

Ancient MANIFESTATION *Secrets*

CHECKLIST

- Meditation Prep Process (Ch. 9)
- Craft Your Daily Happiness Practice (Ch. 10)
- Gratitude Touchstones (Ch. 10)
- Optimize Your High-Vibe Lifestyle (Ch. 11)
- Transmute Negative Emotions with IEMT (Ch. 12)
- Neutralize Negative Emotions (Ch. 13)
- Polarize Yourself to the Universe (Ch. 14)
- Find Your Purpose and Receive Aligned Desire (Ch. 15)
- The Five Whys (Ch. 16)
- Release Limiting Beliefs with IEMT (Ch. 17)
- Identify the Energetic Imprints of Your Limiting Beliefs (Ch. 18)
- Actualize the Change Journal Prompts (Ch. 19)
- Create New, Supportive Beliefs (Ch. 20)
- Plant Your Desires In Your Energy Field (Ch. 21)
- Raise the Vibration of Your Desires (Ch. 22)
- Connect Your Desires with Helpful People (Ch. 23)

- **Connect Your Desires to Elemental and Spiritual Being (Ch. 24)**
- **Cleanse and Shield Your Desires (Ch. 25)**
- **Receive Inspired Guidance Using Automatic Writing (Ch. 28)**
- **Plan Your Life for Balance (Ch. 30)**

NOTES

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10-DAY MANIFESTATION CHALLENGE

- Day 1: Choose Your Desire
- Day 2: Identify Your Fears and Limiting Beliefs
- Day 3: Release Your Core Limiting Beliefs Cognitively
- Day 4: Release Your Core Limiting Beliefs Energetically
- Day 5: Create New, Supportive Beliefs
- Day 6: Plant Your Desire in Your Energy Field
- Day 7: Raise the Frequency of Your Desire
- Day 8: Invite Helpful People to Support You
- Day 9: Invite Spirit Guides to Support You
- Day 10: Create a Balanced Action Plan
- Manifestation Challenge Review

NOTES

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THE 7 LAWS OF THE UNIVERSE

- 1 THE LAW OF MENTALISM**
"The All is Mind; the Universe is Mental."
- 2 THE LAW OF CORRESPONDENCE**
"As above, so below; as below, so above."
- 3 THE LAW OF VIBRATION**
"Nothing rests; everything moves; everything vibrates."
- 4 THE LAW OF POLARITY**
"Everything is Dual; everything has poles; everything has its pair of opposites."
- 5 THE LAW OF RHYTHM**
"Everything flows, out and in; everything has its tides; all things rise and fall."
- 6 THE LAW OF CAUSE & EFFECT**
"Every Cause has its Effect; every Effect has its Cause."
- 7 THE LAW OF GENDER**
"Gender is in everything; everything has its Masculine and Feminine Principles."

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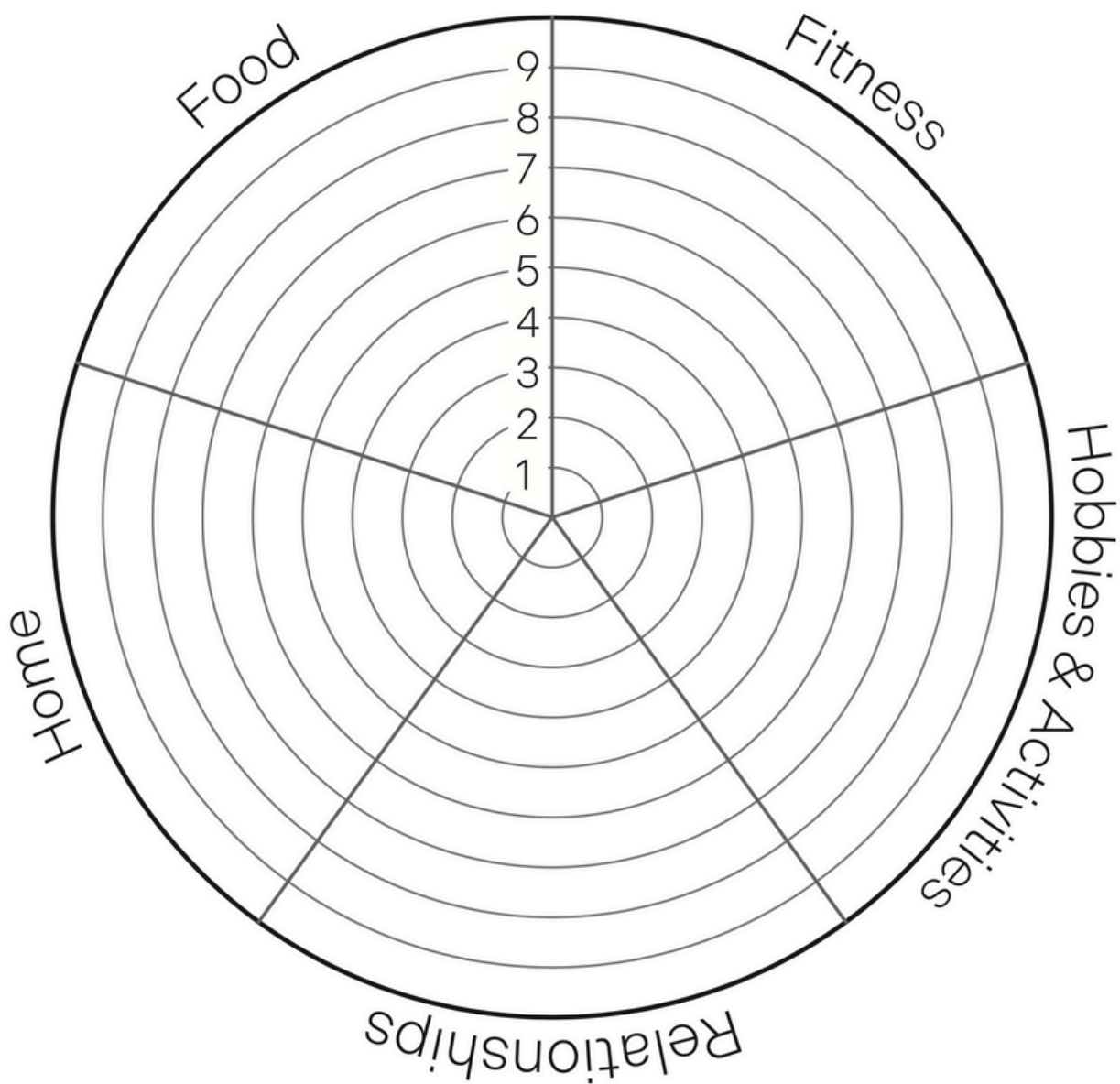
THE EMOTIONAL GUIDANCE SCALE

The emotional guidance scale developed by the non-physical group of consciousness known as Abraham, channelled by Esther Hicks:

1. Joy/Appreciation/Empowerment/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelm (feeling overwhelmed)
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Desperation/Despair/Powerlessness

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HIGH-VIBE LIFESTYLE WHEEL



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CHAKRA DIAGRAM

Print this out and use it to note where the energies of your desires are planted, the cords connected to them, and the various emotions, beliefs, people, entities, and organizations they're tied to.

