

DAY 2

Manifestation  
**SCHOOL**

WORKBOOK

DAY ONE  
THE STRUCTURE

DAY TWO  
THE QUANTUM

DAY THREE  
THE 4 SECRETS FOR OLD SOULS

# Manifestation SCHOOL

## DAY TWO - THE QUANTUM

Welcome to Day 2 of Manifestation School!

Today we dive deep into the quantum!! Yesterday I spoke about pillar 3, quantum alignment and today we go much deeper into it.

When we learn how to manifest like this, we tap into unlimited potential and all of the answers and guidance that we need to leap out of our current circumstances.

In the quantum we can explore different versions of ourselves and quantum leap by focusing our energy in this way.

So instead of looking at "what do I do?" and "how do I achieve this?", we focus on WHO YOU ARE BEING instead of what you are DOING to initiate change. Instead of just actioning, you embody what it is that you want. This energy will always steer you in the right direction and allow the actual steps and actions to emerge naturally.

This is working from the END results instead of your limited NOW reality.

Get ready...

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## DAY TWO - THE QUANTUM

As I mentioned yesterday, there are many versions of yourself available...

the productive version  
the procrastinating version  
the in-faith version  
the over eating version  
the generous version  
the worrying version  
the judgemental version  
the all-loving version

...and 1000 others.

At any one time we are creating and stepping into a future version of ourselves that matches our current vibration.

For example - if you tend to procrastinate and continue doing it, you are creating a future-you who procrastinates and ends up staying stuck in the same loop.

if you love to meditate and you continue meditating, you step into and are creating the version of yourself who in 5 years is more calm, centered and in her power.

At any time you are literally STEPPING INTO the next version of yourself.

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## DIFFERENT VERSIONS

So what we do here is we imagine the version of ourselves that we want to be in, say, 5 years.

I close my eyes and I see her, I sense her, I get in touch with her energy, mentality, habits and lifestyle.

I start to give her a face, clothing, a back story. I walk with her during her day. I sense that this is what I am becoming. I feel it, I know it.

I start embodying it. Her. Where I am headed.

From this place, I allow myself to ask "what would she do here?"

"would she hire this coach?"

"would she take this trip?"

"would she start her own business?"

Then, I act on it. From inspiration, from a knowing.

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## WORKING FROM THE END

This is completely backwards from how most people manifest. Most people say:

"I want X"

"I am going to try to manifest X by doing Y and Z"

"I will pretend I already have X"

"I will repeat the mantras to manifest X"

That's all fine and you can totally manifest this way but what I have found is that first, it's a lot more work and NOWHERE NEAR AS FUN!

In quantum manifesting we work from the END result.

"I want X"

"The version of myself that has X is like..."

"She feels..."

"She does Y and Z to get and stay here"

"She thinks things like..."

"She believes..."

Our starting point is one of possibility, success, and already having manifested it. Whereas before you came from a place of "it's not here yet, I don't know what to do to get it"

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## LET THE LOA TO DO IT'S THING

When you work from the end result, you attract end-result. When you work from your current reality, you are attracting more of your current reality.

When you feel confused, overwhelmed and limited. - you are in your current circumstances.

When you feel optimistic, can see your desires coming to life in your mind, know that you will get there - you are working from your inevitable success.

Embody that version of yourself and let the law of attraction to naturally bring you more of who you are being.

THE UNIVERSE  
DOESN'T BRING  
YOU WHAT YOU  
WANT, IT  
BRINGS YOU  
WHO YOU ARE  
BEING.

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## QUESTIONS TO GO DEEP

Now that you are getting familiar with that version of yourself, I want to ask you...

What does she deeply desire?

What does she do to stay aligned with her desires?

What does she believe about her desires?

What does she do to make sure she is stepping into her goals?

What does she do when she gets triggered or thrown off?

What is her energy like when she enters a room?

What does she believe about her own success?

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## EXPERT TIPS

Doing this takes practice - practice BEING this version of yourself and taking action from this place.

Practice seeing this version, fine-tuning the details and seeing more and more of her life.

Get out of your head and into your body - BE her. Embody her. Feel as if you are her. Practice. Remind yourself constantly. BE the version of yourself who is living her dream life by using cues such as getting dressed in the morning, brushing your teeth, going for a walk or getting in your car. Use these as cues to EMBODY, to be her and to know that from this place you are manifesting EVERYTHING that is in line with this future reality.

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## EVEN DEEPER INTO TIMELINES

Now is where we get nutty! As you create this quantum version of yourself in your mind's eye - you get a feel for her/his vibe, mentality, style, belief etc - you can start to ASK them questions!

In your minds eye, find that version of yourself. Pretend that you are standing next to her/him and ask:

"What did you do when you were here to get unstuck?"

"What choice do I make?"

"What is my next step?"

"What advice do you have for me?"

Do this in meditation or whenever you have a quiet moment to consult this version of yourself.

Continuously consult her and ask any questions you need to.

If you keep close, listen to the advice, trust the process - you will be quantum leaping in no time.

I invite you to...

# The Awakening

Space  
VIP

membership community

Check out the info



you're doing  
so well!



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