

Manifesting Stories...

*Manifesting...
From beyond the Stars
With Wim Hof
The Lucky Fiver*

Manifesting... From Beyond the Stars

Manifesting the experiences and possessions that you want in your life includes buying them, but it is NOT limited to just using money to get what you want...

Sat with my son watching the first Star Wars film (The Phantom Menace), it occurred to me the situation the main characters were going through illustrated the amazing manifesting we were experiencing perfectly.

Qui-Gon Jinn, lead Jedi Knight in the story is trying to buy some parts to repair the spaceship they are traveling in. The problem is the only dealer of the parts they need won't accept 'federation credits'.

"Another solution will present itself" says Qui-Gon Jinn.

The problem they are faced with is they need these parts for their spaceship but:

The money they have isn't accepted.

And they have nothing to barter with.

Yet, "Another solution will present itself" is the relaxed attitude of our Jedi master, Qui-Gon Jinn.

He is keeping his **Eyes Open to Opportunity**.

And indeed Qui-Gon Jinn doesn't use any money to get what he wants... he manifests it another way.

His solution (crazy as it is) involves winning the prize money from a race happening the next day. A race for which he has no vehicle, and no money to pay the entrance fee either.

The young Anakin Skywalker offers to help them out by flying in the race using the 'Podracer' he has built.

When the next problem hits it doesn't phase our master of the force either... They have no entrance fee but this isn't blocking Qui-Gon Jinn. With some clever negotiation he ends up working a deal with Anakin's slave owner whereby if he wins he ends up with all the parts he needs and pays off the

young Anakin's slave debt. Thereby freeing him from a life of slavery. All from simply being open to opportunities.

Ok nice film... but what does this mean in the real world?

Well one of the biggest 'secrets' about manifesting experiences and things into your life that you don't always need to pay for them.

Sounds weird right?

It worked for Qui-Gon Jinn in the movies!

And well, it's working for me right now!

Because after watching the film in an impressive home cinema room I am now sat poolside writing this... poolside of a 9 bedroom mansion that I to have paid no money to enjoy for two weeks this summer with my wife and son!

I have manifested into reality an amazing 9 bedroom house, with swimming pool, gym, party room, home cinema, tennis courts, lake and more with zero money!

Now there is a fair exchange of value going on, it's one that all parties involved are more than happy with. It's an exchange that works for everyone perfectly and one that is FUN for both parties. Happy days!

Buying the experiences and the possessions that you have and use is only one way of living the dream.

Earlier this year I spent the winter months living on the beach in Goa, India. And also in a private villa with friends on the spiritual island of Koh Phangan for a fraction of the cost of buying that lifestyle permanently!

You can have your mind set on something so rigidly that you miss opportunities around you that are literally GIVING you what you want, just maybe in a slightly different way.

Looking back I've lost count of the number of missed opportunities that I let drift by in the past...

I'm much better at taking them now!

Flexibility... Lucidity... and keeping your **Eyes Open to Opportunity** are so important...

In fact whether you call it luck, being in the flow state or manifesting, one thing is true:

“Lucky people are skilled at creating, noticing and acting upon chance opportunities” Professor Richard Wiseman.

Manifesting... With ‘Ice Man’ Wim Hof

Recently I set off to Amsterdam with my business partner, Niraj Naik (aka the Renegade Pharmacist) to film, interview and learn from ‘Ice Man’ Wim Hof...

We ended up recording a song and making new friends!

Sometimes its called luck, sometimes it’s called manifesting or the Law of Attraction, other times it’s referred to as synchronicity or syncrodestiny, in fact there are many names for ‘it’...

But what you want to know is how to effortlessly tune your mind into ‘it’ to give you a richer and more abundant life right!

Turns Out There Are FOUR Simple Things You Can Do That Will Dramatically Increase Your ‘Luck’... according to Professor Richard Wiseman.

After interviewing Wim, we all were talking about how excited it was to be actually training with the ‘Ice Man’.

Wim, started strumming his guitar in the room as we walked in, upbeat, lively and singing in various acrobatic vocal styles... Wim’s vocal power and effortless style stopped us in our tracks...

Now it’s true we had flown to the Netherlands to meet Wim Hof, interview him about his amazing abilities to control his autonomic system and train with him... but we ended up recording a song and making new friends!

“Go with the flow” as Wim say’s.

The interview opportunity has turned into something much bigger...

Opportunity Spotted. Opportunity Taken!

We postponed our flights home and made a date to visit Wim.

We met again on Sunday in his Summer house to record 'Crazy like a Monkey', the 'Ice Man's first song!

The message at the core of Wim's work is one of freedom, we can be, see and do more than we think we can.

Over 100 years ago New Thought author Wallace Wattles wrote of a little boy in his work:

"The music in him was the URGE of Original Substance, containing all the possibilities of all life; all that there is of music was seeking expression through the child."

This is basically a description of the universe flowing through you.

Psychologists call it 'Being in the Flow State', Musicians call it 'Being in the Groove', athletes call it 'Being in the Zone', it's pure creativity...

Wim is almost permanently in the 'Flow State'. That effortless state of being where everything just happens, where everything is easy, going your way and where anything is possible.

Without being in that state the full marathon Wim ran bare foot in the arctic circle dressed in just shorts in temperatures of -20 C just wouldn't be possible.

Ice Man Wim Hof is a Super Human!

It's because he lives in this flow state of opportunity where everything is possible. Wim Hof is a Dutch world record holder (of over 20 Guinness world records), adventure and trail blazer for the new millennium.

Wim demonstrates an ability to control his autonomic system that has doctors and scientist baffled. He has developed an ability to turn up his own thermostat by using the power of his mind.

Once seen as a super-man, Wim has shared his secrets with others (The Wim Hof Method), giving them the same abilities to control their heart rate, body temperature, blood pressure and more. Automatic functions that were previously though beyond conscious control.

So What Does this Have to Do with Manifesting the Life of Your Dreams?

Whether you call it luck, being in the flow state or manifesting, one thing is true:

“Lucky people are skilled at creating, noticing and acting upon chance opportunities” Professor Richard Wiseman.

The findings of Professor Wiseman’s 10 year study into luck are that luck is actually a skill that can be learnt, by anyone!

Just days after returning home from Amsterdam, I met my friend Dr Steven Simpson. Steven has been working with sports people and athletes for years, getting them ‘in the zone’. But now he’s working with professional poker players and increasing their luck!

Yes they are winning more. Winning more often and more money! Crazy Right?

This was at an event we were both working at with Paul McKenna PhD who told us about his recent findings about luck and even showed us his latest NLP exercise for actually boosting your luck... (More on that another day)

Talk about Synchronicities!

Keeping Your **Eyes Open to Opportunity** is Wiseman’s **Number 1 Principal** for Boosting your Luck.

Opportunity Spotted. Opportunity Taken!

And we recorded a song with ‘Ice Man’ Wim Hof...

During my first meeting with Wim the thing that struck me most about him (apart from his energy levels and enthusiasm for life that are through the roof), were the number of projects he is effortlessly manifesting and involved in. From his Garden of Eden project in Africa, to the wonderland he’s creating in Amsterdam or simply inspiring people on stage to become more.

Again Wim beautifully demonstrates the **Second Principle** of being luckier and attracting more of what you want into life: Trusting Your Intuition.

“Over time, we, as humans have developed a different attitude towards nature around us and we actually forgot one thing, Inner Power.”

Wim Learned his methods by going into nature and trusting his intuition.

The **Third Principle** is: The Power of Expectation.

Wim asked if he could run a marathon barefoot in the Arctic Circle or without water in the desert, or climb Mount Everest in just shorts, his response to the challenges said ‘Yes’.

Because he ‘expected’ that he would just do it. It’s as if it’s already done! The third Principle.

“I know my body, I know my mind, I know what I can do.”

After passing the death zone barrier of 23,000 (7,400 meters) feet above sea level in shorts and sandals Wim suffered frostbite...

Did that stop him?

Hell No! The next and the next challenge just kept coming.

Perfectly demonstrating **Principle Number Four**: Making Good Luck Out of Misfortune.

The Four Principles of ‘lucky people’, those who manifest amazing lives are:

- #1 Keep Your Eyes Open to Opportunity
- #2 Trusting Your Intuition
- #3 Using the Power of Expectation (It’s already Done!)
- #4 Making Good Luck out of Misfortune (Seeing the ‘Golden Lining’)

As I am writing this Wim is ‘lucky’ enough to be in California teaching his method to record producer Rick Ruben, comedian & podcaster Joe Rogan and hanging out with celebrities like Sacha Baron Cohen and Orlando Bloom... before heading off to climb a mountain on a different continent . . .

Manifesting... The Lucky Fiver

The 'Power of Expectation' is invoked in this experiment from Prometheus Rising by Robert Anton Wilson. Professor Richard Wiseman's 3rd principle of becoming luckier, from his 10 year study into luck.

The Experiment from Prometheus Rising:

"The experiment is to vividly visualise a quarter, imagine vividly that you will find that quarter in the street.

You look for that quarter in the street every time you are out, while still continuing to visualize it, and see how long it takes you to find it.

Next, explain the experiment using "selective attention" hypothesis - that is, of the bounty of lost quarters everywhere in the street, you were bound to find one sooner or later.

Then explain the experiment using the "mystical" hypothesis. In other words, you believe that you made the quarter manifest into this universe.

Now go looking for a second quarter.

Compare the time it takes to find it using the "selective attention" hypothesis with the time it takes you to find it using the "mystical" hypothesis.

This experiment is designed to help the reader understand the role of thought and belief in structuring the universe.

Whatever it is that you think, your mind will immediately set about proving - the existence of God, the sovereignty of the American President, or any number of conspiracy theories. Your mind will find proofs of those things everywhere."

After re-Reading Prometheus Rising (sat poolside outdoors at the spa)
I though, ok I'm gonna do that!

A quarter is an American coin and I was in the UK and you can't even buy much with a quarter... so I imagined that I would find a Five Pound note.

That was all!

I simply thought I'm going to find a fiver and I expected to find one. Basically I knew I would find one... it was just a matter of time...

The Power of Expectation

Well two days later walking through the market place of Henley on Thames, during the busy Regatta season I stopped and bent down...

The person I was with stared at me as I crouched down and started picking up a screwed up, flattened, muddy piece of paper off the ground.

Why was I picking up that bit of litter?

Even when it was in my hands and I said: "wow, look at that!" my friend still didn't realise what I had.

It didn't become apparent to her until I fully unfolded it and she saw that I had picked up a five pound note, just like I expected I would.

I have no idea how I saw it.

I wasn't looking at the ground anymore that usual. And the five pound note was so crumpled and dirty that it didn't even look like money!

Something happened.

I had set my Reticular Activation System (RAS) looking for a five pound note and within 48 hours I had found one... without even looking for it!

Is there more at play here or are there so many Five Pound Notes just lying around you would find one within a few days?

Time to Find Out:

Choose a coin or note from your local currency and do this exercise like I did.

Imagine finding one on the ground, with a feeling of certainty.

Look out for the coin or note, visualise finding one...

Notice how long it takes you to find one...

The more you spot coincidences you more you experience them... the more you do, you will be more 'tuned in' to the amazing opportunities happening around you.

And maybe there are amazing synchronicities occurring and occurrences that turn into amazing coincidences happening because of the way you view them... both created by and because of YOU keeping your eyes open for amazing opportunities.

Before I understood this idea of looking out for synchronicities, less synchronistic events were happening for me (because I wasn't filtering for them, they simply weren't on my radar). Since becoming aware of the idea, my RAS is actively looking for them and I identify more and more moments and events where things are very synchronistically occurring...

When I wasn't looking for them I didn't notice them...

The more you look for it the more you find it.

All the different models of the world are simply a reality tunnel that you choose to experience and it becomes real... "What the thinker thinks the prover proves."

As with the '48 Hour Fiver' some of the synchronistic events I have experienced (including the Strange 11:11 Synchronisities with my friend and Peak Power co-Founder Niraj Naik) are just too weird to comprehend. Making me believe in magic once again....

The 11:11 stories are for another day...

For today... get lucky!

John Vincent

Ps: if you are 'lucky' you will be the kind of person who contacts me to see if you are the winner of a HUGE prize for being the one thousand, one hundred and eleventh person to download this. If you're not 'Lucky' you wouldn't even email me and ask: 1111@sphereofavailability.com