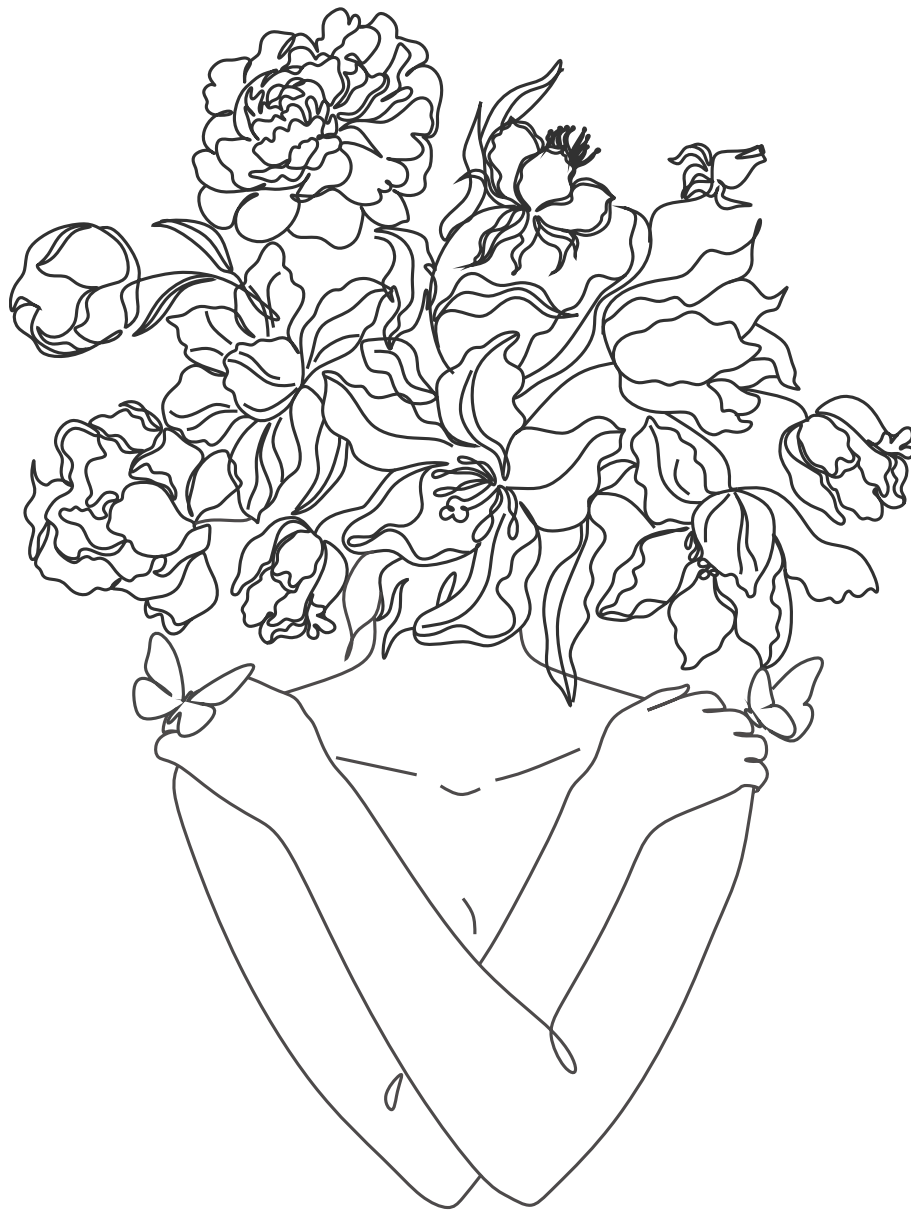


INTENTIONAL LIVING



MANIFEST

It is in the darkness of winter
that the seeds to our deepest dreams are laid....

RACHAELMOOREYOGA.COM

MANIFEST :

To make Something happen..

According to Gabby Bernstein, Manifesting can be defined as
Cultivating the experience of what it is you want to feel and then living and believing in that experience so that you may allow it to come into form....

Manifesting is therefore not so much about **getting** but rather, about **allowing**.
Allowing what you desire to come into your life and fully, with your whole heart believing that you are not only capable of attracting it in, but more importantly, that you are totally **worthy** of it.

Manifestation could therefore perhaps be more aptly defined as a
Becoming

Abraham Hicks beautifully said that it is about getting our hands into the clay so as we may build, mould, grow, cultivate and design not only the **feeling** but also the **life** that we wish to experience.

How beautiful is that.

But how do we get there?

How do we get our hands into the clay to mould, cultivate and design the feeling and life we desire.....

*'You've always had the power my dear, you just had to learn it for yourself'.
Glinda the Good Witch from Wizard of Oz*

A sweet reminder of the power
we all carry inside of us to accomplish great things!



It may sound obvious, but the first step on our path towards manifesting our dreams /visions, is to get super clear on **what** it is you want to manifest and **why**.

It is very difficult to manifest anything if you are not crystal clear on what it is you really desire.

We may not be talking about huge life shifts (although we certainly might be!). It could be that you are simply wanting to manifest more free time, more connection to friends/family, to finally go on your dream holiday. Or maybe it is to live in abundance, to move to the coast, to take the leap and turn your hobby into an income.....

The key is to know exactly what it is we desire.

Everything is created twice ~ First in the mind and then in reality

Robin Sharma

Although on one level our brains are hugely complex, on another it is very simplistic. Research shows that our brain will respond in almost exactly the same when we either experience something **for real** and when we **strongly visualise it**, imagining it as already happening. This is the same as when our brains respond to stress.....It can not differentiate between us being scared watching a horror/suspense thriller and us being in a place of real, genuine danger. Our brain and nervous system responds the same to each stimulus and responds by making the same physiological changes in our body-mind,

So, when we visualize something, it is the same idea again for our nervous system. If it can be triggered by stressful scenarios, so to can it be triggered by pleasant ones which elicit a positive effect on our body-mind.

Everything in this world is energy. The differentiation between one thing and another, is the frequency it vibrates at and according to the law of attraction, like attracts like. So high frequency vibrations attracts high frequency vibration back to it and of course the same is true for low vibrations.

Our thoughts, emotions and feelings also emit energy. Different emotions will emit different frequencies. So....if we are able to emit high vibe energy, it stands to reason, we will attract back what we put out!.

Peace
Joy
Gratitude
Kindness
Enthusiasm
Optimism
Hope
Confidence
Contentment
Apathy
worry
Anxiety
Fear

HIGH VIBE



LOW VIBE

Guilt.



When we visualize what we wish to manifest, it is important to become as **clear** and as **detailed** as possible in our visualisation.

It is not enough just to picture our desires, we need to paint as full and richer landscape as possible.

For example, if you were manifesting to spend time in a cottage by a lake, paint the picture with as much detail and colour as possible. What does the cottage look like?, how is the scenery?. What can you smell? Is it near woodland, if so what is it like?. What is the climate?. What activities do you do whilst you are by the lake? What are you wearing? Who are you with? And perhaps MOST importantly...

How are you feeling? What does it feel like to be by the water, to be in the cottage that you have manifested? What emotions are present?

REMEMBER...OUR THOUGHTS SHAPE OUR REALITY.

Our brains don't respond any differently to imagined scenarios than if it was the real thing. The more high vibe energy you put out into the ether, the more it is attracted back to you

So dream big, dream bold and most importantly know that **YOU** hold the power to make it happen

As with all things however, there are a couple of caveats!

As I have already mentioned, our thoughts have the power to shape our reality and **"if our subconscious is driving us towards our manifestation, then we must use our conscious minds to influence our subconscious beliefs"** ROXIE NAFOUSI

So if our thoughts shape our reality, it is important to realise that if we don't **truly** believe in what we are manifesting, that is to say, if we don't truly believe we are **capable** or **worthy** of what we dream off, then the energy we will be putting out into the ether will be just that . Our subconscious has the ability to both edge us closer towards our dreams AND restrain us from manifesting them.

The most powerful thing my love which will hold you back in creating the life you desire is your own **FEAR & DOUBT.**

In fact, our fear and self doubt can be so powerful it can block you from even daring to dream what it is you truly desire. Fear and self doubt will often masquerade as that voice in your head trying to keep you safe....The voice that continually draws your attention to what you '**should**' be doing, the voice that tells you to pay more attention to 'well meaning' friends/family and society. Even when it somehow, just doesn't feel right or align with your heart and values.

Fear and doubt will also take the form of our insecurities, self limiting beliefs and the idea that we are somehow not worthy enough or ready to receive the things we most desire.

We need to take the courageous step of reframing our perspective and feed our subconscious mind with the belief that we are capable, we are worthy and we have everything within us to achieve our dreams and goals.



HOW WE CAN REFRAME OUR FEARS AND DOUBTS.....

Reframing and removing fear and doubt is self development in action and is something we need to commit to every single day. It is like a muscle, the more we train ourselves to notice when we are blocking our dreams with fear and doubt, the more swiftly we can change the narrative..

Recognising these self limiting beliefs and shining a light onto them, somehow takes away the power they have over us, enabling creativity, self worth, and our full potential to rise to the surface and flow unimpeded in the direction of our dreams.

There are many ways this might look for you but ultimately when you begin to change your narrative, you begin to show up for yourself and give yourself the gift of Self love. You begin to

bathe yourself in positive thoughts and actions.

We observe the choices we make and can be increasingly aware if we are making decisions based on what is innately good for us and nudging us ever closer towards our dreams **or**, if we are self sabotaging by listening to our old friends fear and doubt.

Consider.....

Am I choosing to act in a way that is moving me towards my vision? How am I spending my time?

Where am I choosing to place my attention (where your attention goes, your energy flows...)

What and whose voice am I choosing to listen too

Whose company am I surrounding myself with

How am I feeding/ nourishing/ moving/ tending to my Body-minds needs

ALL of this matters my love!

Never underestimate how the detail of your life and all the separate threads, go towards creating the fabric of your existence and life.

What you hear, the people you surround yourself with, the way you tend to your needs, ALL have the power to guide you towards or away from the life you are envisioning and that you are oh so worthy of.

Of course, its not just who and what we choose to listen too, the language we use on ourself also impacts heavily on our subconscious and our ability to manifest.

Become mindful of the words you use my love. Let's omit the word Should. The **ONLY** thing you should be doing is doing what feels right for you.....***That is it.***

Using the word *should*, implies that you are not enough as you are. That you somehow need to be doing more. That you need to be more. That you *should* be doing something because it is expected of you.....NOT true my love!

Should is inherently negative and may result in feelings of inadequacy, anxiety, frustration, and self-doubt.

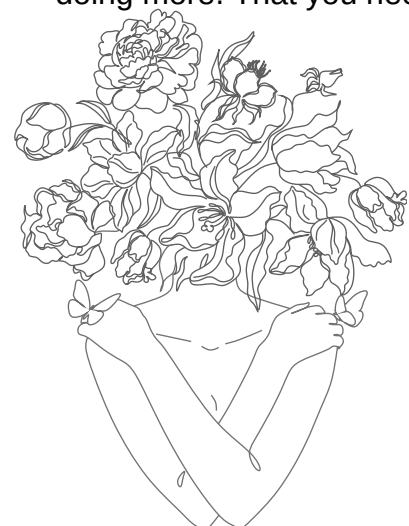
It drains our energy from other tasks from where we really need to be placing our attention/energy and perpetuates a negative self-talk cycle.

Rather, try reminding yourself of the **why** behind your choices. For example if you are looking to manifest a stronger/ fitter you....Instead of saying

'I should get fitter/ should make time for the gym'

What is the driving force behind this?....

For me this would then read.....When I make time for the gym, I feel stronger both physically and mentally.



Another disempowering word we litter our language with is the word **if**.

Remember, we can not manifest from a place of doubt.

So **replace if with When** and where possible talk/write/ think as what you are Manifesting is **already here in the present...**

Eg instead of *If* I get my new job
change to...*When* I start my new job

"Don't" and **"not"**: The universe responds to the energy behind our words.

Rather than saying "I don't want to be broke," which focuses on what you **don't** want Instead, re-word your statements to reflect what you wish to attract. Ie "I am financially abundant and prosperous."

Avoid words which portray a lack of confidence and belief in yourself such as Try and Hope and instead use expansive language, reflecting limitless possibilities.

Eg, I am open to receiving....

'I am capable of anything

I am in control of my destiny

It would be a mistake to think that it is enough to simply get clear in our vision, use the right language and change our thought patterns. Important? Yes, hugely, but there is another aspect to manifesting that often gets forgotten.

Manifesting is **NOT** passive. Rather, it is an **ACTIVE** process in which we are called to refine our behaviour and actions so as it is in alignment with what we desire and wish to manifest.

If we are manifesting change, then we must *first create change and do things differently*

"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

— John C. Maxwell

How does the 'you' that has manifested her vision act? How does she spend her day? What practices nourishes and support her body-mind?. What lights her up?.

What has she chosen to let go of which has supported her dream and vision?

Just like with your vision board, be as detailed as you can in your vision of this future you. *It is this version of you which will help inspire you to create the changes that are necessary to guide you on your path towards your dreams.*

"The more you live like you are already who you want to become, the faster it will turn into reality"

Cory Allen

Remember my love **YOU** have the power to create the changes necessary. Stay close to your **WHY** and implement not only a positive outlook but simple **CONSISTENT** refinements to your daily routine. **YOU** are capable You are ready. And you my love are more than worthy of the life you are ready to

MANIFEST



JOURNAL PROMPTS

~ You have a magic wand and you are able to create your dream life....do the things you long to do. Create the things you long to create... How does that look? Don't hold back! Be as creative, bold and truthful as you can. *(If you are not sure where to start.....Consider activities that light you up and have both heart and meaning for you ...)*

How does it feel to imagine and visualise this?

Notice words, emotions, colours that come up for you as you visualise yourself living this life. Also.....be aware of the little whispers in the back of your mind that maybe telling you that you can not ask for that... thats too much/too way out/ I couldn't do that....

These are your fears and self doubts creeping in and are the main reason we stumble when manifesting: Because we don't think we are worthy...

Spend some time noticing any fears and doubts that you may have around what you want to manifest. **REMEMBER**...shining a light onto your fears and doubts is **SELF DEVELOPMENT** in action and will serve as an empowering experience in your ability to let these things **GO**

And so again, I ask you to repeat the above exercise If there were NO voices/ NO shoulds/ NO fears and doubts.....what would you wish to M A N I F E S T

How does it look? How does it feel? What words, images, phrases, emotions, colours sensations do you notice?

Where do you feel it in your body?

Is there anything you do on a daily basis that maybe stifling your ability to move towards your vision?

Is there anything you do on a daily basis that fortifies you and helps nudge you towards your dreams and visions?

What acts of Self love do you commit to on a **REGULAR** basis?

ie, how do you show up for yourself?

Do you offer yourself the same kindness and compassion you offer friends and loved ones?

How does that look practically?

Do you speak kind empowering words to yourself?

What in your life nourishes and sustains you?

Do you regularly seek out inspiration and joy?

Do you seek out the people that inspire you? that believe in you?

Do you take yourself out on dates to places that nourish your soul?

Do you notice the details in your day that light you up and make you smile?

These prompts act as a filter and help shine a light on the people, places and activities that light up your soul and will help fine tune what it is you desire.....

REMEMBER....Inspiration is a high vibe emotion and like attracts like...



JOURNAL PROMPTS

In order to M A N I F E S T my dreams, visions and aspirations I am ready to RELINQUISH....

In order to M A N I F E S T my dreams, visions and aspirations I am ready to AMPLIFY...

*The best thing about your Life
is that it is constantly In a state of design.*

*This means you have,
At all times
the power to Re-design it.
Make moves, Allow shifts,
smile more Do more,
do less, say no
Say yes~
Just remember,
When it comes to your life,
You are not only the artist
But the Masterpiece as well.*

Cleo Wade

*“Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; for it becomes your destiny.”*

Upanishads

*“You are what your deepest desire is.
As is your desire, so is your intention.
As is your intention, so is your will.
As is your will, so is your deed.
As is your deed, so is your destiny.”*

Upanishads

