

The background of the entire image is a deep red, textured fabric that appears to be draped or folded. In the center of the image is a large, glossy red heart. Resting on the heart is a small, ornate gold key with a decorative, circular head and a simple bit. The lighting creates highlights on the heart and the key, giving them a three-dimensional appearance.

Manifest Your Man®

*Unlock the Secret to Bring
Love into Your Life*

Stacy Corrigan

This Book is Dedicated to:

My Man
Mario

The man of my Dreams,
Everything I asked for and more...

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Chapter 1

Get Off the Dating Merry Go Round

Liz sat on her plush, burgundy sofa with a leopard throw blanket draped over her legs. She sipped a glass of Pinot Noir, while she eagerly waited for Jim to arrive. It was their second date and he offered to cook. She said yes right away since she couldn't remember the last meal she had that wasn't dine in, take out, or at her sister's house. *'Thank God he can cook.'* Liz thought to herself, *'because I certainly can't.'* She heard him knock at the door and her heart skipped a beat from nervous excitement as she jumped up to let him in. He greeted her with a great big smile and warm hug.

"Let me take your coat," Liz offered as they made their way into the kitchen.

Jim clapped and rubbed his hands together ready to get started and said, "I just left work and came directly here. Do you have something in the fridge I can whip up for us or do we need to shop?"

"As if," Liz replied. "I'm lucky I have any seasoning in the house much less anything to make a proper meal out of. I do have wine," She added playfully as she raised her glass in a toasting gesture. She then poured Jim a glass.

He took a few sips of wine, and said, "I need to get some food in me. I wouldn't want to get drunk and try to take advantage of you. Let's go shopping."

They spent most of their evening traveling to the store, deciding what to eat, checking out, carting the food back to the house, and finally preparing the meal. She wanted to help, but he told her to just sit there and keep looking gorgeous. *Ahh, she could just melt.* He made her feel so good. Unlike the last jerk she dated.

She tried to remember *why she had stayed with Gary so long.* She was young, had low self esteem, and was too much of a groupie, she realized. She had idolized Gary, who played in a local band that caught a break and ended up performing regularly in Amsterdam. Whenever he returned to town, she stayed at his place. When he traveled she stayed at her sister's. He became her puppet master. She felt important doing whatever he asked. That night changed everything though, and she thanked god it was over.

"Where can I find a knife?" Jim asked casually. "I want to chop up the scallions for the sauce."

"Top drawer there, just to the left of the stove." Liz's muscles tensed as she noticed the knife he chose.

Jim caught her reaction, "What's wrong? Is this knife your great grandmother's or something? Is it okay for me to use it?" He looked

perplexed. The knife didn't look old, but he couldn't figure out why she reacted so strangely.

"Oh you can use it, but make sure you only use it for food." she said bitingly.

He lowered the flame on the stove, came over to her, put a soft hand on her back, and slid down into the chair next to her. "What happened? You're as white as a ghost."

"My crazy assed, psycho, ex -boyfriend nearly slit my throat with that knife."

"You're kidding."

"Do I look like I'm kidding?" She said gruffly.

"No... But, why would you hang onto such a gruesome reminder?"

"You wouldn't understand." She folded her arms over her chest and turned the other way to hide the tears streaming down her cheeks. *Here we go, she thought, I finally find a great guy and now I'm going to lose him over my messed up past.*

"Try me. Tell me what happened."

Liz relayed the entire story to him as quickly as she could, trying to get through it and not cry too much. She was glad that she had gotten to the anger stage of the grief process, because that made it easier to talk. However, she wasn't prepared for the flood of feelings that came rushing back to her. She felt love, betrayal, fear, unworthiness, and shame

coursing through her body. She desperately wanted it to just be a bad dream.

Jim took Liz into his arms and held her close, letting her cry into his chest. He stroked her hair and told her that everything would be all right. He was here now and wouldn't let anything happen to her. Then he got an idea. He jumped up and moved toward the knife. "There isn't any reason to keep this damn thing any longer. I'm getting rid of it, right now." He threw the knife into the trash. "We'll buy a new knife to cook with and make new memories together."

Liz sat there watching. In that moment, she knew everything would be okay. She hadn't messed everything up. Jim still wanted to be with her. She wasn't going to lose him. In fact, opening up may have brought him closer to her. She knew that this wonderful man standing in front of her would protect her, not hurt her. She felt happy and relieved. She smiled.

Jim beamed back at her, took her into his arms again, and told her he loved her. She didn't know how she could be feeling this way after only two weeks, but she knew it felt right. She had been searching for a guy just like Jim – strong, supportive, caring, warm and funny. She loved that he wanted to create new memories with her. Best of all, she could tell that he liked her as much as she liked him. It felt good to have him protect her and release her from her past. She knew this was her guy, and

that they would be together a very long time. He clutched her tighter, and she felt her body tingle with warmth, love, and gratitude. She sighed.

I coached Liz on my Manifest Your Man process in early 2007 only a few months before she met Jim. She and her man Jim married just a little more than a year later. They gave birth to their beautiful baby ten months after that. Their little one was conceived on their honeymoon. Isn't that magical? Liz and Jim both say that even after more than three years, with all the complicated intricacies of moving in together, getting married, having a child, and managing a stepchild relationship with Jim's son, their relationship remains 90% blissful. The curiously fun part is that Liz is my friend, who now shares my last name because she fell in love with a Corrigan although he and I are not related. What a testimony from the universe that my work with women needed to be shared publicly – and here I am sharing it with you.

I was my own first test case of the *Manifest Your Man* process. I had become single again at the age of 37 (more on my story later), and I desperately wanted to *finally* find the magical formula and get off the dating merry go round – because to be honest – going around and around again with the same types of men wasn't so merry. I felt tired of being alone on Friday and Saturday nights watching sad movies, eating an entire half gallon of Edy's mint chocolate chip ice cream and feeling lonely and sorry for myself.

I felt sick of men like my ex-fiancé who threw grenades like, “Is that what you are wearing out to dinner with my parents?” I felt frustrated with meeting men who were so much less than I deserved. Men who didn’t have a job, lived with their mothers, were divorced and jaded against women, were married, had no direction or goals, wanted to date women half their age, had bad teeth, were sex addicts, talked too much, talked too little, were too macho, were too sensitive, came on too strong, or were too weak.

I was willing to meet anyone. I knew that the man I longed for had to be out there for me. I was not willing to accept defeat. I still had hope. I decided to conduct an experiment and figure out how I could get my man and me into the same space together at the right time.

Before I share the juicy details of how I found the love of my life, I want to explore your story. How long have you been single? Maybe you haven’t been single for long, but you keep staying with Mr. Wrong because you don’t know how to leave. Or do you feel that your current relationship is good enough so why rock the boat? Do you say to yourself, “Maybe this is all I deserve?” Do you think that nobody wants to be with a woman who has kids? Are you mad at yourself for being overweight and you figure nobody wants to be with someone who is fat, so you keep eating? Or, are you obsessed with trying to have the perfect body so you spend endless hours in the gym, always feeling hungry, because you want

to be good enough for somebody, anybody, to love you? Are your finances a mess, so you stay home on the weekends because you can't afford to go out and don't want to end up being a burden on anyone?

There may be hundreds of reasons you keep yourself shut off from attracting the love you long for and so deeply desire. But don't despair. I have good news for you. Nearly everything that is keeping your man from being in your life is within your control. You have the power to change your circumstances, to heal the feelings that keep him at bay. Things that you can do right now in this moment will engage the magnetic forces of the universe to start drawing him to you. Whether he is down the street or on the other side of the world, your energetic message will transmit to your man. The universe will receive your request and start lining up the circumstances for the two of you to be brought together.

It could happen quickly or could take a while. The timing all depends on your willingness to work the process I'm about to share with you. When it finally happens, it will feel like magic. You will know right away this person is the one for you. You will feel it deep down, just like Liz and Jim did, like Mario and I did, and as many of my other clients felt when they found their ideal partners – you'll feel an intense joy you've never experienced before – and you'll know he's the one.

You will be happy, not because you found the man of your dreams, but because you won't have to pretend anymore. You can be authentic,

and he will love you even more for it. You won't be settling any longer. Your man will be everything you deserve and more. You will be everything he is looking for. You both will wake up and ask each other how it is that you got so lucky to find each other, and at the same time you'll know it wasn't luck.

You will have broken free from your old patterns and your way of being will have changed. You will be comfortable with yourself, which will allow you to receive the level of love you desire. Your strengths and weaknesses will match up harmoniously. You will wonder why you ever bothered to stay in a relationship that wasn't of this caliber before. You will ask yourself, "Why did I even waste my time?" Yet, at the same time you will recognize who you were when you were in those relationships and how they served you, your higher good, and your personal development.

Are you ready to attract the love you've been craving? Are you inspired to become the woman you have always dreamed of being? Are you excited to find the man who is the perfect complement to you, who is willing to support your dreams and goals and have a shared vision of your life together? Well then, let's get started.