

SOUL-FULL MANIFESTING BLUEPRINT

NERVOUS SYSTEM RESET

Learning how to use our breath and other adrenaline release techniques to calm our nervous system becomes key to being able to look at and successfully shift our thoughts, behaviors and belief systems which is key to any successful manifesting process. This way we become conscious manifestors and become in control of our experiences instead of feeling as if we are on a manifesting roller coaster.

BELIEFS, THOUGHTS, EMOTIONS & BEHAVIOR PATTERNS

Once we have some space from our hyper-aroused responses and emotions, it becomes easier to start paying attention, noticing and being able to sit with and shift all of our patterns. We move from a place of reacting to a place of re-patterning our old ways of doing, thinking and living.

REACHING INTO THE ETHERS (IMAGINATION) & FEELING IT

If you can imagine it, if you can vision it, you can create it and if you can feel it, you can start believing it. Creation starts in the ethers or in imaginary land. It becomes important to spend time there to create our vision and our goals.

STEPPING INTO OUR NEW REALITY

Once we have a strong foundation, and our belief system is in tact, we can then step into our new reality, knowing and trusting that the Universe has our back because we have built up that belief. By the time we get to this step, we trust and have faith that what we have asked for is en route for delivery, or according to Universal Law something equal or better.

CONTINUALLY GOING DEEPER

We continually want to go deeper and reset our nervous system to be calmer and calmer so that we become in control of our thoughts and our beliefs. It is through this that we continually manifest without even have to try, because we are living our purpose. There is no separation between manifesting and what we are living and the process starts becoming easier and even more magical. This is where we also start building our knowledge on the laws of the universe that act as our guide and fill our toolbox.

MANIFEST HEALTH, PROSPERITY AND FULFILLMENT