

# Transformation Guide

Manifestation is a topic on which much has been written. Still, it is a topic worth writing about. When a topic is truly worthy, it is worthwhile writing about it from a wide variety of angles so that you, as the reader, understand it more and more. It is not an easy subject to master. Therefore, a lot of guidance is required. The reader also needs to understand this subject through their own experiences, their own efforts, their successes, and failures.

So, what is manifestation? Manifestation is the process by which you bring something you desire from the world of imagination into the physical world. In the physical world, you can then experience this thing with your physical senses. You can touch it, taste it, see it, hear it, and feel it. It depends on what it is of course. For example, you can manifest a car, a home, money in the bank, a marriage, a child, success in your career or business, etc. But in each of these cases, the idea was first in your imagination before it came into the physical world. There are two kinds of manifestations: conscious and unconscious. Unconscious manifestations are happening all the time for every person. For this, they do not have to put in any conscious effort. The conscious manifestation process is what we are discussing here. This is the process through which you are trying to use metaphysical energies to bring something into this world which is hard for you to do based on only your physical efforts. There are a lot of hard-working people in this world who are working hard and getting what they want. They are not into metaphysical energies. They probably do not know much about it and they are content where they are. (Or perhaps they are not, and you do not know). In that case, there is no need to probe around if there is no interest or use. However, if there is something you have been wanting and it is not happening despite all kinds of efforts on your part, then you start to wonder if you can get assistance using a different approach. Ultimately, you have free will to choose which way you wish to go.

But there is a way to reduce struggle significantly. There is an easier way to bring your wishes to life. This is not about cutting corners. There is no need to criticize the easier way. If you need to go to California from New York and your best option is to drive, will you turn me down if I offered you a plane ticket?

If you picked up this report, it means that you want to transform your life. Whatever that means to you. Most human beings have desires. They want things. It is okay to want things. This is where we talk about manifestation. How you can get what you want. Is it possible to get whatever you want? It depends on what you are asking for. It also depends on God's will. But at the end of the day you can always try. But keep in mind the countless examples of people who have accomplished great things. And keep in mind that a lot of people probably have a lot of things you are asking for.

In this report, we are going to talk about transformation. Manifestation is different from transformation. In transformation, it is not so much about direct effort for your goals. It is more like, doing some work but then sitting back and watching your life change colors. They are similar but not the same thing.

This report is intentionally short and simple. It is kept as simple as possible. However, the concepts on which the suggestions are based can be deep. I will not go into details explaining everything. A brief explanation is however provided. If you are looking to transform your life, then simply follow each of the 10 guidelines with full faith. You may be already familiar with a few of these. If you are, that suggests that you are already on the right path in some ways. Hopefully, you will find these suggestions helpful. If you follow these guidelines on a regular basis, you can see your life changing from dull to bright, from ordinary to extraordinary, from confusion to clarity and from burdensome to light. Results will vary from person to person. You must be patient to see results. You may see some results after 3-6 months. But as you continue to do these practices, the positive changes will continue and become exponentially bigger and better with time.

Keep in mind that these suggestions are general. This report is written for a large audience, not any one person. These are broad guidelines which should bring transformation. But, to see more rapid changes and more profound

changes you must get a personalized reading and receive suggestions that are unique for you. We are all different, with different personalities, different preferences, and different astrology. Although you will benefit from general guidelines, an analysis of your unique life path is crucial if you want to be thorough about this. Lastly, if you are under any severe problems or stress, if you are stuck in a rut then just doing general remedies may not help much.

### **Suggestion 1: Donate to please your planets.**

It is known in astrology, that making financial donations will please your planets. The amount can be small or big. But the important thing is to do it on a regular basis and continual never-ending basis.

**What exactly do you have to do?** Once a month, each month donate money preferably in the morning. Amount can be small or big. Every six months make a significant financial donation to a poor person or a charity of your choice. Donate only to 4-star or 5-star charities. You can decide on the amounts based on your comfort level and circumstances. For example, you can donate 10\$ every month and 500\$ every 6 months. Or you can choose to donate a dollar a month and 50\$ every 6 months. Every time you donate, do not expect to get anything in return. Make your choice wisely. I recommend donating on Thursdays, Fridays, and Saturdays.

**Why you should do this?** Of course, there are plenty of animals and people in need. A lot of people already donate out of the goodness of their heart. But in this report, we are talking about transforming your life. Not anyone else's life. You can donate because you genuinely want to help. But if you find in your heart that this motive does not work for you, that is okay. You can also donate for selfish reasons. Donating money pleases your planets. What does that mean? In astrology, each person has their unique astrological blueprint. That is based on each person's time of birth, place of birth and date of birth. This birth chart tells you where each planet is at the time of your birth. Planets in astrology include Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, and Pluto. Broadly your planets are responsible for the good you have in your life as well as the not so good in your life. The not so good aspects are obvious. These

include obstacles, failures, mishaps, etc. By pleasing your planets, you can convince them in a way to be less hard on you. This is an amazingly simple way to transform your life.

In addition, by donating you are also creating good karma for your soul and your life. See suggestion 9.

### **Suggestion 2: Remove toxic energy from your home & remove toxic people from your life.**

You are affected by the energy that surrounds you. That is why you feel particularly good when you enter a nice restaurant or hotel as opposed to when you enter an untidy, filthy room somewhere. Similarly, you feel great when you are in the company of your best friend who you love and laugh with as opposed to spending time with someone you dislike. You have choice in changing your environment.

**What exactly do you have to do?** Study your home and living area. What all is in your home that you cannot tolerate? A painting that makes you sad or broken objects are all toxic for you. Similarly study your circle of friends and people who you meet on a regular basis. Are they pleasing to you, do they like you and do you like them? Get rid of anything in your home that you think is toxic. Similarly, politely withdraw from those people who you think are toxic for you. In some cases, it may not be possible immediately. If you have a husband who you do not like anymore or in-laws that are suffocating you, you must be strategic in distancing yourself. In some cases, relationships can be improved. But if you are certain you rather wish to end a certain relationship, proceed politely, and make it a priority to give yourself a nurturing environment- not a toxic one.

**Why you should do this?** Do you have someone in mind who you truly admire? May be a celebrity or a famous actor. It could also be the girl next door who you have a huge crush on. Now let us imagine you received a phone call and you were told that this person is about to visit you in your home in the next 10 minutes. Is your home ready for this person? Are you going to scramble to tidy

up? What all would you change if you could, by the snap of your finger in the next 10 minutes? Now your job is to go ahead and make all those changes you thought of. Whether that takes you 2 weeks or 2 years. Incorporate changes gradually if you cannot do this fast. But ultimately, what you imagined is sort of what a good environment will look like for you. Similarly, think of all those people you would be friends with if you could. Also, think of all those people you rather not have in your life if you could. Then, start making your journey. Always remember no one is good or bad. Everyone can change. But you have a choice and free will to choose the best environment, so you feel relaxed. This is the 2nd suggestion that will transform your life.

### **Suggestion 3: Change your diet.**

Your body is receiving input regularly when you eat food or drink, but also when you are listening to the news or having a discussion with your neighbors. In other words, anything that is entering your system from outside is referred to as “diet” here. This diet affects you.

**What exactly do you have to do?** Stop listening to the news. If this is not possible entirely, gradually limit your exposure. It is important to be aware of important events, but excessive focus on negativity is detrimental. If you have a good friend who always keeps up with the news, you can request that person to notify you if any major event is happening. Major events will include if there is a storm coming, etc. Keep in mind, not everyone wants to take drastic steps to transform their life. So not everyone will want to give up this habit of listening to the news. But for you, the reader, it is important because you chose to follow steps towards a different situation. The other recommendation is to spend just a few minutes every few days to scan the news for anything important. Follow this if you cannot stop listening to the news entirely. In addition to the news, you also need to examine your diet and identify what all you are eating or drinking that is harming you. Give them up gradually or right away. The recommendation is to eat only vegetarian or vegan, drink no alcohol and eat to live not live to eat. You can use your discretion here to decide how far you want to go with this. If you are a beginner in this, you can start by committing to 1 day a week when you listen to no news, eat no meat, and drink no alcohol. Then gradually

increase to 2 days a week, then 3, so on and so forth. Ultimately, it can be a way of life.

**Why you should do this?** For a lot of you, this suggestion may seem harsh. A lot of “normal” people cannot imagine living like this. But what seems drastic to you, if mastered, will also give drastic positive results.

**Suggestion 4: Get a professional consultation with a tarot reading, horoscope analysis, Vaastu consultation and/or a numerology reading.**

Not all of you are going to become professional astrologers or tarot readers. In other words, you are not going to have the deep knowledge that a professional has. If you are already involved in a career, that is your area of expertise since you spend so much time thinking about it. You can spend some free time watching you tube videos here and there or reading blogs on these subjects. But a professional in these areas can tell you more in 1 hour that you can tell yourself even after 100 hours of random browsing.

**What exactly do you have to do?** Find a professional tarot reader, astrology expert, Vaastu expert and/or a numerology expert that you feel connected to. It is the same as feeling a connection when you are meeting new people at a party. Go with your gut and go with your feelings in this matter. Who do you like, are they compassionate and caring and most importantly are they knowledgeable enough to deliver results? Getting a professional consultation can be life changing. It is important to do this even if you are not facing problems. It is better to be safe than sorry. If you can also get a consultation on a regular basis, that will do you a lot of good. Not only will you get guidance, but you will also get access to the energy of a spiritual master. By doing this, gradually your own energy will begin to rise.

**Why you should do this?** In life, action is important. But there are always other energies involved. You can call it luck. Or you can call it being in the right place at the right time. Ultimately, there is a path in life that is destined for you. If you follow this path, your life becomes easier and you begin to experience success in the way you define your success. When you knowingly or unknowingly are on the wrong path, you will face plenty of problems.

### **Suggestion 5: Study astrology.**

This you should do in addition to suggestion 4. Once, you have already received insights and remedies from a professional astrologer you can then spend time studying astrology. If you are a smart human being who got good grades in school or college, then you can teach yourself astrology. It is fascinating how astrology can dictate your life. But it is also interesting if you can figure out how you can use astrology to maximize your gains in life. Astrology can even give you information on how to utilize your God given abilities to change the world. Even if you consider yourself not so smart, you can give it a try. If you want anything bad enough, you can do it.

**What exactly do you have to do?** Start with the basics. Ask yourself what you already know and what you do not know. Buy a good astrology book and watch you tube videos that teach astrology. There are plenty of resources. Once you have learned the basics, then master the art of predicting for yourself. This you will learn when you understand planetary transits and dashas. Astrology is a deep subject and can get confusing. The more you study the deeper your knowledge will get. As you study you can compare what you already know about yourself and what your chart is telling you. You can describe yourself very well even if you do not know astrology. Therefore, you have the perfect study subject.

**Why you should do this?** You have a more vested interest in your life than anybody else. If you have free time, you can research this subject and come up with ideas on how you can utilize this information. The difference can be huge. Know what you need to look for before you buy your house. Know what you need to look for before you meet your partner. Know what work you are supposed to do before you start working somewhere. In addition to all of this, know when to do what you are planning to do. Also, keep in mind that a good astrologer also has strong psychic intuition. They go hand in hand. Knowing the basics of astrology will give you the theory, but you need intuition to connect the dots. In your case, if you are learning astrology to improve your own situation you will be okay. You can do your best to use your intuition whenever appropriate. If you think you do not have any, that is also okay. That is because you know yourself quite well and you also know what you want, in most cases.

### **Suggestion 6: Use the power of your subconscious mind.**

Our subconscious mind is the one responsible for how reality manifests. Your subconscious beliefs hold the keys to your manifestation. By correcting utilizing your subconscious mind, you can not only create simple things that you are wanting but also create miracles. Use this information in a responsible manner. This does not work if you try to control another human being in any way. Everyone has free will to choose. But you can make general suggestions, which will always suffice. For example, if you are obsessed about a certain human being who is showing no sign of interest- you do not have to stay stuck in a rut obsessing over the same person month after month. You can give suggestion to your subconscious mind that you already have a partner who has all the qualities of the human being you were obsessing over.

**What exactly do you have to do?** For this suggestion, I recommend a book that is incredibly powerful. Read this book from cover to cover. If possible, read it every day for 30 minutes. Then apply the practical suggestions in the book. The book is called “The Power of your Subconscious Mind” by Joseph Murphy.

**Why you should do this?** Even if you do not follow any of the suggestions in this report but only this one, your life can change dramatically. I recommend doing all of them for faster, better results. But techniques related to influencing your subconscious mind are powerful. It will take a while to buy the book and read it. But it will be worth it.

### **Suggestion 7: Take massive action.**

This goes without saying and a lot of people already know this. Action is important because what you want is not going to happen without action. This statement is true for the most part but not entirely. There are ways to manifest with no action. But that is an advanced concept. For most cases we can say that action is required. Ask yourself if what you are wanting has not happened because you did not take enough action.



**What exactly do you have to do?** For a long time, people have been talking about taking action and not procrastinating. You probably heard this a lot. So much so that you are perhaps tired of hearing this. But for your unique situation, if you think your goals have not manifested because of lack of action then its time to flip it. The suggestion here is to take massive action. Just to be clear this means putting in at least 6 hours of work every day on your project for career related matters. If you can, do 12 hours or 16 hours a day. Never skip a day until this goal is accomplished. If your goal involves getting into a relationship or finding a partner you still must put in some work by dating multiple people.

**Why you should do this?** Look back on your past and what you accomplished. Then start asking how this was accomplished. How much action did you put in, what ideas came to you, who did you get counsel from etc. See your manifestation the way it happened for you. What worked for you then may not work for you now. Times change, your personal energy changes, the astrological climate also changes. Some things though will not change. Some of your personality and personal energy will not change. For example, if you were determined as a young person you will probably always be determined. But instead of analyzing too much, its best to dive into massive action on a goal of your choice. You can choose to follow this regimen for a short time for few months until this goal is accomplished. After that you can take a break or a vacation. Again, action is crucial here, but you can reduce your burden by increasing your luck energy. Doing meditation on regular basis for 30 minutes can give you better luck in your endeavor.

**Suggestion 8: Stop wondering if meditation works and start meditating.**

Often, we do not act on something because we are not convinced it is going to do any good. That is logical. But if you are at your wit's end and you tried everything, and nothing has worked- then its time to give meditation a try. If you do not need convincing and want to do this naturally and willingly, that is better. If you are reading this, and at this point you do not feel ready that is okay. In that case you do not have to force yourself. Only remember this suggestion so you can start when you feel ready.

**What exactly do you have to do?** Sit for 30 minutes each day at the same time to meditate. At the beginning, ask for forgiveness for whatever bad things you did in the past- knowingly or unknowingly. Then just sit and relax and do not ask for anything. You have probably already been asking for several months for what you want. Spirit already knows. You do not have to keep asking. The suggestion here is to stop asking. Just sit and relax and try not to think about anything. Most definitely, do not ask for anything. If you cannot empty your mind, do not worry. Just keep practicing the sitting exercise and do your best. It takes time for you to sit in meditation and not think.

**Why you should do this?** By doing this, you will exhale your resistance gradually. All the energies that are inside you, that are preventing you from getting what you want will gradually become weaker. These include your negative thoughts, your worrying, and your subconscious negative thoughts. This will also give you strength gradually to do the things you are not able to do. You may become more able to control your speech, control your body and control your mind.

**Suggestion 9: Increase your positive karma by doing good deeds.**

What you are experiencing in this lifetime is a result of your past karma in this lifetime or previous lifetimes. Your physical body is not the real you. The real you is your soul that takes birth and dies and goes on in this cycle of life and death many times. At some point, it breaks this cycle of life and death and unites with the God force. This only happens when your consciousness expands so much that a physical body cannot contain it. There is an evolution that happens for the soul when the consciousness of the soul expands. The soul passes through 5 stages: all ocean life, plant life, small animals, large animals, and humans. You can also move backwards. Just being a human in this lifetime does not guarantee that you will be human in all your future lifetimes. A human in this lifetime can be reborn as a cow or a bird. By doing good deeds, you accumulate good karma. By doing bad deeds, you accumulate bad karma. The total of the positive and negative karma is going to be your karmic score. There is also the aspect of weightage. If you do something that is impactful and good, you will score a lot more points than if you do something good that is of lesser value.

**What exactly do you have to do?** Do good deeds on a regular basis. Anytime you are doing good for another human being or living being, you are doing a good deed. Anytime you are harming or hurting another human being or living creature you are doing a bad deed. Examples of good deeds are respecting elders, speaking respectfully with others whether you agree or disagree, helping others, volunteering, doing charity, etc. Anytime you are lying, cheating on your partner, cheating on a test, taking advantage of someone you are doing bad deeds. Then there are significant, bad deeds as you can imagine. Those will not be mentioned here. In this modern-day world, probably you all have lied at some point. Perhaps it was a white lie. It is extremely hard to be completely honest at all times. But as you keep in mind and try to increase your good deeds, your way of life will shift and so will your karma.

**Why you should do this?** This suggestion will help you in this lifetime, but also in your future lifetimes. If you are living a comfortable life, it is because you did enough good deeds in previous lifetimes to have earned it. You can look around in this world and what kind of fate people are experiencing. You can reflect on the great examples and the unfortunate ones. All of these are results of that individual soul's karma. If you are running behind money and want to accumulate wealth- there is nothing wrong with that. But you will not be able to take this wealth with you to your next lifetime. But if you do charity with this wealth, or even if you don't have that kind of wealth- if you do enough good deeds through volunteering or helping others you will accumulate good karma that will make your life easier later. This suggestion is for protection of your soul- in this lifetime and future ones.

**Suggestion 10: Eliminate negative karma by not doing bad deeds.**

In addition to following suggestion 9, you must eliminate negative karma. A king in this lifetime can become a beggar in the next. That is the law of karma. We are all subject to it with no exceptions. How you treat others when you have the power will determine how you will be treated with those in power. It applies to all contexts not just power. In this modern-day world, a king will be a CEO or

owner of a big company. There is probably no one who has never ever done any bad deed. There are small bad ones like lying and cheating. Then there are really bad ones. You can think for yourself in private what you may have done in this lifetime that hurt another living being. The past is in the past. But you need to understand this important truth and start making amends.

**What exactly do you have to do?** Abruptly or gradually put an end to doing bad deeds. Identify what those are for you and gradually reduce those if you cannot stop right away. You can research what are various examples of bad deeds related to karma, so you have full clarity. There is a cause and effect phenomenon happening with your actions. The sooner you stop, the better it will be for you. If you knowingly or unknowingly did some things that were severely bad, you need to make serious progress in earning good karma. At some point, you can consult a spiritual guru or master to check for you how good your karma is. Get a consultation from someone who is completely understanding of your need. This is a serious matter – even if it appears invisible.

**Why you should do this?** Changing your karma is probably the most important goal of your life. This life is not for free. People are not born again and again for entertainment. Each time, life is hard. Life is not always hard. There are plenty of things to enjoy. But no one can say they are in a state of perpetual enjoyment. Therefore, there is suffering in each lifetime. Each lifetime is a test for you to see if you improved or learned anything. If you do not learn, it is your own loss and you keep on repeating the cycle until you learn. Most of the time, people do not have any recollection of their previous lifetimes. They only scratch their head and wonder why they are facing so many troubles.

**This is the end of the suggestions. What you have here in your hands is priceless and can transform your life. Save this document in a safe place where you can refer to it on a regular basis. If possible, print it out and save it in a safe place. Read this not just once, but over and over in your life. Apply all these suggestions until these become a way of life for you. Do not forget to let me know about the results you accomplished and how your life is transforming.**

**You can email me at [psychicflyinghorses@gmail.com](mailto:psychicflyinghorses@gmail.com). If you have any questions, you are also welcome to ask via email.**

**I will be happy to do a reading for each and every one of you. Whenever you feel ready, you can request a tarot reading, astrology consultation or Vaastu analysis. You have the option to book a combination 3 part reading on my website. If you would like a custom reading, feel free to email and let me know what you have in mind. I will see what I can do to accommodate your request.**

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