



Manifest Like Bliss

A simple, straight-forward guide on the law of attraction and how to successfully apply it in your everyday life to manifest anything your heart desires.

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“All that we are is a result of  
what we have thought.  
The mind is everything.  
What we think we become.”



- Buddha

## Acknowledgement

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To my mum and dad, who always believed in me and taught me that I create my life with my thoughts. Thank you for giving my soul this physical body, and being a loving, positive influence from the day I came to be on Earth.

To you, beautiful soul. Thank you for also believing in me, and showing your love and support through holding this book in your hand. I channelled and created this guide just for your highest good, and may you receive the knowledge you need to transform your life.

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O N E

# INTRO TO MANIFESTING



"Your whole life is a manifestation of the thoughts that go on in your head." -Lisa Nichols

If you are new to the concept of the *law of attraction* and *manifesting*, these words may at first appear to be complex, but it truly is a simple understanding that once you grasp, you step more into your power as a conscious creator of your reality.

This book will provide you with a straight-forward guide to deepening your understanding about the law of attraction, what exactly it is, how it works, and how you can apply it in your daily life to call in anything that your heart desires and to live your dream life.

To begin, let's define what manifesting means.

**A manifestation is the physical evidence of a dominant vibration. In other words, manifesting is the process of bringing a predominant thought or idea- the non-physical that exists in the mind- into the physical realm.**

T W O

## WHAT IS THE LAW OF ATTRACTION?



"The Law of Attraction states that whatever you focus on, think about, read about, and talk about intensely, you're going to attract more of into your life."- Jack Canfield

**The Law of Attraction is one of the most powerful laws that governs the universe.**

As it is something the human eye cannot physically see, this law may not seem or have seemed obvious to you, but it is always in motion and working in your life at every single moment, from the moment you were born, whether you are conscious of it or not. The best way to see how it has been working in your life is to reflect upon your current situation and past events. You have manifested your entire life as it has been.

"The law of attraction is always working, whether you believe it or understand it or not." - Bob Proctor

What you focus on grows stronger, for where attention goes energy flows, and you are the creator of your reality.

**You are where your attention is.** Keep your attention on what you want to create, and where your attention is you become. See things not as they are, but as you want them to be.

"Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life." Tony Robbins



“To live your greatest life, you must first become a leader within yourself. Take charge of your life, begin attracting and manifesting all that you desire in life.”



- Sonia Ricotti

F I V E

HOW DOES BEING CONSCIOUS OF  
THE LAW OF ATTRACTION  
ENHANCE MY LIFE?



"We are what we think, all that we are arises within our thoughts. With our thoughts we make the world." – Buddha

Becoming aware of the law of attraction is one of the greatest realisations that can profoundly change every area of your life in a positive way, to become what you want it to be. As discussed earlier, when you focus on the positives, you receive positive outcomes in your life, as you raise your vibration and that attracts more joy and fulfilment! It's truly not about ignoring the negatives- without 'negatives', 'positives' won't exist, but it's about **consciously choosing to place your attention on what makes you feel good**, the positives, to live in alignment with your higher self and easily manifest your dream life with grace.

## A B O U T   T H E   A U T H O R



Jasmine Lipska is a passionate lifestyle YouTuber, Travel Vlogger, Author, Content Creator, and Influencer, empowering self-love, conscious living and wellbeing through her creative spirit and focus on making a positive impact in the world. She is also the host of ‘The Blissful Soul Podcast’, founder of ‘The Blissful Soul’ Shop, and openly shares her life on her YouTube channel, featuring daily vlogs, wellness tips, self-development, and bringing light to modern spirituality. As a multi-linguist, Jasmine also shares her love for languages, cultures, and all of her travel adventures across the world to inspire wholehearted living. Through her work, Jasmine is here to guide you to connect with your highest self, intentionally manifest the life of your dreams, and feel radically confident in who you are here to be.

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