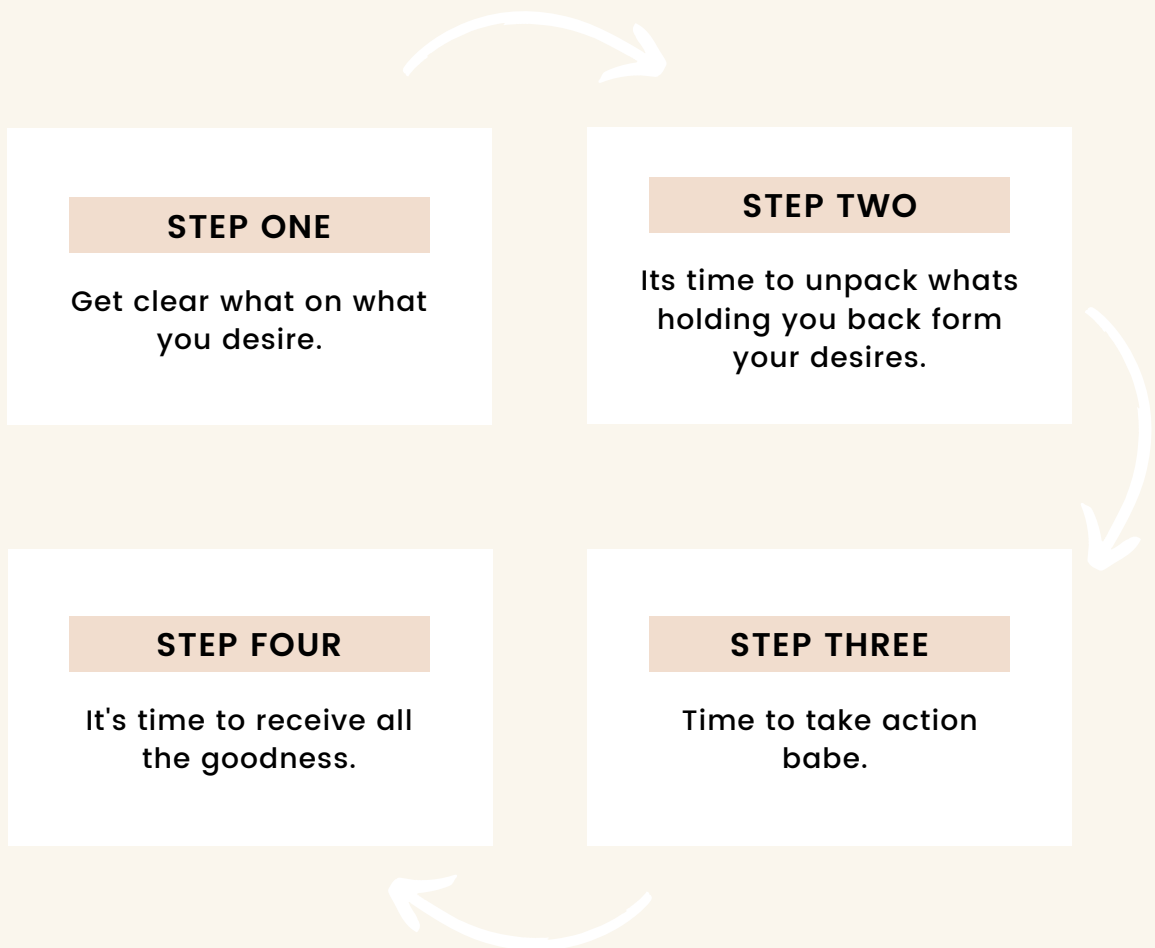


# Manifestation Powers

## A STEP BY STEP GUIDE TO ASSIST YOU IN MANIFESTING YOUR DESIRES

Your wildest dreams are waiting for you on the other side of all the shit you've been telling yourself about why you cannot obtain the life you truly desire. It's time to let that shit go babe!



*its time babe. go get it!*

@WELLNESSWITHSTEPHLANG

# Manifestation Powers

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### STEP ONE

Get clear what on what  
you desire.

### STEP ONE

This is the dreamy part of this whole process, you get to choose what it is that you call into reality. You are the master of your future and right now you are going to connect with your desires and call them into your reality.

Grab a journal and take a moment to write down all of your desires. The dreams that you hold in your heart are about to come true so delve into your deepest desires. Imagine if you have absolutely nothing stopping you from achieving and allow your heart to take you where it wants you to go.

You are completely limitless and anything you desire can be yours if you choose to allow it to come through. Imagine your life exactly as you like it.

*its time babe. go get it!*

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### STEP TWO

Its time to unpack whats holding you back form your desires.

### STEP TWO

Now, I am sure you would have felt some resistance in step one. Babe, that's normal and in step two we are going to delve into that resistance. Read over your desires and listen to the internal dialogue and the physical response's our body has when reading them. These responses are the very thing that is holding you back from achieving the very thing you desire. Here we can begin to clear those blocks by simply delving into where they come from, usually these blocks aren't even ours. By becoming an investigator and exploring the truth in these blocks we get to release them so that they no longer hold truth for us anymore. Write them down, find their origin, then rewrite them by creating a new belief that supersedes the old one.

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## A STEP BY STEP GUIDE TO ASSIST YOU IN MANIFESTING YOUR DESIRES

### STEP THREE

Time to take action  
babe.

### STEP THREE

It's time to take action baby!

Now that you've released the blocks holding you back it's time to take action on those desires.

It's at this point that you get to bring your vision into fruition by creating a vision board. The power of the vision board goes far beyond the acceptance and reminder of your desires. The more you see something visually the more that vision becomes embedded into your unconscious mind which is where our realities come true. Place your vision board where you will see it repeatedly daily and one day you'll be looking back with gratitude as you'll have achieved your desires. Your vision board gets to be whatever it wants to be.

*its time babe, go get it!*

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### STEP FOUR

It's time to receive all  
the goodness.

### STEP FOUR

We aren't done just yet, we now must learn how to receive the magic we are calling in. There are two hurdles we need to leap before our desires fall into calling in our desires. The first hurdle is the blocks and now the second is receivership of those desires. It is here that you need to open yourself up to receiving what it is that you are calling in. How do you know when you aren't open to receiving? If receiving compliments, gifts or help are a challenge for you, then you can bet that receiving from the universe is a challenge too. This too is some you can unpack with journaling and bringing awareness to the beliefs you hold around receiving. Once you have jumped this hurdle, my darling you can now relish in the vibration of the desires you are calling in and begin to wait for them to show up in your life.

*its time babe. go get it!*

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Manifestation is so much more than simply desiring something and visualising yourself with it, it takes doing the work for you to be able to manifest with success. If you can follow these steps, dive deep into healing your blocks and hurdles then babe, you will be on your way to calling in and receiving what it is that you are desiring. Now, this caveat needs to be added because sometimes the universe will send you exactly what you're calling in but it might look a little different, it might be wrapped a little differently to what you envisioned. Keep your eyes and heart open to receiving without attachment to the outcome and the way it actually shows up for you.

My final words are this, get clear, heal the blocks and open yourself up to receiving it in a way that the universe wishes to deliver it.

If you need any assistance with healing your blocks and hurdles, please do not hesitate to get in touch as I would love to assist you in releasing all that is holding you back from opening up your world to the desires your heart holds.

Happy Manifesting babe!

*its time babe. go get it.!*

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