

KEYS TO MANIFESTING

1. YOUR THOUGHTS

Getting clear with your intentions.

Identify and release what you don't want and visualize what do you want.

2. YOUR EMOTIONS

Feeling as if it has already happened.

Vibrate at a frequency that equals the state you wish to manifest.

3. YOUR GRATEFUL HEART

Being in a state of gratitude for what already is.

Pretend it has already happened and fill your heart with gratitude for the manifestation (even if you have to fake it 'til you make it).

4. YOUR SURRENDER

Releasing in faith.

Let go of any preconceptions and expect the unexpected.

