Manifested in the Flesh

Seven Days of Conscious Creation in Everyday Life

An 18-ChakraVerse Music Remedy

By Iris J Chapman

> *Make it real. Make it move. Make it breathe. Make it true.*
>
> *— from "Manifested in the Flesh"*

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Introduction: The Creation Pattern Does Not End on the Seventh Day

The creation story in Genesis is not only an account of how the world began. It is a pattern. Genesis establishes the divine pattern; Adam is called to live it.

In six days of work and one day of rest, Genesis shows us how anything moves from potential into form. Light is separated from darkness. A firmament divides the waters. Dry ground appears and bears seed. Lights are set in the heavens. Living creatures fill the sky and the sea. Humanity is given dominion. And then God rests.

When we lay this sequence beside the energy centers of the body, something very practical appears. Each day of creation corresponds to a stage every human creation must pass through, and each stage has an energy center that equips us for it. Together they form a living architecture of conscious construction, and you meet it every day.

The pattern moves in seven stages:

Blueprint → Construction → Foundation & Growth → Identity → Relationship → Sovereignty → Co-Rulership

Whenever something moves from unmanifest potential into lived experience, it travels this sequence. A marriage moves through it. So does a business, a family, a ministry, a healing journey, a song, a manuscript, a home, a career change, and even a single honest conversation. The scale and the medium change. The architecture does not.

Here is the most important thing to know before you begin: **you are already doing this.** Every decision you make, every habit you keep, every boundary you set or surrender, and every word you speak is participating in the construction of your life. You are not waiting to start creating. You have been creating all along.

The only question is whether you are building unconsciously, by reaction, habit, and fear, or consciously, with your eyes open to the pattern.

This book is a map of that pattern. It will not ask you to become someone else. It will ask you to look at what you are already building, stage by stage, and to begin building on purpose.

As the song that inspired this book puts it:

> *What's inside becomes a pattern, What I practice gets expressed. Sooner or later what's within me— Manifests in the flesh.*

How to Read This Book

Who is Adam? Throughout this book, *Adam* means humanity: every human builder, men and women alike. When you read "Adam," read yourself.

What are the energy centers? The energy centers of the body are the internal equipment for each stage of creation. You do not need prior chakra experience to use this book. Each chapter names the center involved and offers a simple practice to help you feel it.

How is each chapter built? Every chapter follows the same pattern:

1. **The Genesis passage** for that day
2. **The teaching**, the stage of creation it reveals
3. **In everyday life**, a picture of how that stage looks on an ordinary day
4. **Signs you're stuck here**
5. **Reflection**, questions to answer in writing
6. **Embodiment practice**, a short exercise for the body
7. **Going deeper**, where *The Book of Manifestation* continues the teaching

How fast should I read? You can read the whole book in an afternoon. To practice it, take one chapter a day for seven days, or one chapter a week for seven weeks. Keep a notebook nearby. Write your first answer to each reflection question without correcting it. You are gathering information, not passing a test.

The Map

Day	Stage	Energy center	The question
1	Blueprint	Earth Star	What is trying to emerge?
2	Construction	Root	What boundaries does this require?
3	Foundation & Growth	Root to Sacral	What must be established so this can grow?
4	Identity	Heart	What is this becoming?
5	Relationship	Throat, sustained by the Solar Plexus	How does this creation relate?
6	Sovereignty	Third Eye and Crown	Can I govern what I have created?
7	Co-Rulership	Alignment with the Logos; Holy Rest	Can I stop forcing the outcome?

Chapter 1 — Day One: What Is Trying to Emerge?

Blueprint • The Earth Star

> *And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light.*
>
> *— Genesis 1:2–3*

The Teaching

Every creation begins long before it has a form.

At the beginning there is only an inkling: an idea, a desire, a persistent friction, a glimpse of possibility. It is the sense that something could exist that does not exist yet. This is the **Blueprint**.

Genesis describes this stage as formless and void, with the Spirit hovering over the deep. Nothing has been built. But something is stirring, and the first act of creation is not building. It is light: the ability to see.

The energy center of this stage is the **Earth Star**, which sits below the feet. It anchors us to the ground we are actually standing on. Before you can build anything true, you need to know where you are.

In Everyday Life

You meet Day One through familiar inner sentences:

- “I have an idea.”
- “Something in this situation needs to change.”
- “I sense a new direction, but I don’t know what it looks like yet.”
- “There is something deeper here I need to understand.”

Consider a woman who has worked in the same job for twelve years. Nothing is wrong, exactly. But on Sunday evenings she feels a heaviness she can’t name. She doesn’t know if she wants a new career, a new city, or simply a new way of living in the one she has. She only knows something is trying to emerge.

Her temptation is to fix it immediately: update her résumé, sign up for a course, make a plan by Friday. But Day One asks for something quieter. It asks her to **perceive the field**: to notice what is actually present before deciding what to do about it.

Before conscious construction can begin, conscious orientation must take place.

Signs You’re Stuck Here

- **Rushing.** You act before the vision is clear, and later find you built the wrong thing.
- **Endless dreaming.** You stay in the hovering stage for years, waiting for perfect clarity before you will take a single step.
- **Ignoring the stirring.** You treat the inkling as a distraction and push it down, until it returns louder.

Reflection

1. What is trying to come into form in my life right now?
2. Where am I actually standing, before I decide where to go?
3. What have I been rushing past, or avoiding looking at?

Embodiment Practice: Grounding the Blueprint

Stand or sit with both feet flat on the floor. Bring your attention to the space just below your feet, the Earth Star. Breathe slowly in through the nose and out through the mouth, imagining roots reaching down into the earth with each exhale.

For three minutes, do not plan anything. Simply listen. Ask, “What is trying to emerge?” and let whatever comes arrive without judging it. Write down the first thing you noticed.

Going Deeper

In *The Book of Manifestation: You Are Already Manifesting. Is It Good?*, you will discover that the first stirring of creation is never yours alone. You will learn who moves upon the waters with you, and how to work with that power instead of rushing ahead of it.

Chapter 2 — Day Two: What Boundaries Does This Require?

Construction • The Root

> *And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.*
>
> *— Genesis 1:6*

The Teaching

An idea without structure remains a drifting possibility. Left unbounded, the formless waters of potential can overwhelm the work before it begins.

Day Two introduces **Construction**. God places a firmament, a dividing structure, between the waters above and the waters below. For the first time, one thing becomes distinct from another.

The energy center of this stage is the **Root**, at the base of the spine. The Root governs safety, stability, and the right to exist in a defined space. It is where we learn the difference between what belongs to us and what does not.

A boundary is not a prison that restricts creation. **A boundary is a protective container that gives a creation somewhere safe to exist.**

In Everyday Life

Day Two is the moment you define the container:

- If you are starting a business: what are you offering, and what is outside your scope?
- If you are entering a relationship: what are your emotional and physical boundaries?
- If you are writing a book: what belongs in this manuscript, and what belongs to the next one?
- If you are changing your health: which habits will you stop permitting in your home?
- If you are entering a difficult conversation: what is the actual issue today?

Consider a man who wants to start a small woodworking business. He loves the craft, so he says yes to everything: cabinets, repairs, custom furniture, teaching classes, rush orders. Within six months he is exhausted and behind on every job. He doesn't lack talent. He lacks a firmament.

When he finally decides he will build only tables and benches, and take no rush orders, something surprising happens. His work improves. His customers know what to expect. The business has somewhere to stand.

Signs You're Stuck Here

- **No walls.** You say yes to everything and everyone, and your creation drowns in other people's waters.
- **All walls.** Your boundaries are so rigid that nothing new can enter, and nothing can grow.
- **Unspoken boundaries.** You know your limits but never state them, then feel resentful when others cross them.

Reflection

1. What is inside the scope of what I am building, and what is outside it?
2. What request, habit, or demand will I stop permitting?
3. Where have I been saying yes when my Root is saying no?

Embodiment Practice: Speaking the Firmament

Sit with your spine upright and your feet pressed firmly into the floor. Bring your attention to the base of your spine. Breathe slowly, feeling the weight of your body supported beneath you.

When you feel settled, speak one boundary aloud, simply and without apology: "This is mine to build. That is not." Notice how your body responds. A true boundary usually brings relief, not tension.

Going Deeper

The Book of Manifestation asks the question every boundary eventually answers: what am I sustaining? You will learn how Adam, humanity learning to govern its own choices, decides what to permit and what to refuse.

Chapter 3 — Day Three: What Must Be Established So This Can Grow?

Foundation & Growth • Root to Sacral

> *And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear… And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.*
>
> *— Genesis 1:9, 12*

The Teaching

Once the container is defined, the creation needs dry ground beneath it and the capacity to grow and reproduce. This is **Foundation & Growth**.

On Day Three, the waters gather and dry land appears. Then the land brings forth seed-bearing plants and fruit-bearing trees, each yielding fruit “after his kind.”

This stage completes the stability of the **Root** and awakens the generative energy of the **Sacral** center, just below the navel. The Root says, “I have ground to stand on.” The Sacral says, “Now something can grow here.”

This is where you roll up your sleeves and work with the raw materials of real life: time, money, routines, facts, skills, systems, and steady effort.

- The business needs reliable infrastructure.
- The relationship needs consistency and shared time.
- The body needs daily nourishment and rest.
- The manuscript needs actual words on pages.
- The garden needs good soil.
- The new skill needs patient practice.

The Law of the Seed

Day Three also introduces the oldest law of creation: **sowing and reaping**. Every seed produces fruit after its own kind.

Outcomes never appear independently of their seeds. Your persistent thoughts are seeds. Your spoken words are seeds. Your small daily decisions, unconscious habits, and commitments are seeds. Day Three asks you to pay attention not only to what is growing above the soil, but to what you planted beneath it.

In Everyday Life

Consider a mother who wants a peaceful home. She prays for peace and reads about calm parenting. But each morning begins the same way: she wakes up late, rushes, raises her voice, and leaves the house already tense. By evening, the children are tense too.

She has been asking for the fruit of peace while planting the seed of hurry. When she begins waking twenty minutes earlier, nothing dramatic happens on the first day. But within a few weeks, the mornings have changed, and so has the house.

The harvest always tells you what was planted.

Signs You’re Stuck Here

- **Wanting the harvest without the planting.** You expect results without building the daily structures that produce them.
- **Planting the opposite seed.** Your words, habits, or spending grow the very thing you say you don’t want.
- **Uprooting too soon.** You give up on what you planted before it has had time to grow.

Reflection

1. What am I planting today, in thought, word, and habit?
2. What will it produce after its kind?
3. What foundation does my creation need that I have been avoiding?

Embodiment Practice: The Seed Audit

Place one hand on your lower belly, just below the navel, and breathe into it slowly for one minute, feeling it rise and fall.

Then review the last twenty-four hours. Write down three things you said, three things you repeatedly thought, and three things you did. Beside each one, write what it is likely to grow. Don't judge yourself. You are simply learning to read your own seeds.

Going Deeper

In Genesis 1, God looks at what has been made and calls it good, *tov*. *The Book of Manifestation: You Are Already Manifesting. Is It Good?* invites you to bring that same evaluation to your own harvest: What am I cultivating? What consequences am I producing?

Chapter 4 — Day Four: What Is This Becoming?

Identity • The Heart

> *And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth.*
>
> *— Genesis 1:16–17*

The Teaching

Once a creation has a container and a working foundation, it begins to mature. It takes on its own visible, recognizable character. This is **Identity**.

On Day Four, God creates the sun, the moon, and the stars. These are not vague glows. They are distinct lights with distinct roles, set in place to mark signs, seasons, days, and years. They bring order because each one is clearly itself.

The energy center of this stage is the **Heart**, at the center of the chest. The Heart is where we come to know what we love, what we value, and who we are when no one is directing us.

Conscious creation needs enough identity to say clearly: **"This is what I am building, and this is what I am not building."**

In Everyday Life

Day Four asks questions of character:

- What is this creation, really?
- Who am I becoming as I build it?
- What does this stand for when it is tested?

At this stage, a business grows beyond operations into a real mission. A couple grows beyond logistics into a shared culture. An artist stops imitating and finds a true voice. A person in a life transition lets go of an old mask and discovers a more honest way of being.

Consider a young woman who began singing in church as a child. For years she sang the way others wanted her to: louder here, softer there, more like the soloist everyone admired. She was good, but something always felt borrowed. One season, she began writing her own songs. They were simpler than what she used to perform, but they sounded like her. People began to listen differently, because she was finally singing from her own center.

That is Day Four: the moment a creation stops borrowing its light.

Signs You're Stuck Here

- **An identity built for approval.** You shape your creation around what will be applauded, then feel trapped inside the image.
- **An identity built as a fortress.** You hold your sense of self so tightly that nothing can refine it.
- **No identity at all.** Your creation tries to be everything to everyone, and so it is nothing in particular.

Reflection

1. What is this creation, really, beneath what I hoped it would look like?
2. Who am I becoming through the process of building it?
3. Where am I borrowing someone else's light instead of shining my own?

Embodiment Practice: The Heart Sentence

Place one hand on the center of your chest. Breathe slowly into the space beneath your hand for one minute, letting your shoulders soften.

Then complete this sentence aloud, three times, letting the answer change if it wants to: "I am building…" Write down the version that felt most true in your body.

Going Deeper

The Book of Manifestation teaches the nine attributes of Adam: the qualities humanity grows into as it learns to create consciously. If Day Four asks "What am I becoming?", Book One shows you what Adam was designed to become.

Chapter 5 — Day Five: How Does This Creation Relate?

Relationship • The Throat, sustained by the Solar Plexus

> *And God said, Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven.*
>
> *— Genesis 1:20*

The Teaching

Nothing mature exists in isolation. Sooner or later, a creation is released into the open sky and the deep waters, where it must meet other creations. This is **Relationship**.

On Day Five, the waters and the skies fill with living creatures. For the first time, creation is crowded. Things move, meet, and share space.

The energy center of this stage is the **Throat**. The Throat is the instrument of relationship. It gives voice to the boundary, states the terms, clears up confusion, and speaks the truth.

But the Throat cannot speak with integrity if the speaker is collapsing inside. So on Day Five, the Throat is **sustained by the Solar Plexus**, the center just above the navel that governs personal will, choice, and the ability to accept responsibility. While the Throat handles the conversation, the Solar Plexus keeps you steady, so your voice doesn't bend into people-pleasing or harden into defensiveness.

Relationship Tests Architecture

Here is the uncomfortable truth of Day Five: **relationship tests architecture.**

It is easy to believe you know who you are when nothing challenges you. It is easy to believe your boundaries are firm when no one pushes against them. It is easy to believe you communicate with balance when everyone agrees with you.

But relationship strips away theory. It is one of creation's sharpest diagnostic tools, showing you exactly where your inner structure is strong and where it is still fragile.

In Everyday Life

- The business meets honest feedback from customers.
- The artist releases finished work to an unpredictable audience.
- You meet someone with an opposing view.
- The boundary you set meets someone else's boundary.

Consider a man who has decided he will no longer work weekends. He sets the boundary with confidence. Then his supervisor asks him, kindly but firmly, to cover a Saturday shift. His throat tightens. He hears himself start to say, "Sure, no problem."

In that moment, he can feel the whole architecture being tested. If he speaks from a collapsed Solar Plexus, he will either give in or snap. If he takes one breath, steadies himself, and speaks from both centers together, he can say: "I understand the need. I'm not available Saturdays, but I can stay late Thursday." The boundary holds, and so does the relationship.

As “Manifested in the Flesh” puts it:

> *My Throat tells the story When the truth costs me a friend. My Solar tells the story When I can’t control the end.*

Signs You’re Stuck Here

- **People-pleasing.** Your voice bends to keep the peace, and your boundaries quietly dissolve.
- **Defensive hostility.** Your voice hardens into attack whenever you feel pressure.
- **Avoidance.** You stay silent and let relationships drift rather than speak the true thing.

Reflection

1. Where is relationship showing me what is still fragile in what I built?
2. Can I say the true thing and remain steady?
3. Which relationship is testing my architecture right now?

Embodiment Practice: Breath Before Speech

Before your next important conversation, place one hand just above your navel. Take three slow breaths into that space, feeling your center grow steady.

Then move your attention to your throat. Speak one clear sentence that says what is true for you, without apology and without attack. Notice the difference between speaking from a steady center and speaking from fear.

Going Deeper

Every relationship reveals what has been governing your choices. The free quiz at the end of this book will help you discover whether your choices are currently governed by the Solar Plexus, the Heart, both together, or neither.

Chapter 6 — Day Six: Can I Govern What I Have Created?

Sovereignty • The Third Eye and Crown

> *So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion.*
>
> *— Genesis 1:27–28*

The Teaching

Eventually, a creation reaches maturity, and Adam arrives at the sober threshold of **Sovereignty**.

On Day Six, humanity is created in the image of God and given dominion. Adam is no longer only a builder. Adam now has a domain to govern.

- A parent holds authority over a household.
- A founder holds authority over an organization.
- An artist holds stewardship over the integrity of the work.
- Every adult holds authority over their own time, speech, and resources.

Yet having authority and knowing how to govern are very different things. Genesis gives Adam dominion. Human experience is the long lesson of what dominion actually requires.

Day Six engages two energy centers. The **Third Eye**, between the brows, is the center of clear perception: seeing what is actually there, free of projection. The **Crown**, at the top of the head, is the center of receptive authority: the willingness to receive instruction from truth while still taking responsibility to lead.

Part One: Seeing Clearly

You cannot govern what you cannot see. The first work of sovereignty is honest perception.

Can you see your situation as it is, not as you fear it is or wish it were? Can you tell the difference between a reaction and a wise response? Can you look at something you built and admit where it is failing, without collapsing into shame?

Part Two: Governing the Inner Kingdom

True governance does not begin with the outside world. It begins with the inner Kingdom.

Inside every person lives a population of **internal citizens**: reactive thoughts, surging emotions, fearful impulses, old habits, and wounded defenses. Each of them wants a say. Some of them want the throne.

To govern a home, a business, or a relationship without first governing these inner citizens is how leadership turns into tyranny, or into chaotic abdication.

The goal is not to banish your inner citizens. Anger, fear, and desire all carry information. The goal is to give each one a role instead of a throne. As the song says:

> *I can change who's at the table Without setting it in flames. No war against my members. No exile for the stressed. Bring the kingdom back together— Manifested in the flesh.*

In Everyday Life

Consider a woman who runs a small bakery with three employees. One morning an order goes out wrong, and a customer complains loudly in front of everyone. Her face burns. Part of her wants to blame the newest employee. Part of her wants to apologize so much the customer will forgive her. Part of her wants to quit.

Those are her internal citizens, all demanding the throne at once.

Sovereignty is the pause in which she notices them, chooses which one gets to speak, and then acts. She thanks the customer, fixes the order, and later reviews what happened with her team, calmly, without blame. She has governed the moment because she first governed herself.

Signs You're Stuck Here

- **Anxious control.** You try to govern everything around you because you cannot govern what is within you.
- **Abdication.** You avoid authority entirely and let circumstances or other people make your decisions.
- **Impulse as policy.** Whatever you feel most strongly in the moment becomes the rule.

Reflection

1. Which internal citizen is running my house today?
2. Can I correct something I built without defending it or collapsing over it?
3. Can I exercise authority without anxious control?

Embodiment Practice: A Role, Not a Throne

Sit quietly and bring your attention to the space between your brows. Breathe slowly for one minute, letting your thoughts settle like dust in still water.

Then name one internal citizen that has been loud lately, such as fear, resentment, or the need for approval. Ask it, "What are you trying to protect?" Listen. Then give it a role: "You may warn me. You may not decide for me."

Who Sits on Your Throne?

You are already making choices, setting or surrendering boundaries, and creating consequences. The question is: **what is governing those choices?**

Within the inner Kingdom, the Solar Plexus governs sovereign will: the ability to choose, act, set boundaries, and accept responsibility. The Heart governs relationship: the ability to consider others and ask whether what you are creating is good. Ideally, they govern together. Sometimes one dominates.

Sometimes neither is governing, and fear, habit, or other people's expectations make decisions that should belong to you.

The free four-minute quiz **Which Center Governs You?** will show you your current pattern. You will find the link at the end of this book.

Chapter 7 — Day Seven: Can I Stop Forcing the Outcome?

Co-Rulership • Alignment with the Logos and Holy Rest

> *And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it.*
>
> *— Genesis 2:2–3*

The Teaching

The movement of creation ends in **Co-Rulership**.

On the seventh day, God rests. The work is finished, and it is blessed. The creation is not abandoned; it is trusted to carry its own weight within the order God established.

This stage brings the whole sequence into alignment with the **Logos**, the living Word and ordering wisdom of creation. It is participation in the Father's greater order, and it is **Holy Rest**.

For most builders, this is the hardest stage of all.

After planning, constructing, establishing, expressing, relating, and governing, Adam easily becomes convinced that the creation will only survive through constant, exhausting effort:

- Keep pushing.
- Keep micromanaging.
- Keep checking every detail.
- Keep manipulating every variable.
- Keep worrying about tomorrow.

Sabbath interrupts this anxiety with a radical truth: **if the architecture has been properly established, it can carry its own weight.**

Stewardship or Control?

The farmer prepares the soil and plants the seed with great care, but the farmer does not pry open the husk beneath the ground. The author writes the book, but cannot dictate what each reader will receive. The parent teaches and nurtures, but cannot live the child's choices. The entrepreneur builds systems precisely so the business does not depend on constant, panicked intervention.

Adam acts. Adam evaluates. Adam corrects. Adam acts again. But eventually, Adam must recognize the line between responsible stewardship and faithless control.

Holy Rest is not laziness. It is not giving up on responsibility or checking out of life. It is the conscious end of unnecessary force. It is the humility of recognizing that your creation exists inside an order greater, wiser, and more lasting than the ego of the builder.

Adam does what belongs to Adam, and trusts the Father with what belongs to the Father.

This surrender of force is the fullest expression of co-rulership.

In Everyday Life

Consider a father whose son has just left for college. For eighteen years, he has taught, guided, corrected, and provided. Now he finds himself checking his phone every hour, wanting to call, wanting to fix the roommate problem, wanting to choose the classes.

Day Seven asks him a hard question: did you build well? If he did, the foundation is there. His son carries it with him. The father's work now is not to manage the outcome, but to stay available, to pray, and to rest in what has already been built.

Rest is not the absence of love. It is love that trusts.

Signs You're Stuck Here

- **Constant intervention.** You cannot let anything you built run without your hand on it.
- **Exhaustion as proof of faithfulness.** You believe that if you rest, everything will fall apart.
- **Checking out.** You confuse rest with abandonment, and stop caring for what you built.

Reflection

1. Where am I forcing something that is already built to carry itself?
2. What belongs to me to do, and what belongs to the Father?
3. What would change if I trusted the architecture?

Embodiment Practice: The Sabbath Pause

Sit comfortably with your hands resting open on your lap, palms facing up. Take a long, slow breath in, and an even longer breath out.

For ten minutes, fix nothing. Check nothing. Plan nothing. If your mind reaches for a task, notice the reaching and return to the breath. At the end, say quietly, "I have done what is mine to do. I trust the rest."

As the song says:

> *In my walking, In my resting, In my no, And in my yes.*

Going Deeper

In *The Book of Manifestation*, you will meet Eve: the living technology of manifestation, through whom creation is carried and brought to fruit. Learning to rest is learning to trust what Eve carries.

Chapter 8 — The Pattern Inside the Pattern

This architecture is not confined to one great, lifelong transition. The creation pattern is **fractal**: the same seven stages repeat at every scale of human experience.

A forty-year career moves through these stages. So does a single afternoon meeting. The scale expands and contracts, but the divine architecture stays the same.

A Difficult Conversation

1. **Blueprint:** You sense an unspoken tension in the room that needs to be resolved.
2. **Construction:** You set the boundary, agreeing on what the conversation will cover and what it will not.
3. **Foundation:** You gather your facts, grounding your view in reality rather than assumption.
4. **Identity:** You state clearly where you stand, speaking from your own center.
5. **Relationship:** You speak through the Throat with precision, steadied by the Solar Plexus, so you can listen without becoming defensive.
6. **Sovereignty:** You govern your internal citizens, tempering anger, pride, and fear, so you can respond with calm authority.
7. **Co-Rulership:** You speak your truth, agree on next steps, and release the need to control how the other person receives what you said.

A Creative Project

1. **Blueprint:** A melody, an image, or a sentence arrives and won't leave you alone.
2. **Construction:** You decide what this piece is and what it is not: a song, not an album; one story, not three.
3. **Foundation:** You set aside regular time and do the unglamorous work of drafts and practice.
4. **Identity:** The piece finds its true voice, and you stop trying to make it sound like someone else's.
5. **Relationship:** You share it with others and receive their response, the encouragement and the criticism.
6. **Sovereignty:** You decide which feedback to take and which to set aside, governing your fear of judgment.
7. **Co-Rulership:** You release it, and let it travel to the people it was made for.

A Relationship

1. **Blueprint:** Attraction, curiosity, the sense that this person matters.
2. **Construction:** You learn each other's boundaries and decide what kind of relationship this will be.
3. **Foundation:** You build trust through consistency, shared time, and kept promises.
4. **Identity:** Together you develop a shared character: your own way of being a couple, a family, or friends.
5. **Relationship:** You meet each other's differences, and conflict reveals where the bond is strong and where it is fragile.
6. **Sovereignty:** Each of you learns to govern your own reactions rather than trying to govern the other.
7. **Co-Rulership:** You rest in the relationship, trusting what you have built together instead of constantly testing it.

Your Turn: Locate Yourself

Choose one thing you are building right now: a relationship, a project, a habit, a home, or a healing. Then ask:

1. Which day of creation is it on right now?
2. Did I skip any stage on the way here?
3. What does the next stage ask of me?

Most stuck creations are stuck because a stage was skipped. A business with no clear boundary, a relationship with no foundation of trust, a project that was released before it found its identity: each of them sends you back to the stage you passed over. That is not failure. It is the pattern teaching you.

As "Manifested in the Flesh" reminds us, this all happens in ordinary places:

> *Kitchen table. Traffic jam. Bank account. The words I said. That's where inner architecture gets manifested in the flesh.*

The Everyday Laboratory

Genesis does not describe a distant, finished miracle. It reveals the living fabric of human development. The Father established the pattern. Adam was placed within it. And within it, Adam learns how to create.

Your daily life, with its work deadlines, family dinners, creative projects, financial decisions, and quiet tensions, is not an obstacle to spiritual growth. **It is the classroom.** It is where you learn how creation works.

Every day asks you the same seven questions:

1. Can I pause to perceive the field before I rush to build?
2. Can I set clean, healthy boundaries?
3. Am I planting seeds that match the harvest I hope for?
4. Can I know who I am without turning it into a fortress?
5. Can I meet others honestly through the Throat while staying steady in the Solar Plexus?
6. Can I govern my internal citizens with calm accountability?
7. Do I have the faith to step back and rest when my work is done?

The energy centers of the body give you the equipment for these questions. Genesis gives you the timeless blueprint. And everyday life supplies the laboratory.

Creation establishes the architecture. Experience tests it. Consciousness reveals it. And governance lets you build with it on purpose.

This is the great human transition: from unconscious, reactive survival to conscious, faithful construction. You have always been creating in this classroom. The only difference now is whether you are blind to the blueprint, or awake to the pattern.

You are already manifesting. Every choice is already becoming flesh.

And once you can see the pattern, only one question remains:

What are you consciously choosing to build?

Listen: “Manifested in the Flesh”

This book began as a song.

“Manifested in the Flesh” is about the moment teaching stops being an idea and starts showing up in how you live: in your walk, your talk, your boundaries, and your choices. It doesn’t measure transformation by the words you can quote, but by what has become embodied.

How to listen: Play the song once all the way through without doing anything else. Then play it again, and listen for the call-and-response. Notice which line you most want to be true of you right now.

Watch on YouTube: youtu.be/Nr-xpHVEnoc



Final Practice: Where Is It in Your Flesh?

The song asks four questions. Answer each one in your own words. Be specific: name a real moment from this week.

- **Where's my peace?** In the way I _____.
- **Where's my truth?** In the way I _____.
- **Where's my love?** In the way I _____.
- **Where's my faith?** In the way I _____.

If an answer was hard to find, that is not a failure. It is information. It shows you where something you believe has not yet become something you live.

Then write one sentence to finish the practice:

This week, I will put _____ into my flesh by _____.

> *Not just believed. Not just confessed. Lived out loud— Manifested in the flesh.*

Take the Quiz: Which Center Governs You?

You are already making choices, building relationships, responding to circumstances, setting or surrendering boundaries, and creating consequences. The question is: **what is governing those choices?**

This free quiz takes about four minutes. Its 20 statements identify one of four current patterns:

- **Solar Plexus:** sovereign will leads. You choose, act, and take responsibility, sometimes at the expense of others.
- **Heart:** relationship leads. You consider others deeply, sometimes at the expense of your own authority.
- **Both:** the two centers govern together. Relationship tempers power, and sovereignty supports compassion.
- **Neither:** fear, habit, approval, impulse, or circumstances are making decisions that belong to you.

There are no good or bad results. Your result names a current pattern, not a permanent identity. Answer for how you usually are, not how you wish to be.

With your result, you will receive the companion ebook *Who Sits On Your Throne?*

Take the quiz: chakraandenergyhealing.com/quiz



Continue the Journey: The Book of Manifestation

This book has shown you the pattern. You have seen that you are already building, every day, in every choice.

But every government produces something. So the next question follows naturally: **what is your building producing?**

That is the question at the center of ***The Book of Manifestation: You Are Already Manifesting. Is It Good?***, Book One in the Book of Manifestation series.

Most manifestation teaching starts with what you want. This book starts with what you are already creating. You don't have to learn to manifest. You are already doing it. The real question is whether the fruit is good.

Manifested in the Flesh

In Genesis 1, God looks at what has been made and calls it *tov*, good. Creation includes evaluation. *The Book of Manifestation* invites you to bring that same standard to your own life:

- What am I cultivating?
- What am I sustaining?
- What consequences am I producing?
- How might conscious construction change my relationship with Source, myself, and others?

Inside, you will explore the relationship between Adam, humanity learning to govern its own choices, and Eve, the living technology of manifestation. You will learn the seven capacities of Eve and the nine attributes of Adam.

If this book shows you the pattern, *The Book of Manifestation* shows you the power that moves through it, and how to build on purpose.

Available on Amazon in Kindle and paperback.

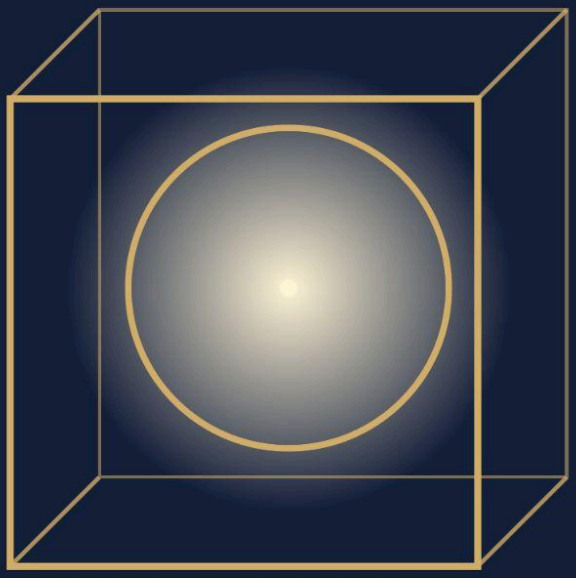
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Manifested in the Flesh



THE BOOK OF MANIFESTATION

BOOK ONE



You Are Already Manifesting.
Is It Good?

IRIS J. CHAPMAN

About the Author

Alchemist Iris is the creative identity of Iris J. Chapman: author, Bible researcher, Reiki Master, intuitive energy guide, sacred sound creator, and creator of The 18-ChakraVerse. Her work helps people move from unconscious to conscious self-construction through scripture, the energy centers, and music.

- **Books:** irisjchapman.com
- **Quizzes and energy healing:** ChakraAndEnergyHealing.com
- **Music:** The 18-ChakraVerse Soundtrack on YouTube