



FLFE Community Resources

Magnetizing

A tool to make the most of your energetic FLFE environment
And create Natural Abundance in your life

Magnetizing is a process developed by Clayten Stedmann and Jeff Stegman that considers aspects of the manifestation process that other manifesting techniques have not considered, such as past influences and future projections.

The Magnetizing Process

These are suggestions, please find your own way, your own style and trust yourself.

1. Decide on an **intention** for your life that you wish to manifest.
This could be a new intention for your life or just clarify or recommit to your existing goal(s). Who do you want to be, what do you want to do and which things do you want to have? There are a lot of people and resources in the world to help you with this.
2. Focus on taking the **next step** to completion.
 - a. You may find it helpful to name the step.
 - b. For example you may have a goal to improve your health and the next step could be "Exercise".
 - c. Timing. In some cases you could be very specific and at other times not.
3. **Magnetizing Meditation** (or Prayer) to Increase the synergies, synchronicities, flow, ease and speed of your co-created manifestation.
 - a. Decide what you are Magnetizing. Small, realistic steps are best. Writing it down may help.
 - b. Create a simple, clear visual image (Vision) of it already completed.
In the "Exercise" example, perhaps picturing yourself at the gym completing a regular 1 hour work-out and in the mirror you are fit and at the weight you want.
 - c. Quiet yourself.

FLFE Magnetizing Meditation, continued.

- d. **Connect to a Higher Power**, a loving, benevolent power greater than yourself, in your own personal way. This greatly increases the power of this meditation by accessing a field of even higher consciousness.
You may have a personal connection to some particular aspect of Divinity. That is helpful in this process. A more general use of Higher Power or God works as well.
- e. **Invite the Higher Power into your Vision** that you created in step “b”.
- f. **Call in and ask the Higher Power to call in all positive energies** and all positive aspects of creation that are appropriate to help you manifest your Vision.
- g. **Clearing of restraints**
 - i. Ask the Higher Power to CLEAR anything from the PAST that is restraining this from happening
 - ii. Ask the Higher Power to CLEAR anything from the PRESENT that is restraining this from happening.
 - iii. Ask the Higher Power to CLEAR anything in the FUTURE restraining this from happening.
- h. Ask your Higher Power that your good deeds and good will associated with you be applied as grace and increased power to this Vision.
 - i. Go back into the Vision and feel the **feeling of it being complete**, done and finished.
 - ii. See yourself from the outside with this phase completed and celebrating.
 - iii. Feel the emotions, the joy and gratitude.
 - iv. Thank the Higher Power and all who helped to complete the manifestation that is the Vision. Feel the gratitude for the help.
 - v. Hold it for as long as you can, three minutes minimum.
- i. **Move to the next intention** you wish to magnetize and resume at step “e” above. (Or close the session as in the next step)
- j. **Thank all you have invoked** in step “c” and intentionally end the magnetizing session.