



# THE BEGINNING ALCHEMIST'S GUIDE TO MANIFESTING

5 Easy Steps  
to start creating  
more magic in your life



# What is Alchemy?

Some Definitions of Alchemy:

Google defines alchemy as:

*The medieval forerunner of chemistry, based on the supposed transformation of matter. It was concerned particularly with attempts to convert base metals into gold, or to find a universal elixir.*

While it's true that alchemy was a forerunner to chemistry, it was not primarily concerned with converting lead into gold. Alchemists were more concerned with transforming the leaden parts of themselves into metaphorical gold, changing themselves into better, more spiritual people. Many analogies were used in their writings, often using coded language to keep lay people from deciphering their hard won discoveries. This was because alchemists knew that if a person of a lower vibration, someone without the appropriate mindset, worked with some of these concepts, they would not get good results.

One of the big differences between alchemy and chemistry was the intent of the practitioner. In alchemy, the practitioner plays a big role in the outcome of any experiment. In chemistry, it is believed that any person can get the same result if they follow the same experimental procedure, but alchemists believed the outcome was influenced by the vibration of the person. They guarded their experiments and didn't let others see or touch them, lest the vibrations be changed



# What is Alchemy (Cont.)

In fact, my favorite short definition of alchemy, found in *Dennis William Hauck's, Complete Idiot's Guide to Alchemy*, is:

***The art of transformation.***

Your core, your higher self, your true essence is pure joy and love and that is what we are trying to connect with using alchemy. We are trying to transform the raw materials of your life as it is into who you really are and the life you were meant to live. Manifesting is fun but the main goal is to get to connect with your true self & when you do that you can't keep good from flooding into your life.



# How is Alchemy different from LOA?

- ☾ The Law of Attraction is part of Alchemy but not all of Alchemy
- ☾ Alchemy focuses on Transforming and Distilling to the true essence
- ☾ To get the best success with the law of attraction you need alchemy



# 5 Steps to Manifest with Alchemy

- ☾★ Raise your vibration
- ☾★ Enjoy or be OK with what is
- ☾★ Focus on What You Want
- ☾★ Relax and Let the Universe Work Out the details
- ☾★ Gratitude or Appreciation



# Raise Your Vibration

- ☾★ Feel you feelings
- ☾★ Take feel good action
- ☾★ Daily Love list
- ☾★ Service to others
- ☾★ Free Revamp Your Vibe in 5 minutes  
eKit can be downloaded at:

[www.michellemartindobbins.com/get-your-happy-back/](http://www.michellemartindobbins.com/get-your-happy-back/)



# Enjoy or be OK with What Is

- ☾ When you are in a low vibration state it's hard to manifest
- ☾ If you keep focusing on what is wrong, you'll keep getting more of that
- ☾ Look at what is right in your life or the situation you want to change in this moment
- ☾ Examples: General goodness in your life, What is good about a spouse you want to leave, what is wonderful about a job you hate, what is perfect about a house you want to move out of



# Focus on What You Want

Many times we focus on the lack of what we want instead of what we want. If its too hard to feel good about getting what you want then focus on other aspects of your life that are good and get in the high vibration that way.

Worrying is low vibration. Stay away from it when you can.

If you are having problems focusing try:

- ☾★ Mantras
- ☾★ Affirmations or I am Statements
- ☾★ Vision or Dream Boards
- ☾★ Pray Rain Journals or Scripting
- ☾★ Visualization

If you would like support around learning different manifesting techniques in detail check out my Magical Life Manifesting Club:

[www.michellemartindobbins.com/magical-life-manifesting-club](http://www.michellemartindobbins.com/magical-life-manifesting-club)





# Relax and Let the Universe Work Out the Details

It is not your job to figure out the “hows.” It is your job to line up your energy, raise your vibration as much as possible, enjoy life as much possible and take inspired action when you feel guided.

Other than that don't work so hard. Don't try to figure it out. Just follow these steps and relax.



# Appreciation & Gratitude

Appreciation and gratitude are so important, they could be their own course.

Don't wait until you manifest something to work on feeling appreciation. You already have lots of wonderful things in your life. The Universe likes that you notice. And remember what you focus on, you get more of. So if you focus on what you are grateful for, you'll get more to be grateful for.

Pretty cool how that works!

The most important thing is that you must actually feel grateful. Start by listing things and then really feel the feeling of how wonderful it is to have those items or experiences in your life.



# Keep Following the Steps

Every time you raise your vibration you are going to be going deeper with your manifesting and it just keeps following an upward spiral. Just follow these steps one by one. And don't worry about the outcome as much as possible. Just aim for feeling good and everything else will follow.





# More Resources

- ☾ [www.dailyalchemy.com](http://www.dailyalchemy.com) Blog posts & Freebies
- ☾ Adventures in Alchemy Podcasts
- ☾ On iTunes:  
<https://itunes.apple.com/ph/podcast/adventures-in-alchemy/id992480974>
- ☾ On Stitcher:  
[www.stitcher.com/podcast/michelle-martin-dobbins/adventures-in-alchemy?refid=stpr](http://www.stitcher.com/podcast/michelle-martin-dobbins/adventures-in-alchemy?refid=stpr)
- ☾ On Youtube:  
<https://www.youtube.com/user/dmdobbins98/videos>
- ☾ On Soundcloud: <https://soundcloud.com/michelle-martin-dobbins>
- ☾ Free Manifesting Planners:  
[www.michellemartindobbins.com/free-weekly-manifesting-plan/](http://www.michellemartindobbins.com/free-weekly-manifesting-plan/)

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