

ERIC *John* CAMPBELL

A MANUAL
for
MANIFESTING
your
DREAM LIFE

*How To Use Your Superpower
To Manifest Your Desires*

A MANUAL FOR MANIFESTING YOUR DREAM LIFE

HOW TO USE YOUR SUPERPOWER TO MANIFEST YOUR
DESIRES

ERIC JOHN CAMPBELL



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YOUR DIVINELY GUIDED MISSION

YOU'RE BORN TO BE A FREE AND POWERFUL CREATOR. IT'S YOUR PURPOSE here on earth. Whatever life you desire for yourself is wanted because you have the ability to make it a reality. All of your dreams are not far off fantasies that won't come true. Your dreams are instructions from the Universe as to what you're meant to manifest this lifetime.

You wouldn't have a desire or a dream unless it were within your power to make it real. You're the dreamer you've been looking for. There's no need to live through other people living a similar dream to yours vicariously. Instead of settling for an indirect experience, go for the real thing. You fulfilling your dream is the best possible thing you can do for all humanity and Mother Earth. Even if your dream seems selfish, trust that you don't see the bigger picture.

There's a divine intelligence that's beautifully harmonizing everything you experience in your world. A dream that may seem selfish for your happiness can have a positive ripple effect that changes the world. I mention this early on because I would like to remove any guilt you may have about pursuing your dream.

If you feel you need to take care of others less fortunate than you out of guilt, you bring more guilty energy into your world. On the other hand, if you pursue your dream with passion and joy, you're bringing those energies into your world. You must focus on your happiness and desires. If you try to find

peace by taking actions from a place of guilt or fear, you'll find yourself experiencing more of these energies yourself.

Ask yourself: *what is it that makes me come alive?* Whatever that thing was or is now is the thing that deserves your full attention. It doesn't matter whether or not it seems practical. Keep doing it and think about it for no other reason than it feels good.

Whatever you focus your attention on will grow. Your focused attention is your superpower as a human being. The more focused your attention, the faster that thing will grow, so you must focus on what excites you. Your attention is what attracts the things you experience in your daily life. A great way to visualize this is to see the world as energy. Every single person, circumstance, and thing in your world is a type of energy that exists at a specific frequency.

Your life is like a radio station, where you get to choose what you want to listen to by changing your receiver's frequency. You're the receiver, and you change what frequencies you choose to welcome into your life based on where you focus your attention. By focusing your attention on a particular frequency, you become a magnet, immediately attracting to you all sorts of people, things, and life circumstances of the same frequency.

You're the creator of your reality, even if you attract things you've never thought of before. Your power lies in choosing which frequency you choose to set yourself at, and the Universe responds by giving you things that are an exact match to your frequency. It's essential to understand that attention means more than what you think about. Thoughts are part of where your attention goes, but it also goes towards the actions you take and your environment.

Attention is anything you focus on, which is why learning how to focus on what you want is the best way to develop your superpower of focused attention. You can choose to focus on things that exist on the frequency you're currently resting at, or you can focus on the frequency of your heart's desire. Your life's journey is shifting from the frequency you were born at into the frequency of your heart's desire.

Your journey plays out in all sorts of exciting ways in the world you manifest for yourself. Still, if you don't realize what's going on energetically, you may stay stuck at an unsatisfying frequency that attracts things to you that don't excite you and make you feel alive.

Everyone is born with a dream life that deeply excites them. The question for you isn't whether or not you were born with a dream. You were. The question now is: *do you know what that dream is, and are you focusing your attention on it?*

By consciously focusing your attention on what you want, you get to experience your power as a creator and not a victim. If you feel trapped by your life circumstances or past at this moment, realize it's because the power of your attention has manifested your current life to you. It'll be painful to acknowledge at first, but it's necessary to manifest your dream life. If you believe your current life results from things you can't control, you'll believe only circumstances outside of yourself can give you what you desire.

On the other hand, if you acknowledge that it was the power of your attention that created your current life, then you also have the power to manifest a new life by focusing your attention on something else.

You're the person and life circumstances you've been waiting for. There's nothing outside of you that's stopping you from living your dream life now. If you're ready to own your power as a Divine Creator, consciously choose to focus your attention on what excites you and what you genuinely want.

Don't try to get out of an unwanted frequency by thinking about things in that same frequency. For example, if you're in the frequency of being a victim, retelling your victim story repeatedly to find a way out won't change your life circumstances. Doing this will keep you at the same victim frequency, and the Universe responds by giving you things that match the frequency your attention is at.

It's also important not to deny unwanted things in your life. If you keep focusing your attention on your dream life, you'll attract everything needed to exist at that new frequency. If there are hurt parts of yourself that need healing, they'll show up in the light of your awareness so you may heal them.

When these unpleasant emotions arise, you must meet them openly to get closer to living in the frequency of your heart's desire.

If you keep focusing your attention on what you want and then deny any unpleasant emotions that come up so you may heal them, then you're the one getting in your way. The Universe always gives you exactly what you need to live a life aligned with the frequency of what you focus your attention on. It's essential to become clear on your heart's desire, focus as much of your attention as possible on it, and courageously allow whatever comes up to enter your life.

As you begin this process, you'll likely attract things that seem negative and get you farther away from manifesting your dream life. If this happens, it's because there's something shadowy inside of you that needs to be brought to the light before you're able to live in the same frequency as your heart's desire.

You must realize that the Universe is never withholding your dream life from you. It's never about earning favor with the Universe, so you may receive what you believe you deserve. The Universe wants nothing more than for you to live your dream on earth.

The only reason the Universe doesn't help you manifest your dream life now is, it's impossible to live a life you're not in vibrational alignment with. You must focus your attention on what you want so that your frequency matches your heart's desire; otherwise, the Universe can't do anything to help you get there.

The best that the Universe can do is continue to attract things, people, and circumstances to your life that match your current energetic vibration while creating a strong desire in you for something greater. You have to be the one to consciously choose to focus your attention on what you want to manifest. As you do this, the Universe will align circumstances in ways that may seem unusual to give you what you're calling in with your attention.

The Universe cannot call in something on your behalf because of the Free-Will you wholeheartedly agreed to before incarnating on this planet. You're the only one who can set the unseen forces in motion to attract the

life you deeply desire. If you doubt you have this much power, look at how your attention currently flows and the life you're living now. You'll notice they're an exact match.

You have already used the power of your attention as a Divine Creator to manifest the life circumstances you're experiencing now, but not because you're a more powerful creator than anyone else and attracted people to you against their will. Every experience and person in your life was co-created alongside the Universe. It's impossible to have two people become attracted to each other as friends or lovers unless they co-exist at the same frequency.

You'll likely have to let go of some of the people in your life now as you become closer to the frequency of your heart's desire. As you consciously call in this higher frequency, you'll notice that the things, circumstances, and people you find yourself drawn towards will begin to change. Your favorite movie or book may no longer appeal to you. A friend you use to be close with may now seem like they don't have much in common with you. You may be scared at first because you'll have to let go of your old life before your new life comes in.

There needs to be a period of emptiness that creates room for new things to appear. You don't have to prepare for this transition consciously. The Universe will help this happen for you automatically by making you uninterested in things from an older frequency pattern and getting you excited about new ways of living, things, and people to be in a relationship with. Since this happens automatically when you focus your attention primarily on your heart's desire, I share this with you now so you won't get scared when this happens.

If you suddenly notice that everything you used to enjoy is no longer satisfying, you may think something is wrong. The truth is, this is the space the Universe needs to change your life and attract everything you desire. Without this change, your life would be exactly as it is now. To bring in a new life for yourself, you must first let go of your old life. There's no way around this.

If this process scares you, it's essential to focus your attention on your faith that the Universe is always carrying, nurturing, and holding you. The Universe may be invisible to the eyes, but that doesn't mean that the Universe isn't supporting you. You're a divine child of the Universe who's always being held. You have been held by the Universe ever since the moment of your creation here on earth.

Knowing that the Universe is always holding you will help you see that everything in your life happens for you, not to you. Everything you have experienced has been a response to the vibration you've chosen with your focused attention. Even the frequency you were born into was something that your Higher Self chose before you were born here on earth.

I share this with you now to remind you of how powerful you are. Everything you've experienced in your life is something you've attracted on some level. You came here on earth to learn, grow, and have fun. If you didn't learn how to manifest through your focused attention and instead were born directly into the frequency of your heart's desire, then your Higher Self wouldn't learn what it came here to learn.

Imagine a life where you get to have a dream, experience the contrast of not having that dream, and then achieve that dream through the journey of learning how to use your superpower of focused attention. You chose to be born here on earth, and manifesting your dream life is the highest potential you have for yourself during this lifetime. It's time for you to manifest your Higher Self's vision of heaven on earth.

Becoming clear on your heart's desire and pursuing it through focusing your attention on it is essential. Committing yourself to this journey will provide you with a feeling of deep satisfaction because it's the reason you chose to incarnate here on earth. To do anything else in your time here on earth will always leave you longing for something else.

You must pursue your heart's desire. By pursuing it with your focused attention, you'll learn what your Higher Self came here to learn, and you'll have the living experience of heaven on earth. There's nothing else nobler than following through on the reason why you came here. As you do this, you

make the greatest positive impact possible for all humanity as you inspire others to follow their heart's desire and become living proof that it can be done.

Life can feel scary and paralyzing when you forget that your experience here is temporary. When you forget that your Soul lives on after death, it can feel like one wrong move makes you disappear forever. You don't have to carry this burden.

You're not alone in a temporary existence that can end with one fatal mistake. Instead, you live in a loving playground that exists to teach you how to use the power of your focused attention as a Divine Creator to manifest the life you dream of.

Fear is necessary because it teaches you how to go after what you want while trusting that you're fully supported. It's through facing and overcoming fear that you learn how powerful you are. You need something to rise above to see the power you have to rise.

Your Soul has a unique experience while on earth because you get to experience the manifestation of your dream life that directly contrasts the different life you were born into. You have a gift by being alive here on earth. Your Soul chose this gift enthusiastically, knowing that you would forget all this so you could remember again.

FEAR IS YOUR TEACHER

FEAR IS A FORCE THAT'S GREAT TO UNDERSTAND. REALIZE THAT FEAR IS here to help you. There's no need to run away from your fear. Fear is a gift here to teach you something. When you sense there's fear in your body, become curious about it. *How do you know that you're feeling fear? Where in your body is this fear? Does the fear last for a long time or go away quickly?*

Fear can seem like this giant monster that's always chasing after you if you keep running from it. On the other hand, if you turn around and look at your fear in the eyes, you'll notice it can't harm you. Fear itself is harmless. The only time people get harmed from fear is while they're running from it. If you try to run away from your fear, you might do something regretful. Even that is only creating a seemingly harmful experience that exists to teach you something.

Whether you run from your fear or face your fear, you're learning. You're always learning while alive here on earth. You may be on a spiritual, business, or athletic path. Whatever path you're on doesn't matter. You're always learning, which is an important reason why you chose to incarnate on earth.

I bring up your relationship with fear now because your earthly experience will be far more enjoyable if you don't use it running from fear. Fear is an illusion that you can expose through curiosity and stillness. *Why is*

fear so scary to you? The answer to this question can only be felt in the body and not answered with the mind.

This chapter may feel a bit heavy to you now, but that's only because of the part of yourself that believes fear is real. It's time to learn the truth about fear and how fear is a pathway to love and joy.

You're a divine child of the Universe who chose to incarnate here on earth to learn, play, and live your heart's desire. You're an energetic being of pure light, having a temporary human experience.

To incarnate here on earth, you had to forget who you are temporarily. You're not your name, your past, or your physical body. These things are your temporary home, but they're not your essence. Your essence is the Soul of pure light that lives within you.

Your Higher Self chose to incarnate on earth for the sole purpose of having the unique experience you're having now. When your physical body on earth is ready to die, then your Higher Self will leave your body and transition into the next phase of your journey.

When you go through this transitory experience, all the denser earthly energies, such as fear, guilt, shame, and anything of a lower vibrational frequency than unconditional love and joy, are left behind. You keep all your memories, but there are no heavier emotions and energies attached to them.

The fear you feel throughout your time existing here on earth is part of the earthly experience. This fear isn't a part of your Higher Self and doesn't stay with you when you transition out of this life.

Your Soul benefits greatly when you approach your fear with the mindset of curiosity instead of running from it. Fear is a motivating force that moves people into action. Reflect on your time here on earth and see how fear has been driving you.

Has fear been something that you've allowed to hold you back from chasing your dream? Or has fear from your current life motivated you to learn how to change your frequency so you may manifest your heart's desire?

Without fear, you would be much less likely to pursue your dream. Without fear, you would be more likely to settle for the life you were born into. If you never went after your dream, there would be no learning about how you can manifest what you want with the power of your focused attention. There would also be no experience of you having the contrast of being born into one life and then later experiencing your unique version of heaven on earth.

Fear is necessary to have the full experience on earth that your Higher Self enthusiastically chose. The most important question isn't how to make fear in your life disappear forever. The most important question is: *how are you choosing to respond to your fear? Is fear motivating you to pursue your dream, or is it causing you to stay stuck in your current frequency?*

Fear itself is a gift. Acknowledging this will give you great peace of mind and get you to stop fighting something that's here to guide you. The most important relationship you can have with fear is that it's your friend. You welcome the fear when it comes because it always brings with it a valuable gift.

If you have felt a lot of fear in your life, this idea may scare you because the last thing you want is to experience more fear. But what happens when you become friends with your fear instead of trying to run from it is that it appears significantly less often.

Whenever you feel any strong emotion, there's a message the Universe is trying to communicate to you. Emotions and physical sensations in your body are both a powerful way to move you to action and deliver messages. If you feel fear, the reason may be that there's a message for you to receive.

There's a widespread belief in your world that fear exists because it helped humans stay safe in the past, but now that you've evolved as a species, it's a burden that no longer serves a purpose. The truth is that fear is still present throughout all of humanity for an important reason.

Fear isn't something that serves no purpose. There's nothing in your life that serves no purpose. Everything in your life is there for a reason. You do not need to know all of these reasons since that would overwhelm your

mind, but if something keeps re-entering your life experience, there's a significant reason why.

When something keeps entering your daily life through thoughts, people, or circumstances, it's because something wants to be brought to your awareness. If something wants your attention, it's because the Universe wants you to grow. If you're experiencing a lot of fear in a specific area of your life, that doesn't mean you should try to ignore the fear until it goes away.

Fear will only keep showing up if there's a part of your being that wants you to heal it with the light of your awareness. If something wants your conscious attention, it'll keep manifesting in different forms until you fully acknowledge it. The Universe is always trying to bring more love and joy into your life.

Remember that you chose to incarnate here on earth to learn how to manifest with your focused attention. If you ignore the fear that keeps entering your life, you'll miss out on a crucial lesson.

By now, you may be beginning to see why running from your fear is only going to create more of what you don't want. The fear will get stronger until you finally can't ignore it anymore. Your fear doesn't get stronger to torture you but instead to liberate you. If you acknowledge the fear and ask it what it's trying to share with you, it'll respond with a clear message.

Everything that happens in your life happens for you. Fear is no exception to this rule. When you feel this truth inside of your being, you'll realize that fear is a gift. I will repeat this many times because of its importance.

The way you look at fear directly affects the amount of joy and love you experience in your life. If you see fear as a pointless nuisance that continually interrupts your otherwise wonderful life, you'll never be deeply satisfied.

If you believe you must make more money, have the perfect relationship, or some other thing to make the fear go away before you find peace, then you'll experience constant discomfort. To find freedom from fear, you must

integrate it as a part of yourself. You must see fear as a friend of yours and love that fear as it is.

It's essential for lasting peace in your life that you acknowledge fear when it arises instead of pushing it away. Pushing your fear away will make it come back stronger and more frequently until you finally learn the lesson it has for you.

The Universe wants you to be genuinely happy and wants nothing more for you than peace, joy, and loving freedom, which is why it'll keep bringing fear into your life if you're not learning from it. To experience these high vibrational states, you must learn what you're here to learn. Everything you experience in your life is to help you grow. The sooner you realize this, the sooner you're liberated.

There's no need to deny the unwanted things in your life and pretend things are great when you feel unpleasant emotions. Everything you experience, regardless of whether it seems positive or negative, is to help you grow.

Everything you attract has a lesson for you in it. While you're here on earth, you're always learning. By framing everything as happening for you instead of to you, you're increasing the speed at which you learn how to manifest your dream life through the power of your focused attention.

The quicker you learn how to do this, the sooner you experience your Higher Self's unique version of heaven on earth. Switching the way you look at your life is key to taking your power back.

You can only be powerful enough to create your dream life when you acknowledge your power. If you believe yourself to be a victim to more powerful forces outside of yourself, that's precisely what you'll manifest.

You may believe this life is given to you because of your powerlessness when the truth is, if you're living as a victim, it's only because of how powerful you are that you remain stuck. You're the only force in your life powerful enough to stop yourself from living your dream life now.

