

TABLE OF CONTENTS

| | |
|---|----------------|
| Gratitude | Page 7 |
| Overview | Page 8 |
| How to Use This Book | Page 10 |
| PART ONE: Building The Foundation | Page 12 |
| POEM: I Am That Which I Seek | Page 13 |
| CHAPTER 1: Defining Inner Manifesting™ | Page 14 |
| CHAPTER 2: Why We Stumble: The Five Impediments of Perceptual Reality™ | Page 16 |
| CHAPTER 3 - Presuppositions – The Ten Required Beliefs for Inner Manifesting™ | Page 30 |
| CHAPTER 4: What is Manifesting? | Page 37 |
| CHAPTER 5: Core Values, Anti-Values and Expectations | Page 44 |
| CHAPTER 6: 8 Areas of Life and Topical Values™ | Page 57 |
| CHAPTER 7: The Six Inner Agreements for Personal Resiliency™ | Page 76 |

TABLE OF CONTENTS (2)

| | |
|---|-----------------|
| PART TWO: Learning Inner Manifesting™ | Page 83 |
| POEM: Dance of Spirit | Page 84 |
| CHAPTER 8: Inner Manifesting™ Basics | Page 85 |
| CHAPTER 9: Step-By-Step to Using Inner Manifesting™ and the SMARTO™ Process | Page 91 |
| CHAPTER 10: Let's Manifest A Goal with Inner Manifesting™! | Page 96 |
| CHAPTER 11: Inner Manifesting™ Completion Process | Page 105 |