



# **Writing and Manifesting Your Destiny with the Golden Book**

*Manifest What You Want in Life and Shape Your Future!*

Presented by: The ShivYog Canada Youth Group

# Presentation Overview

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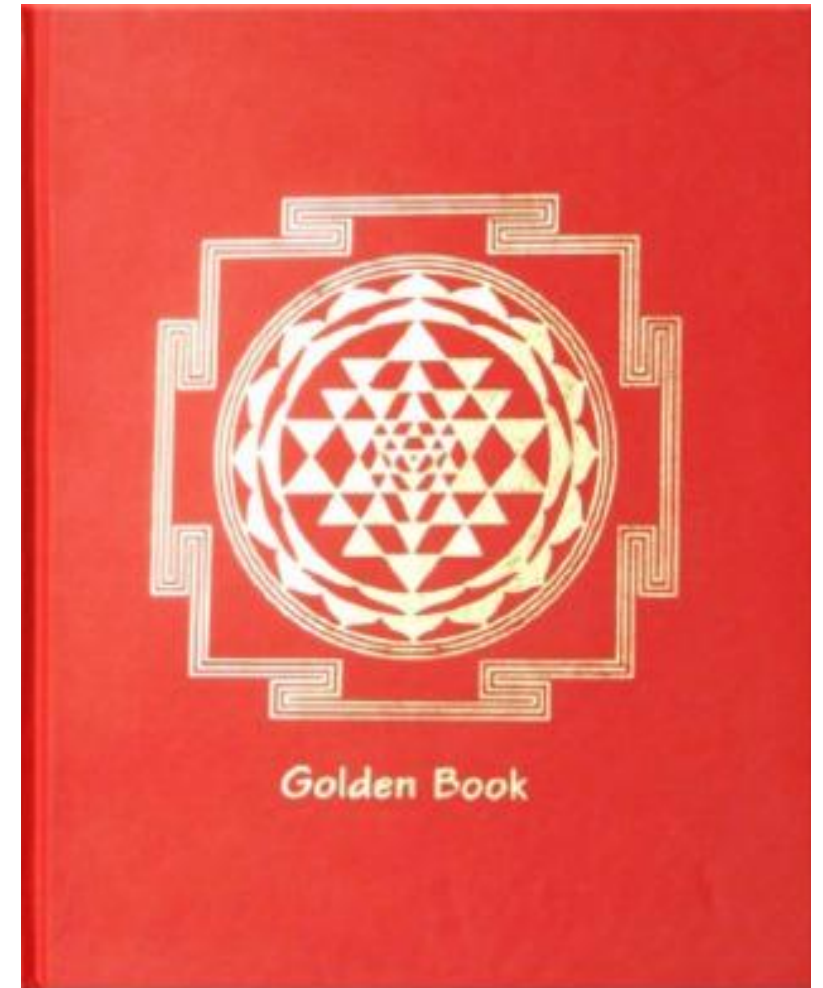
**TIME TO WRITE**  
**GOLDEN**  
**BOOK AGAIN**



# Introduction

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- **What is ShivYog's Golden Book?**
  - Sacred and amazing journal used to write in to create your destiny!
  - Shri Yantra: powerful tool for meditation, manifestation, and spiritual growth
- **What is the main purpose of using the Golden Book?**
  - Manifestation tool,
  - To achieve overall well-being, and
  - Promotes goal setting.






“For those who understand and follow the science of ShivYog for them, astrology and palmistry holds no meaning, They create their own horoscope”

*- Dr. Avdhoot Shivanand Ji*

# Understanding the Golden Book

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- Very important to write down what you want in life.
- The specific act of writing down and visualizing your goals is a powerful manifestation tool that engages our subconscious mind and aligns our energy to achieve our goals.
- Tangible tool and reminder of our dreams and goals, it empowers us to take steps towards achieving them.

A portrait of a man with dark, wavy hair and a full grey beard, smiling slightly. He is wearing a red garment. The background is a soft, out-of-focus light color.

# Learn to manifest the power to **create** **your own destiny**

## Writing Your Destiny

- What do you want in life? Think about it and write it down in simple, positive sentences!
- Types of goals:
  - Short-term: anything you want to achieve or have soon.
  - Mid-term: anything that you want to have in the next few years.
  - Long-term: ultimately what you want in life.

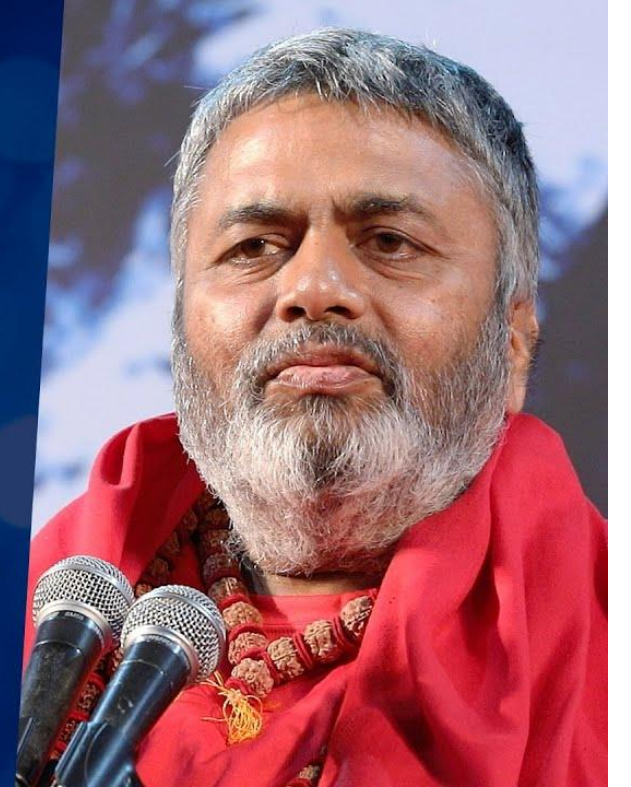
# Writing Process: Steps

Steps for the writing process:

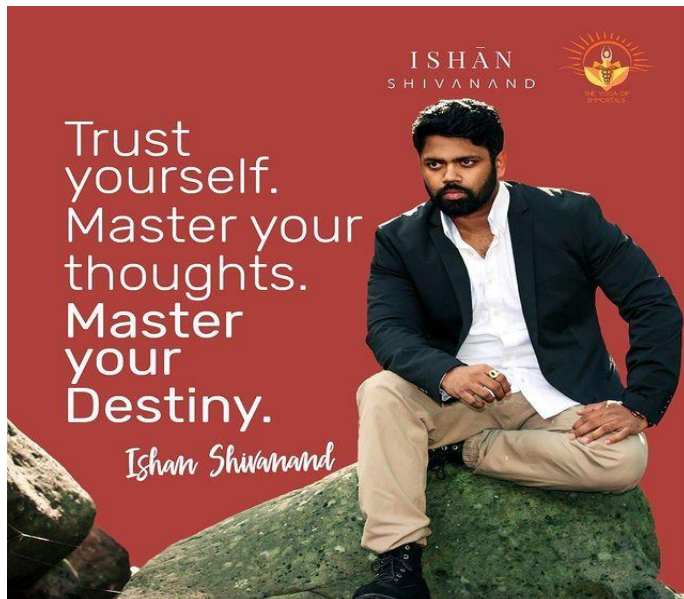
1. Think, feel, and visualize your goals clearly.
2. Create a rough draft.
3. Enter your finalized goals into the Golden Book.
4. Write in your Golden Book

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You are the  
**creator of your  
own destiny**



# Writing Process: Tips



Clearly know, think, feel, and visualize what you want.



Can create a rough-draft before entering it into the Golden Book.



Use a pen! Using red or orange ink may be better!



Always write positively, and  
**DO NOT** write what you don't  
want

Write: I am perfectly healthy  
Don't write: I don't want to be sick  
anymore.



Write everything down to the  
finest detail in present tense

i.e.: How you want your life,  
relationships, occupation, health,  
or world to be.



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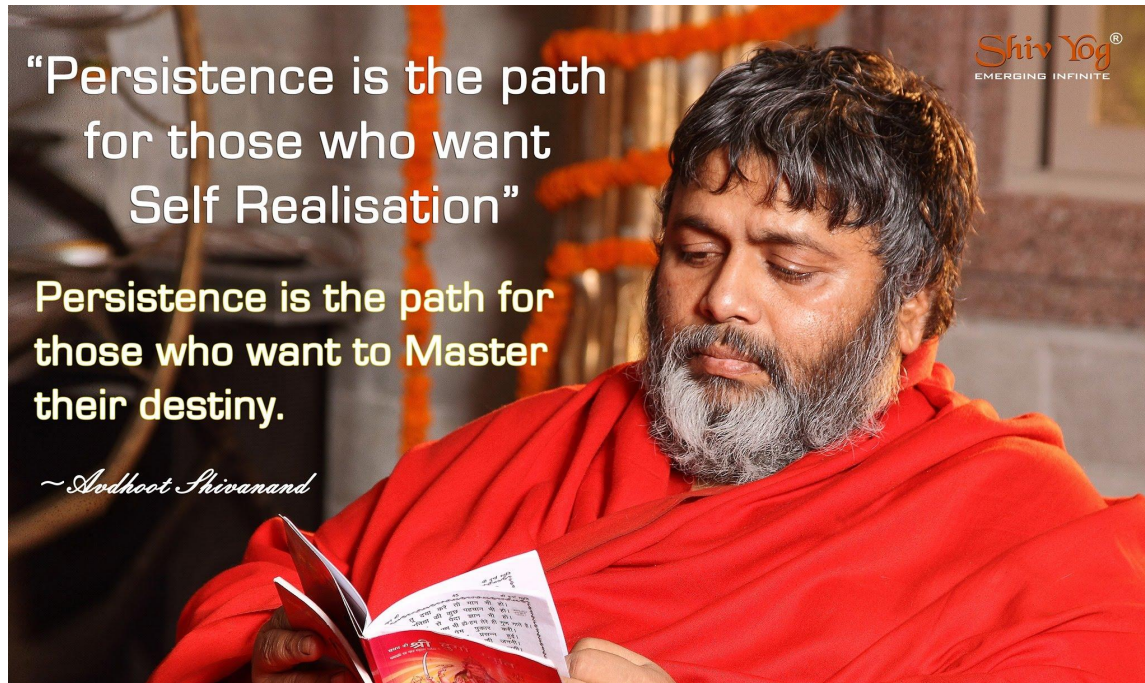
# MASTER the Art of VISUALIZATION



“Persistence is the path  
for those who want  
Self Realisation”

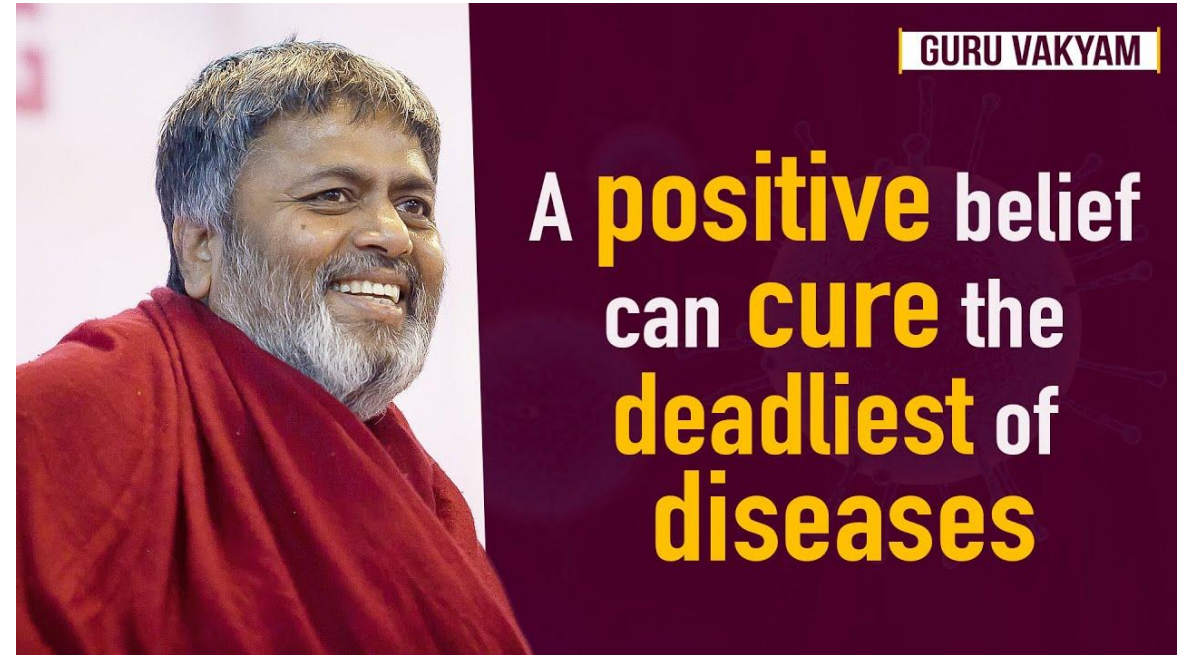
Persistence is the path for  
those who want to Master  
their destiny.

~ Ardhoor Shivanand



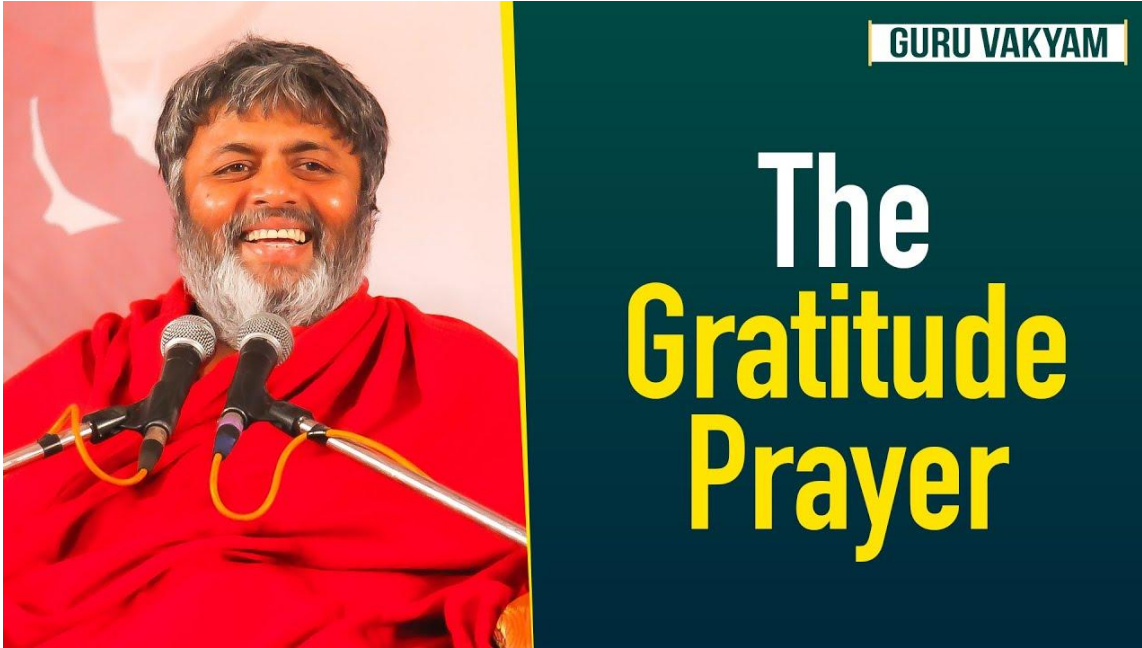
## Reading and Visualization

- Recommended reading times
  - 2x a day: in the morning and before bed
- Techniques for clear visualization
  - Imagine yourself already living the life you want
  - Use affirmations and/or mantras
  - Repeat positive statements
- Consistency is key!



# Importance of Your Belief

- Importance in believing what you want and strongly feeling that
- Maintaining positivity and emotional control
- Visualization is key!!



# Giving Gratitude

- Keep the Golden Book private and confidential to yourself
- Genuinely express gratitude and gratefulness, *“gratitude opens the door to abundance”* – Baba Ji
- Recognizing the great power of you manifestation abilities!

# Examples and Ideas

- **Health**

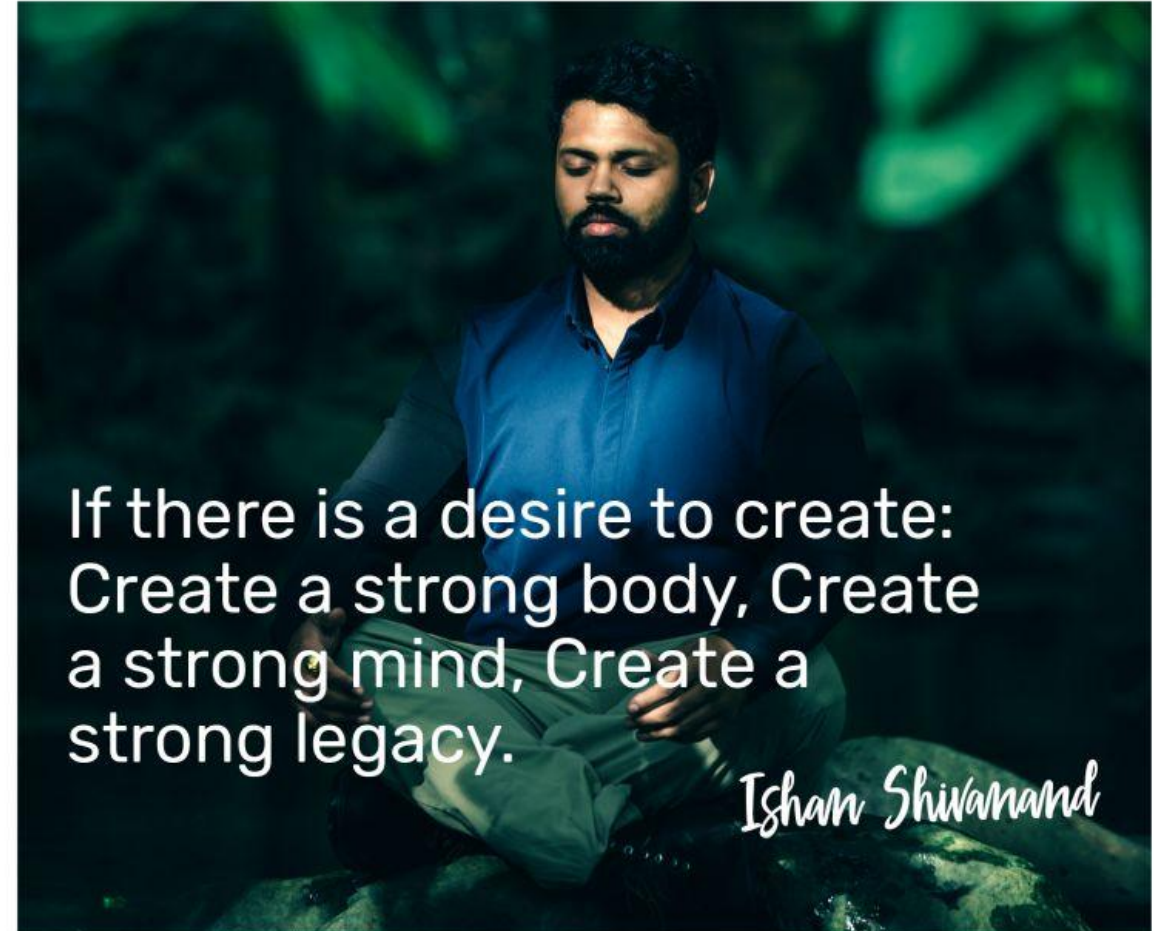
- “I have perfect health, both mentally and physically”
- “All my cells are vibrant, happy, and healthy”

- **Wealth**

- “I am financially abundant and secure”
- “Money flows easily and abundantly into my life”

- **School/Work**

- “I received a grade of 100% on all my courses”
- “I received this promotion, and I am so happy at work”



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SHIVANAND



# Examples and Ideas

- **Home**

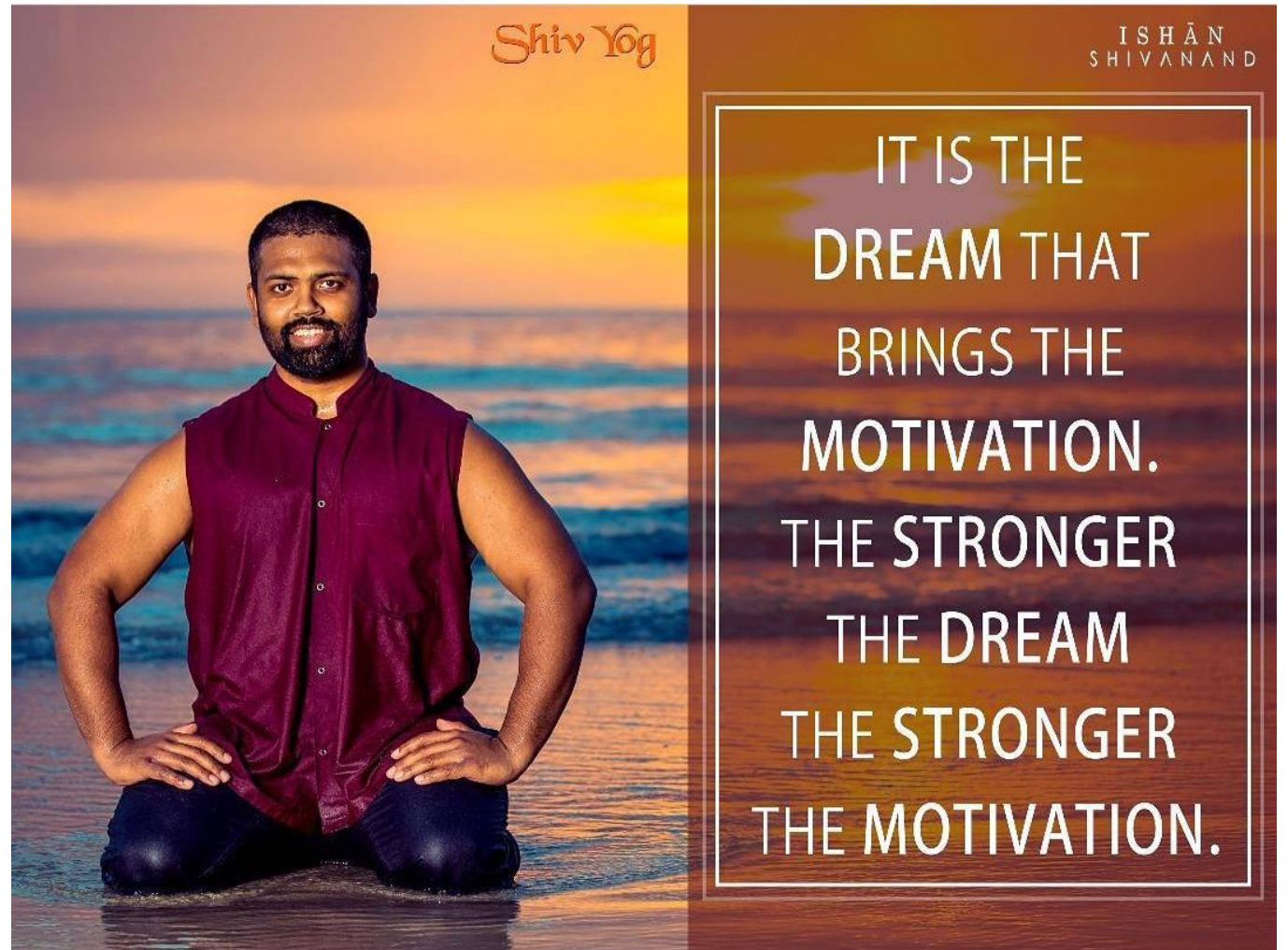
- “I have a beautiful big house and my home is a safe environment that reflects abundance and prosperity”

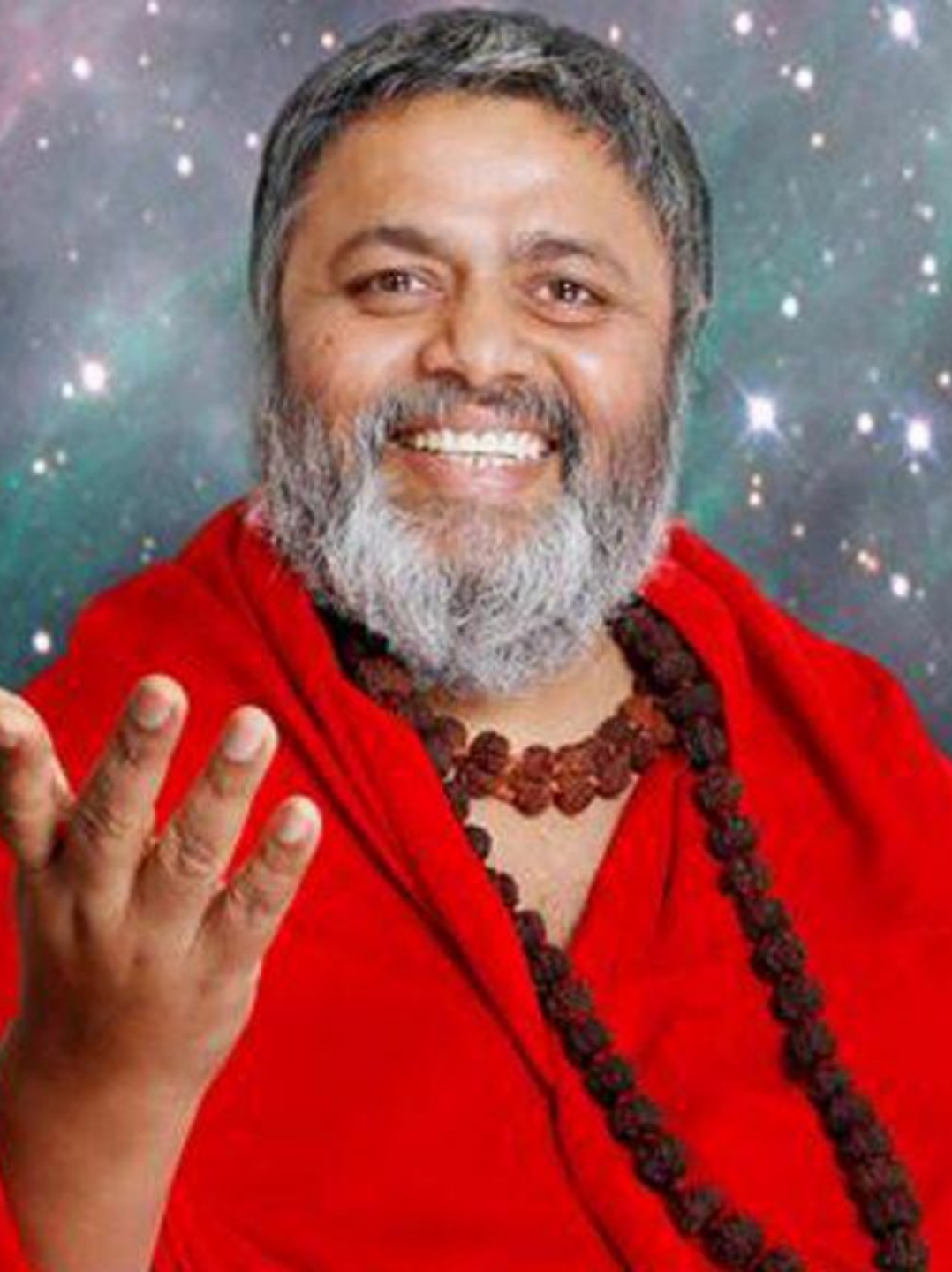
- **Relationships**

- “I attract authentic and fulfilling relationships into my life, where I am valued and appreciated”

- **Personal Growth**

- “I am always successful, I release all negative thoughts, all negative psychic impressions, all negative incidents which is not good for my ultimate good”





# Guidelines for Using the Golden Book



Treat the Golden Book sacredly and imagine as if you're writing your own destiny



Maintain a strong belief and have zero negative thoughts. Pray that what you want, you will only get if it is for your ultimate good.



Truly believe that what you have written is already yours, reinforce your manifestation efforts.



Write and read you Golden Book daily, and really visualize and feel what you are writing



Be grateful and express gratitude! Belief and faith will strengthen your manifestation

# Getting the Most Out of Using the Golden Book



Be mindful of your thoughts



Avoid fear-based actions



You can regularly revisit and revise your writing



Focus on belief, emotion, and feeling, not language



“**Shiv Yog** is the nectar of life = the **most powerful** tool to befriend yourself and your body.

*- Ishan Shivanand*



**Success Stories!**



**GURU VAKYAM 369**

**Learn to attain  
True Happiness**



# Conclusion

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You are the creator of your own destiny



The specific act of writing down and visualizing your goals is a powerful manifestation tool



Write clear and positive goals as if you've already achieved them



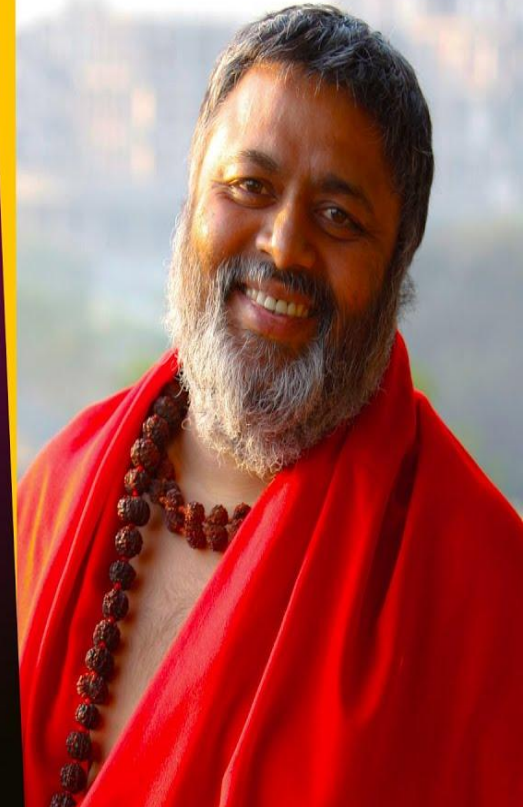
Visualization and consistency is key



Be mindful, and express and feel grateful

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**MANIFEST**  
your **LIFE**  
**SCRIPT**



# Resources

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- **Email:**  
[info@shivyogcanada.com](mailto:info@shivyogcanada.com)
- **Website:**  
<https://www.shivyogcanada.com/general-6>
- **Guide Link:**



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LIVE A  
COMPLETE LIFE  
WITH WORLDLY  
AND SPIRITUAL  
SUCCESS TO  
DERIVE MORE  
FROM IT.


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# ShivYog Videos

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- [Learn to Manifest the Power to Create Your Own Destiny](#)
- [Become the Creator of Your Own Destiny](#)
- [Master the Art of Visualization](#)
- [Master the Art of Creation with ShivYog](#)
- [Master the Art of Materialization](#)
- [A Postive Belief Can Cure the Deadliest of Diseases](#)
- [Have Crystal Clear Goals](#)
- [The Gratitude Prayer](#)
- [Achieve More by Grateful](#)
- [Learn to Attain True Happiness](#)
- [Learn to Attract What You Want](#)
- [Manifest Your Life Script](#)
- [Manifest What You Want](#)
- [Discard Your Current Horoscope and Write a New One](#)
- [Become an Excellent Writer](#)
- [Learn to Create and Build What You Want In Life](#)





"Combine your thought process  
with hard work and Shiv Yog sadhna  
and you will achieve success  
to the extent you desire"

*-Dr. Shivanand*

**Namah Shivay and Thank You So  
Much!**