



6 Steps to
Manifesting
Your
MAJOR
DREAM

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The exact formula I used to create my dream life!

I'm willing to bet that you have a dream. A BIG one. A dream that is so deep and so compelling that it keeps you up at night with anticipation.

But then... reality sets in.

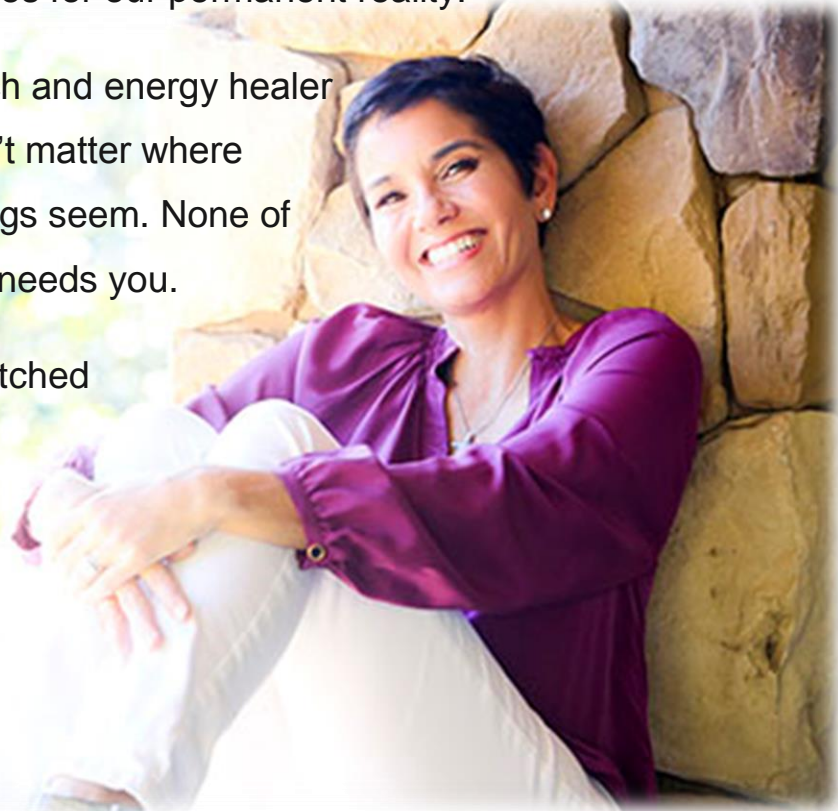
You are nowhere near that dream. It feels so unreachable, so far away, so impossible given your current circumstances.

I've been there. And it's a heavy, sad feeling. I know what it's like to struggle to stay connected to a deep desire while our environment, our negative mind chatter and our fear fight for our attention.

No matter how badly we want something, sometimes the fear and the doubt become louder than the dream. Pretty soon, we run the risk of mistaking those temporary loud voices for our permanent reality.

I'm Tera Maxwell, an affluence coach and energy healer and I'm here to tell you that it doesn't matter where you are right now, or how tough things seem. None of it is permanent and your dream still needs you.

I wrote this book because I have watched too many people settle. I have seen so many people stay in situations



that weren't nurturing them, living lives that didn't align with their hearts, but who weren't able to see a way out!

I used to feel that way too, but now I know that it's not true. Now I know that it doesn't matter how far-fetched your deepest desire might feel right now, you can have it. I say that with confidence because that's exactly what happened to me.

I spent most of my 20's as a stripper. I struggled with drugs and alcohol and an eating disorder. I know what it's like to feel on a soul-deep level that you are meant for more, and I know what it's like to feel the pain of living far beneath your potential.

I eventually left that world, went back to school and got my PhD. Even then, however, I wasn't yet living for myself. I wanted to be an energy healer, but "professor" felt much more respectable. I was compensating for the shame I felt from my past choices by living a life that I thought others would approve of. As you can imagine, I felt the unease of living out of alignment. I filled my time with obligations and commitments but deep down I knew there was something missing.

One year, I was searching for a job as a professor and was receiving rejection letter after rejection letter. That's when it hit me. I felt RELIEVED! I was relieved to be rejected! I realized that I never wanted to be a professor. Those rejection letters were a gift. They illuminated a major truth for me. From that day on, I vowed to live on purpose and in alignment with myself.

Today, I run a six figure coaching business from my beautiful home near the beach in Costa Rica. I went from despair and uncertainty and cold east

coast weather, to living my dream life with my husband and our three children in a place that was once just a fantasy.

If you're reading this book, you know you are meant for more; you know you are being pulled towards something that is different from where you are now; something bigger, brighter and more authentically YOU.

I'm going to show you exactly how you can manifest *your* major dream just like I did. You can't just read about miracles, you've got to create them.

That heavy uncertainty you might be feeling? It's a bridge to your expansion. The darkness is a divinely appointed message that *this* is the time to get serious about your happiness.

I did it, and I know you can too. Follow these steps right to the door of your dream life.



Notice the sign posts

Here's a truth- Clarity is often disguised as admiration.

I didn't have Costa Rica specifically on my vision board, but I noticed that I was always drawn to people who were living abroad. They inspired me! I would see the way they were living and a tiny twinge of envy would pop up. I knew I wanted to create something similar. That envy was a clue to one of my deepest desires- to raise my kids abroad!

Whose life do you admire? Who is living how you want to live?

I felt blocked everyday living in Maryland. I knew that those negative feelings were a clue that I wanted to live somewhere else.

Pay close attention to your triggers. If you find yourself triggered into envy or into an energy block by a certain person, place or situation, you are being given a powerful clue as to what you need to release or to create!

Ask Different Questions

Sometimes if we aren't getting the answers we want it's simply a matter of asking a better question!

Every Law of Attraction expert I know encourages their clients to get very specific in their requests.

For a long time, I found myself waking up in Maryland and asking things like “Why is this so hard?” and “Why am I stuck here?”

Not surprisingly, I didn't get a clear response. I learned to rephrase my questions in a way that opened the door for clarity and laid a *positive* foundation for change.

I started asking instead, “Where *should* we live? Where are we meant to raise our children?”

I have a lot of clients who begin by asking “Why can't I make any money?” Not only is that question framed in a negative way, but it doesn't carry with it a very high vibration! Instead, I encourage them to ask, “How am I meant to make money?” That kind of specific question is much more likely to produce the specific answer you're looking for!

Live In Gratitude

I know you've probably heard that one before, but there's a reason certain concepts become "over done." They work!

How many times have you heard yourself say, "If I lived somewhere else I would be happy. When I lose 20 pounds I'll be happy."

That kind of thinking only delays the feeling of happiness that you're longing for. The truth is that most people have this backwards. They think that the gratitude will come when the dream does. But the gratitude has to happen first. You've got to find a way to see the gifts in your current situation.

When I was living in Maryland, I knew I was manifesting my way out of there, but I had no idea how long it would take and I sure didn't want to be miserable while I waited! I sought out friendships, I started running and exploring new trails and I even bought a paddle board.

While I knew I didn't plan to stay there, I came to love and enjoy the landscape, the people, the adventure.

There's always something we can find to be grateful for while we quietly but consistently work towards manifesting our dream. Gratitude is the energy that opens the door for expansion.

At the very least, be grateful that you are breathing and able to read this book!

Know your triggers and quickly release them

You're human. The triggers are going to happen! When I still lived in Maryland, I found that even as a successful energy healer, I had to stay on top of the negative emotions and blocks and clear them as soon as they occurred.

These negative emotions that creep into your heart are deeper than you think and need to be dealt with right away before they set up a permanent camp!

One way you can easily do this yourself is to simply ask a higher power-- your angels, the universe or the God of your understanding--to remove the block. Ask for light, ask for peace. Imagine a beautiful color moving through your body from the top of your head down to your toes, sweeping away the negativity.

Notice where in your body the emotion shows up. Name it. Call it what it is. Say to yourself, "This anger I am feeling right now is deep." And visualize it being swept away, through your feet and out of your body.

Be detached from the outcome but open to the possibility

A year before our move to Costa Rica, I had googled “Montessori schools in Costa Rica.” One particular school had popped. It was beautiful, right by the jungle and close to the ocean. I went to a BBQ that night and showed my friends a picture of the school and we laughed and fantasized about how cool it would be to live there and to send our kids to that school. My husband joked that the only way he would move there would be if it was a corporate relocation, paid for by his company. We had moved every 18 months for years for my husband’s jobs so we were familiar with corporate relocations and knew that corporate relocations to beautiful tropical places were not likely to happen! Months later when we had made the decision to move there, we discovered a clause in his contract that stated that the company would move him *anywhere* he wanted to go.

That playful evening at the BBQ, day dreaming about Costa Rica put the wheels in motion for a manifestation of a six figure corporate relocation package!

At the time, I wasn’t attached to Costa Rica. I felt no urgency and no desperation. I was simply enjoying my friends that night. I was attached to living abroad and open to moving wherever I was destined to move. The universe was listening though. And in less than a year, had dropped a plan right in my lap for that day dream to become a reality.

If you stay unattached to the outcome, not only do you keep your energy clearer and more positive, but you allow for super-sized miracles. When you are detached from the specific outcome, you allow for something even better to come along, something that may be your destiny. You will often here law of attraction experts encouraging people to visualize, but to add the mantra “This or something better.”

Staying detached from the outcome makes way for “something better.”



LEAP

It's not enough to read about change. It's not enough to hope. You've got to make the leap in the direction of your dream.

My husband and I took a trip Costa Rica months before our move to explore the possibility and to see if it was the right decision. We were driving, chatting about the other opportunities that were on the table for him, when we remembered something we had written many years before. We had attended a weekend workshop 7 years prior and had written a family creed.

We had worked together to come up with the 5 pillars of our beliefs. Two of those were to thrive as a family and to serve and inspire others.

It became crystal clear that we could do that in Costa Rica. If my husband were to accept one of the jobs being offered, he would be away much of the time, which didn't support our pillar of thriving as a family.

Costa Rica, on the other hand, *did* support our creed! We decided that day to make the move.

Sure, making a major leap in the direction of your dreams is a little scary. You can, however, eliminate much of that fear if you know your own creed. What do you stand for? What do you believe? How are you committed to living your life?

The action becomes easier and less intimidating when it clearly supports your values, your beliefs and your deepest desires. Your personal creed is

a guidebook. What does yours hold? And what step can you take to support the pillars of your creed?

It's never too late to walk towards your destiny.



You're Invited

By now, I hope you can see that manifesting a major dream is perfectly within your reach. I struggled, I felt despair and then, with determination, faith and the blueprint above, I found freedom.

You hold the keys! Regardless of how far away your dream might feel today, the steps above set the wheels in motion for extraordinary change. This book is your invitation to live your potential.

If you'd like me to help you get on the fast track to manifesting your major dream [click here](#) for a complimentary Manifesting Breakthrough Session.



About Tera Maxwell



Tera Maxwell, Ph.D. is an Affluence Coach. She specializes in helping clients breakthrough the blocks and create more money, love, and freedom in their lives. Her scholarly work on healing generational memories and a paralyzing writer's block led her to study energy healing and Carolyn Cooper's Simply Healed™ method. She believes that when we are living in integrity with our truth, we thrive.

For more information, visit www.teramaxwell.com

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