

*Conscious Creation  
and  
Seven Secrets  
of Manifestation*



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*“If one advances confidently in the direction of his dreams and endeavours to live the life which he has imagined, he will meet with a success unexpected in common hours.”*

Henry David Thoreau

# Seven Secrets of Manifestation

## Introduction

There's been a lot of hype about the Law of Attraction over the past years and so there should be, as it's the Law of Creation.

Our lives are created by the Law of Attraction. It works on the principle of Like attracts Like. You are familiar with this principle although you might not have recognised it as the workings of the Law of Attraction.

The most common example is the saying 'Birds of a feather flock together'. We like to be with like-minded people: people who talk our talk. We are comfortable with people who think the same way we do.

We've all had experiences of Law of Attraction in our lives. We call them 'coincidences' or 'synchronicity', but we usually think of coincidences as positive things – like thinking about ringing a friend and then suddenly 'out of the blue' they ring you.

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*While on holiday, in a far distant land, my husband said 'I wonder what Ian is up to these days?' Ian had been a childhood friend he'd not heard from for over 15 years. I looked up and saw Ian walking by, without noticing us. I said 'ask him, he's just walked behind you'. It was a very jolly reunion as you can imagine.*

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Unfortunately the Law of Attraction attracts things we don't want in our lives too. Perhaps you've heard of someone who has had a string of bad luck or go from one poor relationship to another? This too is the Law of Attraction in action.

**The Law of Attraction is a simple Law; it is consistent in its workings. It works 24/7- just like Gravity. Our lives are a reflection of how we interact with the Law of Attraction.**

To successfully, consistently and consciously create what you want in life, it is helpful to understand not only how the Law of Attraction works, but how your partnership with this Law works too and this involves science.

**So, let's go and dangle our toes in the Science of life.**

We live in a vibrational world and we are vibrational beings. Everything in our lives was once a non-physical vibration before it became physical matter, which still has a vibration.

You know about vibrations. Microwave ovens and mobile phones work on vibrations. Your mobile phone sends a particular frequency of vibration, which is received by your friend's phone.



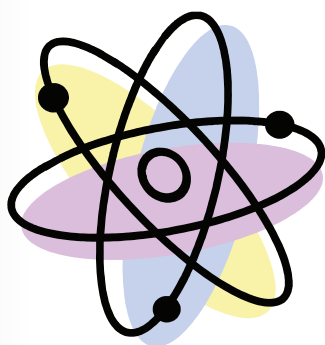
Radio and television work the same way. A radio signal with its specific frequency of vibration, is transmitted from a mast. A different radio station will transmit a

different frequency.

We tune our radios to listen to our favourite station – in other words, we tune our radio to the same frequency as the transmitter.

The transmitter and the receiver have to be tuned to the same frequency of transmission.

This is a really important point and one of the main reasons why we don't manifest what we want is because we are not on the same frequency of our desires and dreams.



But let's get back to vibrations. There is a flow of Universal Energy that just 'flows' constantly and continuously: some call it Light, some call it Love but of late it has often become known as Source Energy.

This non-physical energy is the stuff of our world. It's the clay we use to mould our lives: it's this non-physical energy that turns into the physical matter: the physical things that we experiences of our lives.

In the last decade or so, Science has been very busy and has proved that **we are the creators of our own lives and we do so with our thoughts and feelings.**

Science has found that our thoughts create electromagnetic vibrations and, because of the nature of the Law of Attraction (which is Like attracts Like) these vibrations, created by our thoughts attract similar vibrations to them and they begin to clump together. It is these clumps of energy that become the physical stuff and the experiences of our lives.

The Law of Attraction is often portrayed as a means of getting the 'stuff' you want in life – and it is so. We all want the goodies and toys of life: we all want the trimmings of success – 'the life style'. It offers us the dream of holding the world in our hands.



The Law of Attraction reacts to all our thoughts and feelings and it creates everything in our lives – the wanted and unwanted things too. Its job is to attract similar vibrations together and deliver the physical goods!

We do create absolutely everything in our lives, via the Law of Attraction - even the stuff we don't want is of our (unconscious) creation.

However, choosing to consciously create something special: that is Conscious Creation and is my speciality! Stay with me to find out more.

When I realised that I was creating everything and everyone that came into my life, I decided to find out as much as I could about how the system worked and how I could more consistently create the things I wanted – a little of which I’ve explained above.

## My first conscious creation

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*I was thrilled with my first attempt at conscious creation. I’d read a lot but hadn’t actually tried to consciously create anything. I found a picture of a camera in a magazine. I didn’t have a camera, so I decided to consciously create that camera.*



*I went through the creation process, of thinking about what I wanted, with feelings and visualised holding it in my hands – and then promptly forgot about it. (These last six words hold a secret).*

*When my husband came home from a trip, he was very pleased with himself, as he’d brought me a surprise. He knew I didn’t have a camera, saw one he thought I’d like and bought it for me. And yes, you’ve got it – he’d bought me the exact same camera I’d visualised from the magazine!*



*I was thrilled and delighted and thought to myself, ‘this is easy’. Little did I know that I’d just had beginners luck!*

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Like me, lots of people sometimes had huge success creating

what they wanted and at other times, they seemed to fail. Why does this happen? Why does it work sometimes and not others?

There are some important points about the Law of Attraction, conscious creation and manifesting that are useful to know. When you're aware of these and work with them, you'll have greater success creating what you want in life.

It's really important to realise that your life is a partnership. You are a creator in partnership with the Law of Attraction: you are dancing together.



If you can work with the seven points given in this short booklet, you should find that your conscious and deliberate creations manifest more consistently.

*When you understand the Laws,  
then you understand that it is  
no more difficult to create a castle  
than it is a button.*

*They are equal. It is not more difficult to create  
\$10 million than \$100,000.*

*It is the same application of the  
same Law to two different intentions.*

Abraham-Hicks



## I. We create our lives with our desires and our imagination.

We're always creating something – we create lots of things all the time. Whether we're painting the house, baking a cake, or building a corporation we create it the same way.

When wish for something better for ourselves, we trigger our imagination.

**Our imagination is the most powerful tool of creation.**

Visualising what you want to create is you consciously, working with your imagination.

We are creative beings and we constantly have the desire for a better life. Wanting more is the way we grow: we stretch and reach for what we want.

Think of a plant, when it stops growing it dies.

We must grow or we die.



We are all dreamers. Think back to how much you daydreamed when you were a child. Unfortunately, unless you were very centred and single-minded, most of your childhood day-dreams will just be Disneyland fantasies and will never manifest. But your dreams are the beginning of you creating a new and better life.

**Without our dreams we have no desire to change and grow.**

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*Whilst living in Dubai, I decided we needed a second car. My husband disagreed and said 'No we do not need a second car!' But I knew better!*

*We had a big two-car garage, so I move the car to one side of the garage, leaving space on the other side. I got 4 pieces of A4 paper from my printer and placed them where the wheels of the second car would go. I anchored the pieces of paper, with small stones from the garden.*

*My husband came out and asked what I was doing. I told him he had to park on that side leaving this side for the second car. He once again said we didn't need a second car walked away, shaking his head, and no doubt questioning my sanity.*

*By the end of the week of his own volition, he bought a second car, without me having to mention the subject again!*

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## **Conscious guidance**

We can consciously guide our mind into visualising what we want in life. We can imagine and feel that we are already living the life we want, doing the work we love, having contact with like-minded people in our business: working in collaboration with people who share our values and being surrounded by loving relationships.

By using our imagination to conjure up intense feelings, we can write an entire script of the life we'd like to live.

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*Your imagination is your most powerful tool of creation. The most powerful sentence you can say begins with 'I AM...' – in fact it is not a statement – it is a declaration! When you say 'I AM...' you are creating whatever follows - so just be sure you really do want to create what you're saying. 'I AM happy today' will bring you a happy day and you can imagine what 'I AM frustrated' will bring you!*

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Visualising, with intense feelings is one of the powerful ways of conscious creation.



*Here's a little story I remember hearing about a famous singer. As a young child Alesha wanted to be a singer and she would sing in her bedroom, with a hair brush as a microphone for hours, imagining herself singing in front of a very large audience 8.*

*She would practice in front of her mirror, perfecting her performance. All through her childhood and teenage years, she imagined herself on the stage as a famous singer. She also imagined she would be taking part in very popular television shows. And now she is! Perhaps*

you've heard of Alesha Dixon?

### Secret No. 1

Imagination is the most powerful tool of creation.

*Imagining is a most wondrous and powerful energy that allows you to conjure things that have never been and to walk among them touching and feeling and responding. Imagining is that special quality you have that allows you to reach into the future and to create things, ideas, feelings and concepts and to bring them back into your current illusion and to make them real.*

Lazaris

## 2. Thoughts are creative

Every thought is creative. Yes, every thought – not just the nice ones that make you feel good. Unfortunately your unhappy and uncomfortable thoughts are creative too.



Science has now proved that our thoughts create an electromagnetic frequency of vibration (the 'magnetic' part is a bit of a 'give-away' isn't it?) So, by the workings of the Law of Attraction, like vibrations clump together and non-physical energy turns into matter: it becomes the things, circumstances, events and experiences of our life.

We mould and shape the energy of the Universe with our thoughts, just as a potter moulds and shapes his clay! We are using Source Energy to carve out our lives – and we do it all with our thoughts.

We have very powerful minds and we have the ability not only to choose which thoughts to think, but we also have the ability to guide our thoughts away from things that make us feel uncomfortable.

We also have the ability to focus our attention like a laser and when we give our attention to something for as little as 17 seconds, (Abraham-Hicks\*) the first like vibrations are already

being drawn together.

Give something your attention for only 33 seconds, manifestation is on its way and is guaranteed - if you just dismiss that thought and don't revisit it again.

\* This information is obtained from *The Teachings of Abraham from Abraham-Hicks*.

*My contemplations of life...taught me that  
he who cannot change the very fabric of his  
thought...  
will never be able to change reality, and will  
never, therefore, make any progress.*

Anwar Sadat

## Secret No. 2

Every thought you think is creative – even the thoughts you don't like!

### 3. Everything is about feelings

The only reason we ever do anything in life or want anything in life, is because we think it will make us feel better.

Our lives are about feelings. We love our feelings. We love the drama of life. If the viewing figures of any of the TV 'Soaps' are falling, the screen-writers add a clandestine relationship or a something dramatic like a mugging or a murder to increase the viewing numbers!

We love the excitement and the drama of life. We even like to be scared: think of the number of Steven King books that are sold and think of the success of Harry Potter.



Even children loved to be scared. The fact that Scooby Doo is still running after 40 years is prove in itself.

**Emotions are all there is!** Everything in our lives is about how we feel. Everything we want, we want for one reason only and that is we think that when we have it, we will feel better. All we ever want is to feel better than we do now, at this moment.

Our Emotions are attached to our thoughts. Thoughts and feelings go together. They're like lovers: they always go together. You can't have one without the other. There may be times when we might not notice what we are thinking, but we will always notice how we feeling.

It's not words or thoughts that create our lives; it's the emotion that accompanies them that is the creative strength.



**How you feel is your point of attraction.** When you're feeling good, you attract more things to feel good about.



When you're sad, angry or just grumpy and you don't like how you're feeling, then you're not going to like what the Universe delivers.

Our emotions give the vibration of our thoughts 'intensity'. The more intense your emotions, the quicker things manifest. Have you ever been extremely irritated by someone and then noticed how everything that happened seemed to make you more irritated? Things went from bad to worse, as the saying goes. It can happen with incredible speed! The intensity of your emotions increases the speed things manifest in your life.

With this in mind, you can understand how important it is to be aware of the chatter that goes on in our mind. Our minds are always busy; we never stop thinking.

Notice how you talk to yourself all day, every day. And notice how the things you say to yourself make you feel. If your chatter has a 'negative' feel to it, then I'm afraid you going to get more 'negative' things coming into your life.

We can control our minds. We can control our thoughts, even though it does take a huge amount of awareness – and it's not something you do once and can then cross it off your 'things to do' list.

It takes constant, conscious diligent effort – but the results are so worthwhile. When I become aware that





my emotions are slipping downhill fast, I consciously stop what I've been thinking and start thinking of small, general, every-day things that make me smile.

**Always reach for a better feeling thought.**

I'm sure you've realised that you are affected by the thoughts of others and that everyone around you is affected by your thoughts? Here's a little story to show you what I mean.

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*A long time ago, when my children were young, I noticed that I 'held the power' in the household. If I was happy then the children were happy. If I was miserable – the children were grumpy, squabbled and were generally difficult.*

*One day my mother said 'Your children don't sing! You don't sing! So start singing!' And I started to sing. Within half an hour my children were happily playing by themselves, each of them singing their own happy song.*

*I 'held the power' in the household because my family picked up on my feelings! When I was happy we lived in a happy house. I don't really need tell you how life was when I was unhappy, do I?*

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### Secret No. 3

Everything is about Emotions – it's all about how you feel.

#### 4. The point of attraction for The Law of Attraction is Now

It took me years to work out what is meant by 'Now is all there is'.

In a nutshell – it is what it says - Now is all there is. If I asked you where you live, you would tell the name of a town or city, or perhaps the county or state. But if I asked which emotion you 'live' in most of the time, what would you answer?

Do you mostly live in a state of happiness or perhaps in frustration or is doubt is your dominant feeling? Do you mostly live in anxiety and worry? Or do you find yourself often blaming someone when things don't go your way? Do you blame yourself or others?

If you are living in blame, regret and bitterness then you're living in the 'past'. The past is not a place; it is an attitude about life you're carrying from days gone by, and you're keeping alive today; in this moment-Now. You can't 'think about something in the past' But you can recall an incident from the past. Do you remember that every thought has a feeling? Well while you are thinking about something from



the past, you are actually imagining it happening again, Now, in this moment, and you're feeling it all over again, as if it were happening Now – in the present. So you are recreating more of what upset you in the past.

(And remember that imagination is the most powerful creative tool you have.)

Are you worried and anxious about something happening in the future? Again you can't think something in the future. You can only think about an experience you might have in the future. While you are thinking about it, you are actually imagining it happening Now: in this present moment. This means that you are using your most creative tool (your imagination) to create something; to pull something toward that you don't really want.

Your emotions are the point of attraction and you are creating more of what you are feeling, in this moment Now.



Whatever you are feeling Now, in this moment, whether you are recalling something from yesterday, or worrying about something that might happen tomorrow, you are thinking and feeling it Now.

## You are recreating more of what you are feeling Now!

Have you ever been in a situation, where something you just 'knew' would happen, did? I have!

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*My husband and I lived in Dubai for some years. We planned a holiday in Cape Town. For various reasons I decided to fly via Doha in Qatar. I booked the flights and checked the transit time in Doha. It was only 50 minutes.*

*The recommended connection time is 60 minutes. I queried this on 4 separate occasions, each time being assured that there was sufficient transit time, and if the incoming flight was late, the departing flight would wait for the transferring passengers. (You can see my anxiety is building can't you?) I was assured all would be well. But was it?*

*Our flight left Dubai 30 minutes late: my anxiety was mounting but kept telling myself that 'they'll hold the Cape Town flight for us'.*



*Our flight landed and as we were taxiing in, I noticed a flight taking off, and I just knew it was our flight! I said to my husband, 'there goes the Cape Town flight'.*

*Suffice it to say – we didn't catch our flight to Cape Town.*

*I knew that would happen. I created it happening by*

*worrying and focusing on something that might happen in the future: but the intensity of my worry made it come alive – I was thinking about it in the Now!*

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#### Secret No. 4

The point of Attraction for the Law of Attraction is Now: in this present moment.

#### 5. Mind the gap!



You now understand that this present moment of Now is the point of attraction for the Law of Attraction, and you also understand that what you are feeling Now, in this present moment is creative, and I'm sure you remember I mentioned the more intense your emotion, the quicker your creation will manifest?

However, it's almost as if our Earth is in a time-lock: because things do take 'time' to manifest! There is often a 'time-gap' between our thoughts and manifestation.

Some of the things you want to create will take the universe time to put into place, sometimes you'll have no indication that your creation is a 'work-in-progress'.

When you send out your thoughts to the Universe you should

live and feel, as if you already have it: i.e. hold the same emotion you felt when you sent out your desire. Sometimes we notice that our creation isn't here yet- we think it's not coming – and so we've change our focus, in this present - Now moment, and we are focusing on the 'lack' of what we want. And what does the Law of Attraction deliver – more of what we are feeling – being the 'lack'!

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*A long time ago, when I lived in a far-off country, our house was burgled and my sewing machine was stolen. I made all the children's, my own clothes, did the household sewing and craft work too, which I sold to help our finances. My sewing machine was vital to my life.*



*My logic told me that we couldn't exist without a sewing machine. No new machines were imported into the country (due to a very stressful political situation) and even if there had been, we couldn't afford to buy one. So the only logical answer was that my sewing machine would be found and returned to me in working order.*

*The police were very sympathetic and told me that it was extremely unlikely that it would be found. But I knew differently. When the policeman left, he said once again the machine was unlikely to be returned and I said to him, "Just give me a call when you've got it and I'll come and collect it." My husband asked if I had understood what the policeman had said. "Yes" I replied "but he'll call when they've found it and I'll go and collect it."*

*And I knew that it would so.*

*Three months later, the same policeman rang and said "Come and get your sewing machine" and asked, amazed "How did you do that?" (I don't really need to tell you, do I, that the machine was in*



good working order).

*I held my belief that the sewing machine would be returned to me for 3 months. Not once did I doubt it. I didn't fall into the gap!*

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## Secret No. 5

Learn how to manage the gap/your emotions between when you create your desire and the universe manifesting it.

## 6. Choice is your personal power.



Do you know that everyone is given the gift of Freewill – it comes with the territory of being human. We can think whatever we want to think and no one can stop us doing so. The fact that we are conditioned by our parents, carers, teachers and society about so many things in life, still does not take away our freedom to think as we please.

You have the right to choose whatever you want in life. No one can take away your right to think as you please.

Your thoughts and feelings create your life. When something happens in your life that you don't like (remember, you create everything in your life, whether you like it or not) you can now choose to create

something different.

If you don't like how you're feeling, you won't like what the Law of Attraction delivers to your front door.

**Choose to create something else instead.**

Have you ever been to a buffet where the table was heavily laden with only one dish repeated all the way down the table? It's no good going to a restaurant that doesn't have a wide choice food on the menu. We like to try different food - we love a wide of choice of different things.



We need variety in life. We like to choose what we want. But it is only when we see and feel something we don't like, does it automatically trigger a desire in us for what we do want instead.

The contrast between what we don't want and what we do want is vital to our lives. If the only dish on the buffet table was potato salad, you would not be able to experience any different foods, in order to find out what suits you better.

However, when we experience something we don't like, we are inclined to make a judgement as to whether its right or wrong – we judge whether we are at fault or the other person is at fault.



We are so quick to blame ourselves or others instead of realising that it is just an opportunity for us to choose what we do want and create something better.

**Only you have the power to change your life – no one else can.**

Becoming more: being happier, healthier and wealthier all comes from the decisions you make about how you think and feel about what you experience in every-day life.

**The quality of your life comes from the choices you make. You hold the quality and destiny of your life in your hands alone.**



### **Secret No. 6**

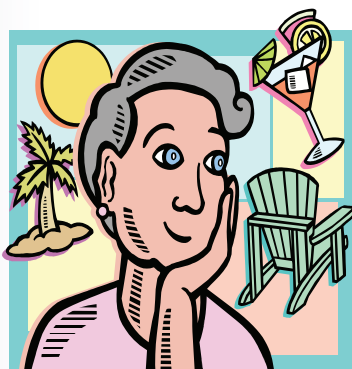
You hold the power of Change in your hands.

**Nothing changes until you do.**

## 7. Laying a path to the future

You've heard it before - life is a journey, so 'they' tell us. It certainly does seem like it, doesn't it? It seems as if we've travelled through the past, are now living in this present moment of Now and all of us, whether we like it or not, are going into the future. Life certainly does seem like a journey.

We all dream – we dream of a better life. We daydream of the things we'd like to do, places we'd like to visit and people we'd like to meet. Unfortunately most of our daydreams are like Disneyland fantasies but, somewhere along this journey of life, some of our dreams become goals we'd like to achieve.



To create something new; to achieve a particular goal; to reach a challenge, we've got to stretch ourselves and that means going to 'places' we've not been before – which although can be exciting, can also be scary.

Moving outside your comfort zone, takes courage. Every one of our thoughts and feelings is laying a paving stone to your future. Every paving stone you lay, reaffirms your commitment to your dream and as you follow your plan, daily taking steps in the direction you want to go, your confidence increases.

A very special kind of magic results from mixing together Courage, Commitment and Confidence. You wouldn't have started towards your dream if you didn't have Hope. Stir Hope in your elixir and you'll be unstoppable.

And, as you can imagine, I have a short tale to tell...

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*Do you know that the best and most important dreams and plans are written on café serviettes? Mine are.*

*In 1999 I was living in Dubai. I'd had just finished giving a short workshop at a local healing centre. It had been a very lively session with lots of fun and laughter.*

*I'd arranged to meet a friend in a nearby café after the workshop. I was bubbling and full of enthusiasm. Our coffee came, I reached for a serviette and two came out of the holder: one to use and one to plan my future!*

*I wrote:  
(I want)*

*--- to teach/help people understand that they are creating their lives with every thought and feeling.*

*--- that only they can change their lives and the only way they can do that is by changing their emotions.*

*--- that the simplest, most effective way of doing this is by the use and study of Bach Flowers Remedies.*

*--- I teach, run workshops in metaphysics (now called the Law of Attraction).*

*When I left Dubai in 2008 and came to England,*

*even though I'd given talks and a few workshops on Homoeopathy and the Bach Flowers I had not yet moved in realms of teaching metaphysics.*

*I've held that dream for over a decade and not once did I fall into the time-gap. I have always known that this was my path. (Although, I do sometimes, get irritated and frustrated when the things that I want don't come to me quick enough!) I also knew that I was preparing the ground, laying the paving stones for the life of my dreams. I knew that it would be so- and so it is.*

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### **Secret No. 7**

Every thought and feeling is a paving stone in the path to your future.

## In conclusion

I'd like to recap: the Law of Attraction attracts experiences to you that are similar to the essence of your thoughts and feelings.

So, if the Law of Attraction attracts things to you then, the logical conclusion is that everyone attracts things to themselves, via the Law of Attraction. Again, by logical conclusion, it therefore means that it's not possible for you to create anything/attract anything for another and it's also not possible for anyone else to create/attract anything to you. This means no one can 'do' anything to you: there are no 'victims'.

Everything in your life is there because you created it (albeit unknowingly). This may sound harsh, but when you understand of how the Law of Attraction works and the full realisation of all that it implies, it's the most liberating concept.

It means that, as only you can create your life – and that is so – you and only you have created the stuff in your life you don't like. You are now in an exceedingly powerful position because you've recognised it and now can change it!

The Law of Attraction just is. It works 24/7. It is consistent and non-judgemental. You are the creative part of your partnership with this amazing Law. You are the creator of your entire life.

Once you become aware of how it works and how you work with

it and you begin to change your thoughts and feelings and your life begins to change, you will then be presented with different choices and you can make different decisions.

**When you look at the world differently, you begin to see a different world.**

Happy Creating and enjoy your manifestations!



## About Rose Todd



Rose Todd is a qualified homoeopath, a spiritual writer and teacher. She currently runs a monthly Law of Attraction discussion group; facilitates workshops on the Law of Attraction and Health, Wealth and Happiness; and has a busy mentoring and coaching practice both in person and via Skype.

She lives in Hertfordshire in the UK

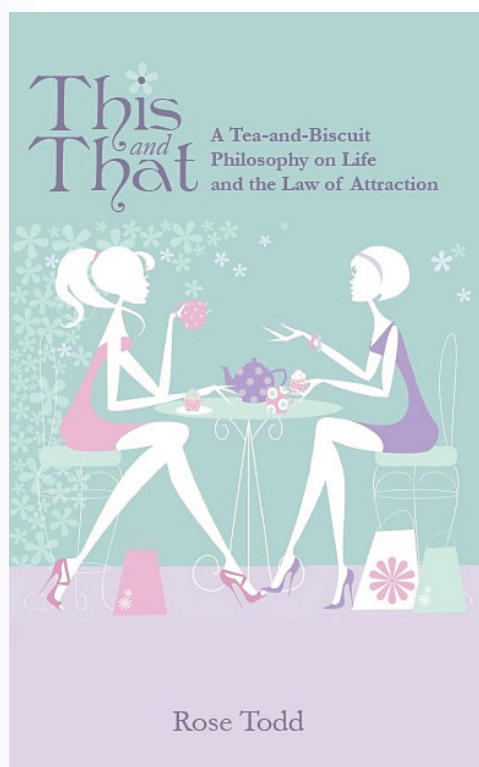
To find out more just visit : [www.rosetodd.com](http://www.rosetodd.com)

Have you read Rose's new Book..?

**This and That: A Tea-and-Biscuit Philosophy on Life and the Law of Attraction**



This and That is a collection of personal anecdotes.



They reflect the basis of Rose Todd's philosophy on life, which is that when you change how you look at life, then the life you're looking at will change. One of her favourite sayings is, "Nothing changes until you do."

The underlying theme of Rose's work is that the quality of your life is connected to the quality of your thoughts and feelings (the Law of Attraction), but she cloaks the depth of her message in a light, conversational way.

Rose writes in an easy-to-understand style, with wit and humour, showing us that good philosophy is fun and entirely practical.

[Available as a paperback or in Kindle version – please click here for more information and sample sections from the book.](#)

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