



Mahina Perrot

# Manifesting

*A simple yet powerful step-by-step  
guide to creating the successful and  
abundant life you desire*

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ISBN : 979-10-359-4767-5

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# Introduction

You are unlimited potential. Truly. You are a living miracle. The chances of you, as the individual that you are, with all your skills, mental and physical attributes, unique personality, your strengths and weaknesses, that make you who you are, to be born in this vast Universe, on planet Earth, is *extremely* remote. Yet here you are!

The problem is that most people are not aware of what a miracle simply being alive is. Most people are still looking for meaning. Why am I here? What is my purpose in life?

You don't really know why you're here, yet you feel deep down that there is something special about you. And you're right! You are special!

The world may show you daily that you are just like everyone else, that you have to get up, eat, go to school or work, come back, watch TV or be with friends and family, eat, and sleep. This is the way society is built. The world needs order, and in a way, that is how we have managed to get this far. Most of us in the Western world now have access to an enormous amount of material things that have benefited our lives. We are, generally speaking, comfortable, and relatively safe. We don't have to worry about wild animals attacking us, we have toilet facilities, running water, televisions in our homes, most of us have a car, a roof above our heads. That is much to be grateful for. But are we really happier? No – I don't believe we are.

Your purpose is simple. Whether you know it or not you are a super powerful creator. You not only create with your hands, but you also create with your

thoughts, your feelings, your emotions, the words that you say, the way you show up and act in the world and the ideas you bring to life.

This is your duty, your role, your purpose, your passion, your reason for being. To be *you*. Isn't that extraordinary? The thing is you have always been, and always will be the creator of your own reality. You just may not have realised it. But becoming a conscious creator is something you can choose to be as of right now.

I am no psychology expert or guru, but I have made every single one of my dreams come true. And I genuinely want to help everyone realise their own unlimited potential and reclaim their power as powerful creators or, should I say, "manifestors".



I have been blessed to grow up in a loving home on the beautiful island of Tahiti in French Polynesia, a real corner of paradise, where life was easy, peaceful and fun. I have the most supportive parents who were able to afford to pay for my studies, but who have also always encouraged me to “follow my heart”, “make my dreams come true”.

They always told me I was born to achieve great things, that I would always manage to do what I want, whatever that is, that I could change career and reinvent myself any time I wanted. “*Where there is a will, there is a way,*” was their motto. Since I got my University degree, it has also always been mine.

I was blessed to be raised with, and live by, this abundant mindset and with this inner knowledge that nothing is out of reach. Anything is possible. It is now a core belief of mine, and probably one of

the reasons why I have always manifested all of my dreams. I never had huge dreams like being a millionaire, having a big house or a fancy car. I wanted to be an adventurer, a wildlife journalist, to live in the African bush, to see jaguars in their natural habitat, to offer my parents a once-in-a-lifetime holiday, and I made all of that happen. The more I made my dreams come true, the more dreams I had.

Having dreams actually never ends, because as we achieve things that are important to us, that make us happy, we transform, grow, mature, and change and we want different things. I believe this is what life is all about, and it is why it is so important to always follow your heart.

I wanted to manifest a prince charming, and I had always wanted to end up with a Safari guide. All of this came true too. However, when dreams come true they show us different aspects of life, and from

there we may have to redefine our desires. Believe it or not, I had always wanted to live a “simple” life. When I was 24 I even told my mother I wouldn’t mind being poor! I wasn’t concerned about money, and I thought living with less would mean more freedom. Well, I manifested that too!

However, I very quickly realised that living in a remote African village surrounded by poverty wasn’t a very “sustainable” manifestation. I wanted to help my husband and his family members as well as the countless neighbours and strangers that would knock on our doors every single day asking for food, money or jobs. We gave them all we had, to the point we had nothing left to feed our dog and even to eat, and of course, as a result, our relationship suffered. Unknowingly at the time I started manifesting something else for myself. Something better, that was more aligned to who I really wanted to be. And that’s how I became an author.

You see, every thought you have and everything you do matter. Thanks to this difficult situation I was in, I began to have a lot of inspiration to write. I didn't write about the bad things that were happening, but I talked to those amazing African people and transcribed the tales they tell children about animals and adapted them. And then my first book was born.

It became more and more what I wanted to do, and I began to drift away from the life I had there. I wrote and wrote, and my husband and I began to have different interests. In the end, our marriage ended. I know now that I subconsciously manifested this not only because our short-term situation, but also our long-term visions became too different.

For the first time of my life, I want to create an abundant and more settled lifestyle and more wealth. Not so much for

myself, but to be able to help the hundreds of people that I know out there in African villages who live in unspeakable conditions and struggle to find food every day. I have a long-term vision for myself, where I can live happily, in a place I love, doing what I love, and also have several charities which will help give children access to school, and families access to shelter, food and water, in mind. I know that I will manifest all of that too!

The point is, we are all-powerful beings. Even more than that we actually create, attract and manifest everything in our lives, constantly. I believe that even if we had never even heard of the Law of attraction, or of the manifestation process, what is meant for us would always find its way to us.

Our deepest desires, or fears, always come true, one way or another. But the

more you become aware of what you want, how you end up manifesting it and why, the more you are in control, the more you can choose what to create and how fast, and the more you grow and expand.

You really are a magician! That doesn't mean that your manifestations will appear out of thin air, however. Just like the magician has to come up with spells, or the alchemist has to create specific recipes, or the doctor has to invent a new vaccine, or the builder has to lay down one brick on top of another, it is a process.

You just have to learn, or be aware of, how to go about it, and then practice it. It is a life journey. And the best part is, you are never alone in this process. Some outside force, call it God, the Universe, your Higher Self, the Creative energy, or whatever you want, always has your back.

And if you're wondering if this is a long process - yes and no. It is all up to you. I

now personally manifest big changes or desires within about four months. The time-line doesn't really matter to me, to be honest, and depending on what you want it may take just a week or two, or longer, but the main thing is really to have fun, to enjoy your life as the creator of your reality, enjoy being a "magnet" for the things that you want for yourself!

In this guide, I will be referring to what extraordinary human beings such as Albert Einstein, professor Hawkins, Abraham Hicks, Dr Wayne Dyer, Eckhart Tolle, the Buddha and many high profile personalities who are powerful creators have said, but its main goal is to provide you with a simple, straightforward, step-by-step guide which includes practical advice and enjoyable exercises which you can apply in your daily life and that will

help you manifest your desires, based on my own personal experience.

So are you ready to manifest the life of your dreams?

“Make a wish with all your heart and chase every dream you have. Only you can reach your goals. No one can achieve them for you.” - Demi Lovato

**\*\*\* BONUS \*\*\***

At the end of the book you will find 30 *Motivational Cards* which I have created just for you! You can use those cards any



way you like, by simply picking one every morning, either swiping your fingers quickly on your kindle until it rests on one card, or by opening your paperback version randomly and let your intuition decide what card will appear! This will give you additional motivation, and will help you stay focused on creating your ideal life!

# Make a decision

Since you are reading this book, know that you are already on the path to manifesting the life of your dreams.

You have probably already heard of the Law of Attraction. Most likely, you have even watched the movie, “The Secret”, or read the book. You know many people have achieved their dreams, and you want to be that person too, right?

I will give you a straight formula as to how you can do that, which we will then explore in more depth throughout this book. It is simple and efficient.

*Manifesting = making something happen, no matter what. Knowing you can*

*do it, and that you are always supported and helped by some unseen force, and taking inspired action towards your goals.*

Chances are that you already have in mind something that you really desire and wish to manifest into your life. Well, the good news is:

“There is nothing you cannot do, nothing you cannot be, nothing you cannot have.” - Neale Donald Walsh

Perhaps you feel deep down that there just has to be more to life than this 9 to 5 job you are working in, than just paying bills, than those superficial exchanges you have with other people, or than enjoying a

two-week holiday on a tight budget and then feeling sick, tired, drained, unfulfilled. You want more freedom, more time for yourself or to spend with your family, more money, or to travel more.

Or maybe you feel satisfied with your life, but you would like to create an even better lifestyle, or upgrade your car, be healthier, have a fitter body, or develop a more general sense of fulfilment and happiness.

Or perhaps, like me, you have always manifested what you wanted, you don't really know how you did it, but you've started reading books or watching podcasts about the Law of attraction, about manifestation and you have since become fascinated or even obsessed with this incredible process, and you want to explore better, more powerful or fun ways to make even more of your dreams come true!

To be able to live a fulfilled, happy and abundant life is of course what we all aspire to. That idea, however, means different things to different people.

Some may wish for a promotion, a loving spouse, a new career, more money, while others wish to live a simple life in a wooden hut in the mountains, away from the hustle of city life, or to be able to work from home and travel all over the world. Others still may just want an unexpected surprise from the Universe (do try to manifest that one day, you'll be amazed at what you get!).

Well, the best part of living in this world is that you can have it all. There is only one - very important - thing you are going to need at this point to make all of your dreams come true: *A willingness to make whatever it is you want happen, no matter what it takes.*

Why is that so important? Because, and that is no secret, if there is something you *really* want, you just know deep down that no one and nothing will stop you from getting it. That is the number one key to manifesting mainly because these are real, genuine and powerful desires.

“Once you make a decision, the universe conspires to make it happen.” - Ralph Waldo Emerson

So Step One in Manifesting is really to *make a decision*. This is the catalyst that will propel you on the right path to creating or attracting into your life just about anything you want.

So just decide! Decide what you want, what you want to do, what you want to

become. When it is a genuine desire, something you know deep down you really want, you will feel it fill up your entire body with longing but also with excitement and determination.

This first step is critical to this entire process. Now, it doesn't mean that you must know, right now, right there, *exactly* every single detail of the furniture that is in your dream house for instance. But it is of vital importance that you have at least an idea of what you wish to manifest.

You already know that this works, and you have probably seen it work! The man who knows he really wants to date this particular woman will go to extra lengths to find out what she really loves, and offer her the perfect gift or even ride two kilometres on a bicycle every night to see her. The woman who really wants to be recognised by her boss and get a promotion will work extra hours and come

up with ideas that will propel her to the top. The student who really wants to get a scholarship will spend hours to apply, will send personalised letters to various organisations and will most likely get it. It happens all the time.

But mostly through hard work. So it works, but it can also be exhausting and draining. There is a much easier way to manifest your desires and in this book, I will show you how.

“Find something that makes you happy and fixate on it. That is the answer to getting what you want.”

- Abraham Hicks

If you so know exactly what you want, perfect. Write down on a piece of paper or



in your favourite notebook all of the things you want to manifest.

Write simple sentences following the formula: *I + manifest + what it is you want*. So, for example: “I manifest my dream house” or “ I manifest a \$5,000 salary increase.” Keep that piece of paper or notebook with you, as we will go back to it later on.

Now, if you don't really know what you want to manifest or don't have anything specific in mind, then do this:

- ✧ List 10 things that you loved to do as a kid
- ✧ List 10 things that you most enjoy doing now
- ✧ Compare those two lists and see if some of these ideas match. Let's say for instance that you loved helping your mum in the kitchen as a child. Today you don't have time to cook so