

*Maria the Muse*

[www.mariathemuse.com](http://www.mariathemuse.com)

## Barriers and Roadblocks to Manifesting Success

I'd love to tell you that all of your manifestations are going to go perfectly smooth all of the time. I'd love to say that every time you put out a request the Universe replies instantly – bringing you exactly what you asked for with a smile.

But if you've been manifesting for even a little while you know that isn't so. In fact sometimes, despite your best efforts you may find yourself blocked, stymied or frustrated with what seems like lack of success.

This short report explains the main reasons this happens and what you can do about it to go on to successful manifesting.

## The Law of Attraction ALWAYS Works

That's right – it always works. It never takes a day off or makes exceptions for anyone. So the truth is that you are manifesting all of the time. The problem is not with the Law of Attraction or the Manifesting process.

*The problem is that you are not  
always manifesting what you want.*

There are two main reasons for this. The first is a technical issue – there is some flaw in how you follow the manifesting process. I work with clients on technical issues all the time, helping them hone their skills in the 5-A's of manifesting. But technical issues are a secondary problem.

The second issue, and the one we're going to spend time on here is what I call an internal issue. An internal issue is something within you that keeps you from being able to manifest the things you want. It could be a set of beliefs about the way life works, a problem with self-esteem (this is a big one) or something similar to that. These are things that go on inside of you, many times below your level of conscious awareness.

## So What Are These Internal Barriers?

There are four major internal barriers to manifesting success. Here they are in the order we're going to cover them:

**Low Self Esteem** – This is the absolute most important internal barrier, and the main reason that life doesn't always go how we want it to. Low self esteem often disguises itself negativity, feeling undeserving, feeling guilty or not good enough, and a whole host of other things. If you work on nothing else then work on this – clearing up this one thing will improve your life in so many areas that many of your other troubles will just fade away once this is taken care of.

**Lack of Trust** – Closely following low self esteem, a lack of trust in yourself, the process or the world around you is another huge barrier to success; not just in manifesting but life. People who lack trust often expect the worst, can be very skeptical, are afraid to take chances, and push people and things away from them. Lack of trust often comes from life experiences where our trust was shattered and can turn into a complete outlook on life.

**Fear** – Our fears can paralyze us and make it absolutely impossible to move forward. Some fears are healthy of course, but others simply stunt our growth. People who routinely say “I can't,” are often operating out of fear. Interestingly fear of success can be just as strong (if not stronger) as fear of failure which is why some people get “almost there” then sabotage their efforts.

**Old Stories & Beliefs** – All of us have internal stories we tell ourselves about the world around us. Sometimes these stories serve us and other times they hinder us. Old stories run on auto-pilot, constantly going in the background even when we're not aware of it. The thing about stories is the more we hear them (even in the background) the more they are reinforced. Since your outer reality reflects the inner it makes sense that these old stories are shaping your experience on a minute by minute basis.

Ok, now you have an overview. Let's get into the specifics of these barriers and how you can get past them to improve your manifesting success as well as your life in general.

## Low Self Esteem

Self esteem or lack thereof has a more far reaching affect on your life than any other factor. If you believe in yourself your life will expand positively as you move forward, take appropriate risks, try new things, and continue to learn and grow.

Low self esteem is one of the biggest problems that humans face, and one of the biggest reasons we keep getting what we don't want in our lives. The reason this happens is that we often feel like we don't deserve the good we want or are somehow not good enough. Additionally we may feel guilty if we get too much in comparison to our peers so we unknowingly sabotage our own efforts to keep us in good graces with them.

Low self esteem also leads to chronic negativity or criticism of the world around us which in turn leads to creating a reality that is largely negative and critical. This becomes a vicious circle, with our negativity lowering our self esteem even more which then causes us to feel even more critical and negative and so on. Not a fun place to be.

## Who Suffers From Low Self Esteem?

In a nutshell – everyone.

Sure some people seem to have great self esteem while others are basket cases but over all we all have at least one or two areas in which we lack self esteem. This is normal and part of the human condition. We are always learning and growing so there's always room for a bit of improvement in the esteem area :^)

I wanted to point this out because some people feel like everyone else is doing much better than them, and that they're all dancing and having a great time in the party of life as they sit in the corner trying to melt into the wallpaper.

The truth is we all have something we're amazing at, even if we don't realize it. The trick is to find out what that is for you, and then capitalize on it to build your self esteem in other areas of life.

## So How Do You Build Self Esteem?

The first step as with everything in manifesting is to ask for it. Have a talk with the Universe, saying you're ready to step up and become the amazing person you are inside. It's ok to be a bit demanding here because this is your life we're talking about! So tell the Universe you are going to raise your self-esteem, you expect full cooperation and support and will settle for nothing less!

Once you've done that the Universe will begin to line up things to make it happen. And of course you're going to pay attention and take inspired action as directed. In addition to that, here are some exercises to help build your self-esteem. When considering which ones to do

remember the key is “inspired action.” So if something calls you then try it. Otherwise let it go for now so you don’t spin your wheels.

## Esteem Building Exercises

**List of Positive Attributes** – This basically means making a list of all the wonderful things about yourself. Some of the things to include on this list are:

- **Physical attributes you like about yourself** (beautiful eyes, nice smile, the coolest toes ever...whatever you like about your physical self). Yes I know this can be difficult at first. One person I knew listed only one thing on her list – naturally long and strong fingernails. The cool thing is that over time she kept finding more things to add until she was pretty happy with how she looked.
- **Things you’re really good at.** Are you a good cook? Good at crafts? Do you have an uncanny ability to remember the stats of virtually every player in your sport of choice? Everyone has something they excel at. A friend of mine used to know the entire TV line up on every channel for every day of the week (yes this was many years ago when there were just a few channels but still – how cool is it to know a walking, talking TV guide!). Please note we’re not talking about marketable talent here (i.e. you don’t have to get paid for what you’re good at) but rather just stuff that you’re a real pro at doing.
- **Qualities that people admire in you.** Are you patient? Empathetic? Do you have an uncanny ability to call just when people need to hear from you? Are you honest, reliable, fun, creative, loving, or exciting to be around? Or do people admire your stability and the sense of calm you bring to a room? If you’re not sure what qualities you possess then ask those you’re closest to....they know.
- **Your work related skills.** What are you really good at in your job? What things do people rely on you for and what are you known for? When I was in the corporate world I was a whiz with numbers and patterns. I could spot an error in a bank reconciliation a mile away and often I amazed people with my ability to balance books that were thought to be un-balanceable. And way back in the day I was the reigning champion of calculator wars in our office (am I dating myself too much?). The point is that everyone has something they’re great at in their work. What are your things?

Once you have your list the next step is to put it somewhere where you can find it. I keep a copy on my computer, one stuck to my wall in my office, one in my car, and another by my bed. When you’re feeling a little down take a few minutes to skim the list, reminding yourself that you do indeed have just a few good qualities!

**Compliment yourself.** I heard a story that Oprah used to pause when she saw her reflection in a mirror or window, give herself a little wink and say something like “you’re doing just fine girl,” or “dang you look good today.” I don’t remember the exact words but the point is that giving yourself little compliments does a lot for your self esteem. There is a

trick to this though...you don't want to go around saying things you don't believe. In fact if you try to do that you'll just knock yourself down a notch or two. So come up with some little catch phrases that you can believe and that bolster your confidence too. Some examples are:

- Dang you look good today (only if you really feel good about how you look of course)
- You're doing just fine
- You're gonna blow them away (on the way to a presentation or meeting)
- You're pulling it together
- You can do it
- You have such a nice smile
- Oh yeah...you're on top of the game today!

For me it was always easier to do this in third person but you can do them in first person too. Oh and remember to wink, point at yourself or do some other little gesture that makes you feel good.

**Practice saying “no” to people.** This may sound counterproductive but a big problem with people who have low self-esteem is that they have trouble saying no. In fact they often become people pleasers which leaves them bitter and resentful as their own needs go unmet. One of the best ways to get more comfortable with saying NO is to declare a month of No's. I did this a couple years ago and the benefits were numerous.

What you do is declare to the people closest to you that for the next month you are practicing setting boundaries and saying “NO.” Let them know that whatever they ask the answer will be no. Then start doing it. Get me a glass of water? No! Drive me to the mall? No! Take my shift at work next Tuesday? No!

Say it emphatically and often. Get really good at it. I got so excited about it in fact I'd ask my kids to make requests of me just so I could tell them No! It sure was fun :^)

Now not all of my No's stuck. There were times I took that shift or drove to the mall or whatever. The point of the exercise though is to get comfortable with telling people No so that when you really do want to decline a request or offer it's a lot easier to do so. Try it and see if it doesn't help you break the people pleasing habit just a bit.

## Lack of Trust

After low self esteem, lack of trust is the next big barrier to success. Lack of trust is an underlying issue that becomes an entire outlook on life. Here are some clues that you lack trust:

- Expecting the worst
- Being very cautious, perhaps even missing opportunities because of your caution
- Keeping people at a distance and in extreme cases not having personal relationships at all
- Routinely saying no to new experiences
- Being very worried about security (like putting bars on your windows in a very safe neighborhood)
- Believing that everyone is out to get you or cheat you in some way
- Saying or believing that people can't be trusted
- Saying or believing that people always break promises

Trust is something that is built, or destroyed from the time we are very small. It comes from our earliest interactions with our caretakers and becomes a foundational part of the way we live our lives.

Unfortunately, in manifesting there is no room for lack of trust. In order to be successful you have to trust in the Universe, trust in the process and trust in yourself. If you can't do this then you'll continue to attract untrustworthy people and situations into your life, and probably be very disappointed in your manifesting efforts.

Here are some ways to build trust:

**See that your way of being isn't the only way.** As you look around you notice how others interact with the world around them. Yes, there are actually people who never lock their car or their door at home and NEVER experience a theft. There are people who do business on a handshake and always get a great deal. These people live in a reality where trust is the norm. Which means this reality does exist. And if it exists for them it can exist for you too.

**Decide to create a reality based on trust.** By declaring this you set the wheels in motion to make it so in your life too. It may not happen over night but in time you'll see more and more things to have faith in and the Universe will respond in kind by reflecting back to you a trustworthy world.

**Put your past in the past.** Many of our trust issues stem from past experiences. Yes those things happened and yes they hurt but you don't have to carry them with you forever. You can choose to trust again, even if it takes many small steps. One good example of this is relationships. Sometimes someone gets so hurt by a past relationship they decide to simply never have another one. The truth is that all people are not "that person" and that a loving,

supportive relationship is possible in the future. When you put your past in perspective, realizing that it was one experience, you'll be able to open yourself up to the possibility of a better future. Now this doesn't necessarily mean you marry the next person you meet. But it may mean you allow yourself to begin having friendships again, trusting little by little until you once again feel comfortable taking a step toward a new relationship.

**Practice on small things.** Can you trust someone to pay you back \$5 they borrowed? Can you trust someone to show up when they promise to? What small ways can you practice trusting people and the world around you so that you can prove to yourself it can work? Now please don't leave a \$20 bill on a busy city street and expect it to be there the next day when you come back. And don't leave your windows down and the keys in the ignition of your car...that's just inviting trouble. But it may be ok to leave your kitchen window open a crack when you run to the store, provided that you live in a safe neighborhood with little chance of an incident.

Another way to develop trust is to practice trusting the Universe in your manifesting projects. That's one reason I tell people to start with something small. Once you have succeeded in manifesting a few small things, your trust in the Universe will begin to grow so you can move on to the bigger things.

# Fear

Life can be really scary at times and our fears can paralyze us and make it absolutely impossible to move forward. While some fear is good (fear of jumping out of a plane without a parachute for instance), many times our fears serve no purpose other than to keep us from getting the things we want.

So how do you know if it's a valid fear or simply a barrier to success? This can take a little detective work, and you have to be willing to look at the underlying causes of your fears. That in itself can be scary sometimes. But rest assured once you do so you'll be well on your way to conquering those fears that keep you from doing and having the things you want.

## *Uncovering the reason for the fear*

Fear always has a reason. Sometimes it's obvious and sometimes it's not but in every case you have to get to the bottom of it so you can sort it out. The way to accomplish this is to evaluate the fear. You can do this while you're facing the issue, but it's often much easier to wait until you're safely away from it and have time to reflect on what happened and why.

So thinking about your fear, what is it that you're afraid of? Was there real, immediate danger? Or were you afraid of what "might" happen. Over 95% of all fears are caused by what we think "might" happen and have very little basis in reality. And many times we base what we think might happen on a similar experience we had long ago rather than our current situation. For instance as a child you may have gotten in trouble if you came home past curfew. As an adult you may get really nervous and jittery when you come home later than normal, even though there are no angry parents waiting up to yell at you.

Often just making the correlation between past events and present fears is enough to dispel them. But what if that doesn't work? What if you're still afraid even though you know there's no logical reason for being so?

## *Overcoming your fears*

Before I go on I want to say that some fears are so deep seated that you can't deal with them on your own. In this case you might need the help of a qualified professional. Having said that, here are some tips on dispelling fear:

**Know that it's ok to be afraid** – Yes it really is. Even the most accomplished speakers for instance talk of feeling very nervous and afraid before addressing a large audience. So the fact that you're afraid is perfectly normal.

**Decide if you want to face it** – You get to decide if and when you want to face your fears. And you can also decide to not face them. It's totally up to you. One thing that I do when I'm afraid is to ask myself if I'm ready to try the thing I'm afraid of. If I say "no" then I don't do it. I simply ask again later. If I say "yes" then I go ahead with the understanding

that I give myself permission to back out at any time. Knowing that I can always change my mind gives me a lot of confidence and makes dealing with fears a lot easier.

**Ignore unsupportive people** – Nothing makes you feel worse than a bunch of people egging you on to do something you really don't want to do. I avoid putting myself in these situations by facing my fears alone or with people I trust to be supportive. It's a lot easier when you have the support of real friends around you who will support you no matter what you decide.

**Take it one step at a time** – If you're afraid of water it makes no sense to dive right into the deep end. And yet with fear some people think it's all or nothing. It isn't. You can stick your toe in the water, then your foot and finally wade around in the shallow end for a while. And it's also ok if you stop there, never getting to the deep end. The only reason to go past your comfort zone is if you want to. And believe me if you really want to you'll keep going a little farther until you're finally there.

## Old Stories & Beliefs

The final barrier we're going to talk about is those old stories and beliefs that keep us stuck in our present reality. What we believe is reflected in our outer world as our present reality. And our beliefs stem from our past experiences and the stories we heard when we were growing up. But much of this is subjective and not rooted in actual fact.

*The truth is that for every belief  
you hold there is someone else  
with the opposite belief and  
their belief is just as valid as yours.*

That's right....just as valid.

In the grand scheme of life there are no absolutes. There really is no right or wrong or black or white. It's largely a matter of perception. And since your outer reality reflects your inner perceptions it makes sense that everyone will experience life according to his or her beliefs.

### *The importance of stories*

Every moment of every day we tell ourselves stories about the world around us. The stories we tell serve to support and reinforce our beliefs. Which in turn creates our outer reality. Can you see a vicious circle forming?

First we tell a story which reinforces our current belief which is then reflected in our outer reality which confirms that belief to be true which results in a new story reinforcing that belief even more which is again reflected in our outer reality which confirms our story to be true...

Whew!

So to change the reality you experience you start with the story.

### *Not the belief – the story*

The reason you do this is because stories lead to beliefs, not the other way around. So it makes sense to change the story first knowing that the belief will follow.

So how do you change the story? The first step is to decide what story you want to experience. Then create the story, telling it how you want it to be and allowing it to unfold as you talk. You can write it down too if you'd like.

Then as you see things in your outer reality that concur with the story, reinforce them by telling that part of the story again. When you keep doing that, telling the story and then reinforcing it as you see evidence in your outer reality you begin to build beliefs that support the new story. As you build those new beliefs your outer reality begins to conform more

and more to the story you're telling yourself until finally a new reality emerges based on the story you told about it.

If this seems a little hokey let me assure you that people do it all the time. It's just that they don't always call it story telling. Instead they use terms like "affirmations, positive reinforcement, keeping your eye on the ball" and so on.

So go ahead and make up a new story!

## What's Next?

Now that you have a good understanding of the four major internal to manifesting success you can take steps towards tearing them down so you can begin to get the things you want.

Use these tips along with the 5-A's of manifesting (get the FREE Manifesting Kit [here](#) if you need it) to create the kind of life you want and deserve.

And if you need any additional support let me know. I have helped many people become successful manifesters and I'm happy to support you as well.

Maria Meiners is a personal and business muse who helps ordinary people understand the principles of the Law of Attraction and how to use them to manifest what they want in life.

Note from Maria – If you got this report from a friend, I wanted to let you know that available as a free download on my website [www.mariathemuse.com](http://www.mariathemuse.com)

Also, if you'd like to learn more about how to manifest what you want using Law of Attraction principles then check out the FREE Manifesting Kit at [www.musemanifestingkit.com](http://www.musemanifestingkit.com).

Thanks for allowing me to be part of your journey!

*Maria*