

Don't Stress Manifest promotes financial freedom by teaching you to listen to your inner voice, follow your dreams and hold true to your intentions. Achieving clarity, clearing obstacles, and increasing your capacity to receive can result in a life of beauty, abundance and joy.

Don't Stress~Manifest: 21 Truths to Set You Financially Free

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Don't
Stress~
Manifest™

21 Truths to Set You
Financially Free Forever

Don't Stress ~ Manifest™
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Does HARDER=BETTER?

*Do we deserve something more
because we had to hurt ourselves to get it?*

By hurting yourself I mean sacrificing the health of your body because you don't have the energy to exercise or eat right. And what about your emotional well-being which equates to your capacity to feel joy? And those intimate relationships? Have you had to sacrifice the quality of your connections with others because you haven't had the energy to take care of yourself physically, financially or emotionally?

There is another way. I combine this intention with anything else I really want:

Easily, effortlessly, joyfully, playfully...

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This is my favorite way to receive! So when I get really clear about what I want I ask for it, in writing and I include how I want it to receive it.

For example: *“\$7,000 every month, easily, effortlessly, joyfully, playfully”*

Realize “effortless” is relative; manifestation (not to be confused with day dreaming) does require action, however the effort can require a lot less energy. Sometimes the next step may be targeting your inner resistance to receive all that you desire. When you start to manifest regularly you will realize how easy it is to create what you want---getting out of your own way or clearing what stands in the way is what requires the most amount of effort.

When money is coming to me easily and effortlessly, I have time to be with my loved ones, time to slow down and feel connected, and nothing makes me more joyful than that. The next thing you know we’re laughing and playing. Isn’t that why we’re all here? To really enjoy being together? **You deserve to have enough simply**

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so you can be all that you are. *All that you are* is the only requirement for “always more than enough.”

For more about this concept, check out my video,
“Smarter not Harder”
at www.BarbaraZagata.com

Cultivate Faith

Prefer to have your dreams manifest sooner rather than later? Eliminate doubt.

Once I realized how powerful my thoughts and words were in co-creating my experience, I realized that doubt was a luxury I could no longer afford. Instead, I consciously chose to have a laser beam focus on whatever I intended to see in my life.

When something came into my awareness that discounted the possibility of the experience that I would choose, I questioned the source. Most often it was some old idea or way of being that no longer served who I am today. **Grateful for any insights into my resistance, I pursued my intention with greater clarity that inspired even deeper faith.**

Eventually I understood that I was always the one making the choice: I could use my energy to cultivate

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fear and experiences of lack and limitation that were in essence painfully similar to the past, *or* I could powerfully choose to deliberately create a life that was well worth waking up for in the morning!

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*“To have great faith is to have great power,
because your intent, your will, is undivided.
When your word isn't dissipated by doubt,
the power of your word becomes stronger.”*

~Don Miguel Ruiz, The Four Agreements

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