



THE SECRETS TO MANIFEST

your ideal life

IN 3 PARTS

PART 1 - CREATE A FEELING STATE

Pretend you are starring in a movie about what you intend to manifest. How do you, as the main character in that movie, feel? What does it feel like to experience that reality? Focus on the feeling of having that particular thing or experience in your life. This is fun! Play with it!

Write down what you intend to manifest. Ask yourself *"How do I want to feel when I have this in my life?"* Next write down what that feeling state. Then focus on creating that feeling as often as possible.

I intend to manifest: _____

Feeling state: _____

***** Helpful Tip ***** Remember you begin with desire (because you know you want something that doesn't exist yet in your world for you) but if you just stay in the wanting of something then you will signal you want more of that feeling which implies never receiving it just wanting it. The Universe will give you plenty to lack then!

You need to move from desire to intention because intention is now about "having it" and "claiming it", not just wanting it. The difference between wanting and intention is this: the first is about the lack of receiving "x" and the second is about the actually receiving and having "x" come to form in your life. The universe will respond to your thoughts feelings and beliefs that you sustain so if you are always wanting you get more of that, if you are intending and having in advance as a feeling state, then the path to that experience becomes clear and the real fun begins!)

PART 2 - PRAISE IT IN ADVANCE

Meditate on gratitude. While you meditate on gratitude place your hand on your heart and smile. Say thank you in advance! Meditation on gratitude really is the abracadabra to open your connection to the universe where anything is possible.

I am grateful about: _____

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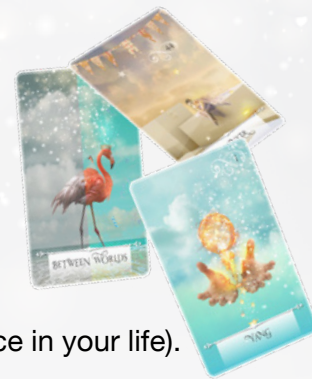
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***** Helpful Tip ***** Notice how you feel when you smile and you feel gratitude vs how you feel when you are not smiling and you are in a state of wanting something. Which one would you choose to practice? The one that makes you feel better, believe it or not is the more challenging because we are hardwired and conditioned to defer to a negative bias. That's why this sounds easy, but you need to be disciplined about your practice.

PART 3 - LET GO OF THE OUTCOME

Oracle Cards help demonstrate what you need to do to let go of the outcome.
Thinker, Between Worlds, Yang



Thinker reminds us that what think about or focus on is going to show up (or you will notice in your life).
Meditation helps us be mindful of our thoughts and focus.

Between Worlds teaches us that you are in partnership with the Universe. Keep faith, let your partner do its part. Don't try to dictate when or how what you want to manifest will show up.

Yang helps us understand that you still must take action. You need to be willing to take the action it requires to create what you want in your life. As Joseph Campbell stated "If you take one step towards the Gods they will take 10 steps toward you".

CREATE A SYNCHRONICITY TIMELINE.

Go back in your memories and recall a time you got what you intended (but it was not really what you wanted) and it did not feel good. Write down that example in column one. Then recall a time that you intended to bring something into your life but gave up chasing it and received it in a different form than you originally expected. Write that example down in column 2. Now compare those two experiences. This will help you understand how letting go of the outcome actually works in your life.

***** Helpful Tip***** synchronicity is when meaningful coincidence shows up on your life without any obvious cause you had a conscious hand in. There is always an element of surprise in synchronicity. It is evidence that your partnership with the Conscious Universe is working!

COLUMN 1

Got what I wanted , didn't feel right

COLUMN 2

Released the outcome and the Universe delivered something better
