

# **THE FORTUNE FREQUENCY**

## **A QUANTUM RESET FOR UNSTOPPABLE WEALTH**

By Vaughn Edward

**The Universe hears your goals, dreams and desires, as well as the harmful words and self-abuse inside your mind and brain. It gives you what you send out.**

**You absolutely must change your thoughts and the way you approach life, to be open and rooted in positivity, with the expectation of Good Luck.**

**Pausing, smiling, and feeling grateful will change your energy, present moment and future, helping you to attract your needs and wants.**

**The Light Energies in the meditations will burn your past and amplify thoughts, goals, and positivity, while attracting Good Luck.**

**During the guided meditations, feel very grateful. When thinking of your goals, feel very grateful.**

**You can visualize a particular God or Master bringing the Light Energies to you. Or, no God or no Master at all. Whatever is comfortable for you. You can speak to the Light and ask for what you want.**



**It is no secret that everything in your life is a product of what came before you.** All your previous thoughts and actions, and the visuals you saw and focused on. And it is this past, which needs to be dissolved and reset, in order to experience the life you truly want.

**Don't believe the hype.** Everywhere online, people talk about manifestation and prosperity. It's the "buzz". And they tell you that all you need to do is "Think your way to riches". Or, "Say affirmations daily". Or, "Think positively".

While saying affirmations and thinking positively does help (a lot), those coaches or teachers are missing out on the most important and crucial step. **You have to first annihilate your past.** The old thoughts and sensations in your nervous system that are holding you back.

**If you miss this important KEY STEP,** all your new thoughts and positive thinking will only go to battle with the old thought-system you currently have inside of you. What does this mean? Your new thoughts will cancel out your old thoughts, and vice versa, and you will continue to live a stagnant life. However, if you do the simple GUIDED VIDEO MEDITATION to annihilate your past conditionings, then thinking new thoughts and thinking positively **WILL WORK.**

The key to manifesting and creating what you want lies in your ability to crush your doubts and negativities, while infusing thoughts and goals with intense energy. An important factor, when working with Light Energy... **you should identify AS that Energy. Not as the body.** Why? Because the body and mind are limited. You are not a limited Being. You are, in fact, timeless, unbound, and infinite. You are part of everything in the Universe. When you invoke Light Energy, which is something Vast, Expansive & Neverending, and you identify as that, you too become Vast, Expansive & Neverending. When you step into this realization, your energy becomes powerful, and the old karmas, conditionings, and past tendencies begin to dissolve at an alarmingly fast pace. The more you can dissolve your self-doubt and be confident in what you're thinking and creating, the faster you will manifest. These are the included tools to help you on your way:

**EBOOK:** This EBook outlines the course. Confront your past. Write out your goals. And meditate and manifest with a powerful Light Energy.

**VIDEO:** 2 guided video meditations. White Light & Present Moment to dissolve karmas. **Do this Daily.** White & Gold Light meditation, to dissolve karmas and manifest. **Do This Daily or 3-5 Times Per Week.**

**POSTER:** A visual aid showing White Light and Gold Light. This will help you visualize the Light Energies easier and faster.

**THE ADVICE AND MEDITATION ARE SOLID. THEY GIVE IMMEDIATE ASSISTANCE.** The meditation was cognized by several living, enlightened sages. The energies of White and Gold Light in the guided videos were presented and handed down for me to teach. **However, results always vary from person to person.** The more sincere you can be, and the level of trust you can put into it, along with a very strong intention to change, is what will set your life on fire with the abilities to create change.

**The key is a very strong intention. Your personal mantra should be, “I Can. I Will. I Am.”** What does this mean? It means...

**I CAN** do this. **I WILL** do this. **I AM** doing this.

Or... I **CAN** have a new career. I **WILL** have a new career. I **AM** in my new career.

I **CAN** move to a new country. I **WILL** move to a new country. I **AM** moving to a new country.

I **CAN** work less, make more & be happy. I **WILL** work less, make more & be happy. I **AM** working less and making more money, and I **AM** happy.



With that said, these potent techniques are designed to heighten energy into focused concentration, so you can manifest your goals. Manifestation doesn't have to take long. In fact, **WAITING IS A WASTE OF TIME.** Repeat that like a mantra. **Waiting is a waste of time.**

## **CREATING GOALS – VERY IMPORTANT – BE SPECIFIC IN WHAT YOU WANT.**

**This is one of your steps to create, and it deserves an in-depth explanation.** The Universe is always listening. What you put out there in your thoughts, fears, goals, affirmations, and desires, the Universe will hear and respond. This is why it's important to be specific in what you want.

**Example 1:** A great sage once told us (His Students) a story. He said that a lady he knew was trying to manifest a dream. And while she was doing so, she kept visualizing herself counting money, stacks of money. Her visualization came true, and she ended up working at a bank, counting stacks of money. **That is not what you want.** Unless of course you do want to work in a bank. You want more money and less work. You want to count that money, and you want it to be YOUR MONEY, which you can do with as you wish. You want to be happy and content with your manifestation. So, add that in. **That you are happy and content and satisfied, with no regrets.**

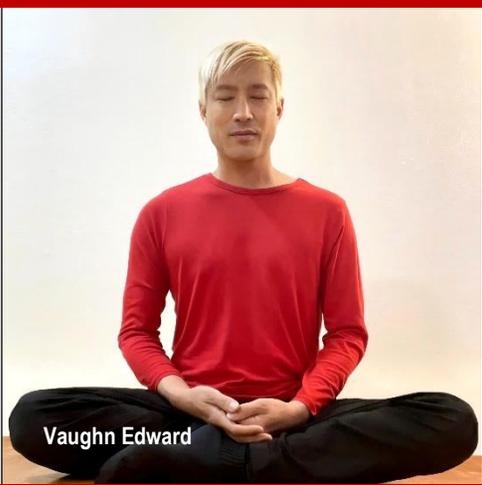
**Example 2:** **Don't make your Goal & Manifestation to “just travel”.** The Universe is a funny thing, and you could end up on a shoddy plane, going to some intensely hot hotel with no air

conditioning. And everything is dirty, old, and run down. **INSTEAD**, you can say that you have plenty of time and plenty of money to travel and do what you want in life. That you have the **ABILITY TO TRAVEL AT WILL**. To be able to stay in nice hotels. And you easily and happily go on vacations with ease and comfort. In peace, happiness, and no regrets.

**Example 3:** Be specific, that what you are manifesting IS your happiness. Not just some side job. That the house you're manifesting is something you don't have to spend a lot of money on to fix it up once you purchase or attain it. Unless of course, that is what you want to do.

## **MY BACKGROUND – WHY YOU SHOULD DO THIS METHOD**

My methods came from enlightened masters. In a span of 25 years, I studied with 30 enlightened teachers from India, Tibet, Jamaica, and many other places. These high-level teachers passed on techniques to me and many others. With so many teachers, I combined their techniques. I even got special permission from one teacher to teach a Breathing Technique. And another teacher from India, to teach Light Energies: White Light, Gold Light, Red, Orange, Yellow, Green, Blue, Indigo, and Violet. By using these techniques, I've manifested everything from cars to cross-country moves to small things.

 A photograph of Vaughn Edward, a man with short blonde hair, wearing a red long-sleeved shirt and black pants, sitting in a meditative pose on a wooden floor. His hands are resting on his lap, palms facing each other. The name "Vaughn Edward" is written in white text at the bottom left of the image. <p>Vaughn Edward</p>	<p>Below are a few examples out of the MANY times I consciously manifested for my life.</p> <p>When you write goals down on paper and put Light Energy into those thoughts when meditating, your manifestation is energized and sent out into the Universe with a powerful force. That force of energy will cause you to manifest.</p>
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**Example 1:** One time, on my way to a music gig, I was very hungry. While driving, I visualized inside my 3<sup>rd</sup> Eye, a spread of food. This spread had vegetable trays, with cheese, coffee, wine, and pastries. As for the gig, it was last minute, and I had no idea what the venue was like, or who our audience was. I just accepted the job. Once I got to the venue, I met the musicians, and we were all casually talking. One of the musicians walked out of the room and came back in with a cup of coffee. When I saw his coffee, I asked him where he got it, and he pointed over to the next room. As soon as I walked into the next room, I froze in shock. Before my eyes were tables filled with vegetable trays, cheese, and pastries. And to the side was coffee and wine. Everything was just as I had visualized. **It manifested exactly how I saw it in my mind.**

**Example 2:** On another occasion, I was working a job. For lunch, I really wanted pizza, so I began visualizing it in my 3<sup>rd</sup> Eye. Without a doubt, I knew I would have this for lunch. After visualizing, I set

it aside and let it go. Ten minutes later, my boss came out from the back and announced to everyone, “Hey guys, I’m buying pizza for everyone. Let me know what you want on them.” [Manifesting food like this has happened MANY times at different workplaces or other situations.](#) I just see it in my mind, and somehow it comes to me.

**Example 3:** I was living in Chicago (2011), but I wanted to move to California. I began writing my goals down every day. I meditated and even visualized myself already living there. I also packed a few boxes and acted as if I was already moving. This was many years ago. And at that time, I didn’t have the money to move, nor did I know anyone in California. I just wanted to go. I simply picked a city (Concord, CA) in the East Bay of Northern, CA. Then, one day, something minor happened to my car, which was purely cosmetic. Meaning, the driving was not affected. Insurance took a look at it and immediately wrote a check out to me for \$6000. Shortly after, a friend from Seattle called out of the blue. I told him I wanted to move to Concord. His response was, “I have a relative there. You can live with them for a short while.” He then set everything up.

With money and an extremely cheap place to live, I drove across the country and started a new life. Once there, I got a job in the Performing Arts, and I scored a bunch of paid music gigs. After a month, I got my own place. All this happened within a few months of writing my goals down and visualizing. [Granted, it could’ve been smoother. I’ve since learned to refine what I write down, and to be specific. To let go, relax, and to annihilate the old conditionings to get a better manifestation.](#)

**Example 4:** Chicago (2001). I was just learning about manifesting. It was all VERY new to me. I was struggling back then, and I didn’t have the money to boot like I do now. I had just moved to Chicago from St. Louis, and I was living with a friend. I told her that within 3 months I’d be out of her place, and I’d have my own apartment. After 2 ½ months with no luck, I finally wrote my goals down. **I wrote... No more than \$650/Month. Strike a deal with the landlord/company to clean the place, so I won’t have to pay a Deposit. Nice area. Peaceful. Need apartment now, before the month is up.**

Every day, I stared at my goals, just like the books told me to do. I meditated and thought about them. Three days before my deadline was up, another friend I had recently met left a message on my voicemail. He said that he’d just done some carpentry work on an apartment, and he heard I was looking for a place to live. And for some reason, he thought of me. He told me the rent was \$650, and he gave me the number to the landlord. I called the landlord and set up a time to see it the very next day. When I saw it, the place was nice, but it was trashed. It was in a serene setting, next to the beach, where there were huge boulders to sit and meditate. The landlord told me, “I just evicted the previous tenants. I don’t really have time to clean the place. So, if you don’t mind cleaning it, I won’t charge you the Deposit Fee. Rent is \$650 a month.”

I immediately told him, “Deal!” Everything happened EXACTLY as I wrote it down on paper. [Peaceful place. No more than \\$650. Strike a deal with landlord to get out of Deposit. Out by end of the month.](#)

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**NOWADAYS, MANIFESTING IS MUCH EASIER.** I have nearly 25 years of experimenting with what works and what doesn’t. I’ve come to realize that LIFE CAN BE ENJOYABLE! I’ve refined the process of Manifestation, so you don’t have to wade around blindly like I did for so many years. After refining the process, **I even managed to generate Book Signings for my YA Fantasy trilogy series, “Warrior Children”.** That too fell into my lap without even trying. **I EVEN manifested my Life Partner by writing my goals down, meditating, and visualizing. However, since this course is for Manifesting Money & Wealth, we’ll save that for another time!**

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# A COMPLETE METHOD THAT WORKS:

**STEP 1)** Annihilate your old patterns and conditionings.

**STEP 2)** Write your Goals out and create new thoughts.

**STEP 3)** Meditate & visualize daily, or even 3-5 days a week.

The process of creating physical goals and manifestations through thought, meditation, and visualization is a profound interplay of consciousness, energy, and the universal laws that govern creation. [Here is an in-depth exploration of how this works:](#)

## UNDERSTANDING MANIFESTATION

- 1) **Consciousness as Source:** At the core of all creation is consciousness. The Universe is a manifestation of collective consciousness, where thoughts and intentions shape reality. When you focus on a goal or desire, you tap into this universal consciousness.
- 2) **Thoughts as Energy:** Thoughts are not just abstract concepts. They carry vibrational frequencies. Positive thoughts aligned with your desires resonate at higher frequencies, while negative or limiting thoughts resonate at lower frequencies. By focusing on your goals with clarity and intention, you elevate your vibrational frequency.
- 3) **Visualization:** Visualization is a powerful technique that allows you to create a mental image of your desired outcome. When you visualize:
  - **You engage your imagination to see your goals as already achieved.**
  - This activates neural pathways in your brain, making the experience feel real.
  - It strengthens your belief in the possibility of achieving those goals.

## ROLE OF THE 3<sup>rd</sup> EYE

- 1) **Activation of Intuition:** The 3<sup>rd</sup> Eye is associated with intuition, insight, and higher perception. By visualizing your goals in this space:
  - You enhance intuitive abilities to recognize opportunities aligning with your desires.
  - You cultivate clarity and focus, allowing you to navigate challenges effectively.
- 2) **Manifestation Portal:** The 3<sup>rd</sup> Eye acts as a portal for manifesting desires into reality. When you concentrate on your goals here:
  - You create a direct connection between your inner vision and external reality.
  - This alignment helps attract circumstances and resources that support the manifestation process.

## USING WHITE LIGHT and GOLD LIGHT ENERGY

- 1) **Purification & Healing:** Visualizing White or Gold Light while meditating on goals:
  - **Cleansing:** Both White & Gold Lights act as purifying forces that clear away negative energies, limiting beliefs, and past traumas obstructing manifestations.
  - **Healing:** Both light energies heal emotional wounds associated with past failures or fears related to pursuing your desires.

- 2) **Amplification of Intentions:** White & Gold Light amplify the energies of your intentions.
  - By visualizing goals inside White/Gold Light, you level up the frequency of the goals.
  - This heightened energy attracts similar frequencies from the Universe, aligning circumstances in favor of manifesting those goals and desires.
- 3) **Specific Functions:** White and Gold are similar, but they do have different qualities.
  - Both destroy karmas. Both heal physically & emotionally. Both manifest goals.
  - White is more for higher dimensional, spiritual enlightenment. Gold, although it can be used for enlightenment also, it is more for worldly goals, healing and money.

## THE PROCESS OF CREATION

- 1) **Focused Intention:** Begin by setting a clear intention for what you wish to manifest. Be specific about your desires and visualize them vividly in your mind's eye.
- 2) **Emotional Engagement:** Connect emotionally with the visualization.
  - **Feel gratitude, as if you have already achieved those desires.**
  - Allow yourself to experience joy and excitement with the realization of these goals.
- 3) **Integration into Reality:** Over time, through consistent practice:
  - **Your focused thoughts will influence your actions and decisions in daily life.**
  - Opportunities will arise that align with your intentions, guiding you toward physical manifestations.

## CONCLUSION

By consistently practicing these techniques (**visualizing your goals within the 3rd Eye while using Gold and White Light Energy**), you harness the power of consciousness to create physical manifestations in alignment with universal laws. This practice not only enhances personal growth, but it also empowers you to transform dreams into reality.

**This concludes the EXPLANATION.** The next part is the **PROCESS TO MANIFEST.** In this section, you will learn how to dissolve your old conditionings, write your goals out, and meditate & visualize.



# MANIFESTATION PROCESS

## THE PROCESS IS BROKEN DOWN INTO 3 PARTS

- 1) **Handwriting your fears and negative thoughts associated with manifesting money.**
  - **Write your list 1 time.** All fears and blocks associated with money, career and life.
  - Think of your fears and roadblocks once a day.
  - Flood your body, mind & thoughts (roadblocks) with White Light 1x a day. When you no longer have that dread, your roadblocks are gone. You can then drop this step from your daily list.
- 2) **Handwriting your goals and desires.**
  - **Write your Goals once a day.** Write it today. Write them again the next day, etc.
  - Think of them and visualize them in your 3<sup>rd</sup> Eye, the point slightly above the eyes and directly between the eyebrows.
  - Flood your 3<sup>rd</sup> Eye with White Light. Allow the White Light to flow into your visualization, your goal that you see in your 3<sup>rd</sup> Eye and mind.
  - Do this at least once a day. If you don't have time to write once per day, write them when you can. **Push yourself, but don't feel guilty if you don't write them each day.** Even writing them once or a few times a week is empowering.
  - Burn your goals as an offering to the Universe. Or, once they've manifested, simply toss them out.
- 3) **Meditating to energize and empower your thoughts**
  - Guided meditation of Gold Energy and White Energy.
  - Do this meditation 1x a day, or 5 days a week. If you can't commit to that, try for 3 times a week. Even once is empowering. However, **the more you think of your thoughts while energizing them with vibrant energies, the faster you will manifest them in the physical world.**

## **PART 1: HANDWRITING YOUR FEARS & NEGATIVITIES**

### **Allowing White Light to Flow into Your Body & Fears**

Think of anything and everything that is holding you back from manifesting. By handwriting these fears and roadblocks, you force yourself to deal with them. Just by dealing with them, you give those negative energies a chance to rise to the surface so you can release them, using White Light Energy. Conversely, if you don't think of them, you will continue to avoid them. Your list can look similar to this:

- A) I'm a starving artist. Everyone tells me I am. Millions of artists fell for this one. **Ditch this.**
- B) I come from a poor family, and none of us are successful.
- C) I don't have a degree.
- D) I don't feel comfortable having a lot of money. I feel like I'm supposed to work hard.
- E) I feel like I'm supposed to pay my dues in life before I can have good things.
- F) I can't handle being in front of people. I get nervous with anxiety.
- G) I am spiritual, and I don't think I should have a lot of money. **THIS is a huge deterrence for MANY people in the spiritual community. Get rid of this way of thinking.**

Ponder on this list. See how it relates to you. Write your own list in your own words. “Starving Artist” is an ignorant term that guides you to be exactly that. **Stop identifying as a Starving Artist.** Also, you are not your family. You are you. You **can** have the life you want. You don’t need a degree to do great things. Education comes from many sources, including online and from the Ether itself, through meditation. And you certainly don’t have to suffer and pay dues, just to have good things. Lastly, if you keep feeling you **HAVE** to work hard to get ahead, **the Universe will keep placing you in situations where you are working hard.** Give yourself a break. **Ditch that thought.**

As for nervousness and anxiety, I’ve had plenty of music students who were scared to be in front of people. Each week, I made them close their eyes, breathe deeply, and visualize themselves singing in front of their family, friends, or a large audience. The very act of placing themselves in front of people, inside their minds, rid them of that nervousness.

That list is made up of thoughts and concepts that many people have. Maybe even you. And **what you think, over and over, is what you manifest.** Your thoughts – your VERY STRONG thoughts – are always at the forefront of your mind. They are what manifests first in your life.

With that knowledge, you absolutely **MUST CHANGE YOUR THOUGHTS.** **Your thoughts create your reality.** **With this knowledge, annihilate the old thoughts and energy, so you can change your thoughts to something positive and fruitful.**

## **MEDITATION to ANNIHILATE the FEARS & ROADBLOCKS**

### **WHITE LIGHT TECHNIQUE**

**This Meditation Should Be Done  
At Least Once A Day for 1 Month**

This technique can be done any time of the day, as many times as you want. **It really only takes a minute or two, but the results are over the top.** This technique is for destroying your karmas (fears, doubts, worries, and hesitations in money and career).

- 1)** Visualize White Light Energy coming into the top of your head and brain. It now flows through your entire body and flows through hands.
- 2)** With your right hand, gently tap the 3<sup>rd</sup> Eye with your ring finger, the finger next to your pinky. While tapping, White Light Energy goes into your 3<sup>rd</sup> Eye, stimulating your brain and energizing and empowering you.
- 3)** Now, slow the tapping down. Think of your list of fears & roadblocks that you made. While thinking of the things that are blocking you, allow the White Light Energy to flow into those fears. Keep tapping slowly on the 3<sup>rd</sup> Eye, while allowing those fears to dissolve on their own in the Light.

### **White Light**



### **3<sup>rd</sup> Eye**



## PART 2: WRITING DOWN YOUR GOALS

### Allowing White Light and Gold Light to Flow into Goals

Write Down Your Goals On Paper Once A Day for At Least 1 Month

A great Sage and mentor of mine once said, **“It’s too easy to manifest what you want, by visualizing White Light in your 3<sup>rd</sup> Eye.”**

Another great Sage from India, who I studied with for several years, told all his students to **write our goals down every day**. **By writing them down, it grounds that energy into the physical world**. It makes you think of them with a stronger intention and greater fervor, and the energy incurred will magnetize and attract your desired goal to you.

And a 3rd Sage from India, who I also spent time with, passed the Golden Energy to me. He said, **“Golden Light is a powerful energy associated with abundance and divine grace**. It represents the higher frequencies of consciousness and is linked to manifestation of wealth and well-being. It can rejuvenate the body, promoting physical vitality and emotional balance. It helps in clearing negative energies.”

**HANDWRITE YOUR GOALS ON PAPER.** Once you have your list, pin them in various places where you can see them throughout your day to remind you. You will then constantly and consciously think of them. Your list of goals will also come into play when you begin exploring the Guided Video Meditation you received. In the video, you will be taken through a process to manifest those goals, using Gold & White Light Energies.

**HOW TO WRITE YOUR GOALS: BE SPECIFIC ABOUT WHAT YOU WANT.** Write down that you want a beautiful, new, affordable car that runs well and lasts for a long time. Or, a safe and fun vacation with no worries or stress. A fun, rewarding, and fulfilling career. If it’s a house that you want, make sure you write down that it’s easy to afford and that you don’t have to spend money to fix it up.

After writing your goals, feel happy and excited. Smile. Say, “I have this now. I love my manifestation. I have no regrets with these manifestations.” You can also say, “Waiting is a waste of time. I have this now.”

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Along with writing goals, you can also print pictures out of what you want. A visual is very stimulating. It serves as a reminder. Again, be specific about what you want. Place your pictures where you can see them every day.



### Example Goal-Writing

- More money. Less work.
- New career. Easy to learn and do. Happy, with no regrets.
- More time and money to travel and do what I want.
- New car (Make & Model). Runs well. Easily affordable.
- Move to \_\_\_\_\_ (New city or new country). Easy move, with new, beautiful home. Plenty of money and time to do the things I want to do.
- New dog or cat. Loving and lovable. Easy to take care of. Affordable.

## PART 3: THE MANIFESTING MEDITATIONS

This is the Explanation of the **Guided Video Meditations**, you will be working with two very powerful energies: Golden Light Energy and White Light Energy.

**Golden Light:** Associated with divine consciousness, abundance, and enlightenment. It resonates with higher vibrations that attract prosperity and fulfillment. When you visualize Gold Light, you are invoking these qualities into your manifestation process. Golden Light is all top notch for healing the physical body and the emotional body.

**White Light:** Represents purity, clarity, and the totality of all colors. It is the source of creation from which all possibilities emerge. Visualizing White Light allows you to align with this pure energy and channel it into your intentions. White Light is second to none, when it comes to destroying karmas, old patterns and conditionings. It manifests for your life, and it heals the body of physical diseases.

By aligning your thoughts, emotions, and energies toward a singular purpose, while visualizing through the 3<sup>rd</sup> Eye, you create a coherent energy field that attracts similar energies from the Universe.

### WHITE LIGHT ENERGY

Comes into the crown of the head, into the brain, and it floods the entire body.



### GOLD LIGHT ENERGY

Shoots into the eyes, ears, nose, and mouth, and it seeps into the entire body.



- 1) **Create a Sacred Space:** Find a calm environment where you can practice with no distractions. Sit comfortably, cross-legged or on a chair, with your back straight.
- 2) **Place one hand over the spot** that is 2-3 inches below your belly button. Inhale deeply into that spot. Your stomach will pooch out a slight bit. Your inhalation should last around 5 seconds. Exhale for 5 seconds. Repeat this deep breathing into the lower abdomen another 3 times.
- 3) **Visualize Golden and White Energy (You Will Be Guided on Video):**
  - Visualize an intense, bright White Light piercing through the top of your head, into your brain, and through your entire body. This bright White Light Energy is purity

and clarity. It enhances your intentions, and it also dissolves the negativities and fears associated with manifesting. You will be guided with this visualization.

- Next, you will visualize a warm beam of Golden Light going into your sense areas (eyes, ears, nose, mouth), then the brain and entire body. You will be guided in this meditation. This will fill you with positivity, abundance, protection and power. SMILE. Allow this Golden Energy to stream through your entire body.

4) **Visualize Your Goal:** House, Money, Career, etc. for 2-3 Minutes

- Now that you have established the energy in your body, visualize your goal inside of your 3<sup>rd</sup> Eye. See whatever it is that you want, clearly inside your 3<sup>rd</sup> Eye. A house, career, job, money, vacations, etc. **allowing the White Light to surround and penetrate your house, job, etc., inside of your 3<sup>rd</sup> Eye** for 2 to 3 minutes.
- Very important... feel as if you ALREADY have it. Your goal is done, and it has manifested into your life. Smile and feel grateful, knowing that it will come to you. See yourself walking around your new house. Or feel the emotions with having more money and working less.

At the end of the meditation and manifestation, take a few deep breaths and **feel grateful**. Cultivate a sense of gratitude for the transformation and manifestation taking place within you. This will further ground the energies into your body, bringing your goals and dreams into fruition at a faster pace.

### **Transitioning Between Goals (For Multiple Goals)**

If you have more than one goal that you want to manifest, repeat the process from the point that you begin visualizing what you want in your 3<sup>rd</sup> Eye. You can do the entire meditation again, but it is not a necessity. Your energy is still heightened, placing you in a state of deep Awareness. Simply move to the next goal you want to manifest. Visualize your goal in your 3<sup>rd</sup> Eye, and surround and penetrate that goal (house, money, car, move, etc.) with White Light Energy inside your 3<sup>rd</sup> Eye.

After ending the process for the 2<sup>nd</sup> manifestation, if you have a 3<sup>rd</sup> or 4<sup>th</sup> goal you want to accomplish, you can repeat this process. **Feel that YOU ALREADY HAVE IT**. It is already done for you. Feel happy and smile.

### **End of Meditation**

After visualizing all your goals, conclude your practice with a moment of silence. Feel very grateful. SMILE. Feeling grateful and smiling further enhances the opening to the energies. Beyond that, do not meditate. Do not chant. Do not do anything. Just sit in silence for another few minutes, so that the energies settle inside of you. **Do not miss this important last step**. Doing nothing at the end of meditating has great benefits, simply by allowing the energies to do their job, without you getting in the way.

**For Any Questions, or for Further Training, Email Vaughn Edward:**  
**[modernartscollective@gmail.com](mailto:modernartscollective@gmail.com)**