



**MANIFESTING**

**101**

**PART 1**

# THE MYSTICAL MANIFESTATION CREDO

We are the authors of our lives, and we are either consciously or unconsciously creating our present moment experience. This same secret weapon can be applied to your life and utilized for your success. It's one thing to have a plan but what is most important is to feel the vibration of that which we want as if it is already so. This is a manifestation credo, a formula that will help you get clarity, release blocks, bring more awareness into how we attract and/or detract and then most importantly we align to our highest soul's destiny and claim it as a universal gift.

## MANIFESTATION CREDO

\*Inspired by the Law of Abundance, Law of Intention, Law of Attraction

- **CHOOSE** - Get clarity and decide on what you want
- **CONFRONT THE OBSTACLE** - Understand your internal drivers
- **SURRENDER** - Note and let go of the resistance between you and the feeling you want to embody
- **REFRAME AND REALIGN** - Transmute limiting beliefs into a new transformative truth in alignment with your vision
- **ASK** - Align with the universe for support, clarity, ease, and grace
- **COMMIT** - to the desired feeling/experience/state of being
- **BELIEVE** - in the desired outcome beyond doubt that its on its way. That the universe has your back. You are aligning and attracting on all levels of your being.

# CHOOSE & DECIDE

Getting clarity of what you want also means getting clear on what you don't want.

It's a simple question, but when have you last been specific about what you want? Take a quick inventory. How do you want to feel? What do you want to be doing with that special person? How do they make you feel? How are you seen in your best light with this person? What is it you want to create? What are your passions? If you are on the path, how do you expand it, continue growing and learning and maintaining? Manifesting can only happen if you are energetically clear about what you want (and what you do not want).

It's time to Visualize and Dream! Close your eyes, feel it happening in your body now. Describe how it feels. If you had all these things listed above, how do you imagine you would feel?

Happy?

Free?

At peace?

Fulfilled?

## DECIDE

I WANT

I DON'T WANT

# CONFRONTING THE OBSTACLE

Getting clarity of what is between you and your intentions

It is important to know whether or not our decisions in life are fear-based or motivated by our dreams. Consider the following beliefs and take note of how they make you feel and what part they played in your decision making.

"I'm not good enough"

"I'm bad"

"I'm unworthy"

"I'm all alone"

"There's something wrong with me"

"Everyone abandons me"

"I should be ashamed"

"I'm unlovable"

"I'm nothing"

"It's not safe to be me"

# **SURRENDER**

any of the resistance between you and the feeling you want. Time to let it go!

## **WHAT IS GETTING IN YOUR WAY FROM MANIFESTING OR ATTRACTING THESE GOALS?**

### **Internal**

- People pleasing
- Fear of making a mistake
- Perfectionism
- Self Doubt/Not feeling confident or worthy of it
- Other

### **External**

- Time
- Money
- Other People
- Societal expectations
- Other

## **NOTE ANY BELIEFS (be-lie-fs) THAT COME UP THAT ARE NO LONGER SERVING YOU**

Write the beliefs (from the above section) that you are ready to let go of.

# REFRAME AND REALIGN

any limiting beliefs that come up when you think about the feeling you want

In the sections below, list the limiting beliefs discovered in the last exercise that you want to transform. Note how old they are and if possible, when they first appeared in your psyche. And then, recognize how these beliefs have framed, contained, or boxed you into an old narrative that no longer serves you. What is it costing you to keep these beliefs?

\*With compassion, honor how long you have held on to these beliefs and recognize that it's time to create a new narrative.

## LIMITING BELIEFS

## ORIGIN OF BELIEFS

## IMPACT OF BELIEFS

# REFRAME AND REALIGN

any limiting beliefs that come up when you think about the feeling you want

**HOW CAN YOU REARRANGE THESE BELIEFS? SHIFT THEM?  
WHAT IS GOING TO BE YOUR NEW NARRATIVE? WHAT ARE  
YOU GAINING NOW WITH THESE NEW POSSIBILITIES?**

## WRITE A NEW VISION!

Don't hold back. Make a list of your dreams and desires. Carry the list wherever you go. Review the list in the silence of your meditation. Review it before you sleep and look at it when you wake up in the morning.

**NEW TRUTH**

**NEW VISION**

**DECLARATION**