



# Manifesto for Soul-Aligned Manifesting

- ✦✦ Your Powers of Creation
- ✦✦ Soul-Alignment
- ✦✦ Principles & Practices of Manifesting

*Dina Marais*

# Introduction

Welcome and congratulations for being on this journey of discovering and cultivating soul-alignment to manifest your dreams.

Having been on this journey myself, it has become my passion and soul purpose to help other coaches, experts, entrepreneurs to do the same.

I believe that a soul-aligned business is the only way to fulfil our soul contract in this life and this requires that we are fully aligned with our True Self.

To be able to manifest your dreams you have to BE in vibrational alignment with what you desire and your True Self.

My own journey has been that of a roller coaster ride and the biggest stumbling block has been to not be able to sustain a high vibrational frequency.

I have always been fascinated with manifesting success, and thereby prosperity. For me that has been my scorecard of how I am fulfilling my purpose.


Having been a struggling entrepreneur for a long time has been sheer frustration. I am sure you can imagine the utter delight when I suddenly started to experience the flow I have been yearning for.

More than that, I know what I changed and I am delighted to share that with beautiful souls like you.

What I will share with you in this Manifesto for Soul-Aligned Manifesting are

- Your Powers of Creation
- The Universal Laws of Attraction
- The Role of Your Self-Image in Soul-Alignment
- Your Human Design
- Soul-Aligned Manifesting
- Manifest Becoming a Bestselling Published Author
- The Dos and Don'ts of Manifesting
- Next steps from here

Enjoy!



*Soul-Alignment  
grounded in Self-Love is  
the key to manifest your  
dream life.*

Dina Marais

# Your Powers of Creation

You received everything you needed to create your life. That is what you are here to do. You were given Free Will to create whatever you choose. These Powers of Creation are your Thoughts, Feelings, Words, Actions.

The term Powers of Creation is not used lightly, as you literally CREATE through thoughts. When you energise thoughts with emotion, manifestation is accelerated. You speak your words into your reality.

Everything that has ever been created, started with a thought. Even you. You are indeed powerful beyond measure, as Marianne Williamson said.

However, most people have not learned how to use their powers of creation to create what they want. We have learned the opposite. We have been conditioned to think that we are powerless and separate from Source, God, Universe, Creator, or what that is to you.

What needs to happen is to decondition the false ideas that led to question your lovability and self-worth.

Often, we need to work through connecting to our lovability and self-worth at every new level of expansion.

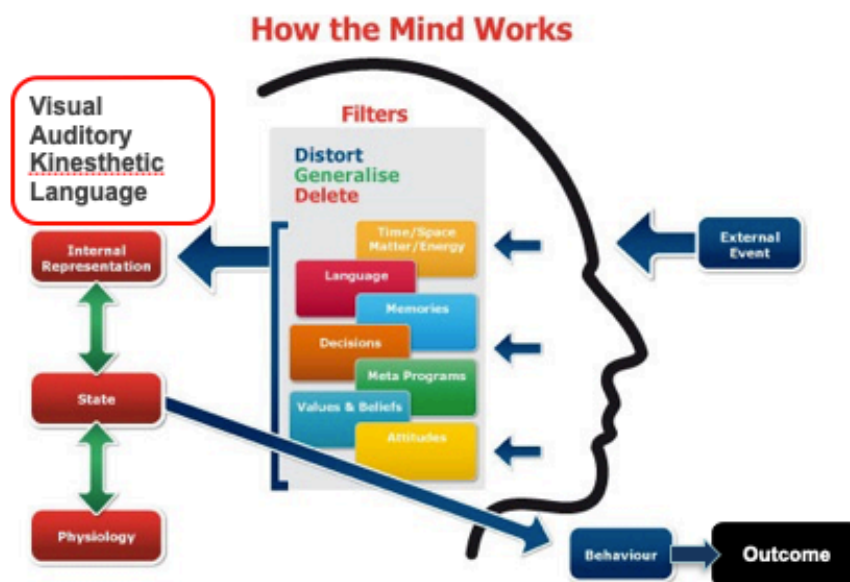


# The Universal Laws of Attraction

You are an energy field that vibrates at a frequency. This frequency is determined by your thoughts, feelings, words, actions. The thoughts you think send out electrical currents and the associated emotion of the thoughts or words creates a magnetic signal that interacts with the Law of Attraction to bring you experiences that match your frequency.

When you think, you feel and vice versa and that creates a mind-body state. You then behave (speak and act) FROM your state and your behaviour has a result. This is the Structure of Experience and I like to call this the Supply Chain Of The Mind.

## Structure of Experience



**“Supply Chain of the Mind”  
connecting the dots...**

You are always in a STATE and by choosing your thoughts and the meanings you give to everything, you have the power to experience high-vibration emotions that attract high-vibration experiences.

You attract to you what you ARE – the reality that match your energy vibration frequency.

Self-awareness about your thoughts and emotions are essential to change your thoughts and meanings.

The Laws of Attraction works and everything in the Universe is subject to it, whether you believe in it or not.

You don't have to believe in gravity in order to know that when you drop something it falls to the ground.

If you operate on autopilot, in other words, not deliberately create the reality you want, then you create your reality by default. You become what you think about all day long, as Ralph Emerson said.

When you consciously practice the **Law of Deliberate Creation**, and thereby using your imagination to create what you want, you access the Quantum Field of Potentials.

And when you consciously practice the **Law of Allowing**, you follow the path of least resistance by choosing thoughts and images that elevate your emotions to create the space for manifestation of your dreams to happen.

# The Role of your Self-Image in Soul-Alignment

The way you see yourself, the way you talk to yourself, creates your reality because your self-image is the driver behind your identity, values, beliefs, emotions, decisions, etc.

Your inner conversations or self-talk must match the frequency of what you want because it's your self-talk that manifests in your outer world.

It's important to practice having inner conversations as the one who has already received what you desire, in other words, your True Self.

If you can't see yourself as worthy of what you desire, then you can take all the action in the world, it will not become your reality.

The thing is, that you are unconditionally valuable. You are a Spiritual Being, an expression of Source and you are here as a Co-Creator of and with the Universe.

It's your birthright to enjoy health, wealth, success, prosperity, love, abundance, joy. This is also the natural state of your Soul, your True Self, who you really are.

Self-Love and Self-Worth are prerequisites to Soul-Alignment.

Accepting yourself and treating yourself with compassion and love is your gateway to bliss.

Soul-Alignment grounded in self-love is the key to manifesting your dream life.

Soul-Alignment is the embodiment and thereby **Vibrational Alignment** with your **True Self Frequency**.

When you feel connected to your Heart and you can feel your Light within you, you experience the True Nature of who you really are. This is what I call your True Self State.

You define your **True Self State** by listing the emotions you would like to experience and the beliefs and thoughts you want to hold to support these high-vibrational emotions, as the one who already has what you desire.

This creates a **Self-image / Identity** and subsequently a whole new paradigm that is enforced by practices and behaviours that cultivates alignment with your True Self as your new normal.

Without a solid embodied Identity of your True Self, we unconsciously recreate our current circumstances over and over again.

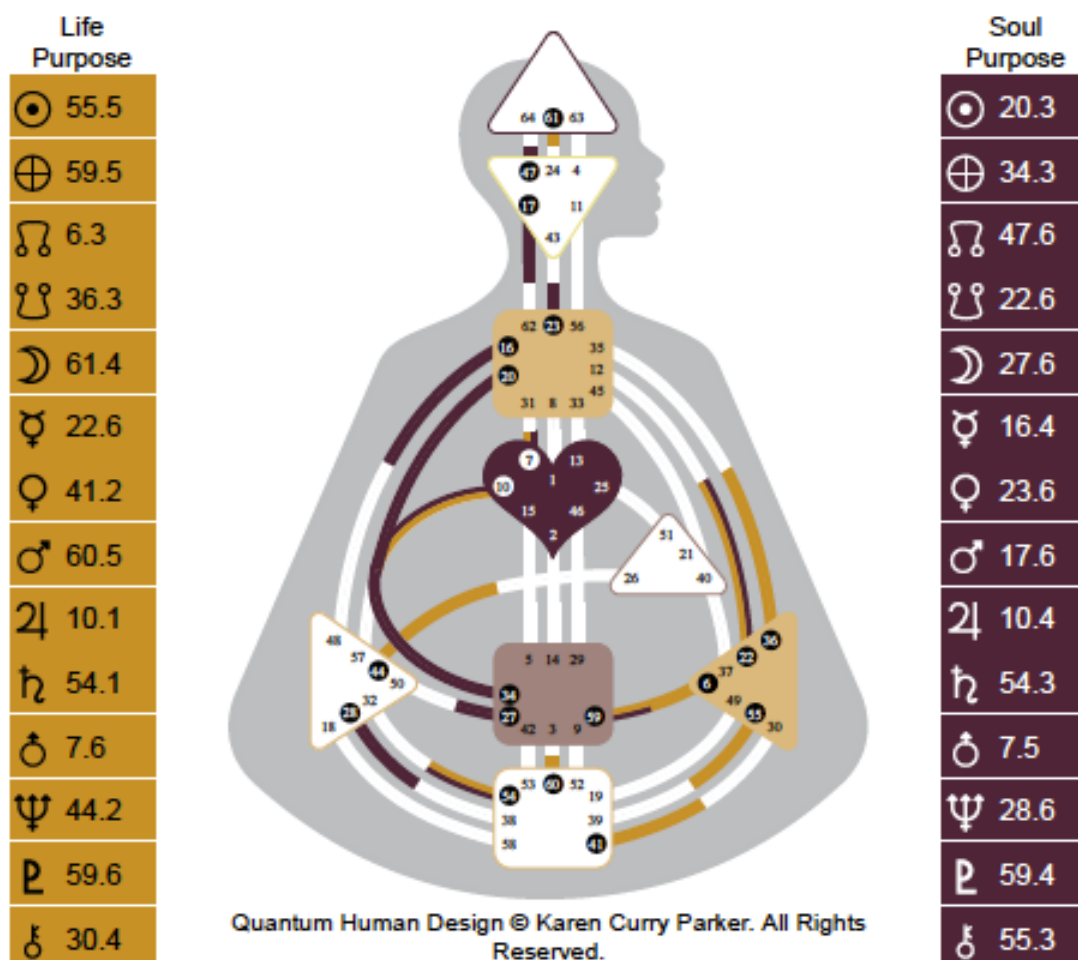
We know there is more, and there is a way to get there, but we can't quite get there. I have found that Human Design can reveal the path.

# Your Human Design

Your Human Design chart reveals the story of who you really are and what you are here to do.

You have been created to play a specific part in the Cosmic Plan and you are here to fulfil your soul contract.

Your unique Human Design can add great insight into patterns of misalignment, and triggers that drop your energy vibration, that can be part of your soul curriculum.









# Soul-Aligned Manifesting

Soul-aligned Manifesting have two major components.

- ✨ Being in alignment with the vibrational frequency of your desired reality.
- ✨ Being in alignment with your True Self Identity and rewriting your human story and meanings about yourself, if necessary.

## Vibrational Alignment with Your Desired Reality

Vibrational Alignment requires BEING in your True Self State and (frequency), and therefore experiencing the frequency of your desired reality for more than 50% of the time.

This implies that you have a Vision, Desires, and or Dream Goals. You have to be definite with the Infinite. You do that with your Imagination. And when you visualise the end result of your goal, you FEEL it as part of you.

A huge realisation for me was that God was not out there, God is in me as me, and God is Infinite Intelligence too, filling the spaces in between everything.

Everything is energy and everything vibrates, including us, our thoughts, emotions, words, and actions. You are radiating an energy field - the frequency of your mind-body state - your thoughts and emotions. This energy frequency interacts with the Infinite Energy around you and the Law of Attraction brings to you the experiences that match your frequency.

The extent of your success in manifesting what you desire directly depends on your ability to maintain the vibrational frequency of your vision, desire or goal.

Infinite vibrational realities exist at every moment in time and the reality that you see around you is the one that you are aligned with.

## Divine Timing

The Universe has its own timing, but we can influence Divine Timing to manifest our goals.

One way is to get ready to be ready to receive the opportunities to manifesting our desires. You have to do the things necessary on the earthly plane to prepare and meet the Universe halfway. For example, create the offers, build the website pages, write the book, etc.

Another way is to practice Faith, and that requires us to believe and let go to let God. It means to stay present, in order to be aware of the guidance of our Divine Muse. It also means to ignore the external world or current reality and to not allow it to dominate your thoughts and emotions. Faith is to see the invisible and believe in the incredible.

To trust and surrender is not easy for most people, because we have been conditioned to make it happen ourselves. As we have already seen, we develop meanings and stories about our self-image, our identity that create a very limiting lens through which we try to create.

Rewriting your story, the stories you make up to rationalise things not working out for you, and the stories you inherited from your parents, caregivers, etc. during childhood, are essential to open your heart to your True Self. In other words, to embrace and embody the Identity of who you really are.

Knowing your Human Design can give you great insight into influencing Divine Timing. Getting into alignment and manifesting with ease is a cosmic dance with the Universe, and it's important to know your steps.

Alignment happens in two stages:

- ✨ First feeling it in the body, and then to
- ✨ Get the nod from the Universe that it is the right Divine Timing to leap into action.

Use your imagination to create a Clear Vision that represents the Vibrational Reality you desire.

Embody your True Self State as the one who already has what you desire, for more than 50% of the time.

Principles and Practices for Soul Alignment:

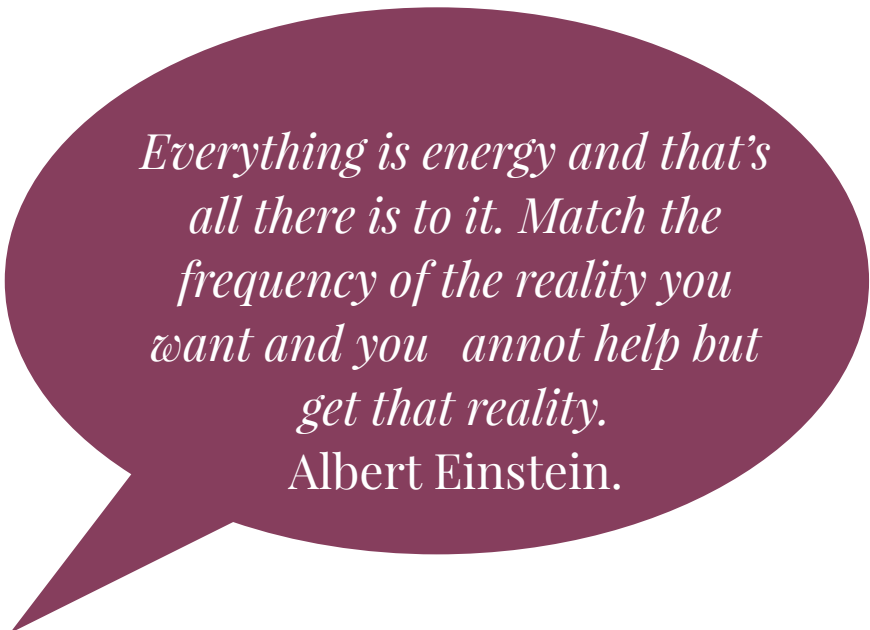
- ✨ Healthy Self-image - Rewriting your story
- ✨ Unconditional Self-love and Self-worth
- ✨ Grand Self-talk
- ✨ Loving Self-care
- ✨ Compassion and Forgiveness
- ✨ Understand the Principles of Universal Laws of the Quantum Field

## Principles and Practices for Soul-Aligned Manifesting:

- ✨ Live in the Present Moment
- ✨ Think and Speak from the End
- ✨ Faith
- ✨ Let go of control
- ✨ Let go of attachment
- ✨ Trust and Surrender to God
- ✨ Follow your Human Design Type, Strategy and Authority
- ✨ Trust in Divine Timing

My Quantum Alignment 1:1 program is for you if you want to expand your consciousness, if you are curious about your energetic blueprint that you incarnated with, if you are determined to break old patterns of ancestral lineage, if you want to serve at a higher level, in greater alignment with your True Self that expands your choice of potentials in the Quantum Field to enable you to manifest your magnificent vision.

[Click here for more information.](#)



*Everything is energy and that's  
all there is to it. Match the  
frequency of the reality you  
want and you cannot help but  
get that reality.*  
Albert Einstein.







My own journey of becoming a publisher started many years ago when I read the book, *The Alchemist*, by Paulo Coelho. It touched me deeply and I made a wish to the Universe to write stories like that. And of course I forgot about it. When I received the opportunity start my own publishing business, I knew it was Divinely guided.

Here is a short checklist to see if you are ready to getting published and to successfully leverage becoming a bestselling published author, whether in a multi-author or solo book.

- ✨ You are an expert in your field and you have a business and clients.
- ✨ You are clear on why you want to become a bestselling published author
- ✨ You have a vision for how your book would impact your brand and business and to incorporate that into your business.
- ✨ You have a lead magnet, offer/coaching program based on your book to further serve your clients.
- ✨ You know how to leverage your book by sharing your story on podcasts, summits and stages and grow your audience.
- ✨ You own your story that serves as your transformation to inspire and empower your audience
- ✨ You embody the identity of being a bestselling published author.

I support entrepreneurs to manifest their dream goal of becoming a bestselling published author to elevate their brands, visibility and credibility.

Whether you wish to write your solo book, or write a chapter for a multi-author book, or create a partnership book with me (your multi-author book), I can support you on this journey.

Feel free to drop me an email or [book a free call with me](#) to discuss your best way forward.

## The Dos and Don'ts of Manifesting

- Step up your self-awareness so that you become your own observer and specifically observe your emotions, so that you can become aware of your thoughts. This empowers you to stop your negative thought patterns and choose thoughts that serve you.
- Don't measure your self-worth in terms of what you do, have or other people's opinions. You are far more than that. Remember this life is a brief experience of who you really are.
- Realise that nobody can make you think, feel, say or do anything without your consent. So there's no blaming of anyone or anything for your circumstances, it's all your own.
- Avoid the practices of blaming, criticising, condemning, judging, complaining, comparing yourself with others, competing with others.
- You have to STAY in the energy vibration frequency of what you want as much as possible. Remember, you don't attract and manifest what you want, you attract and manifest what you ARE.

## Next Steps

If you would like to learn more about Soul-Aligned Manifesting, Human Design, or becoming a Bestselling Published Author, [book a free consultation](#) to explore your best way forward.

## About Me

I am Dina Marais, the founder of Soul Purpose Publishing and Coaching, a 7-time international bestselling author, publisher of 4 International Bestsellers, launching 156 international bestselling authors, and a Soul-Aligned Manifesting Coach.

I work with established entrepreneurs to unleash the potential of their brands, elevate their visibility and skyrocket their credibility by becoming bestselling published authors. I publish solo, multi-author and partnership (your multi-author) books.

I am continuously co-creating inspirational multi-author books to give entrepreneurs a voice and share their powerful stories to uplift humanity, so feel free to see if the latest title resonates with you.

It is my passion to share this knowledge and opportunity with as many coaches, healers, and other service-based entrepreneurs. Your story is important and you are here to broadcast your message as far and wide as possible. It would be my honour to support you to accomplish that.

I have been involved in transformation coaching since 2002. My expertise is grounded in NLP - NeuroLinguistic Programming, Neuro-Semantics, PNI-PsychoNeuroImmunology and Quantum Physics.

I am a Certified Quantum Human Design Transformation Coach. As a Soul-Aligned Manifesting Coach, I empower entrepreneurs to embody their True Self and manifest their highest goals and desires by rewriting their human stories, living their Human Design and integrate a higher energy vibrational frequency. [Click here for more information](#) about my Quantum Alignment 1:1 program.

Or [book a free 30-minute consultation](#) with me, to answer your questions and see what is your best way forward.

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