



7 Days to Manifestation

An Introduction to True Manifesting



LivingfortheBetter.com

Published by Living for the Better

©2021

This book is for information and education only. It is not legal or medical information and nothing about it should be considered as legal or medical advice or information. No Portions of the ebook can be reproduced or sold without consent from Living for the Better.

The book is created to help teach people how to manifest with intention. Please take each step one day at a time. This way you can practice and think about each daily lesson without distraction.

Table of Contents

Introduction	4
Day 1	5
Commitment Statement	7
Day 2	8
Day 3	11
Day 4	14
Day 5	17
Day 6	22
Day 7	25
Your Next Opportunity	29

Introduction

Congratulations for joining the 7 Days to Manifestation Quest. This quest is fast paced. We cram a lot into the 7 days of this class. So, I hope you are ready move quickly.

This introduction quest is a great way for you to learn the basics of manifesting. In just 7 days, you are going to learn about the natural law and tools given to you at birth to use to manifest all that you desire.

You will learn two awesome games you can play to sharpen your manifesting skills.

As a bonus, you will learn what separates the acts of manifesting and creating. You will learn the steps to creating, and you will gain in belief of your natural ability to manifest which will lead to creation.

Are You Excited Yet!

I Am So Excited For You!

Well...pat yourself on the back for taking action to learn how to live for the better. Now, mark on your Calendar when you are going to start your 7 day quest.

Or better yet...

If you are already ready and cannot wait to get started, then let's dive right into the quest...

Day 1
7 Days to Manifestation Quest



Day 1
Welcome to the
7 Days to
Manifestation
Quest

Day One - Hello Everyone!! Welcome to the quest. I am Greg Mack, co-creator of 7 Days to Manifestations. Thank you so much for deciding to go on this quest. My purpose in life is to

teach as many people as possible how to become deliberate creators, so they can in return, teach younger generations how to create the life they want to live.

We are going to be dropping a lot of information over the next days. If you haven't downloaded the ebook to this class yet, then go ahead and do that here. (right-click the link and choose download linked file)

It is a great idea to print out this ebook so you can use the back of each page for your own notes and ideas.

If you are not able to print this ebook, then purchase a cheap notebook and a pen to write with. Decorate the notebook anyway you like.

Over the next few days we are going to learn what manifesting is and how to do it. We will be learning about the gifts given to us by the original thinker. You will learn what manifesting truly is and how it works to help with creation..

We will also be learning about our RAS and how to activate it with a couple manifesting games. Believe me, this is when the science that appears as magic happens. By the end of 14 days, you will be manifesting easier too.

Tomorrow we will be getting into the fun stuff.

Today after class, Find a way to print out the Commitment Statement on the next page or copy it to your notebook, and start getting excited about how you will be manifesting small things soon and with practice, you will learn how to manifest the big stuff too.

Like I said, we are all creators. We have been given the chance to create from the Original Thinker and the chance we have been

given is to create whatever we desire with our own free will. Over the next 7 days, you will know how easy it is to begin manifesting and then you will understand how to start creating for yourself.

See you tomorrow.

Commitment Statement

Please print, sign and date the commitment statement below. This is just a symbol of your commitment to yourself to learn how to Live for the Better. Please answer the question today and then come back to this page on the last day of the 7 day quest and answer the question again.

I, _____, promise to keep an open mind and a strong intent to learn how to become a Deliberate Creator. I will fully participate in all exercises challenged in the 7 Days to Manifestation Quest.

Date ___/___/___ X _____

How comfortable are you with your manifesting ability?

1st Answer Date ___/___/___:

2nd Answer Date ___/___/___:

Day 2
7 Days to Manifestation Quest



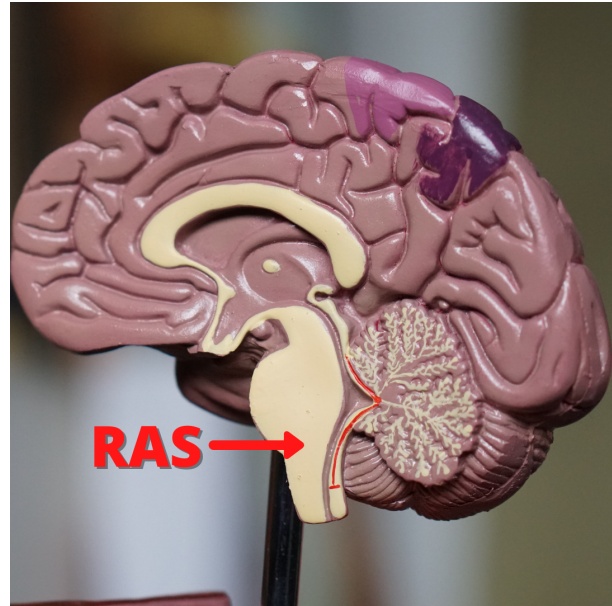
Day Two - Welcome back everyone. Are you excited? Are you ready to learn how easy you can manifest what you desire? Before we do that, we must learn about the little tool in our brain that helps us manifest things.

The Reticular Activating System

I really love talking about the Reticular Activating System (RAS). I believe it is one of the most overlooked wonders of the human brain, consciousness, and reality.

What is the Reticular Activating System?

Well... we all have one and it located in our brain. You can read more about it by [reading this report](#), but if you don't have time for that, I can tell you a little bit about it.



There are constantly trillions of trillions of information thrown at our brains by our senses every second. The entire world is seen as bits of information by the brain.

There is the presence of walls, trees, cars, and so on. There are smells coming from many different places. There are sounds, lights, colors, textures, and other people and animals happening around us at all times.

The air around us, the weather, the bird in the tree, and so on are all different bits of information.

There is a lot going on around us most of the time and yet, we don't get overwhelmed with it all. Why? Well... that is because of our reticular activating system. Our RAS. What the RAS does is filter out everything we don't find important.

Our RAS reduces all the trillions of trillions of information into about 2,000 bits of useful information based on your emotions and vibration. The RAS knows what is important to you and it, along with the universe, gives you what you put the most emotion and effort into or what you think about the most.

Your RAS is the body part that we will be using and activating while playing the manifesting games presented over the next few days. This tool is one of first tools we need to master to become deliberate creators.

Tomorrow, I will provide you with examples of your RAS in action that you may be able to relate to. The RAS is a great tool to learn how to master. Too bad they didn't teach us this in school, right?

Notes _____

Day 3
7 Days to Manifestation Quest



Day Three - Hello everyone and welcome to day 3 of the class. Today we are going to finish talking about the RAS and how to use it. I promised you I could show your RAS in action by example, so let me give it a try.

Have you ever had a time in your life where you couldn't remember something, yet it seemed to be right on the tip of your tongue. It just seems your mouth cannot figure out how to say it, right?

Ok, maybe that last part is just me, but anyway. Later that day while you are relaxing or taking a shower, the thing you couldn't remember earlier just pops in your head. If you are like me, you probably even say it out loud when it happens, right?

Why does this happen? It's because even though you consciously gave up thinking about trying to remember the thing you forgot, your RAS and subconsciousness did not give up.

They kept working on the problem for you in the background. Then you finally relaxed enough for your RAS to say, "This is what you were trying to remember earlier, here you go."

Pretty cool, huh?

Ok, how about...you bought a new pair of shoes or a new car and the next thing you notice is how many other people have the exact same thing as you.

We have all done it, right?

We pick a certain car of a certain color and the next thing you know, you see them every where you go.

So, what happened? Why does everyone have one now? Why are you now seeing them everywhere?

The truth is, your interest... your true desire and emotion for this thing was picked up by your RAS and it is helping you manifest what you desire.

See, these things, the things you are now seeing, have always been present in your world, you just were not made aware of them yet. See, these things have always been there, you didn't create them out of magic. Still, you did manifest them.

Ok, let me give you another example of your RAS in action. Have you ever had a time when you thought about a song you had not heard in a long time and the next thing you notice is that song playing on the radio, in the elevator, on a movie, or maybe in a commercial on television.

Crazy how that happens, huh?

Did you create that commercial so you could hear the song? Of course not, you put your RAS to work and it located it in your environment. Your RAS manifested it for you.

Isn't the RAS awesome! It is always working for you. It classifies the thoughts you have by importance and brings to your attention, the things and thoughts it thinks you find the most important.

The RAS is probably the second tool to the Law of Attraction that we get to use, only second to our thoughts.

In the comments, tell everyone about a time you think you may have noticed your RAS in action in your life, if you want too.

Talk with you again tomorrow when we talk about the differences between manifesting and creating.

Day 4
7 Days to Manifestation Quest



Day Four - Hello everyone. Welcome to day 4 of the class. OK, today we are going to talk about how our **thoughts** help our brains **manifest** the things we need to **create** something.

We manifest what we desire by becoming aware of it in our surrounding environment. Once we learn how to use our RAS to point out and manifest (or make apparent) what we are looking for, then we are able to use these things to create things out of what may seem as nothing to someone else.

Manifestation means to make apparent or to become aware. It does not mean to create something out of nothing. Manifestation occurs when you notice what you are looking for all around you in little tips and tidbits. Even when you find exactly what you are looking for can be a manifestation.

Still, when you find what you are looking for; normally, you did not create it, correct? I mean someone created it and someone sold it to you, correct?

See, Creation is the action or process to bring something into existence.

We manifest the desire and the materials needed to put into action to create something new or even typical. Nothing is ever created without manifestation.

I hope that all makes sense... did it?

OK, another way of saying it...

First we tell the universe what we are looking for, then tools like the Law of Attraction and our RAS activate to help us manifest the creation of what we desire.

You can't get to creation without manifestation and you cannot get to manifestation without thought. Those are the 3 steps to Creation: Thought, Manifestation, Creation. As a Deliberate

Creator, you will need to learn how to use all 3 steps effectively along with the tools.

Anyway, we are learning how to create manifestations in this class. Creation is a whole other class. I just need you to understand that there is a difference between Manifesting and Creating and they are not the same.

Alright, tomorrow we are going to learn how to activate our RAS by using our free will. This is where the fun stuff begins. Over the next few days we will be playing games to help us learn how to deliberately activate our RAS.

Notes _____

Day 5
7 Days to Manifestation Quest



Day Five - Welcome to Day 5 of the Class. Today is going to be a fun day. Today...(drumroll)... we are going to start our first experiment with our RAS!! I hope you are excited too!!

Anyway...let me catch my breath...Wooo...

Today we are going to play a game I call, “The Blue Feathers Game.” You get to choose whatever you want to manifest, but the first time I tried it, I tried with blue feathers, so I call it “The Blue Feather Game.”

Throughout this example, I am going to use the words, “Blue Feathers,” but you can use whatever you desire when you do this. Maybe I should call this the “Whatever I Desire Game?”

I like “Blue Feathers” better...

Anyway...the only rule is you need to ask for something you don't see everyday already and you do not feel like it will be a life or death situation if you see it or not. Make it something abstract.

I chose blue feathers because I didn't think coming across them was very likely and it wasn't a matter of life or death if I did or did not. Make sense to you?

So, right now in the comments, write what you desire to use in this experiment. What do desire to manifest into your life over the next week or so?

Does this thing make you laugh or smile? Does it make you feel relief? Will manifesting this simple thing make it seem easier to do it again with another desire?

Ok, now here are the guidelines about manifesting. Normally, when you are manifesting, you are noticing what other people have. You are becoming aware of the object that you want already in the possession of somebody else.

Remember, you must manifest before you can create, and manifesting is not creating by itself. Right?

Let me tell you what happened when I decided to manifest blue feathers...

I love strengthening my belief in the natural laws by conducting experiments like this. Still, I had never tried a manifesting experiment, but it sounded great to try.

Just imagine what you would have if it worked? If you could manifest what you desired just one time, imagine that... Would you try again?

And I mean, What would truly happen if I tried the experiment and nothing happened? Well, life would just stay normal if it didn't work, right? Nothing would change if I couldn't manifest anything. So, really... nothing to lose, right?

Well, here is what happened.

Nothing... for like four days, nothing happened, so I gave up on it. Then one morning, on like the 6th or 7th day, I was sitting in the parking lot at work and I saw a bluejay.

At first, I thought nothing of it. I just sit there watching the bluejay eat worms and peck at the ground. Then slowly, I started to realize or become aware of what was happening.

That's when I realized..., "I just saw blue feathers." There they were...right before my eyes. They were not mine. I could not take them from the bird without force, but there they were: Blue Feathers. I really became excited.

When I mentioned the bird and how I manifested it to my coworkers, they said I did not manifest the bird because it was always out there and must have a nest in one of the trees.

Yep, the only thing new in the situation was my awareness.

See, the bird was always there, I just had not seen it yet. Over the next few days, I started seeing blue feathers in other places.

I saw them hanging from rearview mirrors in cars in the parking lots. I saw them on the curb, There would be toys with blue feathers, I saw more birds with blue feathers.

There were blue feathers everywhere.

I am sure that you are going to manifest what you shared in the comments. You might do it within the next 10 days.

Some of you might not, but don't give up, you will manifest it eventually.

You might see it on T.V. You might see it in a movie or on a billboard. You might see it in physical form right in front of you.

You will never know how your desire will manifest, but I do know that you will. It's the Law of Attraction working for you.

There are so many great things about the Law of Attraction and learning how to deliberately manifest is just one of those things.

Ok, so now it is your turn. Write in the comments what you want to manifest and lets' put your RAS and the Law of Attraction to work.

After you hit the share button, just let it go. Ask for it, and then just trust that it will happen and let it go.

You are now manifesting with intent!! Way to Go!!

Day 6
7 Days to Manifestation Quest



Day Six - Welcome to day 6 of the class. How has your manifesting going? Have you already manifested what you desired? Have you tried to do the same with other things? Are you still waiting for your desire to manifest?

If you are still waiting for your desire to manifest? Do yourself a favor and just let it go.

Remember, if you think too hard about it happening a certain way, then you will become distracted and you will not notice it when it is delivered in some other fashion.

So, just let it go and let us move on to the next game.

I am just a little excited to share this next game with you. This little Blue Feather game and the Where's My Desire game are great ways to work with your RAS and help develop a stronger belief in the Law of Attraction. I think these two games are so much fun to play.

Remember when I was talking about the Blue Feathers? I came up with this next game thanks to the blue feathers game. You see, I was seeing feathers everywhere. I eventually started expecting to see blue feathers and I would look for them when I was out living my day.

I eventually started looking at it like a "Where's Waldo" type of game. I mean, once I learned to completely trust the natural laws and the tools we have been given.

I guess I cannot call it "Where's Waldo," so let's call this one, "Where's My Desire." Sound good? If you have a better idea for the name of this game, then post it in the comments.

Ok, so back to the game...

You play it just like you play the "Where's Waldo Game." OK, maybe you have never heard of Waldo. Google "Where's Waldo." Ok, so in the book game, you know Waldo will be found somewhere in the picture. Sometimes it is easy to find him and

sometimes it takes a long while to finally find him, yet you know you will always be able to find him because you trust that the person who drew the picture definitely put Waldo in there somewhere.

This same type of belief, the same trust you have in the Waldo book is the same belief you need to have when you play “Where’s My Desire. You must trust and believe that the universe has already put what you desire right in front of you. You just need to become aware of it.

All I had to do was look for the blue feathers with intention, expect them to be there, and I would find them. That’s how we play “Where’s Waldo,” Right? We expect him to be in the picture somewhere and we look until we find him, right?

OK, give this game a chance whenever you can. Practice playing it and the Blue Feather game until they become easier to do. Manifesting is a lot of fun when you do it with intention, don’t you agree?

By the way... Way To Go!! You have done a great thing by making it this far into the quest. Tomorrow is the last day of the quest. See you there.

Notes _____

Day 7
7 Days to Manifestation Quest



Day Seven - Welcome to day 7 of the class. We have covered a lot over the last few days and I believe you need to stop what you are doing and just take a deep breath... really, take a deep

breath....exhale real slowly and think about your favorite aspect of what you have learned over the last week.

What is your favorite part of the past week? Did you equally enjoy it all?

Now, congratulate yourself for making it all the way through the quest. You set your intention to do this quest and you made it to the end. Way to Go!

It is our last day in class. Each day over the next 7 days, practice what you have learned. In your notebook or on the back on your ebook pages, make a list of what you want to manifest or even better, what you want to create.

Leave some space under each entry so you can write down when and where what you want to manifest happens.

If you are trying to create something, write down all the tips and ideas that manifest through out the day that could help you idea.

If you are just trying to manifest blue feathers or something abstract, then just practice doing that. This is my favorite way to practice manifesting with intention.

Keep notes of how often it happens for you. I am sure you will be amazed with your results.

Now, go back to your commitment statement and answer the question again. I am sure your confidence in your manifesting ability is better than it was at the beginning of this quest.

Let me congratulate you one more time for making it to the end of the quest.

Wait...Hold On!!

Today, I want to throw in a bonus lesson.

We are always creating through manifesting.

We create whatever happens to us.

We create everything we get.

We manifested all that we have and we even manifest the creation of our own lives. We all do this and most people do it without awareness and even on autopilot.

I was one of those people once. How about you?

You are on your way to truly understanding how to use thought to manifest creation. You understand that you have the freewill to think deliberately and to create things on purpose by manifesting with intent.

Turn off your autopilot and become a deliberate creator.

Remember I said this on the first day of class, “I had never tried a manifesting experiment, but it sounded great to try. Just imagine what you would have if it worked? I mean, life would just stay normal if it didn’t work, right? So, really... nothing to lose.”

Well, life didn’t just stay normal for me and I am sure anyone else, even you, will find the same outcome. Manifesting games help anyone learn how to use his or her Reticular Activating System to work in conjunction with the Law of Attraction to live with intent and create the life they want.

Over the next 7 days, practice what you have learned. Learn how to manifest with confidence so you can create with intention.

Notes _____

Your Next Opportunity



Claim Your Gift
From Your Freewill

Make the Choice
to Become a...
Deliberate Creator

LivingfortheBetter.com

Are you ready to take the next step and learn how to create with deliberate intention?

Stay tuned for our next Quest: [7 Days to Deliberate Creation.](#)