

Ep. 7: Mastering Manifestation: 3 Steps to Achieve Your Deepest Desires

Sonja Thompkins: All right you guys. Hello. Welcome back to the show, Sonya here, and I am really happy that you are back here with me. Today's episode is one that I get really energized about because I love manifestation. And in particular I love breaking down sort of the myths and the misunderstandings between the process of manifestation.

So yeah. In this episode, I wanna share with you the one thing you really need to know about manifesting slash achieving your deepest desires slash goals, right? I used slashes a lot because I know different words kind of invoke different feelings for, for people or they, you know, you may not resonate with the word desire, but you really resonate with the word goals or vice versa.

And the truth is I'm here to talk to all of y'all about all of those things in regards to the things you desire, the goals you have that you wanna experience, that you wanna do, that you wanna feel in your life, right? So we're gonna talk about that, but, but before we get into this episode, I'm really happy to share some news with you.

Listen, my inaugural group coaching collective is now open for enrollment. That's right. If you've been around in my circle, at least since 2020, then you may remember when we first launched the Soul First, Then Strategy group coaching collective. And I'm so glad to announce that it is back. It's better than ever. I've added some additional curriculum to it, which is basically a lot of the, well, the complete, let me just be honest with you. The complete Mindset mastery system that I shared inside of my other program called The Art of Self Mastery.

For me, it just makes sense in the way that I have been serving clients individually and inside of my group programs to bring these two together. So listen, if you are in a place where you have been on a self-discovery journey and you want to, you know, align who you are, mind, body, and soul, and then with that momentum and that understanding of who you be, you can then take action

toward fulfilling a desire in your personal or professional life within the next six months. You want to be in the room.

And the best part is, what I really love about this program that, that I, I, I kept admit I was a little, I was a little shocked how, how successful we were in delivering this promise. Not only are you gonna take action toward fulfilling that desire in your personal professional life, you can do it. I'm gonna help you do it regardless of your circumstances, right?

So let's just go ahead and figure out why you can't do it. It's all good. I'm happy to hear why you can't do it, and then I'm going to help you. I'm going to help you see how you can do it right? And I'm also gonna teach you the tool, teach you the tools and the mindset that you need to then be able to talk yourself and coach yourself through this process anytime you need it, any other time in any other area of your life, right?

So inside the program, we're gonna draw on a lot of different self-awareness modalities, such as human design and astrology, all to provide you with the knowledge of your unconscious self first so that you can begin to understand your unique strategy and then build unbreakable beliefs that allow you to take massive action toward achieving your specific personal or professional goal within our six months together.

And the great part is not only do you do it with me, you do it alongside other high vibrational women moving the momentum of the collective right along with you. So if that sounds like you know, ooh, you are bobbing your head up and down. Or you're like, Hmm, I'm kinda curious. I invite you to click the link in my bio to book a sales call with me and learn more about it.

This is a no obligations call, but you can get all the details and actually when you click the link to book the sales call you will get a a chance to sort of see like an overview of the program even before we hop on the call. So, cuz I know a lot of you all are like, yeah, just tell me this, just tell me that. I wanna know what it is. I wanna know how long, blah, blah, blah, blah, blah. So you get a little bit of that. You get those kind of like hard details when you actually book the call.

And then on the call I wanna hear from you like, what is it that, that, that is going on with you? Is it mindset? Is it, I don't know what I wanna do. I, I just feel, blah, I wanna, I wanna feel alive. I wanna make sure I'm living in purpose and having a fulfilled experience in my life. Whatever it is, I wanna hear about it and then I'll tell you if it sounds like this is gonna be a good fit for you.

So if that sounds good to you I encourage you to click the link in the show notes. And head over and book your sales call so that you can join us inside of Soul First, Then Strategy. I mean, I'm just saying I'm, I'm, I'm hype about it, y'all. And when we f- Okay. Okay. I could go on and on. Let me get to this episode though, right? If you wanna know more about Soul First and strategy, book a sales call and I'll tell you all about it. All right, so let's get back to this episode.

The number one thing you need to know about manifesting your desires. All right. What I see mostly in this conversation that most people do understand about manifestation is that your mindset has to be on board. So most people think about manifestation. And I do believe, and I've heard many folks that I've worked with say, you know, like, I know my mindset is not this or that, or I know I need to work on my mindset. So that's great that you have the awareness that your mindset is a part of this process.

However, as I always say, for every sort of Internal or spiritual or universal, you know, law or activity, there is an external you know, activity or an external piece to this, to this puzzle because that is what we live, you know, in a, in a, in a. Tangible. You know, we live in a world that's, you know, like 5D and it's, you know, we live in a physical world. So there is physical attributes to anything I think that you want to do or experience in this world, and that includes manifestations.

So I wanna share in this episode, sort of like the three things, the main things about manifestation. That I think you need to know that I don't hear a lot of people talking about. So first is awareness. Okay. So the very first thing that I teach my clients, whether they're inside of a program like Soul First, Then Strategy or working together one-on-one, is you have to have awareness.

And that is awareness is not just in one particular area or one thing. It's really advantageous to have awareness around all kinds of things. Okay. Awareness is not a solution. Awareness is just being, I almost wanna say awareness is just being aware. But awareness really is just the ability to know your position in regards to anything that is happening around you, right? So that can look like having awareness about where you are right now in the process of what you want or what you desire, or what you are working towards, right?

Where are you in that process? Do you even know? So that could look like, you know, oh, I would love to, to buy a home. Okay well, where are you right now in terms of the process of buying a home? Have you even started looking at

houses? Do you know what kind of house you want? Is there a budget you have in mind? Is there a neighborhood that, that you'd like to live in?

You know, and it's interesting because sometimes people will say, oh, this is the goal, or this is a desire I have, but when I ask questions that are a little bit, you know, that go a little bit deeper, it's like, oh, well, I mean, I don't know I don't know, maybe two or three bedrooms and I mean, I don't really have a budget. It kind of just depends. I mean, you know?

And so, Until you kind of have an idea of where you are in the process and and what you want, you know, ultimately and what you don't want. Cuz for some people that's easier. Some of my clients, it's just way easier for them to figure out what they don't want. I actually have to say that's sort of easier for me in terms of making decisions. Sometimes I can just start with what I don't want. That's very, very obvious to me, and through determining what I don't want, I can get clear on what I do want. But all of these things are awareness techniques, right?

And so awareness is a technique or a tool I should say, that allows you to figure out just where you are in the process. Because if you don't know where you are, you don't know where you're going. Right? And, and I'm, listen, I'm one of those, I believe that we are co-creators. We get to be co-pilots, so we don't really know ever where we're going, but, but we sometimes feel very sure about where we think we're headed.

And so that's what I mean here when I say if you don't know where you're at, you don't even have a clue about where you might be going, right? Do you need to go in reverse for certain things pertaining to your desire goal? Do you need to move forward? Do you need to make left? We don't know because we don't know where we are right now.

And so awareness is really the first thing that you absolutely kind of need to dive into when it comes to manifesting your desires, right? And these things are fluid, right? Where you are today and right now in your desires or your thoughts or beliefs about it can be totally different tomorrow, and that's okay. This is why self-awareness is such a wonderful and powerful tool because it's something that you can check in on on a regular basis to kinda gauge what's going on with you.

All right. So, the other part of manifestation, and I think a lot of people, especially over the last five years, I feel like this has become very trendy and a lot of people are talking about it. I don't think people are going as deep as they

should but alignment, right? So first you have awareness and then there's alignment.

Alignment in the way that I have, have experienced it for myself. To know that, oh yes, I'm in alignment. No, I'm not. Alignment in this context is really, I'm saying your mind, your body, and your soul, your spirit, they all need to be on the same page when we're talking about desires, right?

If we're just talking about something, I gotta check off my list, right? So for those of you who have maybe a job, it's just something you, it's just a means to an end, right? You may not have that full alignment, but you can. You can still manage to get it, right? But alignment looks like doing things in a way, in your own unique way that still serve you right, or it still feels like it serves you at the end of the day.

So mind body, soul alignment really is just when we talk about your mind, I'm talking about your thoughts and your beliefs, right? Your body is your physical body, like your nervous system. When you have a desire or a goal that you are working towards and in your mind, right, you can envision it or maybe you can't, but you have all these thoughts and things, visions about it in your head, in your mind.

But your body, your nervous system, right? It really isn't there yet. Like your mind is like, oh, I would love to, you know, buy this, you know, \$450,000 house, you know? And. And I, I think I can do it. And your nervous system is like every time you, you know, just even think about taking out a loan for this, this house. Like you just, you, you're, you know, your, you can't sit still, your antsy. Maybe your shoulders clench up and it's because your body, things like your nervous system they aren't, they aren't used to that yet. They're not. It's not quite on board with where your mind is, and that's okay.

But when you have awareness of that, see how we went back? When you have awareness of it. Then you can decide, you know, or make decisions and figure out what to do with it. But for the sake of this description, I just want you to know what it looks like when I say like the body alignment with the body, paying attention to what your body does, right? If you're not sleeping well, that's physical. What's, what's what is the body trying to tell you, right, about whatever situation that you're in?

Okay, so we have mind, body, and then soul. Soul is, for me, I'm saying soul, when I'm talking about subconscious mind. I know I said mind, but it to me, the

soul is subconscious, is a subconscious mind. The soul is sort of, you know, your divine imprint that you came into this world with.

It is, it is sourced. It is God within you that you have the ability to tap into and hear, not necessarily with your ears, but hear through your body, once again, that can direct you in a particular, you know, way. Left, right up, down, whatever, you know, make, go this way, make this decision, right?

When you are fully aligned... by the way, you can be fully aligned at like 3:32 and at 3:34 you're out of alignment again. And that's okay. Everything about self-discovery and fulfilling your desires living in purpose. It is a fluid dance. It is not a destination, you guys. The destination is really the journey.

And when you can be on the journey, you know, when we talk about personal development self-awareness, self-discovery, right? Living a purpose, a, a purposeful life, a fulfilled life. When you can master just being aligned on the journey, you're freaking winning in my book. Okay. You are freaking winning.

So yeah, we wanna have those three areas sort of, well, not sort of. We wanna have those three areas, mind, body, and soul talking to each other in the same language. You know, understanding and bouncing energies back and forth between the three so that we stay sort of in this, you know, if think about a seesaw, you become the, the triangle in the middle of, you know, the seesaw and it just, everything left and right is going up and down. But when you're in alignment, the little triangle contraption, that's you, that's alignment. Right? Hopefully that visual helped.

And then thirdly, when we talk about Manifestation and you know, the sort of, what I think are the three pillars of that is actualization. So awareness, sort of like you get clarity on what, where, who, why. Okay. Alignment is how do I bring, bring all, every part of me, every, you know, every essence, energy, physicality, thought, belief. How do I bring those all together to get me to this desire or this or this goal?

Actualization now is the embodiment piece, right? So, it becomes like, what are the actionable steps? What are we going to do right now that we are aware and we're, everybody's on the same page? What are we going to do? That's the actualization.

When I used to hear just about manifestation and you can manifest your dreams and you can manifest this and manifest that, I got very wrapped up in the tools that brought me the awareness. Okay? So the tools that brought me to the

awareness of things like journaling, affirmations, different kinda rituals that, that you might do.

Now, I love a good ritual. I love affirmations. Journaling is huge in any capacity that I work with my clients. But we have to understand those things are tools and they bring you awareness. Even when you talk about things like nervous system regulation, E F T, all of which I introduced and touch on inside of Self First, Then Strategy, those are techniques, right?

So we have tools and we have techniques, but we need to use those to take action, right? And that's the actualization part, right? And so you cannot manifest without action, right? You cannot see prayer be answered without action. So even if we talk about like from a, from a religious sort of standpoint, you pray, right? You pray, you need to have faith. Okay? And then faith without actions is what? Is dead. So you do have to become actionable to see your manif, to see your desires or your goals manifest to become real, to show up in this world.

Now notice I said you need to take action, but I didn't say it had to be hard. I didn't say it had to be... you had to struggle. You gotta, you know, I didn't say any of that, but you do need to take action now. What actions specifically you need to take? I am of the school that this is what we need to discover for you. This is your work is to get to know yourself, who you be, how you are designed, how you interact with the world in such a way that then we can come together and help you create the strategy, create the the plan that you will be able to follow no matter what.

Because we've designed it based off your circumstances, your personality, your lifestyle, your, you know, your unique traits, skillsets, thoughts, all of those kinds of things, right? And not following someone else's strategy, which by the way, is how I developed the name back in 2020 when I first launched.

Get to know who you are first. Rediscover who you are because we are not... if you're, if you're over 30, ladies, you've hit a, so a Saturn return, you are not the same person you were when you were 20. And the same thing when you're in your, your forties and fifties and what have you. Right? We are not the same people. It's okay.

So we will, throughout the course of life have to rediscover who we are. It it is, it is part of the, the life experience in my my opinion that we need to be able to do that that we benefit greatly when we rediscover and we check in with who we are at any particular time and assess like, have our desires changed? Have

our goals changed? How has our lifestyle changed? You know, and now what do I want? What do I want to experience based off this current information, this current experience of life, or, you know, the vision of my future life based off where I am now?

So again, just to recap the number one thing you need to know about manifesting your desires or your goals, right, is you need awareness, okay? You need to know where you are, what you want, what you don't want, okay? You need alignment. So not only do you have to have the awareness or the vision of what you want, okay? What you feel called to, what you, you know, what you, you have a desire for, you know?

You've got to then start assessing your thoughts and beliefs and start getting those on board. You need to pay attention to what your body is telling you. A lot of times your decisions are being made through your mind which it has all kind of like mindset cobwebs in there. So you're, you know, you're making decisions with your mind when you really should be making decisions with your body anyway, right?

So we wanna make sure the mind and the body is on board and we wanna make sure that we are we are chasing or not even chasing, that we are going after desires that are truly ours that come from within. They're not desires or goals that people say, this is what you should do or should have, you know, based off of societal, you know templates, right?

And then actualization. You need actionable steps in order to embody the, the energy that you need to be the person you need to be. To actually see your desires and your goals become real, to become tangible, you know, to show up in your life.

So anyway I hope this was, If nothing else insightful, give you something to think about, give you some nuggets to chew on, and yeah, I love manifestation.

So if you have thoughts, comments, con concerns about this episode, feel free to reach out to me on my socials. You can find me at Sonja Thompkins. Both on Facebook and Instagram.

And just another quick reminder, if you wanna learn more about this, if you wanna go in depth in this and you're curious about how you can make substantial, massive action towards fulfilling your desires or goals within the next six months, regardless of what is happening in your life, ladies, then make sure you click the link in the show notes to book a sales call with me regarding

joining us inside the summer cohort of Self First, Then Strategy. Until next time.