



THE NO BS OR FLUFF
GUIDE
ON

MANIFESTING
IDENTITY SHIFTING
REALITY CREATION

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2026

A No-Fluff Guide to Manifestation, Reality-Bending & Identity

There is a lot of misconception, noise, and straight-up nonsense out there about manifestation.

This is not that.

This is a **no-fluff reminder** of how reality actually works.

Manifestation is not about techniques.

It's not about rituals, processes, vision boards, scripting, or perfect affirmations.

Manifestation is **faith and conviction** — knowing without proof or evidence — so the unseen can be seen.

You don't need to *do* more.

You need to **remember who you are** and how reality responds to you.

Reality is a feedback loop.

A mirror.

A reflector.

You are the creator, the main character, the writer, the coder, the programmer, the operant power.

Call it **I AM**. Call it the observer. Call it consciousness.

Labels don't matter — they're just names for energy.

And everything is energy.

Energy is never created or destroyed.

It only changes form.

You *can* use techniques, rituals, affirmations — even robotic affirming — but if your **core identity stays the same**, your results will too.

To experience a new personal reality, you must **become a new personality**.

Why do some people seem to always win?

Succeed easily?

Lose weight?

Land opportunities?

Because of **who they are**.

They think, feel, speak, and act from that identity — naturally.

You don't need to heal, fix, process, or search for your inner child **unless you believe you do.**

Belief is the gatekeeper.

You can choose — *right now* — a new version of yourself and **stay there.** Yes, it really can be that fast and that simple.

All that exists is **I AM.**

Whatever you place after those two words becomes your identity.

It's either:

- **I AM or I AM NOT**
- **I HAVE or I HAVE NOT**

Add emotion — energy in motion — and it fuses into your being.

That's why those who have, receive more...
and those who believe they don't, experience more lack.

The outer world — the 3D — is the illusion.
The effect.
The shadow.

It seduces, distracts, and feels incredibly real — and while we're here, it *is* real — but it is not the source.

The source is internal.
And the internal never changes — only the projection does.

The outside rearranges itself *constantly* based on who you are being.

There is only **NOW.**

The past is just a memory — a thought occurring now.
We keep the dead alive by feeding it attention, awareness, and proof that it once existed. Also, by thinking we need to fix, heal, process or letting it define us.
When we remember who we are, none of that is needed.

Meanwhile, we starve our dreams by calling them “fantasy.”

Yet, your desires are **God speaking through you.**

You can think of the past.

You can think of the future.

But you cannot do both at the same time.

So why breathe life into what no longer exists instead of what is waiting to be born?

Clinging to the past is arguing for your own limitations.

Outside of this reality, there is no time — only the eternal now.

Every moment is a choice point.

A new frame on the film reel, literally!!

That is why the past does not predict the future...

unless you believe it does.

And if you do — reality will happily prove you right.

You are your reality.

Always have been.

Manifestation Isn't Doing Something to Get Something

Manifestation is not about *doing* in order to *get*.

It's about **who you must become** to naturally have and be your desires.

You are awareness.

So the real question is: **what are you being aware of right now?**

You are shifting timelines constantly — choosing realities moment by moment — whether you realize it or not. Every state of being is a different timeline. Yet most people look to the 3D world for feedback, proof, or evidence... when it can't give it.

Why?

Because the 3D is the **effect**.

The reflection.

The mirror of who you are being.

How many times have you thought something just once — usually against yourself — “this won’t work,” “of course that would happen,” and sure enough... it did?

Or you thought of someone and they called.
Someone mentioned pink cars and suddenly you saw them everywhere.

That’s not coincidence.
There is no such thing.

Whatever is in your awareness gets reflected back. Period.

Worry, stress, fear, joy, confidence, success — these are not circumstances.
They are **states of being**.

You must *be* it internally before it appears externally.
Your state of being is the **cause**.
Reality is the **effect**.

Awareness is manifestation.

Manifesting is being aware of something **before it appears**.

You don’t need to spend thousands on coaching, healing sessions, secret codes, or techniques.
You can use them if you want — and if you believe they work, they will — because you are always proven right, but the truth IS you are I AM – all that is.

But the truth is simpler:

You are the technique.
You are the process.
You are the power.

When you decide on the identity that has it — is healed, fulfilled, confident, whole — the only thing left is to **stay there**.

There is nothing to do but **be**.
And from being, doing becomes natural.

Do you see God trying to fix itself?
Heal itself?
Run processes or affirm 58,000 times a day?

Exactly.

The hardest part isn't deciding.
It's **staying with the new version long enough** for the old one to dissolve.

The old identity must die so the new one can become your normal.

We give the 3D the final say — but reality is malleable.
It is constantly rearranging itself to match who you are being.

Decide.
Break the pattern.
Stay aligned.
Be.

A Simple Distinction

Manifestation = inner cause
The operant power.
The observer.
Awareness.
God / Universe / Source (GUS 😊).

It's the decision you hold.
The assumption.
The identity.
The imaginal act.
The internal feeling.
The shift.

Materialization = outer effect
The reflection.

Are you projecting from the avatar...
or from the God-power within?

Every time you doubt, check, look for proof, or wonder if it's "working," you're forgetting who you are.

The outer world cannot validate the inner truth.
And the moment you ask it to, you slow the process.

Because **your decision is the truth.**

The mirror only reflects it.

The 3D can only **reflect** you.
It mirrors who you are being — nothing more.

Every time you go looking, checking, waiting, or needing proof, the state of being underneath is:

· *I don't believe*

· *I don't trust*

· *I don't have*

· *I AM NOT*

Even wondering, hoping, or asking "is it meant to be?" are signals of **not having.**

Knowing — and going about your life as if it's already done — without caring, without obsessing, without giving a shit — *that* is knowing.

Knowing is being.

Being is having.

And having leads to materialization.

Feeling great is optional... but it helps 😊

When you truly understand that your **inner state is the cause**, you stop worrying about the 3D.

After all, the 3D is the effect.

The old news.

The shadow.

The illusion — the trickster realm.

Your only job is the **what** and the **why.**

The **how** and **when** are not your department.

The moment you worry about time, you slow it down.

Stay loyal to your decision — no matter what the outside world is showing you. Often, what you're seeing is the ego trying to pull you back to what it knows.

And the ego only knows the past.
What's familiar.
What's already been experienced.

That's why living from the end — from the desire, the future, the knowing — is how it's done.

You are literally overcoming yourself.
Letting the old version dissolve while you stand as the version that already **is** and already **has**.

Creation is finished.
You are selecting from an infinite field of possibilities and staying there — no matter what.

“Where is it?”
“Why can't I see it?”

That's the old identity speaking.

Break the pattern.
Declare: *No. That was the old me. It's done. I have it.*
Then go about your day.

When the monkey mind kicks in, don't fight it.
Interrupt it.
Declare.
Redirect.
Move on.

Here's why this works:

Your eyes don't actually see.
They decode light frequencies filtered through the brain — through thoughts, beliefs, and programs.

You perceive **less than 0.3%** of available light, possibility, and potential.

The rest is unseen — waiting to be observed.

Focused attention brings it to life.
Your imagination tells the brain what to look for.
And the eyes follow.

This is how the unseen becomes seen.
How energy takes form as matter.

Stillness is power.

Remaining the same identity — even when the 3D hasn't caught up yet, even when the opposite appears — is what manifests.

It's not about what you do.
It's about **who is doing it**.

“Nothing is happening.”

Good — now notice where your awareness is.

You are always proven right.

It's either:

· **I AM** or **I AM NOT**

· **I HAVE** or **I HAVE NOT**

You can't occupy two states at once.

So, no matter what appears — stay the same internally.

Reality will follow.

In all areas of life, as everything is the same to it.

The 4 Pillars of Identity

(thanks to Eric from **Power of I AM**, who helped me remember who I am)

Get these four aligned — and reality reflects effortlessly and begins to flow.

1. **Self-Concept** — How I See Myself

This is your foundation.

I AM all that is.
Source. Love. Perfection.

How you speak to yourself matters.
How you *think* about yourself matters.

Speak as the version of you who already **is**.

Anything you attach to **I AM** becomes.

The world can only reflect who you are being — how you see yourself internally.

People can only think about you the way *you think about yourself*, so why not think the best?

2. **Concept of Self** — How I Experience Life

This is how your identity shows up across **all areas of life**:

- Money
- Love
- Relationships
- Health
- Success
- Freedom

Your outer behaviors must match your inner declaration.

You can't say "*I am healthy*" while living & eating in ways that contradict it.
You can't say "*I am wealthy*" while constantly operating from lack and fearful of spending.

Your desired end must be **in alignment** with how you live, choose, and move through life.

Otherwise — nothing changes.

3. **I AM / I HAVE** — The End State (Already Selected)

Live from the end.

Not hoping.
Not trying.
Not waiting.

Being.

It is already done.

You are not waiting for the 3D to confirm it — this is crucial — otherwise you stay stuck in effort and delay.

It's like buying dinner and then saying, "*I can't wait to buy dinner.*"
No — it's already purchased.

Examples:

- I am happy, healthy, whole, and complete now.
- I am making so much money.
- I am deeply in love with life — and life loves me back.

Affirmations help break old patterns — but make them **natural** for you.

Inner glow-ups matter.
Self-talk matters.

You can even decide: *I say it once and it happens.*

That is self-concept.

4. Perception Lens — How You Interpret the 3D

This is how you **decode reality**.

Your perception must match pillars 1–3.

Reality is neutral.

Nothing has meaning until **you assign it** — so why not assign meanings in your favor? **Always!!**

Got a “no”?

→ Call it a delay.

Something didn't work out?

→ *That's not how this story ends.*

Everything is always unfolding perfectly — even when you don't know how. One of my fav's is Everything is unfolding perfectly, there is so much going on behind the scenes that I don't know about, but it always ends in my favor!

Micromanaging kills flow.

And yes — most of us have become control freaks 😊

This is often the hardest part, because we want safety, certainty / security and love, why we try and control the process.

But your job is not *how*.

Your job is *trust*.

Let go.

Be still.

Allow Source to handle it.

It often turns out far better than anything you could have planned.

The Purpose of the Ego

Think of the ego as the **left brain**.

Logical.

Linear.

Predictable.

Separate.

It's wired to your past — what you're used to, what's familiar — old awareness.
It wants proof. Patterns. Safety. Certainty.

Its job is simple: **keep you alive** by keeping you in the known.

The ego is the bouncer of the 3D world.
It guards the familiar.

But it is **not** the real you.

It's the *character* you — and characters can change identity.

Your **right brain**, which is massively underused, is your superpower.

This is imagination.
Creativity.
Possibility.
Curiosity

The right brain doesn't argue with the ego — it *declares*.

The ego is attached to the 3D and the old identity.
It wants to protect you by keeping you where you've always been — even if it's uncomfortable, unfulfilling, or limiting.

Why?
Because that's what it knows.

The ego *is* the old identity.
And that is what you are overcoming.

When the ego gets louder —
“Nothing is happening.”
“What if...?”
“Nothing ever works for me.”

— notice how it disguises itself as *circumstances*.

That's your cue.

Become aware.
Break the pattern.

Say:

·That's the old me.

·That's not who I am now.

·I am choosing differently — now.

Decide in the **NOW**.

I AM the operant power of my reality.

I AM already the desired version of me.

I already have this.

It's done.

Remind yourself who you are — **now**.

“Everything is unfolding perfectly” is a powerful one.

Even when it doesn't look perfect.

Especially when it doesn't.

Say it.

Stick to it.

Assume it's unfolding in your favor — even if you have no idea how or why.

Circumstances may look bleak — but appearances lie.

Whenever a thought arises that contradicts your desired identity or reality, immediately go within and **describe it the way you want it to be**.

Then go about your day.

There is nothing logical about this — so don't try to make it logical.

Have fun.

Get creative.

Be silly.

Be childlike.

That helps more than you think.

We are far too serious.

Far too left-brained.

Play more.
Laugh more.
Enjoy the day more.

There is nothing wrong with things going “wrong.”

The problem is thinking they are wrong — because that awareness creates a reality where things *always* go wrong.

That's where your attention lives.

And attention is power.

If a belief can own mental real estate in your mind, it can own your world. Beliefs are just thoughts that you keep thinking, therefore always do it in YOUR favor!

So ask yourself:

Which beliefs am I giving power to?

Instead of:

- Am I...
- I wonder...
- Where is it?
- I'm not doing it right.
- It's hard.
- I want...

Choose:

- I AM.**
- It's mine.**
- It's already done.**
- I know who I am.**

Affirmations used this way are not about *getting* something.

They are about **being**.

Creation is finished.

You are simply shifting channels — like changing a TV station or radio frequency.

Why keep watching a crappy show or listening to bad music...
when you can tune into exactly what you want?

Change the channel.

Stay there.

Let the rest follow.

Break the Pattern. Observe Yourself.

Break the pattern — not by fighting yourself, but by **observing**.

Notice who you are being *right now* without trying to override it.
From awareness comes clarity — and clarity shows you exactly what's
needed... which is usually the opposite of the old pattern.

This is how you recognize the **old identity**, so you can consciously select and
embody the **new one**.

When the old identity pops up, awareness is already present — and in that
moment, you can choose differently.

That's power.

Don't be humble.

Don't play small.

Don't be afraid to be silly.

Go all in on yourself.

After all — *this is* your reality.

Your life.

So why not have fun with it?

Decide your day in advance.

When you wake up — and even better, as you fall asleep — decide:

- *Today is the best day of my life.*

Busy day? → *Ease and flow.*

- Meeting? → *Everyone loved my contribution.*
- Health? → *I feel better than ever.*

I call these **inner glow-ups**.

Get a little *delulu* — because you've already been delulu telling yourself what you're not.

Revision Happens Now

Revision can happen instantly — because everything is now.

If something doesn't go your way, revise it on the spot.
See it in your imagination unfolding perfectly *in your favor*.

Actually — it **did** go in your favor.

Then go about your life and **don't talk about what went wrong**.

It doesn't exist anymore.

That's why digging into the past, trying to fix it, heal it, or analyze it isn't necessary — unless you believe it is.
And if you believe it is, then it is.

You are always proven right.

But in every now moment, there is choice, potential, and possibility.

You can choose — right now — that you are happy, whole, and complete.
That is the truth.

Everything outside of that is part of the illusion of being here and forgetting who you truly are.

Use the Theta State

Theta is powerful.

Most people live in **beta** — high alert, stressed, reactive.

Theta is slower brain waves — meditative, relaxed, creative.
It's the perfect place to play in imagination.

See yourself:

- Winning
- Healthy
- Successful
- Loved
- Vibrant
- Abundant

There are no limits.

When you come out of it, go about your day **as if it already happened** — because it did.

You gave it to yourself internally — where the truth is.

Reality now has no choice but to reflect it.

You just watched the preview of the movie you selected.
Now it must unfold and materialize.

Hold the state.

Imagination

We use it all the time, usually against ourselves. Always use it in your favor!

Powerful imagination that materializes instantly works like this:

You don't "try" to imagine — you decide.

Trying keeps you in effort. Decision collapses time. The moment you decide this is done, imagination becomes instruction, not hope.

Assumption comes first, imagery comes second.

The power is not the picture — it's the identity behind it.

You assume: "This is already mine / this is who I am now."

The image simply confirms that assumption.

One simple end-frame only.

Not a movie. One still moment that implies completion — a knowing, a relief, a "of course."

The less movement, the more authority.

Watch Your Inner & Outer Dialogue

Pay attention to your self-talk and spoken words.

No complaining.

No wondering.

No lack language.

If you fall asleep thinking from **having**, from **being**, it embeds all night long — far better than stressing about bills or problems.

Stress destroys health fast.

Final Reminders

You are not your feelings.

Feelings belong to the body suit — part of this reality so you can experience form.

Your true nature is **formless**.
Everything and nothing.

So, attach your awareness only to what you desire — not to what you don't want.

There are no magic tricks.
No secret codes.
No rituals required.

And stop giving your power to the outside.

That includes:

- Gurus
- Tarot readers
- Karma
- Astrology
- Anything that places authority outside of you

They strip you of your power.

You are all that is.

Remember who you are!

Know yourself as the **creator of your reality**.

Decide how you want to experience life — in every area — and stay there **no matter what**.

Choose who you are.
Then live as that version in your everyday moments.

Everything is happening **now**.

Change can be instant.

Past, present, and future exist in the now — which means every moment you are brand new.

Time is a construct we've been programmed to believe in.
All realities, all versions, all possibilities exist now.

When you're not present, you're still creating — just unconsciously:
Replaying conversations.
Arguing in your head.
Rehearsing what you *should* have said.

You're already using imagination — just not in your favor.

Imagination is your **superpower**.

Think of it as the projection room for upcoming attractions.

Reality doesn't play favorites.
It doesn't punish.
It doesn't judge.

It's neutral.

So, give everything a meaning that works **for you**.

And watch reality follow.

You've got this as you are all that is – it's time to remember it!!

To help you on your journey of remembering and knowing I have books, programs, text membership to help you remember and stabilize in your desired reality / identity if you feel or want help., otherwise you have it all within you.

Books - [Books - Jodi Burke](#)

Programs / Text Membership - [Programs - Jodi Burke](#)

Youtube community - coming soon!

