

## **FEELING INTO MANIFESTATION**

What you'll need: A desire, this sheet, and something to write notes on.

**Why:** A manifesting process clarifies your desires. Doing a regular practice starts to line up the energy and direct it into physical form. A regular practice also helps re-train the mind into more beneficial thought patterns that aid in manifestation. It trains us out of habitual negative thought patterns that manifest undesired experiences.

- **DESIRE:** Write on the back of this sheet what you desire. "I want \_\_\_\_\_"
- **AFFIRMATION:** Based on your desire, write an "I AM" affirmation. Write it in first person as if you already have the thing you want. Write affirmation on 3-5 notes, in places you will see throughout the day. When you see one, repeat the affirmation to yourself (out loud if possible)

*Examples: I am healthy and strong, I have a great job, I am in a fulfilling relationship, I am financially secure, I am at my healthy weight.*

- **FEELING.** At least once a day, sit down, close your eyes and build momentum around your affirmation with a few minutes of affirming self-talk (out loud if possible) **How you feel is the key.** Visualize and feel as though you already have the thing that you desire.

*Example: "I love being financially secure. I love being able to afford clothing that is well-made and of the finest fabrics. I love traveling and staying in lovely hotels with beautiful scenery. I love flying first class. I love being able to afford healthy organic food. I love knowing that I am a vibrational being attracting abundance to me. I love feeling abundant. I am abundant..."*

✓ Put a check mark on the back of this sheet to track your progress. We have a tendency to stick with things that we track. Repetition is important because energy likes momentum and repeated patterns.

- **FAITH.** When you believe (faith) that your desire is manifesting, you are in a 'state of allowing'. You let the Universe line things up. Maintain belief, even in the absence of evidence. When doubt starts to creep in, tell yourself "All in Divine timing". If you are in alignment, and your desire does not hinder your Life's Purpose, the essence of it will manifest (but not always as you think it will).
- **MEDITATIVE STATE:** If you are drawn to sitting in silence, a meditative state is also beneficial. Sit quietly (or lie down) and when the mind wanders (and it will) just bring your focus to your breath. A slow pace that feels calming to you. You can even focus on the word "Allow" to remind yourself that you are allowing things to line up. After a few minutes you will feel passive and relaxed with little desire to move. If you drift off to sleep in that 'state of allowing', it sets the frequency for the next morning, making it easier to continue the practice.

# FEELING INTO MANIFESTATION

**DESIRE:** " I want \_\_\_\_\_ "

**AFFIRMATION:** " I am \_\_\_\_\_ "

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**FORMULA = DESIRE + AFFIRMATION + FEELING + FAITH**