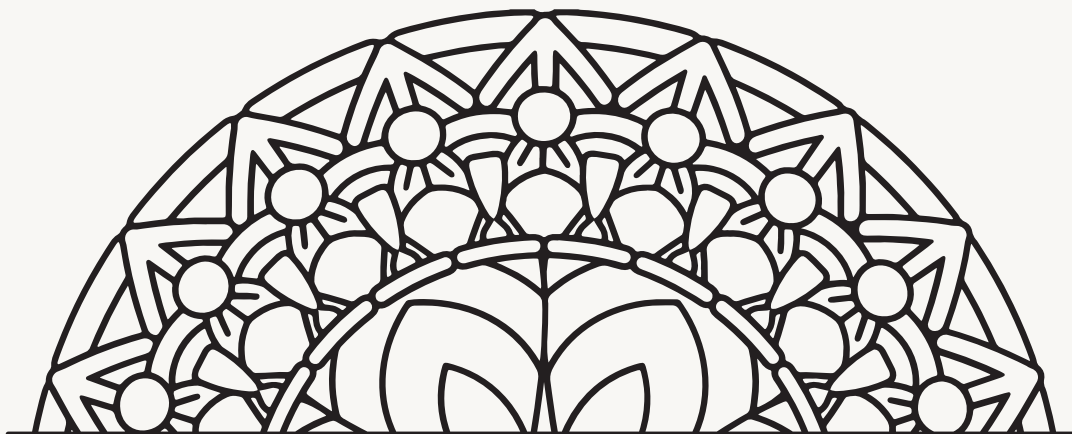
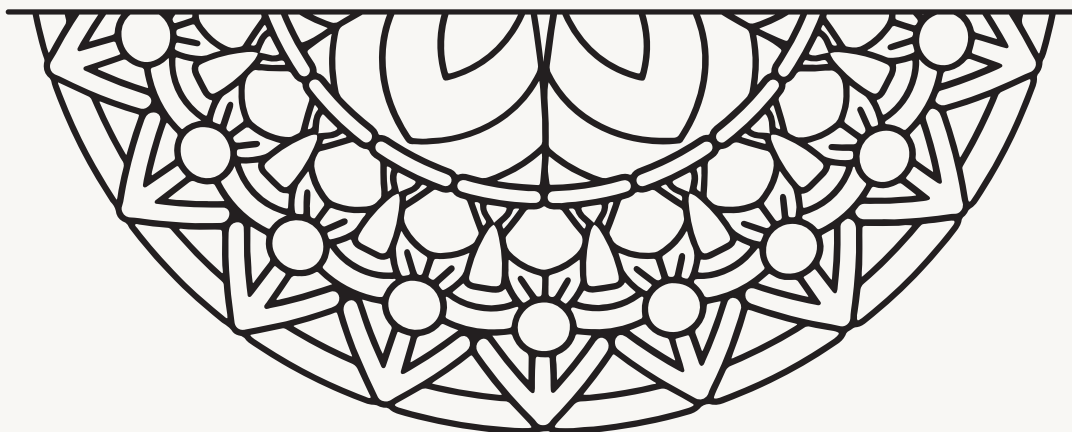


SheRisesWithin

Manifestation 101



manifest your dreams



Manifestation can be broken into 4 simple steps:

Step 1 - Get Clarity

Manifesting with intention is a lot like online shopping when you're shopping for a new outfit online. Is it based on random selection? Or do you choose the styles, colours, and sizes of the clothes yourself?

Always remember mixed intentions manifest mixed results. In order to create the life of your dreams you have to be specific about the things you want and maintain a clear sense of direction when it comes to what you're working towards.

A lot of people make the mistake of not being concise enough about their intentions and whether it's out of fear, complacency or not knowing where to start. It always results in what I call 'kitchen sink manifesting' a state of being where your lack of intention causes you to unconsciously manifest a little bit of everything. So if you want to create the life of your dreams you have to communicate what that looks like with clarity and intention so the universe knows what you want.

- **Be delusional** you have to change your definition of what's realistic, give yourself permission to normalise the dreams you once saw as absurd or out of reach. That initial audacity is the first step to making them a reality.
- **Trust your vision** have the courage to dream big but follow through with the courage to believe in it. Never feel guilty or ashamed about wanting the things you want, your desires are showing you what your soul is here to experience. You are quite literally meant to ask for and pursue everything you feel called towards because they are in alignment with your life path and will ultimately serve a higher purpose for you in some way.

Step 2 - Limiting Beliefs

Once you know what you want you have to clear out all the energetic blockages that are in the way. The biggest energetic blockage are your limiting beliefs or all the things you've been conditioned to believe about your manifestation that make it seem unlikely or impossible.

Limiting beliefs come from a place of fear and doubt and any belief that comes from that kind of energy is just trying to manipulate you into staying exactly where you are.

- **Identify your Beliefs** - To identify your limiting beliefs for each manifestation ask yourself why it feels out of reach? what do you currently believe is in the way of you manifesting this thing into your reality? Does it have to do with you in your abilities or with the perceived limitations around physical aspects like time money etc?
- **Rewire your Beliefs** - To undo your limiting beliefs you have to reverse them into affirmations and hardwire them as new beliefs into your subconscious, but before you reverse them you may need to explore them first. Some limiting beliefs are tied to your emotional baggage from the past and this is where shadow work and inner child healing comes into play, for example if your main limiting belief is that you're not good enough, smart or talented enough etc, you may need to do some shadow work to understand what past experiences are making you feel that way so you can heal the wound and rebuild yourself concept to include more self love. If your limiting beliefs have to do with external things for example if you wanted to manifest a new job and you're limiting belief was that 'the job market sucks right now' you could reverse it into an affirmation of abundance that says 'the universe is infinitely abundant and there is enough of every resource for everyone to get exactly what they want.'

Step 3 - Embody your Vision

Manifesting is all about becoming the energy you want to experience. If you want to manifest wealth and success you have to embody the energy of being wealthy and successful first. If you want to manifest fame you have to embody the energy of being famous first. Whatever it is that you want to manifest imagine the future version of you that already has it - how do they talk? how do they act? how do they dress? how do they see themselves and how do they think the world sees them? Figure out what kind of energy that future you has and start embodying it even before your reality has shifted to reflect that lifestyle - for example if you want to be rich, start carrying yourself like a wealthy person - do wealthy people obsess over their bills and complain about financial hardship all the time? do they wince every time they check their bank account or spend money (Note: this isn't to say that you should be going on shopping sprees and spending money you don't have we're talking about your energy start showing up as that version of you mentally and emotionally)

- **Build Character** - create your character right of the version of you that has all your manifestations. If it helps think of a person, it could be someone you know a celebrity, movie character etc, that you admire and incorporate some of their energy.
- **Bridge the gap** - What kind of knowledge or skill set does the current version of you need to learn in order to become the version of you that has it. The universe often waits to give you your manifestation until it knows that you can actually handle it first.
- **Take action** - what physical work do you need to put in or what action/steps do you need to take to get the ball rolling, for example if you're manifesting 'TikTok fame' at minimum you'll need to post frequently. You may also need to actively learn strategies to help you grow your account, figure out what you need to do to initiate the process and do it.

Step 4 - Surrender

The last step is for you to surrender it to the universe once you've identified what you want, cleared out your limiting beliefs and embodied the vision.

The only thing left to do is trust that your manifestation is already on its way to you and that everything is working in your favour. This is the hardest part for a lot of people mostly because it can be difficult to not have a plan or know for certain exactly when or how it will happen.

Releasing controls means becoming comfortable with uncertainty and remaining steadfast in the belief that everything is working out behind the scenes. You may not know the full plan that the universe has installed to make this manifestation materialise but you have trust that it will come in the best possible way

Divine timing is a real thing - you may think you want something in a certain way and in a certain time frame but the truth is that there may be other ways for it to come in that exceeds your expectations.

If you cling to one path or one time frame (or even one specific outcome) you could be screwing yourself out of something even better because you aren't fully aware of the infinite possibilities. Don't limit your opportunities, be open to the possibilities and trust that it will always workout in your best favour.