

manifesting matisse

A Practical System for Reality Creation



Dr. Michelle K. Nielsen

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Manifesting Matisse: A Practical System for Reality Creation

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ISBN: 978-0-615-22916-4
Library of Congress Control Number: 2008908654

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This book is intended to inform and entertain the reader; nothing in this book is intended to replace common sense and legal, medical, or other professional advice.

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www.ManifestingMatisse.com; www.MasterManifestor.com; www.CreandoMatisse.com (Spanish)

A MESSAGE FROM THE AUTHOR

A PRACTICAL SYSTEM FOR REALITY CREATION refers to ten simple, yet powerful, steps through which you will be able to manifest your visions for yourself and the world. While I had to develop my manifestation skills baby step by baby step, you hold in your hands the distillation of a lifetime of manifestation experience that will allow you to develop your manifestation skills and become a Master Manifestor much more rapidly than I did. The ten steps in this book are designed to give you a solid, fundamental skill set in the art of manifestation. The story of my manifestation for my son Matisse's healing that precedes each step and that is sprinkled throughout the book is an example of the manifestation system in action.

Before you begin reading *Manifesting Matisse* and creating a new reality for yourself and the world, allow me to share a little of my development path as a Master Manifestor with you. Thanks to early training in the Silva UltraMind ESP System and my single mom's busy work schedule, I had the tools and the time to experiment with reality in childhood. Before I was out of elementary school, I began using the skills that I share with you in this book to manifest things that I wanted and needed—clothes, books, lessons, and other extras came my way through surprising channels—and by high school, money and resources flowed to me in a steady, ever-increasing stream. Throughout my adult life, I have made the art of manifestation a primary focus of my mental and emotional energy. I have continuously developed my manifestation skills, strengthening my co-creative ability with each manifested vision.

The art of manifestation has allowed me to overcome significant obstacles and to secure an education in a profession I love and develop a thriving chiropractic practice before I entered my thirties. I have also manifested an exceptional life partner, thrilling life adventures, and an outstanding reputation as an expert in my field.

During the past decade, I have experienced miracle after miracle in every area of my life. I used my manifestation skills to build wealth, through investing and real-estate entrepreneurship, and to expand my healing center—all while consistently reducing my work schedule to reflect my priorities as a wife and mother. A couple of years ago, I began sharing what I know about the art of manifestation with others by coaching private clients, teaching seminars, leading workshops, and taking leadership teams through every step of my manifestation system. The results were exciting, but they would soon pale in comparison to my manifestation for Matisse.

In the space of one short year, I manifested the most important vision that I have ever conceived—my son's healing. By applying the ten steps that you'll discover in this book, I manifested Matisse's healing setting him free from the severe developmental delay, neurological damage, and emotional problems caused by his extremely premature birth. In manifesting Matisse's healing, I have manifested my son as he truly is, the person he was always intended to be, and I have also manifested a new vision of service for myself whose reality is the book that you hold in your hands.

I have no doubt that when you put my manifestation system's simple, yet powerful, ten steps into practice in your life, you will manifest a new version of yourself, the you that you were always intended to be, and many other miracles as well!

PREFACE: MATISSE

I hear Matisse stirring and crying in his room and look at the clock; it's 6:15 AM. A quick calculation confirms that I've had just over five hours of sleep since I fell into bed last night after baby Tahlia's last feeding. Matisse's cries grow louder; he often wakes in this agitated state. I drag myself out of bed and head toward his room hoping to be able to comfort him while knowing that I cannot. When he sees that it's me opening the door he screams, "N-n-no! N-n-no! YOU! N-N-NO!" This familiar rejection shouldn't hit me so hard each and every time, but it does, *it just does*. I approach him to try to give him a hug and he pushes me away. I can't stop reaching out to him and hoping, praying, and trying so hard to forge a connection with my child; this child that I ache to hold in my arms as his arms flail against me; this child who is enraged by the sight of me, his mom. Tears prick my eyes. While Matisse is sometimes angry and temperamental with others, I am the only one he consistently pushes away. Isn't wanting your mother to hold you, love you, and chase away your fears an innate desire within every small boy?

"D-d-dah! D-d-d-d-dah!" he cries, wailing for his father. As Adrian makes his way down the hall to us, my mind works its way through all the reasons Matisse might feel the way he does about me. All of the explanations doctors and other experts have offered for his behavior can be summed up in two words: *insufficient bonding*. Evicted from my safe, warm womb three months before his body and spirit would be prepared to cope with the world, Matisse was too fragile to be cradled in my arms until two months after his traumatic birth.

Now frustrated and angry about his increasingly obvious limitations, Matisse is taking it out on me, the person to whom he is paradoxically most connected. Adrian walks into Matisse's room and sits down on his bed. Matisse stops screaming, crawls over, gives his dad a big hug, and snuggles into his arms.

The rest of the morning plays out in the normal fashion with Matisse rejecting and rebelling against me. The hour that I spend trying to get us all out the door seems more like three or four, only to be followed by our stressful walk to school. As I turn Matisse over to his teacher, I feel a guilty relief. I sigh as I lean my head back against the seat of the taxi on my way to work listening as the driver adjusts the radio and settles on a station playing a tender ballad I haven't heard in almost five years.

As the music floods the car, I am swept along with it to the summer of 2002 where I am blissfully relaxing on a gorgeous Spanish beach with Adrian after a busy month at the office. Every now and then, one of us runs our fingers over my growing baby bump and we both break out in smiles. "You should start showing more any day," he assures me several times (my tummy is still so small that a loose shirt or a sweater conceals my pregnancy). Suddenly, I feel dizzy and nauseated. "Adrian, I think I need to get out of the sun." I manage to help gather our things and get over to our car, but as I turn the key to open the trunk fluid starts gushing from my body. *Not running. Gushing.* In the space of the heartbeat it takes to look down at my shiny crimson feet and take in the alarmingly expanding matching spot on the ground beneath them, *I realize that my life will never be the same.*

I spend sixteen hours drifting in and out of consciousness before opening my eyes to see the kind, worried face of a doctor. "Senora Nielsen," he says gently, "your life is in danger and so is your baby's. I am sorry to tell you that we have to terminate your pregnancy or deliver him as soon as possible. If you decide against termination, you must know that he is not likely to survive the delivery. If he does survive, you must be prepared to be the mother of a special-needs

child. He may be blind or deaf, or he may suffer from cerebral palsy. He will probably be developmentally delayed—perhaps severely.”

Our *teacup-sized son* survived weighing just 800 grams (1.8 pounds), and even though he was *tiny enough to be easily held in one hand*, an *easily held* Matisse was not to be (then and for so much longer than we could ever have known)—he was so fragile that the doctors told us we could not hold him at all. When I was finally able to see him three days after his birth, I was devastated and couldn’t believe there was any real hope that we would ever take him home. My entire body ached to cradle Matisse in my arms, but the specialists caring for him could not allow it.

There are premature babies, very premature babies, and extremely premature babies. At just twenty-nine weeks’ gestation when he was born, *Matisse was an extremely premature baby*. His survival itself was a miracle and we thanked God and the Universe for it, but the first three months of his life spent in an incubator almost completely isolated from human touch were harsh and traumatizing, to say the least.

On the day that we finally brought Matisse home, we felt our life as a family genuinely begin, but as it turned out, so too was our family struggle. From an infant who was distressed and difficult to soothe (who wouldn’t be after such a rough start?), Matisse grew to become a beautiful but frail and frustrated toddler. Until he was three and a half, Matisse’s waking hours were a constant struggle to hold his head up on his thin underdeveloped neck and shoulders. When his body finally caught up enough to relieve him of this huge daily task, Adrian and I felt the relief too.

All that time and for years afterward, we watched and waited and held our breath and kept our eyes peeled for developmental milestones that either came very slowly or not at all. We gave Matisse chiropractic adjustments and fed him nutritious whole foods. We bought him learning toys and educational tools

and tried to interest him in them to little effect. We played with him, worked with him, read to him, *and we loved him*.

Now, almost five years after my son's birth, I'm in a taxi on my way to work listening to the song that was playing on the radio the day the blood covered my feet at the beach and thinking about the first days and weeks of his life. I'm not thinking about how nothing ever seems to change or about how we pretend that he's simply a little behind and will catch up soon—"He's speaking better, isn't he?" one of us will say and the other always agrees—or that we measure his *improvements* by millimeters while other children his age progress by leaps and bounds. I'm not thinking about these things because I can't, but very soon I will have to. And when I must face the truth, I won't be broken apart as I fear; *I will be broken open and then the miracles will start to happen*.

ACKNOWLEDGEMENTS

THANK YOU TO ALL MY FAMILY AND FRIENDS for your support of this project—especially Baba and Tia for being there for Matisse and Tahlia. Thank you Adrian for always believing in me more than I have the capacity to believe in myself. Thank you to the Team at Solana for holding down the fort, to Team SCB, and to all of the inspirational writers, mentors, and speakers mentioned in the *Recommended Resources* and the *Selected Bibliography* who started me on this journey and who have provided insights along the way. I would like to especially acknowledge B.J. Palmer and D.D. Palmer who had the courage to begin writing about and developing these manifestation principles throughout the beginning of the twentieth century. A big heartfelt thank you goes out to my editor and writing coach Michelle Reé for her incredible creativity, genius, and inspiration. And finally, to my designer and final copy editor Jill Cooper, thank you for adding the final polishing touches to this work of art and bringing it to completion.

The true work of art is but a shadow of the divine perfection.

— Michelangelo
Italian Renaissance Painter, Sculptor, Poet,
Architect, and Engineer (1475–1564)

INTRODUCTION

The Art of Manifestation

THANKS TO A COMBINATION OF personal traits, training, and life experiences, a small percentage of the world's citizens have acquired a comprehensive set of powerful manifestation skills. These skills help them create the realities they want by allowing them to direct positive mental and emotional energy toward their desires in a rarely interrupted flow. *With this manifestation power at their disposal, these Master Manifestors transform their dreams into reality on a consistent basis.*

Many Master Manifestors sharpen their skills over time and eventually transform the realities of everyone on the planet, as well as the planet itself. We call them visionaries, transformative leaders, great artists, world changers—and even saints. Some are famous; some are unknown beyond their circle of family and friends. Some are wealthy; some merely live comfortably. Some primarily use their skills to gratify personal desires; some put their skills to work in service to others with little interest in how they might personally benefit. I believe the majority of Master Manifestors use their skills in a more balanced way—to live their best lives and to empower others to do the same.

Their personalities, visions, talents, and beliefs are as different as their dreams, but all Master Manifestors have one thing in common: *the ability to usher their dreams out of the realm of possibility and into the realm of probability until they manifest in reality.* Master Manifestors aren’t smarter, more gifted, or more talented than others. They aren’t better, holier, more spiritually advanced, or more deserving than anyone else either. So what do they have that their less-fortunate friends do not? Nothing, except a thorough hands-on education in the art of manifestation.

If you haven’t made your dreams come true; if you haven’t manifested your visions for your life or for the world, you’re not at fault or inadequate or destined to experience or accomplish less than you want in life. You simply lack a few of the skills that Master Manifestors use to create the outcomes important to them such as the following:

WEALTH	JUSTICE	ART	HEALING
SERENITY	FAME	COMMERCE	HEALTH
LOVE	CHANGE	POSSESSIONS	WISDOM
RECOGNITION	SUCCESS	INFLUENCE	ENERGY
STATUS	RELATIONSHIPS	TIME	LEADERSHIP

If you’re not manifesting what you want in your life or the world right now, you’re operating at a manifestation-skill deficit. This is good news because each and every one of the manifestation skills you need is learnable—they can all be mastered with some practice. And you will master them using the practical system for reality creation you’ll learn in *Manifesting Matisse*.

Simply practicing these skills will empower you to start painting your cherished visions for yourself, your loved ones, and the world into reality. And when you master them? Watch out! Your life, your reality, will shift in dramatic ways. You’ll never be the same again and neither will the people around you nor the world.

When you understand why you haven't become a Master Manifestor already, you'll understand why you *can* when given the right tools. That understanding will give you the motivation you need to succeed with this simple system. So before we get down to work, let's take a look at why your attempts to create the realities you want may have failed in the past.

- ◆ You need a more fundamental manifestation education than you've gotten.

Many well-known spiritual teachers are accomplished manifestation artists with an almost prophetic calling. Their mission is to prepare us for manifestation mastery by opening our eyes to the principles of manifestation and opening our hearts to our co-creative potential. Many others teach advanced co-creative techniques to take those who have already mastered the fundamental skills of the art of manifestation to the next level. *But the fundamental skills necessary to apply these principles and techniques are rarely taught.*

Manifesting Matisse is basic training in the fundamental skills you need to make the most of the teachings you have received up to now.

- ◆ You've had too many options.

There's a reason why New Coke and Classic Coke could never coexist: too many options equals no decision. *When given several options for applying a principle we've learned in a book or a seminar, most of us simply don't follow through on any of them*—we get lost in the possibilities and never find our way home. On the other hand, if you tell us “do this, just this, and you'll be glad you did,” we're much more likely to take action.

In *Manifesting Matisse*, I give you as few options as possible for applying each step, so that you'll always know what to do and when you've done it.

◆ You've been too afraid to try.

Because of past disappointments or failures, you are afraid of putting your dreams on the line one more time. You have come to believe that there's a problem, a big problem, and it lies with you. Thinking this way about yourself makes it hard to think about successfully making a change and maintaining that change over time. The truth is that there is no problem at all, there's only a puzzle and until all of the pieces are assembled and snapped into place, the picture is simply incomplete.

Manifesting Matisse is a comprehensive reality-creation system that will help you complete your manifestation puzzle (including the pieces that will help you maintain your new habits over time).

◆ You're a personal-development addict.

Personal-development literature can be used to change your life; it can also be used as a comforting device. The positive, upbeat language in most self-help books triggers positive thoughts and emotions that are highly satisfying in themselves. Which is why just reading a book about changing your life can make you feel almost as good as actually taking action to change it—for a few minutes or hours anyway.

Manifesting Matisse is a practical hands-on system designed to move you out of addiction and into action.

◆ You've specialized in specializing.

We most enjoy using skills we've already mastered and developing more skills in competencies that come easily to us. Our brains' neural networks just like it that way. Firing our synapses in the same direction over and over again, rather than pioneering new pathways, is just a lot more fun for them. And that makes it a lot more fun for us too.

The ten-step system in *Manifesting Matisse* requires you to practice all of the essential manifestation skills until you master them, including

those that may be uncomfortable for you at first—there are no loopholes. You may never be a great planner, but you can learn how to plan well enough to take mindful action on behalf of your visions. You may never reach Nirvana, but you can learn how to meditate well enough to transform your thoughts in profound ways. You may never be totally free of your acute emotional sensitivity (why would you want to when it's filled your heart with compassion for others?), but you can be free enough to manifest visions that fear or unresolved pain might otherwise block you from welcoming into the world. Who knows, you might even develop a love affair with the very skill that you hate the most when you see the difference it makes in your life and your manifestation ability. *If you want to maximize your results using this system, spend most of your time and attention on the steps you least enjoy the first time you try them.*

The Art of Manifesting Matisse

Manifesting Matisse is a practical book based on the principles of quantum spiritual reality creation that have emerged into popular consciousness in the past several years. While films like *What the Bleep Do We Know!?* and *The Secret* have made the science behind the manifestation process understandable and accessible to people like you and me, most of us need more: we need hands-on training in the art of manifestation. Manifestation is an *art*—it's a creative process motivated by inspiration and carried out with a group of learned skills.

While a scientist understands why mixing these elements with those elements creates blue paint, an artist knows how to use a brush with that paint to create something new, something original. While a scientist understands the physical principles that make paint cling to canvas, an artist knows how to paint dreams into reality on that canvas. While a scientist understands why a creative vision can become reality, an artist possesses the skills to manifest a creative vision into reality.

Manifestation is *the* fundamental art—the wellspring from which all creation, including the fine arts, flows. The art of manifestation is the guiding metaphor for this book. At the beginning of each step, you will be welcomed with inspiration from great artists throughout time highlighting that step's unique creative opportunities and challenges. I have always been inspired by the great French artist Henri Matisse's work; so much so, that Matisse is named after him. Arguably the twentieth century's most innovative and influential European painter, Henri Matisse was a true creative explorer and Master Manifestor. You are in the process of becoming a world-changing reality artist in your own right—you are a true manifesting Matisse.

MAKE THIS BOOK'S SPIRITUALITY YOUR OWN

As you read *Manifesting Matisse*, please translate what you read into terms that help you make the spirituality of this book your own. As I learned during this book's creation, trying to reflect every potential reader's unique spiritual orientation makes for cumbersome writing and a stilted reading experience. So I've simply done my best to be as spiritually inclusive and open as possible without sacrificing the flow of each step's message.

The principles in *Manifesting Matisse* are found in all of the world's major religions and spiritual paths (including those with and without a concept of God), and they are supported and reported by scientists whose own spiritual leanings vary from atheistic to agnostic, from questioning to convinced, and from universalistic to conservatively religious.

I've taught these techniques to agnostics, new-age practitioners, Christians, Jews, Buddhists, and others with little or no philosophical conflict whatsoever. However, while these principles are comfortably one-size-fits-all, the way we describe them varies widely from group to group and even from person to person. What the word "God" means to you may be quite different from what it means to me. And what it means to you and me may bear little resemblance to what it means to our mothers, best friends, ministers, and teachers. The same

is true of the word “Universe” and other spiritual terms like “Source,” “Spirit,” “faith,” and even “prayer.”

BEGIN WITH ONE VISION AND ADD OTHERS OVER TIME

I suggest that you read the entire book and then go back to the beginning and apply each step of the system to just one vision. After you have worked through each of the steps for your first vision, start using this system to manifest another vision or two in your life (do this even if your first vision has not yet fully manifested). When you have two or three manifested visions (or almost-manifested visions) under your belt, stretch yourself. Begin manifesting several visions concurrently until you find yourself applying this system to six or eight visions at a time.

BECOME A MANIFESTATION STUDENT AND A CO-CREATIVE EXPLORER

Manifesting Matisse is a system that synthesizes techniques from many disciplines and practices. There is absolutely no way that a book with a scope this ambitious could possibly do justice to all of the subjects it covers; therefore, I have included a *Recommended Resources* section where you'll find more books, programs, recordings, websites, and tools to help you grow in all aspects of the manifestation process. But don't stop there—become a co-creative explorer and search out resources that will empower you to take your manifestation mastery to higher and higher levels.

VISIT WWW.MANIFESTINGMATISSE.COM

www.ManifestingMatisse.com is a growing web resource that will support you in your development as a Master Manifestor. While you don't need to visit the website to master this manifestation system, I do hope that you'll drop by often and take advantage of the inspiration and information waiting for you there. For example, several of the steps have strong visual components

that are very helpful and examples of all of them are posted on the website. Additionally, some of the exercises discussed in *Manifesting Matisse* and other resources are posted there.

STAY WITH THE SYSTEM FOR AT LEAST 90 DAYS

How do you eat an elephant? The same way you eat a banana—one bite at a time, of course! How do you become a Master Manifestor? One learning experience at a time, of course! *The crucial elements of manifestation mastery are consistency and persistence*—available to all of us in equal measure at every moment. One year of contemplating a flower five or ten minutes a day will transform you in ways one month in an ashram cannot. Similarly, one year of imperfect but consistent application of these steps will develop your manifestation skills much more powerfully than one or two months of intense effort.

Make a decision right now to give the system consistent time, attention, and energy for at least ninety days and then follow through with your commitment and watch reality transform in front of your eyes. *But ninety days of consistent application you ask?* You'll see so many changes in your life by the time those ninety days are over that you won't want to stop. What if you get off track when it comes to one step or another? fall down? make mistakes? Welcome to the club—an inclusive club whose membership includes me, every Master Manifestor who ever lived, and anyone who has ever been inspired to learn a new set of skills.



You hold the power of the Universe within you. All you have to do is show up and apply these ten simple steps and miracles will happen. They will happen.

Now let's get started!

manifesting matisse

I am sitting across from Matisse's teacher at our meeting; pulse racing and stomach churning. She says, "We're very concerned about Matisse. He is not making enough progress. He's not speaking. He's still acting like a baby. If we don't see rapid improvement, we're going to have to help you find another place for him." Since Matisse's acceptance into his highly regarded school was predicated on his status as a special-needs child, *enough progress* does not reflect the most demanding standards. Stark reality tears away the last shreds of my shield of denial and something inside of me—now unprotected—breaks. I start crying uncontrollably, to the teacher's embarrassment. After a few minutes, I manage to calm myself, put on my sunglasses to hide my red eyes, and head home. I have been dreaming, but now I am awake. *Fully awake.*

Once home, I step out on my back terrace for my afternoon meditation. When I close my eyes, frightened thoughts and feelings of hopelessness bombard me, but after awhile my mind becomes quiet and still, and the pain in my heart eases as the anxieties of the past and fear of the future melt away into the now where everything is always all right.

When I open my eyes, everything in my material reality is the same: Matisse's vocabulary still consists of just six words whose syllables are strangled by a painful stutter ("mi-mi-mi-mi-mi-mi-milk!"). He still cannot complete even the most basic exercises in school. He is still frustrated and angry much of the time—especially with me. *At almost five years old, he still speaks, moves, and acts like a baby.* Very soon, extensive testing will show that his developmental

delays are, in fact, more than significant, they are severe. Therapists will tell us that he has suffered permanent neurological damage and will likely never be able to speak or even smile normally. Now that denial is no longer an option, none of this will come as a surprise to me or to Adrian.

No, nothing in my material reality has changed since my meeting with Matisse's teacher, but I am a different person. *Through my meditation, I was able to provide the space for a reality-changing insight to manifest into my consciousness.* With determination infused with joy, I think, "This is not going to be!" "I am going to use my manifestation system to create a different reality for us! Matisse will be a healthy, normally developing child!"

STEP ONE

Clarify a Vision



Conceive a vision and clarify it in one sentence; taking a leap of faith and setting a motivating manifestation date.

*The artist must create a spark before he can make a fire
and before art is born, the artist must
be ready to be consumed by the fire of his own creation.*

— Auguste Rodin
French Sculptor (1840–1917)

BECOME THE ARTIST OF YOUR OWN LIFE! A few decades ago when this phrase became popular, quantum physicists were about to discover what seers have long known: we are the artists of our own lives. *We manifest reality through our thoughts and the emotions that come along with them. You are the artist of your life, I am the artist of mine, and together we co-create the world.* Skilled with our brushes or not, we paint what we experience into our lives, the lives of people around us, and the lives of people continents away.

What dream or desire do you want to paint into your life or into the world?

- ◆ Do you want to start a new business? find a life partner? get fit and healthy? save an endangered species?
- ◆ Do you want to heal from emotional trauma? release a lifelong habit of people pleasing once and for all? help end hunger in the world?
- ◆ Do you want to go back to college? buy a new home? build a new school? further the cause of peace in a meaningful way?
- ◆ Do you want to write a bestseller? make a film? exhibit your art? open your own consulting firm? organize a humanitarian mission to a third-world country?
- ◆ Do you want to transition to a whole-food lifestyle? begin a new life in a foreign land? stand on top of a glacier even though you've always been afraid of heights? develop an alternative-energy source to reduce global warming and help save the glaciers?
- ◆ Do you want to take your company public? record a hit single? finish your dissertation? open a luxurious six-star hotel?

Everything that has ever manifested in reality came into being because *reality artists* (also known as human beings) directed mental and emotional energy toward it through channels they opened in their minds and hearts. Everything that will ever manifest in reality will come into being the same way. Yet most of this creative work happens unconsciously through thinking and feeling habits we've formed over the course of our lives. When you decide to usher something into your life or the world that is not a part of current reality, you make this otherwise unconscious process of co-creation conscious—you create a vision—and in so doing, you give your thoughts, feelings, and actions the direction they need to start painting the reality you actually want into existence.

Once you master the practical system for reality creation outlined in *Manifesting Matisse*, you will manifest many visions. Some will be as modest as finding the right outfit for an important occasion or finishing a work project on time. Others will be far more ambitious and daring and might include healing your body from a terminal disease, creating a fortune, or partnering with others to end global warming. Whether modest or ambitious and daring, the visions you will manifest using this ten-step system will include everything that is truly important to you.

Firsts usually hold a special place in our hearts and the first vision that you manifest with this system will not be an exception—through it you will discover your true power to change your life. You will begin developing the skills that will empower you to make more of your visions reality with increasing effectiveness and efficiency. You will take your first steps toward becoming a Master Manifestor. And most importantly, you will catch a glimpse of your potential as a conscious co-creator of the world. Your first step to becoming a Master Manifestor is literally STEP ONE—a decision to take a leap of faith and direct your energy toward a *clarified vision*: an inspiring reality that you want to manifest in your life or in the world.



SCIENTISTS SAY

Visions Set Us Up for New Experiences

“Intentions [visions] create an integrated state of priming [italics added], a gearing up of our neural system to be in the mode of that specific intention [vision]: we can be readying to receive, to sense, to focus, to behave, in a certain manner.”

— Daniel J. Siegel, MD

*The Mindful Brain:
Reflection and Attunement in the Cultivation of Well-Being*

Choose One Thing That You Really Want

Think about your dreams and desires without judging them or yourself. What would you ask for if God called you on heaven’s magical manifestation phone and said, “Name it. Whatever *you* really want. It’s yours.” What would you request if you knew there could be no wrong answer to that question as long as it came from your core, the truth of who you are?

In some part of yourself you might wish your desires were as holy and selfless as those of the Dalai Lama or Mother Theresa, or more ambitious to please your partner or your parents, or in line with society’s expectations for someone in your circumstances (because life would just be easier that way, right?). But wishing isn’t wanting. For your vision to harness and direct your emotional energy—your manifestation power—it must come from the truth that lies deep inside of you and it must resonate with who you are in all your imperfect perfection right now.

What is one thing that you really want?

Take a Leap of Faith

The art of manifestation begins when a reality artist (you!) courageously takes a creative risk—a leap of faith. If your leap lands inside of your comfort zone, you have not leapt far enough—you must be bold and courageous to become a true manifesting Matisse. Clarify a vision that your rational mind considers too ambitious, one that makes your heart sing. In fact, determine to clarify a vision that requires you to suspend your commonsense ideas of what can and cannot be done. Learning the art of manifestation is just like learning any of the arts that come to life through a physical medium (painting, sculpture, music, poetry, etc.). You make the most progress when you challenge yourself to push through your own limits and those your environment sets for you.

Your thoughts, feelings, and beliefs up to now have manifested what you've seen in your life. If you want new experiences, you have to be willing to think, feel, and believe in a new way. And that requires a leap of faith. A leap of faith has a certain feeling, an exciting resonance in your body that feels like inspiration and a thrilling sense of possibility mixed with a slightly frightening sense of uncertainty. (Remember when I received the insight through meditation about my manifestation for Matisse and described it as “determination infused with joy”?) If the thought of manifesting a potential vision suspends you in midair wondering if you'll feel ground under your feet again soon but excited to be unbounded, you're right on target. On the other hand, if the thought of manifesting a potential vision frightens you more than it inspires you, take a temporary step back. You can take a temporary step back by either revising your vision down to more manageable proportions for now (you can expand it later after you've tucked a few manifestation successes under your belt) or by using this ten-step system to manifest one aspect of your vision (once you've painted a piece of the reality you want into existence, you'll probably have the faith you need to start manifesting your larger dream).

When I first clarified my vision for Matisse's complete healing, his developmental and behavioral issues were so severe that aiming for normal development meant I had to take a significant leap of faith, but it was a leap I was willing and able to take. I felt the inspiration; I felt the excitement; I felt the possibility; I felt the fear—so I jumped! And as I moved through the rest of the steps, my vision for Matisse's healing became even more ambitious. For example, it expanded to include advanced language skills, rather than simply age-appropriate ones, for a five-year-old boy whose vocabulary consisted of just six words and who could barely get those six words out through painful stutters. Still, my initial leap was big, exciting, and scary enough to fire up my *inner inspiration generator* filling me with the motivation I needed to move through the early stages of my manifestation for Matisse.

Get to Know Your Vision Intimately

Nobel Prize-winning physicist Richard Feynman once admonished a young instructor that if he couldn't clearly express a theory to an average college freshman, then he didn't understand it yet. Here's what I've learned about the art of manifestation: if you can't sum up your vision in the space of a few words, you don't understand it well enough to manifest it.

Master Manifestors are on a first-name basis with each of the visions that they manifest and they can introduce them to you in seconds: they understand what they want, their visions are crystal clear, and they can describe them in just a few words. On the other hand, people with poor manifestation skills are confused about what they want often answering questions like "What would make you happy?" or "What do you most want to see happen in your life or in the world?" with long-winded, halting descriptions that reveal their uncertainty and lack of focus. They may be great people with enough talent and potential to make your head spin, but as reality painters they're dabblers: they aimlessly dab a little red here and a little blue there while their canvasses, their lives, are in chaos—their heads are spinning.

ABOUT THE AUTHOR

Dr. Michelle Nielsen is a chiropractor, real-estate entrepreneur, and speaker. Dr. Nielsen coaches Master Manifestors in training through her popular seminars in the practical, proven reality-creation techniques outlined in *Manifesting Matisse*. Dr. Nielsen is a highly regarded researcher and innovator in her field, and she is actively involved in the development of her city's first chiropractic university.

Recently, Dr. Nielsen coauthored *In Service* with Wayne Dyer and other personal-development teachers and leaders.

An international citizen living in Spain, Dr. Nielsen is married to Dr. Adrian Wenban, the exceptional life partner she manifested using the reality-creation principles in *Manifesting Matisse*. The couple enjoy snowboarding, surfing, and trying to outsmart their precocious offspring, Matisse and Tahlia.

Visit www.ManifestingMatisse.com or www.MasterManifestor.com for more information about Dr. Nielsen.

You believe in the power of creating your own reality.

You've read the books.

You've listened to the speakers.

You've even seen the films.

And you're ready to get started! You just don't know what to do first.
(Or after that!) The good news? The answer is in your hands, right now.

MANIFESTING MATISSE IS...

- ◆ The story of how one mother manifested her son's miraculous healing from severe developmental delay, neurological damage, and attachment issues using spiritual and quantum principles.
- ◆ A proven, simple process you can use to manifest absolutely any vision for yourself or others: material, emotional, spiritual, or altruistic.
- ◆ The *step-by-step guide* for you to learn the essential skills exceptional manifestors like Oprah Winfrey, B.J. Palmer, Tina Turner, Nelson Mandela, and others have used to live their dreams and improve the lives of others.

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Dr. Michelle Nielsen speaks internationally on healing, business, and human potential. She is a coauthor of *In Service* with Dr. Wayne Dyer and other motivational writers.

A Canadian based in Barcelona, she balances her life as a writer, entrepreneur, and wife while raising her two small children.

