



Where are you going this year?

# Manifestation Journal

The Lightbearer Center  
[www.scienceofbeing.net](http://www.scienceofbeing.net)

Most folks start the New Year off with good intentions - get healthy, spend more time with loved ones, or perhaps learn a new hobby. Then around mid-February most folks realize they have slipped back into their old routines and those good intentions are long gone. Sound familiar?

The masters say 'Know Thyself' – what does that mean, really? It means to have Self Knowledge. You are the only one who can see the Truth of who you really are - your Individuality. You are the one who will benefit from asking yourself the tough questions: What am I? What are my strengths and good qualities? What are my faults and weaknesses? When you do this, honestly, you embark on that grand adventure called Life!

Your teacher is within you – your Higher Self or Superconsciousness. Lift your mind 'up', look up within, with the Spiritual purpose of knowing your self. Develop self respect. Use your free will to manifest, here and now, those wonderful Soul qualities of yours!

In the Fundamental Principles of Science of Being, Eugene Fersen wrote:

*"Never fear that you cannot do a certain thing, that you cannot bring out certain qualities from within you, that you cannot overcome obstacles on your path. Remember that all things are possible to a Power which governs the whole Universe and that you are the very embodiment of that Power. Latent within you are all those forces and qualities of yours. Your problem is to bring them out."*

The new moon is the best time to start new projects as you are in harmony with the 'new' vibrations it represents. There are 21 days in this journal, since current thought is that it takes 21 days to create a new (good) habit – or effect a change in your life. Can you do it? YES!

You are a volume in the divine book,  
A mirror to the power that created the universe.  
Whatever you want, ask it of yourself.  
Whatever you're looking for can only be found  
Inside of you.

~ Rumi

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Insights from your meditation: \_\_\_\_\_

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