



# 12 DAYS OF *Manifesting*

*How to Call in What You Really Want*



A *Divinely Intuitive*<sup>™</sup> BUSINESS PROGRAM

## ***12 Days of Manifesting*** **Get Divinely Comfortable with Discomfort** **Day #9**

**Disclaimer:** This transcript has been edited; however, there may be English or grammatical errors since it is spoken English, as opposed to written English. Please ignore the errors (or let us know where they are so we can correct them). ☺ Enjoy the call!

Hello, Divine ones. This is Rev. Anne Presuel of **Divinely Intuitive Business**. We are here for day 9 of our *12 Days of Manifesting*.

Today's topic is get comfortable being uncomfortable, guys, as you're manifesting. It's not fun but it is not really, really true. A lot of the reasons for getting uncomfortable is about making friends with your triggers. And I want to talk about another piece that is also very important when you are manifesting which is about getting distinctions, making distinctions about whether or not something is happening.

So, let's talk first about getting comfortable with being uncomfortable.

The process of manifesting can be very messy. There's chaos that happens when you're creating. Think about an artist who's creating and they're just solely focused on the creation of whatever it is they want and there's mess everywhere. If they're painter, then there's paint everywhere and there's paint maybe in their hair, in their clothes, and in their apron, if they're wearing apron, there's bottles that are out. There's chaos as they're working on their beautiful piece of art.



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Even if you do something as simple as like scrapbooking, there's chaos. You bring together the beauty of a page. You manifest and create a beautiful page but there's chaos that occurs. You have the scissors out, you've got the paper out, you've got the photos out, you've got the stickers out, you've got the stamps from the clippers or whatever, all the stuff, you've got the paper, all of that die cuts. There's chaos when you're creating. There's chaos when you're manifesting.

Most of us don't think of it as any big deal when we are creating a project. And there's a lot of more chaos and some of the chaos is emotional. We don't seem to mind the physical chaos. That can be cleaned up. Guess what? So can be emotional.

Here's the distinction. As we're children, we're taught "*Clean up your room,*" "*Clean up the kitchen,*" "*Clean up after your pets.*" "*Go sweep the front porch,*" "*Go sweep the back deck,*" "*Clean up this,*" "*Clean up that,*" "*Take care of your car,*" "*Clean it up,*" "*If it gets messy, clean it up.*" So, for us, that's normal.

The emotional part of manifesting is not something we're taught how to deal with. We weren't taught to handle our emotion. We weren't given tool, energy tools, to help us deal with our emotions. We were told, "*Go out and play,*" "*You don't like it, deal with it.*" We had no power as children and we were taught by adults who themselves, for the most part, had no ability and no training themselves and didn't have the consciousness to clear out their own shit. We are not taught to manage and handle and release the emotional shit that comes up with life itself, much less, the process of manifesting something and something big, our dreams, our vision and so we give up because we think, "*Well, it should be easy.*" It's not. Not always. It can become easy but if you've got triggers, those triggers must be dealt with first. And I promise you with all the triggers, especially when we start creating something bigger than we know ourselves to be.

When we're manifesting and it doesn't matter what it is, expect that things will come up, expect opportunities of growth to come up to give you an opportunity to become a bigger person, to



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become a better person, to be able to learn how to handle the chaos, to be able to manage and navigate through it without losing your stuff, losing your shit, so to speak. And you will. Okay, so you start again, you learn again. Things come up. I promise you they will come up. You can just count on it.

And how do you manage the chaos? When you're in the middle of chaos, having the support from the Divine, your Divine team out there helping you bringing in the downloads, in the chaos, you call in your Divine help. You've to get comfortable being uncomfortable and recognize where your triggers are, recognize that this is what's going on. Get those distinctions so that you have the awareness, *"Okay, I'm in chaos. What can I do differently?"*

Getting uncomfortable and then using your tools to help you manage the discomfort. It's the same in many ways as getting Divinely clean. All of the *"yeah buts"* that come with creating and taking action and getting yourself ready to go and wanting to do something and stepping into a bigger place than you knew yourself to be and then, doing that clearing.

What I'm saying about today is that being comfortable with that discomfort to the best that you can. I mean, nobody likes it. But when you can recognize, *"Okay, here's an opportunity for me to align myself even better with what I want."* Even more, *"Look, this is showing me where I'm not in alignment,"* you can count on things happening and you won't know what they are.

So you just fasten your seatbelt and you manage, you roll with the punches, so to speak, or you roll with the waves or whatever metaphor you want to use. That was really bad, fasten your seatbelt, roll with the punches. Really bad, sorry, but you get the idea.

But when your creating and manifesting, you are going to be needing to be paying attention to the distinctions to the best of your ability. And remember what we were talking about integrity? The higher your level of your integrity, the more easily you will manifest. Doing what you say you'll do, being what you say you are. It's being honest about who you really are and knowing



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yourself. Not just with other people. Because we can be in integrity in many ways but then we're not in integrity with ourselves, it can be a lot harder than to manifest what we really want.

Emotionally getting comfortable with being uncomfortable and realizing that the discomfort, the Divine triggers, are there for you to clear out and to grow, to become who you wanted to be, to manifest what you want to manifest. Those are the important things to learn from this call today. To understand that manifesting is messy and chaotic. Like childbirth, it's messy. And it can be painful. You're birthing something. You're birthing a dream. You're birthing a vision. You're birthing something. And you need the support. Someone to help you midwife it.

How can we midwife our dreams? How can we midwife someone else's dreams without losing ourselves? Be comfortable with the chaos. Understand how to process through. Get the support, the help. Get the understanding of how to do it.

Have a beautiful afternoon. Go get you Divine ON! We'll see you on the call on Monday.

Bye, everybody.

XOXOXO,

Anne

**Rev. Anne Presuel**

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