



Does Manifesting Actually Work? Why Is Everyone So Obsessed with It?

When you ask a friend for guidance on achieving a goal in life, how often in the last few years have you heard someone say, "Manifest it" or "Speak it into existence"?

The concept of **manifestation**, which involves using aspirational thinking techniques to bring desired things into reality, is not new. Its origins are in the New Thought spiritual movement of the 19th century, which promoted the idea that most of our earthly issues can be solved by positive thinking and that our thoughts have the power to affect the material world. The idea of using your thoughts to create the world you want—also known as the "law of attraction"—has its roots in ancient spiritual teachings, particularly Hindu notions on the unity of the mind, body, and universe. [READ MORE](#)

