

Manifestation
SCHOOL

WORKBOOK

DAY ONE
THE STRUCTURE

DAY TWO
THE QUANTUM

DAY THREE
THE 4 SECRETS FOR OLD SOULS

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DAY ONE - THE STRUCTURE

Welcome to Day 1 of Manifestation School! Today we are covering the "nuts and bolts" of the law of attraction and manifestation. I will take you through the pillars and the process of exactly how to manifest what you want. This is all about the physical process of manifestation.

To bring something from a desire/thought into reality is an intentional process. The process of creation.

6 PILLARS

UNDERSTAND THE LAW OF ATTRACTION

LAUNCH DESIRE

QUANTUM ALIGNMENT

BELIEF SYSTEM / CLEARING BLOCKS

INSPIRED ACTION

RECEIVE

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6 PILLARS

UNDERSTAND THE LAW OF ATTRACTION

In the simplest terms - "like attracts like" sums up the law of attraction. What you put out attracts more of the same.

The thoughts, energy, effort and emotions you put out there come back to you - and with momentum if we put it out for long enough.

There comes a time when you need to face this truth and get really honest with yourself...

what am I putting out?

in the areas of life where I struggle, what energy and thoughts am I putting out?

how often am I focusing simply on feeling good?

what are my assumptions about life and my area of struggle?

The Universe is not bias and doesn't judge you - it simply mirrors back what you are.

For years I tried to avoid this truth by simply trying harder. Trying harder to be successful, make money, lose weight, be confident, write a book etc. This only resulted in more control, force and panic. When I learned instead to OMIT and put out the energy of a successful, abundant, healthy, confident person who is already writing a book - things almost instantly change.

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QUESTIONS

UNDERSTAND THE LAW OF ATTRACTION

what am I putting out?

in the areas of life where I struggle, what energy and thoughts am I putting out?

how often am I focusing simply on feeling good?

what are my assumptions about life and my area of struggle?

how can I put out more positive, hopeful vibes?

what can I do more often that makes me feel really good?

What do I need to do to get more optimistic and consistent with my vibe?

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LAUNCHING DESIRES

What you put out comes back to you, right? This means that "what you put out" is cast into the Universe as a desire. Essentially you are praying for more of it by sending it out.

Whether you are putting out lack, stress, peace or abundance - whatever you spend time thinking about becomes a prayer.

This doesn't mean that you can't feel frustrated, sad or mad sometimes. This means that whatever your dominant vibration is, you will bring more of it your way.

Your dominant vibration becomes your "order" to the Universe.

You can ask for a new car or \$5000 but if you are omitting thoughts, beliefs and stories of lack and scarcity, you will always be right.

Launch desires from a place of feeling. Focus on how you want to feel rather than the fixed thing.

For example - I want \$5000. Instead of saying "Universe, bring me 5 grand" I ask like this "Universe, I want to feel abundant, secure and free. Please help guide me there so that I can step into all the abundance that I need.

Thank you"

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QUESTIONS

LAUNCHING DESIRES

If all my thoughts are desires, what desires am I putting out around money, health, success etc?

where are my desires and energy radically out of alignment?

what do I actually want for myself?

how do I want to feel?

how can I feel that more to start "asking" or the things I want instead of what I don't want ?

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6 PILLARS

QUANTUM ALIGNMENT

One fast-track to manifestation is to play in the quantum. In other words, play with the different realities available to you.

There are many versions of you that you can think of in your mind's eye. The super productive version of yourself, the slacker version, the healthiest version, the depressed version, the vacation version, the irritated version.

Also in the future there is the version who rocks manifestation and is living in the dream home, happy, free, successful, with a full heart. And there is the version of yourself who continues to struggle with self sabotage and feeling insecure and spends the next 10 years not stepping into her purpose and dreams.

There are infinite available versions - in the quantum you get to pick the one you desire most. The best possible version with the highest outcome.

Create this version of yourself and start asking..
"what does she/he/they do to be successful?"
how do they talk to themselves?
what did they do when they were in my position?
what food does she eat?
how is she supported?
what is her self care like?

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QUESTIONS

QUANTUM ALIGNMENT

"what does she/he/they do to be successful?"

how do they talk to themselves?

what did they do when they were in my position?

what food does she eat?

how is she supported?

what is her self care like?

who do I need to BE to live the life I know I am meant for?

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6 PILLARS

BELIEF SYSTEM / CLEARING BLOCKS

After you start stepping into that version of yourself -
shit comes up!

This is where we need to do some fine tuning and look at where you are blocked or continue to fall back into the same patterns. Deep within that pattern is a belief or a "wrong thought". Every single time, it's a belief and recurring thought causing a block.

This is awesome news because it's not the system that's broken - it's your thoughts! I say this with humour because it's the same for me. It's just a broken thought, not a broken Universe!

This is where we need to have repetitive input of positive spiritual development through rituals, books, mentors, meditation, podcasts, self discovery, silence etc.

This is the most important part and where 90% of people fall off!

Beliefs take time to soften. It takes repetitive programming or energetic work to shift. Continue to seek, get help and trying new things -in other words, stay on the path!

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QUESTIONS

BELIEFS / BLOCKS

where do I keep getting stuck over and over?

Where do I believe "I always..." or "I never..." or "I am..." to do with this situation?

Is it actually true that I am _____?

Would my spirit team say it's true?

How can I embody the energy of the opposite?

IT'S JUST A
BROKEN
THOUGHT,
NOT A
BROKEN
UNIVERSE!

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6 PILLARS

INSPIRED ACTION

Inspired Action is when you take action from an inspired place. An intuitive place.

Instead of control, worry, should or desperation - this type of action occurs when we are feeling good, in alignment and committed to our healing and to feeling good.

When we connect our desire with the energy of Source (joy, love, bliss) - we spontaneously become a match for what it is that we want. We get an idea, name, nudge or are in the "right place at the right time". This is when inspiration meets action. You get the nudge through intuition and feel compelled to act.

You must aim to ONLY act from this place. The sooner you get comfortable with chilling and being open to inspiration instead of desperate action, the faster what you want will roll into your life.

Source is guiding you and when you sit back, allow SPACE through meditation, ritual, gratitude, stillness - you will hear the guidance. This will come as a spark or you will see a program or book and it will "buzz" you inside as if saying "go this way". This is where the magic happens.

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QUESTIONS

INSPIRED ACTION

When am I acting out of desperation?

What does inspiration feel like to me?

How does it usually pan out when I listen to my inspiration?

What do I intuitively know is my next step?

What has my soul been calling me to do?

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RECEIVE

The fun part! Sit back and enjoy.
Receiving really is about the energy of openness.

Allowing things to come into your life instead of
micro-managing everything.

This may sound surprising but most of our "problems"
come from not being able to receive. Your guides,
angels, loved ones and the Universe as a whole are
trying to plop what you want into your experience in
the most unexpected and unpredicted ways. Open up
and receive it.

You can get a sense of your receiving energy by
looking at how you receive other things like help,
compliments and support.

My best advice is to be open - be open to how your
manifestations will come to you. Be attached to no
one way and really GET that the Universe is unlimited
and always filled with surprises that we simply can't
see.

I invite you to...

The Awakening

Space

membership community

Check out the info



you're doing
so well!



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