

# *Manifesting for Mortals* *Love Edition*



**Focused concepts and questions**

**For**

**The Law of Gender**

As you consider the concepts for the Law of Cause and Effect, please remember the following:

The Law of Cause and Effect is emotionless and relentless. As I say in the main workbook, if you choose the behavior, you choose the consequencesí but let's back that up even further:

*“The importance of the Law of Causality aka the Law of Cause and Effect lies in the understanding of the concept of freedom. If we do not choose and observe our thoughts carefully constantly eradicating the mental rubbish and watering the seeds of the fruitful mindsets, if we lack mindfulness about our daily actions and reactions, we let the system define us.”*

*Blogger, Chengeer Lee*

So again, we return to the concept that energy follows thought and therefore, it is our thoughts and the action that we take based upon those thoughts that determine our experience (aka the effect)

Let's trace this with a practical example:

Sally is getting ready to go out on a date with Josh, she really likes him. Sadly, Sally thinks that she's just not that appealing as she really is, instead she thinks that she needs to present a more pleasing package to Joshí and it goes like this:

*Sally was so excited for her first date with Josh! They had been texting and emailing each other for a couple of weeks, and had made it past the first coffee date. He was a really nice man. They were going to dinner at a fabulous French Restaurant and then to the movies.*

*Josh had told her that he really liked it when girls wear dresses; he said he thought that women really should dress up more and be more feminine.*

*Sally looked in her closet at all the jeans, t-shirts and sweaters. She didn't want to have to go shopping. Finally, in the back corner of the closet, she found a dress that her mom had given her a few years ago. It still had the tags on it so it was like new! It was a bit frilly but it was a dress...and it was feminine! Bonus! Josh would be so pleased!*

*Ugh...she groaned inside, they were going to see a horror movie, she hated horror movies, but Josh said he really wanted to see it. Besides, she could just snuggle up to him and hide her eyes when it got really gross, after all, she thought, he must really like it when girls act scared and helpless.*

So, with that thought, Sally is going to spend an evening wearing an uncomfortable dress, watching a movie that she's not going to enjoy and pretending to be someone that she isn't. Can you predict the effect?

The better idea is to just be who you are and let your freak flag fly! If you don't like wearing dresses, don't say you do. If you hate horror movies, say so.

Begin with the thought that you will find someone who you enjoy spending time with, and then add in the additional thought that you are worth spending time with AS YOU ARE. Those thoughts will empower you; they will lead you to take actions that are in alignment with who you are and more importantly, they will attract someone who appreciates the real you!

And let's face it - don't we really long to be with someone who loves us just as we are?

Then let's not pretend to be anything but that!

Questions for reflection:

1. Does this scenario sound familiar? Have you ever pretended to like something that you didn't or to be someone that you weren't?

a. What was the result?

b. How did things end?

*(I ended up trapped in my 2<sup>nd</sup> marriage because of this very thing!)*

2. As we're winding down the course, is there any remaining "mental rubbish" about:

a. - you or your worthiness in a relationship?

b. - men, and how men act or what they want?

c. - relationship rules, attitudes, necessities?

d. If so, write them down, and ask yourself if they are true, if not, create a new belief.

3. What insights have you gained from this exercise?

4. Add any new information you have gained to your master list of essentials, necessities or desires.