



Spiritual Grid Manifestation™ Newsletter

A publication of Prosperity Postures Institute™

The ideas presented are to help you create your most fulfilling life!

All articles written by **Wendy G Young, Co-Creator Coach**

Are you now ready to create 2010 to be your most spectacular year ever?

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Shedding Light on Your Desires

Recently I lit a candle to use in a ritual around my desires and the light kept going out! This was not the first time I had an issue with this particular candle and since it was new I definitely wanted to figure out what I was doing wrong! I lit the candle a four times before creating a good strong flame. After the 3rd time I actually studied my technique in candle lighting!

I realized that by lighting the candle near the tip of the wick it did not have enough time to travel down and take. When the flame stayed high on the wick it could not get strong and robust. The 4th time I lit the candle at the base. I held the flame from the match there as long as I could to make sure the candle was sufficiently lit.

In that moment my desire was to create a good flame. The match became the light for the candle wick. It made me think about the idea of shedding light on my desires in a new way.

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What is The Spiritual Grid?

You live in an energetic universe here to fuel your desires in every way possible. This universe is unique to you.

You have the opportunity to form it, mold it, shape it any way you want when you claim your desires through your thoughts, pictures, actions, emotions and beliefs.

This creative Universe is the "Spiritual Grid."

The Spiritual Grid Manifestation™ technology I created works because of the nature of the universe. It is an electromagnetic grid that makes up the entire universe, including you and the earth. This grid is why we feel "connected" to others, nature, etc.

Gregg Braden writes in Spontaneous Healing of Belief that all manifestations are a "wrinkle in the grid." That includes every "thing", situation, event and experience! Even you and I are wrinkles in the grid!

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"The tree is a metaphor for being fully rooted on earth and reaching high into the vast universe for all your dreams! So plant your feet on the ground and reach for the stars ...one of those stars is you!"



I Want Everything to Happen Faster!

So you are creating clear defined goals, staying in a positive mindset and taking inspired actions and it seems as though nothing you want is coming your way.

This is your opportunity to expand your vision. Think bigger. Dare to be hugely successful in your area of focus. Take bolder actions. Listen to your inner guidance system and when the wind changes "shift your sails."

While you are waiting for fruition of your desires know you are evolving and the universe is with you at all times. Practice and develop the inner knowing that all is good as Divine timing is always in play. Stand tall like a tree and know you are in your perfect place right now!

One Minute Manifestation™

It takes 68 seconds for you to create the vibratory (emotional) equivalent of your desired outcome.



Identify a desire you would like to have. It can be a new client, romantic relationship or another experience. Picture this in your mind's eye. Step into it by acting as if you are already experiencing this desire. Feel the excitement and joy of having this in your life. Intensify the emotion in your heart for 68 seconds. Relax & let go.

The universe believes that whatever you are imagining is real so in accordance with the laws of the universe it will bring it to you as long as you allow.

Yes! Coaching Increases Your Business

Professional athletes know that a coach is going to motivate them to expand beyond the limits of what they thought they could accomplish. A coach sees what you cannot and guides you to the next level and will help you stay accountable and keep you on target to reach your goals. Whether it is business or personal expansion you need a coach can help. To see how coaching can help you call 713-819-2818.

Shedding Light on Your Desires, cont'd

The light on your desires has to be strong and rooted deep inside so that it takes hold and drives you to allow it to come into reality. You must shed light on your desires. Write them down. Look at them. Expect them to appear in your life.



Keep the fire on your desires strong by focusing on them with detachment and taking inspired actions. Send a clear message to the universe to allow them to manifest in your life.

If you are talking about what you do not want then turn it around and focus on what you want instead. Shed all the light you can on your DESIRES! Those unwanted experiences are the contrast and its purpose is to help you see the light. It is to help your desires come out of the darkness and into the light.

Thank your unwanted experiences as they have been your friend and then let them be on their way. Make room for the light and your desires. Go ahead. Get started now.

What is The Spiritual Grid?, cont'd

Think of it this way... Each physical manifestation begins as pure energy as a thought or an idea. This energy transmutes into physical manifestation with the focus of emotion and action.

The emotion you're feeling while taking your actions will be a part of the manifestation so be sure your focused energy is "pure POSITIVE energy." Always reach to feel good.

If you have been putting your attention on what you do not want then turn it around and focus on what you do want. Then get into the feeling of "I am so excited that I already have (state your desire)" and feel it in every cell of your body.

Embody your desire so deep inside your bones that you know it is done. When you are inspired to take action begin it immediately and you will be fueled by the energetic flow of the universe. Then allow your desire or goal to manifest by trusting and letting go.

Always be in joy and appreciation for what is currently showing up in your life and know that what you desire is on the way to you in physical form.

"Your approach of using the body as a manifestation tool is truly different and very unique." Dr. Joe Vitale - The Secret

Spiritual Grid Manifestation DVD teaches you how to create your most fulfilling life aligned with your purposes and desires. It integrated three advanced, multi-layered technologies and one ancient spiritual practice. You will learn how to embody your desire on many levels and magnetize the energy of your desires to increase the speed at which you manifest.

This technology integrates the universal laws of the universe. Just viewing this DVD will create inner shifts creating inner peace and joy.

For more info about technology and purchase dvd: www.wendygyoung.com/dvd
Manifest Your Most Fulfilling & Profitable Clients: www.wendygyoung.com/clients
Private coaching also available. Call 713-819-2818



Spiritual Grid Manifestation™ is the life work of Wendy G Young. Blending her expert knowledge of the body, Law of Attraction, and spirituality, this advanced technology connects you to Source and employs your body as a powerful manifestation tool. Author, public speaker, and successful business owner, Wendy G Young has consulted to Fortune 500 companies and small businesses since 1991. Certified in the areas of Ergonomics, Consciousness Shifting and Strategic Attraction™ Coaching and author of *Get Inside Your Comfort Zone*, she teaches people how to achieve physical, emotional and financial freedom. Wendy G Young appears on national television and radio programs, and is frequently quoted in leading newspapers and magazines.

If you are ready to release what is not working and create what does then give me a call. I look forward to hearing from you! Wendy

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"I recieved very specific manifestations that had been on my mind and I also felt myself and my understanding of my role in the universe GROWING. Wendy, what you are offering to the world is more than just another "Secret Method", it is a tool and a technology that can truly transform lives from the inside out!" Twenty Twenty www.2020unleashed.com

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Additional Testimonials www.wendygyoung.com/testimonials/