



JOE
DIAMOND
LIVE

MYSTICAL GUIDE TO THE MIND

A QUICK & DIRECT MANUAL
TO THE MYSTERIOUS

DREAMS | INTUITION | MANIFESTATION



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INTRODUCTION

If you are reading this, you have likely seen me perform one of my mind reading shows, and were interested in learning more about these unconventional ways of creative thinking.

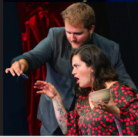
What follows is a general overview of some of the strange aspects of the human mind that, in reality, come naturally.

Dreams, intuition & manifestation are all tools at anyone's disposal, and you can use all of them to achieve your goals.

Don't worry if some of this seems too "out there" or vague. My hope is that you leave behind what doesn't gel with you, and that you apply what's useful to you into your life. I've made sure to only include things that have proven useful to me in the past, keeping this short & sweet so you can instantly apply these practices

Thank you for taking the time to read, and I wish you lots of success!

- Joe Diamond, 2023



PART ONE

DREAMS

DREAMS: FAQs

Every dreamer has asked questions about why we dream, and what those dreams mean. While every dream is unique to the person who dreams it, the world of dream interpretation is a rich, fascinating and exciting one. We have included here some of the most commonly asked questions about dreams and their analysis.

WHAT IS THE SIGNIFICANCE OF DREAMS?

Dreams have significance in the real world. Dreams are told in a symbolic language, and the images in dreams tend to contain hidden meanings and hidden messages. When analyzing and interpreting dreams, it is important to understand that the stories told in dreams are symbolic and not meant to be taken literally. The significance of dreams for each dreamer is a personal matter related to each person's experience and emotions.

DO MOST PEOPLE DREAM IN COLOR?

Most people do dream in color, but many may not notice the colors in the dream world. Since color is such a natural part of our normal day to day experience, color may be overlooked in the dream world. In addition, because dreams fade so quickly, the sense of color may be the first thing to leave the conscious mind.

WHY DO RECURRING DREAMS HAPPEN?

Recurring dreams are among the most common types of dreams. Most often, recurring dreams indicate that the dreamer has some issue that is not being confronted in his or her waking life. Examining these recurring dreams, and understanding what triggers them, can often allow the dreamer to resolve the underlying issue and banish the recurring dream.



WHY DO I REMEMBER ONLY BAD DREAMS AND NEVER GOOD ONES?

One reason is that the most vivid dreams tend to be those that are remembered, and nightmares are generally more vivid than good dreams. In addition, sleepers are often awakened by a particularly vivid nightmare, and waking during dream sleep means that the dream will most likely be remembered in its minutest details.

DO GENDERS DREAM DIFFERENTLY?

According to studies up to the time of writing, men and women both experience the same brain wave activity during dream sleep. The content of the dreams of men and women do differ, however. Studies of dream content have shown that men tend to dream more about other men than about women, while women tend to dream about men and women equally.

HOW ARE DREAMS AFFECTED BY OUR DAILY LIVES?

Any feelings or thoughts repressed during the day are likely to make an appearance in your dreams during the night. For example, if you wanted to show your anger to someone but were unable to do so, you may express anger to that person or a similar figure in a dream. In addition, those who have experienced traumatic events are often troubled by nightmares in which they relive that trauma.

DO ANIMALS DREAM AS WELL?

All mammals studied have exhibited the same brain activity that humans exhibit during dream sleep. Many scientists see this as proof that animals do in fact dream, although what they dream about is likely to remain a mystery.

→ dream →



INTERPRETATION OF DREAMS AND USING A DREAM JOURNAL



There is a guiding principle to dream interpretation, and Edgar Cayce said it best when he called for us to interpret the dreamer and not just the dream.

Dreams are a tool, like the proverbial finger pointing to the moon. Don't focus on the finger or you will miss out on all the celestial magic. Dreams are the finger and they are pointing to the dreamer. Interpreting your dreams is an exercise in self-discovery and self-growth. They are almost always referring back to you and every character, image and emotion is usually referring to various parts of your psyche.

The primary purpose of dreams is to attempt to balance the psyche. Keeping this in mind will help you understand the meaning of your dreams and prevent you from getting way off track in your interpretation.

Trying to understand one dream in isolation is like trying to understand a person by spending one day with them. By recording all of your dreams in a dream journal you will, over time, find it easier to understand individual dreams you have in the future.

Dreams are like plays or movies that we create every night, and they have a similar structure. It can be helpful to look for this structure when trying to understand your dreams:

- **Location:** Where does the dream take place? How do you feel about that place? What emotions arise within you as you think about it? Does it have any relationship with a real place you know?
- **Characters:** Who are the characters? How are you presented? Who is the antagonist? How do you feel about each of these people (including the presentation of yourself), and how do they relate to parts of your own personality or to people you know?
- **Plot:** How does the plot unfold? There is usually a beginning (where the story is established and begins to build), a middle (where a crisis peaks), and an end (where the crisis gets resolved though sometimes dreams don't provide the solution and end in the middle of the story because it is up to you to provide the resolution).

Sometimes (rarely) dreams can be very literal and they are easy to understand. There is nothing wrong with asking whether the face value of the dream may have meaning for you.

Most often, however, dreams are shrouded in symbolism that points beyond the literal image. They can be trying to communicate a very specific message that applies to your waking life, they may be merely trying to balance your emotional life or they may just be hinting at some thoughts or emotions in progress without any final resolution yet in mind.

Dreams are often messages from our subconscious mind that are resisted by our conscious mind. For this reason, the subconscious often cloaks the message in symbols so the dream isn't immediately rejected or simply avoided by the conscious mind.

Unraveling these symbols can be very difficult, but also a lot of fun. It's the ultimate mystery and the most elaborate puzzle, but the answer is always within you.

Sometimes the answers are as simple as consulting a dream dictionary for the meaning of common symbols and archetypes. However, each person is different and has their individual dream dictionary. To make things even more interesting, your personal dream dictionary can change over time.

Interpreting your dreams can provide you with a life-long quest that goes way beyond the puzzle solving of the Da Vinci Code, but can also be much more rewarding.



DREAMS AND THE ANCIENT WORLD

The interpretation of dreams by dream experts may be almost as old as dreaming itself. We know that all humans, and many animals, dream every night, and humans have always been fascinated to learn what causes dreams and what they mean.

The interpretation of dreams dates back at least as far as 3000-4000 B.C. We know that because the interpretations of dreams were recorded in permanent form on clay tablets. It is thought that many primitive peoples were unable to initially distinguish between the real world and the dream world. In many cases, these people looked upon the dream world as an extension of the physical world around them, and in many cases they saw the dream world as more powerful than the waking one.

Dream interpretation was such an important field to the ancient Greek and Roman world that dream interpreters often accompanied generals and other military leaders into battles. Dreams were taken extremely seriously, and the Greeks and Romans in particular often viewed dreams as messages sent by their Gods.



Dreams also had a religious context in ancient Egypt, and priests there doubled as dream interpreters. Dreams were among the items recorded by the ancient Egyptians in the form of hieroglyphics. Those whose dreams were especially vivid or significant were thought to be blessed and were given special status in these ancient societies. Likewise, people who were able to interpret dreams were thought to receive these gifts directly from the gods, and they enjoyed a special status in society as well.

There are over 700 mentions of dreams in the bible, and people in biblical times saw dreams as very significant. Dreams and their interpretations are mentioned in many of the most significant books of the bible and other holy scriptures.

In many cases, dreams were often seen as a form of prophecy. People often interpreted their dreams as omens or warnings, and adjusted their activities accordingly. Dreams were often thought of as omens from deities, as messages from spirits, or as messages from departed souls. In some cases, dreams were even seen as the work of demons, meant to confuse and trouble the dreamer.

Dreams were so important that they often dictated the actions of political and military leaders, affecting everything from the prosecution of a battle to the outcome of a political decision. Dreams were also thought to provide vital clues to healers, and they were used in the diagnosis and treatment of all manners of illness.



Dreaming was often looked upon by indigenous peoples as a way to commune directly with Gods and Spirits, and dreams are still used in this way by cultures around the world. Many people believed, and some still do, that during dream sleep the soul leaves the body and communes with the spirit world.

The Chinese were one culture who believed that the soul left the body each night during dream sleep. They believed that if the dreamer were suddenly awakened the soul may not be able to return to the body. That is why some Chinese are still leery about the use of alarm clocks. This is just one example of how ancient legends can linger into the modern world.

Some indigenous Mexican and Native American societies share this ancient view of the importance of dreams, and share the belief in a separate dimension that is visited during dream sleep. These people believed that their departed ancestors lived in their dreams, and that they were able to take forms like animals and plants. Thus dreams were seen as a way for them to commune with their recent and ancient ancestors, and to gather wisdom and knowledge that would serve them in their waking lives. Dreams were also seen as ways to gather information about their purpose or mission in life.

The respect for dreams changed radically early in the 19th century, and dreams in that era were often dismissed as reactions to anxiety, outside noises or even bad food and indigestion. During this period of time, dreams were thought to have no meaning at all, and interest in dream interpretation all but evaporated. This all changed, however, with the arrival of Sigmund Freud later in the 19th century. Sigmund Freud stunned the world of psychiatry by stressing the importance of dreams, and he revived the once dead art of dream interpretation.



PART TWO

INTUITION

TRUST YOURSELF & YOUR INTUITION

The Oxford English Dictionary defines intuition as "the immediate apprehension of an object by the mind without the intervention of any reasoning process".

Isaac Asimov said of it, "Intuition is the art, peculiar to the human mind, of working out the correct answer from data that is, in itself, incomplete or even, perhaps, misleading."

How is your relationship with this aspect of yourself? Can you find your own way through a situation with incomplete data? Are you able to balance the left and right sides of your nature, instinct and logic, in order to create maximum persuasion?

We all have the experience of gut feelings, most likely in the form of danger. Being in the wrong place at the wrong time is an unpleasant reminder of our intuitive natures. Or maybe you've experienced it in a romantic situation. We've all heard stories of a man or woman meeting their twin flame for the first time and thinking to themselves, 'This is the person I'm meant to be with. I can feel it.'



Intuition is a muscle that can be strengthened. It is an aspect of emotional intelligence and with study, attention and patience, can be grown and used to further aid your persuasion skills.

Hunches, gut feelings and intuitions are entirely acceptable to apply in business matters, as well as, life in general. Following these are signs that Spirit is flawlessly guiding our lives as we've requested.

When I experience a moment of intuitive clarity, I feel it in the back of my stomach, radiating sharply. Other people experience it as a jump in their chest. Others still feel a hardness in the backs of their throats. By paying attention to these physical shifts, the world of self-calibration opens up to us. These shifts can sometimes make huge differences in the things we do and measures we take to close a deal or get out of a dangerous or difficult situation.

As a small disclaimer: Following hunches shouldn't negate logic and reason, but act in concert with them. The ability to pay attention to hunches and intuition is sometimes relegated to woo-woo modern mystics and is often neglected or mocked in other situations. But think about EMTs or military personnel (especially ones in the line of danger) who rely on these abilities to keep themselves safe. Or think about business mogul, Lee Iacocca, who once said, "The only mistake I ever made was not listening to my gut."

Think back to times when you had these feelings and didn't heed the warning. What unpleasantness could you have avoided if you had (a broken heart, a stolen iPhone, etc...?) By checking in, centering, and gaining clarity, our life is enhanced immeasurably in all aspects.

Intuitions

10 TIME-TESTED METHODS FOR GETTING IN TUNE WITH YOUR INTUITIVE ABILITIES

The world today can be overwhelming! Each year, society seems to revolve more and more around technology, screens, and stress. It is far too easy to get caught up comparing ourselves to the perfectly curated lives we see on social media, or feel overwhelmed by the never ending 24 hour news cycle. It's no wonder we can often find ourselves feeling caught in negative cycles of anxiety, fear, and stress.

Thankfully, we are all born with the ability to access a tool that can help us overcome all of today's modern struggles. A tool that can help guide us through life and stay on the right path. It is our one true superpower, an ancient wisdom buried within each of us. What I'm talking about is your intuition!

Another definition of intuition is, "the ability to understand something immediately, without the need for conscious reasoning". In other words, it's the bridging of the gap between our conscious and unconscious minds. For example, have you ever had an unexplainable feeling in your gut that instinctively told you when something you were doing was right or wrong? That was your intuition speaking. Now imagine what your life would be like if you were able to access that inner guidance system whenever you needed it. That sounds amazing, right? Who wouldn't want more of that?



Listening and trusting that little voice is a marvelous thing on its own, but working to develop that little voice can make it even more powerful. We all have the sacred ability to grow and strengthen our intuition. The more we use it, the more it can expand and evolve. Imagine your intuition as a muscle that needs exercise and nourishment to flourish. Let's take a look at the 10 best ways to get in tune with and develop your amazing gift!

Meditate: Unless you have been living under a rock for the past 5 years, you know that you should be meditating. We hear about it everywhere! We all know that we should be meditating more. Let's take a look at meditation through the lens of helping us tune into and grow our intuition.

For most people, intuition has a very soft voice. If our minds are busy with the stresses of daily life, it can be very hard to hear that little voice. Meditation is a great way to clear the mind, quiet the constant inner dialogue and make room for our intuition to come through. Try this basic meditation to help you listen and tune into your inner spirit!

- Set a timer for 10 minutes.
- Find a relaxing and comfortable place to sit.
- Close your eyes and stay quiet.
- Listen to and feel your breath (really pay attention to it) without trying to change it.
- Just observe the breath. Notice any sensations that arise. Just BE present.
- When your mind wanders, just bring your focus back to your breath.

When your timer goes off, slowly open your eyes and take a moment to write down any important thoughts, messages, feelings, or insights you may have received during your meditation.





Dreams: During our waking hours, our cognitive brain is in control. It uses logic and reasoning to override our subconscious mind. However, during sleep that conscious mind rests, allowing our inner subconscious to shine through. We can learn alot about overcoming issues or problems by listening to this inner consciousness.

Keep a dream journal. Keep a notebook and pen right next to your bed, and immediately upon rising try to record everything you remember about your dreams. Dreams begin to fade from memory immediately upon waking, so make sure to grab your dream journal before you do anything else. Like most things, this takes practice, you will get better over time at interpreting and recording these dreams. You will be able to see patterns and occasions where your inner consciousness is trying to help you solve problems or guide you in the right direction.

Before going to bed, visualize yourself remembering your dreams. Picture yourself waking up and recording these dreams in your journal. Try to keep this thought in your head as you fall asleep. This will help imprint the practice in your mind and make it easier the next morning.

More nature: Spending time in nature, away from technology, is one of the best ways to quiet the mind. Nature is a great way for us to get in tune with our ancestral self and our celestial intuition. This is where we come from, our ancestors relied on their intuition for everything. For finding food, avoiding predators, finding the right path, intuition was one of the most important aspects of life. Anytime we immerse ourselves in nature's beauty, we have an opportunity to dip our toe in another world, a world where intuition rules.

Get creative: Do something creative! Paint, draw, build, sketch, anything that elevates your creative mind. When we are young, our inner voice is loud and not hesitant to shine through. As we get older that inner voice is pushed down with responsibilities and the stresses of life. Tapping into this creative part of our brain can help re-ignite those pathways and amplify our intuitions.

Get in tune with all your senses: Your intuition can flow through any of your five senses. It may come as a strange or loving sensation you feel physically within your body, or as a thought that seems to appear out of nowhere. It may be triggered by a certain scent, or even taste. Start noticing and paying attention to all of your senses. When was the last time that you really concentrated on your breathing, your sense of smell, your taste? We have all heard the phrase, "stop and smell the roses", but it really can help in developing your intuition. The more you practice getting in tune with these senses, the more your "6th sense" can flourish as well.

Follow your hunches: A surefire way to develop your intuition is to test out your hunches. When you are going about your daily life, keep a journal and write down every time you have a hunch. When that little voice chimes in, be sure to write it down, so you can record and see how these hunches play out. It can be as simple as seeing the weather reporting rain for tomorrow, but you have a feeling it will be sunny. Maybe a friend's partner gives you bad vibes, write down your feelings and see if it plays out. Follow your hunches and see what you can learn about your intuition.



Switch up your daily routine: The conscious brain loves routine and order, but the more regimented your life is, the further your inner voice is pushed down. When the mind is busy it can be especially hard to hear that little voice. Switching things up can throw your cognitive brain for a loop, and let your intuition shine through. Escape the daily routine, slow down and do something different. Your intuition will thank you.

Replay past events: Sit down and try to think back to a situation where things didn't go as planned, or didn't go as you wanted. Visualize yourself back in that situation, notice any feelings or moments where you felt as if something was wrong. Was there an opportunity to go a different way? Did your inner voice speak up for a moment, only to be overtaken by your cognitive mind? Try to evaluate some of these occurrences and look for patterns, look for ways that you could do things differently the next time. Look for ways your intuition was trying to guide you and the things it was trying to tell you.



Breathework: Hands down, breathework is one of the best ways to quiet the mind and get in tune with your inner voice. Try this 4-7-8 method to give your intuition the opportunity to shine through and bring your consciousness to the present.



- Start by emptying your lungs of air.
- Breathe in through your nose for 4 seconds.
- Hold that breath for 7 seconds.
- Exhale slowly through your mouth for 8 seconds.
- Repeat this process 4 times.

This 4-7-8 technique will not only help with intuition, it is a great way to mitigate stress and lower anxiety. Basically, the whole world would be a much better place if everyone would practice this simple technique once a day!

breathe

Have Gratitude: In this day and age, it's easy to look at the negative aspects of life and forget about all that we are blessed to have. We all do it! It can be so easy to overlook our health, the love of our families, food and water, our home or our community. Take time, every day, to recognize and give thanks for a few of these amazing things that we are lucky enough to have in our lives. This simple practice can open us up to a higher frequency and allow more of life's wonders to find their way to us.

- Gratitude improves relationships.
- Gratitude improves sleep.
- Gratitude improves physical health.
- Gratitude improves self-esteem.
- Gratitude enhances empathy and reduces aggression.
- Gratitude improves psychological health.

The benefits of practicing gratitude have been scientifically researched and proven to be powerful, real tools. Think about just how much a few of those positive benefits could drastically change our daily lives. Gratitude can truly open a plethora of doors to a better life, which in turn, will help our intuitions flourish!



9 WAYS WE UNINTENTIONALLY SABOTAGE OUR INTUITION (& HOW TO CORRECT IT)

Ralph Waldo Emerson, the American philosopher said "The primary wisdom is intuition." It is not just a theory, it is part of who we are. Without training, we can happen upon it occasionally, and when we follow our intuition we usually like the results. What would happen if we learned to tap into our own innate intuition on a daily basis? Why don't we? As Carl Jung said "intuition does not denote something contrary to reason, but something outside of the province of reason." It is real and it is not in our heads. And our head can't control it.



There are many ways we sabotage our own natural intuition all the time. Here are 9 examples and what we can choose to do instead:

1. We hurry so much that we don't take time to listen to our intuition. We need to slow down or just be still to hear our intuition.
2. We don't look for the symbolism in things or events nor do we develop our symbolic ability. We need to be open to possibilities.
3. We let our ego control us, and insist on being in charge/controlling everything around us. The ego is threatened by the presence of your intuition.
4. We confuse intuition with fear and wishful thinking. When we stay in our heads and let our emotions control us, we lose the gift of what our intuition can offer.

5. We continue to associate with people who don't believe in intuition or want to use it. Intuition is contagious. But so is a lack of intuition.

6. We think we can force intuition just like we can pedal a bike or pump weights. Intuition comes where and when invited, but not on demand.

7. We insist on staying in our logical, rational, analytical thinking as the only way to find solutions to problems or make decisions or find solutions. When we are centered, using all our emotional intelligence tools and habits, intuition can flood us with many creative alternatives that the intellect could not conceive.

8. We listen to our ego when it tells us it can handle the problem or situation itself. We allow the ego to reject the insights that intuition offers.

9. We believe we don't need to learn tools, skills and habits to master our intuition. By getting trapped in the endless loop of our heads, we never get a chance to develop our intuition to see how good it can become.

One of the most brilliant and analytical minds of the twentieth century, Albert Einstein said, "The real valuable thing is intuition." If this famous and rational mind can credit intuition so highly, maybe we should give it a try too. Who knows, with a little practice, a little coaching and a few successes, perhaps we too will start to see the wisdom of using this 'thing' called intuition.



PART THREE

MANIFESTATION

USING THE MANIFESTING MINDSET FOR SELF IMPROVEMENT

For years we have been exposed to self help and motivational instruction that focuses heavily on the physical world. For some, this has been highly effective while for others this hasn't always been the case. Why is that? I believe that success comes to those who have the manifesting mindset. What is the manifesting mindset? It's simply thinking in a way that is in harmony with the universe.



I know that sounds spiritual and it is. The reason some people seem to get everything they want and have abundant success is mainly due to their Manifesting Mindset. If we have a subconscious belief that, for example: Wealth is an achievable goal, then your mind will allow you to manifest that wealth. However, if you have subconscious thoughts that are negative towards the attainment of wealth, then you will vibrate an energy that will not attract wealth. Have you or anyone you have known ever had a successful business or made a lot of money, and then after a period of time, lost it all or in part? Or how about if you have had some business success or other personal achievements and caught yourself saying something like I'm so lucky or I can't believe I'm doing this, and then had a turn around in your luck or your achievements? Those are examples of subconscious thoughts that are sabotaging your chances of maintaining your success.

Here's one of my favorite thoughts: It's about great inventions. Do people invent things, or just understand the powers of energy in the universe? Thomas Edison invented the light bulb, but it was always POSSIBLE to have a light bulb even before Edison UNDERSTOOD how to make one! After he made one, it soon became one of the most common items in the world! Now everyone uses the light bulb. Imagine trying to explain a light bulb and convince someone that it works before Edison made one. The same is true with the Manifesting Mindset; we are only now beginning to understand and harness the energy that makes up our universe, and while there is undoubtedly much more for us to learn, one thing is for sure, knowledge is power and understanding the Manifesting Mindset will allow you to achieve all that you truly deserve.



HOW MINDSET AND ACTION CAN WORK TO MANIFEST YOUR DESIRES

MINDSET

So you think you understand the principles of manifesting, but you cannot explain why these things are still not coming to you. You believe that we create our reality. You understand the laws of attraction, and believe that what we think about we attract into our experience. You have even been practicing these principles, that is, when you remember to. When you think about it, you are repeating affirmations such as: My perfect relationship is available and I deserve to have it. My income level is constantly increasing. Okay, then, why is that perfect relationship or more income not what you're experiencing?

You may be trying to blame your parents for instilling some limiting belief that money is bad or that there is something spiritual about suffering. It really doesn't matter where some of your beliefs come from or how many of them you have. There is a way around this. You need to focus on the beliefs that do serve you better such as: The Universe is full of abundance. The Universe wants to bring my desires to me. You may be feeling unworthy. If you don't think that you deserve to be happy and successful, how can you possibly create that in your life?

Okay, so now you are 1) believing that it IS possible to have all you desire. And, 2) you are now feeling worthy. You feel like you have done your part and now you are just waiting for the Universe to fulfill those desires. There is another little piece here that could perhaps be the missing link. Take action. But wait a minute here you say. I thought that I just have to ask and know that the Universe will supply, and presto! it appears. Not so fast, let's see how taking action can assist in this process.

When you take action, any action, in the direction of your desire, you are showing the Universe that you are serious. It also facilitates the process because you have focused your attention on your action instead of your waiting. This action does not need to be huge earth-shattering stuff. This action can come from a feeling of inspiration, intuition, or even coincidental events. One very important thing to keep in mind when you do take action: be sure to feel good about it, about yourself and what you want. Now you know how to assist the Universe in fulfilling your dreams.



HOW DO I MANIFEST? JUST TRUST

If you are asking the question how do I manifest, then read this. Learning to manifest your desires is similar to learning to swim. So how is swimming similar to manifesting? Both manifesting and swimming requires total trust, i.e. letting go. In the case of manifesting, you need to let go of your need to control the outcome and trust that you shall receive that which you seek. In the case of swimming you trust that you will not drown. Everyone who has learned to swim will tell you that fear causes you to sink. Lack of fear allows you to float. And even if you go down it will be temporary and you'll soon bob back to the surface.



It is the same with trying to manifest your desires. Accept your desires as already having been fulfilled. If you have any doubts whatsoever, that this is not so, you will fail to attract your desires. You can fool people, but you cannot fool the Universe. Every thought, feeling or doubt, no matter how slight, vibrates out to the Universe.

When I learned to swim and it was while I was in the pool that I realized the parallels between swimming and manifesting. I was baffled by the fact that I had difficulty keeping my head above water, while experienced swimmers didn't have such a problem. They would swim effortlessly while I struggled. That was until my instructor said this, "The reason you sink is because you don't trust the water to keep you up. You're afraid that if you let go, you'll go down." And then it hit me, it is the same with manifesting your desires! No trust, no manifestation.

It's only when you totally and unequivocally trust that your desires are as good as having already been delivered, that the manifestation will appear. The proof of your total trust is when you express your gratitude and already start celebrating, in spite of your present reality, which may be the exact opposite of what you desire. However, just as it is with swimming, getting to that point doesn't happen overnight. We first have to let go of our fears which are a product of our past experiences. Until we choose to change and do things differently, we will continue to get the things we've always gotten.

In short, the answer to the question, how do I manifest, is to just trust yourself. Trust that the Universe wants what's best for you and is fully capable to supply what you want. Trust that just as the water lifts you up and lets you float, the Universe shall keep your head above the tides of life, irrespective of how fearful things may seem right now.





THANK YOU FOR READING!

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