

**THE POWER OF
DESIRE, COMFORT,
ATTITUDE, AND
INTENTION IN
MANIFESTATION**



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1. Desire

What it is:

The motivational engine that “lights up” goals in your brain.

Driven by dopamine in mesolimbic pathways, creating “wanting” states.

Why it matters:

Fuels sustained pursuit of meaningful outcomes.

Key Study:

Berridge & Kringelbach (2008): Reviews how “hedonic hotspots” and dopamine signals assign incentive salience to desires, linking neural activity with motivated behavior.

2. Comfort

What it is:

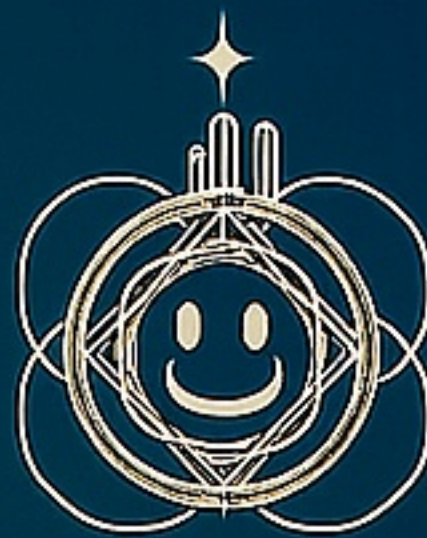
Your emotional safety net—feelings of self-compassion, security, and support.

Why it matters:

Lowers resistance, buffers stress, and helps you recover from setbacks.

Key Study:

Neff & Vonk (2009): Shows self-compassion predicts greater emotional resilience and stable self-worth compared to global self-esteem.



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3. Attitude

What it is:

The lens (optimism, hope) through which you view challenges and possibilities.

Why it matters:

Shapes expectations, enhances creativity, and sustains effort under pressure.

Key Study:

Rasmussen, Scheier & Greenhouse (2009): Meta-analysis of 83 studies demonstrating dispositional optimism reliably predicts better coping and health outcomes.

4. Intention

What it is:

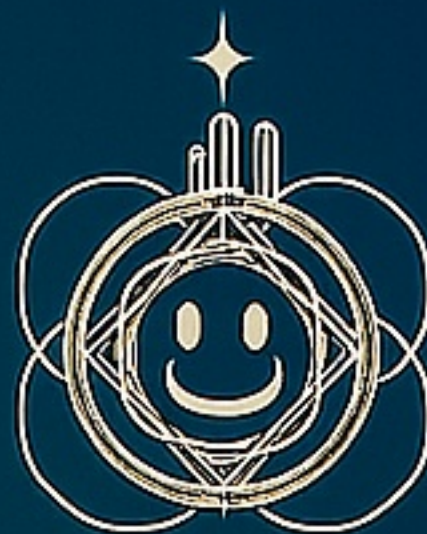
Concrete “if-then” plans (implementation intentions) that bridge desire to action.

Why it matters:

It focuses your mind, wires your brain, triggers concrete plans, sustains motivation, and even harmonizes your emotional energy.

Key Study:

Gollwitzer & Sheeran (2006): Meta-analysis of 94 tests showing if-then planning yields significant improvements in goal attainment.



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How They Influence Each Other

Desire: Fuels intention, shapes attitude, and motivates seeking comfort

Comfort: Calms desire into clarity, stabilizes attitude, allows space for intention

Attitude: Shapes the emotional tone of desire, how comfort is experienced, and how intention is interpreted

Intention: Directs desire, focuses attention, aligns attitude, and grounds comfort into purposeful action

Together, they form a manifestation feedback loop:
Desire → Comfort → Attitude → Intention
→ Manifestation → More Desire

When desire energizes you, comfort keeps you grounded, attitude shapes your outlook, and intention maps the path forward, these four elements align to turn inner longings into tangible outcomes—making manifestation a predictable, science-backed process rather than wishful thinking.



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Do you wish to embody and align yourself with the life of your dreams, but feel stuck or uncertain about your next step? Claim your complimentary 1-hour, one-on-one session with Dr. Esmaili today, and receive the personalized insights you need to move forward with confidence.

Schedule Here: <https://calendly.com/sesmaili-asmileylife>



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