



MANIFESTING

101

PART 2

ASK

the universe for support, clarity, ease, and grace

Close your eyes and connect to your center and invite any benevolent source that has your best and highest good to work on every level of your being. Simply ask for support, guidance, clarity in aligning with your highest destiny.

Daily meditation of any length is a powerful tool in manifestation.

COMMIT

to the desired feeling

READ IT TO YOURSELF AND DECLARE IT OUT LOUD.

There is some paradox to commitment. While you must commit to the desired feeling of the result, let go of the outcome (person, experience, etc.) and trust that what comes forward is the exact thing you need: **High commitment and low attachment.**

The universe listens to everything, and it must honor the lowest common denominator...so if you have 1%, 5%, 10 %, or even 0.25% doubt/fear, you must be aware of it, acknowledge it, and give it back to the universe to resolve. It's not up to you. You are courageously stepping into your destiny, connecting with your future, and living your purpose. You are not available for anything else but what you want.

Give it to the universe. Surrender your dreams to the creator/universe, the womb of creation (these are the seeds you are planting in your garden). Trust that when things don't go your way, there is a reason, and there is a cosmic plan at work that is ultimately for your best and highest good.

Declare daily and tap into your higher self and surrender that part of yourself that is operating from fear and commit to your desired feeling.

(e.g. "I am love." "I am living love." "I am attracting love." "I am giving love.")

Studies have found that the body doesn't know the difference between fantasy and reality. In other words, it cannot decipher between your imagination and what is real, because both experiences occur in the mind. It's no wonder professional athletes have been using the trick of visualization for years! Running through the game before it happens aligns their minds with their physical bodies so that when the game happens in real-time, the body already instinctively knows what to do.

BELIEVE

in the desired outcome beyond doubt

HOLD YOUR TRUTH.

Write a letter of gratitude for the manifestation of your dreams (stated in the present tense).

(e.g. "DEAR UNIVERSE, I'm so grateful that I'm now balancing life and my passions and calling. Thank you for bringing me and ___ together. We are so happy. I feel this...". "I'm in a place of inner peace and faith with whatever happens in my life." "I love myself and attract lovely people and lovely experiences." "I will always have what I need."