

# EIGHT STEP PROCESS IN MANIFESTING GOALS AND INNER POTENTIALS

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1. Clarify goals
2. Set Intention (consciously and subconsciously)
3. Determine Actions and “sacrifices of love”
4. Remove inner obstacles – 3 kinds – Present State – Effort - Success
5. Employ efforts and program
6. Perseverance –
7. Patience –
8. Detachment from result – and identifying self-worth with result – (discouragement and giving up)

## 1. Determining and clarifying our goals

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. \_\_\_\_\_
5. \_\_\_\_\_

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.**

**1. What do we believe we will get or feel?** (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:

- a. Greater financial security
- b. Higher self-worth
- c. More acceptance/recognition from others
- d. More freedom
- e. Satisfaction
- f. Inner peace
- g. Long term Happiness
- h. Greater Self-actualization
- i. Moral satisfaction
- j. Inner fulfillment
- k. My parents' recognition
- l. 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 a programming or for others?

3. Is this goal worth pursuing – as a process – even if the results are not what I image 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?

## 2. Set Intention (consciously and subconsciously)

**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 projection 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.

## 3. Determine Actions and “sacrifices of love”

**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
  1. Forgive
  2. Be honest with self and others
  3. Confront \_\_\_\_\_
  4. Learn new concepts and techniques
  5. Give much time
  6. Exercise daily
  7. 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 sleep
  4. Less of some specific activity \_\_\_\_\_ .
  5. Giving up cigarettes, alcohol - other pleasures
- Other

#### **4. Remove inner obstacles – 3 kinds – Present State – Effort - Success**

**Remove inner obstacles** with EFT and other techniques (especially Energy - Psychology) towards **removing** all internal and external obstacles.

Our abilities, power, virtues, qualities, talents and inner potentials are all natural inner (soul) qualities and exist in each of us 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 as coaches is to remove these obstacles so that the innate wisdom and power can freely flow.

We do not educate as much as we liberate what is already there.

We then help 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, anger at ourselves or others who might be «responsible» a feeling that it is not worth trying any more. Such feelings can cause so much energy to be lost in negativity than not enough actually moves towards making the necessary changes.

b. About feelings **about making the effort**.

1. What 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 have to **give up**, (food, freedom, cigarettes, drinking, 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 if we actually do achieve that goal, we will have to give up something else important to us.

A part of me (perhaps subconsciously) might feel that in relation to this goal:

- a. I do **not deserve** to have it or fulfil 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 will **lose my self-worth** if I succeed here.
- n. I might have to sacrifice some source of **security** in order to fulfill this goal.
- o. I might give **satisfaction to others** - something which I do not want to do.
- p. The others might **cease feeling guilty** about me.
- q. I might **lose my control** over others.
- r. My **other desires will be unfulfilled** if I have or fulfill this goal.
- s. The effort to achieve this goal will be **painful or unpleasant**.
- t. I do not have the necessary **discipline** to manifest this goal.
- u. Other \_\_\_\_\_

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

(This would be dealt with in another seminar on EFT and other forms of Energy Psychology.)

### **Technique for discovering obstacles**

**1.** A good possible 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 for these emotions as described below in the section on becoming satisfied with ourselves as we are.

**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 employ EFT for those emotions and beliefs, which 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.

**Now will guide you to think of three aspects and see what you feel about each in relation to the goal you have chosen.**

1. That not yet achieved
  - 2a. That will need to make certain effort
  - 2b. Time, money and energy from elsewhere
- About success – can you imagine – how you feel.

## **5. Employ efforts and program**

**Conscious Directing of energy** in which we willingly, intelligently and lovingly sacrifice other possibly conflicting needs in order to achieve our goals.

## **6. Perseverance –**

**Perseverance** in our efforts towards those goals and in removing all obstacles.

## **7. Patience**

**Patience** for the results to come. This is important so as not to give up.

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

**Detachment** from the results of our efforts and **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.

## **Appendix**

Some other questions that might expose inner obstacles might be:

3. Is there perhaps a part of me which is **getting something from the role of being the victim** or the “poor me” and thus subconsciously:
  - a. Feels that things should not go well for me.
  - b. I must experience injustice, failures and problems.
4. Are there possibly **childhood experiences** concerning this goal?
  - a. What did you hear from your environment about this particular goal? Is it easy, difficult, good, bad, right, wrong, for your family?
  - b. Did others in your childhood environment achieve this goal? Do you have a prototype for success at this?
  - c. What were **others’** perceptions of you as a child? (In regard to this issue or success, ability or self-worth in general)
  - d. What was your **own** perception of yourself as a child? (In regard to this issue or success, ability or self-worth in general)
  - e. Did anything else happen in your childhood years that might affect your perception of this issue?
5. **How do you imagine those important to you will feel if you succeed or fail at this?**  
How do you feel about how they might feel?
6. Do you perhaps have some type of **inner conflict** about this?

# How to employ EFT for each type of obstacle

## We employ EFT on each obstacle separately

**1. For emotions we have concerning the fact that we have not yet succeed.** (Perhaps shame, failure, self-rejection, disappointment, injustice or anger etc.)

**A.1.** Even though I feel \_\_\_\_\_ about the fact that I have not yet been able to \_\_\_\_\_, I deeply and profoundly love myself.

or

**A.2.** Even though until now I have felt \_\_\_\_\_ about the fact that I have not yet been able to \_\_\_\_\_, I am now actualizing (succeeding, manifesting) it.

**B.** I chose (want, deserve, realize that it is in my benefit) to be free of this \_\_\_\_\_ (emotion)

**C.** Reminder phrase: (The emotion) \_\_\_\_\_ concerning \_\_\_\_\_ (fact of not having yet succeeded)

## **2. Concerning our ability to manifest this goal.**

There will be times when we have discovered specific obstacles and will word our phrases according to those specific obstacles.

At other times we will not know exactly what is preventing our success. In such cases we can work with phrase “**this resistance**” or “**this possible resistance**”. Obviously in such a case we will not be able to evaluate the SUD, as we can when we have found specific emotion or belief obstructing our progress.

Thus when working with general - unknown forms or resistance- we should do around **three rounds a day** until we get results.

It is also very likely that while working on the general “suspected” obstacle, that we will then become aware of the specific emotions and beliefs that are obstructing us and will be able to work on them directly now with a specific SUD and get clearer results.

We would best work with the obstacles towards **making the effort** first and then towards **accepting success**.

There may be times when we will first need to remove the resistance towards the success before we can remove the obstacles towards the effort. Experiment and see which SUD is higher and work on that first.

We must also remember to use the phrases below frequently throughout the day for **correcting possible psychological reversal** even when not doing full rounds.

**A.1.** Even though I have not yet \_\_\_\_\_. I deeply and profoundly love and accept myself

Or

**A.2.** Even though it seems that I have some (this) obstacle towards \_\_\_\_\_, I deeply and profoundly love and accept myself

**A.3.** Even though I have not yet \_\_\_\_\_, I am now actualizing (succeeding, manifesting) it.

**A.4.** Even though I have this \_\_\_\_\_ (specific obstacle) towards \_\_\_\_\_, I deeply and profoundly love and accept myself

**A.5.** Even though I have this \_\_\_\_\_ (specific obstacle) towards \_\_\_\_\_, I am now actualizing (succeeding at, manifesting) it.

**A.6.** Even though I have this resistance towards making an effort towards \_\_\_\_\_. I deeply and profoundly love and accept myself.

**A.7.** Even though until now I have had this resistance towards making an effort towards \_\_\_\_\_. I am now enjoying directing my energy towards that which I really want.

**B.** I choose (want, deserve, accept) to now create \_\_\_\_\_ (the goal or make this effort – depending on the resistance).

5. Reminder phrase: (The goal) (or obstacle to the goal)

### **Procedure for Overcoming goals to obstacles**

**A. We Focus on our goal**

**B. We look for the possible obstacles (Imagine self trying and succeeding)**

1. Obstacles to making the effort

2. Obstacles to accepting success

**C. We list our obstacles**

**D. We employ EFT on each obstacle separately**

**Supplementary reading** (Books by Robert Najemy at <http://www.holisticHarmony.com/ebooks/index.asp>):

1. **The Psychology of Happiness** – Chapters 1, 14, 18, 21
  - A. **Free to Be Happy with Energy Psychology** - Chapter 12
  - B. **Handbook for Life Coach Training** – Chapter 26