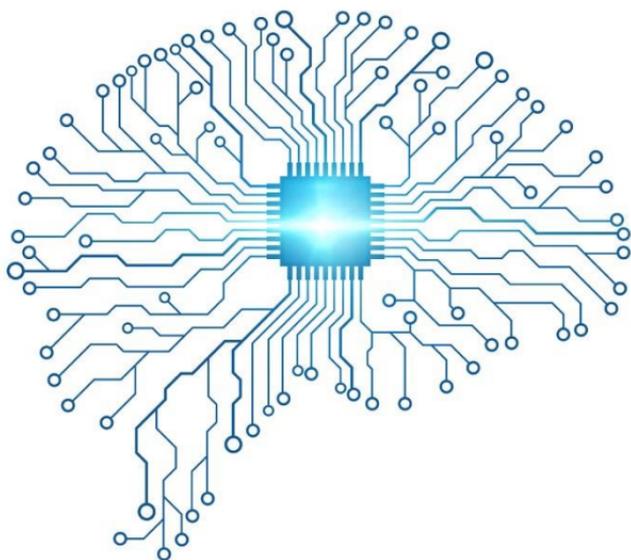


# MANIFEST LIKE A PRO

WITH POWER  
MEDITATION



J. H. TEPLY

# **MANIFEST LIKE A PRO**

With Power Meditation

**J. H. Tepley**

London, 2021  
ARIYA VERBUM

## **THIS BOOK IS FOR YOU IF...**

› › You want to experience the joy, empowerment and freedom that successful manifestation gives

› › You feel that you're meant for more and you're passionate about becoming an elite version of yourself

› › You want to create a difference, lead by example and inspire others

## **BY THE SAME AUTHOR**

Codex Semperis

The Lightwatch Chronicles

The Master of the Elements

The Mindgates Blueprint

ARIYA Quotes for Meditation

The Secrets of Warrior Willpower

# INTRODUCTION

*“If you can see it in your mind, you can hold it in your hand.”*

— *Bob Proctor*

This book will give you the knowledge and the exercises you need to become a Smart Manifestor — someone who uses the power of his or her mind to bend reality consciously. By allowing yourself to embrace your true power, you will be able to create a life of freedom, excitement and financial stability, while empowering and inspiring others to do the same.

I'll be honest, if I wanted to learn the art of manifesting today, I'd have a hard time finding my way through all that touchy-feely woo-woo kind of vibe that it's wrapped in, with unicorn dust on top. It may work for some, but I just don't connect with it. And if you're anything like me, and the avalanche of hearts and glitter is not your thing, you'll love the Smart Manifesting system.

Manifesting is not woo-woo. It's your inborn ability to create ripples in the quantum continuum that you live in, and are part of. All you need to unlock your full potential is to train up a bit and

practise — just like with any other skill you want to master.

Learning to manifest is a bit like learning to swim: there are certain rules. There are a few things you need to know about the water and how your body works. And the stronger your muscles and the better your technique, the faster and the further you can reach.

To become a Smart Manifestor, you'll need to learn about your mind and the medium you'll be working with (the quantum Field we exist in.) This book will teach you how to train your mind to be strong and reliable, so that you can manifest faster and more effectively, without the worry that it may misfire.

It can take away the confusion and save you months or even years. Rather than having to wade through hundreds of waffley YouTube videos and scraps of information spread over an endless number of sources, you finally have everything in one place, explained clearly and step by step.

If you respect your time, value process optimisation and are passionate about achieving your goals, you're going to love this book.

# **PART 1**

The Core Manifestation Principles  
and the 4 Skills of a Smart  
Manifestor

# WELL, HELLO THERE

Do you like superhero stories?

I do. And if you also nodded to the question above, you're in the right place. This book will teach you how to unlock the incredible yet very real power that you have – the power hidden in your own mind.

Life is a strange thing, you know... Reality is not what most people think. It's best described as a quantum illusion, a screen of sorts, constantly reflecting what we project onto it. And we are capable of much more than we realise.

Ever since I could remember, I could 'bend reality' to my bidding. As a kid, I'd slow down time to avoid getting late for school, and made sure that the weather would be nice on a picnic day.

Over time, I became more creative. While I don't count myself as a celebrity, I could navigate reality in a way that made my life experience different from most. Here I just some examples I can think of right away:

▲ Meeting in person the former Emperor of Japan and his wife

▲ Working on a movie set with Benedict Cumberbatch

▲ Enjoying my coffee on the ‘Roof of the World’ – amongst the Himalayas

▲ Being invited to a private event at Buckingham Palace

▲ Training in a forest with real-life ninjas

▲ Making money appear ‘out of the blue’ whenever I needed it

▲ The BBC reaching out one day to get me to their Sunday Morning show—exactly as I envisioned in my reality blueprint (more on it later!)

▲ Finally, being able to heal myself from injuries, restoring long-term brain damage, and keeping a youthful look that puzzles many and feels great!

What if I told you that you can do such things too, and more? Would you be willing to do what it takes? If your answer is yes, keep reading.

I'll be honest – manifesting is fun. I loved it when I'd set my mind on something, and soon after, the doors would open and the opportunities would appear.

Except when they didn't. I'd noticed that these things followed a curious pattern, with some events effortlessly coming through while others not bulging no matter how I tried. And the more I wanted something to happen, the least likely it would manifest.

My guess is that you probably ran into the same issue, too. The more passionately or desperately you wished for something, the more it seemed to move away from you. And sometimes, it would arrive but all too late, when you gave up or didn't need it anymore. If that hits close to home, you're not alone.

Here's another weird joke the universe seems to like to play: it may give you what you want but in a way that feels 'off' – not fun and not fulfilling, but kind of bothersome instead. Did you ever have your desires come true only to wish that they didn't?

Being a researcher type all my life, I set out to discover what was causing those errors, and how to fix them. I've realised that to manifest in a

consistent and meaningful way, one needs to follow a set of certain rules. The good news is that those rules are repeatable and anyone can learn them. Now, you're about to discover them, too.

# HOW MANIFESTATION WORKS

To begin with, let's see in more detail how the manifestation process works and why you need to master meditation to achieve your goals.

There are two elements at play:

1. You — the person who the universe perceives as an energy node that sends out signals
2. The medium that carries those messages you send out, for them to be reflected back to you

Simply put, the effectiveness of your manifestation depends on the strength and the quality of your signal, as well as the quality of your connection to the medium that conducts your request.

Let's now look closer at what's involved.

The 'signal' that you send out is simply the sum total of the vibrations created by your feelings, expectations and beliefs. Your thoughts create vibrations too, but most of them are too weak and transient to create a true difference.

Your feelings, expectations and beliefs, on the other hand, are stable and create a constant 'background tone' for any other activities of your mind.

Your mind is not a uniform structure and is made up of four main layers that fulfil different functions. For our purposes, we are only interested in two of them - the mental and the emotional layer, labelled in traditional psychology as the conscious and the subconscious mind.

The reason why many people fail to manifest effectively is that they have a glaring discrepancy between the contents of these two layers of their mind, and so their request to the universe turns into noise. It is like shouting to someone, 'Please open the door!' while also shouting, "Don't you dare opening that door!" at the same time. One of your commands cancels out the other. As you can imagine, the door will probably remain closed.

For example, if you say consciously that you want financial freedom or a perfect partner but your subconscious believes you don't deserve those things, it will find a way to sabotage your efforts. It will either scramble the request you're sending out so that your desire never comes to be, or it will find a way to make you lose that money, that person or that opportunity if they do appear.

In fact, research shows that winning a lottery generally puts people in a worse place than they were before. Economist Jay L. Zagorsky points out that the bankruptcy rates soar after merely three years.

Don McNay, a financial consultant to lottery winners and the author of “Life Lessons from the Lottery,” says many winners struggle with suicide, broken relationships, and depression. “It’s the curse of the lottery because it made their lives worse instead of improving them,” he says.

You might have even experienced similar challenges yourself when after a bout of intense journaling, staring at your moodboard, and visualisation, you finally got your desired result – only to slip back into your old routine not long after.

To manifest powerfully and sustainably, you need to get your subconscious mind to support your efforts. Meditation done right is the fastest and proven way to do it. The techniques you’re about to learn will not only help you retune your subconscious mind to get it to work for you and not against you, but you’ll also discover a secret shortcut you can use while you’re still on your way!

The clarity of your signal is one of the staple requirements for successful manifesting. To recap,

here are the main points you want to check for any troubleshooting:

- Your signal quality
- Your signal strength
- Your connection quality
- Your actions

The closer you align your conscious and subconscious desires and beliefs, the clearer and more focused will your signal become. The difference between the unfocused and scattered requests and the request where your conscious and subconscious mind work together in perfect synchrony is like the difference between a lightbulb and a laser. Bumping your signal's quality typically shortens the waiting time, so you get to see the results faster.

Another source of interference are emotions — but only when misapplied. You might have noticed that the more desperately you want something, the less likely it is to happen and the further away it seems to move.

A smart manifestor doesn't allow his or her emotions to scramble the message but uses them as 'signal boosters' instead. When used at the

correct steps during the Manifesting Algorithm, emotions can greatly amplify the intensity of your request, making the delivery faster and more spectacular.

Once you eliminate the interference, you'll see your results improving, sometimes instantly. The meditation warmup routine will help you with this.

Your second most important factor is your signal's strength. Think of yourself as a broadcasting station. The stronger the broadcast, the further it travels and the more listeners it can reach. In your case, those listeners can be not only people but also the forces that operate in the universe.

In other words, the higher your personal energy level, the stronger waves you make and the more the universe pays attention to you. It is in your interest to make those waves and big and powerful as possible. A good way of seeing it is by imagining yourself as a kind of an otherworldly fusion weapon that creates blessing and prosperity instead of destruction wherever it hits. This is close to how the universe perceives you. The more you magnify your force of impact, the more peace, freedom and prosperity will enter your life.

The level of your personal power depends on the structure of your mind — which is exactly what Power Mediation is called to help you with.

Let's now look into the ways of strengthening your connection.

You may be aware that we don't exist as completely separate beings. We're connected to everything that is by an all-encompassing causal Field, a quantum soup of potentialities beyond time and space. Throughout human history, it's been referred to by different names such as 'cosmic æther', 'godly power', 'akasha', or 'the Force' as recently popularised by George Lucas' movies. The essence remains the same.

It is that Field that receives our requests, both conscious and the unconscious, and carries them forth until they come back to us in the shape of objects, events and opportunities. In other words, you warp the fabric of existence with your energy, creating a little personal whirlpool.

Throughout this book, I'll refer to this universal force Field as the Light, for two reasons. Firstly, because that energy has a luminous quality to it; and secondly, because it makes it easier for the mind to visualise it that way. While imagining æther or akasha may be tricky, everyone who has

ever seen the sun knows what light looks like. And to feel a deep connection to something, you need to have a clear idea of what it is.

Akasha, or the Light, is a conscious power. It is aware of you and can be directed by your will. You will be using these properties in your manifestation work, so it's important to let your mind dwell on the idea until it fully sinks in.

And if this sounds too outlandish or fantastic for your mind to believe it, do this little fun experiment to get a proof.

Find a few minutes to yourself when you can relax and quieten down. Imagine you're immersed in an ocean of luminous energy that ebbs and flows around you. If visuals are not your thing, imagine the warmth surrounding you. Now, in your mind, form a simple message along the lines of, "Light (or Universal Force), I want to know that you exist and you can hear me. In the next three days, please give me a sign. It must be something I absolutely could not expect so I have no doubts it comes from you. Thank you." Make your intent respectful but unwavering. In other words, send out a *request* Not a wish or a tentative hope but an order to be fulfilled. Then keep your eyes and ears open while expecting your proof to arrive.

If you don't have a strong conviction already that that Field exists, completing this small preliminary step will really help in your work. The quality of your connection depends on your **awareness** (i.e. you must accept the existence of the Field/Light at least as a working theory) and your ability to silence your ego and trust that universal force. You will be developing this skill, as well as building your first-hand experience of connecting with that energy through your Power Meditation practice.

Finally, you need to **take action**. Many people tell you that you must take action to help your manifestation become reality, but what they don't tell you is that not every action counts. You need to take the actions that are suggested by your subconscious mind, that come directly from your soul and bypass the conscious level.

It should be actions that you're spontaneously inspired to take, often without being able to explain why. This may sound a bit crazy but remember that your subconscious doesn't operate in the way your thinking mind does. Logical, calculated thinking does have its benefits, but right now, you'll need to rely on it a bit less.

Why? Because your conscious mind has been following the old patterns for so long that there's a chance it will derail your progress by only

focusing on what it's used to. It is like if you suddenly have many new doors and possibilities appearing, and yet your conscious mind may remain blind to them, only seeing what it's always seen and only willing to do what it's always done. As you know, that attitude creates a vicious circle.

This is why you'll need to trust the wisdom of your subconscious mind to suggest new ways, new ideas, and new solutions that are unlike those you've tried before. You need an element of surprise and a fresh perspective, the right brain type of creativity. You also don't want to thwart your manifestation by getting in its way, which is a common mistake.

How do you get in the way, you wonder? By not trusting the Light and by insisting that things should be done in a specific way. It is like hailing a cab and then instructing the driver on the exact route and every single turn. Imagine how exasperating such a journey would be!

It's so much easier to just give the driver the address then relax and allow the cab to take you there. The driver may well choose a better and quicker route than the one you had in mind.

It's worth remembering that universal intelligence surpasses yours, its possibilities are

limitless, and it can offers solutions you'd have never even thought of. If you put your request out there, clear and simple, then allow the universe to do its work, you'll get much quicker and more mindblowing results than if you tried to micro-manage everything.

And this is the problem with the conscious mind: it often loves to micro-manage. It's addicted to its illusion of control. This is why you want to take more guidance from your subconscious mind while working towards your goal.

To make that guidance effective, you need to program your subconscious a certain way. This is the part that many aspiring manifestors fail to get right, and have their manifestations flop or backfire as a result. Luckily, this programming is a very simple process and anyone can do it. You'll learn the steps in the second part of this book.

# STARTING YOUR QUEST

Here's an unexpected truth – you're a powerful manifestor already! Everything in your life, your victories and regrets, your job, your social circle, as well as any lack and abundance, came from the choices that originated in your mind. In a sense, you're already living the life of your dreams!

Depending on where you are in your life, though, there's a chance you didn't like the statement above one bit. Perhaps you even found the idea irritating. But here's the truth — to access your full power, you'll need to shed some of the conditioning you've been carrying in your mind up until now.

One of those crucial puzzle pieces is to understand — not just to tell yourself but to realise on a deeper level — that you are more than your body, your thoughts or your circumstances. At your core, you're a divine being connected with all the creative potential of the Universe, and your inherent power has always been there. It's just until now, you weren't directing it fully consciously. I would like to invite you to notice it, appreciate it, and marvel at it, so that you can step closer to comprehending your true magnificence beyond

the realm of the mundane. This is one of the 'mental tools' you'll need on your quest.

Your power has always been at your command, however misapplied and misguided. Imagine it like driving a car — it doesn't matter how great your car is if you can't drive! Treat this book as your navigation manual. Refer to it as often as you feel the need, and keep it close. The brain has a tendency that in psychology is called 'deletion' – one of the ways it distorts reality in conformity with your expectations. This is why I'd encourage you to revisit this book often, especially at the beginning of your training.

If you want to manifest and sustain the kind of life you feel called to, you'll need to change some settings in your mind. Be ready that your mind will fight back, throwing at you all the deletions and distortions it can possibly come up with. The untrained mind likes playing safe, playing small, and keeping you stuck in your comfort zone. Some people delude themselves believing that they are fearless because they can do things that others are afraid of. A fair warning: no matter how much faster, stronger, or more outgoing you are than the people around you, don't fall into the complacency trap. Don't measure yourself by someone else's ruler, either. Perhaps you feel more advanced

because you have the courage to develop your spirituality when others shy away from it—but your Achilles' heel is public speaking. Or maybe you love public speaking it shrink at the thought of becoming emotionally open and vulnerable. Maybe you can endure hours of circuit training but you struggle to call a business prospect — the list goes on and on. We all have fears and insecurities, which our mind is ready to throw at us whenever we dare to dream big.

Here, we've uncovered one of the greatest obstacles towards conscious manifesting — fear. Contrary to what you may have been told, fear is not natural for who you really are. It's merely a symptom, a sign of you being disconnected from your inherent power, like sneezing may be a sign of catching a cold. Sounds unbelievable? Let me show you something.

Close your eyes for a moment and imagine stepping into a god-like state, a state where you can do anything. Feel the power flowing through you and out filling your entire world, all people and events; imagine them moving around you as planets move around the sun. You'll realise that in that state, you wouldn't be able to connect with fear even as a concept.

Fear comes when you forget who you truly are, when you become disconnected from your divine source. Don't worry if it sounds too vague or philosophical at this stage – we're somewhat limited by words. Restoring that link is a practical necessity, and this book will show you simple steps on how to do it. Here's an easy way to understand how it works – think of your mobile phone. How long is it useful for? For as long as the battery lasts. And then, if you want to continue using it, you need to plug it into the mains.

We, humans, are like that, too. We are equipped with a limited power supply, sort of an internal battery that allows us to function and make certain things happen. But for something really powerful, say a full system upgrade or a reality-shaking manifestation, we need to be 'plugged in' and call upon resources greater than our own.

The most practical and reliable way of getting there is through meditation. Meditation allows you to go beyond the confines of your ego-mind and look at things from a different, more empowered perspective. It makes your mind more resilient and your focus sharper. It helps your brain and body function better. But above all, it can cure you of 'spiritual amnesia' restoring your memory of who

you really are, and reconnect it with the power that is rightfully yours.

Meditation can offer incredible benefits when done right — I'm sure you've heard about it, and likely more than once. The integration of mindfulness into Western psychology was sparked by the popularity of Zen Buddhism in America in the 1950s and 1960s. The following decades continued the trend, fuelled by the growing body of research and evidence. Through the 1960s and the 1970s, meditation came into focus as a means of heightening awareness and broadening the boundaries of consciousness.

Jon Kabat-Zinn's pioneering research into mindfulness, followed by discoveries by many other renowned universities and research centres such as Harvard Medical School, University of California, Pennsylvania, Oxford and many others, made mindfulness and meditation into buzzwords.

Unfortunately, this is usually where the general knowledge ends. Most people don't know how to meditate to get great results, or even how to do the right kind of warmup, which is very important. (We'll cover that in more detail shortly.)

For your information – an activity that involves sitting on a silk cushion for twenty minutes while

getting violently bored and hating your thoughts is not meditation.

Meditation is like a workout for your mind. You start with a warmup, train in progressions and choose the type of exercises that are right for you and your needs.

This book will teach you the type of meditation that leads to raising your energy level and unlocking your personal power, which are two of the main conditions for effective manifestation.

Some people bristle up whenever the word 'power' is spoken, so let's get a couple of things clear before we move forward.

There exist two different phenomena that often get confused because they are referred to by the same word – these are 'power to' and 'power over'.

It is the Power Over type that got the bad hype because it's used in relation to the traditional authorities: the governments, the corporations, the celebrities and any other people who have special access to money, resources or social influence. This type of power is typically very destructive for an untrained mind and often leads to mental and spiritual degeneration in those who are unprepared to handle it. It is no wonder that

the depression rates amongst the rich and famous are staggeringly high.

This type of social power is in essence like a drug that gives a temporary high, a temporary relief from pain, but the euphoria is followed by a devastating low.

This limited type of self-expression appeals to those who have lost the connection with their personal power. They are like people who settle for a fake, a cheaper substitute of the high-end original that they wanted.

Deep down, we all seek the real treasure – the elusive Power To, which would bring us back to who we truly are. As soon as someone comes closer to this threshold of self-realisation, the chase for mundane recognition loses its appeal.

This is ironic because at that stage the world is ready and willing to offer you freely the mundane influence that many crave.

Power To gives you the freedom to choose -- your circumstances, your financial and physical wellbeing, the kind of people you want to associate yourself with -- in other words, it bends reality to your bidding.

It allows you to express yourself in the best possible way, giving you a sense of fulfilment, fearlessness, peace of mind, and enlightened confidence. Power To is closely connected with living your Purpose (which is realising your gift and sharing it with the world.)

In simple terms, part of your purpose as a living being is stepping fully into your inherent power, and inspiring others to do the same. Unlike the social authority type, this kind of power doesn't corrupt. It ennobles and enlightens the soul because it comes as a result of dedicated self-development work, and comes with an increased sense of awareness, responsibility and compassion to all living beings.

Numerous psychological experiments proved that this sense of empowerment makes us calmer, more charitable and able to make better observations and decisions.

By choosing to accept your divine essence and live your Purpose, you get closer to unlocking the true magnificence, brilliance and manifestation power that has been lying dormant within.

# THE 4 SKILLS OF A SMART MANIFESTOR

A handy way of perceiving reality is that of a giant quantum mirror that is constantly reflecting what you project unto it. It always gives you what you want; however, it doesn't differentiate between your conscious and your subconscious desires. It simply responds to those that you 'broadcast' louder. In other words, the circumstances of your life are a reflection of what your baseline is.

For example -- if you spend all day feeling angry, resentful and stressed, but dedicate 10 minutes in the morning to a gratitude journal, your life's 'weather forecast' will typically be like, 'cloud cover with scattered spells of sunshine'.

If your conscious desires and manifesting efforts come in conflict with your emotional baseline and core priorities, it will often sabotage your results - they may come in late, distorted or even not come through at all. This issue can be fixed by meditating in the right way, which you're about to learn shortly.

The speed of your manifestation depends largely on your level of energy -- this is another aspect that Power Meditation will help you with.

Lastly, you need a connection with the Higher Power -- the Source, the quantum field, the Light - - whatever you prefer to call it. This is the medium that carries the messages sent out by your mind and reflects them back to you, which is what we see as manifesting.

To sum up, these are the 4 steps you will need to succeed:

- Meditate
- Eliminate inner conflicts
- Raise your energy level
- Connect with the Higher Principle

Ready to delve in? Let's start from getting your meditation routine right.

# **PART 2**

Setting Yourself Up For Success

# MANIFESTATION PREP DONE RIGHT

Successful manifestation is not about being lazy and getting the universe to deliver everything you want to your door. Rather, it's a result of dedicated inner work.

Imagine if you wanted to run a marathon - you don't just randomly turn up one day, start running and hope it will work out, somehow. If you are serious about your goal, you'll prepare and train beforehand, so when the day comes, you can give your best.

Manifestation is a bit like that, too. If you want to succeed continuously, start by building up your energy levels and programming your subconscious mind so that you can rely on it to support your efforts and not thwart them. While you could start using the Manifesting Algorithm straight away, without the preparation your results are likely to be inconsistent.

Manifestation is your natural ability just as running is, yet not everyone becomes an Olympic champion or a celebrity athlete. The difference between those who went big and those who settled

for mediocrity is in large portion down to the effort they were willing to spend on training.

Don't be that guy who settles. Greatness is your domain and birthright. You have the power of Creation flowing through you! Success is your sacred duty to the world. By lifting yourself, you inspire others to do the same, to dream big and to achieve the seemingly impossible.

The good news is, you only need three steps. They are:

- Meditation warmup
- Tejas meditation
- Programming your subconscious mind

And another good news is that you'll only need a few minutes a day for your practice, which will leave your ego no excuses.

# WHY MEDITATION WARMUP?

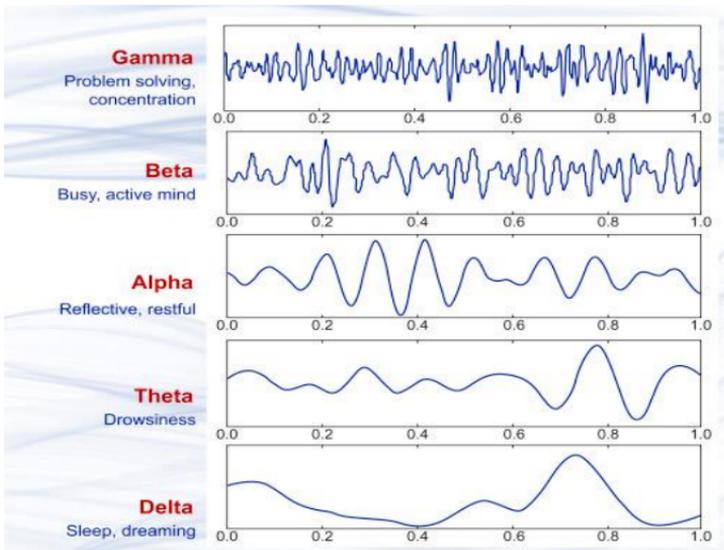
The reason why most people have a hard time meditating is because they don't realise that to get real results from their practice, they need to shift their 'brain's gear', or brainwaves.

Our brainwaves are produced by synchronised electrical pulses from neurons communicating with each other, and occur at various frequencies. Simply put, our brain naturally uses different speeds for different activities.

Most actions that we take during the day, such as thinking, planning, speaking, listening or reading, occur at the so-called beta range. As you'll see from the graph below, that 'gear' is too fast for successful meditation, which requires the alpha frequency or lower.

<b>Frequency band</b>	<b>Frequency</b>	<b>Brain states</b>
Gamma ( $\gamma$ )	>35 Hz	Concentration

Beta ( $\beta$ )	12–35 Hz	Busy mind, externally oriented
Alpha ( $\alpha$ )	8–12 Hz	Relaxed mind, introspection, meditation
Theta ( $\theta$ )	4–8 Hz	Deeply relaxed, drowsy state
Delta ( $\delta$ )	0.5–4 Hz	Sleep



This is why if you sit down to meditate without a warmup, your brain is likely to continue to be 'spinning a thousand miles per hour', making the whole experience exasperating rather than empowering and relaxing.

While switching between the brainwaves is usually an automatic process, you can also induce them at will.

One of the most effective (and enjoyable!) ways of activating alpha brainwaves on demand is by bringing your attention to your body and relaxing it completely. And here comes the only catch you'll need to overcome.

That catch is the subconscious habit of muscle tension called armouring. By the time we enter adulthood, most of us unwittingly train our bodies to maintain constant excessive tension. Some of it is never released, not even during sleep (causing in some cases chronic pain and fascia deterioration.)

That continued state means that there is a chance that your body forgot what dropping tension feels like, and simply telling yourself to relax would be of little effect. If you ever felt slightly confused, not really knowing what to do

when instructed to 'relax' before your meditation, this is why.

Luckily, you can teach your body how to relax again and maintain that state using the Ultimate Relaxation technique you're about to learn. It is a trimmer and faster version of the method originally proposed by Laura Mitchell.

Once your body is fully relaxed, your brain automatically goes into the peaceful and comforting alpha brainwaves — your thoughts slow down, your energy sensitivity increases, and as your tension fades away, so do your anxieties and frantic thinking, too.

## **STEP 1: MEDITATION WARMUP — THE ULTIMATE RELAXATION TECHNIQUE**

This section will give you not only the most successful meditation warmup skills but likely also the most blissful relaxation experience you've had in a while.

Prepare yourself by wearing comfortable clothing, and sit with your back and your hand supported. You can use a chair with a tall back propped against the wall for stability. Put your hands on the arm supports or on your lap.

Begin by bridging your attention to your breathing, simply noticing it at first — notice its depth, frequency and speed.

Next, start pulling your shoulders towards the floor, as low as you can manage, without straining yourself. Once you reach the lowest point, stop pulling and simply allow your shoulders to be. You'll notice that they bounce back up a little bit, which is fine.

Give yourself a few moments registering the warm feeling of ease that's circulating around your shoulder area now. If you like, you can repeat the procedure. By focusing on what you feel, you're teaching your body about deep relaxation, and what to expect from it.

Allow that warm relaxed feeling to flow down your arms to your hands and fingers. Next, stretch out your fingers in all directions, reaching as far out as you can. When you get to the limit of how far your fingers can go, stop stretching and allow them to rest effortlessly on your lap or other support.

Just as before, bring your attention to what you feel, focusing on the warm wave flowing through your hands and fingers. Allow it to connect with the shoulder area, the wave of gentle warmth circulating up and down.

Now, bring your attention to your breathing again, making it a little bit deeper and your exhaling slower, without straining yourself or causing any discomfort. Pull the breath all the way down to your abdomen, feeling it expanding and contracting as you breathe. Keep your exhalations long but within your comfortable range.

Imagine the wave of relaxation flowing down your body through your torso, your hips and your knees. Allow your knees to roll slightly to the sides while visualising all tensions melting away. When the wave reaches your feet, pull your toes gently away from your body, as far out as they can go. If you feel any cramps in your legs, pull your toes up and towards yourself to release them. When your toes can't go any further, stop pulling and allow them to rest.

Yet again, focus on the subtle effortless feeling of peace that can come with the sense of heaviness or weightlessness, tingling or warmth. Don't judge it, simply notice and tell your body to remember what it's like.

Now, bring your attention to your jaw and pull it down towards your chest as though you were yawning. When it reaches the lowest possible point, stop pulling and allow your jaw to rest.

Briefly press your tongue down the bottom of your mouth and release it.

Close your eyes and squeeze them hard for a moment, then release. Focus on your eyelids resting effortlessly over your eyes. Once again, bring your attention to the warm feeling of relaxation in that area. Allow the soft wave of

energy to spread from your eyes all around your face... then your forehead... then go across to the back of your head, smoothing and relaxing the skin in its way.

Finally, mentally scan around your body for any remaining tensions. If you notice any, imagine your breath going into that area and dissolving the tension like the hot air would melt ice. Whenever you succeed, your body will tend to respond with a soft sigh. Take it as a sign that you're doing it right.

You've just completed Step 1.

You're in deep alpha. Your energy sensitivity is heightened.

Your subconscious mind is ready for your command.

## STEP 2: TEJAS - THE POWER MEDITATION

*Tejas (pronounced 'teh-jus') is a Sanskrit word for inner power. Please note, this is a very effective method that will give you a massive boost, but you need to practise it with caution as explained below.*

*You can use the Power Meditation to increase your level of energy as well as your personal power, confidence and charisma. (This happens because the last three are not so much independent personality traits; they are ways of expression that your mind chooses based on the level of your energy. As that level increases, your mind will make adjustments accordingly.) On the spiritual plane, practising Tejas will also develop your Light Body and expand your Field of Influence.*

This second step should follow immediately after your meditation warmup. Keep the same position, with your spine straight and your muscles relaxed. This meditation has three phases.

**Phase one:** Imagine that the whole universe around you is an infinite ocean of golden light. See yourself weightless, immersed in and supported by

that warm energy that ebbs and flows all around you. Give yourself a moment to contemplate the Field stretching on and on, in all directions.

As you're drifting through that endless ocean, allow yourself to feel calm, free, supported and at ease. Explore the qualities of the Light around you, feel its omnipotence, invincibility, omnipresence and timelessness. Contemplate how that energy flows through all levels of your being, giving them the same qualities, too.

Right now, there's nothing for you to do, to think, or to be concerned by. Right now, allow yourself to just be.

**Phase two:** Visualise your body being a hollow vessel. With every breath, absorb the golden energy through your nose and skin (your skin breathes, too.) As you inhale, take as much as you like from the infinite supply around you.

As you exhale, store that energy inside, beginning from the region of your Solar Plex, just underneath your ribs, until you feel 'fully charged'. Keep your breathing steady and slow, within your comfortable range. Begin with three breaths and gradually build up to the maximum of seven.

**Phase three:** Next, for another three to seven breaths, inhale pulling the energy in just as you did before, but on the exhale, allow that Light to radiate out of you in all directions. With every exhale, see if you can make that shine a bit brighter and wider but don't force it. Allow it to develop naturally with practice.

Finishing your meditation: Gently bring your attention to your body again, allowing your breathing to carry you back to your current time and place. Feel the weight of your body against the surface that's supporting it, with every breath becoming more and more aware and awake. When you're ready to return, wiggle your toes and your fingers and finish with a stretch to realign yourself fully.

[This last part will allow your subtle body to align properly with your physical one (they separate slightly every time you meditate). Making sure that they are properly aligned again will prevent you from feeling drowsy and spaced out after your meditation.]

Eventually, you will be able to grow the range of your shine as big as your room, your house, your street and even your entire city and beyond.

An important word of caution: you must not rush this process nor exceed the recommended number of breaths, especially when practising without a teacher. This technique is very powerful and can cause a burning sensation if you overdo it.

If you practise safely as recommended above, you will be able to grow your inner power at a mindblowing speed, without the risk of adverse side effects.

## **STEP 3: THE SUBCONSCIOUS PROGRAMMING**

If you want to manifest powerfully and consistently, you need to make sure that your message to the universe is consistent. Remember that the Universal Field picks up and carries all the signals you send out.

The type of frequencies you broadcast can be split into two categories:

1. Continuous
2. Intermittent

You can imagine it like chords and bells sounding against a constant background sound.

The intermittent requests such as 'I want X', 'I'm afraid of Y' and other passing sentiments of that kind are generated by your conscious mind. The continuous 'sound' that underpins those requests is produced by your subconscious.

The #1 reason why most people's manifestations fall through is because the intermittent signal sent out by your conscious ego-mind clashes with the deeply rooted desires, fears and priorities of the

subconscious. For example, if you consciously affirm, 'I want a penthouse and a sports car' or 'I want to meet my soul mate' but your subconscious belief is 'I don't deserve such things' or 'It's impossible', the subconscious will win. Its continuous, stronger broadcast will jam and drown out the requests of your conscious mind.

The second reason is that you'll need guidance from your subconscious at the Action stage of your Smart Manifesting process. If your subconscious opposes the route you've chosen, it will sabotage your goals and guide you away from them, to satisfy your deep conscious priorities.

This is why you need to program your subconscious mind right so it becomes your ally on this quest. The good news is that not only it's well within your reach, but also much easier than you may think.

# HOW TO PROGRAM YOUR SUBCONSCIOUS IN 3 SIMPLE STEPS

1. Every night, before going to sleep (or whenever you have some quiet time during the day), lie down comfortably and go through the Ultimate Relaxation routine.

2. Now, visualise the absolute best version of yourself, having all the qualities you always aspired to have. Play them out in your mind, imagining how you'd live your life and what choices you'd make as your best self. Step into that picture completely, focusing on what it feels like.

3. Now focus on that feeling, magnifying it as much as possible, and allow yourself to drift to sleep.

It is very helpful to create a personal formula that will become your mantra not only before sleep but also whenever doubts creep in or your mind gets restless during the day.

The rules for a successful manifestation formula are as follows:

1. Phrase it in the present tense

2. Use positive statements
3. Keep it simple and avoid long and academic words (your subconscious doesn't understand them)

To sum up - your formula must be clear, concise, and uniquely meaningful to you. Below are some good examples of what a personal mantra can be like:

“I'm strong, healthy and always protected.”

“The Light surrounds me wherever I go and supports me in whatever I do.”

“Every day, my mind becomes sharper, my health better and my energy stronger.”

“I'm always safe, always supported, abundance flows to me naturally.”

“I'm a smart manifestor. I can manifest what I want quickly and easily.”

“I'm confident and charismatic, people are attracted to me. I connect with others easily.”

Keep your statement 'close to heart', feel the truth behind those words as you're saying them to yourself.

Sometimes, if your subconscious is ridden with self-imposed limitations, it may actively rebel and disagree with the positive phrases that include 'I am'. You can easily bypass that issue by slightly changing your formula. For example, instead of saying 'I'm confident' say 'Confidence is mine' or even just repeat the word 'Confidence' exploring what it means to you and how it makes you feel.

This task is a crucial part of your preliminary routine. The best practice is to keep it going, making it a regular part of your bedtime ritual.

Your mind can't tell the difference between the events actually experienced by you and those vividly imagined, so by practising this technique, you're creating your 'future memories'. With repetition, your subconscious mind will accept them as true and start acting and feeling in alignment with that new truth.

Once that happens, not only will it automatically guide you to the best solutions to your goals but even more importantly, it will shift your emotional baseline to a new, inspired and empowered state. That new baseline will mean your 'continuous broadcast' will amplify your conscious requests instead of jamming them. Once your conscious and subconscious minds agree on their course, the real magic happens.

# **PART 3**

Manifest Like A Pro

# THE SMART MANIFESTING ALGORITHM

Now that the preliminary work has been done, you're ready to jump into action!

Realising and actually experiencing your true divine power is a very exciting step on your journey, and it often becomes an important turning point in your personal development and your life.

The Algorithm below is built on many years of research and testing, and it's likely to be the most powerful and complete system you can find.

Apart from the steps that are generally known, it also includes a safety and two 'signal boosters' that are designed to streamline your process and bring results faster. The safety mechanism allows you to create from the level of your higher consciousness and bypass the objections of your subconscious mind.

The explanations below may create an illusion of a lengthy process, but it's only because I took my time to explain it to you in detail. When you

practise, the actual time you'll need will be only about ten minutes.

I recommend practising twice a day (first time just after you wake up and the second time at midday or whenever it's convenient. You can also make it part of your bedtime routine.) Most people see the result within a month but depending on how complex your request is (and whether there's a subconscious resistance to it) you can see it manifesting much faster or taking a bit longer. Don't slack your practice. Often, the outcome of those longer manifestations is really worth waiting for.

Sometimes they can be truly life-changing, in the most literal sense of that word.

As an example, I want to share with you the story that one of my students sent me. Let's call him Alex.

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*At thirty-three, I had a spiritual awakening and then experienced the darkest chapter of my life.*

*This wasn't what I thought 'awakening' was supposed to be like. I was trapped in existence feeling totally alone. Each day had lost meaning and my existence was a prolonged, muted despair of strange visions and unpleasant supernatural*

*episodes. I felt like my existence was in a jumbled mess of pieces and couldn't reassemble.*

*I put a mask on to move through the world but inside I was falling apart. Nobody could relate or offer useful advice.*

*This sorry state of affairs seemed unending because I couldn't find any simple answers to find happiness again: there was no way out.*

*I thought about ending my life but knew that wouldn't fix the underlying issue. In the end, I prayed for help.*

*Someone listened because that was when I met Master Jay, quite by chance.*

*I felt scared to trust her at first because although I was in immense pain I didn't feel like I could trust that anyone would understand my peculiar situation...*

*...but she did, and I became her student.*

*As the weeks passed, I regained myself. I learned how to patch myself up. I came to understand the visions I saw and intelligently manage them, rather than be at their mercy.*

*I used Master Jay's techniques to free myself of past trauma and manifest a great future. She showed me how to save my life. She has always provided me with the greatest advice and the highest quality of education that is far beyond any other teacher I've met.*

*I met the girl of my dreams and satisfied my desires of emotional attachment.*

*Then my business started doing surprisingly well off financially and freed myself from the basic financial worries that stop many from following their dreams.*

*Finally, I reached deeper realms of reality and this has been the greatest reward. All my needs are met and now I am finally free to pursue my true life passions and purpose. Now, finally, I can do good work and make the world a better place.*

*I'm forever grateful for discovering this teaching.*

\*\*\*

The Smart Manifesting Algorithm will allow you to formulate and send your requests in a conscious and reliable way. Step into your power and best life, like thousands before you. Now it's your turn to show your ability and serve the world greatly. You'll be amazed at what you can achieve!

## **STEP 1: RELAXATION**

Lie down or sit comfortably and go through the Ultimate Relaxation routine as explained in section 2.

## **STEP 2: SAFETY - PERSPECTIVE SHIFT**

The reason why you may want to include this step is to safeguard yourself against the objections of the subconscious mind on one side and the fake goals of the ego on the other.

The conscious ego-mind tends to envy what other people have or do and try to imitate it. As you know, not only an original is always more valuable and unique, the Universe rewards you for unfolding your unique gift and following your own path, the one you were born to explore.

By trying to copy too closely what someone else has or does, you create an inner conflict, which is typically reflected in the results of your manifestation that may misfire or even backfire.

This is why it's a good idea to shift your awareness to a higher state, the state of your idea self, and send your request from that perspective.

It may happen that after shifting your perspective, you lose interest in your original request and instead come up with something much more powerful, brilliant and creative. Welcome those changes and allow them to happen. Their goal is to guide you towards your best life, even if you can't see it yet.

[If you want to run your desires through a self-check beforehand to see whether they are truly yours, you can use the Exemplary State technique described in Codex Semperis.]

Shifting your perspective to a higher plane is pretty simple. You can use this method separately during the day to help you make better decisions or stay more focused on your business and your mission.

I. Once your body is relaxed and your brainwaves slow down to alpha, take three Tejas breaths visualising the golden energy filling your body. With every inhale, imagine your body getting larger until it reaches the maximum limit you're comfortable with. Note: it should be a state you're able to actually experience and believe in. There's

no point telling yourself 'I'm as big as the Earth' if there's no corresponding feeling in your mind. I'd suggest simply tripling your normal size, to begin with.

II. Next, imagine the best version of yourself standing in front of you, with all the qualities and abilities it should have. Sense the power, confidence, kindness and timelessness radiating from that higher being. Once you get the picture clear in your mind, invite your higher self to step towards you and merge, so you become one.

III. Now mentally look through his or her eyes, feeling and thinking what they think and feel. Does your intended request still feel good to you?

IV. If the answer is 'no', ask for ideas and guidance. Imagine a large screen in front of you where the new vision shall appear, and wait for it to come up. Keep your mind still and blank.

V. If the answer is 'yes' move to the next step.

## **STEP 3: RECEPTIVITY - SIGNAL BOOSTER #1**

This booster is designed to make your mind more receptive so that the desired result can find its way to you faster.

Simply imagine the feeling you get when falling backwards on your bed after a long day, or sliding into a nice hot bath.

Feel or visualise the infinite Field of Light around you, that is ready to support you with whatever you need.

## **STEP 4: MAKING YOUR REQUEST**

This is the step where you're actually sending out your request to be carried out by the Field of Light, which will then match it with the infinite possibilities and start them moving towards you.

The important point here is to try to keep your energy of desire to the minimum. In other words, don't let your mind go 'I want, want, want!'. As you

probably know, broadcasting the energy of lack will result in the outcome that reflects that lack.

Instead, play the desired scene in your mind while firmly putting yourself in the picture, as though you're living your dream already.

**A couple of tips:**

1. Don't phrase your request in the negatives
2. Be specific

For example, rather than thinking 'I don't want this situation anymore' think, 'I want this instead'. Focus on what you feel knowing that your wish is granted. Replay that in your mind, magnifying the feeling until you achieve a state of joyful and effortless confidence that it can't happen any other way.

The Field always reflects what you send out, so if your mind doesn't jam the signal, it will come back to you. This is the law. You can repeat that statement silently a few times until it really sinks in. You can spend a moment dwelling on the omnipotence and the infinite intelligence of the force you're working with.

Important: you can't bend another person's will using this method, to make them do what you want.

You can't make someone fall in love with you or become your partner.

Your request may include other people, however. If it does, add a line 'if it serves the greater good of everyone involved'. This way, you don't breach anyone's right to make a free choice but at the same time create an opportunity for them to step in and help you with your goal if they choose to.

For example, you can state, 'I want Mr Jones and Mr Cardone to sign this deal with me, if it serves the greater good', while imagining yourself holding a pen, signing the documents than shaking hands marking a done deal.

## **STEP 5: GRATITUDE - SIGNAL BOOSTER #2**

This signal booster allows you to impress the desired vision firmly onto your mind while at the same time turning you into a frequency that can greatly speed up your manifestation. This frequency is gratitude.

After you've finished step 4, imagine yourself many years in the future, looking back at the event that you wanted to happen and feeling grateful that it happened that exact way. Just as before, make it very real. You can mix your gratitude with the feeling of relief and a warm tinge of nostalgia.

## **STEP 6: HIT 'SEND'**

This step is short but very important. After step 5 is complete, instantly switch your attention to something else: check your emails, watch a random video on YouTube, text someone or look at your social media feed.

In the universe's terms, this is equivalent to hitting 'send' after you've composed your message. If you keep dwelling on what you just did and wondering whether it would work or not, you keep the energy bound around you. By instantly switching your attention and 'forgetting' about the process, you allow that energy to flow out and away from you, so it can go and do its job as intended.

## **STEP 7: TAKE THE RIGHT ACTION**

Now, it's time to take action. As we discussed earlier, not every action counts. Doing things the old way may put you off track right now. Listen to your subconscious guidance and try stepping into the consciousness of your Higher Self as often as you can, so that you can be navigated to the best choices and solutions.

As an example, here's a story of a company employee working in the City of London; let's call him James. James' office was in one of the new office buildings not far from Liverpool Street Station. While he had a nice and comfortable job, James felt very lonely and unhappy. His dream was to find a partner, preferably a soulmate, someone he could really bind with and plan a future together.

However, days and months went by, with no results. James even went to a few parties and club nights with friends hoping to meet someone special, but the right person never seemed to turn up. Finally, James decided to give manifestation a go.

After practising the System for a couple of weeks, one day during his lunch break, he had a sudden nudge to go to the train station and buy a newspaper. The idea was absurd, firstly because he didn't like going to Liverpool Station (especially at lunchtime), and secondly, he didn't need a paper as his office supplied them for free.

But remembering the Right Action principle, James decided to follow the hint. He grabbed his coat and went to the station then froze before the newsstand, not sure what newspaper he was supposed to buy. Just as he was contemplating the front pages, he suddenly felt a push from the back.

He jerked around, startled, and saw a young lady rushing toward him and looking very embarrassed. The handle of her suitcase had snapped, sending the luggage whirling towards James. While he was looking at the pretty stranger awkwardly apologising in front of him, James already knew in his heart that it was the one. He couldn't explain it, he just knew.

They started talking and the more they spoke they discovered things that they had in common. James' lunch break was over so they decided to meet again that very evening after work.

This story happened many years ago, and James is still happily married to the love of his life.

And here's another story that illustrates the power of the Right Action, shared recently by one of my students, Mateo.

\*\*\*

*Master Jay's techniques helped me manifest an incredible place to live. For a long time, I was frustrated living in my parent's place with very little room for myself. I was sharing my bedroom with my brother, and not having my own space felt suffocating. I couldn't do any work without getting constantly interrupted and often even a peaceful nap in the afternoon was impossible. At one point I decided it was enough -- I had to get a place for myself. I started looking for apartments everywhere I could, but I couldn't find anything that suited my needs. All of them were either too expensive or were in bad condition. I spent months searching until I gradually began to think that I may have to wait to increase my income before I could move out.*

*However, after talking about it with Master Jay, she suggested using the Smart Manifestation System to get me closer to my goal. It was simple, but man was it powerful! After only one week of*

*implementing it, a friend reached out to me asking if I would like to check a new apartment. I was a bit busy and almost wanted to pass on his offer, but luckily remembered about Step 7 and said yes.*

*When I arrived there, I just couldn't believe it. It was the PERFECT apartment. Exactly what I was looking for. It was in the area I wanted, good size and just within my budget. I rented it immediately and now I'm living where I previously only dreamed of. I'm still amazed at how quickly it happened just by following the steps.*

\*\*\*

Here's a **real-life scenario** of how you can use the Algorithm Above.

You've just woken up. Your body is still relaxed after sleep, but you can choose to relax it a bit more.

You take three Tejas breaths imagining growing bigger and becoming the best version of yourself you can possibly be. Dwell for a moment on what it feels like.

Imagine the feeling of falling backwards on your bed, knowing that you'd meet it supporting softness, or sliding into the hot bath.

Play out your ideal outcome in your mind (it can be a bigger goal or simply an outcome of some event of that day). Get the feeling that it *must* happen that way; in fact, it's already done! Whenever you send out into the Field, comes back to you reflected, and this is the law.

Make your thoughts drift into the future (especially for a long-term request) feeling grateful that everything happened the way you wanted and to your and other people's greater good.

Get out of your bed straight after, do your stretches or exercises, take a shower or make breakfast, check your phone if you need to. Take your attention away from the manifestation process.

Say to yourself that throughout the day, you'll stay attentive and tuned to hear the messages of your intuition, that you expect and welcome them.

Be on a lookout for the results! Cultivate certainty that your delivery will be arriving as soon as possible, and it will be spectacular.

The best part is that with a bit of repetition, your mind will remember the sequence and execute it automatically, meaning that your manifestations

will become automatic, too! This is when you'll need to become mindful of what you wish for because your reality will start changing before your eyes, sometimes at a mindblowing speed.

I wish you a lot of fun with your reality bending and creating the life, the business or the relationship of your dreams. May the Light guide you.

If you need any support or would like to discover more, simply get in touch.



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# **ABOUT THE AUTHOR**

**Live your Purpose. Transform the world.**

I'm Jay H. Tepley — a teacher, author, international speaker, and the founder-acarya of ARIYA Creed — a unique philosophy for personal transformation designed to help you succeed amongst the challenges of modern times.

For over 20 years, I've been helping my students around the globe to step into a life of Purpose and inner strength, and become a greater force for change in the world. My Smart Manifesting System is not only a way to bend reality and realise your ultimate freedom, but it also serves as a powerful system of conscious personal evolution.

Combining ancient wisdom with recent scientific discoveries in psychology, quantum physics, and neuroscience, it allows you to align with your life Purpose and become an elite version of you that you were called to be.

If you're a truth seeker or an entrepreneur passionate about unlocking your personal power and serving the world greatly, this may be the training you've been looking for.

Enrol here for mindblowing results (and lifetime access):

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Want to go even faster and become a real-life superhero? Find out if you've got what it takes by booking your assessment here:

[www.tiny.cc/warriorjourney](http://www.tiny.cc/warriorjourney)

If you'd rather take it slow, I've got several books to help you on your journey. They are available worldwide from Amazon and other booksellers. Check out Codex Semperis, The Master of the Elements, the Lightwatch Chronicles, and The Mindgates Blueprint (in that order).

**Let's get social! You can connect with me and our stellar community here:**

Website: [www.ARIYACREED.org](http://www.ARIYACREED.org)

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Telegram: [www.t.me/ARIYApurpose](http://www.t.me/ARIYApurpose)

[This is a concise version of the Manifest Like a Pro book. The full version will be available on Amazon soon.]