



THE ART OF MANIFESTATION

step-by-step

1. Sit somewhere quietly.
2. Drop into your heart, + invoke, invite your Divine Presence, higher Self, connection to the mojo of the Universe.
3. IN your heart: visualize, in color + in 3D (like a movie, playing in your heart) exactly what you want to intend.
4. While this “movie” is playing in your heart, FEEL it.
Be there.
It's done already.

What is happening around you? See yourself. How do you feel? Get excited about it! It's already happening, sunshine!? How *psyched* are you??

5. Wrap up with gratitude. *F*** yeah, so pumped this is happening! Thank you Divine Source; you're the freaking bomb!*

6. TRUST. Let the intention go to the universe. You don't have to keep looking over your shoulder; if you're aligned + taking action, it's happening.

7. Go out into the world + do the external work for whatever you need to do on your end to make it happen.

I'm so happy for you!! It's totally happening! (Woot woot.)

