

# DAY 1 – ORIENTATION SESSION



Watch the introductory video on the previous page and read this thoroughly as if you're about to be tested on it – make it real inside.

YES you certainly will (master the art of guiding destiny) if you follow this training properly and put in the time and concentration. Though you'll find it fun. You'll find it the most fun so far, in fact. That's the point of it – to have more fun.

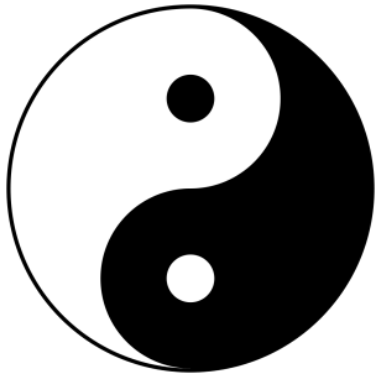
That's why you want to manifest whatever you want to manifest – it's not to acquire things, or status, or people, or situations even though it may surely seem that way. You want whatever you want because you believe it will facilitate you enjoying yourself. Believe it or not, that's the underlying drive beneath all drives. You might think it's to attain safety. But you only want safety so you're safe to enjoy yourself. You may think it's to achieve this or that goal but you only want to achieve your various goals because you believe doing so will facilitate you enjoying yourself.

**What makes the Taoist model or system so unique, aside from it being unparalleled in its effectiveness and in every conceivable way, is that you learn to manifest enjoying yourself first. At the very deepest imaginable level.**

And assuming you do the training diligently and don't fudge it, you find that by manifesting the state of enjoying yourself, everything required to facilitate and support your enjoyment materializes for you of

itself with no effort or strain on your part whatsoever. And it does so hugely more elegantly than were you to contrive such materialization in the conventional way.

In this training you will learn to access what the Taoists call your true nature – the true self behind the mask you’ve grown to mistake for yourself – the authentic you behind the act. This is the act you’ve developed over time in order to fit in, not stand out, or to stand out in order to fit in, or to earn approval, recognition, respect or validation.



Because once you’ve learned to access and in effect be your true self, to operate from your true nature, and once you’re able this to discern your true nature’s intention, rather than following the intention you think you should follow, you find yourself able to actually guide the flow of destiny in your favor at all times.

But this doesn’t mean everything will always be to your liking. That would be impossible on account of the yin and yang phenomenon. All matter is subject to the alternating cycle of yin and yang – hence every ray of light has its stripe of shade, every boon has its downside, and every misfortune eventually works to your advantage.

This training will, if you follow it properly, imbue you with the wisdom and perspective not to blow anything out of proportion ever again, hence to be able to take everything in your stride, and most importantly to be able to have fun.

All the time.

Even in the momentary depths of despair, and they will be momentary once you’ve trained in this, you’ll be having fun – loving being alive. You’ll know that yin turns to yang and vice versa, that the way turns this way and that, but always to your benefit, and so not to draw conclusions, but simply to observe and thrive on the ride wherever and however it goes.

Crucially you’ll learn to manifest and embody the state of having rather than the state of wanting.

When in the state or mode of wanting it won't make any difference how much or grandly you manifest, you'll still be wanting – the next thing, and the next.

When in a state of having, you know you already have the whole universe, you already have the greatest gift there is – you're here, you're alive. And all lesser gifts, no matter how huge or profound, will come naturally to you.

If you've found all the so-called Secret Law of Attraction people, speaking in funny voices, or offering bland, banal prescriptions didn't really seem to have a true grasp of the art, that perhaps they'd jumped on a passing fad, and that there's probably a bit more to it all than that, your search for that bit more can now be rested.



**Rumi the Sufi said: “that which you seek seeks you also”.**

This alludes to the effect of mutual magnetism, or like attracts like. When you manifest a state of having you magnetize plenitude. When you're in a state of wanting you magnetize deficit.

**You'll learn in the process to attain to the state of super-cognition, or omniscience** – you'll learn to describe and see reality differently – to see the motion of subatomic particles and the oscillation between the quantum state and the world of matter.

**You'll learn to see the plasticity and pliability of reality**, without which quality it would be impossible to guide destiny, to cause the world of matter to conform to your intention.

**You'll learn to discern and activate your intention** both for the long-frame game and the short-frame, both for setting up the grand context and for managing moment-by-moment situations.

**You'll learn the acupoints, postures and movements** to stimulate the relevant parts of the brain and energy circuitry to expedite the alchemic process.

**You'll learn a protocol, a series of steps, comprising a magic ritual of the deepest sort.** This eventually will become second nature so that you'll not need the ritual in the sense it'll all be a ritual, a wonderful game of playing with the Tao.

**And you'll learn to remain so constant in your perspective and wisdom you'll never waste another moment not enjoying yourself.** And as your enjoyment grows so does the magnetic power of that joy and you draw more and more joyful eventualities into being, each complete with all requisite resources to sustain you in the style of your choice.

**And you'll never have to worry about money again.**

**You'll never again have to worry about being alone or about not finding someone to love.**

**You'll never again have to worry about missing out on anything or anyone.**

**You'll never have to worry about anything ever again.**

**You won't even have to worry about dying.**

To all this I can attest.

Though I must also state categorically, I don't actually know if we manifest anything at all, or whether everything that happens (without exception) was destined since the birth of time itself and was always going to turn out as it did – and all we were doing when we thought we were forming an intention and manifesting whatever it was, was being unwittingly prescient and rising up to meet the premonition we'd unconsciously had by describing what was going on as us manifesting it.

Nor do I know whether it's a paradoxical combination of both, whereby we are obliged to agree to whatever's coming but somehow were always going to agree anyway.

I don't know and nor does anyone else, whether they tell you they know in the voice of an otherworldly presence, or back up their message with a hundred different filmed interviews with supposed experts.

And anyone who claims to now for sure is lying – to themselves perhaps – but lying.

If the Tao was human it would laugh at such arrogance.



As it says in the Rubaiyat by Omar Khayyam: “Many knots unravel by the road, but not the knot of human death and fate”.

And it really doesn't matter.

What we can say however, and I say now based on over no less than four whole decades of deep ongoing exploration of the subject, is that it certainly seems as if we're obliged to discern the true intention of our true nature, it certainly seems we're obliged to agree with the fruits of that coming about, and it certainly seems when we use this system that it damn well works.

And that's the best we have to go on.

道

But don't think it's like a machine. In any case even machines go wrong. The whole enterprise is very much Sorcerer's Apprentice. After all we're playing with the Tao here. Hence why arrogance on our part – even the arrogance to assume we can discover the actual mechanics of destiny – is misplaced.

And a respectful willingness not to need to know is well-placed.

Having manifested some implausible surprises in all directions for myself during my experiments over the decades I must assure you the Tao is not to be subjugated to your will.

But the more in line with your true nature you become, the more you're in a state of having rather than wanting, the more smoothly and seamlessly it evolves.

And you'll learn genuinely not to care whether it works or not.

Because you must reach that state for the magic to work.

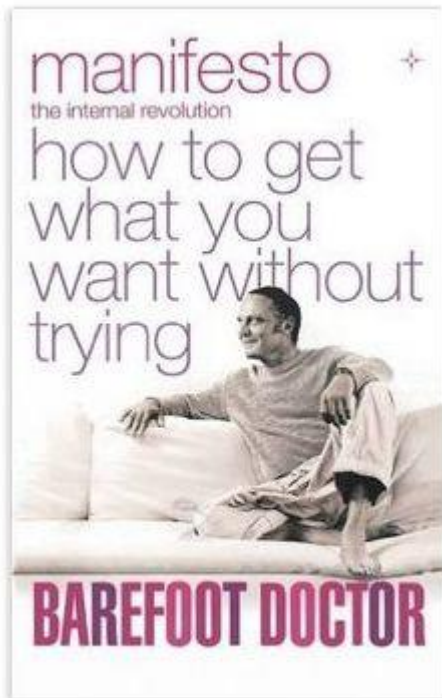
If you're starting from a position of wanting, and therefore of deficit, hence worried the magic won't work, you'll merely magnetize deficit and it won't work.

You'll learn to be so rooted in the delight of being already in receipt of the greatest gift of all, you'll truly not mind and it won't matter.

So although the focus of your attention is on becoming a master of manifesting you'll be manifesting something far greater even than any of the transient pleasures of the world – you'll be manifesting yourself – the total fullness of you as 'super-being'.

And the irony is you already know how to do all this. It's innate. You simply need deprogramming from the trance you've been in all the while that occludes access.

And that's what the training does.



It's inspired by MANIFESTO, a book I wrote in 2003, published in 2004 and which did incredibly well, making huge numbers of people richer, happier and all the rest of it.

I'd not had much inclination to write the book at the time – I'd just completed the building of my 'trim cubist palace' high on a Catalan hillside overlooking the blue Mediterranean and the snowcapped Pyrenees, had paid off the mortgage in one hit a few months after buying it – all through the magic (and a fair bit of work obviously), had an esteemed friend coming to stay on a rare visit and enjoy the space with me for three whole weeks, which happened to coincide with the three weeks I had left before I was contracted to hand in the manuscript, so I used the magic to get it written without noticing I was writing it, and for it to be a huge seller. This worked.

However it deprived me of the opportunity to take time and examine all aspects of the subject and thus grow in my depth of understanding, as well as be helpful to those who read it. In any case I'm not really sure I'd have yet been able to muster the requisite clarity or erudition.

As well as which I always found books as a notion limited when it comes to teaching – I always yearned for the video and audio aspect and for a format by which people would actually train in the process rather than merely entertain the ideas.

As a result in 2015 I spent six months writing, filming, recording and organizing this training and have loved every minute so far. I can also attest to its efficaciousness – because I’m using it even more than normal by having to think about it more.

One beautiful wee touch typical of the elegance with which it all works – Spanky who films for me and I were driving away from the forest where we’d just finished and passed by a magnificent looking country pile set back from the road.

I was suddenly impelled to suggest we check it out for a location. Turned out it was a hotel and they agreed.

Here’s the nifty bit – the reason I was looking for an inside shot was to read the actual manifesto – the series of pledges you make to set the tone and mode for the journey between the point of setting your magic in motion and whatever you’ve set in motion materializing. I’d totally overlooked to do an actual manifesto in the book itself – had forgotten to follow the gag through – so have made up for it with a manifesto in the training. And I wanted somewhere with a hint of the political to set off the gag a touch.

Walking about the old house the room that took me, the one with the most light and space, just happened to have large portraits of twenty or so UK former prime ministers. Perfect serendipity without contrivance.

Though any metaphysical enquiry must honor the curve of all things, the circle, sphere and spiral intrinsic to matter and non-matter alike, rather than expect to find any straight lines, as there are none, and hence any metaphysical training must necessarily be circular by nature, I’ve done my level best to construct some sort of linear approach through the training, as that’s the way we’re most familiar operating in the modern world.

**There are three distinct phases – preparation, process and managing the ensuing ride.**

1. **We’re preparing your awareness** by changing your vision, changing the way you’re seeing reality, settling you optimally within so you’re able to act from your true nature, and ridding you of the grasping that would jar the result.
2. **Then we’re onto the actual activation process** entailing discerning the true intention, dismantling the grip of inauthentic intention – the need to impress and so on, dismantling the glitches in your reception mechanism acquired through traumatic formative moments, adjusting



your standing with what's been and with what's to come, accessing the level of anti-matter, whence matter derives and summoning the power therefrom to trigger the magic.

3. **Then comes the manifesto**, your pledge of how you'll now conduct yourself within and without, so as not ever to jar the process nor cause you any unnecessary dropped moments of joy – your vow to keep rolling with the best way to manage the ride.

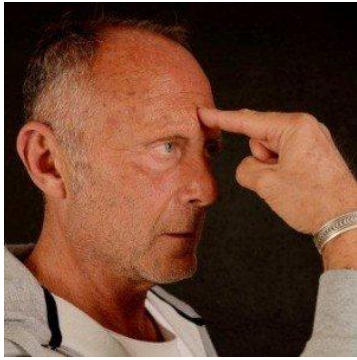
These stages present themselves as follows:

**Preparation – occurs via a series of nine audios, some rather longer than others** – you'll need a maximum of 30 minutes – and these can be listened to on the move, one a day, preferably repeatedly.



Reason being I've used various frequencies quietly at the bottom of the sound, in which are embedded all the key points using my unique 'polyliminal' technique – and this will get the important data into your circuits effectively – I say so as many people find my voice so relaxing they only realize they've fallen asleep when they wake up at the end. And it doesn't matter. The training will work even better – but it will require some repeated listening. On the other hand you can of course stay awake and follow the narrative in which case it will work even better still.

**Process – the data delivery mode switches to video for the activation process** because it'll help to see the postures and points – as an aid, there are also photos here in the text.



For this part – six days – you’ll need slightly longer some days – as you’re learning quite a complex procedure with profound focus. To aid this there’s also an audio so once having got familiar with the day’s process, you can practice without watching with the audio in your cans.

However, and this is where circularity shows itself most, the two are not the same. That would have been redundant.

The audio takes you on a slightly different route and certainly takes you deeper as only audio can. But you must be sure to learn the process from the video first.

During this stage if you require two or three days per video, that’ll be fine – no point rushing such an important process, after all.

**Managing the ride – finally, there’s the manifesto itself. This comprises a sequence of affirmations appertaining to the manifesting process, recited while or after stimulating various points** and what-have-you by way of anchoring the ideas, similar to though more profoundly acting than the EFT tap-tap-tapping technique, which originally derives from Taoist medical practice.

Watch the film to pick up the points and postures and then use the audio. This can be repeated for as many days as you like. Just the one go will suffice if performed with sufficient feeling and conviction but keep it up till the affirmations comprise the design embossed on your mental wallpaper, which will occur by repeated listening anyway on account of the use of polyliminal technique.

And then you’re set.

One thing – the use of visualization – it’s crucial you understand the mistake made by all these manifesting types.



Visualizing is the most powerful intention activator you have – but contrary to what most teachers teach visualizing does not involve trying to convince yourself or make yourself believe what you’re seeing. This decreases the power of the visualization.

When I say see a vision of a large oak tree with a big smile walking slowly towards you, you can see it immediately. You obviously don’t believe it unless you’re a real idiot and I know you’re not or you’d have not have had the wisdom to have taken this training. And you don’t put any energy into making yourself believe in a walking oak tree. It’s exactly the same with this – just see it – see it fleetingly – see it often – but just see it – and it will come about.

Probably best to stop thinking of the walking tree now, or you might make it happen and you never know how insane that tree might turn out to be.

### **First though – contemplate the underground projection fish.**

The underground projection fish is a ninja move – they train in it. I’ve never seen it done and am not even sure it’s really possible – in fact I strongly doubt it is, but it serves as a perfect metaphor for the mode in which to go about manifesting the sort of changes you want.

The technique is to burrow through the earth just under the surface moving like a fish, not making disturbance at the surface and suddenly bursting through the ground behind the adversary and doing whatever you have to do to them.

This involves some serious focused projection before you start burrowing to ensure you’ll pop up in the right spot and presumably to stop your lungs bursting underground as you’d have no air to breathe.

As I say it’s a metaphor – contemplate it – it will strengthen your resolve. Also contemplate the Taoist prescription of 4 ounces. Meaning whatever you do you do with just enough weight behind it to make a difference but not so much that if the object you’re leaning into suddenly steps back you’ll fall over. Light but intelligent touch on reality’s arm at all times – and likewise when it pushes back on you, yielding

while maintaining your ground so it can't exert any more (or less) than the metaphorical 4 ounces – and it is metaphorical so you don't need any portable scales.

Above all, before beginning – don't assume yourself a beginner – you've already manifested the greatest outcome there is, you've already won the biggest prize of all – you're here. All the rest of it is relative child's play once you get the hang of it.

**And so with ultimate humility in the face of this unfathomable mystery called destiny and how it works, and with every expectation of the most resounding success, based on your track record of already having scored the big one, into the preparation we go.**

**Balance the ebullience above with approaching this as a scientist in the experimental spirit of engaging in an ongoing inquiry – and as a scientist you'll not be prone to jumping to conclusions – you'll be able more to sit back and observe the process as it's unfolding. This is important as impatience causes you to keep checking the cake and it ends up never fully rising.**

**[GO BACK TO A NEW MANIFESTO MEMBERS PAGE](#)**

## 2 Responses to ""



George Smith

3 years ago

[Reply](#)

Sue / BD

The Manifesto is happening to me already  
This morning at 0800 hrs we were walking around the pool at our villa & I happened to say "when is the pool maintenance man coming again ", knowing that he always comes in the evening.  
10 minutes later out of the blue he turned up to clean the pool.  
" Manifesto bring it on "  
Thanks for this amazing opportunity  
All the Best

George  
From Phuket



George Smith

3 years ago

[Reply](#)

My Manifestation was perceived 02-08-2015

I wrote in my calander the following:

“GS (me) to look within,and go on a journey of self discovery.”

Thank you for this opportunity

Regards

George  
from Phuket