

EP. 20 Master Your Manifestation Part 2

[00:00:00] Welcome to the Art of Self Mastery Podcast. I'm your host, Sonja Thompkins. And I believe the key to living a fulfilling and successful life begins with the knowledge of ourselves. In this podcast, we'll explore the practical principles of personal development, spirituality, and well being. On each episode, I'll share my experiences and expert advice.

To empower you on your journey of self discovery and ultimately to live a life you want by mastering your emotions, thoughts, and habits.

Hey everyone. Sonja Thompkins here. I am really energized today to be talking about how to master your manifestation process. This is part two of a special four-part podcast series.

And for those of you who do not know me, or have never heard me before, I'm Sonja Thompkins, [00:01:00] I help entrepreneurs leaders and multi-passionate people live and lead with purpose and pleasure through fulfilling each and every one of their souls goals.

I truly believe that everything that is a deep calling for you, a goal that keeps coming up for you, something that you almost feel like you must do is necessary and also attainable for you. In building and manifesting your best life.

Now what your best life is, is going to be very individual to each and every one of you.

If you have not listened to part one I highly recommend that you listen to part one. If you've just kind of stumbled upon this one, it'll get you up to speed. I'll give a quick summary here again. This is a special four-part series for the podcast.

All about helping you master your specific and unique manifestation process because I help and specialize [00:02:00] in helping individuals fulfill their goals and build their best life. In order to do that in a way that allows

you to experience pleasure and to be intentional about it and not feel like you are fighting against some sort of tide or just doing things that don't resonate with you.

When it comes to your goals, there will be work involved when it comes to manifesting or having the life that you want. There will be work involved, but it should not be. The entire process is hard work. It's grinding, it's hustling. It's doing things that don't resonate with you.

I don't believe it. I don't teach that. I don't coach that. Will there be periods of hard work? Yes. Well, there'll be periods of vigorous action? Yes. Will it call you to grow and expand into a. Part of yourself that maybe you have not tapped into Absa freaking lutely, but that's completely different from working hard, doing the most, [00:03:00] grinding, you know, Uh, I don't, we don't get down like that in my camp.

My clients will tell you, so. When you are creating goals. Especially at the time that I'm recording this. When I did part one, it was right at the beginning of the new year, 20, 24. But this is applicable whenever you're watching this because you're always creating goals. Yes. We're always creating intentions, whether we are aware of them or not.

When you create goals, you guys, so many people can get frustrated because they are following processes that are. They're phenomenal in some ways they work for some, but they may not work for everyone.

So in part one, I shared what the series was about. I shared. The tool that we're going to be using, that you can experiment for yourself and play with. And that tool is human design. . So I'm going to be talking about here in part two what specific place in your human [00:04:00] design chart that you can find this information and then experiment, and explore it for yourself.

Okay. Um, so if you haven't, I, again, I recommend that you go back and listen to part one. I think it's like a 15 minute episode. It's really quick and it'll get you up to speed, but while you're here, let's go ahead and dig into. Part two. Here in part two.

I want to share with you where specifically in your human design chart, that you can actually find this information. All right. So if you have your human design chart in front of you, I gave instructions on where you can go and find that and download it for free and episode one. Have your human design chart in front of you let's dig in.

So when you look at the body graph. It looks different on different platforms, but if you download it from the one I talked about, it is a image of like a shadowed body and you'll see these fun shapes. Um, they are colored in, some of them may not be, and they have all these [00:05:00] little gates and lines that, connect them together.

On that page where your body graph is, and that chart is you will see. A set of arrows. Okay.

You will see four arrows near the upper body part of the body graph chart. Some are pointing right. Maybe yours are all pointing in one direction. Doesn't matter. We'll get into that a little bit later, but right now, just want you to locate the four arrows on your body graph chart.

I'm going to share with you what these arrows mean, and I have notes, so I am. Looking at my notes because I want to make sure I am explaining this as clearly and simply as possible.

All right. So on the chart, when you locate your arrows, we're going to be talking about the arrows on the bottom. So you'll see on the left side of the body graph. Okay. If you're looking at your chart right in front of you. On the left. You'll see two arrows on the left side of the body graph. On the [00:06:00] right side of the body graph. You'll also see two arrows.

Well, when it comes to identifying your specific manifestation process, according to human design. You're going to be looking at the two arrows that are at the bottom, the bottom left arrow and the bottom right arrow. Okay. So, what do these arrows mean?

In terms of your manifestation process, some folks utilize this and say, these are your manifestation, arrows. The arrows are either pointing left or the arrows are pointing right. When arrows are pointing to the left. This has more of a masculine energy. Which means it's a little bit more strategic. There's a little bit more structure. So any time the arrows are facing left, it pertains to more your masculinity versus your femininity.

So it's going to be numbers, [00:07:00] very kind of like. Black and white, a lot of details.

Where, if things are turned to the right, if your arrows are pointing to the right, right arrows represent feminine energy, so more flow, more receptive and peripheral, or a larger scale of things. Is more of a feminine energy if we were to describe that.

Okay. So just want you to be clear on left versus right. Now. If your chart is in front of you.

The bottom, right arrow represents how you manifest, how you call into things, how you see things right. Manifesting you guys. It's just another word for create. Another word for create is to build, right. So if we just break this down, when you are working towards a goal, When you are trying to create. A certain type of life for yourself. When you are wanting to build your career, build your business, call [00:08:00] in certain relationships, manifestation, it's just all about how you are going about bringing in those things forward

when we look at how you're going to manifest we do that by looking at the bottom right arrow. So the bottom right arrow, represents how you manifest how you call in. And how you view things.

So if you're looking at your chart and you're looking at the bottom, right. When it comes to you if the arrow is pointing to the right on that bottom right arrow, that means you are a nonspecific manifestor okay.

How you decide and plan out your goal is going to be easier for you. If you are a little more relaxed and you have more of a bird's eye view. You just know. I desire [00:09:00] a. This is what I desire. Right.

, you feel like you get lost when you try to go into too much detail. So you're specific in the sense that I desire. Love in my life. I desire a romantic relationship. Your specific there, but you're not getting as specific to be like, um, I desire a romantic relationship. And the person is five foot two, and you know, has, you know, curly brown hair and has freckles. Right.

So you are a, what they call a nonspecific manifestor. That is your process of how you manifest.

Now on the flip side, if on the bottom right arrow, if it is pointing left.

Okay. This means that you have a very specific manifestation process. It means the way you call in things, the way that you're going to [00:10:00] manifest, plan out, decide a thing. Is very specific. So for you, it is okay. I want my business to grow. You might need to get a little more specific.

How much do you want your business to grow and in what amount of time? So when it comes to being a specific manifestor, that is more of a masculine energy. So remember, I've talked about that. So this is where you do want to get into. KPI's lengths of times. Uh, step one, step two, step three. Really drawing out all the details in your manifestation process is going to yield you better results again. According to human design.

Okay. So that is the bottom right arrow.

So now looking at your chart. Let's look at the bottom left arrows. Okay. So the bottom left arrows [00:11:00] represent more of how you take in and how you receive. So where the bottom right.

Talks about more, how you. Call in the bottom left is how do you actually obtain the goal that you are manifesting? How do you actually receive the thing that you're going after or that you desire in your life? Okay, so let's talk about, this is my favorite.

So if your bottom left arrow, is pointing to the right. It means that you have a more passive way that you're going to receive your things. You'll have a more flowing open approach to how you will actually call in and receive whatever it is that you're trying to manifest.

That looks like you put it out there, you stated your intention, [00:12:00] you decided on what you're manifesting and now you're just letting it sort of unfold in its own timing. Uh, it's a very attracting what you want to you versus you being super active .

And that's why I'm saying it's more of a passive style. This does that mean that you can just be like, oh, I want such and such. And then I'll just sit here on my hands and wait for it to arrive. I'm not saying that , there are things you will need to do.

Whether you are a passive type right in terms of how you receive or you're more of an active type. Let me be clear. There is work to do. Listen for some people just being able to get clear on what you want. That is work. For some people allowing stillness to happen. If, so let's say you have this passive type and for you, that's challenging to sort of.

Be calm. Be [00:13:00] still. Maybe you have a natural sort of like inclination to do do do, right. This is the conditioning that a lot of us have. This is the conditioning of the world, right? We've been taught in order to have what you want. You've got to work hard. You gotta, be excellent .

So when you have that type of conditioning, you guys is difficult to be in stillness. So that is work. That might be the work for you. If that, if that kind of example relates to you, I just want it to make sure that I'm clear that a passive type is not about just sitting in meditation posture waiting for something to magically drop in your lap. It really doesn't happen that way generally. Okay.

So that being said , now let's talk about if your bottom left arrow is pointing to the left, that means you have an active way that you call in and that you receive things. So for you having that [00:14:00] active energy, For your

lower left arrow then that does look like you taking very strategic steps, um, when you are maybe moving forward, you're envisioning. Whatever it is that you're going after.

And it might prove to be better for you. To be moving with a little bit more energy and intentionality. So tracking your goals, writing magic checks of the scripting, like you're actively participating in the process .

It's sort of that like where you've probably seen in terms of like goal fulfillment from a spiritual standpoint, it's like, you know, set the goal, holds the vibration, you know, and all of that, that really works well if you have an active type.

If you've tried this before, if you've read articles or you've seen it work for other people, and you're like, okay, I'm going to write down exactly what I want. [00:15:00] I'm like intentionally tuning in and trying to hold the vibration. I'm trying to like physically feel everything about this, the goal that I want, you know, and what I want to manifest.

And for you, if that just you've tried that, and it's like, that is any work in. It might be because you have more of a passive manifestation style you guys. So the way that you actually receive might be to just fall back a little bit, trust the process, keep your eyes open and just let it unfold.

Okay. Now you may be wondering, well Sonja. Yeah. When I look at my two arrows on the bottom, like one is pointing left, one is pointing, right? Like, how do I make sense of this? So glad you're wondering that. Because I happen to be someone like that. And there are, I want to say, I read there were like, I don't know.

I can't remember, but I want to say it was like 16 different combinations. So the reason I'm breaking this down is so that when you look at this, [00:16:00] you can tell for yourself, right.

But. I'm someone who has. Two arrows kind of going the opposite direction. The two bottom arrows are going into different directions.

So when I'm looking at my chart, The arrow on my bottom right side is pointing to the left. So in terms of deciding what I want to manifest, I have a very strategic and specific way that I need to do that. It's a more on the masculine side. When I'm very clear on what I want, what I desire or clear that what has been calling to me, even if I didn't think it from my head, if there is something that keeps showing up for me once I'm really clear, like, oh, okay, there's still, this keeps showing up for me.

And I keep responding positively to this thing that shows up for me Even though I might be scared, even though I might not know how the heck I'm going to get there. Once I'm clear. On that specific thing. [00:17:00] Right. That's where I set the intention.

That's where the manifestation process begins. That's where I call it in. I acknowledge it and I am calling it in and I do that in a very specific way. So I know what it is I want to do. I am. A full on yes. With that thing. So it's very, it's it's specific. I know what I wanted to do.

I'll give you an example. Maybe I think it will be easier when I give an example. Okay. So. One thing in particular that like always stands out. I used the analogy earlier about like relationships, like say you want to call on a relationship. And I think I've talked about this on another podcast episode.

I was engaged twice before my husband and I ever met both of those I called off. Um, and one of the last relationships right before my husband was, it just ended really bad. It was really [00:18:00] devastating. And I was very intentional and I was like, I'm taking a whole break.

Like I am on sabbatical from dating. Uh, because clearly. I'm calling in some stuff that when it gets here, I'm like, who am I that I am attracting or calling this kind of foolishness into my life. So I took, I was like, I'm done at least for a year. I specifically said that I remember specifically saying that to myself. So I took that year off.

I really went into an introspective period, a very reflective period. That's probably where I got the most sort of like training, if you will, for my own methodology, which is self-mastery. Um, and although this was always a hobby of mine, personal development and astrology and numerology and Prayer and all of these things just to really get in tune with who I am as an individual I did it during that year sabbatical.

So. Like [00:19:00] I was good because I wasn't even interested in relationships. I really was just on some, I am getting to know me in a way that I have never done. I maybe 25, 26 at the time and so that's what I did.

And then one day I don't even remember how it, I don't remember things gradually happening.

I just remember one day feeling like, you know, I think. Um, I think I'm ready now. I think I could entertain some male energy, right. I desired and knew that I could handle. Uh, getting to know a man.

I just missed the energy of being with a man right now. And I'm not talking physical, sexual energy.

I mean, just, you know, there's just different energy in between. There's a difference between male and female energy. We just talked about that, right? And I desire that. And I remember saying. Okay, God I'm ready. I specifically said, I think I'm ready. And.[00:20:00] I remember from that day on, I was very specific in , Seeing the kind of guy, what we would do. It was like, you know, what kind of things will we do?

I imagined us laughing. I imagined us like being on the beach. I imagined like being embraced, inhaled and feeling safe. And I imagined just talking to this person, I didn't have a visual, um, Like, oh, he's got to look like this or whatever. I just, you know, I just sort of, I was active in getting the clarity around what I wanted. Okay.

I don't know how long I did that , but I wasn't like everyday, like I'm going to wake up. And first thing I want to do with me, this guy. I mean, imagine. No,

it wasn't that. Intentional, but I was very specific. I was ready for male energy and I did get clear on like how we would interact, how I wanted to feel, you know, what. [00:21:00] What that would possibly be like.

And then I was just like, good.

I was just going about my business. Running my businesses. And then the funniest thing happens, right. One day I'm just out and about not looking my best. Not necessarily even feeling my best. I had been in a car accident and my car I got in total and I'm in this raggedy like beater and I come across this guy, we're at a stoplight.

We cross eyes, we connect. long story short. I do a U-turn against my whole brain. Cause I'm like, girl, you look like what, what. But I did it. I followed my intuition, which has always, really served me and bada bing bada boom. We've been married 16 years. Okay. That is a great example of how I manifest it. Something that I desired.

What I called in was very specific, but thought process in how it came to me.

I was not going to bars. I was not on dating [00:22:00] sites. I was not telling my friends, Hey, you got somebody you can hook me up with. I was not active in the process. I was very passive in the process. I just let the shit unfold the way it unfolded. Right. And I happened to be in tune enough with myself, where I knew if I just follow my intuition, my gut and everything that I do, I would never be let on the wrong path.

And that is why I made the U-turn. And that is why. 16 years later, and one whole son later, they're still together. You get it. So that is a very good example. My manifestation style was very specific. My way I actually take in it's very passive.

That being said, though, my husband, He's the opposite of me. We are his manifestation process is more passive, but the way he calls it in the way he

receives is [00:23:00] very active. Right? Literally my husband is super, super active.

You've heard me talk about how often and much he likes to physically work out he is a hard worker. He enjoys being a hard worker and it yields him results. When I try, when I am like actively trying. That is when it either doesn't happen for me or when I cause, and here's the thing. We are all equipped to make stuff happen.

We really are. Um, and that, that, that Torres. Uh, ascending to me is like really comfortable with like, I'm going to make shit happen. And I have done that in the past. And guess what it is, it's a shit show. I can get it. I can make it happen. But when I do a lot of active. Almost forcing and I'm going to like do everything to make it happen. I either a burnout. B accomplish it, but it's some mess. Or, C, I just spin my wheels.

[00:24:00] I have a saying, when I do the least, I received the most. That is so foreign to my husband. He's looking at me like, no, boo, I love you, but that, ain't how you do it.

And I'm like, no, honey, that's just not how you do it. Right. You guys, if we can just all really get clear about how we're here to do things. And it's okay. It's not going to look like somebody else's. Um, maybe it will, maybe it won't, that's not the point. The point is just you understanding how you do it so that you can experience life with as much ease with as much pleasure with as much joy as possible.

And so there you have it. These are our tools that we can use so that you can start to identify and decode, if you will, your specific manifestation process.

If you find this interesting, if you have ever tried this, if you're listening to this and you're like, you know what I, yeah, I can see that for [00:25:00] myself.

Um, and if you have specific goals right now that are just calling to you, if there is a lifestyle that you know, you want to have, if there is a business you want to start, if your goal is to experience more relaxation if your goal is to run your company or your department in a way that your. Invigorated at the end of the day, instead of exhausted. You guys, this is what I help my clients do all day long every day through my one-on-one private coaching. we work together using your unique soul strategy in manifesting success and fulfilling your goals. For a minimum of three months every week, you get dedicated time.

We create plans based on what your goal is. And we do it based on things like this.

You're not here to follow my process. I'm not going to teach you. Oh, this is the way you fulfill your goals because this is the way [00:26:00] I did it. And because I was successful. That means this is the way, no, that was my way. I specialize in helping you figure out your way, and then I support you in doing it that way.

if you're listening to this, you're a person who you already have come to a place in your life where you've realized. That shit don't work for me. I'm not even interested. I'm not interested in your templates. I'm not interested in your frameworks. I'm not interested in how you get to where you are per se. I'm interested in can you help me get there?

And if that is you, then I invite you to book a call with me to learn more about how my one-on-one coaching can help you fulfill your number one goal and build the life. That you can live and lead with purpose and pleasure. You guys. Thank you so much for listening.

Thank you so much. Please, let me know how much you resonated with this episode. Take a screenshot, DM me either on Facebook or Instagram. I'm @sonjathompkins on both social. You [00:27:00] can also email me assist@soniathompkins.com.

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When you do that, it helps get this show out to more people who are looking for this type of content and want to really make an impact in the world by living their best lives.

Par three will be out in one week after the publish date of this episode.

And I hope you stick around. We've got two more.

Show Notes:

In this installment of the four-part series, Sonja delves into the intricacies of manifesting goals, specifically decoding the arrows in your Human Design chart that unveil your unique manifestation process.

Engaging Bullet Points:

Passive vs. Active Manifestation: Sonja breaks down the bottom left and right arrows on your Human Design chart, revealing whether your manifestation process leans towards a passive, receptive style or an active, intentional approach.

Nonspecific Manifestors: Explore the characteristics of nonspecific manifestors—individuals with a bird's-eye view, embracing a more relaxed and open-ended strategy for calling in their desires.

Specific Manifestors: Uncover the traits of specific manifestors, where strategic planning, detailed steps, and a masculine energy are key components in their manifestation process.

Sonja's Personal Journey: Sonja shares a personal story of manifesting a relationship with specific intentions while adopting a passive approach to receiving, illustrating the power of aligning with one's unique manifestation style.

Decoding Your Arrows: Gain practical insights into decoding the bottom left and right arrows on your Human Design chart, empowering you to understand and leverage your individual manifestation process.

Keyword Options:

"Unique Manifestation Process"

"Decoding Human Design Arrows"

"Passive vs. Active Manifestation"