



The Great Balancing Act

WITH JEN MAZER, THE QUEEN OF MANIFESTATION®

THE IMPORTANCE OF LANGUAGE

Something so many people fail to realize is how important language is when manifesting. You've heard it said again and again, "Words matter," and when it comes to manifesting, they really do.

But when we're trying to create what we want in our life, we often get lazy with our language and unknowingly create more blocks to the things we are trying to manifest.

Don't worry, it's not your fault. So much of this is subconscious. The opportunity now is to be more conscious with your language in order to bring in better results!

The universe is a mirror, it's a reflection to what you put out.

- If you say, "I can't afford it," you're literally attracting things to you that you can't afford.
- If you say, "I don't have enough," no matter how much you manifest, you still will feel lacking.
- If you say, "I don't know how to," you're turning away all possibility for discovering the how.

With all of these examples, the universe is going to say, "Yes, you're right, you can't afford it/don't have enough/don't know how to..." The universe will hear what you are saying and respond accordingly.

You must pay attention to the language you use while you're manifesting. This part cannot be skipped!

PUT IT INTO PRACTICE

Be honest with yourself and fill out the worksheet below (you can use a different piece of paper or journal if that's easier). Keep this on hand and fill it out as you catch yourself using limiting language throughout the day.

Make sure you include the things you say out loud to others and the things you say silently to yourself. Then explore how you can reframe those into possibilities.

I'm getting you started with some of the most common language mistakes my students make...

Limiting Language:	Changed to:
<i>I can't afford it.</i>	<i>How can I afford it?</i>
<i>I have to...</i>	<i>I get to...</i>
<i>I don't have enough...</i>	<i>How can I make it enough?</i>
<i>That won't work for me because...</i>	<i>Maybe it could work for me because...</i>

PUT IT INTO PRACTICE



BRINGING IT ALL TOGETHER

In Video 1, you got clear on what you want.

In Video 2, you worked on clearing your limiting beliefs.

And now that you're aware of how your language is affecting your results, it's time to see it all come together.

Here's the thing...

Sometimes our manifestations happen really fast - in a week, a day, or even an hour.

But usually there's a gestation period - some time between when you set your intention and when it actually manifests.

A lot of people get stuck during this period trying too hard or desperately reaching for their dreams, repeating affirmations over and over again, "This is happening. This is happening. This is happening," when actually it's NOT happening.

In fact, repeating affirmations is making you feel WORSE. You end up feeling bad because it's not happening.

This is the wrong way to go about affirmations. You feel like you're doing all the work and it hasn't shown up yet, so you get frustrated and give up on your dream.

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Think about a garden. You plant the seeds in the dirt. The roots are starting to grow beneath the surface, even if you can't see them. When the sprouts start to grow up from the soil, you don't pull up the sprouts and say, "Why aren't you growing fast enough? I want flowers!!"

No, you have faith in the process. You continue to water and nurture your garden. There's sunlight that's provided to them. And you wait while you have a beautiful relationship with those seeds. Maybe you talk to them. Maybe you express gratitude for the fact that you know they're going to bloom into these beautiful flowers. And when you do that, then you have that beautiful balancing act. You're not rushing and pulling out the things that you've worked so hard to plant.

You're not giving up on your dreams right before you reap your harvest.

Think about how you can continue to help nourish them and allow them to grow into beautiful manifestations?

Just like working with those seeds, you're working with the universe. You're balancing. Yes, you're steering the ship. You're telling the universe what you want by being clear with your language, but you're open to what shows up that might be even better than what you had imagined before.

And that balancing act is something that is very delicate. There's a way that you can balance in order to bring in the results that you desire.

xo,
Jen

ABOUT JEN MAZER



Jen Mazer is the Queen of Manifestation.®

She's always been able to dream up outrageous adventures and actually live them out—from rubbing elbows at a small private cocktail party hosted by Martin Scorsese, to living rent-free in the East Village of Manhattan for 10 years, to paying off over \$38,000 of debt in less than a year, having her artwork published in the New York Times, traveling the world, meeting the man of her dreams (a successful rockstar), giving birth at home to a beautiful daughter, and starting a green school in Africa.

Jen is a sought-after transformational speaker and coach. She teaches people how to manifest their biggest dreams while making an impact on the world. She is known for her signature [Manifestation Masters Program](#).

She's the author of *Manifesting Made Easy* (Simon & Schuster), and Co-Founder of the board game Sparked. Her work has been featured in the New York Times, Fast Company, New York Magazine, Real Simple, Cosmopolitan, Inc., Marie Claire, ABC, and more.

Learn more at www.queenofmanifestation.com.