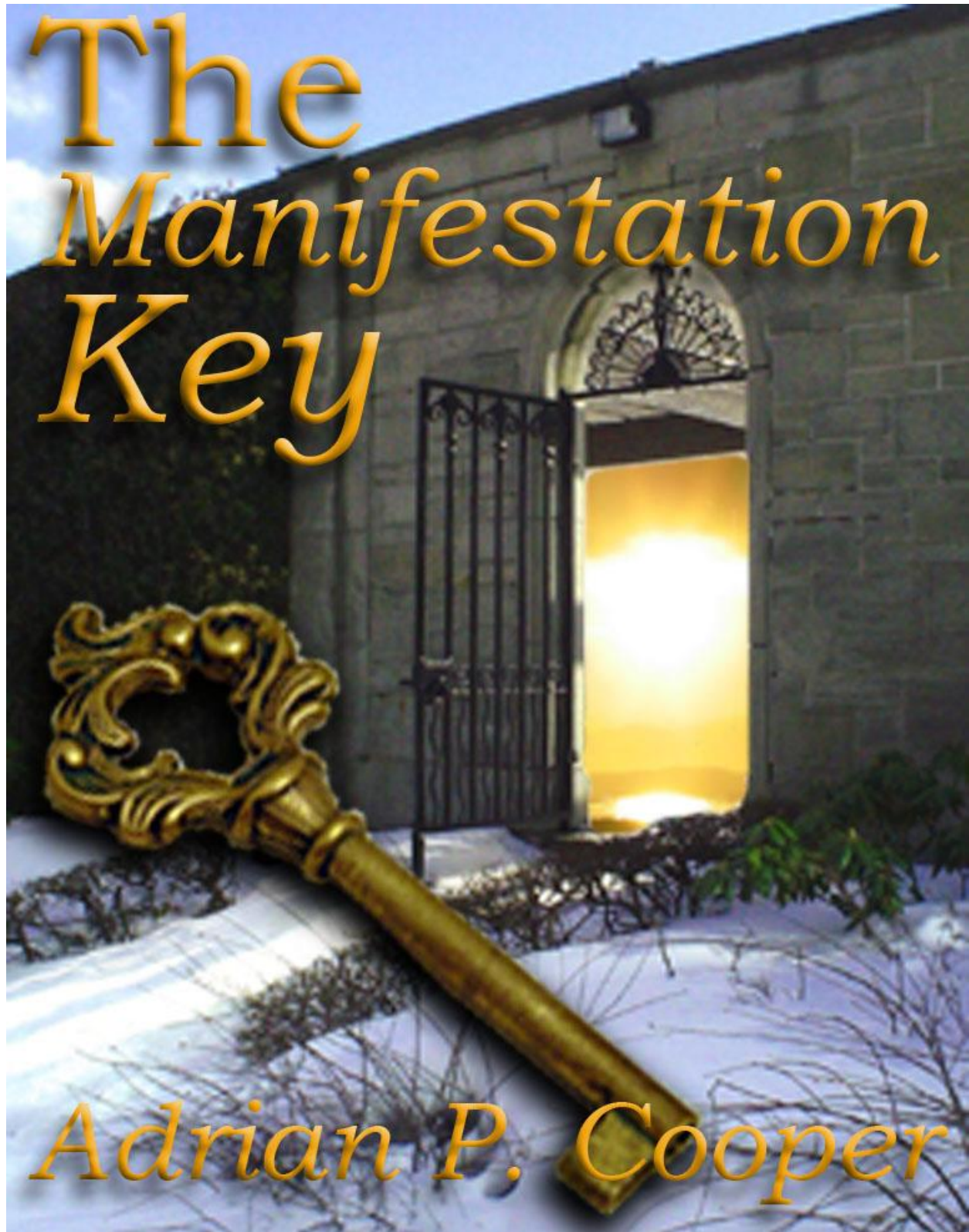


The Manifestation Key



© 2013 Adrian Cooper

<https://ourultimatereality.com>

Page 1

The Manifestation Key

Table of Contents

Part 1: Introduction	4
Part 2: How We Experience	6
Part 3: Desire	30
Part 4: Imagination	33
Part 5: Faith and Belief	43
Part 6: Feelings and Gratitude	48
Part 7: The Manifestation Key	52

The Manifestation Key

About this book

Not being satisfied with any book on "Manifestation", also erroneously known as "The Law of Attraction" currently available, I set out to write the definitive book, encompassing ALL necessary Principles, culminating in a simple, yet practical, and above all powerful process, achievable by All. I am totally satisfied that this small book has accomplished this.

I am making this book freely available to all who may benefit from it. **I Encourage You to Freely Share Far And Wide, To All Who May Value From The Manifestation Key**, without the need for prior permission. **This is a gift from me to you.**

I hope this book helps you to Manifest All Your Desires.
Love, Light and Blessings, Adrian Cooper.

The Manifestation Key

Part 1: Introduction

In 2004 I wrote a book entitled "Our Ultimate Reality, Life, The Universe and Destiny Of Mankind". In the following year, 2005, I began publishing a weekly Newsletter of 7+ pages each Sunday, mostly focussing on Spirituality, Metaphysics, Quantum Mechanics and related subjects.

Although the number of subscribers to the Newsletter remained fairly constant at around 50,000 - over the years subscribers came and went - most also forwarded the Newsletter to family and friends. So over the years it is quite likely that, in all, millions of people read at least some of the Newsletters, either directly, or on the Our Ultimate Reality website.

Over the course of the 7 years the Newsletter was published, I received literally tens of thousands of emails requesting help with life issues, asking questions, sending gratitude, offering feedback, experience and so on.

Some questions arose extremely frequently, but one question in particular came up far more than any other - The "Law of Attraction".

The number of questions on The Law of Attraction escalated dramatically following the launch of the movie "The Secret", which brought widespread awareness of these principles to millions of people all over the world.

While the movie The Secret is due considerable credit for showing people that we are completely in control of our own experience, many of the subjects encompassed in the movie, relating to The law of Attraction, were, in my opinion, fundamentally flawed, which led many people to be disappointed in that The Law of Attraction did not work for them, many believing that after all, it was not even real, but simply a marketing ploy.

Well, to begin with, "The Law of Attraction" in and of itself is a misnomer, - it implies that there is "stuff out there somewhere to attract to us".

This idea is completely erroneous, being based in a duality idea.

There is no "out there". All is One.

The Manifestation Key

We are already Whole and therefore Encompass The All.

There Is Nothing Therefore That We Do Not Already Have Within Us.

So in reality, in Manifesting our unique Desired Experience, we are simply choosing which aspect of The All Within Us to Experience from the Universe of Thoughts, Images and Ideas, and then choosing to focus on that particular Desired Experience, which is then Expressed through Mind and Consciousness, In and As, The Divine, Source, God.

Although The Divine has many names according to religion and preference - I personally refer to God variously as "God", "The Divine" and "Source" - in the interests of simplicity and clarity, within this book I will simply use the word "God" in the context of Our Divine Mother/Father, Masculine/Feminine Creator, and Source Of All That Is, as Us Human Beings and All Life.

Here then is the Beautiful and Powerful Truth...

God Works Through Us As Us.

We Are God, In Human Form. We Have Identical Powers To God.

Now there are many good books available, some excellent in fact, on the general subject of "Manifestation" and "The Law Of Attraction", however many of these books utilise ideas that originated at least 100 years ago.

The objective of the book is to write a definitive book on Manifesting Experience, in such a way that **everyone** can understand and immediately confidently put in to practice in the most powerful and positive way.

The following 5 parts will discuss all of the fundamental Principles required for success. It is necessary to grasp these Principles in order to acquire the Understanding, Faith and Confidence to put **The Manifestation Key** in to practice in the final part 7.

I hope that you at least enjoy **The Manifestation Key** and hopefully enjoy also considerable success in Manifesting all your most treasured Desires.

The Manifestation Key

Part 2: How We Experience

In this second part of **The Manifestation Key**, we will discuss how we Experience ourselves and the world around us, that we may better understand how our physical body and "material experience" may be influenced to suit our own specific needs, Desires and aspirations.

To begin to address this question then, look around you now.

What do you see?

Your "PC", the display upon which you are currently reading this web page, the "desk" upon which the display rests, the "chair" upon which you are seated, the "doors", "walls" and "ceiling" for example?

These objects may seem very "real" to you from your own personal perspective, but are these familiar objects "real" in absolute terms?

Is Earth "real"?

How about the Universe?

What about "instruments" used to sample everything that people generally accept as "reality"?

The first question we must ask then is "**what is really real**"?

One of the most frequent objections I hear from people who have read about "The Law of Attraction", is that if our body and everything around us is "solid", then how can it be "changed" by the Mind.

Well, our body and everything around us only seems "solid", because our 5 physical senses are working at the same vibratory energy frequency as Earth and everything on it.

The Manifestation Key

If we were living at a vibratory frequency that was even very slightly out of phase with Earth, then nothing would seem "solid" anymore - we would walk through walls, through other people etc. This is for example why those discarnate Beings - deceased people - called "ghosts" walk through walls.

We can verify this truth for ourselves through practicing Astral Projection.

When we project consciousness beyond the physical body, our etheric and Astral bodies vibrate at a much higher frequency than the physical body.

So when we project in our own home, the environment is the same as before, as normal, but we can walk through the walls, other people etc.

So the illusion of "material solidity" is only a matter of Vibrator Frequency of the Quantum Waveform of Energy. It is an illusion.

The facts still remain however, All Is Conscious Energy under the influence of Mind Principle, the only difference between perceiving something as "solid" or not, is the relative Vibratory Frequency at which it is experienced.

To begin to understand the true nature of the experience that most humans regard as "reality" or "life", we must first take a completely dispassionate look at how our perception of "reality", from the perspective of a human "living" on Earth - our personal experience - is collated, processed and ultimately perceived and recognised from our own individual perspective.

Let us summarise then how we "sample" what we believe to be our "reality":

1. The five physical senses - sight, hearing, smell, taste and touch - continuously send data in the form of millions of tiny "packets" of electrical charges, collectively "sensory inputs" representing an impression of your immediate surroundings, every second to our organic brain.

The Manifestation Key

Note: The organic brain is not the Mind and neither is the organic brain the so called "seat of consciousness". The organic brain is best likened to an immensely powerful "supercomputer", but which still relies completely upon its programmer and systems analyst to do anything useful. The programmer and systems analyst then is the Subconscious Sphere of activity of the Mind - most often considered to be the "Subconscious Mind".

2. The organic brain continuously collates and assembles the stream of sensory inputs from our surrounding environment - site, sounds, taste, smell and touch - as received from the corresponding sensory organs, from which it compiles a composite image or impression as a "best guess scenario".

This composite "image", encompassing all currently available sensory information in that moment, is then sent as a stream of "data" in the form of energy pulses to the Subconscious sphere of Mind Principle - Subconsciousness - "Subconscious Mind".

Note: This is an entirely mechanical, automatic process with no inherent intelligence applied or present, in and of itself.

3. Subconscious sphere of Mind - Subconsciousness - then applies a wide range of learned "filters", acquired over the duration of the physical life experience to that moment, based upon ongoing ideas, feelings, emotions, fears, self esteem, prejudices, beliefs and belief systems, religions, expectations of family, friends, society, perceptions on "money" and sense of security, concerns for health, family and much, much more, all received from the Conscious Sphere of Mind Principle - generally considered to be the Conscious Mind - during the ongoing experience which it recognises as "life".

Note: The Subconscious Mind Principle is sublime, and simply accepts these messages from the Conscious Sphere of Mind activity as "preferences" without question, as your own preferred "self-image", our "ideal self" - how we "see our-self" in that specific moment.

The Manifestation Key

The Subconscious Mind then applies these "preferences" to the composite image it has already received from the organic brain, and then forwards the image to the Conscious Mind, which duly accepts the image without question as our own particular impression of our current "experience" in that unique moment. This is a continuous process.

This impression or image is always accepted by the Conscious Mind as "real" because the Subconscious Mind has already processed the image to ensure that it is in exact alignment with how we already perceive our own situation and "life experience" to that moment, and therefore there are no contradictions arising, and no reason to Consciously doubt the experience.

Note: This is very important to us, because by instructing the Subconscious Mind to process these images differently, or form an alternative image, our Experiential Reality will be changed correspondingly.

So the "Subconscious Mind" is simply and only showing us that which we already expect to see based upon our own perceptions, positive, negative or neutral of our own experience based on sensory data in the moment.

Subconscious Mind is always "humouring" us, but not because it makes any sort of deliberate decision to do so. The Subconscious Sphere of Mind activity is always sublime, and only ensures that the wishes, rational or not, of the Conscious Mind, the Ego, are immutably and fully satisfied.

Note: It is erroneous to speak of "Conscious Mind" or "Subconscious Mind" because they are both spheres of activity of the One Ultimate and Only Mind, of which humans are but one sphere of activity.

We should therefore refer to these as Consciousness and Subconsciousness. However, in the interests of familiarity of terms, I will continue to use both as appropriate. There is also Superconsciousness.

The Manifestation Key

Now the important point to note at this stage is that our personal experience is constantly being shaped only by our Conscious observations, experiences and associated thought processes, feelings and emotions, simply reacting to, and engaging in, what we sincerely **believe** to be our "real" experience, our "life" but with little or no awareness of this process.

It is a very common human trait to focus much more upon the "negative" aspects of perceived experience, with all the corresponding worries, fears and negative emotions and expectations, which are being constantly received by, and impressed upon the sublime Subconscious Sphere of Mind activity, thereby reinforcing that negative experience in that moment.

So again, and this is important, Subconscious Mind is dutifully and immutably ensuring that our unique perception of our unique experience accurately reflects our own objective perception of our own experience and expectations, thereby perpetually satisfying our own learned and programmed self-reinforcing perceptions, prejudices and beliefs.

If these beliefs are negative in nature, because they are self-enforcing, they can spiral out of any "control" that may have existed, very quickly being perceived as a "hopeless situation", as, sadly, so very often happens.

Now it should and must be noted at this point once again that this process has absolutely nothing whatsoever to with this concept of "attraction" as suggested for example by proponents of the "Law of Attraction".

There is no "attraction" and there can never be "attraction" which is an entirely erroneous duality based concept, as it is generally presented.

"Attraction" implies a duality - "attracting" "something" "to us" that pre-exists independently "outside" of our-self. In truth there is no "outside" of our-self, there is no duality, ergo can never be any external "attraction".

The Manifestation Key

Nothing can exist "outside" of "The All".

We ARE The ALL.

Every human, no matter what "picture" the physical senses, organic brain and conscious Mind conspire to present, is an inseparable aspect of All that Is, concurrently existing wherever All Exists - and there is "nowhere The All does not exist, otherwise The All could not be The All.

Duality and separation are simply illusions/delusions arising solely from the temporal, mono-frequency activity of physical senses, organic brain - again which has no inherent intelligence or consciousness - and the conscious sphere of activity of Mind, but which has absolutely no real basis in fact.

But still nevertheless the Conscious Mind "sees" or more correctly "perceives" and "observes" and believes itself to be a "separate" "person", which is known as the Ego which perceives it-self as separate.

This indeed is where many of the issues facing humanity today originate at this moment, duality based separation, and is accordingly the origin and cause of most misery, suffering and human conflict.

"Conflict" can only exist when people believe in an "us" and "them".

The biblical meaning of "original sin", is the feeling and act conscious of separation from God, other people, and life generally.

Now then we can move on to examining the "bigger picture" of experience presented to the conscious sphere of Mind Principle in the form of an apparent "physical Universe" of "matter", to which Conscious human experience is inexorably related.

The Manifestation Key

Most mainstream science today still subscribes to, and bases its entire philosophy, rationale and sphere of research around the model originally proposed by Isaac Newton, comprising a view of a strictly 3 dimensional model of the Universe, consisting of what scientists have labelled as "matter", and which are held to be governed by "laws" wholly contrived by science based upon a purely physical, measurable reference point.

Modern science is the modern day equivalent of the "Flat Earth Society".

Matter is no more "real" than the Earth is "flat". It is all illusion/delusion.

Mainstream science, be it chemistry, biology or any of the other "materially" based sciences rely substantially upon this traditional 3D model of the Universe, with its constituent sub atomic particles, atoms and molecules, giving rise to carbon/hydrogen based "organic" life, without which these science would have no basis. The classroom wall of every school laboratory is adorned by the ubiquitous "periodic table of elements".

I should mention, in the interests of balance, that I myself became a qualified scientist at university, in organic and physical chemistry, so I speak from an objective and unbiased perspective.

There is also a fourth factor, sometimes considered a "dimension " - "time".

Time is not always recognised or considered to be a "dimension" simply because it is not "tangible" - it cannot be "observed" as such - but is nevertheless inseparable from the three dimensions of "space", generally considered to be "length", "width" and "height". This is why theoretical physicists often refer to this model more appropriately as "space-time".

Einstein also encompassed "time" within the context of his "Special Theory of Relativity" which also takes accounts for associated factors such as "mass", "velocity" and "gravity".

Ultimately of course "light" - in the form of photons" - must also be included.

The Manifestation Key

However - "time" cannot be a constant, because the reference points for its arbitrary measurement are specific to Earth.

On another planet, Jupiter for example, the basis for the measurement of "time" would be completely different.

Remove all of these arbitrary reference points, and "time" becomes completely meaningless, except in the context of a subjective experience, or illusion, which is all time really is.

All we see around us - our PC, desk, chairs, drink, food - everything we almost certainly consider to be composed of "material" of some kind - exists only because our physical senses, organic brain and Conscious Ego Mind say these "things" exist and have some substance and basis in fact.

But what is "material"? How may "material" be defined?

"Molecules and atoms" we may reply.

But what do "molecules" and "atoms" consist of?

If we know anything about physics we may reply "sub-atomic particles". We may even mention protons, neutrons, electrons, quarks, leptons and so on.

But here then is the paradox.

None of these "sub-atomic particles" including their derivative materials actually really "exists", in other words can be perceived, unless a conscious attempt is made to observe or "measure", i.e. quantify or qualify them in some way. Quantum Physicists know this paradox all too well as the "measurement problem".

The Manifestation Key

Since these sub-atomic particles are the basic components of "matter", the same apparent paradox must equally apply to the larger derivatives the very same particles - elementary atoms, molecules and ultimately the chemical and organic compounds that form physical substance of "matter", and from which everything we "possess" in our daily life is "manufactured".

An even greater apparent paradox then is that as physical humans experience within the context of an organic body, comprised of these same organic materials with its "organs", blood, bone and other life supporting systems - these too must also be ultimately composed of the same atomic and sub-atomic material as our surroundings, and therefore it follows that our body is subject to exactly the same characteristics and paradoxes.

But do these "building blocks" of "matter" have any "existence" or basis in fact at all, if, as certainly appears to be the case, they only "appear" or more specifically are only perceivable, qualifiable and quantifiable during the process of deliberate observation and/or measurement by instruments.

Clearly when an chemist is combining for example an acid and a base in order to bring about a chemical reaction resulting production of a salt, or creates complex organic molecules from basic carbon, hydrogen based "building blocks", the whole process must be carefully controlled, measured, monitored, qualified, quantified and documented in order to record the "observed" result of the process, if it is to be meaningful at all.

If the elementary atoms form the basis of molecules which in turn form the basis of the material compounds used to "manufacture products", then the only conclusion that we can possibly arrive at, if we are totally objective about it, is that every "thing" that humans currently perceive as "materially real", only exist because someone chose to "subscribe", or "opt-in" to the idea of its very existence through the process of observation, supported only by past experience and belief in its reality or potential to "exist".

The Manifestation Key

In other words the sense of material reality is an entirely programmed, i.e. learned response, arising from previous expectations, experience, and beliefs - as well as many other factors that are deeply embedded in Subconsciousness.

This then clearly adds a further level of factors to consider in the context of what is really "real".

So let us now review that which already know about the role of the sense organs and organic brain in perceiving our surrounding environment.

Millions of sensory inputs per second from the five organic sense organs are fed to the organic brain, which mechanically, without any sort of inherent intelligence or consciousness, collates these electrical impulses to produce a composite "image" or more accurately an impression, in accordance with quality of the information received in that moment.

If the brain has been damaged in some way, for example through physical, trauma, or a condition such as an apoplexy or through \ cerebrovascular incident, or for example through toxicity of some kind, then its capacity to mechanically process the data presented by the five physical senses is compromised, along with its ability to assemble an accurate impression of its relationship with its environment to forward to the Subconscious Mind.

As the computer programming community saying goes "garbage in, garbage out". So the data sent for the attention of Subconscious Mind, which is infinitely intelligent but can only act upon what it actually receives or perceives, is accordingly "scrambled", along with any necessary corresponding output processes such as "speech", motion, and so on.

The "Mind" is still intact as is consciousness and intelligence, but as with a computer, if a circuit board or memory module, or other component becomes faulty, the data being output cannot be relied upon or may even present a totally erroneous output resulting in confusion, disorientation, dissociation etc as for example happens under the influence of alcohol, hallucinogenic, psychoactive or other "mind altering" substances.

The Manifestation Key

The organic brain is therefore analogous to a super-computer, which sends a stream of data to the Subconscious Mind in the form of composite "images" or more correctly impressions.

The Subconscious Mind then, in accordance with ongoing thoughts feelings, emotions, beliefs, prejudices, expectations and other learned and programmed data over the lifetime to that moment, all originating within the Conscious Sphere of Mind activity during the current "life experience, then re-processes the data before "outputting" the data to be displayed on the "screen" of the Conscious Mind, which people then recognise as and call their "experience", "sense of being", spatial awareness - their "life".

Ultimately however it is the Conscious Sphere of Mind - the Ego - which both determines and accepts the nature of its own experience, so it is in fact a self-perpetuating illusion/delusion, the actual nature of which becomes more interesting as we will see later.

When "mentally disabled" people "die", even those with most profound brain damage, they are instantly freed from the layer of processing performed by the damaged organic brain to experience Mind directly, and feel "whole" once again, with as much mental ability as anyone, as if they were never subjected to the perceived limitations arising from the brain.

"Mentally disabled" people are not actually "mentally disabled" at all - they are "brain disabled". Such people experience perfectly "normal" dreams as everyone else, simply because dreams originate within the sphere of the Subconscious Sphere of Mind and experienced by the Conscious Mind, not at some notional point in the organic brain.

The same applies to all physical or mental disabilities. Once a person is freed from the organic shell of a body, they are freed from all restrictions, except to the extent that their Mind still believes that they are subject to their previous physical disabilities - this is usually quite transient.

The Manifestation Key

Lengthening or slowing of brainwave activity, as takes place during deep relaxation, day dreaming, meditation, trance and sleep, facilitates an expansion of consciousness and awareness, beyond the narrow confines imposed by waking brainwave activity.

This is also the basis of what are known as "mystical", metaphysical, or "occult" abilities, even though these abilities are completely natural and latently available to everyone. Most people at this time remain unaware of these latent abilities, unlike our ancient ancestors, native tribes, and of course dedicated practitioners.

Moving on with the process of perceiving experience - the composite image from the organic brain is presented to the Subconscious Sphere of Mind, which then applies a set of learned filters based upon the lifetime of acquired beliefs, expectations, intentions and all those other learned and programmed feelings, beliefs, thoughts, prejudices, expectations, reinforced by the emotions, from the Sphere of the Conscious Mind - this is a continual process - before "forwarded" to the Conscious Mind as the completed image in that moment, with all expected beliefs, biases, expectations for the life to date reflected and fully "factored in", which the Conscious Mind, the Ego, happily accepts as "experience" in that moment.

In fact the "experience" has been immutably skewed by the Subconscious Mind simply to make it acceptable to the Conscious Mind, otherwise the Ego would summarily reject, or at least disregard it, and the person would rapidly become confused, disoriented and perhaps even "psychotic", and would very soon be unable to function at all within their own environment.

Again, the Conscious Mind never, ever thinks to question the image presented, because the Subconscious Mind has already ensured that the image is already in complete alignment with its ongoing learned and programmed expectations and beliefs. So the Conscious Mind, the Ego, remains happy and feels secure within its own microcosm of experience.

The Manifestation Key

But the crucial factor to consider here is that in the case of most people who have no conscious Mind Power over their own experience, the Conscious Mind is perpetually subscribing to its own illusion - an illusion that the Subconscious Mind always "satisfies and adjusts" as necessary.

So from the perspective of the person, experience is always "correct" and "real", regardless of whether it is perceived as "good", "bad" or indifferent.

For example - if a person believes it is "cold" outside, because they have looked out of the window and seen that it is snowing, the Subconscious Mind will always ensure that the Conscious Experience exactly matches the observed expectations. If a person saw that it was snowing, but upon leaving the house it felt hot and humid, considerable confusion might result. This is simply because Conscious Mind has learned that "snow" is "cold".

If I walk around in cold weather with few "winter" clothes and people ask me why "I do not feel the cold", I would simply reply "because I choose not to feel cold". Because ultimately how we feel is a choice, and not due to any arbitrary external "circumstances" which anyway do not exist.

But we may also see using this example how experience is unique to each individual person, and how the Subconscious Sphere of Mind compensates based upon learned experience and expectations.

For someone living in the arctic circle, a temperature of 10 degrees Celsius would be regarded as "hot". Yet for someone living at the equator, 10 degrees would be regarded as very cold.

Conversely, someone who is used to temperatures of 30 degrees near the equator would consider the temperature to be normal, yet 30 degrees in the arctic would be unbearably hot.

Now considering Human Beings have the same basic physiology, clearly the perception of "normal temperature" is coming from somewhere else - The Subconscious Sphere of Mind is always applying experiential filters.

The Manifestation Key

If however, as sometimes happens, the Conscious Mind does actually choose to reject the impressions presented to it by the Subconscious Mind, based upon the composite impression received from the brain and sensory organs, the person generally regards it as an "illusion", "mirage", "trick of the senses" and so on, thus easily assimilating the experience without becoming mentally confused.

This behaviour is a "safety valve".

This equally applies to all levels of human experience, from the personal to the collective, since all Mind is ultimately One with "each other" and With God, and therefore intimately connected and inclusive with "each other" at all levels, and with All that Is within Universal Mind.

Therefore total "experience" from the perspective of each person, is a function of both Personal Subjective Experience and the Collective of all Personal Subjective Human Experience within the same Sphere of Consciousness, independent of time or "history" - "time" does not exist.

If one person chooses to subscribe to the existence of a particular object, person or experience, regardless of "distance" or "time", even as illusion, within the Sphere of the Subconscious Mind where the object is originally perceived, then the same data relating to the object is instantly also available to the Whole Collective Human Mind on the same Vibratory Frequency, to subscribe through received ideas and Imagination at will.

Actually this "collective human experience" is perpetually present at a Subconscious level, which sees All That Is, so the Subconscious Mind determines what to allow or reject based upon the sphere of comprehension, Imagination and programming of the personality, the Ego.

No human is capable of experiencing or perceiving "anything" beyond their current sphere of Imagination, comprehension or programming - their beliefs - because their Subconscious Mind is not resonating on the same Vibratory Frequency of the Collective Mental Plane corresponding in which they are focused in accordance with their own relative state of Evolution.

The Manifestation Key

I mention this to pre-empt any objection that people are frequently aware of the "existence" of lots of "things" before actually physically "seeing" or "experiencing" them.

For example a shopping trip where you may visit a shopping mall to "look" for "things" of the sort that you may wish to purchase, but which you have never seen or perhaps considered before in the case of an "impulse buy" - certainly not down to any fine details.

Another example might be in taking a vacation to a foreign country that you have never visited before, to "see" and "experience" the "sights" that are accordingly completely "new".

In both cases - the "products" in the "shopping mall" or the "sights" in the "foreign country" are only available to your sphere of conscious awareness during the process of experience and observation, because they already exist, and always have, as persistent Thought Forms from the collective observations, experience and programming of millions or billions of other "people" - Conscious Spheres of Mind Principle - throughout "history".

Again "time" not applicable in the realm of Subconsciousness - or in any realm in absolute terms.

Towns and cities for example are shared, collective experiences, simply because the Conscious Minds of thousands or millions of people subscribe to, and interact with them continually, as has always been the case in the "past" history of that environment, and therefore choose to interact with these experiences every day as "normal" within the sphere of their own comprehension, Imagination and programmed beliefs and expectations as they relate to that environment, giving rise to the perception of "normality". In fact there is no such condition as "normal", because it is entirely subjective, and in accordance with the perspective of the observer.

The Manifestation Key

In this way the shared experience is infinitely perpetuated to the Collective, "shared" Sphere of the Human Mind on the corresponding Vibratory Sphere of the Mental Plane that anyone at the same Mental Vibratory Frequency also may choose to subscribe to at a Subconscious level, even if they have never "seen" them before, and which is accepted by the Conscious Ego Mind as "normal" within their own sphere of "normality".

Again - this is so due to the fact that Personal Mind and Collective Mind as well as the Conscious and Subconscious spheres of activity, are really One, simply being Spheres of Activity within the overall context of Universal Mind, and can therefore share and experience either at a Personal or Collective frequency, but always subjective level.

Due to the comparatively low Vibration of matter and the intervention of the concept of "time", these collective experiences - towns, cities etc - can persist for many "millions of years" as measured by human calendars - currently the Gregorian - long after they have been "lost" and forgotten at a Conscious level by the peoples that originally "built" them.

This is so simply because these structures or remains are still part of the "fabric" of the Collective Human Subconscious Experience which is known to the Subconscious Sphere of Mind. The Subconscious Mind, which is not subject to "time" or "space", retains all knowledge of all human history, which it will render Conscious as appropriate.

This Principle not only applies to the era of the Human Being, but also to all "Manifestations of time" across the Temporal Event Horizon of All That Is.

So even though, for example, Human Beings may not have been around during the age of the Dinosaurs, Dinosaurs still exist in the Imagination of God and All That Is, The Eternal Moment of Now, as well as the subsequent fossilization process, which is why we may find these fossils.

If Dinosaurs had not been Imaged by God, as Humans were, and therefore had not existed in the Mind and Imagination of God, there would be no fossils to find millions of years later. The Moment Encompasses The All.

The Manifestation Key

This for example is the basis of the "Remote Viewing" which has been very successfully used for "military intelligence" and now in the public domain.

Remote Viewing implies "overcoming" temporal "time" and "space" in order to "view" or more accurately "sense" objects or events which are non-local, and/or non-temporal, but which, in fact, to the Subconscious Sphere of Mind are not relevant. **All Exists In The Eternal Moment Of Now.**

Remote Viewing has a very real basis, and "works", however, as with all what are generically referred to as "psychic" abilities, it is always processed through the Subconscious Mind, which always applies learned and programmed beliefs, thereby distorting the pure Images received.

Therefore only a person with absolute control over their own sphere of Mind activity can ever hope to attain a true Remote Viewing Experience.

Now, Encompassing The All, Is The Only Moment That Is, regardless of what human clocks and calendars or history books contrive to report.

All "Creation" Is Finished. It Was In The Same Moment That God Imaged All In To Being. No-Thing May Be Added Or Subtracted From The All.

If We Can Imagine It, It Already Exists, And We May Experience It.

So returning to getting back to our physical existence, in which after all we will be mostly interested as a physically focused human being, it is clear then that there are three fundamental factors that may consider in the context of our own "experience" or concept of "reality".

1. The inherent limitations of the organic human body, including sense organs - sight, hearing, smell, taste and touch - and the organic brain, which has no inherent "intelligence", consciousness or capacity to either originate or receive thought.

The Manifestation Key

2. The Personal Conscious Mind - the Ego - continually impresses the immutable and immensely, indeed infinitely powerful Subconscious Mind with deeply rooted and learned beliefs, expectations, biases, prejudices and so on, arising from programming of parents, society, and later greatest influence of all - the popular media, including, but not limited to news papers, TV, films/movies, and their corresponding websites. The Subconscious Mind then applies those "experience filters" to the composite image received from the organic brain, and then presents the Conscious Mind with a corresponding experience that it can accept as "real", being consistent with its sphere of expectations and current experience.

3. The very nature of "matter" itself from which the brain, through the five sensory organs, compiles its initial "best guess" composite image, is, in reality totally transient in nature, only having any form of perceived but not "real" existence at the moment at which it is observed or an attempt is made to quantify it.

The real paradox here then is that it is the Subconscious Mind that actually makes an observation under the instructions of the Conscious Mind.

So when we "look" at something, the Conscious Mind is simply telling the Subconscious Mind to "observe" it. Yet there is an apparent Paradox.

It is only when the Subconscious Mind, perceiving as Source Mind, actually focuses on this object the "object" actually becomes observable, thus originating the whole process of the sensory observation, interpretation, filtration and presentation loop in the first place, in order to seamlessly perpetuate the experience that you most expect in accordance with a "lifetime" of learned and programmed beliefs, biases and prejudices.

So it is the immensely, indeed infinitely powerful Subconscious Mind through and as Source Mind, that "creates" the object, processes the object and presents the object back to the Conscious Mind as "what it expects to see" within its own unique sphere and concept of "normality".

The Manifestation Key

This entire process is completely under the control of the Conscious Mind which is therefore perpetually "generating" its own experience, which in fact never really exists in fact except as a perceived illusory experience which the Conscious Mind accepts as "real", forming the basis of our Experience.

So we can now clearly see that these factors together perpetuate an "experience" that is determined by Conscious Mind itself.

I called this "**The Experiential Loop**" functioning within the sphere of comprehension and beliefs of each individual. Every person is their own distinct universe, or microcosm, within Universal Mind, the Macrocosm.

This is also the basis of many Metaphysical abilities such as for example Telekinesis, i.e. the apparent "moving of objects" using the power of the Mind alone. We may only have access to these abilities if we Believe it.

In reality of course there is no "object" to move - we know that from our previous discussion - so "success" in "moving an objects" is determined by the extent to which the practitioner can overcome his or her own programming as to the nature of "objects" they wish to "move", ultimately not perceiving the object "objectively" but subjectively as an extension of their own Mind, of which the object is as an Imaged Holographic Projection.

We can only "move objects" to the extent they form part of our personal or collective field of experience. If we believe we can experience "moving the object" we can "move the object" notwithstanding any contrary beliefs arising from previous programming. It is The Belief that makes it possible, yet we cannot Believe anything that is not True. So - It Is True.

Again though - if we succeeded, we have not actually "moved" a physical object even if this is what our eyes appear to suggest to be the case.

What we have rather succeeded in, is moving our own perception and perspective of the very nature of the "object" relative to the perspective and perception of our-self.

The Manifestation Key

In other words we have convinced Subconscious Sphere of Mind Principle of an alternative possibility, contrary to our existing beliefs, which Subconscious then brings to Conscious awareness as experiential evidence in the form of success, resulting in a transmutation of the belief at a Subconscious level, which may then be applied from that moment.

So Telekinesis becomes a fact rather than some "supernatural power".

No "power" can ever be "supernatural" except from the perspective of the observer, because, as aspects of the Source Mind Who Experiences through "each" of "us", we already possess Infinite, latent, natural "powers", or more correctly Abilities which are True because we can Imagine them.

If we choose to allow "onlookers" to our Telekinesis experience, we must overcome the "fear of failure" and possibility of looking "foolish" in front of friends and relatives. Only absolute Belief can bring success.

Spoon bending is another excellent example of this.

Those of you who have seen the first Matrix movie will have probably watched as Neo visited the "Oracle" for the first time, where upon entering the home he saw children practicing levitating toy bricks. He also saw a young boy who was apparently "bending a spoon" with his Mind and "causing" it to generally move around as if very malleable and animated.

When Neo saw the boy how he bends the spoon, the boy said to Neo:

"You cannot try to bend the spoon, that is not possible. Instead, you must try to realise the truth".

Neo responded - "what truth".

The boy replied - "It is not the spoon that bends, but only yourself".

I am paraphrasing from memory.

The Manifestation Key

But this is absolutely true.

If we wish to bend that Thought Form that our Conscious Mind believes to be a "spoon" - then we must know, beyond any doubt, that there is no "spoon", and that we are really "bending" Energy as a Thought Form presenting itself to the Conscious Mind as a spoon, which in turn is an aspect and extension of our own available sphere of Consciousness.

Neo, once seeing this for himself, proceeded to effortlessly "bend the spoon" as the boy did, because he then gained the Belief to do so.

Now I am hoping that the irony of this paradox is apparent to you by this stage in this discussion.

Plain and simple - what humans regard as "experience" and "reality" is in effect an illusion, a self-reinforcing, self-perpetuating illusion, upon illusion, each believing the other to be "real", thereby a continually reinforcing a self-perpetuating and reinforcing "experiential loop" within the context of an inherently "Matrix-like" environment, that most humans regard and believe is "real" or as "life" in this world, just as the residents of the Matrix do in the movie.

There is no real difference which is why the Matrix is such an excellent metaphor, highlighting another paradox of humanity generally which is this:

As Humans, The Mind Subjectively Should Control the Experience.

In Most People, The Experience Objectively Controls The Mind.

In practice, some people may find that it is easier to remove these learned and programmed "reality filters" layer by layer until the experience is as "pure" as it can be in within the sphere of potential Belief of the individual.

Others however may choose to totally remove all such learned and programmed experience filters, thus opening up and expanding their Mind to their own true, infinite, unlimited, unrestricted Spiritual nature as an Expression through which Supreme Source Mind subjectively experiences.

The Manifestation Key

An Enlightened person is fully Self and Universal Source Mind realised and Empowered, no longer at the mercy of the feeble whims of Conscious Mind reacting to perceived, but illusory experience, with no basis in fact at all.

Once a human achieves and maintains this level of Enlightenment within the context of a physical body, all trappings and dramas of the learning environment of the "experiential loop" facilitated through the coarse fabric of the material Universe become utterly meaningless and is left forever.

Nothing in the Universe is "fixed" and therefore nothing in the Universe is ever "real" in accordance with the human concept of "real".

Only Imagination Is Real. Experience Simply Reflects Imagination.

God, Source Mind, First Cause, Supreme Intelligence, is the Only "Objective Reality", Because Only Source Mind, Through The Universal Sphere of Activity Universal Mind, Encompasses All, Knows All and Perceives All From An All Encompassing Divine Perspective.

No aspect of Source can be inherently "unreal" or "imperfect" - it simply Is.

All that Is exists may be conceptualised as an Infinite "ocean" of Vibrant Energy with Infinite Potential, Perpetually Subjectively Experiencing itself through "Individuations" - "fragments" - of Its Self, but which "fragments" are also concurrently Integral Aspects of Its Self as The Whole, The All.

There is no separation in any sphere of experience except for that which is personally and/or locally perceived which is never actually real except to the extent that it seems real to the observer.

What people perceive as solid "matter" in isolation, is simply a Transient Thought Form of an infinitely fluid "quantum soup" in which every component is intimately related by the same infinite quantum potential, and encompasses "All" concurrently within the Eternal Moment Of Now.

The Manifestation Key

"Matter" is therefore never really "real".

Matter is a transient composite experience in the moment observed and rendered objective, based upon the learned and programmed belief filters within the Subjective Subconscious Sphere of Personal Mind activity.

What people perceive as an "object" or may refer to as "objective" is actually just a very tiny fragment of Energy as Transient Thought Form that only exists as such to the extent and in the moment in which it is observed.

This then leads to the only possible, but crucial to understand conclusion:

Space does not exist.

Locality does not exist.

Time does not exist.

Without these conditions being satisfied, matter cannot exist.

what then can we say about the nature of "reality"?

Mind And Consciousness Is A Boundless Expanse of Eternal, Intelligent, Conscious, Vibrant Energy, Subjectively Experiencing Itself as Itself, The Highest Vibration Of Which Is Divine Love.

To conclude this part of **The Manifestation Key**, here are the crucial factors to keep in Mind.

Nothing is really "real".

All That is - Is As A Holographic Projection Of Mind And Consciousness, Intelligent Energy Vibrating at a Unique Frequency.

The Manifestation Key

All That Is consist only as a continuous Wave of Conscious Energy, originating only from Source, God, existing as a Quantum Superposition of possibilities, which, when observed by Mind, nominally changes Energy from Wave to Particle Form, becoming first Probability, then, under focussed observation, Experiential Reality.

Our physical body and everything that appears to be "material" is also ultimately therefore Conscious Energy under the influence of The Subconscious Sphere of Mind, existing only as a Quantum Superposition of Possibilities under the influence of Mind Principle.

So our entire Personal Experience - Experiential Reality - is totally fluid and open to change, simply through the Power of The Mind.

All we ever need do if we wish to change our body or material experience is change the way we Observe and Believe them to be.

The Manifestation Key

Part 3: Desire

This part of **The Manifestation Key** will be short but **crucial** to success.

In order to succeed at Manifesting a Desire, **The DESIRE Must First Exist.**

Now I know that may sound obvious to most, and it is, but the question is - what **genuinely** constitutes a **DESIRE**?

From the very many messages I have received over the years, it is clear that many, if not most people are quite vague about what they wish for.

A frequent one for example, is "winning the lottery" or suddenly gaining money in some other way.

Well there are certain aspects to this question we really should discuss.

Firstly it must be assumed that if someone wishes to Manifest money, there must be a definite purpose for which the money is required.

Manifesting money for the sake of being "wealthy" is far too vague as a basis for Manifesting money or wealth.

Now because we can actually Manifest **ANY** Desire, then the way forward is to focus on Manifesting specific wishes, needs and Desires.

It may be for example that someone needs money to purchase a new car.

This being the case, it is far more focussed and powerful to focus on Manifesting the car itself, as opposed to the money to purchase it with.

The reason for this is, as we will see later on in this book, it is much easier to imagine and Desire a specific car, than through vague "money".

The Manifestation Key

It is not for us to worry about how the car will arrive. Suffice it to know that the car already exists within us, otherwise we could not imagine it.

If we can imagine something, anything, we can Experience it.

Before ANYTHING can be Manifested, there MUST be a BURNING DESIRE.

It is not enough to want something, or like to have something, or would be nice to have something. MUST be a BURNING DESIRE.

If something we wish to Manifest is not Desired that much, then it clearly is not crucial to have it, and/or the genuine need does not exist.

The Energy and Focus behind the Manifestation will not then be sufficient to achieve the Manifestation of that item.

So it is CRUCIAL to REALLY DESIRE something FIRST.

Now if there is something we wish to Manifest and the burning Desire for it exists as well, we should then consider how the object of the Manifestation will affect our life and the lives of those around us.

Will it have a positive impact on our life and the life of those around us, or could it have a negative effect? For example, we may want a new powerful hi-fi system to play the latest CD's. But if the music loudness is going to impact those around us, then maybe it is not such a good idea after all.

So having decided on something we wish to Manifest, and the Burning Desire is there, I suggest we take at least a week or two before commencing the Manifestation process itself, in order to see if the Burning Desire maintains itself.

I have found over the years from messages received that many people begin with a Burning Desire for something, but soon the Desire weakens and the Desire is no longer sufficient to Manifest.

The Manifestation Key

It is crucial that the Burning Desire is maintained until the object of the Desire Manifests.

It is of course very often the case that just the act of focussing on the Desire and imagining it frequently, is enough to maintain it.

One of the most powerful Desires is for healing and health issues.

These Desires are also the easiest to Manifest, because the focus is very much on our own body, and the Burning Desire to be healed or become more healthy in some way is extremely strong.

In addition, healing, health and perfection of the body is something that is Principle in the Eyes of God", since it is our Divine Vessel on Earth.

So in summary, before commencing the Manifestation process, there must be a sustainable and persistent **Burning Desire** for the objective. If the Desire is not initially that strong, then it can be made strong through imagining all the great feelings and emotions associated with it.

There are also practical steps that can be taken. For example, if you Desire a new car, go to the car dealer and get a test drive, and better still go to multiple dealers and have several test drives.

Another way to build Burning Desire is to visit websites and/or image galleries containing pictures of the object of our Desire, and to feel how it would be with that Desire fulfilled.

This also helps later in the Manifestation process by making it much easier to imagine and invoke the feelings associated with it.

So there are many ways of building and maintaining a Burning Desire, even if it is not present to begin with.

There MUST be a sustained BURNING DESIRE for the fulfilment of the Object of the Manifestation Before The Process Is Commenced.

The Manifestation Key

Part 4: Imagination

***So God Created Man In His Own Image, In The Image Of
God Created He Him; Male And Female Created He Them
~ Genesis 1:27***

This is a **profoundly** important line from Genesis.

Many believe, or are taught, that this statement means that we "look like" God, and therefore God is always depicted as an anthropomorphic deity.

Here is what this statement really means...

**God "Imaged" Every Person In To Being, And Infused Us
With God's Own Mind, Consciousness And Divine Love.**

**Every Human, All Life, All That Is, Has Its Being In The
Infinite Imagination Of God.**

God Gave Us The Same Power Of Imagination.

Every Human Has Identical Divine Powers As God.

Now this **extremely** relevant and crucial to **The Manifestation Key**.

**Imagination Is Probably The Very Greatest God-Given
Ability That Humans Can Possibly Possess And Utilise.**

Imagination is the ability which enables us to not only enjoy total control over our own Being - in ALL Spheres of Life and Existence - but also endows us with God-Like abilities of "creation" and "co-creation".

The Manifestation Key

This then is why children are born with a extremely powerful ability of Imagination, which they begin to use from a very young age.

Using the Imagination is instinctive and intuitive to children, because it is the ability which can guarantee them a Joyful, Healthy, Abundant Life.

Yet - very sadly - children are often discouraged from using the Imagination and "pretending", and indoctrinated by parents to "get real".

Although parents do not know better - they were taught the same by their own parents, discouraging a child from Imagining, pretending and so on is just about the most negative thing a parent can do for a child.

This is to deprive a Child of one of God's Greatest Gifts - to us - God's Beloved Children - just as our own Children are Beloved to us.

ONLY IMAGINATION IS REAL.

All In The Outer, Physical World Is A Reflection Of Imagination.

Imagination Is Principle. No-Thing May Exist Beyond Imagination.

Imagination, How Well We Develop Imagination Is Crucial To Our Life.

Imagination then is our God-Given Ability that must be re-learned.

The more effectively we can re-develop our power of Imagination, the more control we have over every aspect of our Life, and will no longer be subject to the whims of society, the need to "work" for money etc, or be subject to ill health.

Imagination Is The Key To The Perfect Life of Our Dreams.

In this part of **The Manifestation Key**, we will focus on developing our Ability and Power of Imagination.

The Manifestation Key

The should be an ongoing process, because again, the more developed our power of Imagination, the greater our control over our own Life.

Now it is often believed that Imagination is only visualisation. In fact, Imagination engages ALL 5 senses - and this is crucial for success.

So now let us look at some effective exercises to develop the Imagination for all 5 senses.

Visualisation

Learning to visualise effectively, as with most worthwhile abilities, requires time to be set aside, preferably each and every day.

Again - our power of Imagination is the route to a Perfect Life.

I suggest 10 minutes each day to start with, but as we progress, 30 minutes each day would be much more beneficial.

To begin these exercises first of all obtain five household items of your choice, such as a fruit, a cup, a pen, a spoon, a coin; any such items will suffice. It is preferable however if they are all of a distinctly different shape and colour.

Set out your four chosen items in front of you. Now fix your eyes on the first of these objects and memorise it in as much detail as you possibly can, including shape, colour, texture, patterns and any other significant details.

Next close your eyes and recall the object in your Imagination in as much detail as possible.

The objective is to visualise the object in your Mind as clearly or even clearer than it appears to your physical sight.

The Manifestation Key

You might well find that when first starting these exercises the object will frequently fade from your Imagination. If this happens simply use as much will power and concentration as necessary to recall the object back into your Imagination. Be persistent. Know that all you ever need to do is to bring the Object of the Imagination - which exists - as a very clear Image.

You will soon find that after time and practice the object will disappear and reappear increasingly less frequently, and become less blurred, until finally you can maintain a solid and realistic image for any length of time, visualising the object just as it appears to your physical sight.

Should you become tired practicing with one object, move straight onto the next object and repeat the visualisation exercise.

It is very important to remain as relaxed as possible while maintaining each visualisation for as long and realistically as you can. There is nothing to be gained however by over-tiring yourself. Although these exercises might seem to be quite difficult to start with for some people, as with gaining any worthwhile ability it is extremely important to persevere.

These are extremely valuable abilities to develop.

The objective of these exercises is to maintain an image of your chosen item with total, absolute realism, just as it would appear to your physical sight, for at least five continuous minutes without it fading from your Consciousness.

When you have achieved this with your first four chosen objects, select another four objects and repeat the exercises until you achieve the same results.

For the next stage of these exercises, rather than starting with four physical objects, recall any object or scene of your choice from memory and visualise it with as much realism as possible.

The Manifestation Key

This might for example be a household item, something in your garden, or perhaps a favourite location or person; it really does not matter what image you select providing you can readily bring it to Mind, retain it in your Mind and become as absorbed in it as possible.

Having attained as clear an image as possible in your Mind from memory of your chosen object, person or scene, once again endeavour to maintain the image as it would appear to your physical senses for a full five minutes without it fading from your Imagination.

When you can maintain any image vividly in your Mind with total realism for a full five minutes, then this part of the visualisation exercises is complete.

The final stage of these exercises is to visualise objects with your eyes open. It doesn't matter which objects you choose for this purpose although it is better to start with the objects previously visualised with your eyes closed.

To commence, with your eyes open imagine, as realistically as possible, your object suspended in the air, standing on a shelf, on a table, or anywhere else of your choice.

Your object must appear to be every bit as solid and real as the original physical object, so much so in fact that you feel that you feel you can actually reach out and touch it.

There must be absolutely no doubt whatsoever as to the complete realism of your visualised object as it is suspended in the air, or standing on a solid object such as a shelf or table.

This exercise is complete when you can maintain in your Imagination your visualisation of any object, in any location, with your eyes open for a full five minutes.

The Manifestation Key

Auditory/Hearing

Imagine you can hear the ticking of a clock.

You must hear this clock ticking as distinctly and realistically as possible to the extent you have no doubts in your Mind whatsoever there really is indeed a clock in your room.

When you can maintain this sound in your Imagination for a full five minutes, select another familiar sound, for example the chimes of a clock, the peeling of a bell, a tapping sound, the sound of rain against a window, the sound of a household appliance; any distinct well-known sound will suffice.

As with the ticking of the clock, imagine your chosen sound with complete realism to the extent you have no doubts whatsoever for a full five minutes before moving on to the next sound. We are only concerned with the auditory aspect of this exercise. Should a vision of the item appear in your Imagination use your willpower to dismiss it immediately.

Once you can imagine any sound of your choice with absolute realism for a full five minutes without interruptions as if you are in the physical presence of these sounds then these auditory exercises are complete.

Sentience/Feeling

The next exercise involves the development of sentience within the Imagination, in other words the senses of touch, temperature, lightness, heaviness, hunger, thirst and other sentient feelings.

Close your eyes and select a sentient feeling of your choice, for example warmth. With complete concentration, imagine, as realistically as possible, this sentient feeling. In the case of warmth for example you should feel the warmth all over your body and without any doubts whatsoever in your Mind. Even if the room is cool you should feel warm.

The Manifestation Key

When you can maintain this first sentient feeling for a full five minutes without any interruptions, including any spurious images appearing in your Mind that must be dismissed, you can move onto the next sentient feeling.

This time it might be a texture such as a carpet or sandpaper for example. Again, imagine yourself feeling this texture as if you were actually running your fingers across it. As always maintain the feeling of the chosen texture for a full uninterrupted five minutes while knowing beyond any doubt in your Mind that it is totally real in every respect.

Now move on to the next object of your sentience exercises. This time for example you could summon a feeling of thirst, hunger or warmth. Imagine as realistically as possible that you feel very hungry or very thirsty as if you really need food or drink, or as warm as the sun on your skin on a beautiful summer's day. Again, maintain these feelings with total realism to the extent there is no doubt whatsoever in your Mind that you are actually experiencing them for a full five minutes.

Having successfully achieved each of the sentience exercises for a full five minutes, you can then proceed to the next exercises.

Olfactory/Smell

Using all of your powers of Imagination imagine you can smell a favourite fragrance. It might for example be a perfume, a flower, food cooking, or any other smell of your choice. The smell need not be pleasant, it can be anything at all providing it is distinctive and you can bring it to Mind.

As with all of the previous exercises, maintain this aroma in your Imagination as vividly as possible without any interruptions, and without any of the other imaginary senses such as visuals intruding.

The Manifestation Key

You must be totally focussed on your selected aroma, and be totally convinced of its realism as if it is strongly present in your room. If you are imagining the scent of a favourite flower be absolutely convinced you are right next to the flower in question.

Again it is most important to focus exclusively on the olfactory aspect of the object and not to allow any of the other senses to intrude.

Having maintained an exclusive sense of smell in your Imagination for a full five minutes then select another smell with which you are familiar and repeat the exercises.

Continue with these olfactory exercises until you have exclusively maintained in your Imagination various different aromas for a full five minutes, after which these exercises are complete.

Taste

Imagine you can taste a favourite food or drink as vividly as you possible can as if you are actually eating or drinking a sample of the food or drink in question. As always you must be totally convinced of the reality of this and there must be no interruptions either externally or from other senses or thoughts endeavouring to intrude; you must be focussed exclusively upon the taste.

When you have succeeded in maintaining the first taste for a full uninterrupted five minutes, move on to another taste of your choice.

As with the other exercises, once you have successfully maintained in your Imagination a range of tastes with total realism and without interruptions for a full five minutes, then these exercises are also complete.

The Manifestation Key

Engaging All Five Senses

As the final exercise we will now put all of the senses together in an imaginary scenario of your own choice. Select any scene of your choosing, ensuring all of your senses are fully included and involved within the scene.

We will use a stroll in the park as an example.

As always assume your relaxed position ensuring you will not be interrupted and close your eyes. Now bring into your Imagination as vividly as possible your imagined scenario.

Using our example of the park, visualise yourself strolling through the park gates with your family. If you do not have a family then simply imagine instead you are strolling through the park either by yourself or with a friend or friends. Adapt this scenario to suit your own situation and preferences.

As you begin to stroll along the path you clearly hear birds singing cheerfully in the trees and feel the gentle, warm summer wind on your face. You can feel one of your children tugging excitedly at your hand as the sounds of other children playing happily drift across the vivid green parkland lawns.

As you pass by a rose garden you can smell the fragrance of the roses as you observe them blooming in many different beautiful colours.

Soon you reach the park cafeteria and you stop to buy the family an ice cream. You can taste the ice cream as it melts in your mouth and as it's welcome coolness slides down your throat.

Soon you reach the children's play area where you sit down on the soft grass. The smell of the short, recently cut grass is very distinctive.

The Manifestation Key

The children shout happily as they go off to play on the amusements while you absorb the atmosphere of the gorgeous summers day while enjoying your ice cream.

As you finish your ice cream you can hear the wind rustling through the nearby trees intermingling with the noises of the children happily playing nearby. As time progresses you can feel the midday sun becoming hotter and hotter and you realise it is time to go home.

You call the children from the amusements and all set off on a slow stroll home taking in all of the familiar sights, sounds and smells along the way with the children excitedly discussing everything they enjoyed playing in the park.

When you arrive home you all have a nice cooling drink, and you relax in while the children go off to safely play in the back garden.

Practice this sort of scenario, or one of your own choice, using all of the senses of your Imagination as often as possible. The resulting abilities will be of profound value in your life and path ahead.

Now once you have achieved level of Imagination, you are already well on your way to taking complete, independent control over your Life.

Of course, developing the Imagination is an ongoing process, and one which I seriously suggest be practiced frequently. Imagination can be practiced while walking, relaxing in the garden, travelling on a train or bus, and of course in bed before sleep.

Finally let me assure you that there is no need to spend days or weeks practicing these exercises before commencing with **The Manifestation Key** in the final chapter of this book.

Even after a day or two your Power of Imagination will be greater than before, and can be used immediately in the final simple process.

The Manifestation Key

Part 5: Faith and Belief

Now Faith Is The Substance Of Things Hoped For, The Evidence Of Things Not Seen. ~ Hebrews 11:1

For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his Heart, but shall Believe that those things which he saith shall come to pass; He Shall Have Whatsoever He Saith.

Therefore I Say Unto You, What Things Soever Ye Desire, When Ye Pray, Believe That Ye Receive Them, And Ye Shall Have Them.
~ Mark 11:23 - 4

The collection of works contained in The Bible are largely very profound and deep, for those who see through the layers of parables and storytelling.

So the inspired Bible may well indeed be considered as the "Word Of God".

So you see - only those Spiritually with the Eyes to See and Ears to Hear may know the "secrets" of the Kingdom of Heaven, everyone else may enjoy the words in the form of a story - a parable. This way everyone hears and perceives it in accordance with their own Spiritual ability to do so.

Now you may be wondering by now what relevance the introduction to Part 5 of **The Manifestation Key** has to do with Faith and Belief?

Well actually it has everything to do with Faith and Belief.

In religious doctrines, "faith and belief" are taken to mean as "faith in God", i.e. keep the blind faith that God exists - up there - somewhere.

This is "blind faith" and an "abstract belief".

Now then let us look at what The Bible really meant, esoterically.

The Manifestation Key

FAITH is Faith IN God. Meaning - Faith Through And As God.

We Are All Equal Children - Expressions - Images - Of God.

So Faith In God Is To Realise Our Inner God-Powers As God.

Remember:

Now Faith Is The Substance Of Things Hoped For, The Evidence Of Things Not Seen. ~ Hebrews 11:1

In Other Words. Faith Is The Absolute Knowing That Whatever We Have A Burning Desire For, And Have Imagined and Feel Is True, Although Not Yet Seen Or Experienced, Will Become Substance, Our Experiential Reality In Due Course, Through Our God-Given Powers.

This Then Is The True, Esoteric, Biblical Meaning of FAITH.

The Biblical Phrase "Rest in The Lord" means literally to Maintain Divine Faith That The Fruits of Our Imagination Are On The Way.

BELIEF In God: "If Thou Canst Believe, All Things Are Possible To Him That Believeth. ~ Mark 9:23.

So yes: Belief is in fact a Divine Spiritual and Metaphysical Principle.

In Part 4 of **The Manifestation Key we discussed Imagination, and that the more realistically we can Imagine the object of our **Burning Desire**, the more rapidly and purely we will experience it.**

Well, **Belief is the Spiritual, Metaphysical and Divine Power, Energy, Behind The Imagination.**

The more we Believe our Imagination as True, the quicker it will become Experiential Reality that we may enjoy it in the physical.

Remember:

The Manifestation Key

Therefore I Say Unto You, What Things Soever Ye Desire, When Ye Pray, Believe That Ye Receive Them, And Ye Shall Have Them. ~ Mark 11:23 - 4

Now Prayer is one way of accessing the Principle of Belief through the gateway of the Subconscious Mind.

In **The Manifestation Key** final part, I will present an even more powerful method attainable by all. Prayer though is fine as is any form of meditation, trance state that facilitates access to the Subconscious.

Remember:

But Rather Seek Ye The Kingdom Of God, And All These Things Shall Be Added Unto You. "Fear Not, Little Flock, For It Is Your Father's Good Pleasure To Give You The Kingdom. ~ Luke 12:22 - 32

This applies to both Faith and Belief, meaning:

If We Have Faith IN God - Through God - As God, Believe Our The Image of Our Burning Desire, Then Through God We Will Experience Our Burning Desire, Whatever it Is, Without Limitation.

So by now we are beginning to see just how powerful this all is.

Now I do not wish to over complicate Principles of Faith and Belief, because they should be very simple, natural and intuitive, and therefore accordingly it is not very productive to dwell upon them too much.

Faith And Belief Are Principle And Must Be Realised Intuitively, Not Simply Be Understood At A Mental Level.

Let us conclude this part of **The Manifestation Key** by looking at Faith and Belief in more recognisable and familiar terms.

How may we recognise Faith?

Well - everyone engages in Faith almost every day.

The Manifestation Key

For example. If we call a Taxi and instruct the driver to take us to a specific destination, we have FAITH that the driver will duly drive us to that destination, and not take us somewhere else, or worse rob us or whatever.

FAITH Is The Implicit Acceptance Of An Expected Outcome.

If a person is admitted to hospital for surgery, the patient has absolute FAITH that the Surgeon and Anaesthetist will not harm or kill them while unconscious under the influence of the general anaesthetic.

FAITH Is The Implicit Acceptance Of An Expected Outcome.

When we ride on an underground train, metro, subway etc, and climb aboard that little tubular train - when the doors close and the train starts moving at high speed in to the dark underground tunnel, we have FAITH that the train driver knows what is doing, and will not make a mistake, causing a horrific accident that may seriously injure or kill us.

FAITH Is The Implicit Acceptance Of An Expected Outcome.

Now let us look at the Principle of Belief. BELIEF is easier to define and conceptualise in many way.

For example - if it is raining outside, we Believe that if we go out in the rain we will get wet without a coat on.

If we are driving a car, we believe that if we depress the accelerator pedal the car will go faster, and if we depress the brake pedal the car will travel more slowly or stop.

If is midnight, we Believe that if we look out of the window, it will be dark outside.

And there are countless other examples of Belief that we meet every day.

In the context of Manifesting our Burning Desires, we must have the same absolute degree of **Belief** that the object of our Imagination will be fully realised to experiential reality, as these simple examples above.

The Manifestation Key

Belief Comes Through Faith IN God, ergo, they are closely related.

Finally, keep in Mind this final biblical quotation:

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you ~ Matthew 7:7.

**Let this truth then be the foundation of Our Faith and Belief IN God,
As God, Through God. By the Infinite Love and Grace of God...**

The Manifestation Key

Part 6: Feelings and Gratitude

This penultimate part of **The Manifestation Key** will be fairly brief, yet no less relevant in the context of Manifesting our Burning Desires, is on the related factors of Feelings and Gratitude.

In Part 4 of **The Manifestation Key** we discussed, at length, the crucial principle of Imagination, and how to develop and enhance it.

We discussed also just how the intensity we are able to Realistically Imagine our Burning Desire, will determine how soon and how precisely our Burning Desire, the Object of our Imagination, becomes Experience.

Imagination Is Principle

In Part 5 of **The Manifestation Key** we discussed Faith and Belief.

Faith and Belief, together with Feelings and Gratitude that we will now discuss may be considered as the Energy behind Imagination.

While the Imagination is very powerful, and is Principle in Manifestation, the Imagination needs to be infused with Feeling.

By "Feeling" we refer not to sentient feeling, but inner Feeling, Knowing.

When we imagine something vividly, even if engaging all of the senses in the Imagination, we are still only "imaging" that Burning Desire.

When God Imaged us in to Being, as Humans - as well as all Manifestations of Source Mind - God also Infused God's Image of us with Mind, Consciousness and Divine Love. Had this not been the case, the Image would remain nothing but a dream.

The Manifestation Key

Now - when we Manifest Our Own Experience, we do so in the same way - by Infusing the Image with Our Mind, Consciousness and Love.

This is what moves the Image from a dream, to something that has Life.

An Image Without Consciousness Is But A Dream.

Now Faith and Belief, as discussed in the previous part of this book, give the Image Life, because we are transferring a part of our own Belief in the outcome and Faith in the Power of God, behind the Image.

Feeling and Gratitude then further bring the Image from Realisable Potential to Realised Experience where it may be enjoyed.

So - how do we accomplish this?

Once we have Imagined the Object of our Burning Desire, and we have The Belief in its Reality backed by Faith In, As and Through God, we must then make the Image Real, **As If We Are Actually Experiencing it now.**

It is extremely important to imagine the Object of The Desire in the present tense, knowing that it already exists within our Experiential Reality NOW, Vividly Feeling all of the Emotions associated with it.

If we are Manifesting a new television set, for example, you we should actually “see” as an Image in our Mind, our ideal TV set already in position in your living room, with our-self and our family happily seated around it.

Using all the Inner Senses of Imagination, we would hear the television, view the pictures, and experience all of the reactions and emotions associated with what we see, as we enjoy our new TV.

We must Bring as many senses into the Image scenario as possible.

Imagine the family watching a favourite program.

See the images on the TV screen as clearly as possible, and be totally engrossed with the picture.

The Manifestation Key

If we have a pet, visualise our pet sleeping on a rug in front of the TV.

The more detail we can add to this Image, the more effective it will be.

It is also very important, to place as much emotion behind our visualisation as possible.

Feel and Know as Intensively as possible that our Image is ALREADY a complete reality in our Life Experience.

Feel with as much emotion as possible feelings of great joy, passion, enthusiasm and appreciation. Add all of the emotions relevant to the object of the Image.

Emotion is a very powerful force. The more emotion you can inject into your imagined scenario, the more powerful the effects will be.

An extremely powerful way of charging our Image with emotion is to bring into our Mind situations experienced in the past that invoke powerful emotions, and then to integrate the feeling of those previously experienced emotions into our current Image, the Object of our Burning Desire.

Recall a most joyous, passionate and enthusiastic times, experience those emotions as if you were actually experiencing the situation again, and then move the feeling of those emotions into the Image.

Another very powerful way of Infusing The Image of our Desire, is to invoke the senses of hearing and smell by recalling favourite music that has particularly joyous memories and fragrances that evoke positive memories.

We can make use of these senses in two ways.

If it is a particular piece of music, you can have that music playing gently in the background, or, better still to avoid external factors, we can recall the music in our Mind.

Throughout history, fragrances have been used to influence emotion.

The Manifestation Key

So the crucial point here is, having created an Image of our Burning Desire, to Infuse that Desire with as much Life as possible, just as the Magician Infuses a Servitor with Consciousness. Same Principle.

All That Is, All Life, All Expressions Of God, Whether Perceived As Animate, Or Inanimate, Are All Life And Consciousness, Expressed By The Mind Of God, Or Expression of God Such As Humans.

So There Is No Difference At All When Infusing Any Image With Life.

Gratitude

I will conclude this part then with a word about **Gratitude**.

Gratitude is NOT about "thanking God" or any other entity.

Always keep in Mind that God is NOT separate from us - We Are God.

Gratitude mean nothing to God, because we would be thanking our-self, because, as Expressions of God, we are our own Creators of Experience.

Our Experience Was Expressed By Us, Through God, Not By God.

The purpose then of Gratitude is not to offer thanks as in having received a special favour from God, **But To Further Reinforce The Reality and Life Within The Object Of The Image Of The Burning Desire.**

By Feeling Gratitude - Not To God Or Other External Entity, As If We Are Already Fully Enjoying The Object Of Our Desire, As imaged, We Are Simply Reinforcing The Image Reality Here In The Physical World.

We Are Saying - This Image Is Now My Experience - Thank You!

Even If We Are Not Yet Actually Enjoying The Object Of Our Burning Desire, By Extending Sincere Gratitude In This Way, We Are Moving The Object Of The Image To Experience In The Eternal Moment Of Now - The Only Moment - Mentally - That It May Follow Experientially.

The Manifestation Key

Part 7: The Manifestation Key

Well here we finally are, the final part of **The Manifestation Key**, where we put everything together that you may Manifest you the Object of Your Desires to experience in your life.

We will then keep this as straightforward as possible. Expressing our own Personal Experience, Object of our Desire, should be absolutely natural.

When I started to write this small, but concise book, 7 days ago, my intention was to conclude with the most practical, achievable and above all powerful way to assume total control over your own Life and Health, with all wishes, needs and Desires attainable, easily, and without limit.

Although you will find most of the basic principles in many different books, very few actually incorporate all of the Principles in a single book.

In addition, NO book explains the esoteric underlying Principles and Process as The Manifestation Key does.

It is CRUCIAL to understand and gain Confidence and Faith in these Principles and Processes to succeed In Manifesting The Object of your desire, in the quickest and truest way, and indeed, at all.

Further, no book incorporates all these Principles and knowledge that culminates in a simple, powerful effective Process, that anyone can do.

If I knew of a more Powerful and Practical Method, I would have written it.

What we will do then first is to review each part of this book in the context of **The Manifestation Key** to Realising The Object of our Burning Desire.

Part 2: How We Experience:

Understanding the nature of our Experience, our physical body, the material world around us and so on, is absolutely **crucial** to the Manifestation Process.

The Manifestation Key

Knowledge is power, understanding and confidence in the unseen processes involved.

Over the years, after numerous emails received, it is extremely clear that one of the biggest barriers to success is doubt - lack of Faith and Belief, simply through a lack of understanding of these unseen processes, which have never been adequately explained before from the Quantum level.

So, before actually putting **The Manifestation Key** in to practice, it is crucial to take time to read Part 1, over and over, until fully understood.

Again, Confidence in the unseen forces and principles involved is absolutely Crucial, in order to acquire the necessary Faith and Belief.

Part 3: Desire:

In the second part of **The Manifestation Key** we discussed the need to have, or develop, a **Burning Desire** for the Object of the Manifestation, **Before Commencing**.

We further discussed therefore, that "wanting", "would like", "would be nice" and vague wishes like that are **Not** enough to proceed with.

So before proceeding, satisfy yourself that the Burning Desire exists or can be developed. If the Burning Desire needs to be developed, then this must be done and achieved before proceeding.

We also discussed the wisdom of satisfying ourselves that the object of our Desire will genuinely add to our Life and above all Spiritual Path, and will not adversely affect or influence others or those around us in any way.

Part 4: Imagination:

In this part of **The Manifestation Key**, we discussed that which is **Absolutely THE Most Crucial Principle in Manifestation**.

Imagination Is The Primary Principle Behind All That Is.

The Manifestation Key

The Divine, Source, God, Imaged Humans, All Life, All That Is - Into Being.

All That Is Exists ONLY As Unified, Singular Mind And Consciousness In The Infinite, Eternal Imagination Of God, Bound Together By Love.

As Infinite and Eternal Aspects Of God In The Macrocosm, We Have Exactly The Same "Powers Of Creation" As God In The Microcosm.

ANYTHING God Can Imagine And Express, So Can We As Humans.

It is impossible to understate these Absolute, Glorious, Profound Truths.

This then is precisely why developing our Primary God-Given Ability of Imagination, is so **Absolutely Fundamental and Crucial** to this process.

Now - it is not necessary to develop an extremely high level of Imagination to begin with, but nevertheless...

As We Develop Our Power Of Imagination, The Quicker and More Precisely We Will See The Object Of Our Desire Manifest In Our Experiential Reality, Thus Attaining Maximum Control Over Our Own Life Experience - As God Intended With This Precious Divine Gift.

So my message here then is to please take the provided exercises in Developing Imagination **VERY** Seriously. The quality of your Life depends on it. These are proven exercises used by Magicians during Initiation.

Part 5: Faith and Belief:

During this part of **The Manifestation Key**, we looked at True Faith and True Belief, as intended in the Highest, Most Spiritual and most Divine terms in The Bible.

Faith Is Faith IN God, As God, Through God - Expressing God.

The Level Of Our Faith Is Directly Proportional To The Extent To Which We Can Draw Upon And Direct Divine Powers In Imagination.

© 2013 Adrian Cooper

<https://ourultimatereality.com> Page 54

The Manifestation Key

God Created All That Is With Total Faith and Belief - So Can We.

Belief In The Absolute REALITY Of The Object Of Our Desire Is Absolutely Crucial.

We Must Always Believe, Beyond ALL Doubt, That The Object Of Our Burning Desire Is Our Experiential Reality - Right Here, Right Now.

Part 6: Feelings And Gratitude: During this final part of the principles behind **The Manifestation Key**, we discussed the **CRUCIAL** principles of Feelings and Belief.

We discussed that no matter how clear and well defined the Image, engaging all senses of the Imagination is, the Image will remain as a dream until it is imbued with Life.

So, by invoking all of the Feelings associated with the Image, we give the Image Life and the ability to appear as the Object of Burning Desire in Experiential Reality. If there is a Burning Desire, then the Feelings will be present as well naturally - which is why it should begin as a Burning Desire.

Whatever We FEEL To Be True, IS True

Gratitude is NOT to thank God or other Being. We Are One With God.

Gratitude Reinforces Our Absolute Feeling and Belief That The Object Of Our Burning Desire Is ALREADY Experienced, And Are Grateful.

So anyway, finally here we are, the culmination of all we have discussed over the course of the last week, leading up to this - the practice itself.

This assumes that you have read, understood and absorbed as well as practiced developing the Imagination, at least to some level.

As with any book - simply reading the words will not yield any sort of success, in and of itself.

The Manifestation Key

I have written this to be as simple and powerful as possible, yet, the rest is up to you. What better motivation though than the life of your Dreams?

Now I will let you in to a Powerful and Profound little secret...

By FAR The Best Time To Put This In To Practice Is Just Before Sleep.

Most books that deal with Manifestation suggest some form of meditation or trance like state - and for good reason - the Subconscious Sphere of Mind is much more accessible and open to suggestion.

However, countless messages received over the years make it clear to me that many, if not most people experience difficulty in attaining these altered states, or do not have the time or appropriate environment.

There is however a far bigger consideration which is a major barrier to success, whether a person can attain these altered states or not.

If practiced during the day it is easy enough to pace the Desired suggestions of the Object of Desire in to the Subconscious Mind during the meditation or trance state, invoking the Impression of Wealth or whatever it is, but as soon as the practice is over, the Conscious Mind takes over and objects to the suggestion given to the Subconscious Mind.

For example - if we tell the Subconscious Mind - I am Wealthy - the Subconscious Mind will accept that during meditation or trance.

However, once the Conscious Mind takes over, it says - hang on a minute - I am not wealthy at all.

Now the Subconscious Mind is always active, and ALWAYS accepts the last suggestion received - which is "I am not wealthy after all".

So really this sort of approach, unless the person is extremely disciplined and has a very high level of control over their Conscious Mind - most do not - will invariably fail to achieve the Desired results.

HOWEVER - If We Convey The Object Of Our Desire To The Subconscious Mind Immediately Before And As We Enter The Sleep

© 2013 Adrian Cooper

<https://ourultimatereality.com> Page 56

The Manifestation Key

State, Not Only Does This Facilitate A Much Greater Level of Access To The Subconscious Mind, Once The Conscious Mind Is Asleep, It Can No Longer Object, Allowing The Subconscious To Act On Realising The Object Of The Desire For Several Hours During Sleep.

This Is An Extremely Powerful Secret, Known And Used By Magicians And Others, But Little Known About Generally.

This also deals with the other objections about not being able to attain a meditative or trance state, or the time and environment factors.

Everyone Sleeps Every Day Right? So EVERYONE Can Achieve This.

Here then is **The Manifestation Key** process, assuming all of the foregoing has been understood, absorbed and practiced...

The Manifestation Key - Process

Every night, when we retire to bed for sleep, there is a Transitional State of Consciousness on the borderline between waking and sleeping.

This state is known as the Hypnagogic State, and needs to be recognised.

A Hypnagogic State can be easily recognised by various factors.

During this borderline awake/asleep state we will experience various phenomena. We may see images, hear sounds or voices, colours and so on as the Mind transitions to a Higher Vibratory Frequency.

It is different for everyone, but should be instantly recognisable. If not now, then over the next few nights, learn to recognise this transitional Hypnagogic state.

Every night, when the transitional state between waking and sleeping is recognised, this is the Moment to Invoke The Image Of Your Burning Desire with absolute focus, all five senses of the Imagination,

The Manifestation Key

KNOWING That God Is Behind It - With FAITH. Believe Its Reality Absolutely, With All Associated Feelings Including Gratitude.

Hold That Image In Your Mind As You Drift Off To Sleep.

That Is IT.

What I have shared here is, I believe, the Most Powerful Possible Way, For Most People To Manifest Any Desire, Simply, Easily, Reliably.

I would like to conclude with a note on Health and Body based Desires.

When we are addressing Health and Body issues, we need to be careful about how we engage the Imagination. **There is only one Principle for Perfect Health and Body - Perfection - As God Imaged Each Of us.**

If we are desiring to change a specific external physical aspect of our body - weight, shape, size, colour etc, then this is very easy to Imagine.

But if the health related issue is not external, then we cannot properly Imagine it. If we cannot Imagine it, then we need a more Holistic approach.

For health issues, for example cancer, then we Imagine the Glowing Health of The Whole Body, just as we were Imaged by God.

God Imaged us to Perfection - it is the Conscious Mind that compromised that Perfection. So - all we need do is Image a Perfect Body and Health.

I Wish You Light, Love. Blessings, And Every Desire Fulfilled.

Adrian Cooper