

Manifestation 101

by Ara Parisien at araparisien.com

WE ALL EXPERIENCE THE SAME PROBLEMS IN LIFE:

- Dealing with negative people
- A job we have that drains us
- Wanting more in life and believing it is nothing more than a pipe dream

And that is just to name a few!

We all have the same issues to deal with to one degree or another we also have the same power within us to change, to create and to choose to live the life of our dreams. Over the past few years I have developed a way to help you unleash that power within to change your life forever! I am totally dedicated to empowering people into living the lives they came here to live. Moving them, step by step, into their total power that will transform them, and their lives, forever.

WHAT IF:

- You could attract the best people into your life consistently
- You could live your passion every day so that work becomes fun
- You could live in consistent abundance, travel, have your dream home

Turn your 'what ifs' into reality when you know the secret of who you truly are, the potential you have and the power to effortlessly live the life until now you only dared to dream. You can!

I'm Ara Parisien, creator of the I AM Journey that helps those who are wanting more in their life, who are committed to change so they can begin to experience what they were always meant to experience - joy, effortlessness, abundance, certainty and everything else yet imagined.

WHAT IS THE I AM JOURNEY?

When one starts to awaken it spawns a need to search and ask questions. Throughout the process much knowledge is gathered and disseminated. Opinions are formed and lived in accordance with the knowledge. But still questions remain. One inevitably reaches a point when they say to themselves, "I am awake and informed...what now?"



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THE I AM JOURNEY IS THE ANSWER TO 'WHAT NOW'.

Through daily journals that help train your mindset and vibrational frequency into a beneficial sustainable frequency, to live check-ins that offer insight and guidance, to Zoom classrooms providing educational components instrumental in achieving one's fullest potential. Classes such as Dream Interpretation, The Chakra System, Universal Laws as well as The Mechanics of Manifestation all geared to fully educate and equip you to unleash the power of who you are.

The I AM Journey is a full-package offering to augment your extensive knowledge and help transmute that knowledge to wisdom and move your life from where you were to where you have always meant to be.

It allows you to transform your life completely so you live joyfully, powerfully, deliberately and with ease and flow. You manifest a new way of being in all aspects - health, abundance, relationships, communications and more.

WHAT CAN YOU DO RIGHT NOW TO TEST THE POWER OF WHO YOU ARE?

Did you know that within a mere time span of 17 seconds the Universe is actually responding to whatever you are focused upon, feeling and thinking about? That is all it takes. If you are looking for ways to initiate a positive change in an immediate way here are a few things you can do right now to test the power you are:

1. Meditation is your most powerful tool. It lessens the resistance you are feeling in regard to 'what is' going on in your life. I am not talking about turning yourself into a human pretzel and ohm-ing your way through four hours of silence. I am talking about just 'being'. Meditation is your natural state, our waking, conscious life is our altered state. This should take the 'challenge' out of it as it is the most natural thing for you to do. Just sit. No distractions. No phone. No tv. No interruptions. Just breathe. Just focus on each breath. Notice how effortless it is. You are not consciously aware in each moment of the need to breathe. It is all happening organically. Life should unfold as effortlessly as this. Sure, you will think about the laundry in the dryer or what to take out of the freezer for dinner as the ego consciousness will demand this in the moment. Just gently think to yourself that you are aware of those things and will tend to them later. Return your focus on your breath. Stay in this mode for about 10 minutes. That's it. You will notice a relaxation start to occur and you will be able to tell with certainty that resistance has been soothed.
2. Writing a gratitude list is truly a vibration lifter! Gratitude is looked upon as the mother of all vibrations. Sit quietly with pen and paper and start itemizing what you are grateful for. To get you started, just take a look out your window. See the sky? Whether it be gray or blue, clear or cloudy, it is there. You do nothing to keep it there. It just is there each moment for you to look at and enjoy. Write it down and feel with some modicum of intensity your gratefulness that we have such an expansive, colourful, ever changing sky in each and every moment. Look at the trees, the birds, the grass, it is all there for you to enjoy. Be grateful there is so much in your immediate vicinity to acknowledge and appreciate. It is during the writing of the gratitude list that you will begin to feel the Universal Law of Attraction shift gears and bring you more ideas and thoughts to keep generating this wonderful feeling. It begins when you are immersed for those 17 seconds and just keeps building! The Universe is responding to you all... the...time.



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For years I have been tweaking and refining the I AM Journey to its current state -- a powerful transformational tool just for you. I have found that it is our beliefs in what is attainable that limits us or sets us free. Those limiting beliefs are what we live by even though they are not true. It's time to change them and in doing so we change ourselves and our lives.

Beliefs are formulated by our moment to moment focus, thoughts and feelings. This repetitive pattern on any subject will actually allow what you are focused upon to become fact in one of your tomorrows. The tools offered above are just a sample of the tools that are available to you on your I AM Journey. The I AM Journey can help you redirect your focus, thoughts and feelings and by extension, your beliefs so that what becomes fact in one of your tomorrows is exactly what you want.

HERE ARE JUST A FEW EXAMPLES OF HOW THIS WORKS:

- A couple found themselves engulfed in a lawsuit. They worried incessantly as to how it would be resolved. Not only that, they worried about how long this case would tie up their lives. They booked a session with me and within 30 - 45 min they were provided with the tools of right-thinking and focus and they started to put those tools into action immediately. Two weeks later they called me to say their names had been taken off the lawsuit and their lawyer was dumbfounded as he had never seen this happen on a lawsuit of this nature. The lawyer indicated this case could feasibly take years to resolve and could not figure out how this almost impossible thing happened for them. It was because of that dramatic event in their lives, and seeing their power unfold, a tenuous situation was sidestepped by ways other people could not fathom, that they are now living their power every day.
- A university student booked a session one day to see if there was something she could do to get the money for her tuition. She mentioned that the books she required for courses could come later as she could borrow them from others as needed but for now, the money for the tuition was paramount. She was in crisis mode. In speaking with her I shared with her the tools she needed to employ in order to effect the absolute best outcome. Within a week she emailed me to let me know that not only did the tuition money arrive 'out of the blue' in a most unexpected way but that there was enough to allow her to buy the books as well.
- One distraught woman came to me saying she had just been given two months to move out of her home. Given there was a rental shortage in the area she felt it was doubtful she would be able to find a place to live for herself, husband and small child. The tools were given to her to help manifest the most perfect home for her and her family. She immediately set them into motion. Within a few short weeks she told me that a most perfect home presented itself and they were moving in within the next 5 weeks. Not only that but the new home was just minutes away from her husband's place of employment and within walking distance to her daughter's school!

These people used their innate power to their benefit. They not only learned first-hand what this power can do to improve their lives but it showed them that they are a miracle in motion instead of being the one waiting for a miracle to show up. They showed up. Their power was unleashed and life changed on a dime.

This power resides in you. It always has and it always will. Unleash it in a directed, focused way and your entire life transforms.

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Book a free 15 minute consultation with Ara to discuss if the I AM Journey is right for you. She is always ready to help clarify the pathway to your dreams and answer any questions you may have. Just click the icon below!

[BOOK NOW](#)

I AM ready...are you?

[DISCOVER MORE ABOUT THE I AM JOURNEY](#)



About Ara Parisien

Ara Parisien is a sought-after spiritual teacher, psychic medium and author located in Victoria, BC (Canada) with clients all over the world. Love, compassion and understanding (not to mention a little humour!) are engaged with every single client to guide them to their highest and best version of themselves. Her ability to read their Energy allows her to touch upon options that are just up ahead on their path and redirect that Energy to show different options that can avail themselves. It is thrilling for her to help guide her clients to feel the place where they can begin to see the answers and power within themselves; understand change can be embraced and celebrated; their desires can be realized, and that they are never alone on their incredible journey.