

The Secret to Manifesting a New Job in 7 Simple Steps

Job market updates are daily news. Everyday there are stories about people that want a 'new job'. Many are unemployed; and others are in a position where they stay stuck in the job they have and are very unhappy. Being without a job, or going to a job that you don't like, takes its toll on your mind and body in the form of stress.

There is an energetic shift that's taking place on the planet and all the shake-ups with respect to jobs and money are to rebalance that which isn't working. During times of transition a sense of powerlessness and distress often manifests within and those energies are sent out into the world. Since 'like attracts like' those vibes are not the kind of signals that one would want to send out when one wants to manifest a new job.

Step 1: Release baggage from prior jobs. Don't take that "muck" with you. In the energetic world sharing energy is known as cording. Cording is an exchange or connection between one or more individuals or places. Think of cords as lifelines. Some of the relationships you have created are wonderful while others may zap your energy. Unhealthy connections need to be released for positive forward movement to take place. If you were in an unhealthy situation cutting the energetic cord with prior colleagues, bosses, clients, institutions, and associates releases your attachment and disconnects the emotional baggage; which allows you to complete the separation and move forward.

Step 2: Believe that you are worthy of a new job. Remember your past successes and achievements. Transform any doubt that you may have from negative to positive. No matter your prior situation you must believe that what you have to offer makes you a valuable asset to an organization. Believe you will be in the right place at the right time.

Step 3: Mentally create your new job environment. The brain doesn't know the difference between visualization and reality. Utilize all your senses and imagine your new working environment. Create in your mind the aspects you desire in your new position. What does your new office environment look like? What attire would you wear? What will your colleagues be like? You are creating the environment as if it is real. Visualization is an important step in creating the reality you desire.

Step 4: Create your personal attraction symbol. This is a symbol that you energetically imprint on resumes, phone calls, paperwork and/or yourself that you send out into the world attracting to you the perfect situation that is in your highest interest. The symbol is an energetic imprint that draws people or situations to you.

Step 5: Manifest energetic interest. Magnetize your attraction symbol. Putting your soul's energy into your personal attraction symbol authenticates it with your personal vibrations. It will draw to you new ideas, connections, opportunities and chance meetings. Although we all know there is no such thing as a chance meeting!

Step 6: **Focus on what you want, not what you don't want.** People seem to be able to express what they don't want, much easier than what they do want. Spend quiet reflective time listening to your inner guidance. Inner guidance can be a thought or a feeling about what you want to be doing. Only focus on what you want. If 'don't wants' appear, release them up into the sky to be transformed into positive energy and return your focus to what you want to manifest in your life.

Step 7: **Offer gratitude.** See yourself as having manifested your new job even before it happens. Be happy! ... Be excited! ... about your accomplishment. Express mental & verbal thankfulness for the job that is manifesting itself into your reality. Give thanks for what is already on the way.

The '*words we say*' and '*the thoughts we think*' affect us physically, mentally, emotionally, spiritually and financially. They transmit to the cellular level. So using words and thoughts: What will your new job feel like? What are you be able to do in your new working realm that you are not doing now? What difference will you be making in your personal world, as well as the world at large?

In order to manifest a new job (which ultimately creates money, right?) your head and your heart needs to be aligned. If unbalanced, we send scattered signals to the universe and the universe follows our lead. When one gets specific about what one wants, and then intentionally designs manifesting thoughts and vibrations, we attract abundance to our lives oftentimes with secondary unexpected manifestations.

Energy follows thought and thought directs energy;
so which direction is your energy going?

Join Mary for her next tele-seminar series and she'll guide you towards manifesting YOUR new job. [Visit Mary at www.healthwellnessandyou.com/newjob.htm](http://www.healthwellnessandyou.com/newjob.htm)

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Mary travels the nation speaking, and offers coaching, on such topics as mind-body-energy integration for healing, stress and pain management, self empowerment strategies, emotional release techniques, the law of attraction and spiritual marketing.

Mary has just manifested 5 **new jobs** for herself and she'd love to assist you in creating your new job.

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~~ Stress Less ... Heal Faster ~~

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