



7 STEPS TO MANIFESTING YOUR DREAMS

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WELCOME TO MANIFESTATION

This eBook will take you through the steps needed to invite in the wishes your heart desires.

Read on to learn how to prepare, what to do and more about the practicalities of the manifestation process.

As you follow the steps remember to always manifest in your Highest and Best interest.

"Manifestation happens where there is flow between honest, pure intentions and targeted action."

STEP 1

Get Into the Groove

Start your manifestation process by choosing an auspicious day or time (such as a new moon, beginning of the week or month, 11.11 or midnight etc.).

Make sure you cannot get interrupted by your phone, family members or pets.

Meditate or play music that relaxes you and elevates your state of being.

Burn some uplifting incense such as frankincense, myrrh, rose, sandalwood, benzoin or jasmine.

STEP 2

Your True Heart's Wish

Spend some time to figure out what you want, what you really really want.

Maybe you are dreaming of a big house but the underlying emotion is a need for space.

Or you want to manifest a new job, but only because you don't get along with your manager.

Pause and reflect, and find out the real wish so you can manifest what is right for you.

STEP 3

Ask!

Now it is time to open your heart and ask for the true wish.

Write it down and repeat it (out loud) to the Universe, including a disclaimer such as: "if it is in my highest and best interest".

You can choose to do this once with full intent.

Alternatively you can use the '369' format: repeat your true wish three times in the morning, six times in the afternoon, and nine times at night.

Do this for either 33 or 45 consecutive days.

STEP 4

Work On Your Goals

Of course wishes don't usually fall into our laps magically, we also have to take the necessary actions.

For example, if you are looking to manifest love, ask your friends if they know any suitable singles, join a dating app or go out a little more.

Or if you wish to manifest money, learn a new skill or take on a new project.

The effort you put in will be seen by the Universe, and will be rewarded.

STEP 5

Gratitude

Remember to remain thankful for what you receive. Sometimes you don't get exactly what you ask for, or you receive it in a different way than you expected.

Perhaps the Universe did not see the wish you had as what was best for you, or maybe more work from your end was needed.

In any way, do not be disheartened or disappointed. Keep working towards your goal with the full faith that you may not always get what you want, but you will definitely get what you deserve.

STEP 6

Let Go

In the process you might encounter limiting beliefs about yourself or the process.

Perhaps after having dated many people you are thinking that you will never find your Soulmate. Or you have made a huge error at work so now you are sure you do not deserve that bonus.

Whenever you have a thought like this, say "cancel, clear, delete" to yourself in your mind, and release that limiting thought. Replace it with something along the lines of "I am worthy to receive all of my heart's desires".

STEP 7

Trust the Process

While the Universe and your Spirit Helpers work hard to make your dreams come true, keep the faith that everything will happen in the right space and the right time.

Keep your vibration high by meditating, avoiding gossip and complaining, staying positive and being patient.

Trust the process and enjoy the journey to your desired outcome!

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