



A JOURNEY THROUGH THE CHAKRAS ON

# MANIFESTATION

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*Most people believe that being spiritual means transcending the realms of the body and the material plane and rising up into the higher of existence, ultimately to the infinite emptiness of pure consciousness...*

***What are your beliefs?***

*Spirituality cannot be separated from the mundane world. Manifestation is the process of bringing the spiritual and material together to create a good life for yourself, your family, and your community. It begins with your best ideas for your life – your true desires and dreams, how you want life to be. All ideas are conceived in the infinite pregnant void, which we call Source, just as babies are conceived inside a mother's womb.*

*If you could create anything, what would you create? Open your mind, free yourself of limitations, and open your heart to your own truth. The path of manifestation begins here, in a realm of pure possibilities.*

*Before you get started:*

*Light up your favourite incense or aroma to diffuse  
your sacred space.*

*Have a journal with you.*

*Brew a pot of organic herbal tea.*

*Turn this track on.*

*Take a deep breath in... now exhale fully... do it a few  
times until you feel grounded into your sacred space.*



**CONCIOUSNESS  
CREATES**

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*Manifesting through the Chakras journey begins at the level of pure consciousness (Crown Chakra) where you connect with Source and begin to receive your inner guidance and inspiration.*

- *The Crown Chakra of pure consciousness is where everything begins with an idea or thought*
- *To harness the power of emptiness, you need to see that everything you create begins in the Infinite*
- *To cultivate a receptive state; you need to be open to the grace and guidance that's readily available to you*
- *Is your mind fertile to the conception of ideas?*
- *What do you believe in and what are your intentions?*
- *What are the obstacles that is holding you back from manifesting what you really want?*



# VISION VITALISES

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*The next phase of your manifestation journey, you need to bring the light of inspiration downward to your third eye (Brow Chakra) to crystallise it into a clear vision and focus your intention.*

- Are you using your intuition to clarify your life purpose?*
- Can you identify your dreams?*
- Can you envision a clear path to your future?*
- Can you recognise the obstacles?*
- Design something intelligently so that it can meet the challenges that arise at lower chakra levels*





# CONVERSATION CATALYSES

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*Once you have crystallised and design your inspired idea, the next stage of the process is to bring it down to your communication center (Throat Chakra) so that you can find the right words and symbols to express your vision clearly and effectively. Developing this skill is essential to enrolling others in your dream, which is part of weaving it into the fabric of reality.*

- You must have a deeper understanding of the throat chakra of communication and expression and when and how to communicate your vision to others*
- Create a dialogue about your vision and use that feedback (whether positive or negative) to maximise the creative process and refine your intentions*
- What is the most effective ways to enroll and inspire others into your vision?*
- Can you design an easy and fun goal-setting process to keep you on track?*
- Can you be friend and eliminate the negative voices within?*



# LOVE ENLIVENS

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*After you have found the best way to express your vision you enter the realm of relationship (Heart Chakra) to find the right partners and allies to help bring your inspired ideas into the world.*

- *The key to fulfilling your dreams is having the right relationships in your life*
- *You need to have a potent practice to cultivate the most important relationship in your life*
- *Can you align your dreams to be in service to the greater good?*
- *Create your very own “dream team” and build a supportive network for your visionary process*
- *Remember to harness the power of co-creation and find collaborative others to give flight to your dreams*



**POWER PRODUCES**

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*Once you have established your network of supporting relationships, you begin to focus your will (Solar Plexus Chakra) to consolidate your energy and bring laser-like focus to the specific goals and tasks necessary to translate your vision into reality.*

- You have to enhance the Power or Will Chakra in your body to stay focused and in action, so you can move beyond just dreaming and visioning.*
- Are you able to design a highly practical process for breaking goals down into specific and measurable tasks?*
- You have to channel the energy of action to prioritise task and accomplish them one at a time, every day*
- What are the specific and personal ways to "empower up" and make your energy and reserves bigger than your obstacles?*
- You need to re-balance your power by claiming your will and experiencing the role focused action plays in keeping your energy strong*



# PLEASURE PLEASES

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*After you have consolidated the power of your will, you then begin to cultivate your life-force energy (Sacral Chakra) and passion to generate momentum and attract the final resources you need to manifest your vision.*

- *Can you use your creative and sexual energy center to fully manifest your dreams?*
- *You need to understand the “Law of Attraction”, among other universal laws, to call in what you need in each moment*
- *Activate what brings you the most pleasure and use that energy to move forward everyday*
- *Allow your senses to help you make course correction along your path*
- *Make the manifestation process a truly fun and joyful experience for yourself and others*





# MATTER MATTERS

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*Once you have cultivated sufficient momentum, you then trust your gut and follow your instincts (Root Chakra) to take the final steps in the “Real” world to birth your intangible vision into physical reality.*

- It is very important that you ground your body in order to solidify your dreams*
- Channel your instincts of the Root Chakra to manifest your vision*
- You will have to work with money in a way that creates abundance*
- What is your plan and can you joyfully commit to tasks and deadlines?*
- Remember to be realistic*
- Do not leave any pesky details until you are done*
- Remember once received – do celebrate your journey and enjoy your results which enhances the attraction of other blessings*

***Want to work with me?***

*Should you need support on your Manifestation journey through the Chakra System, I'm here for you.*

*Write to me for One-to-One support session.*



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