

UNLIMITED MIND online course

POWER OF MANIFESTING

1. Start focusing on what you want – what is the ideal outcome?

How does your ideal life look? This is a great journaling exercise. Get specific here – how would your health look like, how would your husband/wife treat you, what might they say or do for you? How would your ideal work day/week look like? How much time would you have for yourself? How easy would it be?

2. Then think about how you would feel

How would you feel if you had each of the things you desire in your ideal life. Get specific on those emotions.

3. Then choose to create the feeling of those emotions

Put your attention on your heart and feel the emotions as if your experience/goal has already happened. Your brain and body do not know the difference between what is real and what you create by thought alone. You can even create a vision board with pictures of all your dreams and you look at it as you feel those emotions. Switch between the emotions during this time, feel them all together. Allow you energy to rise.

4. Then surrender your need for your life to change

Let the visualizations slip away, surrender them to Universe/Source/Intelligence, release any expectations and be at peace.

DO THIS EVERY DAY, AT LEAST ONCE A DAY!