



THE ULTIMATE MINDSET TRAINING

WHERE YOUR MIND EVOLVES...
AND REALITY FOLLOWS

Mastering Manifestation to Shift Your Reality

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Did you know that your perception creates your reality?

If you know anything about manifestation (and I'm guessing you do), then you probably know that what you put out into the world is everything!

This big giant mirror of life reflects back to us exactly what we give out.

The thoughts we think, the beliefs we hold, and the emotions we carry shape our perception of the world and draw back to us the reality we experience.

(Although most of this happens in an unconscious, automatic way.)

But what if you could live your life by **design** instead of by *default*?

There are people who naturally create this as their reality. They've learned to master their mind, emotions, behaviors, AND environment

It all comes down to what I like to call the four R's:

- *Rewiring your brain.*
- *Remapping your behavior.*
- *Redesigning your environment, and...*
- *Recreating your emotional intelligence.*

When these 4 things are in alignment, deliberate manifestation mastery is easy!

Your individual thoughts, emotions, and beliefs determine the signal you are sending out to the world. In turn, you attract back to you “like” circumstances, events, and people.

The Law of Reciprocity, also known as the ‘Law of Sowing and Reaping,’ allows us to receive the results of the dominant “signal” we are sending out into the world. It basically states that whatever energy you send out—through your thoughts, emotions, or actions—returns to you in some form. It’s a universal exchange: what you give, you receive back.

Have you ever noticed that the way you approach someone will determine how they respond to you?

When we have a perspective that is rooted in anger or frustration, the response we get back will often match that, or at the very least be met with confusion. In other words, if you do something that hurts others, they tend to feel the need to “hurt” back.

But when we approach any situation with a softer, kinder, friendlier attitude, the same is true.

Can you remember a time when you felt compelled to do something nice for someone who previously helped you out in some way – even if they haven’t asked you to?

That is the Law of Reciprocity in action, and it’s how everything in the Universe works! It’s just that sometimes we’re approaching life in a “frustrated” way without even knowing we’re doing it!

And in turn, we get frustrating results.

In Law of Attraction terms, the frequency of the two systems (the receiving and the emitting) are always very close or identical in frequency. They harmonize, just as in the example given above.

In other words, you can't send out a frequency of frustration and expect to receive kindness and friendliness in return. And you've probably noticed this in your life in some form or another!

Even if you don't believe in the law of attraction and all of that frequency 'mumbo jumbo,' I'm sure you can come up with examples from your own life where this is true.

But, back to the four R's....

We all have life programs that run automatically based on these four principles. And those programs send out the signal we emit to the world around us and attract back accordingly.

These programs are hardwired into our subconscious minds from all of our past memories, beliefs, and judgements that we've store away from life experience. They are an integral part of who we are on a very deep level.

But what if you could change your internal programs and make them work "for" you instead of "against" you?

You absolutely can!

When you master the four R's (brain, emotions, behavior, and environment), and create new programs that work automatically for you, you can literally create an instinctual "**drive**" within you that lines up with everything you want in life.

This helps you run thoughts, beliefs, and behaviors that approach your desires in that kinder and friendlier way, even when you're not consciously aware that this is what you're doing. In other words, you have the ability to make this an automatic and subconscious habit.

And what do you get in return?

Kinder, friendlier results!

(This is how the person who just naturally “*has it all*” does it!)

Try this little experiment....

Set an intention that you are going to greet everyone you meet today with kindness and friendliness...no matter what their attitude about life is. Then document the responses you get in return. It's almost impossible for someone to be rude, angry, or frustrated with you when you do this.

In fact, if you're feeling especially bold, seek out someone who seems particularly agitated and shower them with genuine care and positivity (without allowing their agitation to rub off on you).

This is a great way to see how you can completely change a circumstance by giving out what you want to receive.

Let's take this concept a little deeper...

Subconscious Mind Reprogramming: Living Your Desired Reality Now

The following powerful method uses the principles of the four R's to create a direct line to your subconscious mind, allowing for powerful and lasting change in your self-image and overall mindset. This will begin the process of setting you up for success.

Here's how to implement this simple technique to begin rewiring in a new self-image (self-concept) that magnetizes new experiences back to you:

Identify Your Desired State or Quality:

Imagine stepping into your “future” self’s shoes, living the life you've dreamed of, right this moment. From that imagined scenario, pinpoint the specific **state or quality** you wish to have more of so you can highlight this for your subconscious mind. This could be confidence, tranquility, joy, or any attribute you feel matches your desired reality.

Recall a Past Moment:

Think of a time when you already experienced this state or quality intensely. It should be a moment when you felt fully aligned with the desired emotion or characteristic. The more vivid and powerful the memory, the better. If you can’t recall a memory such as this, pretend you are someone else who had this experience for the purposes of this exercise.

Engage Your Senses:

Close your eyes and relive this moment in your mind, engaging all your senses. What did you see, hear, feel, taste, and smell? The goal is to make the recollection as vivid as possible, to the point where you begin to feel the emotion or quality manifesting in your body in the present moment.

Create Your Anchor:

While immersed in this scene and feeling state, create a physical anchor. This could be a gesture, like pressing your thumb and forefinger together, or a touch on a specific part of your body, like your heart or wrist. Some individuals like to give a slight tug to their earlobe for the

anchor. The point is that the physical action should be something simple yet distinct.

Activate Your Anchor:

At the peak of your emotional intensity, activate your anchor by performing the chosen gesture or touch. Hold it for a few moments while continuing to hold the emotional state.

Test and Reinforce Your Anchor:

Break the state by shaking your body out, opening your eyes, and focusing on something else for a moment. Then, activate your anchor again. You should immediately feel a surge of the desired emotion or quality. If not, repeat the process until the anchor becomes a reliable trigger for your desired state.

Use Your Anchor Daily:

Implement your anchor in daily situations where you wish to manifest the desired state or quality. Over time, simply activating your anchor will bring forth the emotion or characteristic, effectively reprogramming your subconscious mind to associate this state with your identity.

Why this works:

This technique is grounded in the science of associative learning—our ability to form associations between stimuli. By linking a physical action (the anchor) with a specific emotional state, you create a **shortcut** to triggering this state on demand.

The repeated activation of the anchor reinforces the desired state, embedding it within your subconscious mind. Over time, this

reprograms your subconscious mind to adopt this state as a default, influencing your thoughts, beliefs, and behaviors in a way that aligns with your goals.

This is a powerful tool for anyone looking to make significant shifts in their self-image and overall mindset so they attract better into their lives!

By consciously choosing the states and qualities you wish to embody, and using these principles to alter the internal programs in your subconscious mind, you can begin to create a profound personal transformation and step into the version of yourself you choose to be, with all of the ‘stuff’ you aspire to have!

It’s simply a conscious choice to override old, outdated responses that aren’t working for you. The more you do this, the more you can begin aligning with people and circumstances that feel compelled to give back to you what you’re putting out into the world. And just think of the possibilities when you embody the “*I’m friendly with life*” signal in an unconscious and automatic way. That’s when life just “hands over” the goodies!

This is the beginning step of redefining your self-image and perception so you can set fresh (and automatic) goals within your subconscious mind so it actively pursues them your behalf!

If you want to go deeper into reshaping the signals your mind sends—and what life sends back—I invite you to join my [Free Masterclass: 'How to Train Your Brain for Effortless Manifestation.'](#) It’s a powerful next step for anyone ready to activate their full manifestation potential.

As always, I’m here to support you.

Warm regards,
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