

A person stands in silhouette on a dark, rocky hill, looking up at a vast, starry night sky. The sky is a deep blue and purple, filled with numerous bright stars and a soft, ethereal glow. The person is positioned in the lower center of the frame, their figure small against the immense expanse of the universe above. The overall mood is contemplative and inspiring, suggesting a connection to something greater than oneself.

# 5

# FUNDAMENTAL MISTAKES IN MANIFESTING

AND HOW TO FIX THEM

ANNA GARCIA  
[annagarcialifecoach.com](http://annagarcialifecoach.com)

# YOUR LIFE IS MEANT TO BE GRAND

"What am I doing wrong?"

"Why can I use the Law of Attraction in some areas of life but not others?"

These are two common questions I get asked.

Through my years of coaching, studying and life experience, I understand it boils down to mistakes we commonly make from lack of awareness. It's not our fault. We were socially conditioned to believe in limitation and scarcity and they don't exactly teach Universal Laws in schools!

The good news is you've got this handbook. I address 5 of the common mistakes and 5 keys to overcome these.

"You can BE anything you want to be, if only you believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, it can achieve." - Napoleon Hill



## THIS IS A FEELING UNIVERSE

### MISTAKE #1: THE UNIVERSE HEARS MY WORDS AND ACTIONS

A huge error we make in manifesting is thinking the Universe pays attention to what we are saying and doing. The Universe doesn't hear what you say. It hears what you FEEL. It only responds to your vibration.

You may be saying all the right words, but if you are feeling grumpy, or dwelling on that argument and how annoying a situation/person can be, guess what? The Universe is giving you more experiences to match the feeling you broadcast.

Everything in this universe, everything you can see and touch and feel, from the biggest mountain to the smallest atom, is made up of energy. Even your thoughts and feelings are energy.

Have you noticed the heavy energy in a room where two people have just had a big argument? Or the lightness in a room when an all-time favourite song is playing and everyone is dancing carefree?



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If you zoom in with a powerful microscope, you will find that nothing rests, everything is made up of waves of vibration.

The Law of Attraction, states that 'like' attracts 'like'. Those things that are similar in vibration are drawn together. Just like the law of gravity, the Law of Attraction operates whether you believe in it or not and whether you see it, or not.

You are broadcasting a signal in all moments of the day, through your THOUGHTS and FEELINGS.

Here is the simplified process:

1. You think a THOUGHT (focusing on what you want or don't want).
2. Your brain sends an electrical current through your body so that you experience a FEELING. Feelings are just thoughts in motion through your body.
3. You broadcast this FEELING out to the universe. This energy extend out from your aura into an electromagnetic field which surrounds you.
4. The Universe picks up your feeling (+ or -) and says, "I agree with you, here are more life experiences to CONTINUE the feeling you chose".

This is the Law of Attraction in ACTION.

You cannot lie to the Universe! It reads you loud and clear by what you are feeling. Notice it doesn't care for whether you are focused on what you want or don't want?

It cannot reject your message. It will draw to you MORE of the signal you broadcast – so CHOOSE wisely!

Having a grumpy day? Then you are a perfect match for the traffic or that person with road rage. Having a fantastic day? It seems one good thing happens after the other like you are in some kind of flow.

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This is why pay ATTENTION to your feelings. They are a bigger player than you think! FEELINGS are the broadcast you are sending.

Do your best to feel better about your life from where you stand. Make lists of positive aspects and reflect on what you are grateful for.

# 2

## BELIEVING IS SEEING

MISTAKE #2: SHOW ME THE EVIDENCE FIRST, THEN I WILL BELIEVE.

Another big mistake made is observing current reality too much. This can be a block to the Universe delivering.

You were raised to think "SEEING is BELIEVING" but in the world of manifesting, the opposite is true. BELIEVING is SEEING. You may have heard it termed in other ways like, "Just have FAITH and it will be given to you".

This key can be hard to digest. Growing up you were taught at school to make a hypothesis, conduct the experiment and then make the conclusion AFTER seeing the outcome.

You were taught to gather the evidence, weigh it up, then make the judgement. You were taught to react only when conditions presented themselves.

"Show me the money, then I'll be happy."

"Get me the girlfriend, then I'll be satisfied."

"Give me the car, then I'll celebrate."

It's tricky because you could be waiting your whole life to be happy if you want the conditions to manifest first!

When it comes to living life to your full potential as a UNIVERSAL being, not a limited being, you MUST be able to form an image in your mind and FEEL as though it were already true for you.

Again, this is not the easiest thing to do when faced with a contradictory reality, but it IS possible.



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The few that can do it, lead an extraordinary life on this planet, while the majority will 'settle' for something less than their dreams.

Look around you. Everything you see started as a vision in someone's mind. The person believed in it before it came into form, which is why it came into form. All around you is potential energy waiting to be moulded by your thoughts. You must learn to shape this through your imagination.

Your brain cannot tell the difference between what is imagined or real. You will broadcast the same emotional signal out to the universe (as though it were real) like the three steps I outlined in Key 1. The Law of Attraction will begin drawing to you the necessary components and ideas to realise it.

Therefore, the Universe doesn't care if the emotional signal you are sending out is in response to reality or what is imagined. Another way of explaining Key 2 is, get into the FEELING of ALREADY having what you want.

Feel wonderful driving that car.

Feel what it would be like to have a wealthy life.

Feel the romantic feelings of sharing a life with someone.

Why do you want these goals? It's because of the feeling it gives you. You can access the FEELINGS right NOW. You can be fulfilled before it manifests and become a perfect match to attract it.

## LET IT GO

### MISTAKE #3: I NEED TO CONTROL THE MANIFESTATION

I get it. You want to control. You want to know exactly when, where, who, what - basically every detail of what you want to manifestation.

However, you can only put out your request and allow the Universe in its wisdom to deliver it to you in the best way possible. Don't stuff it up by wanting to control. It will suffocate what is on its way to you.

# 3

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When the first two keys are practised, something magical happens. Your vibrational 'baby' starts forming. Don't get impatient. Even a human baby takes nine months to gestate.

The moment you ask, the Universe begins the creation of it but in vibrational form. It sits in a type of vibrational warehouse. The more you feed it nutrients, the more it grows. It is like a seed in the ground. It needs nurturing.

The nurturing comes from good feeling vibrations. The way you talk to yourself and the images you conjure affect your vibrations. These good feeling vibrations don't even have to be about the topic. Every good mood feeds the seed.

I have people come to me all excited about a dream, then shortly after get dismayed asking, "But where is it?"

Do you stomp at the ground after planting a seed, demanding "Where is it?" This is the tricky part. The moment you ask the question, "Where is it?" you are now denying its existence in vibrational form and activating the "It's missing" vibration. It cannot continue to grow.

Instead, be like the person ordering a dish at a restaurant. You place the order and enjoy your conversation assured it's cooking in the kitchen.

You don't say to the waiter every minute, "Is it here yet? Is it here yet? Is it here yet?" You LET IT GO. It's just in the other room. Your request was received. It is a done deal!

Do you know that 99% of the creation is vibrational and the last 1% is the final part when it comes into physical form?

Don't introduce resistance by pointing out it is not here because then you will not be a vibrational match. Don't slow down its delivery. Instead, reassure yourself, it's yours, it's here, so relax.

When you want something 'too much', you can slow it down because you introduce some anxious energy. Be light about it. It's coming. Let it go.

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# 4

## TAKE INSPIRED ACTION

### MISTAKE #4: TAKING THE WRONG TYPE OF ACTION

Many people make the mistake of taking the wrong type of action. Don't get me wrong, action is part of creation, but not all action is created equal!

You know everything that manifests into your life doesn't come out of thin air. A spaceship doesn't just land with a delivery of goods. What manifests comes through IDEAS. Ideas are the currency of the Universe. This is how the Universe delivers your vibrational baby to you.

The Universe sees what you want and starts creating it. From its' bird's eye view, it can see what components and situations need to be set up for the delivery of your baby. It will draw the right people to you. It will set the stage.

It will INSPIRE you and others to be in the right place, at the right time to make the deal happen. You may think you just got an inspiration to just go to the shops. But at the shops, you happen to meet a key person that will enable your plan to work.

Pay attention to the inspired ideas you get, the promptings of the soul. When you get these promptings, or feelings from your intuition, ACT on them straight away. If you don't, your intellectual mind will convince you it was just nothing.

There are two types of action. Unfulfilling action and INSPIRED action. One is the action you 'think' you should do.

The other is action inspired by the infinite part of you, as part of the plan to your manifestation. This is the action you want to be taking. It will feel exciting, light or fun. Inspired action will feel good, even if it requires a lot of physical action.

Manifesting what you desire through the Law of Attraction is not just about good feeling thoughts. It's about good feeling ACTIONS.

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It's about being inspired to move into action because it's fun to take the journey. After all, isn't the most enjoyable part of the goal the journey to the goal?

## JUST HAVE FUN!

### MISTAKE #5: TAKING LIFE TOO SERIOUSLY

The last mistake many make is taking everything too seriously. When you do this, you literally strangle the life source energy wanting to flow through you. Remember, Law of Attraction is responding to your vibration.

"You can't just have fun, how is this productive?"

Sound familiar? You probably heard this from an adult while growing up. It's time to be open to another way of thinking.

You came into this world to have an enjoyable experience in life. When you were a baby, you were delighted with something as simple as putting your foot in your mouth. You had fun playing as a child.

Then somewhere along the way, you were conditioned to believe that life was hard. You were told to grow up, be serious, be responsible because life was meant to be a struggle.

So, Law of Attraction gave you evidence it was a struggle. Then you said, "See! See! This is proof that life IS a struggle." Thus the cycle continued till one day you questioned if there was another way?

Whatever you believe to be true for you will be proven to you by the Law of Attraction.

Life is NOT meant to be a struggle. It is meant to be a thrilling adventure. It is meant to be an opportunity to summon energy through you in the form of emotions so you can feel the zest of life.

When I ask people, "When was the last time you had fun?" some look at me with blank faces, as though fun was a foreign concept.





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The easiest way to change your point of attraction is to start introducing more fun in your life. Before you say 'fun' is not practical, let me share with you this example.

I had a very business-driven lady contact me because she purchased a café. She always succeeded in everything she did but six months in, she rang me feeling down.

She worked really hard, but had no customers, was struggling, losing money, arguing with staff and wondered if it was meant to be. I directed her by reminding her to set her eyes on her original vision and just have fun.

The next time I visited her café, it had a steady stream of customers. I asked her what happened. She explained that after our conversation she decided to change her attitude. She introduced more fun into her business and immediately it started a 180 degree turn.

A steady stream of customers started flowing through. The leading competitor shut down overnight. People started fighting over seats at her café and making bookings for their birthdays.

She hired a rock star chef and had bloggers coming to her café giving great reviews. It was quite miraculous. She still took action but it was with a different lighter energy.

Having fun will ensure you stay within the 'effortless' vibration. A vibration of FUN is magnetic. Aren't you drawn to fun people? It is the most allowing state for the Universe to bring you what you want. As Rumi states, 'What you seek is seeking you'.

The only thing stopping you from receiving it is all the uptight-ness which blocks the flow of well-being. Abraham Hicks says blood naturally flows through an arm but if you have a rope tied around it, it cannot flow. Your job is to untie the rope.

Rather than managing every single thought you have, it is far easier to raise your vibration by loosening up. Have MORE FUN.

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## USE THESE KEYS

There you have it. 5 common mistakes when it comes to manifesting and the keys to overcoming these.

There are many more tools and tips to manifesting, but these are ones that will get you started.

Take the parts that resonate with you and use them as an opportunity to unlock a whole other unlimited world. That's what you intended from your universal perspective.

If you would like to shift your life in a greater way, book a free 30 minute discovery call with me by visiting [www.annagarcialifecoach.com](http://www.annagarcialifecoach.com) or find out more about my coaching programs on the programs tab.

*Anna xx*



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