

Focus: Inner Redirection & Balance

3 Essential Steps for Living Your Vision

How often have you asked yourself in life „How shall I do this?“ or „How can I get there?“ or „How can I reach this?“ Probably you have encountered such how-questions several times in different situations in your life. When such a questions comes up, many people try to figure out what they have to do to reach their goal or their vision. They have conversations, read books and do research in the internet to get a grip on the HOW. Trying to get a grip on the HOW can take quite a while. What oftentimes happens in addition is that in the moment you think you somehow have a grip on the HOW and are ready to start the circumstances have changed again so that you can start all over with planning and researching. Does this sound familiar to you?

Let's therefore take a look at the 3 essential aspects on the way of manifesting your wishes and live your vision.

1. STEP 1: Commit to your vision or wish

There are good news and bad news with regard of getting a grip on the HOW. The bad news is that you will not be able to get a complete grip on the HOW beforehand, because you cannot foresee all circumstances. If for example you would like to travel to a city and you ask yourself „How can I get there?“, you can look up, which train brings you from A to B, but whether the train will be on time or not, or whether it will actually bring you to your final destination stays open. Here is a specific example: I recently sat in the train that was supposed to bring me to my destination. After 40 minutes of travel there was an announcement that the train would not go until the announced final destination, but instead stop 100 kilometers before, although there was no technical problem with the train and there was no problem on the rails. Instead there was just this decision that all travelers have to leave the train in a little town and wait an hour for the next train to come to continue their journey.

The same applies to bigger life topics. If you try for example to figure out how to find a great partner, how to live your vocation or how to manifest or create something else in your life, don't waste your time with trying to get a grip on the HOW with your mind and control it. You cannot control it. Thinking that you can control the HOW with your mind is an illusion.

The good news is that there is only one answer to the question „How?“.

The answer to the question „How?“ is „Yes!“

So the question is not so much about the how, but it is rather about your commitment. If you have a goal or a vision and out of a convinced, inner decision you say “Yes, I go for that!” this is the essential first step. The sincere commitment comes first. You commit to start before you know how it goes.



2. STEP 2: Trust the not-knowing

Probably you ask yourself how you can commit when you don't know yet how things go. It is a very common belief in modern society that we can only commit when knowing exactly how something works or goes. However, consider this: how often haven't you done something, or followed your impulse or your inspiration, because you didn't know how? The fear of not-knowing is really huge. That's no surprise, because we already learn in school that we get only good grades if we know things. You can only get a seemingly good job when you have enough professional knowledge. Knowledge is held dear in our society. It can therefore be very frightening to not know, especially when you carry the common definition of fear inside of you. The common definition is that fear is blocking, paralyzing, uncomfortable, unprofessional and definitely to be avoided. Thus it is no surprise that many people keep trying to get a grip on things first, before they step on the path of realizing their goals or visions.

If you do instead a rewiring in your brain and consider fear to be neutral energy and information that serves you, what can you then consciously do with fear? Well, you can use fear to step into unknown territory, try new things, improvise, be attentive and present, and create something out of nothing. The great thing about not-knowing is that you stay flexible, are not bound to rigid ways, do not have to act out of a concept and that therefore pure magic can happen. However, not-knowing has nothing to do with indifference. If you were indifferent, you would lack the commitment for your goal or vision.

If you use your fear consciously to stand in not-knowing, you have the possibility to move forward without knowing how it goes. You just do a step on the path. You will realize pretty quickly whether the step works or doesn't work. If it works, it is feedback to keep going and do the next step. If it doesn't work (e. g. you keep repeating a pattern, are stuck in old emotions or beliefs), it is just feedback for you and at the same time an invitation to change something and try something different. The crucial thing is that you do not take a step that didn't work as reason to stop moving or saying „I knew it. It was clear that again it won't work!“ If something doesn't work, it is just neutral feedback. Change something and do a new step.

3. STEP 3: Shift into the new being

A third essential step is that you already shift into the new being mode, before you are there. Many people say „I only believe it, when I see it or when it shows in my life.“ However, you might want to consider magic works the other way round: „As soon as you believe it or actually ARE it, it shows in your life.“ This might sound somewhat weird, but try the following experiment which comes from the so called *Reality Creation Coaching*.

Experiment: Be or not to be, that's the question

Sit down quietly for about 20 to 30 minutes and make sure that you won't be disturbed by the telephone or other people. Close your eyes and connect to what you would like to reach or realize, but where you just don't know how to do it.

The being mode you have been familiar with so far might be that you do not know how to reach your vision. Sense into your body and feel the symptoms that go along with “I don't know how”.



Maybe your body is tense or you feel fear or sadness. The thought “I don’t know how” might even suck your energy and you might feel blocked and unmotivated. That’s the state you know. Stay there for a short moment, probably half a minute and minute. Realize exactly what it feels like.

Then shift into a different being mode. This means that you imagine and FEEL what it is like to already have reached your goal or manifested your vision. It is not about thinking what it would be like if you reached your vision. Then you would still be in a mode of scarcity, because you would still assume that you don’t have it yet. Shift into the mode of abundance and sense what it is like when you have already manifested your goal or wish. How does it feel? The sensation that goes along is crucial. Be aware of your feelings, thoughts, your energy level and your sensations. It is not about positive thinking. By sensing and feeling, your energy field changes. You might realize that your energy level rises, your mood gets better and that you sit more straight. Now stay in this new being mode for a while.

Then change again to the old being mode of “I don’t know how” and again perceive the energy, the thoughts and sensations that go along. Then change again to the new being mode of „I am it already. It is already in my life“ and sense how your energy level rises. Keep shifting between these two modes for 20 to 30 minutes. Repeat this exercise ideally each day. The first results will show after only few days. Suddenly interesting coincidences happen or you receive a crucial hint or information that you were missing or what so ever. As soon as you shift more and more into the new being mode, you put your attention into a new direction and thus pull manifest new things in your life. Energy follows the attention.

For the mind that loves rational arguments and logic this is hard to traceable. Fact is though, as soon as you commit, are willing to stand in not-knowing and shift into the new being mode, the universe can take action. Take into consideration that the universe knows many more possibilities and ways than those we can grab or make up with our limited, human mind. Trust the not-knowing. I invite you to really try this experiment. Let yourself be surprised by the sudden possibilities that come across your way and bring you closer and closer to your wish, goal or vision. Stay open for the magic of life.

Magical greetings,
Yours Nicola Neumann-Mangoldt