

A person is sitting on a rocky cliff, looking out over a vast sea of clouds. The sun is setting in the distance, creating a warm, golden glow. The clouds are thick and white, filling the valley below. The person is wearing a dark jacket and shorts. The overall mood is peaceful and contemplative.

# MANIFESTOR

PLAY LIFE BIGGER ►

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# Stop!

JUST FOR A MOMENT

Life is busy. I get it. There's 63 emails calling for attention, as well as 4 fires you need to put out. Can you stop for 5 minutes? I hope so. It might help you.

Your mind, which helps you make meaning of reality, is rarely present. Instead, it's like an old clock pendulum, that swings from the past to the future.

Mostly thoughts are anchored in what happened last week or last year, or what might happen 2 months from today.

Pause for a moment and take three deep breaths. It will help you get connected with what I'd like to ask you next.

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THANKS FOR STOPPING FOR A MOMENT

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# how focussed are you on your future?

The lights on the horizon line in this image are blurry. Because they are out of focus we could guess what they are, but wouldn't know for sure until we got closer to them. Many people have the same blurry view of their own future. Because they don't focus on it, their future only becomes known, as they get closer to it.

Living this way has limitations. If you want to sharpen the focus towards your future, you might like to briefly reflect on these two questions.

What would you really like to be experiencing and doing in your ideal future life?

What kind of feelings do you have about your future?  
(e.g. excited, scared, happy or exhausted)



HERE'S ANOTHER VITAL QUESTION

# what kind of person are you?

Choose which option best describes you.



## REACTOR

I have no idea how I will create my ideal future and thinking about it stresses me.



## CRUISER

I'm happy. I'll just do what I usually do & I'm sure my future will come good in the end.



## SEEKER

I feel excited about my future and want to improve it. I just need the tools and skills.



## MANIFESTOR

I am already focussed on my future and have some plans in place to make it happen.

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# so what is a manifestor?

SOMEONE WHO CREATES

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I'll tell about myself soon, but for now, I want to share with you a program I teach, called manifestor. We should start by defining the term.

A manifestor is someone who is capable of taking an idea about their future and consciously turning it into a reality. Manifestors constantly seek out and find new ways to play life bigger. Most of the manifestors I work with have engaged in some self development already, perhaps through mindfulness training, reading books that help them shift mindsets, or working directly with a practitioner to understand life and develop new skills.

If you are nodding your head right now because this sounds like you, then there's every chance the 2 or 3 ideas rattling around your head, about how to improve your life, have been there for some time.

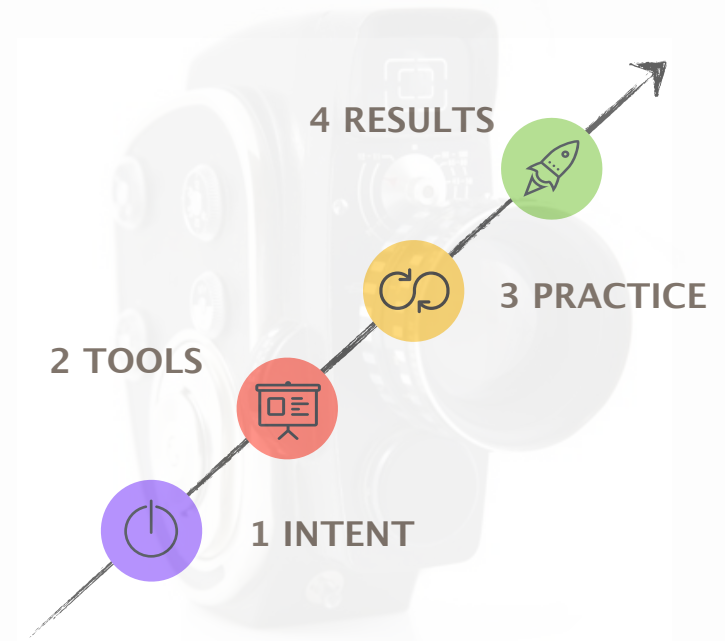
FUTURE IDEAS



Become real in the present

# the four phases

Learning the way of the manifestor is a journey. Like all learning, mastering it takes time and effort. It's a worthwhile pursuit, because when the theory turns into skills (via practice), you will know how to transform ideas about your future into tangible realities. And at this point, life becomes easier, as desired results become attainable. The journey has four essential phases to it.





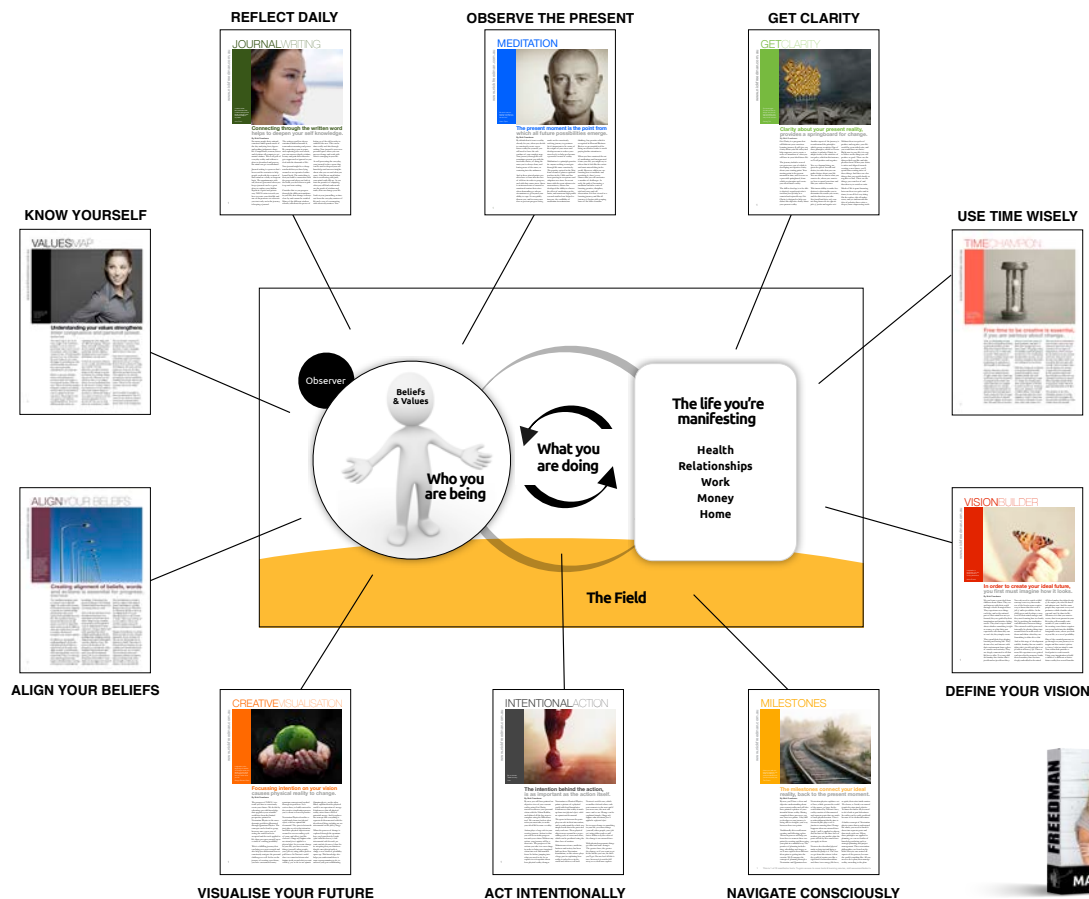
INTENT TO LEARN

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# manifesting starts on the inside

The first stage is your intention to learn. Intentionality is the act of making a deliberate decision to commit to a course of action and it plays a vital role in manifesting. Choosing to learn the way of the manifestor is a long term investment you make in yourself. The choice starts on the inside, and will usually show up as some kind of knowingness, a feeling in your gut, or perhaps a calling you feel to learn more. This, we call intent.

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## MANIFESTOR TOOLKIT

# you need a set of tools (robust ones)

Got the intent? Next you need to build up your toolkit. You wouldn't climb everest without equipping yourself with the right technologies, and the same is true about manifesting.

There is a lot of information available today about manifesting. I have spent the last decade of my life researching, building and refining a program that brings the primary tools you need to become a manifestor into a simple to follow 10 week learning journey. The learning framework and tools is what you can see here.



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## THE WAY



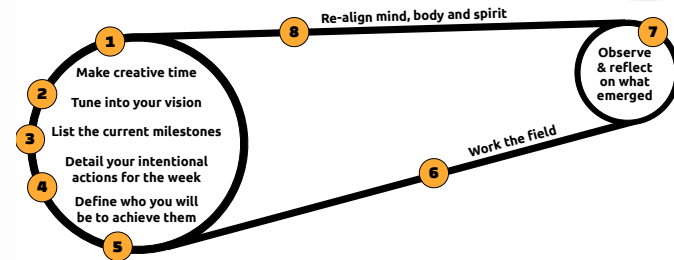
TAKES TIME TO BECOME A HABIT

# learn in 10 weeks & practice forever



## LEARNING IS A LIFELONG PROCESS

The way of the manifestor is more than a theoretical or academic exercise. It's a way of viewing your life as a creative journey, which has unlimited potential waiting to be uncovered and tapped into. It's a pathway for those who are brave enough to try new things, and humble enough to learn and grow everyday. As well as the tools, you need a process that turns the theory into habit, and here's where the weekly cycle comes into play.



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GETTING RESULTS



# turning ideas into results

4 When you've downloaded the tools, watched the learning movies and started to apply the theory into your life, reality starts to change.

All competent manifestors will tell you the same thing that the source of change begins on the inside. When you change who you are by updating your values, beliefs and behaviours, the results you want to experience start emerging in front of you. This inside out approach is what Gandhi meant, when he said 'Be the change you wish to see in the world'.



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# NICK FREEDMAN



MANIFESTOR FOUNDER & TEACHER

## MY STORY

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Since leaving school at the age of 16 in Leeds, England, I have been passionately expanding my life experience. By the age of 23, I had travelled the world, and worked in advertising for six years. At 25, I made my dream of living in Sydney become a reality, and at 28 I set up my first business to feed people's potential. At 31, I met and married my soul mate, Min, and we now have two great kids, that we're raising in Sydney's Northern Beaches. I love to surf, meditate, fly my kites and support people to find their true path in a world that is transforming so quickly, that it's easy to lose clarity.

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# What Next?

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## GET MANIFESTOR IDEAS EMAILED TO YOU

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As far as digital dialogue goes with my community, I believe in quality, not quantity.

To enjoy a quality read in your inbox monthly, sign up at the subscribe page.



## WATCH MY TEDx TALK

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I coached one of my clients to realise her dream of hosting a TEDx event in Sydney.

Watch my talk, to learn how I have manifested positive change in my life.



## START LEARNING THE WAY

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Maybe you want to learn how to become a manifestor. There are two options available to learn online and also with me in the social learning gym.