

## MANIFESTATION TIPS

1. Feel your feelings -- respect and honor all of them. BE WITH THEM. Love yourself as you are right now
2. Notice movement in the field --however subtle.
3. Gather information --i.e. look at couples, not focusing on your lack, but rather on clarifying what/ who you want in a relationship.
4. Drop into your thought stream Positive Thoughts of how you want your life to go -- particularly when you notice yourself coming up with negative thoughts --consciously drop in two positive thoughts for one negative one.
5. Take Responsibility for your life -- "I create, I cause" -- not as a burden or blame but with wonder, curiosity, love and acceptance. What is the learning for me in this situation?
6. Essence is more important to focus on than form and beneath every desired form quality there is an essence quality. Keep asking yourself what is the essence I am desiring at the core of this form?
7. Consciously choose to let go of your EXPECTATIONS --if it's not happening the way I want it to it's wrong (contraction) for EXPECTANCY -- a field of possibilities ( expansion). What are the gifts for me in this situation? Release your ATTACHMENT to the outcome; enjoy the PROCESS and the unexpected gifts coming your way.
8. Complete any incompletions in your life --i.e. phone calls, letters, conversations, gratitudes-- as a way to free up your energy for manifestation.
9. Make a clear request of the universe and then let go into faith and trust. When we worry we create resistance to our well-being, when we let go and trust that all will be well, things turn out fine.
10. Lead with gratitude and appreciation. Start each day with 5 gratitudes and end in the evening with 5 appreciations of what the day has brought you and 5 appreciations of how you showed up that day or how you nurtured and loved yourself.
11. ***Keep practicing the Master Commitment -- "I commit to feeling my feelings and embracing myself with compassion (let go of judgments, resistance, making yourself wrong in any way. Understand that given your childhood wounding IT MAKES TOTAL SENSE THAT YOU WOULD BE EXPERIENCING THOSE CHALLENGING FEELINGS). I recognize these feelings as my internal guidance system inviting me to course correct. When I have honored my feelings; when I have taken the time to fully be with them, I commit to use my mind to find ways to feel good, NO MATTER WHAT IS HAPPENING EXTERNALLY."***

**KEY WORDS: WONDER, CURIOSITY, LOVE, APPRECIATION, FAITH, EXPECTANCY, POSSIBILITY, TRUST.**