

Manifesting *Thoughts*

A Newsletter on the Art of Manifesting Your Heart's Desires Using the Law of Attraction

January 2009

Turn Time Wasters into Dream Makers



24 hours, 1,440 minutes, 86,400 seconds—no matter how you express it, we only have so much time each day into which we cram work or school, cooking, cleaning, family time and a myriad of miscellaneous obligations and commitments, all clamoring for our attention. In between these activities are unavoidable traffic jams, grocery lines and waiting rooms, etc., where we find ourselves stuck wasting time while we “hurry up and wait.” And so the concept of multitasking was born, and many of us are masters at it. We make lists, plan menus, balance checkbooks, read reports or write them, all in an effort to fill the void, to close the doing-nothing gap, between our hectic, active hours.

But what if there was a way to create the life of your dreams in those “in between?” Rather than doing, doing, doing in those free moments, what if you could relax your body, quiet your mind, and just “be” for a change? And while you are enjoying a little down time, use visualizations, mantras and affirmations to manifest your heart's desires.



Einstein shared one of the keys to his genius when he said, “Imagination is the preview of life's coming attractions.” Visualization is the art of using your imagination to “preview your life” in your mind's eye. But first, you must be clear about what you want and then imagine the perfect outcome of it. See yourself excelling at the work, lounging in the home, abounding in the abundance, or loving the relationships that you dream about. When you visualize something you want, you activate and energize your own vibration so that it can begin to resonate in harmony with your desire and set in motion the process of drawing it to you. Get emotional about it though. Allow yourself the supreme joy of actually feeling what you are picturing to supercharge your visualizations.

While the word “mantra” may bring to mind deep meditation or melodic chanting, it can really be as simple as saying a word over and over, and infusing it with your intentions. Use energetic, powerful words, such as “Love,” “Believe,” “Joy,” “Peace,” or whatever mantra resonates with you. Choose a word and repeat it over and over in your mind with a subtle awareness of what it means to you. Internal mental repetition of a mantra may be used to quiet your thoughts or combined with visualization to manifest your intentions.



“But if you wish to enjoy more prosperity and success in life, you have to consciously, boldly and deliberately take hold of your thoughts and feelings and redirect them toward prosperity and success.” advises Catherine Ponder in her wonderful book, *The Dynamic*

Continued on Page 2

Turn Time Wasters into Dream Makers (Continued from Page 1)

Laws of Prosperity. And a very effective way to redirect your thoughts is through the use of affirmations. Affirmations are mini but mighty messages that speak directly to your subconscious mind. They are specific, positive statements of whatever you desire to be, do or have. Say affirmations to yourself (or out loud whenever possible) with authority, command, conviction, and especially, with feeling. Your subconscious mind is always working, and always attentive to the words that you feed it. It does not judge, edit or elaborate on your words. It merely produces what you say, think or feel. Joseph Murphy explains in one of the most powerful self-help guides ever written, *The Power of Your subconscious Mind*, "As you sow in your subconscious mind, so shall you reap in your body and environment. Begin now to sow thoughts of peace, happiness, right action, good will, and prosperity."



Using these simple but powerful tools can help you transform so-called "wasted time" into precious contemplative moments that create, uplift and inspire you wherever you are. What a great way to relieve the stress, hold down the frustration, or control the anger of being inconvenienced. But you do not always have to reserve the use of visualizations, mantras and affirmations for your down-time. ***There are 86,400 seconds in a day. How many can you spare to create your heart's desires?***

Manifesting *Tip*

Use Heart Projects, LLC's new inspirational jewelry and accessory items to help remind you to use mantras and affirmations to create your heart's desires. We are in the process of creating an on-line retail store in partnership with Amazon.com to make our customers' ordering experiences convenient, safe and secure. We are putting the finishing touches on it now, but you can still view it and make purchases, if you wish. Our Amazon-powered web site is www.heartprojects.com.

Buy with confidence on our site built and hosted using Amazon's technology. How does it work? Simply, use your existing Amazon account during checkout to order products from our Amazon web store. If you don't have an Amazon account, it's easy to set up. Add the products you want to purchase to your cart and create your account during the checkout process.

Please go to the next page of this newsletter to see some of our new items!



**Manifesting® Formula
Necklace**

The formula for manifesting: Ask, Believe and Receive is stated on a single, hand-stamped Sterling Silver Ring hanging on a dainty sterling silver chain.

\$29.95



**Manifesting® Formula
Necklace**

The formula for manifesting: Ask, Believe and Receive is stated on a single, hand stamped Sterling Silver Ring hanging on a sturdy black rubber cord.

\$21.95



Manifesting® Formula Necklace

The formula for manifesting: Ask, Believe and Receive is stated on three Sterling Silver Rings hanging on a dainty sterling silver chain.

\$39.95



Chakramid™ Message Bead Bracelet

Three Sterling Silver Message Beads (Harmony, Balance & Serenity) are interspersed between a rotation of 6 mm and 8 mm gemstones, carefully selected to help balance your Chakras (Red Jasper, Carnelian, Calcite, Green Aventurine, Sodalite, Amethyst and Clear Quartz Crystal).

\$34.95



**Manifesting® Words
Message Bead Bracelet**

This beautiful bracelet is handcrafted with Clear Swarovski Crystals, White Swarovski Crystal Pearls, pewter Message Beads with the words, "Love, Joy, Faith, Peace", and a silver-plated Lobster Claw. This bracelet measures approximately 8 inches in length and should fit most average wrist sizes.

\$19.95



Manifesting® Word Rose Quartz Bookmark with Love Affirmation Ring

This bookmark is handcrafted with Rose Quartz beads, silver-plated bookmark hook, silver-plated beads, and a Sterling Silver "Love" Affirmation Ring.

\$12.99



Manifesting® Word Amethyst & Clear Quartz Crystal Bookmark

This bookmark is handcrafted with Amethyst and Clear Quartz Crystal Gemstone beads, silver-plated beads, silver-plated bookmark hook, and lead-free pewter "Believe" bead.

\$9.99



Manifesting® Word Tigereye Bookmark

This bookmark is handcrafted with Tigereye gemstone beads, silver-plated bookmark hook, silver plated beads, and a lead-free pewter message bead with the word "Believe".

\$9.99



Manifesting® Word Rose Quartz Bookmark

This bookmark is handcrafted with Rose Quartz beads, silver-plated bookmark hook, silver-plated beads, and a pewter "Believe" charm.

\$9.99