



**MANIFEST**

*While You Sleep*

**WORKBOOK**



# MANIFEST

## *While You Sleep*

**Welcome to this powerful workshop!**

You are about to learn a cool new way to become a magnet for miracles while you sleep.

I know that you are ready for the next level in your awakening - manifestation mastery! You have been called to rise seeker and this is going to be a powerful way to do just that!

I am guessing that over the last few years you have been going through massive changes, growth and transformation. I'm sure that it hasn't been fun or pretty the whole time but you are now moving into a really cool spot. You've shed a lot of what has not been working, you've done some good inner work and now it's time to **STEP INTO YOUR POWER!**

Manifest While You Sleep is more than a one-time method. It is going to open you up to a new world of belief, power and manifestations.

Lets get started!

# MANIFEST *While You Sleep*

## BELIEF

In order to learn the skill of manifesting while you sleep you must understand some basic understandings first.

### **You Create Your Reality**

You are spiritual being having a human experience and part of this unique human experience is our brain. We are part of an abundant, overflowing, expanding Universe where anything is possible and you are able to manifest (create) anything you could possibly desire. The part that we have to master as humans is our brain because our brains are what allow or block the things that we want. We can only create what we believe is possible.

### **Your Brain Is The Thermostat**

Sometimes it's hard to totally get that you can manifest an UNLIMITED amount of things. Any dream, goal, desire or wish can be yours. The tricky part here is that you have to believe that its possible in order to receive it. You receive what you believe.

This means you need to believe that you are worth it, that the law of attraction is real + that it's coming to you. Your brain decides the level in which you will manifest because your brain creates your beliefs.

Start to ask yourself - do I believe in unlimited abundance? do I believe that endless possibilities truly are available to me?

The goal isn't that you have to believe these things yet - the goal is to see where your limits or "thermostat" is set to.

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# PRE-WORK BELIEF

WRITE IN A JOURNAL ABOUT THE FOLLOWING...

Do I believe in unlimited abundance?

Do I believe that endless possibilities truly  
are available to me?

Do I believe that I have a team of angels,  
guides and spirits helping me at all times?

Do I truly believe that deliberate  
manifestation is possible?



MANIFEST WHILE YOU  
SLEEP IS THE PERFECT  
WAY TO DEEPEN YOUR  
UNIQUE RELATIONSHIP  
WITH THE UNIVERSE  
BECAUSE IT'S NOT JUST  
ABOUT MANIFESTING.  
ITS ABOUT CONNECTING  
YOURSELF TO SOURCE  
AND TAPPING INTO THE  
*magic*

# MANIFEST *While You Sleep*

## POSSIBILITY + DESIRES

Now that we are starting to understand that truly, anything is possible. Let's look at the things that you deeply desire.

Make a desires list + start picturing your dream life. How do you want to feel, what do you want to do?

Funnel the list down into 3 things you want to manifest FIRST. Whether it's healing a relationship, \$2000 and 3 new clients, a trip to Bali or writing a book - what is the first thing you want to focus on? What lights you up the most?

After you do that start asking yourself what the next exciting step could be. Intuitively feel into and allow your mind to come up with ideas. Ideas may start coming immediately or they may come over a few days but be ready!

Just by acknowledging that you are ready to be open to taking a step is HUGE. You dont even have to be fully READY or know what you are going to do - being OPEN to being ready is enough!!

Good news, hey?

Get inspired to know that what you seek is also seeking you and now you are just connecting the dots! Write down all the ideas you get that could be potential first steps.

Examples on the next page...

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# PRE-WORK POSSIBILITY

WRITE IN A JOURNAL ABOUT THE FOLLOWING...

What do I desire?

What do I want to experience?

How do I want to feel?

What are the first 3 things I want to focus  
on?

What naturally feels like my first exciting  
step to move toward it?



# PRE-WORK FIRST STEPS

## EXAMPLES FOR FIRST STEPS

- Getting clarity
- Hiring a coach
- Buying a website domain
- Joining a support group
- More self care
- Creating an inspiring workspace
- Taking that program you've been wanting to take
  - Meditating on it
  - Journalling about it
  - Practicing alignment
  - Releasing Limiting Beliefs
  - Brainstorming business names
  - Asking questions to someone who has done it
    - Applying for the job
    - Reading a book
  - Learning more about how to do it
  - Letting go of the outcome
  - Being more high vibe each day
  - Writing 10min per day
  - Getting out there



# MANIFEST *While You Sleep*

## MANIFEST WHILE YOU SLEEP

Now that you have some things that you desire and some ideas and willingness to take the first step - enter Manifest While You Sleep!

### **STEP 1 - Remain In Belief**

Remain in belief that anything is possible and that you create the rules in this experience. What you believe, you WILL receive. You now believe that you can intentionally manifest while you sleep. Remind yourself of this often, before you go to bed and also during your day. "I can manifest while I sleep. I am a powerful creator" or something like that.

### **STEP 2 - Ask**

Before you go to bed ask the Universe, your guides, angels and loved ones who have passed for help and support. You can ask specific beings like loved ones or spirit guides OR you can ask for general help from the Universe. Examples of prayers on the next page.

**ASK AND IT IS GIVEN**

*believe & it's received*



# MANIFEST *While You Sleep*

## MANIFEST WHILE YOU SLEEP

### PRAYERS

"Thank you Universe for helping me to see my next step toward \_\_\_\_\_ . I want you to give me this information while I sleep tonight so I can wake up relieved, inspired and clear."

"Thank you guides and angels for helping the Jeep move toward me while I sleep. I love knowing that while I lay here, my Jeep is making its way to me - thanks for the help!"

"Thank you for helping me to release any resistance I have around manifesting \$2000 this month. I am willing to see and am ready to release it"

"Universe, please help the right clients find me while I sleep. I trust that as I rest you are moving the pieces to align me with the right clients and everything that I need to attract them. Thank you!"

"Thank you Universe for moving me closer to my purpose overnight. I am open to ideas, wisdom and clarity while I sleep - I cant wait to step into it, thank you!"

# MANIFEST WHILE YOU SLEEP

## **STEP 3 - Be The Witness**

Step 3 is an ongoing process of tuning into your subtle-body. Paying attention to how you feel in the morning when you wake up + in the following days. Pay attention to your subtle energy, ideas and emotions that you feel.

Are they the answer to your asking?

Believe and know that over night information is planted, inspiration is flowing and everything is aligning for you.

Many clients have kept a prayer/inspiration journal near their bed to record what they were asking for and the results they experienced - it's very powerful!

## **STEP 4 - Follow The Nudges**

When you wake up, pay attention to your ideas + thoughts. Be totally open for intuitive guidance because it will be there for you.



# MANIFEST WHILE YOU SLEEP

Make sure to be aware of any inspired action that comes to you.

Inspired action is something that hits you - a nudge, a whisper, a notion, a brilliant idea - anything that feels exciting and *right*. Inspired action is the catalyst for manifestation and change. You need to tune into your intuition and get good at practicing taking inspired action.

The thing about inspired action is that it will hit you out of nowhere, it will feel big or possibly scary. An idea may feel very right but also BIG and out of reach.

**In simplicity, inspired action will feel like an exciting step toward your goal.**

**MANIFEST** *While You Sleep*

**REMAIN IN BELIEF**

**ASK**

**BE THE WITNESS**

**FOLLOW THE NUDGES**



# ACTION STEPS

- ★ Complete this workbook + allow yourself to explore what comes up.
- ★ Get supported in the shift to enhance your belief - elevating friends/family, the Awakening Academy, personal coaching, books, podcasts etc.
- ★ Each night pray for the desire that is on your heart. Pray for relief, clarity, strength or serenity - ask for what you need and for answers to come while you sleep
- ★ Notice when you wake up how you feel, the ideas you have, the support you feel and any inspiration that arises!



**FOR NEXT LEVEL SEEKERS...**



**LET'S WORK TOGETHER**

