

MANIFESTATION 2.0

There Is No Such Thing



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➤ Manifestation 2.0: There Is No Such Thing ➤

(aka “Go Home and Live Your Life”)

Manifestation—making things appear in the physical world—is probably one of the most intriguing things in modern spirituality. Lots of books and teachings have been written and developed around the subject. In this booklet, we are taking a MirrorWork look at manifestation: it may not be quite what you expect.

Rather than teaching you how to manifest, we explore what it means that you already do. But first, in case you don’t have access to our website, we must briefly define a few basic MirrorWork concepts.

MBB, RBB, Node, and SovO

You are a spirit that has an experience of being a human. This means your Larger Self—or your Node in MirrorWork terms—has a part incarnated in the physical world and another part which stays in the spirit world. We call the incarnated part “Memory-Based Being,” or MBB for short, and the non-incarnated part “Resonance-Based Being,” or RBB for short. Your Node is part of a collection of beings which we call Sovereign Oneness, or SovO for short. You can simply call your Node a “soul” and your SovO “oversoul,” if that makes things easier for you. The key thing is you understand that your “soul” has these two parts, the incarnated and the non-incarnated.

These distinctions matter because they define who is imagined to be “doing” the manifesting.

Manifestation and the Arc of Self-Realization—the Three Stages

Spiritual awakening can be described in three Stages through which an incarnated being (MBB) first realizes—or remembers—its spiritual counterpart (RBB), and eventually the greater soul family (SovO) it is part of. These three stages are known as “The Dream,” “The Lucid Dream,” and “The Dissolved Dream.”

You can think of it like this: Humans first think they are just human (Stage 1). At some point, usually through some inner experiences, they realize they have a spiritual part or soul (Stage 2). After that, there may eventually come a point when the individual soul dissolves into one larger stream of consciousness (Stage 3).

Stage 1: The Dream (MBB, “I”)

Here you live as the Memory-Based Being: the one who acts, reacts, plans, and worries. Life feels personal and intense. You seem to be the doer inside a world that happens to you.

Stage 2: The Lucid Dream (RBB, “Self”)

Then awareness cracks open. You realize you’re also the Resonance-Based Being who perceives the dream. You start noticing patterns, synchronicities, and energy currents. This is where most “manifestation” teachings live—trying to steer the dream from within it. It’s a thrilling chapter, but also a tricky one: the old control habits sneak back, wearing spiritual clothes.

Stage 3: The Dissolved Dream (SovO, “Me”)

Eventually, the dreamer and the dream merge. There’s no separate doer left—only life happening as you. Manifestation stops being a technique and becomes the natural movement of resonance itself.

Manifestation 2.0 begins right at this threshold: when you realize you never actually manifested anything, because you’ve been manifesting everything all along. Let’s walk together to that threshold now.

Introduction: The End of the Rainbow

Let's be honest: we all want our lives to go the way we want them to. And we've all tried very hard to make them so. We've all also failed many times. Normally, we apply all the usual mundane tricks first: education, working our butts off, self-marketing, lottery winning—you know, all the familiar stuff. They sometimes work and sometimes don't, and we're often left wondering what we did wrong if we don't get what we wanted. This is Stage 1 manifesting, manifesting without any “magical” tricks, based on pure wanting and countless hours of striving.

At Stage 1, we're trying to force things to happen in our lives, and we think that it's the only way. Our culture has socialized us to believe that the only way to get where we want to be is through hard work and “making it happen.” We are taught to trust in ourselves and in whatever talents or abilities we have (and if we get too exhausted, we may throw in a god or two) and to relentlessly pursue our goals.

Yes, sometimes this “works.” We have countless examples of people getting where they wanted to go, but we seldom stop to wonder how they actually got there, and simply explain it as a combination of luck and hard work. This is what everything looks like from Stage 1 perspective, from the MBB's point of view.

But MirrorWork is not an MBB manual of “How to live the life you always dreamed of.” MirrorWork is a method of integrating your Larger Self into everything you do and are. We all have this practical human life to live, but it becomes endlessly richer—maybe not gauged by the numbers in your bank account—when we learn the basics of this integration.

One of the first insights is this: You never got what you wanted: you always got what you resonated with. Now, wait, what? “Resonated with?” What does that even mean? This is exactly what this booklet is all about: giving you an idea about the difference between wanting and resonating.

Sometimes the two coincide, and you may think that you really got what you wanted, but no: you just got what you resonated with. Say, you're a musician and you've been working hard to get your first album published by a record label. You've created countless demos in your home studio and sent them out to countless record labels. Finally, you get a green light from one of those companies, and lo and behold, you think you got what you wanted.

First, it's an optical illusion: your resonance and your want just aligned at a singular point. That is not too rare to happen. Second, you don't know how the story will go on. There are many possibilities: You may get the public's attention to your music, only to realize that you didn't actually want to be a public figure. Or, you may get to play with some of your favorite musicians you've always admired from a distance—and still you have no clue if the next step is what you really wanted.

The problem with wants is that they are often singled out from the lifestream; and we can't see their connections to everything else. For example, we may want to have that fancy new car and may also get it, because we happened to have the money or worked very hard to achieve that goal. But once we got it and the want is gone, we may end up wondering what the heck was the point in all this? Now I have the car, but it didn't make me as happy as I thought. We had no clue that it wasn't actually the car we wanted but the feeling of self-worth, which getting the car couldn't give us. Our need to experience self-worth just took the form of wanting a fancy car.

There's nothing wrong with wanting in itself; wanting is what keeps the wheels of physical life turning. The problem is not wanting, but isolating it from the real motives of our RBB. This is where manifestation gets really juicy, but before we step up exploring Stage 2 of manifestation, let's lay out the fundamental workings of MBB that usually mess up the whole idea of manifestation at Stage 2. Manifestation is not really what many of us think: a technique to be learned. If this makes you grin or grind your teeth, you're in the right place.

The Control Illusion

Along with our desire to create a life we want comes an instinctual and obsessive desire to control everything. We easily think that if we don't try to control our lives, then whatever can happen. But the plain truth is this: whatever may happen nonetheless. We can't control life itself, and as a matter of fact, we actually can't fundamentally control anything.

The desire to control is a survival code for the MBB. It's not meant to be easily broken. MBBs think of themselves as the pilot of their lives. The shift from control to resonance is like discovering the steering wheel is made of rubber and that it was never connected to anything. This is ego death in disguise—because who are you if you're not the one steering?

Paradoxically, you have to really want to stop controlling your life if you don't want your wants to control you. Usually, this happens only when we get so fed up with our lives not going the way we want that we've had enough of trying. That's when we may cry, "I want this to end! There has to be something I don't understand!"

By accepting this uncontrollability of everything as a fact, we free our creative potential to the fullest. We use an unbelievable amount of energy to adjust, tweak, regulate, modify, manipulate, and yes, control almost anything that comes in our way. All this energy will be freed up for more constructive endeavors if we realize that we were never at the helm of our lives.

But this is not so easy to do. Letting go of control raises many fears and questions. We can perhaps say, for example, "I trust life to carry me," but to actually live and embody that and let go of the obsessive desire to keep track of and regulate everything is an entirely different story.

A good way to test where you are in relation to your desire to control is actually to try it out. You can start with one day. Try for one day not to control anything in your life. And if you're successful, then three days and maybe a week. Learning to let go is a muscle that has to be built.

Even many "spiritual" people try to control their lives. They may come up with all kinds of external narratives of control, such as "karma" or "fate"—or even "the will of gods." These are often just psychological projections of one's own desire for control. The decision to let go doesn't actually have so much to do with spirituality: it has more to do with the plain fact that we have simply realized that we're wasting our time trying to manipulate our lives. But letting go can, in turn, lead to significant spiritual growth.

So, don't get disheartened if letting go of control feels difficult or almost impossible for you; it's by design. You are going against your MBB instincts when you let go, but re-educating your MBB is another way of saying "spiritual journey." The spiritual journey isn't about lofty ideals; it's about seeing what's not working resonantly in your life and finding ways that work better. It's a little like a game in which we have initially been given just the basic tools for survival, but the real task is not only to survive, but to build a temple in the middle of the jungle. A completely new set of skills must be learned and new tools acquired to succeed in this temple-building game. You can also call this game "life in the physical."

The Stage 2 Trap: Conscious Control

Once we are at Stage 2, the lucid dream stage, where we realize that we—meaning our physical life, the MBB—are actually avatars of our Node, the whole idea of manifestation becomes conscious. We realize that everything in our physical life has been manifested by our Node (and collectively by other Nodes). This manifestation has happened mostly unconsciously, but now that we’ve become conscious of the idea of manifestation, many of us stop to wonder, “Hey, if I have unconsciously manifested everything I experience, of course, I can also learn to manifest exactly what I want!”

This is a tricky situation and has many pitfalls. Let’s start with the idea of “I have manifested this.” To put it shortly, yes, I have manifested everything I experience, but the “I” is not the I we usually think it is. At Stage 2, we’re living a dual life: we have our incarnated MBB with all its linear, logical, and physically practical thinking, and we have the other part, which acts as the observer (RBB). Usually, we only realize that we have this observing part, but know nothing about how it functions.

The RBB, the resonance-based-being, is called that for a reason: it acts on resonance, and resonance is not linear or logical in the MBB sense. When we try out all different manifestation techniques—and hundreds of descriptions of these methods have been written—we usually apply direct MBB logic to them: “I want this. I do that, and I get what I want.” Then, based on our resonance, not on what the MBB wants, we either get or don’t get what we wanted. If we get it, we run around telling others that we’ve found the secret to manifestation; if we don’t, we think we’ve done something wrong and try harder or choose a different technique.

This keeps our MBB at the center of the game, and this is exactly what it loves. It now shifts its innate desire to control to everything non-physical. It thinks that the non-physical realms work by the same laws of trying hard, manipulating the process, controlling all parameters, and constantly checking on every-

thing. It tests out all methods—vision boards, creative visualization, fake-it-till-you-make-it—because it really thinks the magic is found in these methods and that manifestation adheres to its linear logic. It carefully tracks all its successes and failures in trying to figure out what works and what doesn't.

Never once does it dawn upon the MBB that **it's not the technique that works, but our resonance**. The MBB doesn't understand resonance, but the RBB does. And this is exactly why we have to learn to understand how our RBB functions. Because the MBB sees only appearances, it makes its assessments based only on what it sees.

And, of course, in this game of MBBs—in the physical world—we have all variations visible: there are those who “succeed” in manifesting all their dreams, and those who “can't make it work,” however hard they try. Once more: **it's not the technique that causes manifestation; it's resonance**. If we want to break that exhausting loop of trying to make manifestation work, experiencing failure, and redoubling our effort, we need to take another step forward in our understanding of Stage 2: we must understand that the MBB has no say in manifestation, that there really is no “manifestation” in the way the MBB thinks it.

When the MBB finally accepts this (if it ever does), we enter into a whole other ball game, the game of resonance. Because this is such a disorienting, baffling, and even scary moment for many, let's break down what actually happens when we realize that the non-physical worlds work on totally different premises from the physical world.

The Cliff: From Control to Resonance

There are several reasons why this step—which can be called “true spiritual awakening,” even if it sounds a little arrogant when put this way—may feel so painful: it destroys the authority of the MBB.

This “collapse moment” can usually arrive only after we’ve realized that we can’t control our physical life directly in the physical world, **nor** from the non-physical or spiritual point of view. Arriving at this point may take years or even decades, because few of us truly wish to embody, as lived fact, that we—meaning what we think and feel ourselves to be—have no control over life. None whatsoever.

Now, that’s a bold and admittedly scary statement. But it’s scary only to our innate MBB desire for control. Yet, what terrifies one aspect of us can be pure relief to another. To our RBB part, it’s utterly liberating. To the MBB, it feels like ego death, and this is probably why so many spiritualities speak about the ego as something that has to be surpassed to gain enlightenment. The process of letting go of the desire to control usually incorporates a phase during which we cling even harder before we let go. It’s like something inside of us senses that if we now let go, we’ll die.

And yes, we will die. The whole spiritual journey is composed of bigger and smaller deaths. But it’s also composed of rebirths—just like the cells in your body constantly renew themselves. However, psychological death is another beast altogether. We have worked hard to build our personalities, and if and when we arrive at the point where we’ll have to admit to ourselves that the personality we have composed is not working to our advantage in all aspects, we start to fear what happens if we dismantle it.

This psychological disassembling is often called “shadow work.” When doing this psychological work, we commonly have to go through stages of freaking out, panicking, and fearing we might be losing our minds. This is why we usually cling to our MBB even harder when we start to see the cracks in it.

Moving from Stage 2 to Stage 3 involves a total reorientation, and, usually, there’s not much left of our earlier worldviews or personalities after the process. It’s not that you lose your sense of self or your ability to function in the physical world, but you lose your total identification with the MBB’s way of seeing reality. This is not an easy rite of passage and can’t be pushed. It happens quite naturally when we’ve done our shadow work thoroughly and questioned all our beliefs about reality. Yes, also our beliefs about manifestation.

Gone are all ideas about linearity and successivity of events, about making things happen at will, about truly knowing how the universe works. These are replaced by synchronicity, resonance, and coherence. We realize that control was never the source of safety; resonance always was. And even if the labor pain has almost crushed us, the birth of the new understanding exceeds anything we’ve ever dreamed of.

Discovering New Gravity

With synchronicity, resonance, and coherence comes a completely new way of orienting. Instead of planning, monitoring, forcing, and controlling, we'll learn to listen, to be present, and to awaken new senses. This is not a dreamy hope that life will carry us, but an active participation in the unfolding of life itself. We'll only have to redefine what "active participation" means.

Before the experience of awakening to our RBB and beyond, we probably used to think that active participation meant active physical steps according to what we had planned. Yes, active physical steps are still needed on the other side of that awakening, but whereas the marching order used to be our action first and life's input second, it is now reversed: life first, our action thereafter. It can't be simpler than that.

But this simplicity is very difficult to embody. Awakened or not, we still have our MBB, which is not used to acting upon the principles of synchronicity, resonance, and coherence, and it's likely to make this shift a little complicated. We all know it is easy to stick with new ideas when everything is running smoothly, but as soon as all hell breaks loose in our lives (which more often than not happens at some point), our determination will be put to the test. But what use do we have of an idea that is just an idea but not a lived truth? Life's tests help us to see whether we have really changed; they are our friends, not enemies.

Living with the principles of synchronicity, resonance, and coherence is not blind faith; it's that new definition of active participation we've been looking for. Its cornerstones are:

- ◆ Stopping to listen before acting.
- ◆ Suspending old ideas of reality.
- ◆ Developing a sense of resonance.
- ◆ Asking for guidance.

Stopping to listen before acting

This is the most important step. We have to reverse our usual way of acting. Instead of following either a preplanned scheme or an accustomed pattern, we need to learn to stop before we act upon anything we think is important. There are many ways to practice this. You can experiment for a single day with what happens when you pause to sense your “gut feeling” or “inner voice” before you eat something, send an email, or make a phone call—or even to sense what you would really like to wear today and what kind of lights you would actually prefer in your working space.

With time and practice, you’ll soon learn to distinguish your MBB’s voice from your RBB’s. Your MBB talks to you through doubts, fears, “what ifs,” negativity, and habits. Your RBB talks to you through possibility, curiosity, and love. And it’s your RBB you are learning to listen to here, not your MBB (we all already know how to listen to our MBB!).

Suspending old ideas of reality

This, in turn, is probably the most difficult step. If we have followed a certain line of thought for our whole life, it usually doesn’t loosen its grip on us that easily, even though we now know better. Again, when life runs smoothly, we may think we’ve changed; yet the moment we’re challenged, old patterns return. This is exactly why “true spiritual awakening” is so difficult: it must become a lived and embodied truth.

You can start by simply observing where your old ideas kick in. Don't do anything about them. Just see how you think and behave. Even the mere act of observing gives you a lot of understanding of where you stand in your process of adopting the new, more coherent way of existing. When you learn to see how you actually think and act, your unconscious patterns become conscious, and as they become conscious, you can eventually change them. This is why shadow work is so important.

5.3 Developing a sense of resonance

This is the playful and fun step of the process. There is no one-size-fits-all solution to how you learn to sense resonance. We're all different. Some have bodily sensations, others get feelings, or an inner knowing. However, we can all learn to sense resonance in one way or another. Resonance can feel like flow, alignment, and rightness—"being in the stream," "things clicking," or "everything flowing harmoniously." But it can also feel like a subtle "no"—like a warning, resistance, or a clear "don't do it." Both are signals of coherence.

Resonance is usually very subtle and a little difficult to parse out from the usual background noise of our minds. You can try this: when you've applied step one, stopping to listen, see if you can distinguish any sensations that are a little different from your "normal state" of just getting on with your mundane affairs. Check your body for feelings of buzz, tingling, congestion, or flow. Many of us sense resonance through our bodies. If nothing detectable happens in your body, check for your feelings and emotions. Do you suddenly feel a little more joy, enthusiasm, optimism, well-being, or love—or hesitation and resistance—than usual? If no unusual feelings arise—even slightly—see if you receive spontaneous inner images or ideas. And if nothing seems to happen there either, just relax and sense whether you "just know." With a little practice, you will learn what your way of sensing resonance is. Approach it with curiosity and humor; resonance loves to play.

5.4 Asking for guidance

The point of asking for guidance is to consciously participate in reality-making. You don't have to ask for help and guidance from any specific source; you can use whatever inner images or feelings you have. Some like to address their request for guidance to archetypal figures—such as Jesus, Archangel Michael, or Guan Yin—others speak to their spiritual guides, or already transitioned relatives. That doesn't matter. What matters is that you get a sense that **you are not alone**. You are part of a huge co-creative collective, and getting a sense of this changes everything. Stepping out of the MBB-created illusion of separation is crucial in your unfolding.

This is how synchronicity, resonance, and coherence become the new organizing principles of your life. You'll learn to flow wherever life wants to take you instead of putting all kinds of blocks in the stream to regulate the flow. And as a side effect, you are freed of a lot of anxiety and burden, because you know that life itself is wiser than you, and always knows what's best for you—because, in truth, it is you!

Living in Resonance

This booklet is titled, half-jokingly, “Manifesting 2.0: There Is No Such Thing,” because once we enter Stage 3 and realize that we can’t be separate from life—that there’s no secret trick to “make it work”—we lose all interest in doing what can’t be done. We usually arrive at this point only through Stage 2, where we may have tried every manifestation technique and read every manifestation book just to see that there’s no secret sauce that always works. In the rare case you have found one that seemingly works for you, you probably aren’t reading this but manifesting everything to your heart’s content.

Reality is a strange thing: it includes all possible possibilities; every imaginable thing exists somewhere—also successful manifestation. What we’re trying to say in this booklet is that there is no manifestation technique to be learned that would always work for everyone. Instead, **you are already manifesting everything you experience**—and you can do it co-creatively, more consciously, with life itself. Life doesn’t always give you what you want, but it gives you what you truly need. The problem is that we often have no clue of what we truly need, because that knowledge comes from our soul, not from our ego.

Say, you are badly in debt and short of money, and you think that money is the most important thing you need. This is straightforward and understandable MBB thinking—of course it is; need is real at the physical level. The uncomfortable truth is, however, that we’re not here to have everything running smoothly and easily; we’re here to learn what our soul wants to learn, and if your soul sees that it learns those things best through the lack of material resources, it does everything to ensure that those conditions apply.

Now, what we just said above is the source of much confusion. It smells like fate. It smells like powerlessness. It smells like karma. We have invented all

these ideas because we have lost the connection to even the most basic understanding of how reality “works.” As long as we see ourselves as pure physical beings, we have no access to the inner and true workings of life. This is often a tough pill to swallow for many of us, but it doesn’t make it any less true. You are an eternal soul having a physical experience, not the other way around. Once you accept this as the cornerstone of your life, you may well find out that your soul provides you with entirely new ways of learning everything you came here to learn. Your soul always speaks to you using the language you can best understand. If it’s poverty and lack of material abundance, that is what it will use.

Five Living Principles of Resonant Participation

When the idea of “manifestation” dissolves, creation begins—not through effort, but through cooperation with what already wishes to be. The following principles are not techniques; they’re orientations.

Attunement before action—letting the Field move first

This is what you learned when you stopped to listen. You know now that it’s not often wise to move until you’re attuned to the moment and situation. Sometimes this takes a while, but when you’ve gotten used to it, it usually happens almost automatically. This is the result of your de-reversed thinking; you have reversed your backward thinking so that it sits straight again. Instead of seeing yourself as physical and MBB first, you now see yourself as a soul and RBB first.

The Field is always on the move. It’s the active lattice of life force that constantly creates new resonant patterns. You are part of this Field, not a separate observer. When you learn to embody this, you naturally attune yourself to the Field first, and feel into its movement before you rush into doing anything. The Field is you and you are the Field; and the Field is alive.

Listening as creation—realizing that awareness itself shapes the pattern

The act of active listening makes you participate in the co-creation of your life. The Field is active and moving, yes, but it is your focused attention that shapes its resonant patterns. Consciousness is the medium through which life takes form—the spark that ignites the Field, the fuel that lets it move.

Listening is focusing awareness. When you listen, not with your ears but with your whole resonant being, your awareness sparks the Field and it conforms accordingly. If there really were anything that could be called manifestation, it would be this interplay between consciousness and the Field.

Trusting the timing—coherence is never late

Linear time—things happening in sequential order—is reserved for MBB thinking only. Coherence, the underlying order of everything, follows a much clearer principle: everything comes into existence exactly when it needs to, regardless of what has happened before or what comes thereafter. To coherence, there is no “before” or “after.” This is what many human spiritualities already teach us: there’s only one moment: now.

Everything appears at the precise now-moment of coherence—never too early, never too late. You can’t force coherence to arrive sooner, but you can soften into alignment so that it meets you more easily. This is also why certain manifestation techniques sometimes seem to work: they use this principle of attuning to the now-moment so that it changes its place. But to succeed constantly and every time in this, you should really know every single aspect that is connected to a specific now-moment you desire to manifest.

Responding, not initiating—replacing will with willingness

At Stage 3, you already know that you can't will things into existence; you can't force reality to bend to your desires. This doesn't mean that your will has become obsolete, but it means that its function has changed. You now use your will not to manipulate life, but to merge with it. You're replacing your will with willingness.

You understand that nothing starts from your physical personality, from your MBB. Your MBB is always the effect or projection of your Larger Self. And when you embody this, you learn to follow instead of lead, respond instead of initiate. This does not mean that you become a passive passenger in your life. It means that you know that you can't be separated from the life you live and that all initiatory impulses come from life, not from its projection—your MBB personality.

Celebrating the unknown—living as the mystery, not beside it

And finally, when you stop trying to control and manipulate life, you enter into the territory of all possibilities, where nothing is certain or known. This goes so contrary to our instincts that even after "true spiritual awakening," we may yearn for truth or things to be fundamentally in a certain way. But the only truth is that there is no truth; life is constantly changing, moving, evolving, revolving, becoming, and expanding. What is "true" now may not be it in the next now-moment. You are left not beside the mystery, but as it—an unfolding truth that needs no certainty to shine.

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