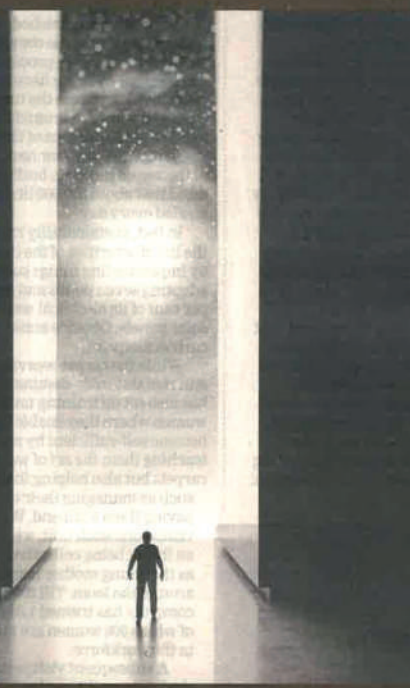




MINU BUDHIA

HEALTH  
2022:  
THE YEAR OF  
MANIFESTATION

It'll work best when your thoughts, actions, beliefs and emotions are aligned to your desires and goals



MANIFESTATION IS REALLY ABOUT UNDERSTANDING WHAT IS IT THAT YOU WANT FOR YOUR OWN LIFE EXPERIENCE, AND THEN CREATING THOSE OUTCOMES. SO, IN ITS ESSENCE, MANIFESTATION IS CREATING YOUR LIFE AS YOU WOULD LIKE IT TO BE, WITH THE HELP OF THE UNIVERSE AND ITS ENERGIES

This year, 2022, is slated to be the Year of Manifestations and high and positive energy, but what does 'manifestation' even mean?

Manifestation is really about understanding what is it that you want for your own life experience, and then creating those outcomes. So, in its essence, manifestation is creating your life as you would like it to be, with the help of the universe and its energies.

"What you seek is what you attract", is manifestation in one single thought.

But why 2022? Why is manifestation on everybody's phone screen this year?

When a number comes in a sequence, it has a specific purpose. Every number has a significance and 2 is the number of balance. Hence, the year 2022 itself says 'Everything should be in balance', and this is exactly what the universe is trying to say. That your life is a reflection of your thoughts.

This year, the energies are going to be really high. So make sure your thought process is in a positive flow, as your belief in the end result is what manifestation is all about. You should, at no point, feel that you will not arrive at your desired result.

Law of Attraction

The law of attraction is based on the belief that thoughts are a form of energy. It suggests that positive thoughts bring positive results into a person's life, while negative thoughts bring negative outcomes. The law of attraction is constantly at work. The energies and vibrations you let out in the world are reflected in what you receive from it. For example, if you think positively and visualise yourself with enough money to live comfortably, you will attract opportunities that can make these desires a reality. Manifestation is intentionally using the law of attraction to build what you want.

Some things that you can do to incorporate the law of attraction into your own life include:

- \*Being grateful
- \*Visualising your goals
- \*Looking for the positives in a situation
- \*Learning how to identify negative thinking
- \*Using positive affirmations
- \*Reframing negative events in a positive way

While the law of attraction may not be an immediate solution for all of life's challenges, it can help you learn to cultivate a positive outlook in life. It may also help you stay

motivated to continue working toward your goals.

Harnessing the Law of Attraction: Manifestation

Before taking steps to manifest what you want, it is essential to make space for all the good that is to come. Remove things from the past that do not serve you. Declutter your physical

environment, delete the junk from your devices and cleanse your body and mind.

When you are ready with a fresh slate, start taking these steps:

**Introspecting**  
It is essential that you actually figure out what your goals are so that you can properly manifest them. Be as specific as you can and go into as many details as possible.

Remember that you are allowed to change or update what you want as you go through the process.

Asking the universe for what you seek

Once you are clear about what you want, it is time to put the signals out in the universe. You can do so through meditation, visualisation or scripting. Keep repeating your requests to align all the energies towards your goals.

**Visualisation and vision board:** A vision board is nothing but a visual representation of your goals. Target your goals and visualise your dream life by collecting images and putting them up on your vision board.

**Scripting:** Not everyone is comfortable with visualisation. It is easy for our minds to get distracted while picturing what we seek and that is where scripting comes to the rescue. It is writing ('scripting') out your intentions, making it a sort of a written visualisation. Everything else remains the same — you write what you seek as if you already have it and channel the energies towards this end.

Co-creating

Manifesting your goals works best when you put in the effort to reach them. Form a plan of action that will help you get closer to what you want, and give it your energy every day. If required, get in touch with people to figure out what you can do to reach where you want to be. Take a more active part in forming your manifested reality; co-create with the universe.

Things to keep in mind while practising manifestation

Take ownership and have accountability

If you're not achieving your goals as quickly as you want, it can be extremely disheartening. Sometimes, resistance comes from external factors (Covid-19, for example), but other times it can be our own actions, or inactions, that affect our progress. Whether that be a lack of motivation or self-doubt, there are many mental and physical roadblocks that are bound to show up.

When self-doubt comes, a good defence mechanism can be writing down your daily, weekly, or monthly steps and accomplishments — whatever works for you. Not only does this allow you to take accountability for your progress, it reinforces how far you've come in achieving your goals.

**Make a gratitude journal**  
Maintain a gratitude journal to keep a track of the good things in life. No matter how difficult life can get, things to be grateful for can always be

found. When you recognise your abundance, the universe reflects this energy and gets you closer to your goals.

Not receiving instant gratification can be really disheartening, and it is essential to celebrate small victories. Gratitude journals act as a record of the positives in your life and keep you from crumbling in the face of setbacks.

Trust and let go

Manifestation is rooted in the belief that the universe gives you what you want, and it requires putting your trust and faith in the process.

Moreover, when you trust the universe, you will have enough inner peace and security to continue walking towards what you seek. Use affirmations when you catch yourself doubting the process. Remind yourself that the universe has your back and with every passing moment, you are getting closer to your goal.

Take inspired action

An inspired action is when you do something because you feel the inner urge to do it. Like having a gut feel. Therefore, we always say: 'If you can think it, you can do it'.

Avoid coming from a place of need

The intention you have and what you seek from the universe should not be coming from a place of need. This need implies a lack within you, and that goes against the idea of manifestation. When your being is filled with gratitude, peace and joy, your manifestations will work well.

Remove resistance

A reason why manifestation may not be working for you is that you have certain blockages that resist what the universe is offering you. Doubts, anxieties, fears, low motivation, procrastination and frustrations are some shapes this resistance takes.

However, it is absolutely normal to feel these emotions. Acknowledge them and work towards eradicating them. Seek help from mental healthcare professionals if you find yourself getting stuck on an issue.

Armed with these basics, you can begin walking on the path of manifestation.

Remember: Manifestation is not just willpower and positive thinking. It works best when your thoughts, actions, beliefs and emotions are aligned to your desires and goals.

Make this year yours. Let the universe know what you seek, channel your energies towards your goals, and manifest the reality you want!

Minu Budhia is a psychotherapist, counsellor, founder of Caring Minds, I Can Fly, Cafe I Can Fly, and a TEDx speaker. Write to [askminubudhia@caringminds.co.in](mailto:askminubudhia@caringminds.co.in)