

# Eight Step Process for Manifesting Goals and Inner Potential

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We all have an inherent need to grow, evolve and manifest ever greater realities. This is basic to our happiness and feelings of self-acceptance and self-contentment. Happiness can be created in two ways.

**a. By manifesting** what we want – creating the reality we desire.

**b.** By learning to be happy **with what we have** – with our present **reality** - until we can **create** an even more positive reality.

We effectively manifest our goals with these 8 steps.

**1. Clarify goals**

**2. Set Intention (consciously and subconsciously)**

**3. Determine Actions and "sacrifices of love"**

**4. Remove inner obstacles**

**5. Employ efforts and program**

**6. Perseverance**

**7. Patience**

**8. Detachment from result**

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## 1. Determining and clarifying our goals

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**a.** We start by making a list of our goals.

What we would like to accomplish in the near and far future – **before we leave these bodies?**

We might be talking about any goals on any level. Some examples might be:

Health

Lose weight

A harmonious love relationship

Financial security

Abundance on all levels

Professional advancement

Professional satisfaction

Greater effectiveness in dealing with clients

Better relationship with time.

Able to be more assertive with others  
Greater Athletic achievement  
Greater success with the opposite sex  
Dietary discipline  
Increased creative ability  
Learn to dance (paint, write, act etc.)  
Learn a musical instrument  
Learn a language  
Public speaking ability  
To be able to be totally honest with self and others  
To be able to be myself in all (specific) situations  
Better grades at school  
Learn to fly a plane  
Travel around the world (or to a specific place)  
More effective communication with \_\_\_\_\_  
Be able to Love \_\_\_\_\_ as he/she is  
Overcome the pain of the loss of a loved one.  
Overcome attachments and or fears.  
Greater Concentration  
Better Memory  
Emotional maturity  
Greater Self-acceptance  
Greater Self-confidence  
Mental development  
Thought-free meditation  
Happiness in all situations  
Inner Peace regardless of external events  
Selfless Love for all  
Moral contentment

Many other possibilities \_\_\_\_\_

**Please take time to choose a goal of your own or inner potential that you want to manifest.**

Some of my present goals (inner potentials that I would like to manifest) are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

The **first goal** I would like to work on is: \_\_\_\_\_

**b.** Then we will want to understand **why we want to manifest these goals or inner potentials.** This helps us clarify why this goal is important.

**1. What do we believe we will get or feel when we succeed?** (What is the need behind the need?) (Happiness, satisfaction, self-worth, acceptance, recognition, peace, security, money, freedom, satisfy parents) Why do we want, need or desire to do this?

When I have manifested this goal (inner potential) I (believe I) will now have:

**c.** Greater financial security

- d. Higher self-worth
- e. More acceptance/recognition from others
- f. Greater freedom
- g. Satisfaction
- h. Inner peace
- i. Long term Happiness
- j. Greater Self-actualization
- k. Moral satisfaction
- l. Inner fulfillment
- m. My parents' recognition
- n. Other \_\_\_\_\_

The most important of the above for me are: \_\_\_\_\_

Sometimes the goal may not be ours – but for our parents or for society – spouse.

**2. Is this goal for me or for others? Is it a childhood programming?**

**3. Is this goal worth pursuing** – as a process – even if the results are not what I imagine or would like? Is this ideal important enough for me to make the effort – not matter what happens?

**4. Is this goal moving towards** something or running **away** from something?

If you have any doubts about this, you may want to answer the following questions.

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**Deciding on Life Purpose**

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**Questions Which Help us Connect with our Inner Guidance**

**1. When I was a child the things (activities, hobbies, interests, ideals) which were most important to me** at various ages were:

- a. before 9 years old   b. between 9 and 12   c. 13 to 15   d. 15 to 18   e. 19 to 21   f. 21 to 25

**2. If I were told that I would die in 5 years**, and that I would be healthy and active until that moment, I would live my life in the following way

- a. family                      b. work                      c. personal time

**3. If I had to give three messages** to the people of the world which for me were the most important guidelines for them to live by they would be.

**4. If I had three wishes** from a genie, who could give me special powers, what powers would I ask for:

- a. If they were for my self?
- b. If they were to be used for others?

**5. Describe here exactly how you would like your life to be**, if there were **no limitations** whatsoever. Remember to describe all aspects of your life: physical, mental, social, professional, family, personal, spiritual, etc.

6. If your children asked you why we live, why we are on this planet, what is the purpose of life, **what should be their goals in this life**, how would you answer them?
7. What are your **talents**, and **abilities** which come naturally to you, which are inherent in your personality?
8. When are the **moments**, in which **situations**, **have you felt the greatest satisfaction**, fulfillment or sense of comfort with your self and the world around you.
9. What kinds of **activities or situations bring you the greatest joy?**
10. What is it that you think you are **best equipped to offer** to your fellow man?
11. What **talents, abilities or character traits** would you like to **develop** further at this point in your life.
12. If in fact you are an **instrument** of a higher universal power (consciousness) which is governing all activities on the earth, seeking to manifest its latent potential in physical reality, through all beings as physical instruments of its expression, what could be the **roles** which you (as one of those physical instruments) have **incarnated to play** in the cosmic drama?

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## 2. Set Intention (consciously and subconsciously)

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**Intention and Concentration** on our goals means that we focus on them clearly and intensely (**Without anxiety but with confidence that we will manifest them**) and direct our energy, time, money and intelligence towards them.

- a. Daily **positive visualization** of ourselves having already achieved the goal will direct our energies in that direction.
- b. We can use our goal as a **frame of reference** in order to make decisions as to how to spend our time, money and energy. Every time we need to make a decision, we ask, «will this enhance or inhibit my progress.

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## 3. Determine Actions and "Sacrifices of Love"

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**Determine the actions** needed to take to move towards goal:

- a. **Actions** we need to take – **efforts** we will make.
- b. What we will need to «**sacrifice with love**».

**a. What actions will I need to take** in order to achieve this goal or manifest this inner potential?

Consider:

1. Study
2. Take courses
3. Develop discipline
4. Communicate with \_\_\_\_\_
5. Come into contact with people or situations that I would prefer not to.
6. Make an effort
7. Work hard
8. Wake up early
9. Work extra hours
10. Overcome fears
11. Overcome attachments
12. Travel
13. Forgive
14. Be honest with self and others
15. Confront \_\_\_\_\_
16. Learn new concepts and techniques
17. Give much time
18. Exercise daily
19. Admit faults - mistakes
- Other \_\_\_\_\_

**b. What might I have to «sacrifice with love?»** (Have less of in order to have the time, money and energy to manifest this goal?)

Consider:

1. Less food
2. Less time for recreation, TV.
3. Less rest or sleep
4. Less of some specific activity \_\_\_\_\_ .
5. Less money for other needs.
6. Less social life
7. Giving up cigarettes, alcohol - other pleasures
- Other

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#### 4. Remove inner obstacles

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**We then need to remove any inner obstacles** with Energy Psychology (<http://www.HolisticHarmony.com/eft/index.asp>) or other techniques for **overcoming** all internal and external obstacles.

Our abilities, power, virtues, qualities, talents and inner potentials are all natural inner qualities waiting for manifestation. They are not so much developed as they are **revealed** from within.

An analogy would be an «inner lake» full of various qualities and abilities that are all ready to flow outward and manifest in our daily lives. But there are certain obstacles that prevent this flow. Our job is to remove these obstacles so that the innate wisdom and power can freely flow.

We then identify the following categories of «obstructing emotions» that can be removed with Energy Psychology or any other means.

a. Feelings about **not having yet succeeded**. We might feel guilt, shame, disappointment, disillusionment, self-rejection or anger at ourselves or others who might be «responsible». Perhaps we feel that it is not worth trying any more. Such feelings can cause so much energy to be lost in negativity that not enough actually moves towards making the necessary changes.

b. Feelings we have **about making the effort**.

1. What do we need to **do?** (Exercising, studying, traveling, speaking to others, classes, seminars, exerting self - as mentioned above). We might feel suppressed, fear that the effort will be too tiring, or that we will lose our freedom or that we might fail.

2. What might need to **give up**, (food, freedom, cigarettes, drinking, rest, vacations, time with friends, Television, sleeping late) We might fear feeling suppressed, unhappy, losing our freedom, tense etc.

c. Feelings about **succeeding** – We may feel that we are not worthy of such success, or that when we actually do achieve that goal, we will have to give up something else important to us.

We might fear that:

- a. I do **not deserve** to have it or fulfill this goal
- b. I **cannot have** or manifest this goal.
- c. I am **in some type of danger** if I fulfill this goal.
- d. I am **not capable** of fulfilling this goal.
- e. **Others do not** want me to have or fulfill it. I do not want to hurt them or come into conflict with them.
- f. I will **lose others' love** if I succeed or fulfill this goal.
- g. I will **not be a spiritual person** if I have this or fulfill this goal.
- h. I will **feel guilty** if I have this or fulfill this goal.
- i. I will **harm others** if I fulfill this goal.
- j. I **am guilty** and not worthy and I should not have or fulfill this goal.
- k. Since I have **not been able to have it until** now, then I will not be able to fulfill this goal.
- l. I will **lose my freedom** if I fulfill this goal.
- m. I might have to sacrifice some source of **security** in order to fulfill this goal.
- n. I might give **satisfaction to others** - something which I do not want to do.
- o. The others might **cease feeling guilty** about me.
- p. I might **lose my control** over others.
- q. My **other desires will be unfulfilled** if I have or fulfill this goal.
- r. The effort to achieve this goal will be **painful or unpleasant**.
- s. I do not have the necessary **discipline** to manifest this goal.
- t. Other \_\_\_\_\_

(This subject is discussed in detail [Free to be Happy with Energy Psychology. http://HolisticHarmony.com](http://HolisticHarmony.com))

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## A technique for discovering obstacles

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1. A good way to discover our specific obstacles is to do a relaxation technique and:

a. Think about the fact that we have not yet achieved our goal and discover **how we feel about not having done so yet**. If we find that we have negative emotions about not having succeeded yet, we will need to employ EFT or other methods in order to be free from them.

b. Then, we imagine ourselves **making the effort** towards that goal and see how we feel about making that effort. (Do we enjoy it, or do we feel suppressed, fearful or discouraged? Do we feel that it is in vain to make this effort – because we will never succeed?)

If we find we have resistance towards this effort, then we will need to free ourselves from the emotions and beliefs that make the effort itself difficult or unpleasant.

c. Now, **we imagine ourselves having succeeded** in this effort and see how we feel now that this is not an issue any more.

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## 5. Employ Efforts and Program

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**Now we consciously direct our energy towards our goal.** We willingly, intelligently and lovingly sacrifice other possibly conflicting needs in order to achieve our goals.

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## 6. Perseverance –

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**We persevere** in our efforts towards those goals and towards removing all obstacles. We give our energy daily until we are satisfied with the results.

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## 7. Patience

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**We are patient** for the results to come. This is important so as not to give up.

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## 8. Detachment from result – and from identifying self-worth with result –

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**We detach** ourselves from the results of our efforts and have **faith** that the result will be whatever is best for our evolutionary process. Sometimes we need to accept not having and experience self-worth, security and happiness without, before the way is free to manifest what we want. Also anxiety about the results often distracts our focus on our best effort.

**For more information about how to remove obstacles with EFT, go to:**  
**<http://www.HolisticHarmony.com/eft/index.asp>**

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