

MANIFESTING CHALLENGE



DAY 6

BECOME A MAGNET FOR WHAT YOU DESIRE

This meditation is designed to help you surrender your habits. True change — which is what you want when you're manifesting — requires an inner shift. Let this meditation guide you to a new energy. When you change your energy, you change your life.

Start by sitting comfortably in your chair or cross-legged on the floor. Place your palms on your lap facing upward. Roll your shoulders back. Close your eyes. Take a deep breath in and release. Continue breathing long and deep, honoring all that's coming through.

Begin by asking yourself, How do I want to feel?

How do I want to feel?

Is there a time in your life when you've felt this way?

Or an experience you've witnessed that represents this feeling?

Cultivate that memory.

Allow it to bring forth emotions, feelings and desires.

Be unapologetic about how you want to feel.

Breathe into the feelings that these images call up.

If you notice there's any resistance, just breathe into that feeling of resistance and let it go.

As you breathe long and deep, guide your thoughts toward images, memories or experiences that represent how you want to feel.

Let your mind wander.

Let your mind create images of the world and the experiences that you want to see.

See yourself in the change and the shifts that you desire.

See yourself doing what you've been dreaming of.

See yourself being the person you have envisioned.

With every breath, connect more and more deeply to the feelings that are ignited by these images.

Breathe into these feelings of excitement ... enthusiasm ... joy.

Maybe these feelings bring forth emotion. Let it flow.

See yourself in the change you desire.

Feel your way into that experience.

Breathe long and deep.

Let your mind wander. Let your emotions guide you. Let the music move you.

Continue this practice for 5 to 8 minutes.

Take another deep breath in... and release.

Come back into your body.

Wiggle your toes, wiggle your fingertips.

Rub the palms of your hands together.

Reconnect to your body now.

Honor all the feelings that have come through and bring them with you into your day.

Trust that these feelings are what create the world you want to see.

Take one last deep breath in ... and release.

When you're ready, open your eyes to the room.