



4 STEPS TO MANIFESTING YOUR SOUL FUELLED LIVES INTO PHYSICAL REALITY

- 1. BE CLEAR**
- 2. BE OPEN**
- 3. BE IN FLOW**
- 4. BE GROUNDED**

BE CLEAR

- On who you are, your truth, as a multi-dimensional energy being.
- Be a clear and perfect channel for the energy to flow.
- On what it is you want to manifest when you send your intention out to the Universal Field! No ambiguity, contradictions, expectations or attachments on how the outcome looks.
- That EVERY thought, emotion and action has to be in alignment with your intent.

BE OPEN

- As an energetic being, as a field as consciousness. Be a clear and open energetic channel. No blockages, nothing out of alignment, no distortions or blocks, so the energy can flow to you through you and from you with ease.
- To receive the energy of what it is that you've asked for.
- To receive your inner guidance, the universe isn't "going to land anything in your lap immediately, you will receive guidance and action steps for you to take.
- To see the doors of opportunities. So many times, there are doors of opportunity, but we are blind to them because they don't look as we expect them to. Be open to see the doors of opportunity, the steps to take. Then, tune in and discern whether it feels in alignment or not and take action.
- To take action outside of your comfort zone. If you want expansion in your life you have to be willing to expand beyond your comfort zone.

BE IN FLOW

- Be in alignment with your truth. If you are sending contradicting or incongruent energy out to the Universal field nothing will happen.
- Be in your heart / your gut.
- Allow your energy to flow freely, openly and without restriction.
- Express your truth by allowing your emotions to be fully acknowledged and openly expressed.
- Connect with your truth, clear your field, connect with who you truly are, listen to your inner guidance and reclaim your power.
- Connect with all aspects of yourself not just the higher aspects but the lower aspects too. Everything has to be in flow you cannot just be in the higher echelons of your energy field. Be in alignment throughout including the physical body.
- Understand your natural rhythm, work in alignment with your own energetic flow, this means no forcing or doing when it doesn't feel in alignment. Allow yourself to be, allow balance.
- Become consciously aware of your energy and the flow of inspiration through your chakras all the way to manifesting through the root or base chakra grounding it into physical reality.

BE GROUNDED

- To the highest timelines of this physical plane, the highest vibrations of Gaia.
- We can only manifest when we're grounded, otherwise our ideas are just wishes and open to procrastination as they cannot attach to the physical realm.
- Do the work to clear all your energetic layers and raise the vibration of your physical body so that it becomes the sacred vessel that your 'I AM' presence can embody.
- The more grounded you are, the deeper you can embody your higher consciousness and the easier it becomes to manifest in physical reality.
- Or you will struggle to draw down your inspiration into reality and purposeful conscious action.