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Raise Your Vibration

Masterclass

Video 31: Meditate to Manifest

In this video, I want to talk to you about meditating to manifest because these two topics are deeply connected.

And in this video, I'd love to explain why.

When you meditate, your focus is fully directed toward your intention while you shut off your brain and open the gateway to the quantum field.

Your intention or desires make you feel a certain way, and through the connection with the quantum field, you can then understand what the next step is to manifest your desire into the third dimension, also known as our physical reality.

But the feeling is the most important part of manifestation.

About 80% of manifestation is feeling, and 20% is taking action aligned with your desires.

But the key is your energetic state and vibration—in other words, how you feel.

And meditation changes how you feel.

It also changes how you think and how you act in life.

Because meditating a few times a week helps you focus better, increases your creativity, and allows you to see connections more clearly.

And that's great because a lot of people struggle with focus and perseverance. And of course, this isn't entirely your fault—social media and news websites have created a beast that constantly demands your attention and is highly addictive.

Every time you scroll, your body releases dopamine, giving you an instant reward. So why would you use willpower to actually get work done when the reward comes much later?

Anyway, meditation helps counteract the negative effects of social media.

It also raises your vibration, the energy in your body, how you feel, and it aligns you with the positive goals you want to achieve, as it also reduces negative thoughts.

The doubts and fears about why certain things wouldn't work out are largely eliminated through meditation. And this helps with manifestation.

What will happen when you meditate for a few weeks is that you'll truly start to understand what you want, what your real desires are.

Maybe you think you really want to live in a certain house... But after a few weeks of meditating, you realize that this house represents status, and what you're actually looking for is more freedom. And this bigger house is the exact opposite of that because it will only bring more costs and less freedom.

Meditation gives you patience—not just in daily life but also patience with the universe, knowing that everything arrives at exactly the right time. And it also makes you grateful for everything you already have. Gratitude is truly a key and a superpower.

When you can feel grateful, you're already 80% there.

The rest is just patience and taking action.

We've already talked about gratitude in a few of the previous videos in this masterclass.

But it's so important that I want to dedicate an entire video to it.

So in the next video, we're going to talk about gratitude.