

MANIFESTATION

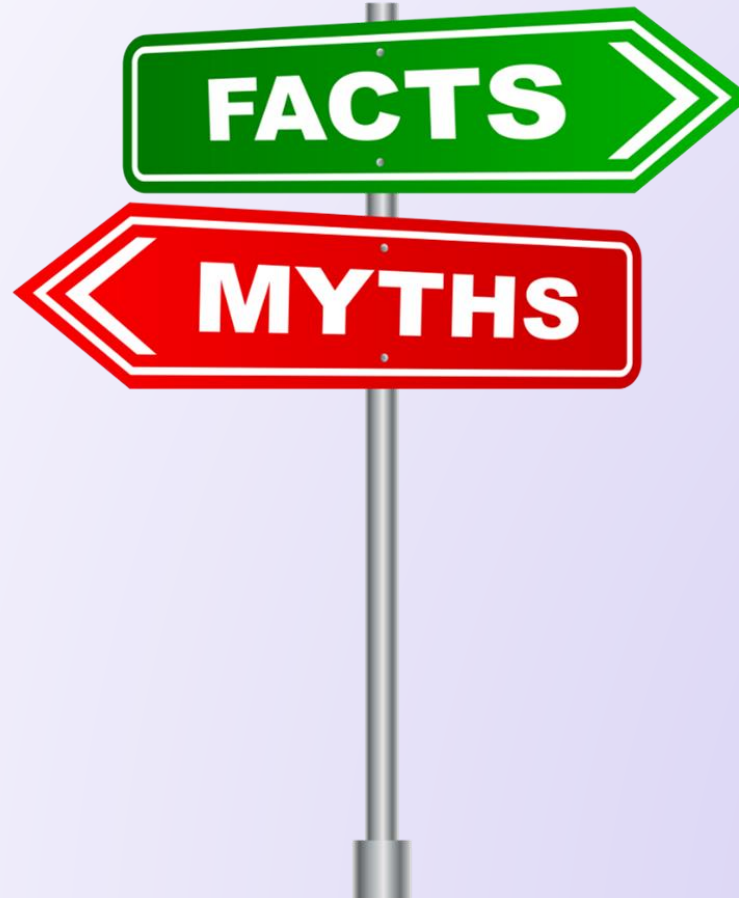
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WHAT IS MANIFESTATION?

MANIFESTATION IS:

- INTENTIONAL THINKING TOWARDS A GOAL
- REGULATING NEUROTRANSMITTERS AND OUR NERVOUS SYSTEM
- TAKING THE TIME TO FOCUS ON WHAT WE REALLY WANT IN LIFE



MANIFESTATION IS NOT:

- THINKING ABOUT SOMETHING AND IT MAGICALLY HAPPENING
- HAVING GOOD VIBRATIONS WITH THE UNIVERSE
- IT TAKES YEARS TO MASTER

SO YOU WANT TO MANIFEST...

1 LEARN HOW TO RECLAIM AND DIRECT
THE POWER OF YOUR ATTENTION

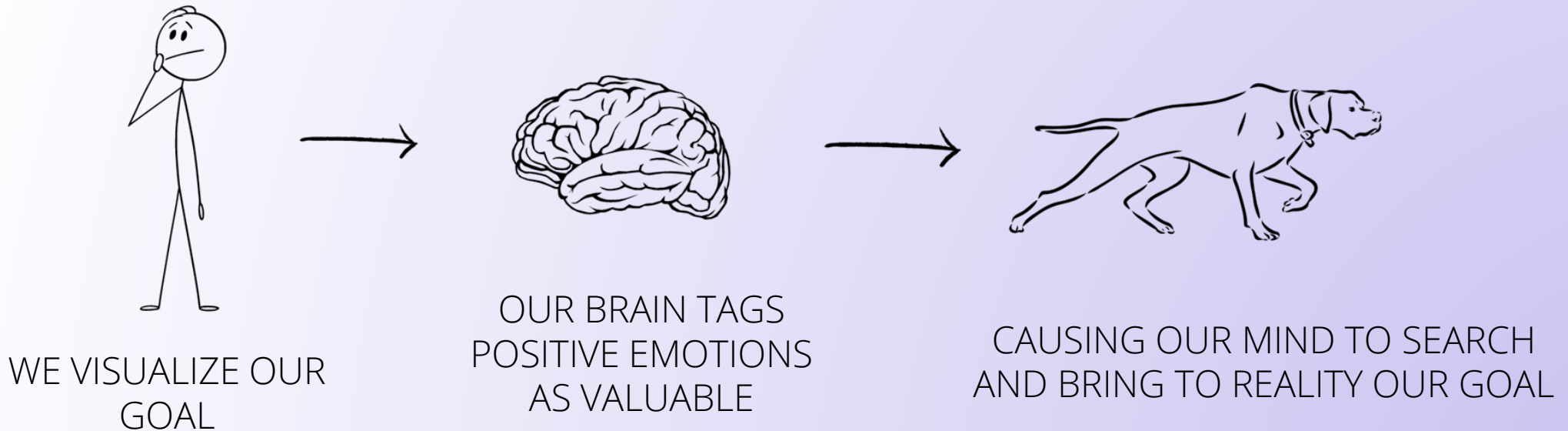
2 UNDERSTAND THE
PHYSIOLOGICAL MECHANISMS

3 ELIMINATE BARRIERS

FOCUSING OUR ATTENTION ON OUR GOALS

Goals get embedded through a process called **value tagging**, the brain's way of deciding what is significant enough to be imprinted at the deepest levels of the subconscious.

When we practice *visualization* we conjure **powerful positive emotions**, and these cue the selective attention systems to tag the goals we desires as highly valuable and associate them with our reward system.



PHYSIOLOGICAL MECHANISMS

THE GREEN ZONE

“FLOW”

FIGHT, FLIGHT, & FREEZE

NEUROTRANSMITTERS
& THEIR NETWORKS

SETTING THE STAGE: THE GREEN ZONE

The Green Zone is a state of well-being, in which we are calm, focused, in the flow, and able to care responsively for others.

The Green Zone is also the state in which our consciousness can be mustered most effectively to visualize and pursue goals.



🔍 WHY FIND THE GREEN ZONE? ✕

Developmentally necessary for mammals to evolve physiological traits that facilitated approach, contact, and connection.

THE GREEN ZONE

Q HOW DOES THE GREEN ZONE WORK? X

Dorsolateral vagal nerve in the myelinated parasympathetic nervous system, which links the organs with the central control systems.

The Green Zone is the state that makes manifesting possible by putting our cortex in the driver's seat.



How do we make the crucial switch from a fight, flight or freeze response to a rest-and-digest response?

THE NEUROBIOLOGY OF “FLOW”

Flow is characterized by a strong sense of focus or absorption. The brain's central executive network actively inhibits our experience of stimuli that are not relevant to our task, as well as any thoughts that might distract us.

Flow emerges when we have a clear goal that requires action, and we feel that the skills we possess match the challenge we face.

When we are in flow, we often experience a state of self-transcendence: the inner critic's needling voice dies away, our habitual worries and self-consciousness fade, and we feel at one with the moment, with ourselves, and with our environment.

There is a general hypothesis that periods of flow are characterized by lowered activity in the frontal lobes that produce the sense of conscious control.

THE NEUROBIOLOGY OF FLOW

Flow also enlists the brain's dopamine reward system, which tends to coincide with feelings of optimism, hope, possibility, and a feeling of being highly motivated, as well as reducing feelings of fatigue and discomfort. Where the slot machine or phone notification provides a hit of dopamine, flow immerses us in a sustained experience of it.

The paradox of flow is that you are going toward the goal but the goal is irrelevant.

Neurologically, the cortex is reducing input from the sensory centers, which are responsible for your sense of identity, and the circuits in the parietal lobe that process time.

When we practice visualizing our intention with full sensory detail, we strive to enter the flow state in our imagination.

FIGHT, FLIGHT, OR FREEZE VS. REST-AND-DIGEST:PHYSIOLOGY

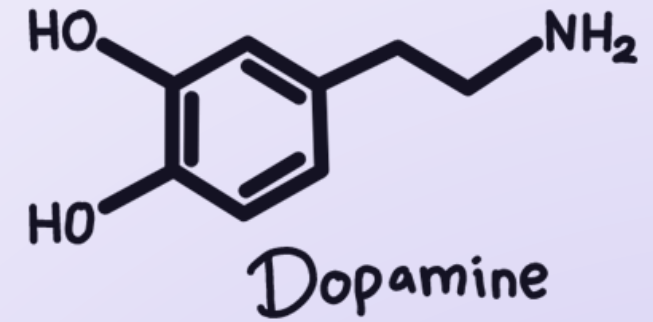
DIVISION OF AUTONOMIC NERVOUS SYSTEM (ANS)	SYMPATHETIC NERVOUS SYSTEM (SNS)	PARASYMPATHETIC NERVOUS SYSTEM (PNS)
PRIMARY ACTION	Mobilize the body's fight, flight or freeze response	Regulate the body's homeostasis and rest-and-digest response
FUNCTION	Control the body's response to perceived threat	Control the body's response while at rest
NEURON PATHWAYS	Shorter neuron pathways = faster response time	Longer neuron pathways = slower response time

TABLE

NEUROTRANSMITTERS

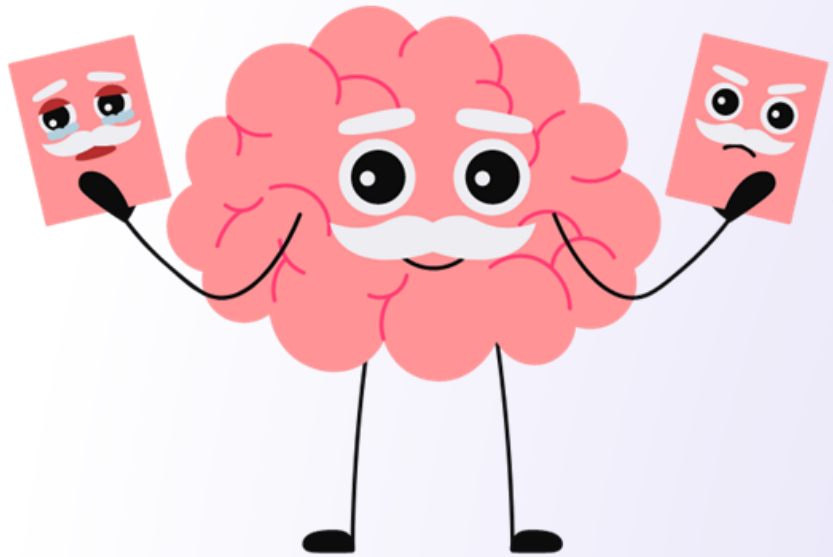
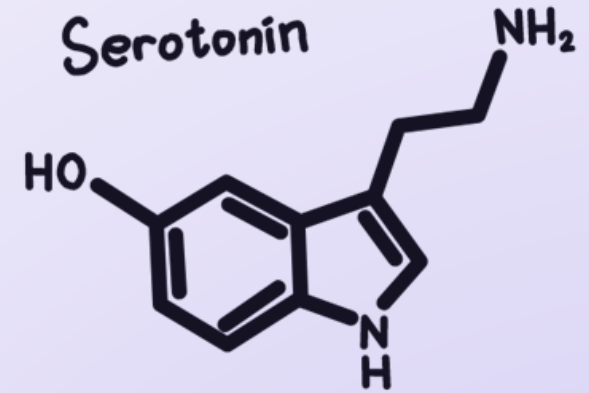
Impulses are propagated along the nerves themselves, neurotransmitters

NEUROTRANSMITTERS - DOPAMINE



Dopamine is often called the “**reward chemical**” as it is associated with pleasure, satisfaction, and motivation as well as learning and memory. It is also associated with the flow state, which is the experience of being so absorbed by an engaging, enjoyable task that your attention is completely held by it.

NEUROTRANSMITTERS - SEROTONIN



Serotonin is often called the “**mood stabilizer**” and is associated with feelings of happiness, sleep regulation, sexual behavior, and appetite. It is also associated with improving one’s ability to learn and improve one’s memory.

NEUROTRANSMITTERS

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Oxytocin is called the “love hormone” because it is associated with the romantic attachment, bonding behavior, the sense of intimacy, recognition, connection, trust, and sexual arousal. Endorphins are the body’s natural painkillers and are released in response to pain or stress, creating a general feeling of well-being.

THE DEFAULT MODE NETWORK (DMN)

The default mode network is the most thoroughly researched network in the brain. Anatomically, the DMN is also called the medial frontoparietal network (M-FPN) and is composed of the medial prefrontal cortex, the adjacent anterior cingulate cortex, the posterior cingulate cortex/precuneus, and the angular gyrus.

Essentially, the DMN is responsible for brain activity when a person is focused inward, including during wakeful rest, day-dreaming, mind-wandering, and reminiscing.

We experience the DMN mostly as the incessant chitter-chatter of the mind when it is not occupied with a specific task.

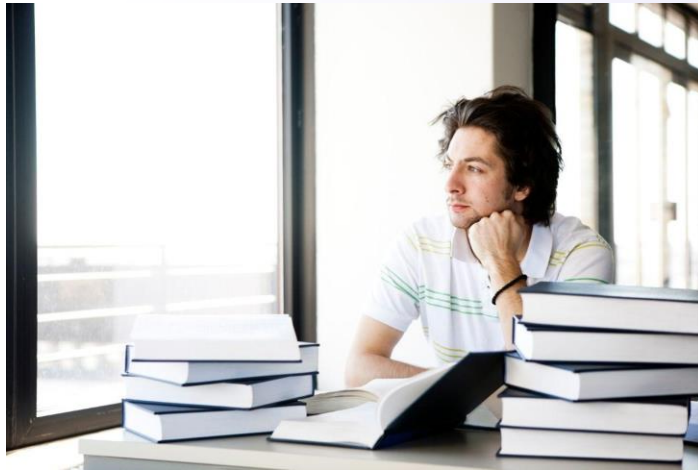
DMN was deactivated when a person was focused on certain goal-oriented tasks.



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THE DEFAULT MODE NETWORK (DMN)

From a neuroscientific perspective, the inner critic can be seen as an unfortunate collaboration between the default mode network and SNS. When the DMN gets hooked by the stress response of the SNS., we experience incapacitating self-consciousness. The DMN is negatively correlated with the attention network (AN) meaning that the more it's activated the less access we have to the power of our attention.



The DMN has two powerful lessons for us in manifesting first, experiences such as mind-wandering illustrate that cognition is not always tethered to events | the here and now. As we practice, we will learn to intentionally detach our awareness from whatever is happening in our five senses and direct it toward an imagined experience of the future we envision. Second, when our mind wanders, it inevitably starts to elaborate on internal representations, and this is the foundation of our internal sense of self. While this sense of self is invaluable for all kinds of interactions and daily activities in life, it can gravely interfere with the flow state required to inhibit our vision fully, and so we must learn to turn down it's volume.

THE SALIENCE NETWORK (SN)

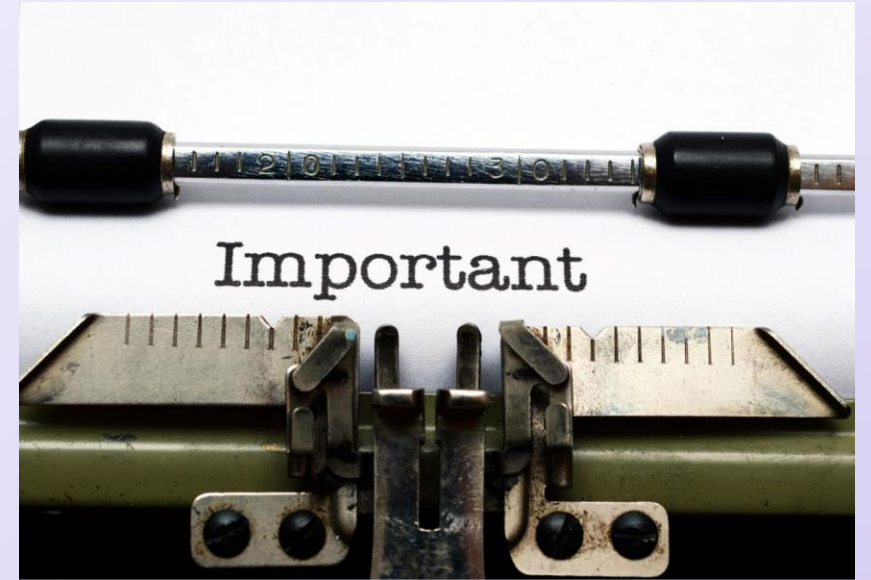
The salience network is the cognitive system the brain uses to determine what is important.

Among the overwhelming barrage of internal and external stimuli we are encountering at any given moment, the SN identifies what is the most relevant, or subjectively salient, and guides behavior accordingly.

Salience is usually related to context and is produced by novelty or the unexpected, but it can also be brought about by shifting one's attention consciously toward whatever feature we choose to value.

The salience of a thought, idea, or intention determines which bits of information will most likely grab one's attention and have the greatest influence on one's perception of the world.

Through repetition, we can make the intention we are attending to salient to the exclusion of other inputs by doing so, we create what is known as salience bias or cognitive ease, causing our intention to be one our subconscious cannot ignore.



THE SALIENCE NETWORK (SN)

Because our brain and nervous system receive such an overwhelming amount of data from both inside and outside the body, we cannot possibly give our attention to every detail. Instead, there is a kind of playbook in our subconscious that manages the precious territory of conscious attention and reroutes everything else into systems of automatic processing. As a result, we miss a shocking amount of information, even when it is blatantly before our eyes.

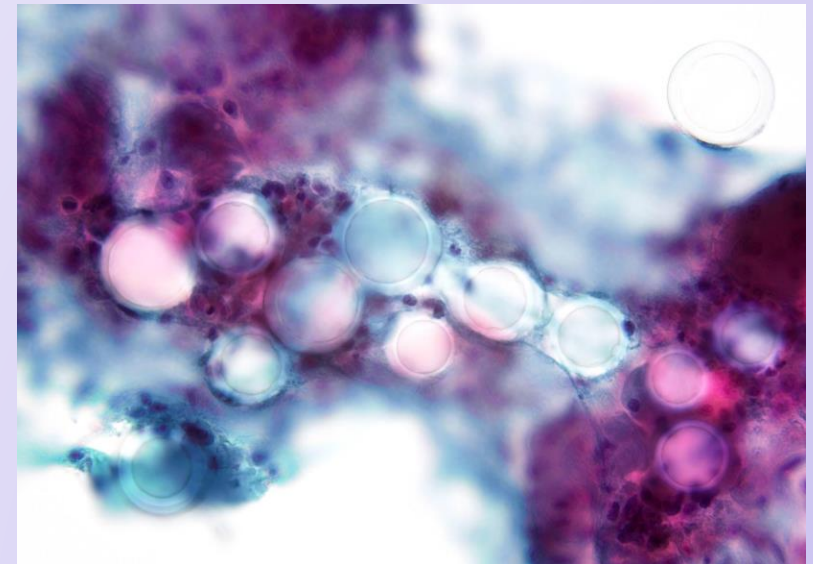
Subjects who were busy counting the ball passes missed other aspects of the event going on around them, no matter how bizarre or extraordinary.



THE ATTENTION NETWORK (AN)

Within the salience network there is a critical portion whose role is focus our attention. This is called the attentions network (AN) and it includes a ventral and dorsal component.

The dorsal attention network (DAN) is involved in the voluntary, top-down deployment of attention.



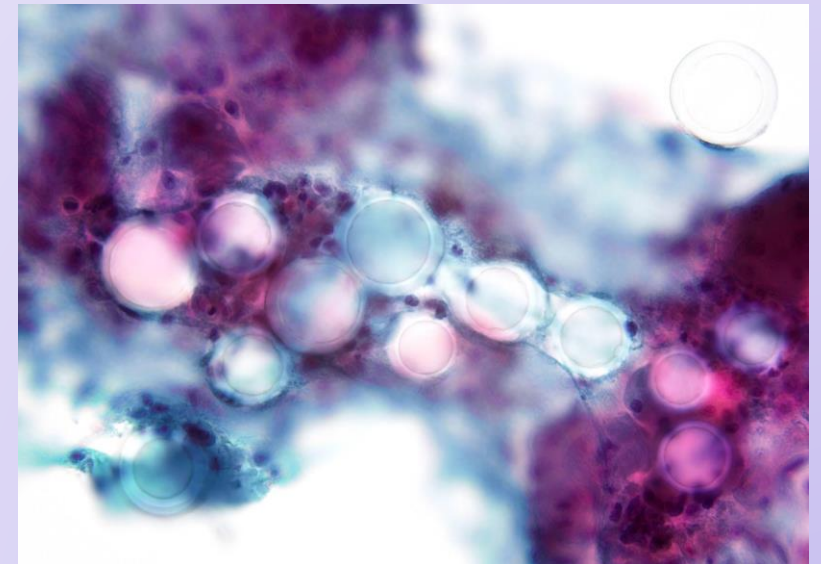
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THE CENTRAL EXECUTIVE NETWORK (CEN)

The central executive network (CEN) maintains and manipulates information in working memory and is also responsible for decision-making and problem-solving in pursuit of goal-directed behavior.

CEN hypoactivity is associated with depression and a variety of cognitive disorders.

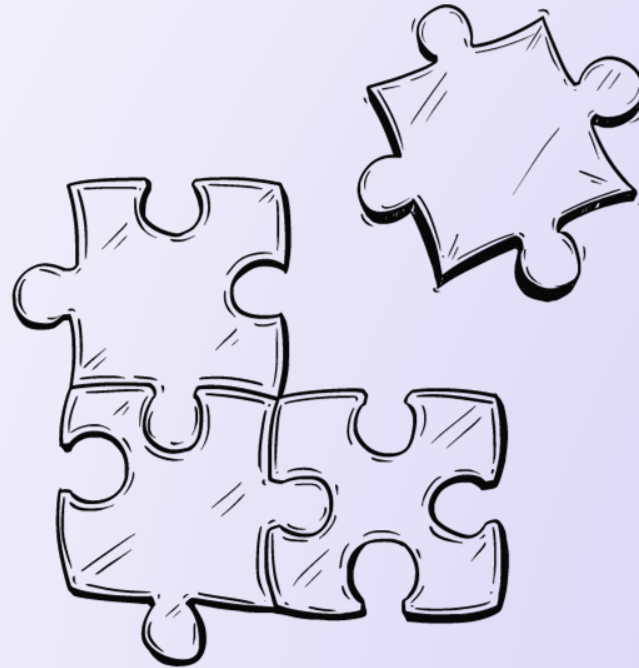
We need the CEN to help us make wise and appropriate practical decisions, but we also need it for the top-down processing that is necessary to regulate our emotions.



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HOW THEY WORK TOGETHER

To manifest with maximum power, the four networks must collaborate effectively in an elegant interplay.



How to eliminate the Barriers

If we want to manifest successfully, we must decrease the volume of the voice in our heads that tells us we can't do it.

The SNS is based primarily in our brain stem, is the oldest part of our brain, and has been present in our human ancestors for millions of years. Essentially, its job was to keep us alive in our original niche environment.

Evolution typically does not discard, it includes.

Negativity is the first language of our species, and we must learn, slowly and painstakingly, to speak a new one.

The fight response causes us to fight against the parts of ourselves that we believe do not measure up, triggering overpowering emotions of shame and the feeling that we are not good enough.

THE NEGATIVITY BIAS

The inner critic is now deployed in a chronic maladaptation. The negativity bias, a system of value tagging that makes warnings of danger stand out in our minds. For the SNS, positivity has no purpose for survival. Negative self-commentary became classified by the mind in the same way as actual dangers.

As our intelligence as a species increased, the negativity bias hijacked our thinking mind, and then we started making comparisons and connections that are not really valid.

In fact, it is just that our body and mind have become addicted to the powerful negative emotions of fear, anxiety, and despair, which at one time were associated with self-protection.

The more of these statements we make, the higher the walls get and the darker it becomes.

TUNING THE DIAL

The truly unhelpful aspect of the inner critic is that it is very distracting. It drains the energy out of your attention and impedes your ability to focus on your intention.

When we come into the world, we are in an open, flexible, and "unconditioned" state not characterized by habits.

Most negative thoughts and experiences that stick to us.

We imprint the emotional content into our mind as permanent learning. The glue is the fight, flight, or freeze system's exaggerated attention to negative stimuli, and so we emotionally code these messages we believe are essential to our physical survival.

We carry these negative thoughts with us everywhere we go, applying them to more and more situations, and accumulating more and more of them until they obscure our vision and we believe they are truth.

THE BODY'S PATH TO LIBERATION

We do not spontaneously outgrow negative beliefs. They are a natural function of our evolution, but we do not need to let them drive us.

Research has shown that only the upper levels of the brain are able to tell time, while the brain stem, which controls functions like body, temperature and heart rate, contains no networks capable of processing the passage of time. In practice, when trauma is activated in our body and our consciousness shrinks down to its bare survival program, we have no way of knowing that the feelings will not last forever —we experience them as almost eternal, the way an infant would.

We must soothe the primitive nervous system and make it feel safe enough to allow us to take the healthy risks that make us grow.

Luckily, we find the pathway out of our habitual negativity through a more recent evolutionary innovation: the mammalian caregiving system.

THE BODY'S PATH TO LIBERATION

Major adaptations was the evolution of the dorsolateral vagal nerve, a large part of the vagus nerve that links the internal organs with the central control systems in the brain and is the basis for the rest-and-digest response

Due to the miracle of neuroplasticity, or the brain's ability to change itself, it is possible through a self-compassion practice to activate the pathways of the caregiving system consciously and intentionally to give ourselves the love, care, and connection.

Self-compassion has the power to heal the parts of us that make us feel chronically unsafe and unloved and transform them into vital sources of wisdom and compassion to share with others.