, attracted, that you have 100% of things that you DO want, and 0% things that you do NOT want in your experience... then the words in this chapter will be your treasure map to your ideal reality of a treasure chest. Pay attention to each and every one of the following words closely.

As human beings in physical bodies, you exist in this physical realm, and simultaneously, you live in the ever-expansive, non-physical dimension. This part of you that exists in the non-physical dimension, whatever you want to call It - The Real You, Who You Really Are, Your Inner Being, Your Spirit, Your Soul, Your Higher Self... or any other label that you choose to use - is in constant communication with you.

We repeat...

Your Inner Being is in CONSTANT communication with you.

As you live in this physical body, in this very physical planet of yours, you are unendingly receiving guidance and communication from your Inner Being. Your Inner Being, with all of It's vastness, wisdom, and thousands of years of life experience, has so much value to offer you... especially when it comes to creating and attracting your ideal physical life experience.

Before you emerged into this physical body you made an agreement – between your Inner Being, and your soon-to-be conscious thinking mind – that no matter what you do, no matter what you think, and no matter what you say... your Inner Being will communicate with you and guide you. This constant communication comes forth in one very CLEAR and distinct way... and that is through **emotions**.

In other words...

Your emotions, and how you FEEL, is your Inner Being communicating with you.

...What does this mean exactly?

Fortunately, it is very easy to translate what they are saying.

You see, there are really only two emotions. You human beings give these emotions different labels depending on the degree in which they are felt, and what situation brought them about. However, there are really only two feelings: feelings that feel **GOOD**, and feelings that do **NOT** feel good. Simple as that.

It is through these two feelings that your Inner Being communicates with you.

If you feel **GOOD**, then that is your Inner Being telling you that your thoughts are in HARMONY with what it is that you want to create. Meaning, you are getting **CLOSER** to what it is that you WANT.

If you feel **BAD**, that is to say, not good, then that is your Inner Being communicating with you, and telling you that your thoughts are in DISHARMONY with what it is that you want to create in this world. In other words, you are getting *FURTHER* away from what it is that you want... and you are getting **CLOSER** to what it is that you DO NOT WANT.

It's as simple as that.

So at any point in time, during any second of the now-ness that is, you can **KNOW**, without a doubt, if you are getting closer to what it is that you **want**, or if you're getting closer to what it is that you do **NOT** want.

This communication system was established before you emerged into the physical. The form of emotion as communication was very carefully and deliberately chosen because if it were any other type of communication – like thoughts, for example – then it would be a **LOT** harder to distinguish what is communication from your Inner Being, and what is you thinking, or picking up on other people's thoughts.

Beautifully enough, you can know that **ALL**, and we mean absolutely every single one of your emotions and feelings, during every second of the day, is communication from your Inner Being... telling you whether you are getting closer to what it is that you want, or whether you are getting further from it.

You have a built in GPS system!

Your emotions are here as your personal GPS system to guide you to all that you want. Just like a GPS system for your car helps you get from where you are to where you want to go... your emotions are like your built in GPS system. If you feel bad, it is your GPS system telling you that you need to move in another direction – which means, change your thoughts – so that you can continue heading to where it is that you actually want to go.

The basis of this whole internal GPS system stems from the Universal Law of Attraction. This is a Law that works whether you believe in it or not. It is a Law that works in the physical world, and in the non-physical world. And it is a Law that is at the basis of every single life experience that you human beings have.

The Law of Attraction states: “that which is like unto itself is drawn”

So when you have thoughts that feel good, it is because you are thinking and focusing upon something that you want. And because of the Law of Attraction, by focusing on what it is that you want, you are attracting like vibration, like energy, and like thoughts, so that you feel GOOD, which means you're getting CLOSER to that what it is that you want.

When you feel BAD, it is because you are thinking about something that you do NOT want. And because of the unforgiving Law of Attraction, that works for everybody, physical or non-physical, whether you like it or not... when you feel bad it is because your thoughts and your energy are focused on something that you do not want as a part of your experience.

Since the Law of Attraction states “that which is like unto itself is drawn,” by focusing on something that you do NOT want... you are only bringing that closer and closer to you.

We repeat...

**By focusing on something that you do NOT want...
you are ONLY bringing that **CLOSER** and **CLOSER** to you!**

No matter what you think about and focus upon, whether it is something that you WANT, or something that you DO NOT want... when you focus upon it, you are bringing it closer to you, and closer into your physical experience, simply by putting your energy towards it.

You see, for any topic, there are really TWO topics. There is the ABUNDANCE of... and there is the LACK of. For example, money. With this topic of money, there are really two topics. There is the abundance of, or the presence and possession of money... or there is the lack of, or the absence of, money.

When you focus on the abundance of a topic that you want, you **will** feel good. And when you focus on the lack of a topic you want, you **will** feel bad. Either way, your Inner Being will let you know where your thoughts are at, and where your point of attraction is, through your feelings!

You can very confidently know, that when you feel bad, it is because you are focusing on the lack of what it is that you want. When this happens, your inner being will let you know, through negative emotions that do not feel good.

Now you know, the second you recognize that you are feeling bad, it is because you are focusing on the *lack* of what you want. That is your perfect chance and the best time to CHANGE your thoughts. Choose wisely, and choose thoughts of **abundance**, which will make you feel GOOD, which will get you closer to what you want.

We can very confidently say, that this is a very SIMPLE task. However, we have seen and noticed in many individuals that, although simple, many people have a difficult time... and just don't change their thoughts when they are feeling bad. This is often because they do not recognize the value and attractive power of their thoughts.

Now that you know how valuable your thoughts are, to have more of what you want in life - like more money, for example - all you have to do is choose thoughts that make you feel **GOOD**, and focus on the **ABUNDANCE** of money, as opposed to thoughts of the lack of money, which make you feel bad.

Here's what we'd like you to do:

Action Step: Set and FEEL the intention...

**"No matter what I'm doing, no matter where I am,
no matter who I'm with, I will look for and
find things that make me feel GOOD."**

Then **DO** what the intention says!

Set this intention **constantly**. Every day, as often as you'd like. At the very least... set it first thing in the morning, and every night before you go to sleep. One of the most powerful times that you can set and fulfill this intention, is when you notice that you feel bad, as it's one of the *fastest* ways to shift into a good feeling.

By setting this intention constantly, you will find more and more things that make you feel **good**. That means you are focusing on the **abundance** of what it is that you want. And because of the all-powerful Universal Law of Attraction, by focusing on the abundance of what you want, you are attracting that abundance *closer* and *closer* to you. Meaning... you're getting what you want!

Before you know it, as long as you work to constantly feel good... no matter what it is that you want, seemingly immediately, you will see the abundance of your desires manifest into your physical reality.

So... what DO you want?

Do you want more money? Do you want more happiness? Do you want better relationships? Do you want better health? Do you want to change lives? Do you want to travel? Do you want a nice home? Do you want to help other people? Do you want to provide for your family? Do you want complete time freedom?

It is **very** valuable for you to know exactly what it is that you want. Through this knowing, that you have come to realize through your life experience, you have a certain clarity and power that is only available when a physical being knows what it is that they want.

Through the distinct knowing of what you want, your Inner Being will communicate with you through emotions, to help you get closer to that reality you desire.

Pay **constant** attention to how you feel.

When you follow your guidance and your Inner Being, by ensuring that you feel good more and more often, you are harnessing the power of the Universe, and inevitably getting closer to the reality where you have 100% of the things that you do want, and 0% of the things that you do not want.

A common desire is to have complete abundance in prosperity, wealth and dollars-- complete financial abundance so that you may live each and every single one of your life experiences based solely on the criteria of whether you WANT the experience, and NOT based on if you can *afford* the experience.

To manifest financial abundance as fast as possible, ensure that you feel GOOD 100% of the time when you think about money.

The bottom line of this whole chapter can be summed up in this: do what makes you **happy**. Think thoughts that make you happy. **Focus** on what you want, not on what you don't want. No matter what you do, who you're with, or where you are, especially when you're feeling bad, look for and find things that make you happy. Simply follow your happiness and you will live your ideal life experience.

Although we see financial abundance as a very common desire, we want to express, that from our non-physical, broader perspective...

Success is not measured by dollars.

We see so many people value success in terms of what they own, or what they have, or how much money is in their bank account. But what is all this *stuff*? What is it good for?

In reality, people often want money or *things* because it helps them feel freedom, or happiness-- whatever you choose to call it, it feels GOOD. So if feeling good, or happiness, is what people are really after, then why is there so much focus on the physical *stuff*?

Well... people think that the physical things will bring them happiness. But really, it's the other way around. Your happiness will bring all the physical things that you could ever want.

Searching for happiness outside of yourself doesn't work. If you do, you're going to constantly be in a state of wanting something to make you happy, even when you get what you want. Everything that you need to be happy, you already have-- it is the power of choice. Choose wisely-- choose to look for and find things that feel GOOD.

In your world, we see many physical beings define someone as successful when they have plenty of dollars, or a nice home or car, or something to "show" for their work. We want to bring up what we feel is an even better definition of success. And that is...

Success is measured solely based on how GOOD you feel.

If you have all the money in the world, an incredible home, and a nice car, what good is it if you're miserable? Not very.

By defining success in terms of how happy you are, you will automatically value your emotional state a lot more. By valuing your emotional state, you will be more aware of it. Through this awareness, you will strive to have more good-feeling feelings, more often. And by striving for better feeling feelings, you are simply being in harmony with, and alignment with your ideal reality, so that you can allow it, and attract it into *physical manifestation*.

If there's any one thing that we want you to leave this eBook knowing, it is...

Your emotional guidance system – your communication from your Inner Being – and the power of *FEELING GOOD!*

There is no other source of information, no other source of guidance, no eBook, no course, no DVD, no video, no teacher, and absolutely no other source of knowledge or wisdom in the Universe, that can get you closer to what you want, than the communication you get from your Inner Being, through emotions.

Your Inner Being is constantly giving you everything you need to know to live your ideal life experience. Right now, in this moment, as you read these words, feeling the emotions that you feel... you are experiencing communication from you Inner Being. All that you desire is already yours. You must simply FEEL your way to what you want.

Let your FEELINGS be the ONLY determining factor, for all that you think, all that you do, and all that you experience.

Your ideal life is closer than you think. Just allow, align, and flow. Your ideal reality *already* exists. Just come into vibrational alignment with it. That means FEEL GOOD, and you will have ALL that you could ever desire.

You are flowing down The River of Happiness, to the Lake of Abundance. All that you want and desire is there. As you feel good more and more often, you continue down the river, and get closer to the lake. Stop fighting the current, and stop trying to go upstream. In other words, stop feeling bad. Find joy and happiness in all that you do, continue flowing, and we'll see you at the Lake of Abundance.

Chapter 4:

Manifest At Hyper-Speed

Do you remember a time when you had a desire that you were SO absolutely excited about? All you could do was think about this desire and exactly what you wanted. You thought about this so much, and you felt **so** good, to the point that, whenever you thought about the topic, your whole body was *constantly* filled with positive incredible feeling emotions.

You took whatever actions you needed to take, to make what you wanted a reality. From doing what you needed to do, and from thinking about what it is that you wanted and expected to have... you were invigorated with energy, your body would heat up, maybe your heart would pound faster, and you'd be so excited, *knowing* that you already have what it is that you wanted.

Can you remember a time when you felt like that and manifested what you wanted very quickly?

The reason you were able to manifest your desires so quickly was because of how much positive emotion you had flowing through you. You see, when you are filled with powerful positive emotion, you tap into the power of the Universe.

Thoughts without any emotional backing do very little to serve in the process of manifestation. It is only when you combine your thoughts of wanting something **with emotion** that it manifests with any notable speed.

Our intention with this chapter is to give you a process, that after reading these words, you can immediately apply in your life so that you can manifest what you want with greater speed and ease, compared to how you're currently manifesting.

We call this process the "Attraction Workshop".

In this workshop, you go to work... not in the sense of the word that you have likely grown up knowing, but rather, going to work using your mind. Using the Universal Laws, the power of the Universe and your Inner Being... which makes this work unlimited times more powerful than **any** other work that you could do.

The purpose of this process is to set forth powerful thoughts, emotions and intentions so as to align yourself with your ideal reality, and deliberately create and attract your ideal life experience with speed, ease, joy and abundance.

This "Attraction Workshop" will only take 15 minutes to do. We want you to know and feel the power of this process, as this will be the most **valuable** 15 minutes of your day. The power of this process is exponential when you do it more than once a day. So you can do this twice, even three times a day, with one time being the minimum.

The reason this process is so helpful in attracting your ideal reality is because of the powerful emotion that will fill and engulf every cell of your body. When you are filled with emotion, you tap into and utilize the **POWER** of the Universe for manifestation.

When in this workshop, you become filled with such powerful emotion because your attention, energy and focus will solely be on what it is that you want to create in your life; on the abundance of what you want. As you focus on what it is that you want, through the Law of Attraction, you are drawing more and more like energies into your reality.

By constantly doing this, day after day, you will exponentially be building your magnetic and attractive force. You will be depositing huge lump sums of energy into the "energy bank" that is your ideal reality. Once your vibration – as in, your feelings - fully align with what it is that you want, you will automatically start seeing physical manifestation of your desires.

You see, 99.99999999, and then some, percent of EVERYTHING that you have in your life has existed before you saw any physical signs of it. In other words, everything that you want already exists...

All that you want and desire, is already yours... it's just waiting for you in, what we call, a *vibrational escrow*.

In your physical world, an escrow is a service that holds on to something, often money, until a certain requirement is met. Once the requirement is met, then whatever is being held, is released.

So a vibrational escrow would be an escrow service that holds on to vibrations, or energy, of whatever it is that you think about. Once you meet the requirement of being in vibrational alignment with what it is you desire, the Universe will release the escrow, and all that you have deposited into it will be yours, meaning you will see physical manifestation of your desires.

The more and more you think positive feeling thoughts about your reality, the more and more energy you deposit into the escrow, and the bigger and clearer the reality becomes. As you think thoughts and feel emotions about what you want, you deposit into this vibrational escrow of your desires.

Once you are in alignment with this vibrational escrow, the Universe will automatically release the “funds,” in other words, you will physically see, get and have what you wanted!

At this point, what first started as a small thought of desire, has manifested completely in your physical reality, and you can marvel at how powerful of a creator you are!

Throughout this eBook, we’ve used many words to describe why your emotions are so valuable, and since this process is all about filling your body with incredibly good-feeling feelings, we trust that you see the value and power in this simple, yet incredibly important exercise.

Here are your instructions:

- Sit down in a comfortable position that you can relax in for 15 minutes. We recommend sitting up in a chair with your feet flat on the floor and your spine straight.
- Set a timer before you start so that your mind is not distracted thinking about time.
- Set your intention before you start: *"My intention is to set forth powerful thoughts, emotions and intent so as to align myself with my ideal reality, and deliberately create and attract my ideal life experience with absolute speed, ease, joy and abundance".*

- Make sure you feel good before you begin. Do whatever you want to initially feel good. Listen to a song, watch a short video, play with children, play with animals, exercise, listen to sounds of nature... it really doesn't matter what you do, just make sure you feel good as you begin.
- And start!

To help clarify what to think about, to lead your emotions in an attraction workshop, here is an example of what Trinity's "Attraction Workshop" sounds like, after setting his intention:

"I recognize the value and power of my thoughts, emotions and intent, and so I deliberately set forth powerful thoughts, emotions and intent so as to deliberately create and attract my ideal reality with such elegance, grace, ease & speed, while feeling the endless joy, happiness, presence and abundance in my life.

I have abundance in anything and everything that I choose to have abundance in.

I have abundance in love and positive uplifting relationships. I have abundance in health, vitality, energy, flexibility, strength and physical skills. I have abundance in prosperity, wealth, and dollars. I have an abundance of incredible travel experiences, fun, excitement, adventure and amazing food. I have an abundance of contribution and students whose lives I help change. I have an abundance of anything and everything that choose to have abundance in. All that I want is mine.

I have abundance in wealth, dollars and prosperity. I create teams and systems that allow me to provide massive value to the

world, on autopilot, while I eat, sleep, play or work. I make over \$100,000 a month on autopilot. People easily see and recognize the value and the power that I have so they jump at the opportunity to work with me and give me money. I get paid in direct proportion to the massive value that I provide to the world.

I have all the money that I could ever want. I choose my life experiences based solely on the criteria of if I want the experience or not. I look at my bank account and I see all the money I want is there. I do not hoard money, but rather, I know that when I have a purpose for money, I easily manifest it into my life experience with remarkable speed.

I have an abundance of dollars that flow into my life so that I can live the ideal life experience that I want to have, and lead by example. I have an abundance of dollars so that I can bring forth the powerful life-changing teachings of my non-physical teachers into more people's lives. I inspire, and empower people to take focused action towards what it is that they want.

I live my mission, purpose and passion every day. I help millions of people, in many different languages, to see the Truth of who they are, so that they can deliberately and more powerfully create and attract their ideal life experience. I help this planet evolve to a new level of consciousness so that more & more people wake up to the true essence & power of their Being, and come from a place of joy, purpose, presence and contribution in all that they do.

This abundance of money that I have is here so that I can live my mission, purpose and passion, all over the world, without ever having to worry about expenses to live. Rather, I focus solely on

fulfilling my mission, purpose & passion of evolving this planet to higher consciousness, and teach others to recognize and improve their relationship with Self, so that they can manifest their desires, and have more of what they want, faster and easier than ever before. The money that I make, I use to bring forth the teachings of my non-physical teachers, into more people's lives.

I create information products, in the form of eBooks, CD's, DVDs and highly experiential live seminars and cruises, to bring forth the priceless teachings of my non-physical teachers. People flock to me in massive abundance to listen to what I say and learn from me because they see the value, truth and power in all that I teach, with the help of non-physical beings.

I make a massive contribution to this world in the form of teachings I bring forth from the non-physical dimension. I help so many people improve their lives, and have more of what it is that they want, and less of what it is that they do not want, while feeling more and more happiness in all moments of their life experience. I help millions of people discover the Truth of Who They Are.

I give money to my parents every month so that they are financially free and do not worry about finances. My parents work by choice, because of the financial abundance that I give them. I help bring my family from the Philippines to Canada.

I have abundance in health, energy, vitality, flexibility, strength and physical skills - like dancing, wing chun, tricking, flips, planches & handstands. I am 160 pounds lean, with less than 9% body fat.

I work with a nutritionist, a personal chef, and a personal trainer. Together these people help me to be so healthy, full of energy,

and to live in this body for 200 years so that I can continue to live my mission, purpose and passion, and evolve this planet to higher consciousness for as long as possible.

I have an abundance of love, and positive uplifting relationships. I have attracted my ideal lover, who is conscious, fit, sexy, and passionate. She knows what she wants and she is going for it. She is a powerful creator and knows how to create what she wants in life, which is why she has attracted me – her ideal lover. She loves herself, loves nature, loves Source, loves me, loves intimacy, loves giving and receiving pleasure, loves traveling, and loves to do the same things for fun that I do. She knows what her purpose and passion is, and she lives it and loves it every single day. She is helping this world grow and evolve in her own unique way, and she is so happy, enjoying every single moment of it.

She is the most beautiful woman in the world to me, and is the manifestation of the Divine Feminine, the Goddess, here in physical form. All the most beautiful traits of the Feminine, are exemplified within her. Love, compassion, empathy, forgiveness, joy, peace, presence, and the Love of the Divine Mother flows through her in everything she does and says. She is constantly looking for things that make her happy, and we are constantly looking for things and doing things that make each other happy, while enjoying the deliciousness of our love-filled, growth-driven, passionate relationship. We feel such an endless abundance of love, connection, oneness, passion, intimacy and growth with each other.

We have the most beautiful love that inspires love in everybody around us. We bring forth the most beautiful children into this world together, who are so healthy, beautiful in every way and so deeply

connected to their Truth, their Spark of Divinity, and shine that in the world so effortlessly, in everything they are, do, and say.

My love and I create conscious communities all over the world, where people have the space to connect so deeply with themselves, their gifts, what they really want, and their deepest heart's passion. We create communities where we bring up children in a way where they can stay so deeply connected to their Truth, and not lose it from the society and backwards value system that our world teaches.

We create these communities where love, is celebrated, welcomed, embraced and allowed, in it's highest and purest forms, as a way to connect with the Self, and the Divine. Within these communities, we birth projects and gifts for the world, not only in the children we bring up, but in real-world action that serves so many people in their awakening journey.

We own land where we grow our own food, where we live from the Earth, and celebrate our Mother, daily, as our spiritual practice, and as a way of life. We dance together, live together, love together, eat, celebrate, and enjoy this life together, in all it's infinite beauty. Creative expression is everywhere, in music, movement, art, painting, singing, dancing, writing, and whatever way that the Heart wants to express itself.

We have communities and land all over the world, in the most beautiful places. On beaches, forests, mountains, islands, lakes, rivers, and wherever we see and feel that a place will be powerful to ground. We have a non-profit that is funded by businesses that I've built, and this non-profit funds that living of all these communities, and all beings who live there. I need no recognition, and offer all gratitude always, to the Divine, feeling so grateful, for all that has unfolded.

The people who are called to live in our communities are so conscious, self-aware, heart-centered, and LOVE is what drives their every thought, action, intention, and word in the world. Each and every being who lives with us, is so deeply connected to their gifts, what they are here to share in the world, and they LIVE IT unreservedly. They are conscious about what they put in their bodies, and above all, their STANDARD for their energetic environment, around them, and within them, is so high, and together, we create an energetic vortex where simply being on our land, or around us as a community, creates such deep awakening and healing experiences.

We create so many opportunities for people to escape the system, find their freedom, and live the lives that they so deeply want to live. In living my ideal life experience, we inspire so many others to also live theirs. And in doing so, we help so many people wake up, to the Truth of Who They Really Are, and find the deepest joy that their heart has seeked, and found. We create opportunities, in all that we do, naturally and effortlessly, to help our brothers and sisters all over this world. And in doing so, we create an energetic wave of awakening, truth, and love, that continues to ripple out, and impact our global collective energy, helping every being on this planet, growing only more powerful, for generations and generations to come.

I have an abundance of positive, uplifting relationships with people who all live in their Higher Self. We are all growth-seeking beings who recognize and know the Truth of Who We Are. We all support each other in our growth, and pay attention to all that it is that we like to, and want to, see. I am surrounded by people who know what their mission, purpose and passion is, and are living it. We all help each other to fulfill our missions, and live our passion. Together we co-create a beautiful world and life experience that has

more and more of what it is that we want, and less and less of what we do not want.

I travel the world, visiting new places all the time. I travel with people that I love, and take my family on all-expense paid vacations around the world. I snowboard and I surf where ever and whenever I want. I integrate into all cultures very easily, and submerge myself in the culture, learning the language and dance from the people of the land. I see the most breathtaking sights, eat the most incredible food, and live such an exciting, adventure filled, adrenaline packed, life of presence, joy & gratitude.

I have all that I want in this world. I live my ideal life experience and have attracted my ideal reality in all areas of my life: business, health, relationships, contribution, fun time, financial, and personal. I live my mission, purpose and passion every single day, and positively impact millions of people's lives around the world. I am present, I am happy, and I feel the abundance in all that I do.

I am complete.

I will attract the like."

There you have it-- that is a complete example of what an attraction workshop sounds like. The words do not matter so much, but rather, it is the emotions that are most important. The *better* you feel, the **faster** you are attracting what you want.

As you may have noticed, there are plenty of details in this example. We want you to make your attraction workshop as detailed as possible, while ensuring you feel good about all that you think. So be sure not to make it *too* detailed that you feel negative emotions.

To assist you in adding detail to your Attraction Workshop, as you go through your daily life we have something we'd like you to do...

**Action Step: As you go about your day,
focus on and look for things that you want,
then store that data for later use in your Attraction Workshop.**

Look for a wide array of things that you want. It can be anything, from physical things, to characteristics in other people's personality or physical body, to experiences that you want to have. Collect the data. As you do this, you will be fulfilling your initial intention of looking for and finding things that make you feel good.

Do this and you will feel good, you will feel alignment, and you will inevitably attract your ideal reality.

Begin. Start today. Get to work in this powerful Attraction Workshop and be on the constant lookout for data to bring into it. Do this, set forth strong emotions and you will be amazed at how quickly and easily you attract and manifest your desires.

The value and power of this exercise is beyond words. We will simply say this: we **guarantee** that when you do this every day, you will have a life experience that has UNBELIEVABLY SO MUCH MORE of what you **WANT**, way LESS of what you do not want, and most importantly, you will be **HAPPIER** than ever before.

And remember, this happiness we speak of is exactly what will lead you to manifesting your ideal reality in the fastest way possible...

The more happiness you have, the *faster* your manifestation. Go forth and deliberately attract and manifest your ideal reality.

Chapter 5: Do You Deserve It?

This final chapter concludes this teaching medium and we will finish with a VERY important point: **NOTHING** you do matters - as in, nothing that we've taught you in this eBook will help you manifest what you want - unless you **BELIEVE** that you deserve what you want.

In other words...

**In order to HAVE what you WANT,
you must BELIEVE that you *DESERVE* it.**

If you do not, then manifesting your desires - for any notable period of time - is IMPOSSIBLE. It goes against all Universal Laws.

We **KNOW** and, without a doubt, **BELIEVE** that you can absolutely DO, BE, and HAVE anything you desire... and that you **deserve** it all. The question is... do you believe that?

Our intention with this chapter is to clarify how to **feel** and **believe** that you deserve what you want, no matter what it is. Our focus is on getting a FEELING of DESERVING in your body... so that you can manifest your ideal life experience with greater SPEED and JOY.

We'd like to clarify that your **feeling** at any point in time is your point of attraction. That means, depending on your current emotion, you will attract more situations that easily bring about that emotion you feel.

So when you feel happy, you will easily attract situations that make you happy. When you feel excited, you will easily attract situations that make you excited. When you feel healthy, fit, and full of energy, you will easily attract situations that make you feel healthy, fit, and full of energy.

And when you feel deserving, you will attract more situations that make you feel deserving. In other words, you will attract situations that make you feel GOOD when you have them-- which is all the feeling of "deserving" really is.

In the coming paragraphs we are going to teach you a simple process, that has a MONUMENTAL, life-changing, **unbelievably** powerful way of helping you to manifest *whatever* you want into your physical reality.

We will get to that very shortly. Before we do, we want to teach you about the Law of Deliberate Creation, which is one the few Universal Laws that truly exist as the name suggests – as in, being a LAW.

We say one of the "few" Universal Laws because many things that you call "laws" in your physical world, aren't necessarily "laws"... meaning, they don't exist as truth throughout all dimensions, at all times. In order for anything to be a law it *must be true 100% of the time, in both the physical world and the non-physical world.*

To manifest what you want with any notable speed, there are only TWO Laws that you need to learn about and work with. The first one being the Law of Attraction, which is the most POWERFUL law in the Universe, and the second being the Law of Deliberate Creation, which is CRUCIALLY important if you want to live a life where you have **100% of the things that you WANT.**

The important thing to know is that these laws exist, whether you **think they do** or **if you think they don't**. They exist whether you know they exist, or if you're *completely oblivious* to them. They exist and work whether you **believe** in them, or if you do not.

So to *deliberately* manifest anything you desire in life, learn about these Laws and *consciously* USE THEM, to manifest your desires into reality.

Now it's time to explain the Law of Deliberate Creation. This all-powerful, unforgiving, Universal Law states that...

"In order to manifest anything into physical reality, you must first want it, and then expect to have it".

When you want something, you automatically create the reality of that desire into existence. So the second that you say, or feel, a wanting for anything, from that moment onwards... it is yours. You just don't see any physical signs of it yet. In order to see physical signs of what it is that you want, you must align yourself with it, and **ALLOW** it into physical manifestation.

To allow is to feel **good**.

To allow is to look for and find things that make you feel **good**, even when you don't feel good in your now.

To allow is to feel **good** 100% of the time when you think about what you want.

To allow is to do the following exercise called "The Deliberate Creation Process".

This process involves three simple steps. When done, it will trigger everything in you that needs to be triggered in order to fulfill the Law of Deliberate Creation... so you can **have whatever you want.**

For the three steps, it simply involves answering three questions. Despite it's simplicity, the POWER of this exercise is unparalleled to anything else but the Attraction Workshop.

To start The Deliberate Creation Process, take out a pen & paper. We HIGHLY recommended you physically write out your answers to the questions.

Physically using a pen & paper adds a kinesthetic level to the process, which will increase the speed at which emotions fill your body. The faster that emotions fill your body, the faster you get into a strong, powerful, attractive vibration... and the faster you get into a strong, powerful, attractive vibration, the **faster** you manifest your desires into physical reality!

However, this process *can* be done without physically writing your answers. So, if for some reason you're not able to write down your answers – like, when driving – then feel free to do this process verbally, out loud.

The three questions to answer are:

- 1) What Do I Want? (Be as specific, or as broad as you want!)
- 2) Why Do I Want This?
- 3) Why Do I Deserve This?

To help clarify this process for you, and to make it easier for you to start this process today, below is an example of Trinity doing the Deliberate Creation Process.

1) What do I want?

- *I want to manifest 10,000 new readers of this eBook this month.*

2) Why do I want this?

- *I want this because I know that the teachings contained within this eBook are monumentally life-changing.*
- *I want this because I know that when people read this eBook, and apply what they learn, they will manifest more of what they want, as fast as possible.*
- *I want this because I know that the more people read this, more people will discover the Truth of Who They Are, and will improve their relationship with their Inner Being.*
- *I want this because when people have a better relationship with their Inner Being, ALL aspects of their life will improve, and they will feel good more often, and have more happiness in their life.*
- *I want this because I know that as more people “wake up,” there will be less ego, less pain and less suffering in this world.*

- *I want this because I know that the more people read this, the more people in this world will “wake up,” and become conscious as to the Truth and Depth of their Being. And in doing so, will raise the collective consciousness of the planet Earth, making it easier for other human beings to reach the same Truth, Being, Oneness & Great Awakening.*
- *I want this because I know that the amount of money I have is dependent on how much value I provide to the world, and I know that I will get paid in proportion to the value I provide with 10,000 new readers of this eBook*

3) Why do I deserve this?

- *I deserve this because I am truly coming from a place of contribution and wanting to improve other people's lives.*
- *I deserve this because I bring so much value to people's lives as I help them manifest more of what they want, and less of what they do not want.*
- *I deserve this because it is absolutely in line with my mission, purpose & passion.*
- *I deserve this because with the money I make, I will use it to help even MORE people.*
- *I deserve this because I am a part of a shift in consciousness on this planet and I know I am here to break down systems that no longer serve this world, and to hold the space for other beings to break through into Truth.*

- *I deserve this because I am a WARRIOR! I work so hard and I am willing to do WHATEVER it takes to make sure that at least 10,000 new people read this eBook, every month.*
- *I deserve this because I am a Wizard. I choose to live in my Higher Self. I trust myself, I trust the Universe. I go with the flow. I accept & utilize what is. I only focus on what I want. I am constantly happy & present. And I **EXPECT** and **SEE** myself generating 10,000 new readers a month.*
- *I deserve this because I am in perfect alignment with this reality, as I constantly look for and find things that make me FEEL GOOD. I feel good 100% of the time when thinking about this eBook, and thinking about the hundreds of thousands of people's lives it will change!*
- *I deserve it because I know that **ABUNDANCE ABOUND**s, and all that I want is mine! I am a POWERFUL manifester!*

There you go-- a very simple, yet **monumentally** powerful exercise to help you FEEL DESERVING, and to DRASTICALLY increase the **speed** at which you manifest what it is that you want.

When you do this every day, the POWER of this process **compounds**. In other words, the more and more often you do this, the benefit that you receive *each time* will increase MASSIVELY.

Allow yourself to align with the reality you want. Step into the reality that already exists. It is already there-- waiting for you. Feel the incredibly good feelings that the feeling of DESERVING brings, and manifest into your reality exactly what you want.

Do not underestimate the power of these processes that we give you. On the surface, they may appear to be simple, but simple is really the most powerful. Do what we teach, and you undoubtedly **WILL** manifest **exactly** what it is that you want and *desire*.

Chapter 6: Putting It All Together

We have given you everything you need to know to manifest your ideal reality in less than 60 days. In that short period of time, you can manifest a life experience that has 100% things that you do want, and 0% of what you do not want. Believe it to be true, and it is.

Money, happiness, health, love, business-- you name it, you can have it. In fact, it's already yours. You will know that it is about to appear in your physical reality when you feel nothing but happiness when thinking about what it is you want. That is true alignment.

We are nearing the end of this eBook and we want to thank you for all of the time you've spent with us and for your commitment to yourself to have read this far. You're ready for this information, and you are in perfect alignment with it, which is why you have manifested it into your reality, and have read this far.

It is our intention that in this chapter, we summarize the information in this eBook in such a way that you *Wake Up* to the True You, and so you know what to do, right now, to manifest your ideal reality.

Remember, you are not your mind, not your body, and not what you, or other people think about you. You are the all-powerful being that exists here, now and always. You are love manifested. You are an all powerful creator that can absolutely DO, BE, and HAVE anything you desire.

We want you to have the personal empowerment, that comes from knowing the Truth of Your Being. Beyond that, we want you to be so well connected to Who You Really Are, your Inner Being, so that all areas in your life will inevitably improve.

Live your mission, purpose and passion in all that you do. Uplift others. Help others grow. Evolve. Expand. Shift. Do this with a fervent yearning as you live your mission.

**If you don't know your mission yet, set the intention to find it:
"I am determined to find and know what my mission is"**

The most important thing that we want you to leave this eBook knowing is the fact that your EMOTIONS are communication from your Inner Being. There is no better teacher or source that can help you get closer to what you want than your own Inner Being.

Follow your feelings. Let only how you FEEL be the determining factor for what you think and do. Nothing else matters beyond that. Look for and find things that make you FEEL GOOD.

**Set and FEEL the intention:
"No matter where I am, no matter who I'm with,
no matter what I'm doing, I will look for and
find things that make me feel GOOD"**

Do this ESPECIALLY when you do not feel good. That is the perfect time, as that is the time your inner being is telling you that your thoughts are NOT in alignment with what you want.

If this is ever the case, look for positive aspects in the situation you perceive as disliking. Even if there are 19 things you don't like, and only 1 thing you do... focus on THAT and you *will* feel good.

An even easier thing to do is to simply focus on a DIFFERENT topic that makes you feel good. Do whatever you need to do to feel good. Just FEEL GOOD.

Continue thriving in the abundance that abounds. Feel the abundance and know that it exists. It is waiting for you. It is yours. It is you.

Do your Attraction Workshop.

Utilize the Law of Attraction, and attract into your reality what you desire. Do not keep spinning your wheels, changing what you're DOING, but rather, change what you are THINKING, and all that you want will be yours.

Do The Deliberate Creation Process.

Utilize the Law of Deliberate Creation and FEEL and KNOW that you deserve all that you desire. Know what you want. Know why you want it. Know why you deserve it.

You have been given a small handful of action steps in this eBook. Although few, and although simple, it is everything you need to know to manifest your ideal reality. When you use them consistently, and you allow them to shape the way you live your life experience, starting NOW... then you will *very quickly* have ALL that you desire.

There is an endless amount of wisdom that we would like to share with you. Far more than what we have chosen to include within the pages of this eBook.

If you are on Trinity de Guzman's mailing list, stay tuned, and keep reading the emails you get, as we will be writing with him. We are here to help you with one thing, and one thing only...

To increase the speed at which you manifest a reality that is so powerfully and deliberately attracted that there is 100% of what you do want, and absolutely 0% of what you do not want.

We want you to live your ideal reality now. See and feel the perfection in all that surrounds you. Everything happens for a reason, and that reason is there to serve you. Accept and utilize what is. All that you have, all that you do not have, it is perfect.

The fact that you are reading these words, and this eBook right now... is nothing less than perfect. Let the words in this eBook move you, and you will have all that you desire.

Being the powerful manifest and creator that you are, go forth and create a physical life experience that has MORE of what you want, and LESS of what you do not want.

Feel the personal power you have to choose in this moment, and how you have the choice to *create*, or the choice to not. You have the choice to feel **good**, and get closer to what you **want**, or you have the choice to feel *bad*, and get *further away* from what you want.

Choose wisely.

Feel the empowerment that you have from all that we have taught you. You now have everything that you need to know to QUICKLY manifest your ideal reality.

We've given you a way to know, without a doubt, EXACTLY what to do, every second of every day, to manifest all the money, success and abundance that you could ever desire.

There is no turning back from what you now know.

We've shared with you a glimpse of Who You Really are, and we trust that you will continue to harbor and develop this priceless relationship between you... and You.

You are now awoken to your innate personal power and your most valuable emotional guidance system.

Pay attention to how you FEEL.

We encourage you to share this eBook with as many people as possible. The easiest way to do this is to share Trinity de Guzman's Facebook fan page, where this eBook is available for free.

To conclude, we've written the next chapter to teach you about who we have chosen to speak through, and who we use to bring this information to you... the powerful creator and manifester, Trinity de Guzman.

There is much love for you here.

Go forth and attract the like.

A Message From Trinity

Within these pages, are the exact practices and Teachings, which have allowed me to create my *ideal reality*, in every single way; surrounded by an abundance of all things that are most important to me – Love, Joy, Connection, Peace, Presence, Service to Others, and the Deepest Union with the Divine.

I share this, because I invite you to really put into action, what stood out to you from this eBook. It takes creating new habits, to really shift our lives. And as long as you are willing to apply, these very simple, yet infinitely profound teachings, you WILL notice a massive improvement in your life. There is no other option.

In following these principles, and bringing these practices into your daily life, you are lifting your vibrational frequency, in a way that will shift everything around you. Watch and see, how these incredibly easy practices, make huge ripples, into the enjoyment of your life.

Most importantly, your personal healing & inner transformation, is the **greatest gift** that you can give your brothers and sisters; all humans on this planet. In your personal transformation, you lift the frequency of our Collective Consciousness, and add to the *Momentum of Awakening* on this planet. In doing so, you pave the path, and clear the way, for all other Beings, to experience the same Truth, Love, Freedom and Connection with the Divine.

We all share the same Divine Spark, which has lead us to each other, and brought us on this path - to go Inside, and find the *Keys to the Kingdom*, so we can open the doors, to the reality and paradise of infinite, endless, love and joy, in every single moment.

This is absolutely possible, and this is where we are going, as a collective species. I speak only from personal experience, as I have found that “negative” or “difficult” experiences now make up such a *tiny* part of my reality, since I’ve diligently applied these Teachings.

There is nothing more important, than seeking this Truth, of deep inner peace and joy. This is the path to not only your greatest service to humanity, but of course, your deepest fulfillment, and your Divine Purpose in this life. **Follow your bliss.** It’s as simple as that.

So walk this journey, with confidence in your heart. Stand strong. Don’t be affected by what people think about you or say about you. Follow your truth. **Follow your heart, unconditionally.** And watch, as the Universe opens doors, where walls once stood.

Join the movement. Help us share these Teachings, and join this ever-growing community of souls, here to make this world a brighter place. If this eBook was valuable for you, [please donate here](#). Anything helps! Your heartfelt contribution helps us continue to share the love & spread this message of Truth for us all. Thank you! So infinitely much!

From the deepest depths of our One Heart,
Trinity de Guzman & The Teachers