

# Manifesting Your Dreams And Desires

*An Article by Shirley Knapp*

*What are your dreams? Are they large enough? The Universe wants to bring you MORE. In this article Shirley explores expanding your vision and releasing resistance so you can let the Universe bring you what you ask for. Live the life of your dreams!*

*What are your dreams?*

Are you in a place in your life where part of it feels limited or exhausting? If so, it is the time for you to begin manifesting your dreams and desires.

First of all you must remember that Miracles Do Happen and that it is time to reach for the top. Not to order from the bottom of the list, but to ask for what it is that you really desire. Go for the top. Go for the limitlessness.

Show your fellow beings that—through the process of releasing limited thoughts—your cup is filled with the opportunities that the Universe Wants To Bring to you. By daring to do this, you are teaching what you know. You have taken the courage to release. Now you must take the even greater courage to command and receive what you wish.

You must stay in touch with the fact that you are in actuality manifesting every moment of the day what you desire, whether it is the top or the bottom.

*Stretch your vision of yourself!*

If you desire the bottom of the list, you are manifesting that as well. If you are looking for the top, you will bring that in. You will receive what you ask for.

You are in the process of manifesting your dreams through visualization.

It would be as if you decided to go shopping at the clothing store. First you would pick the clothing store that is aligned with your style, not what is aligned with your budget, but with your style.

You see, what you need to do here is stretch your perception of self. The way you see yourself and the way others see you are two different things. When your Higher Self is in action, you don't focus on a limited thought pattern. Open up to the highest and ask for support.

When you are wondering if something is the highest for you, put out into the Universe and ask: Is this really the highest for me? You may do this in meditation or quiet moments.

You will be surprised at how little you are asking.

You are asking very small. You need to expand.

Castles or buttons. What do you want.

All is available to you, but you've got to ask. This is sometimes a difficult process, but it is the most important piece that you can do, because without asking, you do not expand into the next level.

Focus on places in your life where you know it is time to grow, as you are tired of the place you are in. Take the time to write them down and explore what your reality is and what your dreams are.

It is important to practice expanding your vision.

You can also ask for the highest, and the highest good will come to you—when you let go of the form it will take, and any attachment to the outcome.

### *Conflict and Resistance*

If you write your dreams down on paper and think, "I couldn't achieve that," at least you have put it down so there is something to work with.

Now look at the issues of conflict and resistance here. If it feels like a piece of your dream isn't coming to you, it's because you're not allowing for it to be received.

Allowing means to do nothing (unless guided). You are letting the Universe do the work for you. Be open, not resistant, to what you want, and the Universe will bring it to you.

Allow yourself to receive the abundance of the Universe. Allow yourself to receive the energy of Love—true unconditional love—without fear. Allow yourself to receive the energy and the true love and healing of who you are.

The Universe is bringing you all that you need now.

To get what you want, all you need to do is ask. Much like you go to a restaurant and order from the menu, just order what you wish, and it will be brought to you. And just as you are ordering in a restaurant, order what is delightful and pleasing to the palate, not what is the essence of the budget. If you order bread and water, this is what will be brought to you, so order from the highest categories, and you will receive that.

The more you laugh, the lighter you dance, and the more you ask large and allow. So lighten up! Dance! Laugh!

Over and over in your life, you will see small ways in which this is performed and brought to you, and you will laugh. You will laugh at the signs; you will laugh with great humor at the ways these things fall into place. You will wonder why you ever made it so hard.

Laughter, as you know, makes the heart so light, and lets the Universe bring what you ask.

### *Asking and Receiving Exercise*

Without asking, you do not expand into the next level of your consciousness. Most of us ask far too little of the Universe. Dare to acknowledge your deepest dreams and desires, and dare to ask. Dare to ask big, and then open yourself to receiving. Expect miracles and stay open to receiving all the Universe has to offer.

1. Explore places in your life where you have not yet dared to ask for your dreams.
2. Affirm to the Universe, either through visualization, meditation, or in writing that you are formally asking for and are open to receiving whatever it is that you most desire.
3. Explore any places in your heart where you are resisting your dream. Put out into the Universe and ask for guidance in releasing your conflict(s). You may do this in meditation or quiet moments.
4. Keep track of what you receive and when.

### **About The Author**

Shirley Knapp, U.S.A. <http://www.shirleyknapp.com> Shirley Knapp is an internationally recognized continuing education instructor and author of "Sustaining Joy" who leads groups in personal growth. She has been in a holistic private practice, teaching individuals and groups since 1986. Shirley's mission is to heal, love and serve the world by transforming ourselves and helping others transform in joy. Browse our web site <http://www.shirleyknapp.com> for other products with this focus in mind. This article was excerpted from the book **Sustaining Joy** with permission.

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