

MANIFESTING

THE SIX STEPS TO MANIFESTING YOUR DESIRES

The Law of Attraction is always working, just like any other natural law it is impossible to disengage it. (Imagine disengaging from gravity saying "it just doesn't work for me"!) We just need to know how to use it effectively to gain the results we want. I can guarantee that you are currently getting the results that your dominant, un-targeted thoughts are focusing on. So try these 6 steps and see what changes for you...

STEP 1

GET CLEAR

What do you want?
Who do you want to be?
How do you want things to be?
What's your ideal scenario?

STEP 2

WHY?

Get super clear on why you want this outcome. Ask yourself:
what will this give me?
How will it make me feel?
For what purpose do I want this?

STEP 3

IMAGINE

Step into the future you are wanting,
try it on and see what it's like.
See what you will see, hear what you will hear,
feel what you will be feeling when this comes to
pass. This is where you start to step into
vibrational alignment.

STEP 4

USE TOOLS

- Guided imagery – use a guided meditation to step into this future as often as possible. This will help bring you into vibrational alignment quickly.
- Create a Vision Board – this is a powerful visual tool that instantly speaks to your subconscious mind whenever you see it.
- Use Affirmations – create a powerful statement that is in alignment with what you want/who you want to be and repeat it daily. Even better – repeat whilst imagining your future or looking at your vision board.

STEP 5

TAKE ACTION!

This is where many of us can get stuck.
You MUST take action towards your goals or
they remain 'nice ideas', 'wishes', and
'someday' dreams.
Do something, RIGHT NOW!

STEP 6

BE GRATEFUL

It sounds simple, and it is.
Give thanks for all that is in your life and
all that is coming to you.
If we are paying attention to and saying
thank you for what we
have, for all the good, guaranteed more
will follow.
It is the natural law.

PAPER
Sage