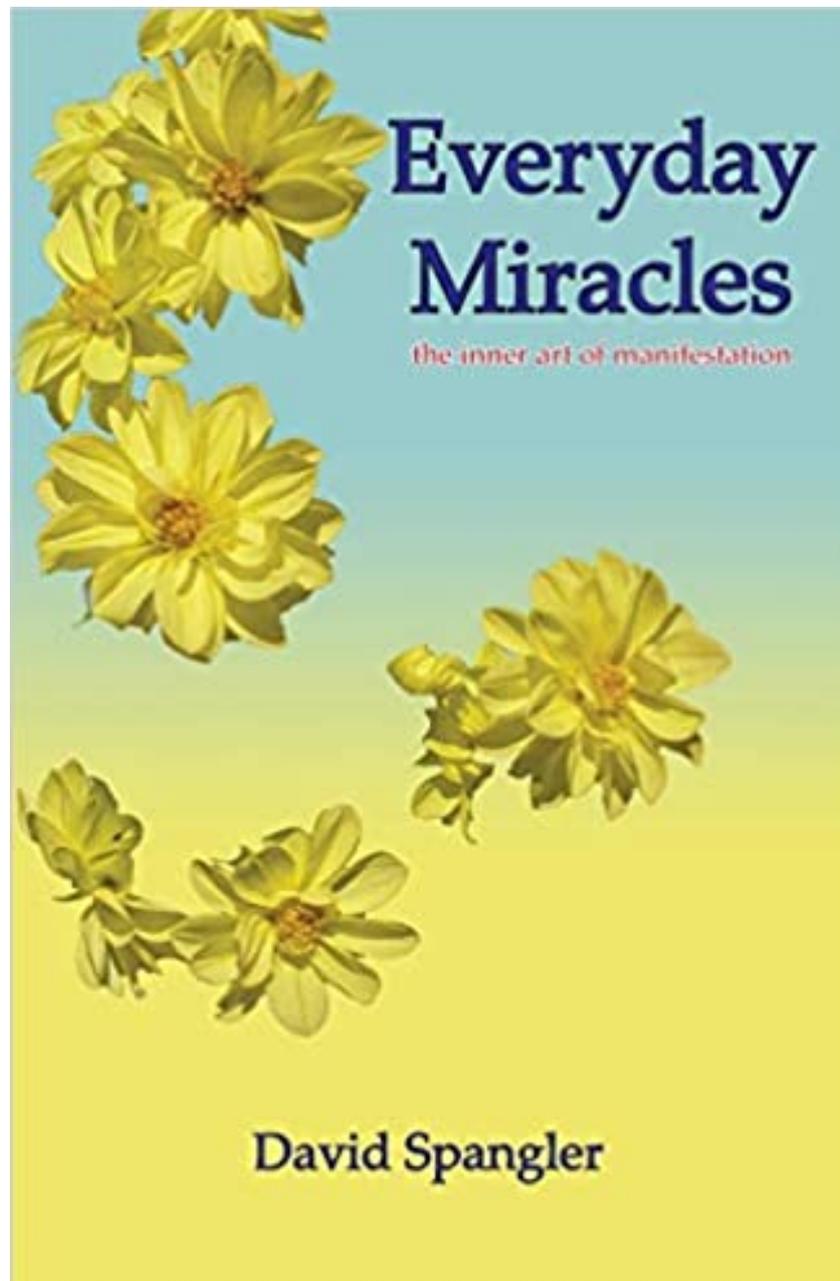


Book Excerpt: Reality Vitality– A Manifestation Fitness Program



The success of any specific manifestation project rests on the capacity of your current reality to change. It is affected by the vitality of your reality. To enhance this vitality and to bring into your life the kind of energy, attitudes, and connections that support manifestation, I offer a manifestation fitness program.

This represents something you can do all the time, not just when you are engaging in a specific manifestation project. In fact, the object of the inner art is not just to manifest specific objectives now and again, but to be mindful about how you are expressing your creative energy all the time. It is a way to enhance the general flow of manifestation through your life.

For there is never a time when you are not manifesting something, even if it is only the same old habits and lifestyles that you are already familiar with. Your reality is continually bootstrapping itself or giving birth to itself.

This being the case, why not manifest in ways that empower you, give vitality and possibility to your life, and allow you to unfold and prosper? Why not make the reality-generating process within you a mindful and attuned one?

Also, we do not manifest in private but as part of a great collective life. The more you can fill your life with the energy of miracles, the more that energy passes on to others and into the world at large. The more the collective reality is heightened and attuned to its higher potentials, the more you are individually empowered. Reality vitality can be a slogan for everyone!

Is your reality vital? Is it alive and dancing with the energy to translate possibility into actuality, to effect change, to take on a new shape? Is it a reality that supports manifestation? For all manifestation, no matter how trivial, whether it's manifesting a job or a spouse or manifesting a toaster or a car, is a shift of your reality. Big shift or little shift, it is still the same process and draws on the energy of presence to accomplish its aims.

With that in mind, here are some suggested elements of a manifestation fitness program. With some personal reflection, I am sure you can add to this list for your specific circumstances.

Body

All manifestation ultimately must become physical or embodied in some manner. Otherwise it remains abstract or imaginal, a potential rather than a reality. The whole notion of manifestation implies a physical or tangible expression. For this reason, attunement to the physical realm is obviously important.

A person can have a vibrant and powerful inner presence and be a powerful manifestor and still not be well or whole physically; on the other hand, it is easier if your presence is supported by an energetic and healthy body. Your physical body and its energy is a foundation for your actions. It is the instrumentality through which your ideas and plans are carried into action. Many people have good ideas but lack follow-through because they just don't have the energy for it.

Diet, exercise, and whatever else we do to honor and nurture our physical bodies cannot fail to help build a foundation for the inner art of manifestation. Part of a good manifestation fitness program is a good physical fitness program.

I know from experience how the physical body can affect manifestation. As a writer, I spend a lot of time sitting every day, and I have never been keen on exercising as a daily discipline. When I am writing or studying, I can become so concentrated that I forget to move about periodically. So five or six hours later, I end up with a sore back and fatigue, chiding myself for being so neglectful of my physical state. Further, being sedentary, I gain weight if I do not watch my diet or exercise. When I am not mindful of these things, my physical system becomes sluggish. Then the flow of energy through my being feels more like thick syrup than a sparkling dynamic stream. Everything begins to bog down around me. Where normally I am quite good at manifesting, when I am neglectful of my physical state, manifestation slows down and mirrors the sluggishness of my physical energy.

I have found that this sluggishness will begin to disappear and my energy quicken very rapidly as soon as I begin to pay attention to

my body again, even before renewing any exercise program. The willingness to be present to body states and give them attention sets energy into motion. If I am physically handicapped or ill, I can still be energized through any effort I make to be in my body in as accepting and whole a way as I can manage at the time. It is the willingness and the act of honoring the physical level through some kind of action, however limited, that uncorks the flow.

When your body is depleted and your energy is low, it IS easier to feel discouraged and depressed. In fact, many states of depression are caused by organic rather than psychological causes; they may be rooted in a poor diet, lack of exercise, or simple fatigue. Keeping your physical energy as vital as you can is an important way to maintain positive presence.

Visualization and the use of imagination is a key element in manifestation. However, what gives a visualization power is your ability to ground it in your sensory experience. It's one thing to think about an orange and something else again to visualize it by drawing on physical sensations, imagining its shape, its color, its odor, its taste, its smell, and the feel of juice filling your mouth as you bite into an orange slice. The body provides both physical memories and felt senses that can ground and give depth and greater meaning or reality to subjective images and feelings.

Centering is also important. Feeling a center in our lives gives us balance; it enables us to shift patterns quickly and easily if we have to. One way to cultivate the sense of centeredness is through our bodies. Our bodies have a natural center of gravity in the pelvis. By focusing our attention in that area and feeling our energy move out from there, we can experience being centered in a physical way, which can be an inner model for being centered in psychological ways. There are various forms of bodywork and disciplines, like aikido and tai chi, that can train a person in physical and psychological centeredness.

The body is also an instrument of attunement to the world around you. The more vital it is, the more sensitive this attunement can be.

When your senses are clear and open, you can connect with your world more fully through them. You are more of a participant, more of a wave, and less isolated in your particularity.

This attunement extends into subtle areas as well. Have you ever been with someone who is depressed or entered a place that has recently seen conflict? Even without knowing anything of the history of that person or place, you can often feel the disharmony in your body. Parts of you will tighten up or feel stress. Alternatively, you can be with a joyous loving person or walk into a place of calmness and quiet, and you can feel your body relaxing or becoming energized.

When evaluating a particular manifestation project, how your body feels when you contemplate your objective can be a good indication of whether you should pursue it. There are times when my mind or my emotions want something but my body is responding with a feeling of tension or a loss of energy, a “gut feeling” that something is not right. I can go into a bookstore and run my hand over a shelf of books and know immediately by a physical response just which book I would enjoy or benefit from reading. Likewise, I can be attracted to a book by its cover or subject matter, but when I pick it up, I may feel a sudden drop in my energy, a sense of physical droopiness, that tells me that this is not really a book I would enjoy.

Paying attention to the felt sense that your body may have about something or someone is a vital way of gaining information of use in your manifestation. You may, for example, feel a physical pull toward a place or a person that, if honored, leads you to make a contact that turns out to be very helpful in fulfilling your objective. The healthier and more vital your body is, and the more you honor and attune to that part of your consciousness that is centered in the body, the more useful an instrument of insight your body becomes.

There are innumerable resources available to help us improve our physical lives through diet, exercise, and bodywork to relieve tensions and energy locked in habitual muscle patterns. Anything you do that helps your body be more healthy and vital will improve

your ability to manifest. In fact, you can do your exercises in the name of your manifestation. (“These twenty-five push-ups are on behalf of that new washing machine I want to manifest!”) By linking an action with the presence you wish to manifest, you give it energy.

Your body is the energetic foundation for your manifestation. Keep its energy and health as high and vital as you can, and see it as your ally in pursuing the inner art.

Excerpt from Everyday Miracles: The Inner Art of Manifestation by David Spangler