

DAY 3

Manifestation
SCHOOL

WORKBOOK

DAY ONE
THE STRUCTURE

DAY TWO
THE QUANTUM

DAY THREE
THE 4 SECRETS FOR OLD SOULS

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DAY THREE - FOUR SECRETS FOR OLD SOULS

Welcome to Day 3!!!

Today we end this 3 day event with some secrets! These are some of the things that have made huge difference in the results that myself and my clients get!

Old souls are self-aware, deep-thinking "outcasts" that find it difficult to be relatable to those around them.

The old soul is here to expanded their self-awareness to a level where the drama and material pursuits of the world no longer interest them.

Old souls are being called to escape the grind, drama and the "I am right" power struggle that most of the world participates in.

Old souls crave freedom, expression, creativity and helping others.

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SECRET ONE - FOCUS ON THE SPACE

Deep down the old soul finds great comfort in the Now moment and in silence. You have the wisdom to know that this is the healthiest, happiest and most powerful place to be. When we create space for stillness and Source, huge shifts happen.

That being said, most old souls struggle to be in the moment or create meditation practices because we are more prone to anxiety, overwhelm, depression and being alone. We have felt like outcasts our whole lives and because of this programming, it can be hard to get back into our wisdom and truth.

Old souls need to keep "doing the work" and consistently tuning into the present moment to find peace and joy. Creating rituals, space and silence so that we can reflect and receive guidance.

We really need to focus on pulling our joy, love and bliss from the present moment and NOT from our current circumstances. Remember what you already know - you will be taken care of. You are not alone in this. Create stillness and get to know this truth.

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"DOING THE WORK"

How can I allow more space, quiet and sacred time into my life?

What does it feel like when I don't create quiet? When I am surrounded by noise, details and thoughts without a break or pause?

When I am in stillness, it feels...

I can allow Source/Spirit/God/Universe into my life more by...



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SECRET TWO - CONNECTION IS KEY

The paradox of the old soul! We feel alone and can push people away because we are "misunderstood" - yet connection is what fuels our soul with purpose.

Un-doing the experience of "being alone" can be a hard one that some never master and instead fall into addiction, depression and become despondent.

You are here to help others. Whether it is a job, business or your generous nature - you are here to help others and pass on that wisdom you have!

Do you find that you often know exactly what to say to someone who comes to you for help? Even if you can't always help yourself?

Things that will move you forward and have you manifest more (material and non material) things is CONNECTION. Most of your manifestations will come from your genuine connection with others. You'll gain friends, clients, people who want to help and support you all from creating connection.

It is easy to lone wolf but when you let others into your sometimes isolated world - the payoff is huge.

This being said, old souls typically do best with other old souls. They interact best with younger souls in a teacher or mentor roll and not usually in a romantic or friendship role, this there are always exceptions.

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"DOING THE WORK"

How can I connect more deeply to myself?

How can I connect more deeply with others around me?

When I am resisting connection, it looks like...

Who is one person that I want to allow "in" more by connecting with conversation, intimacy, vulnerability or another way?

Deep down does it feel true that I am craving more connection in my life?

Who is someone that I can support, who I feel connected to?

(a loving text, phone call, a share on facebook, donation, buy coffee for etc)



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SECRET THREE - YOUR SOUL CRAVES EXPERIENCE + TRANSFORMATION, NOT THINGS

Generally, you'll have a harder life than others you know .

Especially in your early years, either internally or externally, you've struggled a lot. This is because your soul came here to experience big, heal big, manifest big, help others big.

You are here for the big things like self love, forgiveness and self acceptance. Not only that, you are here to learn these and teach others!

If you're focusing too much on manifesting physical things - there will be a lot a resistance. However, if you "do the work" and show up for yourself, connecting to Source and continuing to heal - the things you want will effortlessly flow in.

Manifestation will feel blocked if you are focusing on "the wrong things". Instead of money, success, status or making other people change - focus on inner healing, self-parenting and sending unconditional love to yourself and others.

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"DOING THE WORK"

What am I resisting healing?

What am I currently transforming in my life?

Where am I focusing a lot of attention on a specific material thing? (precisely \$5000, certain car, specific job etc)

Who do I need to become to manifest that thing above?

What needs to be transformed to manifest my next level?



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SECRET FOUR - YOU NEED TO BE DOING WHAT YOU LOVE

Nothing kills the spirit of an old soul like doing things you you don't enjoy.

Any time you've "had" to do things you don't like such as a job, activity, social gathering or other things - it's a suffocating "no feeling" like no other. Sometimes feeling like they can't handle life, most old souls don't realize that they really aren't meant to do things that they don't enjoy. An empowered life for the old soul is about pleasure - enjoying life.

When you aren't doing this, it feels like an uncomfortable niggles that won't go away and you never feel "right" or "fully settled".

Doing what you love will attract your desires like a moth to a flame. You become magnetic when you are in purpose, in joy, in love. Enjoying the moment without attachment. Relaxing, experiencing pleasure and stillness.

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"DOING THE WORK"

What is the thing that I do that genuinely feel weird or out of alignment about?

What do I experience regularly that "cringes my soul"? (is it a person, a job, a certain tv show, specific food etc)

What do I love to do?

What did I love to do when I was a kid?

What do I know I need to spend more time doing?





THANK YOU.

SCHOOL IS OUT.

I invite you to...

The Awakening

Space
VIP

membership community

Yes, I'm a seeker awakening 

it's only up
from here!

