

THE *Queen* OF MANIFESTATION!™

MY TOP 10 TOOLS
YOU MUST HAVE
TO START
MANIFESTING NOW!

BY JEN MAZER



WWW.QUEENOFMANIFESTATION.COM

Hey Beautiful!

Congrats on taking action and downloading this guide. I'm so excited to share these tools with you! So why am I giving away this content for free? I do offer other programs if you want to go deeper, but I wanted you to have tools you can apply to your life now to see results right away.

My friends gave me the name "Queen of Manifestation" because of my ability to dream up outrageous adventures and actually live them out. **I understand what it feels like to be frustrated and struggling to get what you want.** I spent years working for people I didn't like just for the money, I had many love affairs, but not one serious relationship, and I racked up a ton of credit card debt. But through using these easy tools, I was able to pay off over \$38,000 of debt, live for free in Manhattan for 10 years, meet the man of my dreams (a successful rockstar), give birth to a beautiful girl, have my artwork featured in the New York Times and New York Magazine, have cocktails with Martin Scorsese, hang with Whoopi Goldberg backstage at the UN, travel around the world, and so much more. I've helped others leave their 9-5 jobs to work for themselves, build sustainable businesses, find love, and 3 of them are now married!

So how can YOU get what you want in life and finally master the Law of Attraction? If you implement just one of these tools, you'll be on your way to manifesting more in your life. If you implement all 10, you'll be a manifesting queen! **It's time to take your life to the next level so that you can experience complete abundance in all areas of your life.**

I can't wait to hear what YOU manifest. So much love!

XOXO,
Jen



#1. Get clear on what you want.

You don't need to know how you're going to get there - you just need to know what it is you're reaching for. Once you're clear, the universe will send you signs and people to help you materialize your dream!

Try this exercise in your new manifestation journal:

Write out where you'd like to be in these 8 areas of your life:

- 1. Home
- 2. Health/Physical
- 3. Love
- 4. Friends & Community
- 5. Career/Creative Projects
- 6. Financial Abundance
- 7. Travel
- 8. Spirituality

Before you start, think BIG. Don't let time or where you're at now get in the way. The more outrageous, the better! And then get specific. The universe likes details. Describe exactly where you're living and when, exactly how much money is in your savings account, your wallet, etc. How much are you making a year? Where is your home? What does it look like? What color is your bedroom and what type of bed do you sleep on? How does it feel? What's your view when you wake up in the morning? What do you hear outside your window, and what do you have for breakfast? Get the idea?!

And most important: Write in the present tense. It might feel weird at

first – but have fun with it. This is a playful activity. The more fun you have with it, the more results you will see! Trust me.

When I was looking for love, I wrote down all of the qualities in my ideal partner. Then when I had recently started dating this guy who I liked, I wrote down that he was my life partner and father of our beautiful little girl - and 7 years later I found that piece of paper when I was pregnant with our daughter! It had all materialized. Sounds pretty crazy? Not at all - this stuff really works.

#2. Forgiveness

This is a huge step and should not be overlooked. You have to clear any blocks you might have before you can allow abundance into your life. This means abundance in any area. Take a look at your life and those around you. Have you been holding onto something that no longer serves you? Dig deep. Is there a grudge that you can't let go of? Every time you think of a certain person, do you feel a knot in your stomach and get upset?

Can't find anyone to forgive? It doesn't have to be someone else – it could be you! Maybe you did something a long time ago that you haven't let go of. Maybe you have a physical ailment that you blame yourself for. This person or thing could be preventing you from moving forward in your life. Once you've got who or what it is that needs forgiveness, we're ready to move on.

So how do you forgive? Now I don't just mean calling up that person and telling them that you forgive them. That person may no longer be with us, or may no longer be in your life.

Try this exercise:

First, step into your heart and see the spirit of who you're forgiving – see why they did what they did, and come from a place of understanding. If it's yourself, go to a child version of you. It's easier to let go from there. Most things usually happen out of fear. So try to see that fear so that you can sympathize with them. Close your eyes and tell yourself out loud what it is you've learned, and that you forgive them and it's time to release it and move on. Take some deep breaths and release on every exhale.

“Everything you can imagine is real.” – Picasso

#3. Visualize to Materialize

Okay, so you're probably familiar with the law of attraction. But do you really know how to apply it to your life? This tool is my FAVORITE of the bunch. That's why I put it at #3 (my favorite number!) And aside from it being my favorite, it is one of THE MOST IMPORTANT tools for manifesting. Doing this will make a HUGE difference in your life! Stepping into your dream and experiencing it through all of your senses shifts your subconscious into believing that it's already happened. Then the universe will match that vibration and send you the people and resources you need to achieve those visions. Pretty neat, huh? That's why I asked you to get specific in the first exercise.

So how do I visualize? Making a vision board and doing affirmations are a great step. If you've been saying affirmations, but you found that they aren't working for you – or it's taking too long for things to manifest remember to always use positive words. The universe doesn't understand

the 'I am debt-free', it will only see the word 'debt'. Instead say 'abundant, or financially free.' If you say 'I have no back pain' or 'I lose 15 pounds', the universe sees 'pain' and 'pounds'. Instead, say 'My body is healthy and strong'. You get the idea!

I actually recorded myself saying wealth affirmations, and I would play them everyday in the background while I was making breakfast. It was definitely helpful while I was paying off my debt, but affirmations and vision boards only one-dimensional. You also need something that can help you step into your vision through your heart, not your mind, and experience it through all of your senses. What does it look like, smell like, sound like, taste like? Who's there with you, what are you doing...? You get the hint!

My Top Secret Visualization Tool (Shh...):

My #1 huge secret tool to manifesting is to create your very own visualization movie that you can watch daily on your computer. This has 100 times more impact than repeating affirmations alone because you step into your heart and the feeling of what you're trying to manifest verses staying in your head with the affirmations. The more you can use all of your emotions to visualize, the more you will materialize. Have you heard of **Mind Movies**? It's an online tool for setting up your personalized affirmation movie. And once you set up your Mind Movies account, you have unlimited access to creating new movies as you achieve your goals. After just one week of watching mine, I manifested so many of the things in my movie – to the point where it was uncanny how the things that showed up in my life matched the images in my movie. A must have for all of you serious manifesters! Click [here](#) to watch a video about it and make yours.

If that's too much of a commitment for you, I have the perfect visualization tool to allow you to go deeper without taking up too much of your time. It's my signature **Queen of Manifestation Meditation** a 20-minute guided visualization where I take you through your biggest dreams as if you've already lived them.




"I came to the manifestation visualization meditation completely unprepared for what Jen had in store. For the first time in a long time I was truly able to dream and envision myself outside of myself. What an experience! I feel lighter, free and motivated to start my journey!" - Regine Roy, Musician, New York City

#4. Act as if

If you don't believe it, no one else will! Once you do your visualization exercise above, this step will seem easier.

When I was still in college, I got business cards made that said "Jen Mazer, Artist." At the time I thought, 'Who am I to say this? I'm not a working artist.' I was only in art school. But I did it anyway - and guess what? I started showing my artwork, and people starting referring to me as a great artist! Since then my work has been published in the New York Times and featured in NY Magazine.

Over the years, I've helped build a lot of websites for folks just starting out. I remember advising one musician in particular to put up a press link on her site - but she felt weird because she didn't have any good press yet. Well as soon as the site went live with the press link, more and more press kept coming in! Just by putting it out there, she manifested it! So ask



yourself what is it that you want to become more of in your life? Declare it. Put it out there - and you'll draw it to you. It's that easy.

*“Gratitude is an opener of locked-up blessings.”
– Marianne Williamson*

#5. Gratitude

Simply put - the more grateful you are, the more life will give you to be grateful for. You've probably heard of this expression before, but have you actually put it into practice? The more positive you are, and the more you appreciate in your life, the more things will come to you. Don't ask me how this works, but it always does. If you're in a tough spot right now and you find it hard to name even one thing you're grateful for, don't worry – even the little things count. Be grateful for the person who held the door for you, the checkout person who rang up your groceries, the roof over your head (wherever it may be), having the beautiful opportunity to be in this lifetime, your parents or whoever raised you, the meal you ate, the farmers who helped harvest the food, the breath you just took, etc.

Here's How to Apply It:

Keep a journal.

Write down 3 things that you're grateful for each night before you go to bed. And just that will make a huge difference. You might find that you'll want to write even more. And that's great! Keep going. Soon you'll have lots to write about and you can get specific about what you're grateful for that happened that day! This leads me to my next item:

#6. Follow Your Intuition

You should always trust your internal guidance and pay attention to life's synchronicities! Anytime you notice a synchronicity, it just means that you're in the right place, moving in the right direction. Consider each one a magical sign from the universe saying, "We're right here with you! We're on your side!"

Tune into your intuition. Before you make any big decision, get quiet for a moment and ask your higher self if it 'feels' right. If you're having trouble figuring out which is your intuition and which is your mind getting in the way, go with your first instinct. This is almost always your intuition. It's that gut feeling you have. And it always feels lighter. You can even use this to sense things about other people around you. Haven't you ever walked into a room and felt a shift in energy? Once you start paying more attention to your intuitive guidance, you'll get better at receiving information. We all are born with intuition. Think of your psychic channel as a muscle that needs strengthening. And the information is like a radio wave that you can't see, but it's there. All you have to do is tune into that frequency to listen.

So – go back to that journal! Expand upon your gratitude list and record what sort of synchronicities you noticed in your day, any intuitive hits you had (meaning, paying attention to your intuition, and recording when you were right about things so that you can strengthen those intuitive muscles!) The more you pay attention to what's happening around you, the more plugged into the universe you will be, and the easier it will be to manifest. Commit to doing this for one week and you will see a change. Do it for a month and it'll become a habit.

#7. Surround yourself with positive people.

“Great minds discuss ideas; average minds discuss events; small minds discuss people.”

- Eleanor Roosevelt

Did you know that you're the sum of the 8 people you spend the most time with? It's true. Take a mental note of who you surround yourself with the most. What do you guys talk about when you get together? Are you talking about what you're working on, supporting each other's projects? Or are you talking about other people and bitching about your circumstances? It's time to get rid of the negative people in your life. And by 'get rid of' – I don't mean to literally cut them off. Bad idea. I mean, choose your time wisely and try to spend MORE time with the people you most admire, the people who are doing things or accomplishing things with their life – who are happy, positive and supportive. Start saying 'no' to your friends who drag you down emotionally, are draining, or are negative.

Along with that, **start saying 'no' to things or activities that you don't like doing.** You have the power to choose how you want to spend your time.

Get support. If there are chores in your life that weigh you down, why not outsource them? Even for the small things like cleaning your bathroom, hire a cleaning person! Need a break from watching the kids? Hire a babysitter. Are there tasks that you hate doing at work? Get a free intern or hire a Virtual Assistant to help with your business. Getting help will make you feel lighter, and you'll have more time to focus on what you love.

Take the One-Week TV Challenge!

To add even more positivity to your life, I'm going to challenge you to take a break from watching the mainstream news. Most of it is pretty negative, draws on your fears, and can make you feel a little 'less than'. Take the challenge and go a week without TV. By eliminating it, you can spend more time listening to positive music, uplifting talk radio, or you can take 20 minutes to listen to my **Manifestation Meditation**. You can even use your extra time to work on that project that you never finished. **Your time is precious –and the more you surround yourself with uplifting people and information, the more you will have the feeling that you CAN do it!**

I haven't owned a television in over a year, and I have to say that I don't miss it one bit. I have Netflix for watching inspirational movies and TEDTalks. And I can always browse headlines online just to make sure I'm not missing something important. I am big on social change, so I understand if it's necessary to keep up with the news for your work. But there are more positive, independent news outlets that you can turn to online versus watching mainstream television! Even the reality TV shows can be draining. Ask yourself why do you want to spend your time in the heads of other people who are struggling in their lives? Is it to escape the reality of yours? Take the one-week TV challenge and see how you feel after that. Maybe you'll decide to cut out certain shows or limit your time spent in front of the TV. At least you'll know that you can live without it.

There's a lot of great information in this step. **Remember to eliminate negative people and activities weighing you down, and turn off the TV for a week.** If you're feeling overwhelmed, you're not alone. Talk to friends and family members who are supportive.

“A journey of a thousand miles begins with a small step.”
- Lao Tzu

#9. Take Action

You can't just sit around visualizing and saying affirmations all day waiting for things to show up. You have to take direct action that goes along with your dreams. Part of the power of the affirmations is that it gets your headspace ready to take the action you need in order to start moving things along. Don't worry, I'm right here cheering you on. If I can do it, you definitely can! Don't let fear stop you from taking the next step.

Remember that the opposite of fear is love. And even the little things add up. Celebrate each milestone.

If you're not exactly sure about what you can do to make your big dream come true – start small. **First, get rid of any unfinished projects that are weighing you down.** Either finish them, or decide you aren't into them anymore and eliminate them from your list. Write down everything that's on your mind, and then you can start crossing things off that no longer are in alignment with who you are and where you want to go.

Then Get Organized! This is key. Take a look around your home. Is there any clutter that needs clearing? Every time I organize the papers on my desk and file things, I ALWAYS get an email or a phone call from a new potential client. I can't explain how this works, but it never fails. If your surroundings are a mess, how can you expect your mind to be clear? If you haven't opened a credit card bill in months because you're too scared to see how much you owe, how do you ever expect to get a handle on your finances and pay off that debt? Trust me, I was there. **I paid off over \$38,000 of debt, and it all started with finally coming to terms with what I**


owed. I sat down and listed out each balance on each card, and hired a money coach to get me started. And once I did that, in less than a year I was debt-free! All that it took was me facing my fears and actually taking charge of my situation. **Money LOVES attention.** The more attention you can give to it, the more it will grow. It's time to organize your finances. **To help you feel abundant while you take action, try this tip: Always carry around a \$100 dollar bill in your wallet.** Just knowing that it's there every time you open it will make you feel more abundant.

Have a Daily Practice.

All of the successful people I know talk about routines. What's the first thing that you do in the morning? Do you set aside time to exercise, make healthy meals & enjoy your favorite activity? What are your working hours? Try setting up a routine that you can follow. You'll feel better if you make sure that you have time do work out and do the things that you love, while also setting up focused time to work on your big goals and projects.

Bring On Your BIG Dream with this Easy Tool:

Make a 'To Do List' for your day that has only 3 things on it. Those 3 things are the most significant steps you can take to move your BIGGEST dream forward. Forget about writing things that you can easily check off, like 'Do laundry.' You know you're eventually going to do it. Wouldn't you feel better about yourself if you did 3 things that scared you, but you did them anyway? And afterwards you found out that they weren't so scary after all... Like sending that email to the person you want to work with? Or calling that guy you're interested in? Or hiring that financial coach, and finally committing to paying off your debt?



All of the great things I've achieved in my life have been scary at first. I think every successful person would say the same thing. The unknown can be scary. But if you take the leap and go for things that resonate with your heart, you will always be pleasantly surprised by the magic that shows up.

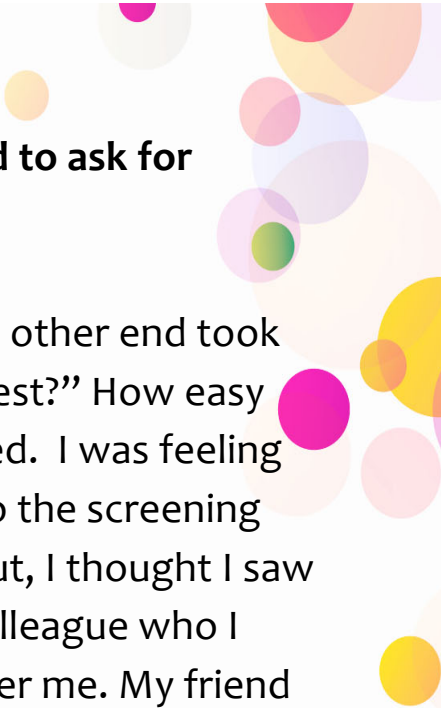
“What I know is, is that if you do work that you love, and the work fulfills you, the rest will come.” - Oprah

#10. Follow your Heart

Do what You LOVE. Think about what really excites you. What do you enjoy spending your time doing? For me, I love riding my bike, going to concerts, practicing yoga, making art, playing with my daughter, & traveling. What about you? How can you bring more of that into your life? It may sound simple, but when you do things that are aligned with your heart, you attract the right people and the right circumstances. Who knows who you'll meet while you're out there in your element?

Okay, time to tell you how I ended up at a private cocktail party hosted by Martin Scorsese:

I love film and I love Africa. So when I saw that there was a free screening of an African feature film in New York with a Q & A session with the director of the film and Martin Scorsese – I thought, ‘Wow, I want to go to this!’ There was a phone number to call and RSVP, but it was at the Director’s Guild – which I wasn’t a member of. Instead of thinking, ‘Oh, I’m not a director, I wouldn’t be able to go,’ and just brushed it off, I decided to pick up the phone and take action. What’s the worst thing that could happen? I wouldn’t go. And that would happen even if I didn’t call, so I



had nothing to lose. **Remember that when you're scared to ask for something you want. It's usually just fear stopping you.**

To my surprise, when I called to RSVP, the woman on the other end took down my name and asked, “Would you like to bring a guest?” How easy was that?! That was even better than what I had expected. I was feeling pretty good about it all. So I brought one of my friends to the screening and we stayed for the Q & A. As the movie was letting out, I thought I saw someone I knew and wanted to go and say hi. It was a colleague who I hadn't seen in years, and I wasn't sure that he'd remember me. My friend said that she wanted to go home as it was late and she had to work the next day. So we said our goodbyes, and I decided to go up to the person I knew and say hello. I figured, ‘Why not? The universe brought us both here for a reason.’ So I went up and said hello, and of course he remembered me! We chatted outside for a while, and then he asked if I'd had dinner. I said no. It was late and I was starving. “Why not grab a bite to eat?”

“Sure!” I said. Well what he said next took me by total surprise. He said, “Oh Martin's having this little cocktail party thing that he invited me to around the corner. Do you want to go?” I thought, “Um, hell yes!” But I said something much calmer. So we walked to this tiny little Italian restaurant that he must have rented out. As we got closer, I recognized celebrity after celebrity, famous actors and directors. It was very surreal. We went inside and my friend introduced me to one person after another. It was very intimate, and I had the most amazing feeling! I loved being introduced by my full name – it made me feel important.

Looking back, I had to remember that I was important enough to be there with all of those other people. I DESERVED to be there.

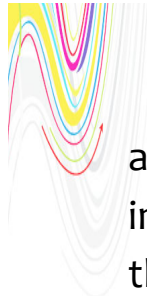
Like energy attracts like energy. If the earth is a magnetic field, we're all pulling in people and experiences that match our own magnetic field. It's simple quantum physics. Remember that when you are in the company of someone you admire. Or when you're not sure if you should go up to someone you recognize. No one is better than another. We're all just people and there's a reason the universe brought you together. These are the sorts of synchronicities that I asked you to start paying attention to and journaling about above. These lead to magical experiences. This story is just ONE of the many incredible stories that I have. I've gotten to know a lot of successful people in my life, and they're all just following the same principles that I laid out above.

My Martin Scorsese story stands out as a favorite teaching tool because there were so many points in the story where I could have stopped the outcome from happening. I could have not picked up the phone to RSVP, assuming I wouldn't get in. I could have decided not to go up to my old colleague and say hi because he probably wouldn't remember me anyway. But I did. And I could have said no to dinner because well, it was getting late. But instead, I said YES to all of the above. **I followed my heart and stayed open to the synchronicities. I didn't let fear or self-doubt stop me.** And look at what a memorable experience I had because of it!

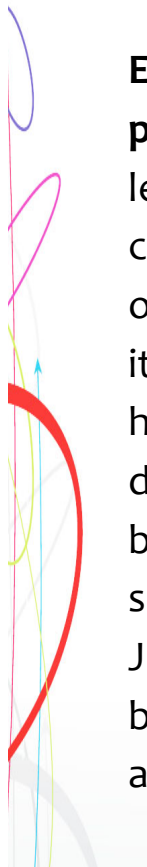
Okay, I said it there were 10 Tools to Manifesting– but there's an extra special important 11th tool:

#11. Always TRUST the Universe & Let Go of the Outcome

If I reflect back on how I've been able to accomplish so much in my life, it's



all been about positive thinking. I always trusted that the things I wanted in my life would eventually manifest. There was no doubt in my mind that these things wouldn't happen. I truly believed deep down in my heart that everything I imagined was real.



Even the smallest bit of negative self-talk can disrupt the manifesting process. So I invite you to truly work on believing in your dreams. Don't let other people's fears get in your way. You are your own best cheerleader. Your enthusiasm is contagious and people will want to come out to support you and your work. Don't be afraid to dream BIG and go for it! There will be people who tell you that you're crazy for thinking you can have, do, or become what's in your heart. But they just haven't yet discovered the knowledge that you have. So don't let them stop you from believing and taking action. Rejection happens. But it doesn't mean you should stop trying. It just wasn't the right match, but there will be one. J.K. Rowling's book "Harry Potter" was rejected over a dozen times by the big leagues until a small independent publisher took it on. And now look at her empire!

Once you declare what you want and take steps towards your dream, the universe always has your back. **Trust that you are manifesting right now. And then, practice non-attachment.**

Basically non-attachment is letting go of the outcome. Think of it this way, the universe might have even BIGGER plans for you than the ones you have for yourself. So why limit yourself to a specific outcome, when it could be something that looks slightly different, but works even better for you? Stay focused on your vision, but know that all is perfect with you right now. You don't need anything from the universe but the love you have in your heart.

When I finally let go of the guy that I was trying to get to commit to me, that's when he came around. And now we have a beautiful child together. Haven't you ever experienced something like that? Like when you break up with someone and start dating someone new, your ex calls! It's because you're doing well in your life and they can sense that. Listen, you don't have to break up with your dreams to practice this. Just don't 'need' your dreams. Know that you are beautiful and happy and perfect just the way you are. Being desperate gives off the wrong energy for attraction. **When you are radiant, your energy field expands and you attract the right people and the right circumstances.**

So that's it. You've got your 11 Tools for Manifesting Abundance. Now go take action. Remember, start small and celebrate each success. With each new tool that you apply, you're one step closer to your dreams. You can do it. **The most important thing is to believe in yourself.** Anytime a negative thought comes into your head, try to replace it with a positive one. **The more you take action, the more positive thoughts will show up!**

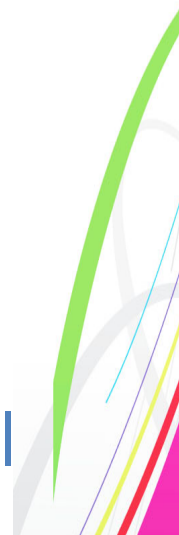
So What's Next?

I'd love to hear how these tools are working for you! Share your breakthroughs on my [Facebook page](#) and tell me your favorite tool from the list on [Twitter](#). Other people can benefit from your success stories, so don't hold back! Let's celebrate your manifestations! And feel free to share these tools with your friends.

Spread the love by tweeting this [here](#):

Get the Top 10 Tools You Must Have to Start Manifesting Now!

<http://tiny.cc/7st8hw> - from @QueenofManifest @JenMazer



Need help getting clear about your vision? If you're feeling stuck and want some fast guidance, be sure to download my signature

[Queen of Manifestation Meditation](#) where I take you through your biggest dream as if you've already lived it. This short 20-minute visualization exercise covers a bunch of the tools above and is a great way to get started. This will help you feel your dream through all of your senses, will make it bigger than you thought possible, and will trick your mind into believing you already have what you want.

Want to dive even deeper into these Manifestation tools with built-in accountability, step-by-step action plans & support? Then definitely check out my [Manifestation Masters Program](#). I only offer this program to 25 people at a time who are ready to take action, so be sure to sign up for the waiting list. If you want to be surrounded by a community who understands this process and will cheer you on, have manageable daily tasks, fun videos, downloadable worksheets, accountability and group coaching, this is for you! Plus there are always lots of bonuses and a community you'll be a part of for a lifetime. Haven't you always wanted a degree in Manifestation?

You don't need to purchase anything to start taking action. Just follow these steps and you'll be on your way!

Here's to manifesting the life of your dreams!

xoxo,
Jen

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and inspiring video interviews:

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