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**Heather Vale:** I'm Heather Vale, also known as the Dana Scully of Success, and one half of the Goss-Vale interviewing team. My other half is here with me now.

**Barry Goss:** And I'm Barry Goss, known as the Fox Mulder of Manifestation. The reason Heather and I are called that is together we spend our day tracking down, researching, sorting, and selecting the mentors of the world who can help us grow ourselves by expanding from the inside out. So let's get underway with introducing our guests.

**Heather:** Our guests today are a super manifesting couple who have been teaching and coaching others for several years now. Jafree Oswald is a manifestation mentor and coach who has been spent much of his life seeking truth, questioning the world and the supernatural people in it, and following a path of enlightenment.

He has had intuitive ability since a very young age, but has been able to focus and hone those talents over the years. He now specializes in doing Akashic soul readings, personal manifestation sessions, and guided meditations that allow people to start following their true passions and achieve their desires. Through a synchronistic series of events, he met his soulmate and now his business partner, Margot Zaher.

**Barry:** And Margot began her professional career in marketing, but knew it wasn't her purpose or passion. Her desire was to help support healing and spiritual growth in the world, so she followed her heart. Now she is a powerful coach and healer who has transformed many lives, and enjoys teaching people how to manifest the lives of their dreams.

Through her personal manifesting sessions, she guides clients to get out of their current interpretations of reality and find new, more empowering mindsets that get them on the road to success easily and joyfully.

**Heather:** Thank you, both of you, for being here today.

**Jafree Oswald:** Thank you.

**Margot Zaher:** Thank you.

**Barry:** Yeah, welcome, guys. What we'd like to accomplish today is delivering on the promise to give listeners the Secrets of Manifestation, and also to let them know about the upcoming Super Manifestor Gold Package, which we'll save for the end, after we get into some of these secrets here.

I kind of just want to start with the basics, and get the whole idea of what manifesting really is out of the way, because some people, you know, they get into manifestation, and they just don't really hear an in-depth, detailed overview of what it is, and Jafree I've heard it once called, and basically, intentional creation.

And somebody went so far as to say it's one of the most demanding "put up or shut up" type personal code practices we employ. And when I heard that, I was like, "Ugh." We either get tangible results or we don't. So what's your definition of manifestation, and what's your take on what I just said?

**Jafree:** My experience of it is it's more of a synchronicity that happens when your vibration of your body and your mind gets to a certain frequency or level that things just start instantaneously, start coming to you, or being attracted to you. And so there's a level of awareness that comes with it, and yet when the synchronicity happens, it's more like there's an alignment with you in the present moment.

So, the mind is always searching and seeking, trying to get into different things in the past and the future, and yet it's never really in the now. And when it finally comes into the now, there's all of this power, and this ability to attract. And so it's sort of like a synchronicity or synchronization that happens, because we're naturally born with this ability to manifest instantaneously. It's just that we've been conditioned to basically believe that we're limited, and not big enough or smart enough or strong enough or rich enough to attract what we want.

So when the mind gets out of the way, when the mind fully is embedded in the present moment, this divine synchronicity happens where we just maintain this present moment awareness, and then from that moment, things just start instantly popping in, manifesting.

**Heather:** So if it's the mind that's getting in the way and stopping us from being the instantaneous manifestors that we could be, how exactly do we get that mind out of the way and tap into our natural abilities?

**Jafree:** Well, there are different techniques you can do. Meditation basically is the path to quieting the mind chatter. There are different techniques to meditate, to bring the mind to stillness, to silence, and to this deep quietness inside where it actually just starts abiding in the present moment. And as long as it's not feeling connected to something divine, or sacred, or bigger than itself, the mind is going to continually search.

And so, it's about really finding one's spiritual roots, it's about finding one's essential self, and in that finding, the mind just drops, because the mind is not even really real. I mean, the brain, of course, is real, but the mind is sort of something we've created around it. And there's just thoughts flowing through us in each moment and so if we're just present to the moment, we can be present to the thoughts, we don't have to buy into them or get caught up in them. And so the mind kind of just drops on its own when we realize our own spiritual essence.

**Heather:** Margot, what about you? When you first started meditating, what did you find you were able to manifest that you were not able to manifest when you didn't incorporate meditation into the process?

**Margot:** Well, I think a lot of, for me, meditation has just been about – the quieting of the mind supports me in not going into lower vibrational places like sadness, depression, you know, your mind can create lots of stories. And I think a lot of the stories that our minds create about our lives and how we're victims, that's all really creating negative energy, which seems to attract negative things.

The big difference I saw for myself, was when I focus and can meditate and hold my center, I can have just this sense of really being able to trust the Universe, and believe in the Universe, believe in myself and this sort of this peacefulness. Then I'm able to start attracting things that naturally resonate with that higher vibration.

And like, Jafree and I attracted our hot tub, the money to manifest our hot tub, or different people into our lives to support us in our business. Things like that, once I was able to quiet the mind and not go off into the stories, I was able then to solve the potential “challenges” that were happening sometimes.

**Barry:** You know, guys, a lot of people lately, especially since *The Secret* has come out, for some reason, their interpretation of what manifestation is gets to the point where they almost treat it as a gimmick or quick fix, and almost like maybe manifestation isn't supposed to coexist with expending any effort.

And so, is it basically, what you're saying is, it's about imprinting a pattern of achievement into our consciousness, and the way we get there is we do certain techniques, not just think about something?

**Jafree:** I'd say it's more of an unlearning of the patterns that have already been embedded, and so that you can completely be present, so that your mind is no longer the master, that you're the master of the mind, and that you bring your full attention into this present moment, and that's where the real power is, it's in the present moment.

**Margot:** And also, speaking of where action, and how action plays into this – in the present moment, you can then get into what we call more inspired action, where you're really listening to your soul, and really going with that impulsive – we call it impulsive – but that energy that comes up from your being, where you have that passion, that excitement, that joy, and then you take action.

It's not just about sitting on the couch. But it's about taking inspired action, versus doing that drudgery kind of action that a lot of people in our society are into.

**Heather:** OK, let's look at a specific example then, because Margot, you mentioned attracting money for the hot tub, and we've heard Jafree talking about instantaneous manifestation, so for the people who aren't quite clear on how exactly this whole process of attraction came together, what was the story about attracting that money, and what kind of action or inspired action did you take to make that happen?

**Jafree:** We first started with the visualization that we were sitting in it, and feeling the bubbles and the jets and all that. And really enjoying looking at the

stars. Then, from that really relaxed, excited place, there was just spontaneous action.

So working with one of my clients from that place, we started to develop a new product that he was basically inventing and selling. That inspiration helped me to bring about one of his first sales of this product, on which there is a large commission. We sold actually several of these devices of his, and basically ended up paying for the hot tub just through the commissions from that.

**Margot:** Yeah, we basically were able to pay for it in cash. We paid for it. But I think what was really important also, was that we had such a strong feeling in our bodies that this hot tub already existed in some realm, and what the hot tub felt like and looked like.

So, it just felt like it was already part of our existence, and we didn't really ask ourselves how it was going to come into being. We just followed the actions that kind of showed up in our lives, that felt good and empowering and inspiring to us. And then, that was the result.

So there's an intention of manifesting the hot tub, but there's no stickiness around, or trying to figure out how that's going to happen, actually.

**Jafree:** There was a feeling of being worthy of it, that "We deserve this. The Universe in some way owes it to us, because we want it." And that desire, and that wanting, it just has the mechanics inside it for manifesting. If you have a desire for something, the mechanics are inside of that desire to receive that desire, whatever the desire is.

So we just dropped into this place of deserving, and wanting, and yet the deserving feeling is much more of a homey feeling than the wanting of it. There's a sense of, "Oh yeah, we're going to have this soon, some day."

**Barry:** So, before we get into the topic of whether a desire is OK, putting it out there, and then balancing it between the letting go part, so the Universe can do its job; let's continue with this theme, though, of visualization. Because I've always wondered, and maybe you guys have had some examples you could share, is do you have some examples of people coming to you and saying, "You know, Jafree, Margot, I put myself in this movie of this incredible lake house, and I ended up manifesting this to the exact, almost exact specifications that were in my visual dream, or waking visualization practice."

**Jafree:** Mmm.

**Barry:** Are there any examples of that you could share?

**Margot:** I have one example. We talk in our book about creating – in our program, our 90-day Manifesting Program – about vision boards. And that's a visual. People cut out pictures, put them on their vision board, and then do what we call "dream dialoging" around it, which really means speaking about how it's

already happened, and doing that out loud. So, it's a very strong, powerful way of doing a visualization, basically, doing that every morning.

So I had a client do that where she cut out pictures of living by the ocean, and there was this fishing boat. She was living in Chicago, so she was totally... there was a picture of her in the ocean and everything. And she did the dream dialoging for awhile, and then she actually – and this is what happens sometimes – she forgot about it. She went back to her life, and she put the vision board away.

Then, six months later she took the vision board out, because she was moving, and she was moving to the exact location that was on her vision board. And she was marrying a guy who owned a fishing boat company. So the whole thing was so synchronistic. She even had gold rings. She even had the whole marriage thing, like on the board, with the fishing.

And she said she had forgotten, and I think the part about forgetting actually goes into letting go of the attachment. She wasn't really attached to it. She had put out this really strong intention, and then she had let go of it.

**Jafree:** Mm-hmm.

**Barry:** That, to me, is where the rub comes in with the manifesting. This is what either does people in or keeps people incredibly going forward to learn how to master it. Most people, and I say most because of all the questions that Heather and I get. And I think, Heather, you'll agree with this as well, they just want, basically, to look at you and say, "Gosh, Jafree, Margot, that sounds so great, but there's no meat to it. There's no tangible steps to do that. I just don't have the faith or the proof that me visualizing what I want, letting it go, and not doing anything else after that, will get me what I want."

So what would your response be, if somebody came up to you with that type of passion and energy and says, "You know, are you telling me it just means me going in and putting myself in the movie picture, and letting it go?"

**Margot:** If you don't mind me answering this... I really believe that what happens is, if you have the right vibration – I know it sounds very esoteric – if you have the right vibration and you continue doing the Manifesting Routine, or something to keep your vibration at a high level; that means that you have that passion, that excitement, and that belief in general that you deserve abundance in the Universe.

If you have that right kind of frequency coming to you, then you can definitely manifest like that. The thing, though, that happens to most people is they put up these strong intentions, and then they have all these belief systems and limiting thoughts that bring down their vibrations, so they don't manifest it.

This woman, for instance, who manifested what she did – I really believe that was because she had already done a lot of work on keeping her vibration high, and had continued actually doing manifesting work. That particular intention wasn't one she had kept focusing on.



**Heather:** But, that's the one thing that seems to confuse people, Margot, is how can they keep their vibration high while at the same time letting it go?

Because to a lot of people that talk to us, it seems like a contradiction. It's like, "Well, I can't focus on it. I can't keep my vibration high at the same time as I'm letting it go, so therefore, what do I do?"

And then they just kind of go in this downward spiral of mind chatter, and they end up not manifesting what they want because of that block.

**Jafree:** Yeah. I can answer this. The first thing to start with is just to go into trust. And when you are in a level of vibration of trusting, there's no attachment. There's no sense of worry or fear. There's a sense of knowing that it's all unfolding perfectly, that everything is happening exactly as it should, the right time, the right speed. And that when you are ready to receive it, you will.

When you're in touch with this divine essence, with your own soul, your own spiritual connection, there's no neediness. There's no desperation. There's no, "Oh, if I only had this money, then I'd be happy." There's none of that.

You're already living from a very grounded, peaceful empowered state of bliss. So, there's not like a *need* to manifest. There's not like, "Oh, I wish, I wish I could have this one thing." There's none of that desperation in there. There's just a sense of inner peace.

And so, sure, you visualize it, and then you can let it go because you're already living in Nirvana. It's so easy to let go of stuff when you're living in Nirvana, but you can still have desires. It's entertaining. It's fun to play in this world, to pretend that we are limited beings that are just waking up to realize our infinite potentiality.

And, that's all this is. It's a major – it's a game.

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**Margot:** The other thing that I would like to add to that is, what Jafree is referring to also, is the sense of gratitude that... we find that gratitude is definitely a key in manifesting, and that when you have such gratitude for all you already have in your life, for all the amazing abundance the Universe has provided you, then you really do have a sense of completion, and a sense of trust in your being.

And still, even when you come from that place of gratitude, then you can actually manifest even more. You can set your intention for what else you would love the Universe to offer you, and yet you're not really attached to having that because you already feel so blessed by the Universe.

So, we do speak a lot about how gratitude is a key to get into this place of being able to let go and trust the Universe.

**Heather:** Right. There's something interesting that you mentioned, Jafree. You said that everything is manifested in the right time, and that we need to trust that it's going to be coming in the right time.

Now, a lot of people think that what they are manifesting should show up immediately. And we know that everything has a gestation period; it's the law of gender. Your Super Manifestor Package that you and Margot have, though, is about manifesting faster and easier.

**Jafree:** Mm-hmm.

**Heather:** So, if everything has a gestation period and shows up at the right time, how can we actually manifest faster?

**Jafree:** Well, it's the right time for the right vibration of your body. So if you raise the vibration of your body, you can actually speed up the process. You can manifest things a lot faster. And the easiness of it happens because you are more in touch with this connection, this divine, infinite connection inside, where you are relaxed, you feel whole, you feel complete just as you are.

And so from that place, everything unfolds so much more effortlessly and easily. There is a sense of joy about it, and fun, because you are already connected to your source. The speed of it though, when everything happens at the right time in the perfect season, it's because of everybody's specific vibration. So when you lift your vibration up, it's like everything happens at that next level.

Does that make sense?

**Heather:** Yeah.

**Barry:** And we've got strategies, or you guys have got strategies, in the Gold Package, that's going to help folks learn how to raise that vibration.

**Jafree:** Tons of strategies. We have a very in-depth, 8 Habits Manifesting Routine. It has a 45 minute to an hour and a half morning routine, where you can do many different things that will increase your vibration dramatically.

**Margot:** We found that that is actually what's key for most people, is creating a routine in their lives that is easy and sustainable. This includes things like meditation, things like what we call dream dialoging, really habits in all areas of your life, actually, that do shift your body-mind energy and your ability to also shift into a different frequency, so that you attract faster what you really want to manifest.

**Jafree:** Mm-hmm.

**Barry:** Margot, I want to bring out something that you had mentioned earlier, which is gratitude. Let's maybe give some people some tips around this, because so often people hear "gratitude" and it's just such a hazy sort of feel-good thing. How do I actually employ gratitude? I mean, Heather and I know it's so majorly important, and I wonder if we ever get into a consistent strategy of employing it, or if anybody really does. Are there some strategies we can use to actually employ gratitude, either in the morning or at night?

**Margot:** Well, some very simple things, of course, that many people have spoken about, are the gratitude journal, where you would just every evening write down three or four things that you are grateful for, and spend a couple of minutes focusing on those things that you really are grateful for in your life.

I have found that, actually, the greatest use of gratitude is if there is someone or somebody in your life that you actually dislike, or have an issue with, that's bringing down your manifesting vibrations. So to actually be able to focus on that person or that situation and say, "What in this person or this situation can I be grateful for?" That creates a huge shift. And to, even if you find the smallest thing like, "OK. I can be thankful for the fact that I at least don't live... they don't live in the same house as me." [laughter]

Or I could be thankful for the fact that I can see that this is part of my evolutionary growth, this experience. Or I know that I can find a way to create a shift here. I can be thankful for my ability to see the other side of the coin. Whatever it is, there's always some gratitude to be had in every situation.

And when you add in those doses of gratitude into those situations that are difficult or challenging for the Ego mind, then a shift can start. It can start loosening itself up, and the newer, more positive, empowering energies can come into play.

**Barry:** Yeah, that's some good insight there. Yeah.

**Heather:** Yeah.

**Barry:** And you know what? You talk about gratitude like most people look at gratitude: being grateful for what you have, and what can I get out of this situation.

There's another aspect of gratitude that I wonder maybe if you guys could touch on, is this idea of sending out a thank you in advance – the other side of

gratitude: being grateful for what's coming. I know that the greatest of enlightened beings were grateful in advance for the things that they chose to create, that maybe they don't have yet. So any ideas there?

**Jafree:** As far as staying in that vibration? Or...

**Barry:** No, as far as being grateful for what we don't have yet. Is there a technique we can employ to throw out there?

**Margot:** In one way, for me, what it really sounds like... I mean, I think it's amazing. It's actually, in one way, what dream dialoging is kind of about. It's because you are putting yourself in the future. Like, you are imagining that you are a year out from today, and you are talking about how this amazing success has already happened to you. And then you're able to then throw in, "Hey, I'm so grateful that this exists," beforehand. That you have a gratitude for having already manifested this. Even though you haven't already manifested it, you have manifested it on some plane of existence.

I think that is important because your subconscious mind really doesn't know the difference between the imagined and reality. So if you can already imagine, and have that sense of gratitude for what has already happened, then it's just a matter of time and a matter of your vibration before it shows up.

**Heather:** Yeah, and you know, speaking of that, Margot, I've heard that 90-some-odd percent of people give up when they are moments away from achieving whatever it is that they are about to achieve. Whether they've set a goal or they set an intention and they are about to get exactly what they wanted, and they just give up because they figure, "It should have happened already." And they are so close, and they just don't know that they are that close, or obviously they wouldn't give up. So how exactly do we know when something that we're in the process of manifesting is about to show up?

**Jafree:** Do you want to answer that?

**Margot:** Why don't you answer that, Jafree?

**Jafree:** OK. Well, there's a sensation in your body of a deeper relaxation. OK? And some people are different. Some people get more excited. But what I've found just happens in my own body, is that there is a sense that I already have everything I want. And that sense of neediness, or wanting, or all of that energy around desire is very distant, very far away. It's not pressing any point. There is just a sense of real relaxation.

And it's like you just open up a big womb, and anything can pour in in that moment. There is so much relaxation in your body, that you are just welcoming in whatever it is that you set out that intention for in the past. So it's really just the physical feeling of complete relaxation that just pulls it in.

It's not like it has to stay there because you don't... it's not like you *can* stay there, or you necessarily even *want* to stay in this super relaxed place, because

you actually deepen in relaxation when you are able to heighten in joy and excitement and energy. And then it allows – the peak of the mountain allows the depth of the valley. So you can actually go to a much deeper place inside when you exercise, and you are out there energetically moving your body, and dancing and singing, really pushing your energy out. Then you can go deep into this deep wellspring of this sort of womb, that just brings in this very fertile manifestation. So that's what I would say.

People may differ. Some people may... their whole body-mind might be so embedded in being in the valleys of their life that they need to go to a peak, an energetic peak. From that place, at that peak, there is more energy, and that energy attracts more of what they want, so they are allowing it to come in on that level. So I think everybody is different. Everybody is very unique. It's not necessarily just one thing that you can say is how they are going to know it's going to come in in that moment. It varies, I think.

**Heather:** So what about this factor that often stops people from actually getting to that point of receiving what they have been manifesting? It seems to be a fear of change, a fear of what they perceive to be the unknown, that "Everything's going to be different if I do get this thing that I thought I wanted."

They kind of get stuck in their comfort zone. It's almost like they don't want to leave where they're comfortable, because they know it so well, even though intellectually they know that they want something different.

So, how do they overcome those stumbling blocks and actually go through and continue the manifestation to get to the point that they truly do want?

**Margot:** My belief is that what really happens for most people is that their Ego mind is uncomfortable, of course, with the unknown, and that generates fear. Obviously what you focus on tends to deepen and grow stronger. So what we suggest, part of the program, is to really focus on, of course, back to what you really want to create.

And I found that doing something like the Manifesting Routine in the morning, where you're really focused on your new intentions, you get so much passion and true excitement in the body, body-mind, for what you really want to create, that that excitement grows so much stronger than the fear, and the fear starts diminishing.

That's the first thing that can happen. The second thing is, we have a couple techniques, one is called the Gremlin Exercise, that basically works with those limiting beliefs and those negative thoughts, on how you can basically meet that negative thought to sort of validate it for existing, and then refocus that energy on a more empowering belief, or empowering thought.

So I really believe that a lot of it really, again, is shifting your mind, and your focus in a completely different direction.

**Heather:** Is a Gremlin the same as the Ego mind?

**Margot:** For me, and then I'll let Jafree answer. For me, it's an energy of the Ego mind. You know that part that says, "Oh, you can't do this!"

**Heather:** Yes.

**Margot:** And so I think it definitely comes from the Ego mind. I think the Ego mind is definitely broader than that. What do you think, Jafree?

**Jafree:** Yes. I mean, it's one small portion of the Ego. The Ego basically means identity. So you can be identified with that Gremlin-like, negative thinking pattern. Or you can be identified with the opposite of that; that overly positive, pushing yourself too hard in life, and not really in touch with the whole spectrum.

So you want to be in touch with all the dualities, all the different experiences of life. That's what allows you to become a [Super Manifestor](#). It's because you can welcome any experience, whether it's fear, or anger, or sadness, or joy, or bliss, or love, or whatever.

Whatever the experience is, you're just an open vessel. You're saying yes, and that I'm going to transcend this experience and go to the next one. Because every experience passes. There's no one experience that has stuck, in any human being throughout history.

We're a variety of experiences. So, it's just welcoming them. It's saying yes. You just say yes to fear, fear goes away.

**Heather:** Hah!

**Margot:** If you go right into the heart of fear, and really sit with fear, then it transmutes, actually, into something very blissful, and much peace.

**Jafree:** If you see an enemy, or something that you don't like, or something, you just open your arms to them, and you say, "I love you. You're great!" And you welcome them. They're no longer your enemy. You do that with your fear, it no longer beats you down.

It's a different approach, but it works.

**Barry:** You guys really have some powerful stuff about relationships in your course. And one of the key secrets is understanding how relationships are our mirrors, basically.

If we didn't have them, how could we ever grow, if we didn't have somebody to bounce our little issues off of, I guess. You guys maybe want to expand on that a little bit, and give some insight?

**Jafree:** Yes. The relationship that you have with yourself is basically always being reflected in the outer world. So, if you see something like your maid, or your parent, or your sibling, or somebody you're close to, and they trigger you, there's something you don't like about them; well, that's something that you're actually not OK with inside of you.

Once you become OK with it inside you, that person no longer triggers you, no longer upsets you in any way. You can actually just allow them to have that issue. And there's a real sense of compassion for whatever they're going through, because you've worked through your stuff, so you know how hard it is to actually go inside and really look at your own stuff.

When you look at them, and you have this great compassion for them, because they're also going through their stuff, too. So there's more of a sense of camaraderie, and understanding and compassion.

**Margot:** Something else that I think is important to bring up is that a lot of times people come to us and say, "Oh, I want to manifest more love. I wish there was people more loving to me, or more accepting of me." And if you look at this from the perspective of everybody really is your mirror, the place to really start is obviously self-love, your own self-acceptance.

We find that when people really focus on manifesting and really shifting their own energy around themselves, and being able to fully love themselves, and accept themselves, then the entire world mirrors that back to them.

They have more love from their mates, more acceptance from their spouses and their family members. Really, the place to start is always with yourself. If you don't like how people are treating you, it's often that you yourself are actually not treating yourself very well. And, there's that reflection for you to see, there.

**Heather:** Interestingly enough, though, in the heat of the moment, when emotions kind of cloud the issues, it tends to become very difficult for people to recognize that what's getting them angry, or what's getting them upset is something that's actually inside of them in some way.

Is there a process for dealing with the emotions that come up in the heat of the moment, and turning that around, and coming to that recognition of looking into the mirror?

**Jafree:** Well, the first place I would start would be with raising your awareness. Just with the 8 Habits Manifesting routine is, if your awareness is heightened, you're not going to be so easily sucked into any judgment, or feelings of being blamed or judged, or any negative emotion. OK? There'd be more of an awareness of it. And with that awareness you can actually step back and give yourself a little space.

Then from that place there's a technique I just call emotionally stepping back, where you imagine that you're taking a large step back, physically, from that person. So you feel a little bit more safe. Then, you can take another 10 or 20 feet back. And, you'll feel even more space, and more safety. From that place, you can actually communicate from a much more centered place, instead of a triggered place.

Because you feel that spaciousness. It's usually when people get too close, like, fights kind of happen in the car, there's "I can't get out of this place, and we're

trapped in here together, and we're going 60 miles an hour." There's a lot of intensity.

But, if you can just step back emotionally in your mind and imagine you're in a field of grass, and the sun is shining, and it's warm – it's like, "It's so easy! I can just speak from this very calm place." But to get to that place of being able to feel space, it first takes heightening your awareness, which is what the Manifesting Routine will do.

**Margot:** There's also two other components I would like to add. One is, we talked so much about meditation, and how key that is. The more you meditate, the more your mind has been reined in, and the more you're centered. And no matter what people say, it's harder to throw you off balance.

When you continue a solid meditation routine, you really don't believe all those things people are saying as easily. Or, you don't get triggered as quickly. So, meditation is another key to really supporting the shift.

The other thing that I have found really helpful is, a lot of times I think what creates these triggers are so huge, is that we're taking everything personally. We're taking it at a level without realizing it's also about the other person.

So, it can be really helpful to just consciously, and I do this sometimes, just create a little shielding, and say, "OK, that's their stuff, that's their thing, and I am just going to focus back on myself. That's about them, this is about me." And kind of create that separation through just imagining, or envisioning some sort of shield. It can be a transparent bubble, or a pink bubble.

What I do is I set up that shield, and at the same time I say some really positive, empowering things to myself, that I think are more in line with reality around that situation. Like, "Hey, I know the truth. I know that I'm right on here. I know I'm an amazing manifestor." Or whatever it is. As I do that, I'm actually putting positive energy back into myself, and I'm not taking on their stuff as much.

**Heather:** When people are listening to us talk, I guess some of them might get the perception that they can turn their lives, turn their relationships into a complete bed of roses, and everything is going to be 100% positive all the time. Is there actually a way to get off this roller coaster of life that we're all riding, or is it something we should be even thinking about or wanting?

**Jafree:** When you get more in touch with that soul that you are already, this infinite being that you really are, when you really feel that, and you know that that's who you are, there is a sense of letting go of the handle bars on that roller coaster, and just throwing your hands up in the air, and really enjoying the ups and the downs – that the downs can be just as pleasurable as the highs. So there is not a sense that one is wrong or right.

As a soul, in the soul's journey – it's all good. It's all for your greatest learning and enlightenment. You are just saying yes to every corner and turn and dip that



comes your way, because there is a deeper understanding that this is just all small stuff compared to the bigger picture of what your soul is really here to do.

**Heather:** I love that. Take your hands off, “Wheeeee!” [laughter]

**Jafree:** Yeah.

**Margot:** Enjoy the ride. [laughter]

**Jafree:** Yeah, just let go, and that's how people start manifesting, is they actually let go and start having fun. And that changes their vibration immediately.

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**Barry:** You mentioned something, Jafree, about what your soul is here to do. Let's get into that idea. Do both of you believe that our purpose here is nothing more than just to have fun, get results, and take our hands off the handle bars and go “whee”, or... [laughter]

Or are we supposed to have some big, compelling mission that we're supposed to strive for or, excuse me, find first and then strive for? What's the deal?

**Jafree:** Well, my thoughts are that this is an incredible ride, and the only thing to strive for is to be in this moment. And it's not even a striving at that point; it's more about surrender. Because that's the only way you can actually reach this moment – which is where all your power is, all of your intuition, your knowledge, your intelligence, the great divine power that's inside you, can only be found here. And striving for this moment is going to just lead you further away from it.

So what our soul is here to do is to embody this amazing, divine power and intelligence and knowledge and love that we really are, and let it shine through into the world, and into other people's lives, and into our own lives. And once that vibration gets high enough, you'll see that there's not really a sense of separation from others. There's a sense of being connected, and feeling more connected with everyone on the planet.

It's not like you have a separate soul and your separate soul's mission is different. It's more like this is all of our missions together, is to raise our vibrations to the highest level, and to really unify and be in that collective place of being one great, loving planet. Which is essentially where we're all headed, it's just that some people resist it a little bit more than others.

**Margot:** I totally agree with Jafree, and I also believe that we're all like pieces of a big puzzle called the Universe. And I believe that the more we meditate, and the more we become aware, and the more we're in the present moment and really listening to the Universe and to our higher selves, to ourselves, the more we automatically get these, I would say inspired actions, that actually are part of our unique way of contributing to the planet.

It doesn't have to be something that we are, like Jafree says, working and striving super-hard for. I think it's actually something that naturally comes to you. It's who you are. It's your natural way of expressing yourself. And it's contributing and being a part of the planet.

When you let go of all that stuff, all the muck, all the stuff that's been really the dust on your diamond, or however you want to say it, the stuff that's really been keeping you from being your true, authentic self, then that natural talent, those natural abilities will be able to shine through to support the planet in the way that you're "meant to". I think it's more like your inner calling comes forth. There's not a "have to" in there.

**Barry:** Yeah, yeah. And meditation is a recurring theme here. And I want you guys to go over some of the meditations that people can get in the Gold Package, and kind of talk about them, and maybe give some quick examples on what's what.

But I've got to mention something here real quick. It seems like when people get into this work – I know it was for me, at least – there's a few things that are obviously like ah-hah moments if they haven't figured it out before they got into spiritual growth work, especially manifesting, is that number one, they could very well be the cause of every effect they see. [chuckles]

**Margot:** Mm-hmm.

**Barry:** And that's kind of liberating for a lot of people, when they first come to that moment; this idea that things happen for a reason, that there are no coincidences.

I've got to give a shout-out to one of... somebody said this, and I'm not sure if Jafree, this came out of your head, or Margot. Whosever head this came out of, it's one of my favorite quotes, and here's what it says. It came from your book. It says, "There are no accidents or coincidences in the world. Nothing is by chance. Everything you experience is a direct manifestation of where you focus your attention and hold your vibration." Are you guys basically saying we attract all the circumstances in our lives with that quote?

**Jafree:** Yeah, you do. And it may not be conscious. It may be even from when you were three years old that you started believing something, or even a past life, perhaps. Somewhere along the way, we have some sort of vibration that we're holding on to that's manifesting some result or some experience. So there's nothing that is off-kilter. You know what I mean? There are no coincidences. Everything happens because of where you're at in your journey, and it's all divine.

**Margot:** I think that's something important to point out, is often people get really confused because they say, "Well, I didn't consciously want this, and even subconsciously want this." I think we have to remember that we have souls. We have souls that actually sometimes want us to manifest something that may not look that great from the outside, because there's either an amazing learning, or that's a stepping stone in a direction that really will be fulfilling to you in the end, that really will support you in evolving as a soul and creating this awareness, this ability to experience true love.

**Heather:** And they want to also let go of the roller coast and go "Wheee!"  
[laughter]

**Margot:** Well, the thing about it is, we can't judge. I think that we tend to judge an experience. And we cannot really judge experiences as good or bad. Because how do we know, really, in the end, where that experience will lead us?

**Heather:** And in hindsight, a lot of the experiences that we do have that we labeled bad at the time, we look back and we go, "Well, that was the best thing that ever happened to me."

**Jafree:** Mmm.

**Margot:** Exactly.

**Jafree:** Yeah. It's kind of like taking your vitamins or exercising. It may not feel good right away, but later it's like, "Ahh. I feel more energy, I feel stronger." There's a sense of growth that happens because of just allowing yourself to do something that may not have been exactly that pleasurable at first.

**Heather:** Right.

**Barry:** I brought up the whole idea that we actually possibly might create and attract all – emphasis on "all" – the circumstances in our lives. And I bring that up, because there are some skeptics out there who might question that, and say, "Well, are you telling me that the people who died in the tsunami, attracted that to themselves?" And it just hit me, Jafree, that you talk about when we raise our vibration that we realize one thing, that we're all connected to each other.

**Jafree and Margot:** Mmm-hmm.

**Barry:** And maybe that could relate to what I just said. I don't know, how do you look at that? If someone comes to you and says, "Well that two-year-old didn't attract that death to themselves"?

**Jafree:** Well, again, we want to come back to the reality that you're an infinite soul that never dies. So it doesn't matter. It doesn't matter if it takes a thousand lifetimes. What I understand is that those people, their souls, they signed up for this massive shift in the planet, that they were here to help contribute to the awakening of the planet, by giving over one of their lives to this experience of the tsunami, and really bringing the planet together. And you know, as an infinite soul, it's not a big deal! You have an eternity to get it right, you know? [laughs] So it's not like there's any rush.

**Barry:** I like how you say that. "It's not a big deal to die." [laughter]

**Jafree:** Well, if you really get in touch with the infinite being that you are, you'll see that nothing dies. You'll see it's just a transference of energy, kind of like you burn a piece of wood, and it turns into carbon and atoms. It's just a change of energy, there's nothing that really dies.

**Barry:** Huh.

**Jafree:** And once you get in touch with that, it's like you feel unstoppable. You really feel the invincible part of you that is really who you really are. And from that place, miracles start showing up. Because you are in touch with the real truth.

**Barry:** Wow, no fear.

**Margot:** You can let go of that fear. Most people are afraid of something bad happening, but when you realize you're an infinite soul, you don't have to worry about anything bad happening, because it is just part of the perfection of the Universe. And you're like "Oh, OK, well that's just part of what my soul's decided to experience."

I think the thing about it is diversity. I think our souls want a huge diversity of experiences. Maybe a short lifetime of a couple years this time. Or maybe one that had different hardships. But there is no good and bad in it at all. It's just a whole variety of exciting experiences, really, on the soul level, of an infinite soul.

**Jafree:** Mm-hmm.

**Heather:** And for the people that are listening that are thinking, "Well, this doesn't go with my beliefs and what I've been taught"; it's actually just basic science. This is something we learned in probably grade four or five, that energy cannot be created or destroyed, it can only change forms.

**Jafree and Margot:** Uh-huh.

**Heather:** It's really what we're talking about.

**Jafree:** Yeah. Manifesting is a science. It's an actual physical science, and it's old. It's been around thousands of years, and it's just now – the knowledge is just now funneling down into something that's practical, and then not just – it used to just be kept to the adept, the few, the high society members that only knew it.

Now, with the information age, the Internet, I mean it's going everywhere. So more and more people are able to open up to this scientific way of just living one's life.

**Barry:** And then, you guys have researched this science back 1500 years, and you've got a lot of that research in your course and the Gold Package. And from what I understand, your meditations compliment pretty much the key areas of life.

**Jafree:** Mm-hmm.

**Barry:** That you have put some amazing insight around through your written material. So with the meditations, guys, give a quick rundown of the meditations on the topics.

**Jafree:** Well, we have the three money meditations, which are about attracting abundance on a physical level into your life, Manifesting Abundance of Money; Meeting your Enlightened Financial Guru; and then the Money Mantra, which, all of those, they really bring you into more of an abundant relationship with money.

Most people have sort of a poverty-stricken relationship with money, where there's never enough. This helps you feels like, "There is enough, there's plenty to go around, and the Universe is willing to give me as much as I want." And so you start feeling that. When you start feeling that, you start attracting that.

There's also a healing meditation, about Healing your Mind, Body, and Soul. There's a Self-Love Meditation, about bringing into more of a sense of healing. Sometimes people have such a sort of low self-esteem, or not feeling good enough. So we help them to raise their vibrations through self-love.

There's one just about learning how to become a Manifesting Magnet. It's just increasing your vibrations. The meditation actually, you will feel a vibrational increase at the end of the meditation, where your body starts actually vibrating at a higher frequency. So it is like you're magnetizing energetically, physically, what you want on that level too.

**Margot:** There's a Soul Mate Meditation, where you can basically... the idea behind that is to let go of the belief systems, also, that you have around attracting a soul mate. And then it guides you through to attract a soul mate into your life. And we've had quite a few people email us testimonials about attracting a soul mate within a couple of weeks to a month after they did the meditation. It's pretty exciting stuff.

**Barry:** Yeah. And the important point that I want you guys to hear, for everybody listening right now, is that a lot of you are wanting to know, "How can I put myself in an incredible visualization state? I can't see things when I close my eyes. I can't put myself in the movie."

Well, these guided meditations do that. Heather and I listened to one in synchronization through a Y connector on our iPod the other night, and Jafree is putting hundreds of dollars of bills in the skies floating around our head, and we totally saw that. [laughter]

We put ourselves in that space where we were surrounded by money, and felt good about accepting that it's OK to manifest that money, at the same time.

**Jafree:** Yeah.

**Barry:** That's the beauty of the guided portion. Matter of fact, all your meditations are guided, but that's why I like them.

**Jafree:** Yeah. We have a really magical one called the Blue Room...

**Margot:** Mm-hmm.

**Jafree:** ... which is really powerful. We've had some amazing testimonials; amazing things. It kind of blew me away, what people were doing with this. Basically there's a Blue Room that you go into, this guided part, and you step into this very high vibrational room where you can literally attract anything you want on earth.

And this plane, it's a higher frequency plane of consciousness and vibration. It makes things happen in a way that is coming from a place of love and a place of joy. There's a real sense of abundance there, too.

So, with those elements, it's fun to do these meditations. It's not like a chore. It's like, "Oh, I can't wait to go back to the Blue Room."

**Barry:** Huh.

**Heather:** Yeah. Interestingly enough, though, I do have some friends who would be balking at the concept of meditation, and it really goes back to what Barry just mentioned, that they think they can't visualize, but they take it further. It's like "Well, I can't meditate. I don't know how to sit. I don't how to position my body. There are always distractions around. I can't focus on what's being said in the meditation. My mind goes all these different ways, and it just doesn't work for me."

What are the best techniques for meditating so that they can get over those kinds of stumbling blocks, and just accept the meditation, and do it as powerfully as it's meant to be done?

**Jafree:** We've found that, through doing a lot of research, that most people in the western world, America and Europe, that they're very active. And that activity, it needs to kind of... we need to kind of purge that energy out of the body, and so we recommend doing some form of exercise. Somewhere where you can move the body vigorously, sweat, get it so that the brain is filled with oxygen.

You're breathing fast. Even just 15 or 20 minutes of this, you can do dancing or anything.

You're going to start to release a lot of that extra energy that the mind has been using for distracting thoughts, and getting worried, and all that stuff that the mind gets caught in. And you'll see that the mind is just so much more relaxed. It's kind of like you took the horse for a lap around the... a mile lap, and it's tired now. It can trot now, and you can actually hold the reins on that horse and guide it, so much easier than if it just runs right out of the stall and wants to go anywhere, and it's really hard to control that horse. So we recommend that, as a first step to learning how to meditate, physical movement before you actually sit.

**Margot:** I do want to say something too. I think a lot of people have a preconceived idea of what meditation should look like or be like. And it really helped me a lot when I just said, "I'm just sitting and I'm just doing the meditation that I'm following." Maybe sometimes it's just following my breath, or some of the meditations in our book, like the "Quiet Mind, Open Heart, Relaxed Being" one.

To not judge the meditation really supported me a lot, saying, "You know what? I just know my mind is going to go crazy and everything." That's just part of the whole meditation process, actually. When you start, your mind is going to be like a wild horse, and what you're doing is reining it in. So it's normal, actually, for you to feel like you can't meditate. That's part of the process.

**Jafree:** It's just like training a horse. You're going to expect that wild horse not to necessarily accept the bridle or the saddle right away. Just like you, you're not going to necessarily just accept just sitting there, being very calm, centered, peaceful and focused and in your power right away. We're just so used to running around and being thrown at the wind, or by the wind – wherever the wind takes us in life – and not necessarily just being able to be sort of a rock in the current.

**Margot:** The important thing, I think, is just commitment. If you can just commit to doing it as a daily practice, even if it's short to begin with – 10, 15 minutes, 20 minutes. That's enough for then the mind to start slowing down, and for you to start seeing the benefits of meditation.

**Barry:** I want to reiterate something that Jafree, you had told me the other day when we were talking one on one. People can relate to this because everybody who's ever worked out at the gym can relate to this. I think this is so key for you guys to hear, if you're still with us – and you are still with us if you're listening to this [laughter].

You guys want some insight into the Secrets of Manifesting. And I've always said this, it goes back sometimes to the basics, because we forget it so much, because we want to go on and on, and keep reading and keep reading, and keep listening and keep listening, but sometimes the real growth happens when you're resting.

That's the way the muscles work. You go out, and you do a huge burn doing some bench presses – and that's why most physical fitness people will tell you to rest the next day.

And Jafree, what did you say to me? You said, “Barry, manifesting really, really happens when you sit still.”

**Jafree:** Yes, stillness is – you're basically calling upon the entire Universe to basically obey your every command.

**Barry:** Obey?

**Jafree:** Yes. Basically obey. That can be a really strong word, and I'm just throwing that out there because that's the direction that happens with stillness. It's kind of like the pinwheel. It goes around the very center point, and that center point is absolutely still. And so when you find that stillness inside, the whole Universe basically revolves around you and your thoughts. You become the director of it, the producer of it, the movie-maker of it. You already are; you can't ever give that up, but you actually become more conscious that you are that.

That consciousness is what allows you to truly enjoy your life to the next level, to take in more joy, and more of this blissful state of being connected to your divine eternal soul's presence. The vibration of that soul is super high. So the stillness allows you to tap into that.

**Heather:** So when people say to you, “You think you're the center of the Universe! You think the world revolves around you,” we can just go, “Yes, it does.” [laughter].

**Jafree:** Yeah.

**Margot:** Yes, it sure does. [laughter]

**Jafree:** It sure does. And it's really funny, but if you look at it scientifically, if you look at an infinite field of energy, every point in an infinite field is the center, because it's an infinite field. So every human body is the center of their Universe.

**Heather:** Wow.

**Barry:** Well, this package that you guys have compiled is absolutely amazing, considering the price point that you guys are letting it go out the door for, for over 48 hours. And I want to just give people a rundown. Heather, you know, I think you've interviewed many, many people who have said pretty much, “The more you give out, the more you get back.”

**Heather:** Yeah. Exactly, yeah. It's all about giving value and kicking into process the whole “give and take” dynamic of the Universe.



**Barry:** And that's exactly what Jafree and Margot are doing right now. These individual items à la carte – the price on those is incredibly much more than what you could get if you get this Gold Package, and guys, you're doing an amazing job of giving with this package, so I want to compliment you on putting this together.

**Margot:** We're excited about it.

**Jafree:** Thank you. We're happy to help the world out with this information.

**Barry:** I'm going to give people a rundown of what the package includes here. If there's anything I missed, just let me know.

I've got that it consists of your "How To Raise Your Manifesting Vibration!" e-book, which is just a comprehensive encyclopedia of manifesting techniques and wisdom. It consists of your 8 Day Manifesting e-course. It consists of the ten powerful manifesting meditations we just spoke of, which is over 240 minutes of guided audio, and the Gold Package, which will come back at some point, but initially it's just for 48 hours. It includes limited time, special bonuses that are guaranteed to help people manifest their dream life faster and easier.

**Margot:** That's right.

**Barry:** That pretty much covers it, right?

**Margot:** Yes.



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**Barry:** OK, great. Heather, is there anything that we need to add or bring out?

**Heather:** Well, maybe for the people that have listened to us for the past, almost, an hour and they're thinking, "Well this is great. I got a lot of great insight out of this already," and are just wondering if they should take that next step. I'm just wondering, what Jafree and Margot, what you would say to them to help them decide whether they're ready for that next step right now.

**Jafree:** I'd say that you are an infinite being that's never going to die. You can take risks. The risk here is to jump into the unknown and try something new out, and experiment, explore. There's really nothing to lose. You have everything to gain by opening yourself up to more information, and new kinds of information, and just to play.

**Margot:** And if they would like some additional support, they can go to our website, where they can get newsletters that are both about manifesting ,and how to do this from an infinite soul's perspective, so that they can get some valuable information to support them as they start on this journey.

**Barry:** Speaking of support, if you guys haven't found it already, you can [log into SuperManifestor.com in your members area](#), and you can gain access to the private blog that's available to you. That's actually support that you can get between the pre-launch and the launch, if you like. That blog will continue to have some complimentary material to support the package that you buy as well.

So guys, thanks for listening this far. I wanted to make sure that we could have Jafree and Margot on the line to flush out some of the deeper thoughts about manifesting that we know you have. Trust me, we know you have them because we've been around it long enough to know you have them. [laughter]

Hopefully this interview has helped, and thanks for being with us this long.

**Margot:** Thank you so much!

**Heather:** Thank you.

**Jafree:** Thank you, Barry and Heather.

**Margot:** Thank you for listening. Thanks, Barry and Heather.

**Jafree:** Take care.

**Heather:** It's been fabulous.

**Barry:** Absolutely, guys. Alright, Bye-bye.

**Margot:** Bye.