



*tiny book of true
manifestation*

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tiny book of true manifestation

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cover image and book design
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juli 2021

dear one,

this book is dedicated to you and your heart
and to the connection of these two.
it is a helping path toward understanding
your own true powers
and heritage.
may you find the peace you come from
and may you express and manifest this
peace within
and without you.

with love,

agia

i am the junction,
in which all lands cross roads
i am the sea
from which all seas begin
i am the storm
in which all winds wind and unwind
i am the beginning and the end
i am life itself

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when we find ourselves
in a place of quiet stillness and peace
a place of inner ecstasy and celebration
brought by the opening of our heart
we say we are in flow

meditation is such a flow

for the outside observer
meditation is just a non movement
of the body
nothing happens

the truth is
that whoever enters this stillness
is in a real movement
which only he or she can perceive

because when we enter this space
we become aware
that it exists in constant action
a movement
revealed only to the one participating

this vast place of motion
is the field of perpetual creation
this joyous world
is an ever existing dance of life

yes the dance of life
because this is
where everything is being born

when we find ourselves
in this surrounding celebration of existence
we are invited to be with it
to open for it
to let it happen through us
we observe but we also participate

being invited to this ball dance
we actively rejoice and move
with what we feel surrounded and
swallowed by
we start feeling it with our bodies and
even beyond our bodies
we notice how our hearts open up and start
to pulsate
with the rhythm of this ecstatic melody

this is home
this is where we belong
where we come from
and where we are headed to
the place of flow
flow of love

flow of life
the beginning
the end
eternity

this place cannot be described
it can only be experienced
this beautiful and full of possibilities world
which we can only experience within
ourselves
is always with us
we carry it in our hearts

when we visit this world
and abide in it
a miracle is created
a part of this world
is brought to our day to day life
and becomes manifest in our reality
and our presence is what brought it

when we engage with the flow of life
what happens is that
we become one with it
we feel it

we breathe it in and out
we see it

we hear it
our heart beats with its rhythm
our heart becomes its rhythm

and when we return to our known reality
we ourselves become so to say the source
of this other world
it has manifested itself in us
this is the so called law of attraction
that many people try to explain
but in reality we do not attract things

we only perceive things through our senses
and when we alter our perception
the world looks and feels different to us

after experiencing the flow of life
we become aware of things we could not
recognize before
and suddenly we observe them in our
known day to day life
we awaken to the bigger truth of things

spending more time like this
meditating
becoming part of the flow of life
eventually clears our perception
to the point where we become aware

of who we really are
and why we are here
we start hearing the voice of our heart

the voice of our heart is the connection
between the two realities
the flow of life and what we call our
everyday life

some people say
that we can attract what we want
by visualizing it
that we can manifest it by surrounding
ourselves with it
by living it
and it works
but sometimes only for a short period of
time
because we forget to listen to our heart's
voice
we listen to our mind

our mind operates from a place of fear
it searches safety and security
we often end up wanting money
and material things that make us feel safe
but the mind never offers rest
it always finds more fears to fight

and this roller coaster ride has no end
nor does it offer any lasting peace and
containment.

our heart has all the knowledge
our heart knows what our true desires are
our heart does not care for safety and
security
because it knows
that moving toward the realization of our
true desires
is the safest path of all
always

our heart wants to experience expansion
this is why we are here
to release all the fears
that are keeping our day to day life
separated from the flow of life
fears are the walls between these two.

we are here to become more of what we
originally are
life
love
creation

our hearts speaks to us all the time
guiding us
to realize these desires

this is why the mind's plan of safety never
works
it is not following life's natural flow of
expansion
rather it discloses us from it
it builds protective walls of fear and
mistrust
the heart will never leave us
moving towards these

we might think
that we can override the heart's voice
and follow the mind
but the heart will never stop calling us
and pointing to the right direction
it will keep reminding us of who we are
and because it will always pull us
in the exact opposite direction
of what our mind wants

eventually
our mind's plans will fall apart
and we will experience ourselves

surrounded by money
cars
houses
people
and feeling completely empty and alone
and disconnected from everyone and
everything

when we start listening to our heart
what happens is that we align with
our original thought
our original desire
the desire that brought us into this human
experience
we start remembering our so called purpose
the walls of fear melt away
and we experience an opening and a
vastness
that cannot be experienced
through outside material
it is experienced within us

true abundance

our whole being bathes
in the process of creation then
we become it
we feel inspired to act in a way

that allows the flow of life
to pour into our known reality
we experience joy and happiness
which feel natural and lasting
we find ourselves in a place
of total and utter freedom
we become an open channel of true flow
we give and receive freely.
the key to this miracle of life
is our heart.

i once heard a woman say
nobody said it's going to be easy
and it is true
the process of letting go
of the mind's dangerous games
and turning fully toward the heart
is a journey that might get bumpy on the
road

but salvation is eternal
and on our way to it
we need to remember

that every flower
comes from a little seed
and it needs the kindness

of sun
water
and soil
to become fully grown and to bloom

be your own water and sun
be the soil that you need

kindly connect yourself
with your heart
every day
every time you need a sign
listen patiently and drink the wisdom
it whispers to you
keep up
and never let go of your heart

and one day
without even noticing
you will find yourself
living the dream you came here to become

the one you were designed for
your one true manifestation

About me

thank you for visiting my world.
my name is agia and i am a visionary artist.
my life and work are devoted to the search
and expression
of this ever growing and expanding creative
force called love.
i believe that love is the soul of everything.
i believe that we all come from this soul and
that our whole life journey is a journey back
to it.

if you want to learn more about my world,
feel welcome to visit my website:

www.homeofthesoul.net