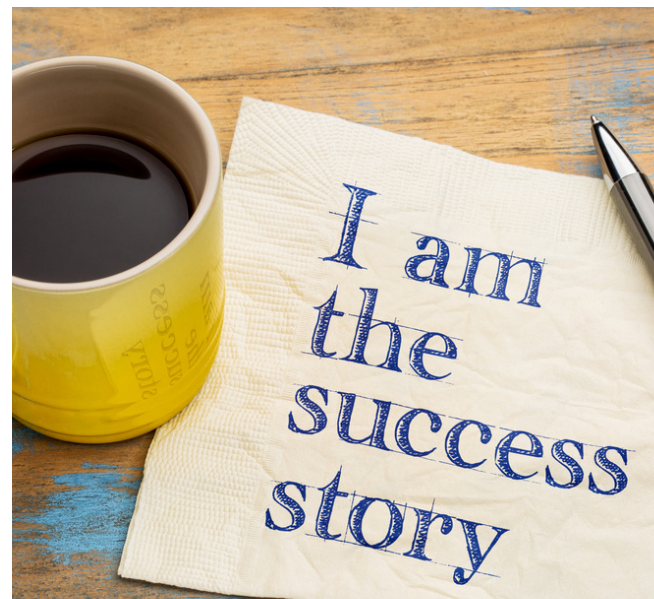




# MANIFESTING 101

THE EASY AND MAGICAL WAY  
TO MAKE YOUR  
DREAMS COME TRUE



# What is Manifesting

**M**anifesting is consciously co-creating with the Universe. Creating what you want, on purpose, with the least effort.

Manifesting is simple.

Decide what you want, then get out of the way.

Because it's simple, doesn't mean it's easy. We spend a lot of time in our head creating stress and resistance to the very things we want.

This is why my manifesting techniques focus predominantly on finding stress points and then clearing them away.

This is the secret sauce to not only having what you want, but also feeling invigorated on the journey there.

You are already manifesting unconsciously, with a few pivots you are on your way to the magical life you've been dreaming of.

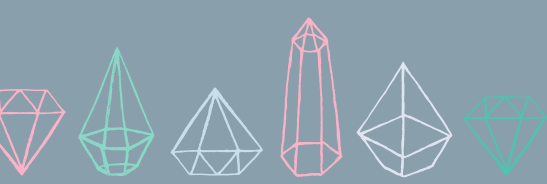
"The Law of Attraction says that that which is like unto itself, is drawn. In other words, that which you think, in any moment, attracts unto itself other thoughts that are like it."

Abraham-Hicks



# How to Phrase Your Manifestation

- **MAKE IT POSITIVE.** The universe only hears in positives. If you say “I don’t want to be alone.” The universe hears... “I want to be alone.” When we complain about ourselves or have negative self-talk, we are reinforcing the exact thing we don’t want. Instead of saying what you don’t want, focus on what you do want. “I’m scared of getting fired” becomes, “I am promoted.”
- **PRESENT TENSE.** When you say, “I want more money” what you are creating is continuing to want more money. No matter how much money you have it will not feel like enough because you are creating “wanting more money.” Pivot to, “I have money.”
- **BE CLEAR.** A note about “more.” Let’s take the money example. When you say, “I have more money”- what is more money? The universe could send you a penny on the ground, now you have more money. Be clear.
- **SPECIFICITY.** Traditional manifesting theories suggest that you need to be SUPER specific about what you want. This is sometimes true. Sometimes not. Some people need to be more specific and some need to be more general. You can play with this to see what works better for you.
- **STARTER WORDS.** Choose: I am... I have... I get to... thank you for... I love it when...



# WRITE IT DOWN

self

love

health

finances

home

family

career

spirituality

fun



AFRAID  
 AGGRAVATED  
 AGITATION  
 ALOOF  
 ANGRY  
 ANIMOSITY  
 ANNOYANCE  
 ANXIOUS  
 APATHETIC  
 APPALLED  
 APPREHENSIVE  
 ASHAMED  
 AWFUL  
 BAD  
 BEWILDERED  
 BITTER  
 BLAH  
 BORED  
 CLOUDY  
 COLD  
 CONCERNED  
 CONFUSED  
 DEFEATED  
 DEFENSIVE  
 DEMEANED  
 DEPRESSED  
 DESPAIR  
 DESPONDENT  
 DESPERATE  
 DETACHED  
 DISAPPOINTED  
 DISCONNECTED  
 DISCOURAGED  
 DISGUSTED  
 DISHEARTENED  
 DISINTERESTED  
 DISMAYED  
 DISPLEASED  
 DISTRESSED  
 DISTURBED  
 DOOMED  
 DREAD  
 DULL  
 EDGY  
 EMBARRASSED  
 ENRAGED  
 ENVIOUS  
 EXASPERATED  
 EXHAUSTED  
 FATIGUED  
 FEARFUL  
 FRIGHTENED  
 FRUSTRATED  
 FURIOUS  
 GLOOMY  
 GRIEF  
 GUILTY  
 HATE  
 HEAVY  
 HOPELESS  
 HORRIFIED  
 HORRIBLE  
 HURT  
 IMPATIENT  
 INCENSED  
 INDIFFERENT  
 INFURIATED  
 INQUISITIVE  
 INSECURE  
 INTENSE  
 INVALIDATED  
 IRATE  
 IRKED  
 IRRATIONAL  
 IRRITATED  
 JEALOUS  
 LAZY  
 LETHARGIC  
 LISTLESS  
 LONELY  
 MAD  
 MEAN  
 MELANCHOLY  
 MISERABLE  
 MOPEY  
 MOROSE  
 NERVOUS  
 NUMB  
 OVERWHELMED  
 PAINED  
 PANICKY  
 PASSIVE  
 PATRONIZED  
 PERPLEXED  
 PITIED  
 REGRETFUL  
 RELUCTANT  
 REMORSEFUL  
 REPELLED  
 REPRESSED  
 RESENTFUL  
 RESTLESS  
 RIGID  
 SAD  
 SCARED  
 SHOCKED  
 SKEPTICAL  
 SLEEPY  
 SORROWFUL  
 SPENT  
 STARTLED  
 STIFLED  
 STUBBORN  
 STUCK  
 SURPRISED  
 SUSPICIOUS  
 TERRIFIED  
 TIMID  
 TIRED  
 TROUBLED  
 UNCOMFORTABLE  
 UNEASY  
 UNHAPPY  
 UNHEARD  
 UNHINGED  
 UNSTEADY  
 UPSET  
 UPTIGHT  
 VENGEFUL  
 WEARY  
 WISHY-WASHY  
 WORRIED

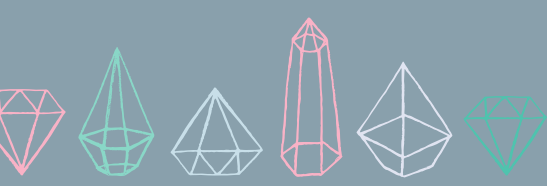
ACCOMPLISHED  
ADVENTUROUS  
AFFECTIONATE  
ALERT  
ALIVE  
AMOROUS  
APPRECIATIVE  
AMAZED  
AMUSED  
AROUSED  
ASTONISHED  
AWAKE  
AWED  
BLISSFUL  
CALM  
CAPABLE  
CENTERED  
CHEERFUL  
CLEAR  
COMFORTABLE  
CONFIDENT  
CONTENT  
CURIOS  
DAZZLED  
DELIGHTED  
DETERMINED  
EAGER  
EASY-GOING  
ECSTATIC  
ELATED  
ENCHANTED  
ENCOURAGED

ENERGETIC  
ENGROSSED  
ENLIVENED  
ENTHRALLED  
ENTHUSIASTIC  
EXCITED  
EXHILARATED  
EXPANSIVE  
FASCINATED  
FOCUSED  
FONDNESS  
FREE  
FULFILLED  
GIDDY  
GLAD  
GLEEFUL  
GLORIOUS  
GRATEFUL  
GROUNDED  
HAPPY  
HOPEFUL  
HUMBLED  
INSPIRED  
INTRIGUED  
INVIGORATED  
IRRESISTIBLE  
JOYOUS  
JUBILANT  
KIND  
LIBERATED  
LOVING  
MOTIVATED  
MOVED  
OPEN  
OPTIMISTIC

PASSIONATE  
PEACEFUL  
PERKY  
PLEASED  
PRODUCTIVE  
PROUD  
QUIET  
RADIANT  
RAPTUROUS  
REJUVENATED  
RELAXED  
RELIEVED  
REFRESHED  
REPLENISHED  
RESTED  
RESTORED  
SAFE  
SATISFIED  
SECURE  
SERENE  
SPACIOUS  
SPELLBOUND  
STABLE  
STARTLED  
STIMULATED  
STUNNED  
SURPRISED  
TENDER  
THANKFUL  
THRILLED  
TRANQUIL  
TOUCHED  
TRUSTING  
UPLIFTED  
WARM

# EMOTIONS

aligned



# HOW WOULD IT MAKE YOU FEEL

self

love

health

finances

home

family

career

spirituality

fun



# LIMITING BELIEFS

WHAT ARE YOUR THOUGHTS ABOUT WHY YOU CAN'T HAVE THIS?

WHAT'S HARD ABOUT HAVING IT?

WHAT WOULD NEGATIVE PEOPLE SAY?

WHAT ARE THINGS YOU'VE HEARD THAT GO AGAINST HAVING THIS?



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# 15 WAYS TO CLEAR LIMITING BELIEFS

1. TAPPING
2. CRYSTALS
3. MEDITATION
4. AWARENESS
5. JOURNALING
6. THOUGHT WORK
7. THINK NEW THOUGHTS
8. HEALING MODALITIES
9. QUESTION BELIEFS
10. FIND EXAMPLES OF THE  
OPPOSITE
11. COACHING
12. VISUALIZATION
13. CUTTING CORDS
14. COACH AND CLEAR
15. CHOOSE A NEW BELIEF

"One who is connected to the Energy Stream is more powerful than a million who are not.

And two who are harmoniously focused and connected to the Energy Stream brings about a co-creative endeavor that cannot be matched by anything else in all of the Universe."

Abraham - Hicks

# T

he most powerful tool you have is your mind. Observe it and cherish it. Make caring for your mind your number one priority because it is your superpower.

Remember:

- Be in your body
- Clear stress
- Have fun
- Practice gratitude
- Forgive
- Get aligned
- Breathe



Do whatever you need to do believe in yourself. Stop trying to contort yourself to fit into typical standards and expectations. You are meant to do things your own way. You chose to come to this planet to create. Believe in yourself because you are a powerful manifestor!

Sending you all the love and magic,

*Carmen xo*