

UNAPOLOGETIC MANIFESTATION

5 Steps to Create the Life You Want

Week 1 · Tuesday, April 28, 2026 · 7:00–8:30 PM

Facilitated by Cynthia Roberts, Co-Spiritual Leader & Licensed Unity Teacher

WEEK 1 · EXPLORING ABUNDANCE AND MANIFESTATION

Welcome

This week, we lay the foundation for understanding abundance and the art of manifestation. Rather than diving into specific techniques, we will explore the nature of the Divine, the principles behind manifestation, and how abundance is an ever-present force in our lives.

AFFIRMATION

"I am open to the infinite possibilities within and around me."

What We'll Explore Together:

- Your concept of God, Spirit, or the Universe
- What manifestation truly is (and isn't)

About the Book: Unapologetic Manifestation

By Ken Daigle

"This is not a process of wishful thinking but one of purposeful manifestation — a journey that lifts us from lives of scarcity and limitation into lives of profound abundance."

About the Author

Ken Daigle has spent 30 years studying and teaching prosperity and abundance. A Unity minister, he has navigated financial windfalls and personal bankruptcy, addiction and recovery — emerging to live a life beyond his wildest dreams. His lived experience brings these teachings to life with authenticity, compassion, and deep wisdom.

THE FIVE STEPS OF MANIFESTATION

These five steps form the core of unapologetic manifestation — a holistic, spiraling practice.

- **1. FOCUS Your Mind:** Clearly define the good you wish to experience. Specific, well-defined goals focus your energy and intention.
- **2. SHIFT Your Consciousness:** Move from a mindset of lack to one of abundance by transforming limiting beliefs.
- **3. ACT - Take Concrete Steps:** Manifestation requires action. Each deliberate step reinforces intention and moves you forward.
- **4. SHARE Your Journey:** Share your intentions openly, inviting collaboration, new perspectives, and support.
- **5. OPEN - Be Receptive:** Release attachment to specific outcomes. Trust the process and stay receptive to infinite possibilities.

KEY THEME 1: Your Concept of God, Spirit, or the Universe

"This power ... is incapable of judgment, punishment, or damnation. Its essence is simply presence, an ever-available flow of love, compassion, and understanding."

Discussion Questions

- What name or concept do you use for a higher power — and how has it evolved?
- Do you believe the Universe is abundant and supportive? Why or why not?
- What moments in your life have helped you feel connected to something greater?

Beloved, whatever name resonates with you — God, Spirit, Universe, Divine Intelligence — use it. The power is the same.

KEY THEME 2: WHAT IS MANIFESTATION?

Not This

- Magical thinking
- Wishful hoping
- Passive wishing
- Quick-fix mentality

But This

- Purposeful creation
- Active alignment
- Conscious co-creation
- Disciplined practice

Grounded In: Neuroscience, Neuroplasticity, New Thought principles, and Spiritual practice.

"What happens in vagueness stays in vagueness." — Ken Daigle

KEY THEME 3: EXPANDING YOUR DEFINITION

Abundance is far more than financial wealth. It is the flow of creativity and a joyful way of life.

- Material Resources
- Vibrant Health
- Enriching Relationships
- Work You Love
- Leisure Time

"When we let our light shine, when we fully own and share our gifts and talents, the world is not diminished but enriched. By stepping into our limitless potential, we don't take away from others — we lift everyone higher."

OUR RELATIONSHIP WITH MONEY (Chapter 2)

The \$100 Bill Exercise

What does your reaction reveal about your beliefs around money and abundance?

- "Don't do it!" — fear of waste
- Anger or accusation of disrespect
- Scrambling to pick up the pieces
- Belief that money cannot be replaced

The Insight: "The person who feels deserving of the money receives the money. It's not about need or privilege — it's about the feeling of worthiness."

KEY THEME 4: ALIGNING WITH THE FLOW

Our thoughts and emotions create the energetic foundation for what we attract. By shifting perspective from lack to possibility, we open the flow of abundance.

- **LACK MINDSET:** "I don't have enough" → Focused on limitation → Scarcity as identity
- **ABUNDANCE MINDSET:** "I have enough to give" → Focused on possibility → Abundance as birthright

Discussion Questions

- How do you currently measure abundance? Primarily financially, or nonmonetary?
- Think of a time when an experience enriched your life more than money could. What did it teach you?

THE SCIENCE OF MANIFESTATION (Chapter 1)

- **Neuroplasticity:** The brain reorganizes itself by forming new neural connections through focused attention and repeated mental rehearsal. Intention literally rewires your brain.
- **Value Tagging:** Through repeated, intentional focus on a goal, the brain embeds it deeply into the subconscious, enhancing ability to notice opportunities.
- **Reticular Activating System:** A network of neurons that filters external stimuli — embedding intentions means the RAS alerts you to aligned opportunities.

Manifestation bridges spiritual tradition and modern neuroscience.

MEDITATION & ENRICHMENT

Meditation 1: What Am I Already Manifesting?

1. **CREATE THE SPACE:** Find a quiet place. Sit comfortably.
2. **BREATHE:** Inhale 6 counts, hold 2, exhale 8. Relax fully.
3. **VISUALIZE:** Gently call to mind your life (relationships, work, health).
4. **NOTE & REFLECT:** Write for 5+ minutes. Reflect on your choices.

An Infusion of Happiness

Give yourself the daily gift of bringing love and joy into your life: Get Out in Nature, Write Appreciation, Sing Out Loud, Plan a Date Night, Dance!, Meditate Daily.

REFLECTIVE PRACTICES FOR THE WEEK

- **JOURNAL:** Write a reflection on your personal understanding of the words God, Spirit, or Universe. How has your concept evolved?
- **VISUALIZATION:** Spend 5 minutes each morning visualizing an aspect of your desired life. Engage your emotions.

Between sessions — observe and shift:

- When you think "I don't have enough time" → reframe: "I have enough time for what truly matters"
- Ask yourself: Where is abundance already present in my life?
- Notice your language about health — does it affirm vitality or reinforce limitation?

LOOKING AHEAD: Our Six-Week Journey

- **Week 1 (Today):** Exploring Abundance & Manifestation (Chapters 1–2)
- **Week 2 (May 6):** Focus Your Mind (Chapter 3)
- **Week 3 (May 13):** Shift Your Consciousness (Chapter 4)
- **Week 4 (May 20):** Take Concrete Steps (Chapter 5)
- **Week 5 (May 27):** Share Your Journey (Chapter 6)
- **Week 6 (June 3):** Be Open (Chapter 7)

"I am open to the infinite possibilities within and around me."

See you next Tuesday!