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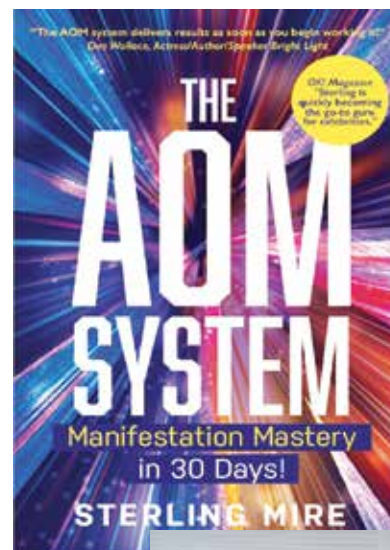
By Helen Marketti

A chat with Author Sterling Mire The Art of Manifesting System

Manifestation Mastery in 30 Days!

Sterling Mire has been working on manifesting positive events and circumstances in her life since she was a child. She seemed to have an inner-knowing that there was something more “out there” that helps to bring our goals and dreams to fruition. Sterling began her career in music and acting, which led her to Los Angeles. Along the way she took university level courses in psychology and began the path to helping herself and thousands of others to create the life they desire. Over an 8-year time frame, Sterling has worked with over 4,000 clients, including celebrities and companies such as Google, Hyatt and Hilton Hotels, The Beverly Wilshire Hotel, InStyle Magazine, People Magazine, Entertainment Weekly, and The Lifetime Channel. Her recent book, *The Art of Manifesting System (AOM)*, Manifestation

Mastery in 30 Days! (2020, Sterling Mire) is a thorough step-by-step program to give our lives a reboot and to start creating what we desire. Some of our dreams for ourselves may have been on the back burner for years because we did not have the confidence to move forward. Sterling gives you the tools and support to start moving in the direction of your dreams.



“I have always had the intention of writing this book since I started my practice eight years ago. I had created a cliff-notes version of the book and used it as a guide with my clients. This book includes everything that I would be telling clients during our sessions,” explains Sterling. “I manifested an ideal place to write the book. I manifested my editor. Everything fell into place quickly. This whole period that we are all going through due to the pandemic is actually a transitory period. It’s an awakening. It’s a time for everyone to move towards a soul-based identity. In other words, it’s relating to our energetic side instead of giving energy to the limited, physical side. We have the opportunity to shift to a more united consciousness. We have the opportunity to co-create our reality and not be the victim. Some people are open and others resist change. We are always linking up to people and opportunities depending on our thinking and the energy we produce.”

“If people follow my 30-day system and do the system exactly as it is designed you will be able to manifest in your life at a quicker pace. I recommend this to everyone. It’s a sense of rebirth because the blocks that we have in place in our own lives are lifted. You’re like a kid,

exploring the world once again. You are creating a life that is authentic and acceptable.”

One of the activities in Sterling’s book is to “create your day” before you leave the house. Write down how you want your day to flow. “You can create your day and manifest on a daily basis. Things happen the way you design it. It’s powerful to write out how you want the day to go and how you want the next twelve months to go. Writing connects your soul and your heart with your mind so they work in synergy and harmony. You are actually creating when you do this. Accept and know that it is so. It’s already sprouting. It’s easier to stay authentic to yourself when you practice the AOM system. When you create something, the seed starts to grow. There is abundance for everyone. There is no scarcity,” explains Sterling.

Many of the companies that Sterling works with ask for different things. “Sometimes a company will want their entire staff to practice ‘The Art of Manifesting System’ as an appreciation for their workers. Employers want to see their staff enrich their own lives,” said Sterling. “Everyone is concerned with career, finances, health and relationships. I may work with diverse groups of people but there is no diversity in

what people desire for themselves. Everyone wants to be happy, to be loved, to flourish and experience success. We need to practice being authentic at all times. That’s where the power and the magic come from. It connects you to the power to manifest but so many people give their energy to fear and doubt, which disrupts the manifestation process. We can manifest quickly. Follow the program as it is designed. It works for everyone. You have to be ready for positive changes and eventually it becomes your natural state of being.”

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www.helenrosemarketti.com

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