

Manifesting Masterclass

WorkBook

The workbook is a tool to use to help you get clear about your intention and to identify your limiting Beliefs and sabotage programs, it also has a number of techniques that will help visualise and align yourself emotionally so you can create your best life.

I am so honoured to help you on this journey; I hope that you gain clarity and tools that you can use to move you onto the next stage of your manifesting journey.

Wishing your Health, Peace and Abundance in every aspect of your life.

Verena xx

**“If you see it in your mind,
You can hold it in your hand”**

Steve Harvey

So why do we find creating all that we desire difficult? Simple answer is we are not emotionally aligned to our lives! We are living separate to our true selves and we are constantly looking for fulfilment outside of ourselves and that is creating a larger separation that in turn is contributing to Stress, Anxiety and feeling unfulfilled.

The answer is an inside job!

In this Work Book you will find tools that will help you get clear about your Intentions and how to realign your Emotional Set Point and identify your Limiting Beliefs and Sabotage programs in order to create your Best Life!

LAW OF ATTRACTION

This law is the premise of how everything without exception comes into our life, whether we want it to or not!

There are many things in life that we encounter that 'happen to us' that we would never choose for ourselves so why do unwanted things or experiences occur in our lives?

In simple terms "Like Attracts Like", it's a magnetic power of the Universe that draws similar energies/ vibrations together. Even the law of **gravity** and the law of **magnetism** are part of the **law of attraction**.

This **law** attracts thoughts, ideas, people, situations and circumstances. This means whatever we are a vibrational match to we attract into our life. This means that if you are in FEAR, the circumstances that you will attract in your life will be a vibrational match to this emotion. Now this is unfortunate that we live in a fear based society, where negativity and Fear are promoted by the Mass Media, every time we turn on the TV we are given reasons to be fearful, hence we become conditioned to create from this space.

It is important that you understand or have basic understanding so you gain some mastery over your life and live consciously and mindfully. If you don't understand this law you feel like a perpetual victim to other people and to circumstance.

Albert Einstein said "Everything is Vibration"

In order to attract Something, Someone or a circumstance in your reality, you must, with no exception, be at the same vibration as whatever you want to attract in. Abraham Hicks uses the great description as tuning into the right radio frequency. You do not expect to hear the song on Nova if you are listening to Smooth FM.....

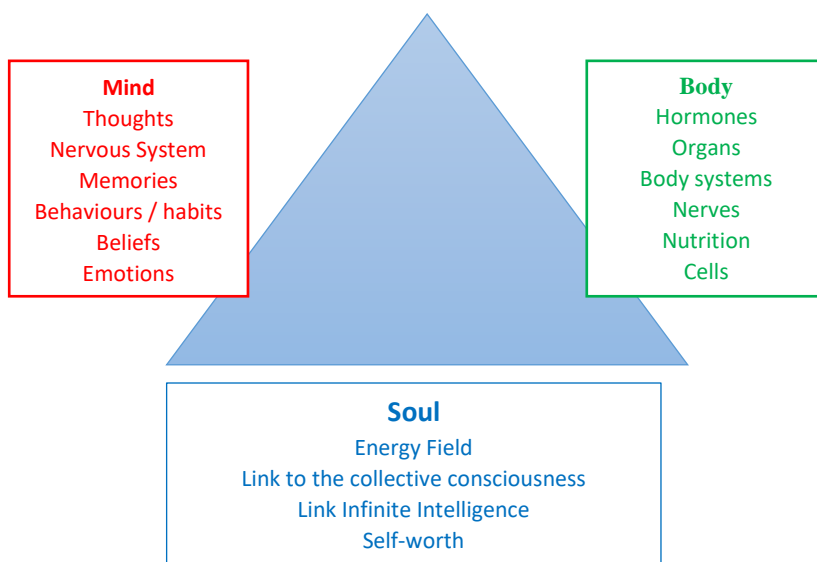
Most people are living unconsciously, where they are unaware of how important their energy / vibration is to the outcome of their dreams and goals. An understanding of this law will give you the knowledge and opportunity to recreate your life and no longer be the passenger, become the driver of your life.

Choose your path and direction consciously, create from a place of APPRECIATION / LOVE rather than FEAR / LACK.

MIND BODY SOUL CONNECTION

The mind body spirit connection is a wondrous thing and when understood and in balance life works in harmony. These three pillars that work together to create a healthy balanced in life. Unfortunately, we often treat two of these pillars as separate from each other and sometimes the third is ignored.

Here is a brief explanation how these all work to help create balance, healing and manifesting your true desires.



A thought created by the mind will trigger an emotional reaction in the body that produces hormones that creates the body feeling either good or bad. The soul communicates to us through our emotions; if we experience good feelings (i.e. happiness, joy) our vibration starts to rise and supports us to create the life we desire.

If the event or situation evokes negative emotion (i.e. fear, anger) our vibration decreases and we can find ourselves telling a story, through our thoughts blaming another person or justifying why we feel the way we do. The body goes into stress response (Flight or Fright) as it feels like it is being attacked. If the body stays in this stress response for a long period of time the bodies systems start to degenerate, this could be a time that disease can manifest in the body.

EMOTIONAL GUIDANCE SYSTEM – INTERNAL GPS

Our Emotional Guidance system is our built in GPS that will help us move our life in the direction of our Highest Good. This is our guidance system and our indication of our Emotional Set point and where we are vibrationally aligned. To simplify this process, our Emotional set point about any subject dictates our vibrational frequency.

The idea is that we want to be aware if the things we are wanting are coming from a place of Lack consciousness or Abundance Consciousness; or in other words a place of FEAR or LOVE.

Example:

A former Pro Sportsman Lewis Howes claimed that his motivation to achieve in Football was to prove all the nay sayers wrong, that he could do what they claimed he couldn't. Even though he achieved his goal, his Intention came from a place of Lack...not feeling good enough, feeling less than. Hence when he achieved all he set out to do, he still felt Angry and unfulfilled.

Once we identify the Emotional Set Point where our Intention is coming from, this is the place where we can create change and make better choices that will lead to lasting fulfilment and happier lives. Knowing how to navigate our lives, will give us the skill to handle life's ups and down and steer us into the direction of our highest good.

How you feel and aligning your Emotional state is the absolute Key!

Why is this Important?

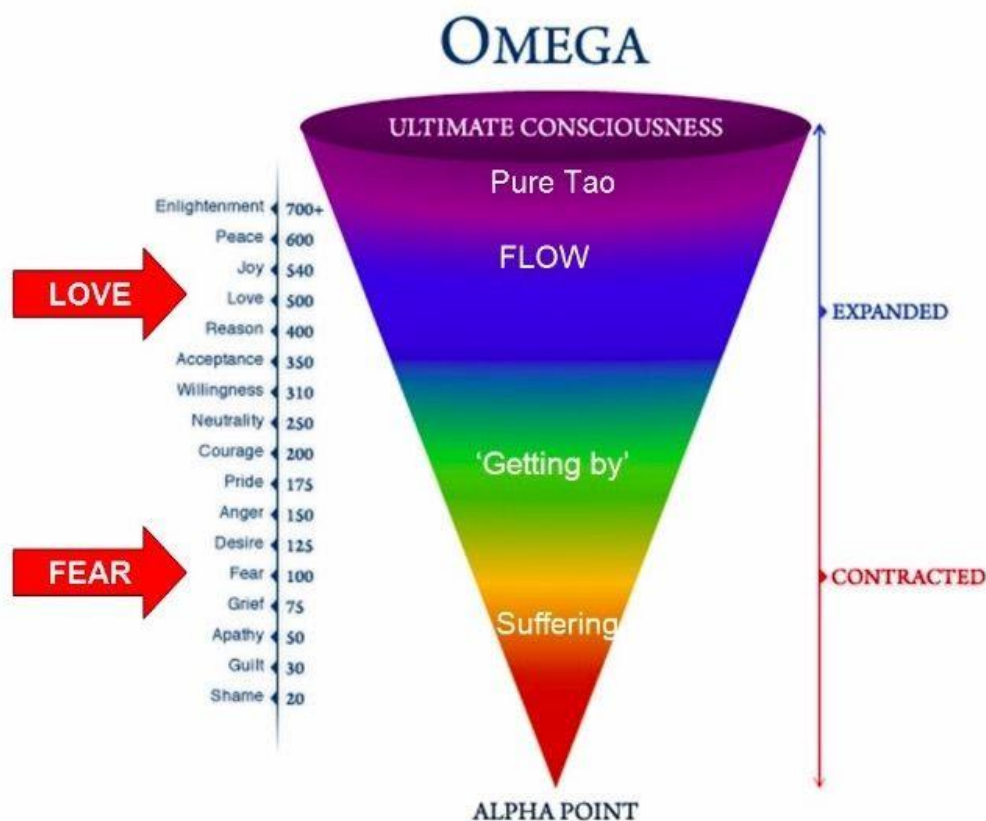
Do we know that we are Energy, we are Energetic / Vibrational Beings?

To simplify this process, our Emotional set point about any subject dictates our vibrational frequency.

- Thoughts are the language of the Mind and Emotions are the language of the Body
- When we think of a thought be good or bad it creates an EMOTION, the emotion then creates a physical reaction through release chemicals /hormones in the body.

This EMOTION (or Energy in Motion) is the source of the frequency in which we vibrate at? Does that make sense?

This is an emotional chart by, Dr. David Hawkins in Power vs. Force: The Anatomy of Consciousness. Above “Courage” you are producing cohesive energy into the environment.



It is important in Manifesting and in Life that we take care of the way we feel, that we manage our thoughts, that we are mindful of the people and the situations that we invite in our life.

When we try and Manifest something or Someone in our life, we have to be mindful of where we start.

Now don't fret, if you are stuck in the lower Frequency, there are exercises that will help you move up the Emotional Scale, also awareness of where you are on your journey is very helpful as you know that this Emotion (Energy in Motion) is a moving thing and you do not have to stay in this state.

Remember, the lower frequency Emotions, are indicators that you are heading in the wrong direction, it is telling you that there is something you need to look at in your life, or there could be a past situation or pattern that you might need to let go of or heal from in order to raise your vibration.

This could be the sliding door moment where you can make a different choice and change your reality. You may need to seek help with moving through this depending on the individual and situation.

We do have choice in life to either learn from Joy or pain, but for many of us the awakening does not occur until we are in position of no choice or desperation.

Pain and discomfort are a part of life, it is often the catalyst that brings growth and expansion. Understand that you can learn from your discomfort and you can use this to move up the Emotional scale and start making transformational change in your life.



7 KEYS TO MANIFEST

1. Intention
2. Identify the Emotions you want to feel
3. Marry your Intentional with an Elevated Emotion
4. Identify your Resistance
5. Implement Daily Practice
6. Faith and Surrender
7. Inspired Action

1) INTENTION:

Your Intention is simply getting clear on what you want.

The key is to set your Intentions from a clear, centred vibrational state.

How?

Ensure you are setting your Intention from a place of LOVE and Abundance Consciousness. Do not use negative fuel to charge your Intention.

Example: My motivation is to prove everyone wrong.....(negative fuel)

Example: My motivation is to expand and grow my knowledge and experience, to improve my condition for the benefit of myself and my family.(Positive Fuel)

Be clear about what you want with no conditions, absolute commitment to your Intentions.

When we let these contradictory thoughts enter the equation, the INTENTION becomes diluted and less powerful.

Examples of Fear Thought Patterns:

Loss / Pain: Worry that we might lose something if this Intention manifests, I don't want to lose the things that I certain about.

Example: If I get that new job or start that business, I will miss my friends at work and I will feel Loss. I will miss my benefits at that job.

Hardship Pain: Concerned that this Intention might create extra work for me, the process of change could create hardship for me, I might have learnt new things, upskill, stretch, change my routine.

Example: If I lose weight I might have to learn to cook new things (painful) Exercise is painful and I will have to go to the gym....I don't like the gym...

Outcome Pain: Fear that if I put myself out there that it won't turn out.

If we start to include conditions or fearful thoughts when focusing on our Intentions, we often derail them and your desires cannot be received. We need to focus on the Intention / Vision of your future and release the HOW it will come to you.

Often the Universe's plan for your is much bigger than the idea you had for yourself.

**“We Must Be Willing To Get Rid of the Life
We've Planned, So As To Have the Life
That Is Waiting for Us”**

Joseph Campbell

Intention

Wanting	Emotion

2) IDENTIFY THE EMOTIONS YOU WANT TO FEEL

Our motivation to manifest anything is always that we think we will feel better in the having of it!

So “**how do we want to feel**”, manifesting is about feeling better!

It's about looking at a current situation in your life and identifying it as something you want or is it an experience you don't want. REFRAME what you don't want, and align it with an elevated Emotion of how you want to Feel!

How you feel and aligning your Emotional state is the absolute key, as this dictates your vibrational frequency.

You cannot attract a change in condition from fear and lack, you will just attract the same, focus your attention on the REFRAMED condition and elevated Emotion i.e. Joy, Happiness, safety, Inspiration, Confidence.

3) MARRY THE INTENTION WITH THE ELEVATED EMOTION

When we think of a thought be good or bad it creates an EMOTION, the emotion then creates a physical reaction through release chemicals /hormones in the body, the feeling dictates the vibration.

Thought + Emotion = Vibration

Visualise the Intention as it is happening in real time, then bring in the elevated emotion that you want to feel. Or you can feel the emotion then visualise your Intention whatever works for you.

Repeat this process as much as possible, at least twice a day, during meditation, whilst going to sleep, any time you get the time to go within.

The more often you practice this, the more real it will seem to your subconscious mind. The sooner it becomes in real in the subconscious mind the sooner it can manifest in your physical life.

Visualisation

Visualization techniques have been used by successful people to visualize their desired outcomes for ages. The practice has even given some high achievers what seems like super-powers, helping them create their dream lives by accomplishing one goal or task at a time with hyper focus and complete confidence.

In fact, we all have this awesome power, but most of us have never been taught to use it effectively.

We use imagery in our mind for so many things, often they are negative scenarios that we hold fear about and these types of thoughts often cause anxiety.

Think about when you are planning a trip somewhere, or when someone asks you for direction you see the streets and the landmarks there, you are actually there at this destination in your mind even though you have not gone anywhere.

The Technique:

- 4) Imagine that thing or experience that you want to manifest in your life, now imagine you are walking in this experience, or you are holding something in your hand, or maybe someone hold your hand?
 - 5) How does this make you feel? How do you want to feel?
 - 6) Does your heart feel open to this experience? If it doesn't there might be 2 things involved here:
 - 1) *You are holding some limiting beliefs about this?*
 - 2) *It is not what you truly desire, and you might be following someone's else expectations of what you really want.*
- Now be the **Witness**, witness this vision as real, feel gratitude for this, say that "Thank you", "It is Done, It is done". By being the witness you are acknowledging the vision as real and creating positive expectation.

“Expecting the vision to become reality is more than just an act of visualisation, it is an act creation”

Vianna Stibal

4. IDENTIFY YOUR RESISTANCE – REMOVE THE OBSTACLES

How does this work:

Limiting Beliefs & Sabotage Programs

Where do these Limiting Beliefs come from?

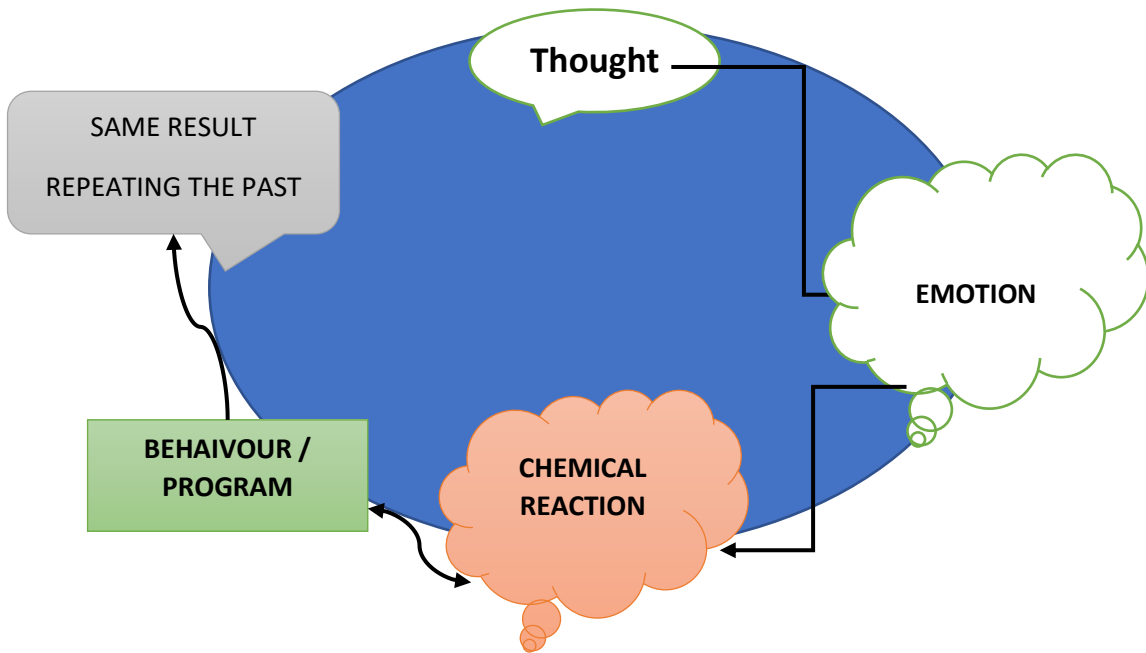
A Belief is in simple terms a thought that has been repeated in your mind, and now you believe it to be true. These could be beliefs passed down by your parents, Teachers, family members siblings etc.

These beliefs can be roughly divided into two groups; **positive and negative, or enabling and limiting**. It's the negative, limiting beliefs that prevent us from achieving what we want in life, whereas the positive, enabling beliefs support us when we're reaching for our goals.

Dr Bruce Lipton explains in his Book the "The Biology of Belief", that the majority of our beliefs and programs are set by the time we are 7 years of age. Through the ages of 0-7 a child's mind is in a state of hypnosis, this is what neuroscientists call Theta brain waves, this is the imagination part of the brain. Hence a child is not necessarily consciously taught their beliefs, they are downloading what they are exposed to.

The other way beliefs and behaviours are taught are through reward and punishment, this is taught through an Emotional response to an event. i.e: If I eat my dinner, I get a reward from Mummy. If I touch the hot oven it will burn and I will get into trouble.

These programs are stored in our brains to "keep us safe", from these experiences we make decisions based on our knowledge from the past. Now this is ok if I am driving my car and I have to Reverse Park or stop at the traffic lights. This is not always ok if I make decisions about my relationships, career, my ability or my health based on past experience. Now if this behaviour limits our growth or expansion this is a Sabotage Program.



By the time we are 35 we have put in place programs based on Beliefs and past experiences. So put in a certain situation, our belief will trigger an emotion that will trigger a behaviour, hence we are making the SAME CHOICES = SAME RESULT

Can you think of an example of this in Health, Relationships, Financial and Career?

People talk about getting “STUCK” but you cannot be stuck, as everything is always changing, life situations, and the cells in your body are constantly changing. If you feel stuck, it is only because you are repeating your sabotage programs and making the same choices and getting and expecting the same result. It is like running a computer program, if you don’t change the program you cannot make change or start to create the life you want.

“Insanity is doing the same thing over and over again expecting a different result”

Albert Einstein

These limiting beliefs tell you what you can't do, what you can't achieve, what you can't be. **Switching these negative limiting beliefs into positive enabling are imperative to manifesting what's possible in life.**

“If there is something in your experience that you no longer wish to experience, your belief must change!

If there are things you are not experiencing, but you want to experience, there is a belief that must change.

So how do we change our Limiting Beliefs and Sabotage behaviours?

1. You need to identify your Limiting Beliefs and the linked Sabotage program.
2. Understand you are dealing with the subconscious mind, so our usual way of learning is different to our conscious.

I.e. we can read a self-help book, I have read many, and my knowledge has changed I have learnt new information. Has my behaviour changed ...no!

Three ways to teach the Subconscious mind

1. Hypnosis – **Using Theta Brain Waves**
 - a) Listening to reframed programs/ meditations as you go to sleep
 - b) Deep Guided meditations
 - c) Visualisation before bed
2. Repetition – Affirmations, changing daily practice. Putting an affirmation on a post it on the fridge is a suggestion, **Repetition is the key.**
3. Through the Body: Releasing Trapped Emotions / Limiting Beliefs in your Body (Everything you believe is in your Body). This work would need to be done by a, Kinesiologist, Theta Healer, Reiki, EMDR (Eye Movement Desensitization and Reprocessing) or another energy modality that can identify energy blockages in the body. Emotions can be moved sometimes through a Yoga Practice.

The first step to identify our limiting beliefs!

Think about what you are struggling with in your life, Money, Relationships, career, success, health?

Whatever area in your life you struggle with, the things in your life that you seem to have work really hard at, means your subconscious programs are ineffective and there are limiting beliefs in these areas. **This is where you should start.**

List of Limiting Beliefs

- There never is enough money to go round
- Money does not make you happy
- Prejudices of race, culture and demographic
- Boys can do that Girls can't do that?
- I can't have a relationship with that person
- I wouldn't know where to start.
- You can't have your cake and eat it too.
- I'm not the type to be self-motivated.
- I'm a procrastinator.
- People won't like/ love me because I'm fat
- It has never worked before.
- I've never been able to finish anything.
- No one else has ever done it.
- I can't lose weight
- I'm not self-confident.
- If people really knew me, they wouldn't like me.
- I can't feel good about myself without other people's approval.
- I'll never be happy until that other person changes. (spouse, parent, child, ex, friend...)
- It's selfish to put my own needs before those of my family and friends.
- It's selfish to enjoy life while other people are suffering.
- Nothing ever really changes.
- It's better to be safe than sorry.
- I'm not smart
- I'm not a good reader
- I can't earn more than my peers
- If I have more money I will have more problems
- People only like me because I have money
- Don't trust people with money
- Don't trust people without money, they will want to steal from you
- I don't have enough hours in the day
- It's always one bad thing after the other
- I hate work
- I don't know anyone that enjoys their job
- If I get my hopes up I'll just be disappointed.
- You have to work hard and long hours to get ahead

5) IMPLEMENT DAILY PRACTICE

The importance of a daily practice goes back to changing your subconscious patterns and through repetition and implementing new habits you cultivate a healthy mind and body.

This is the same as with our energy levels. We need to fill ourselves up with things that raise our vibration or make us feel good. If we are feeling constantly low in energy this makes it difficult for us to feel good about ourselves and then limits what we can manifest in our lives. If we are vibrating at a low energy level – that is what will be matched.

Daily self-care practices can be as short as 10 or 15 minutes. This is a time where you can relax and be still. Tony Robbins says if you don't have 15 minutes for yourself in one day you don't have a life!

Look up successful people you admire and look at their daily routine! How you start your day will often reflect how things will flow through for the rest of your day.

- **Centre yourself.** – through meditation or a gratitude practice, check in with yourself first and give thank for being here!
- **Energize yourself through** – breath work, exercise, Yoga, a walk-in nature
- **Don't press the Snooze button** – Count 5,4,3,2,1 – Get Up
- **Meditation** – Try guided meditations on YouTube or download an APP. Meditation is a great tool to get into the THETA brain wave – Creation Happens here!!
(*If meditation seems overwhelming start with breathwork for 5 mins.*)
- **Journaling** – end your day journaling. Take time to be grateful for the good things that occurred in your day. The state of Appreciation is a great place to create from!
- **Affirmations** – Repetition is the key to changing current limiting beliefs.
- **Create a sacred space.** This could be an area where you have on display your favourite affirmation cards, candle, essential oils or Vision board.
- **Visualisation** – Visualise your best day, visualise how you want this day to go...
- **Write your action list** for the day so you can feel achievement at the end of the day. This practice will help manage stress and overwhelm.
- **Eat mindfully** – don't read negative news or watch the news when eating as you are taking that in your body.
- **Be mindful of the thoughts and the words you use !** What you think and what you say create your reality! Be the watcher of your thoughts.

6) FAITH & SURRENDER

The Final and yet one of the most important steps, is to allow your intention to manifest. Having Faith that it will arrive in divine timing. Once I have cleared my Limiting Beliefs and Sabotages my desires will arrive in the way that is best for me.

As Humans we have trouble relinquishing control (EGO MIND), we assume that we know better and that we are creating all of this one our own. We have to do this, we hustle and push our way through. This is the Ego way of Manifesting.

Think of us as a baby, we were fertilised, and then as a cell we grow, over the nine months we grow without any assistance from the outside world. There is infinite intelligence that knows just what to do and we form as a small Human. Plants grow, bees pollinate, there is a natural order.

If you are stuck in a vibration and resentment, anger and lack, the new path opportunity cannot be presented to you until realign yourself to the matching vibration.

When we surrender consciously, we allow things to Manifest in a way that is so much bigger than we initially intended. If we try to manage how things come to us, we hinder the process and we may miss out on greater opportunities that we have not considered.

As Master Manifestors we must surrender to this Infinite intelligence to know that all will be provided to me. This is not to say we just sit at home and wait for our stuff to arrive. When we are in alignment we will be inspired to act, this leads us to the 7th and final key.

Surrender is Trusting in the best outcome
Faith that it will come in divine timing

7) INSPIRED ACTION

When we are aligned to our vision and when we are on the right path to our highest good we will be aware of opportunities that come our way and know when action is required.

Take action no matter how small, listen to inspiration, when you get that thought to write something, send something, call someone do it!

Create the space to allow things to show up in your life, open a bank account for savings, make a plan, show the universe you are serious, and you are making space for this thing or experience to show up in your life.

When something happens that you did not perceive and you feel this is a set back to your plans, know there is a greater plan.

Have FAITH in the divine guidance. Often when plans fall through and doors are closed, it is opening up to new unknown possibilities for you.

BE OPEN TO ALL OPPORTUNITIES.

Act on them, even if you have FEAR, don't be attached to the outcome!

Inspired Action is about EXPANSION!

Follow your DREAMS, actively choose to follow the energy that inspires you, if the action drains your energy and feels forced, it will be most probably the wrong action.

The universe works with flow, vibration, enthusiasm and ACTION!

Some ideas to make your life more AWESOME!

1. Stop criticising yourself. Watch your thoughts and what you tell yourself. You wouldn't say things to other people that you say to yourself. Be your own best friend.
2. Watch your thoughts about others. We can be judgemental without realising it.
3. Watch less TV, less social media. Ignore your phone for a day! Use the time on these activities to walk, write in a journal, start a new hobby. Do something you always wanted to do. Unplug and have a day that is just for you.
4. Surround yourself with people that make you feel good and support you. Listen and support them as well as receive support from them. Join a group to meet new people.
5. Listen to people who are motivating and are an expert in their field. Take advice from people who you see are succeeding with their own advice. Don't take advice from people who aren't walking their talk. Ultimately listen to your own intuition – your gut feelings!
6. Volunteer. If you have some spare time, volunteer with a group on an issue you are passionate about. Volunteer at local pet shelter, aged care facility, local library and community centres. Is there an activity you enjoy doing you can teach and share with others?
7. Smile – and smile some more. Even if you are feeling low, smile. If you smile you are guaranteed to get a smile back. Smiling makes you feel good. You can't stay in a bad mood for long if you just stop, breathe and smile. Try and feel grumpy while smiling.
8. Listen, watch and read inspiring feel good stories. If you don't feel good when watching, listening or reading a story – don't watch it. Try for one week focusing on listening, watching or reading 'feel good' stories.
9. Give compliments to people who you genuinely feel deserve to hear them. Make someone else's day, which will also make your day. Good Karma goes around!
10. Don't worry and stress about the small stuff. If you are someone who worries and stresses a lot, try and cut it down by ½ or completely. Try meditation or other activities that helps to stop the constant worry. Our lives are full of stress and pressures. Start loving the life you have, and let go of the small stuff.
11. Use your best dinner ware, cups, glasses for yourself. You deserve it. Don't save it for guests! Using the best "china" is re-enforcing that you deserve nothing but the best. It is a self-esteem booster.
12. Remove yourself from toxic people. Unfollow in social media. Some people who are toxic we can't remove from our life altogether. Remove yourself from their presence when you can.
13. Get fit & eat healthy. To live life, and have the energy to do what you want to do – you need to be fit and healthy. Try walking 15 minutes a day and slowly build to 30 minutes. Eat a balanced diet, and get a good night's sleep.

14. Write in a Journal. Start a journal where you just write what you are feeling. Once put on paper it can be like a weight is lifted. Just write what comes out at the time. You can write about your day and once you start writing you will be amazed at what flows.
15. Meditate regularly. Join a meditation group. Try and set aside some time each day to meditate. Try 10 minutes every day. Try mindfulness activities during the day (read Peace in Every Step – Thich Nhat Hanh)
16. Music – listen to uplifting music.
17. Regular Random acts of kindness. Everyone benefits!
18. Do that thing you've always wanted to try but have been held back not doing it. Give it a try and see how it goes. Move fast your fear.
19. Focus on NOW instead of the past. The NOW is your point of power. What happened in the past is the past. Learn from the situation, and from here on you can control how it will be from here on in.
20. De-clutter your environment. A clean organised home makes you feel better. De-clutter your house, wallet, bag, car. Make space for the new to come in. I find when I have de-cluttered and everything is clean and tidy I can think more clearly. If you are surrounded in items that do not make you feel good – give them away.
21. Write down your achievements. Your first 10, then 20, then 30 and keep going.....
22. Gratitude Journal. Everyday write down 5 things you are grateful for.
23. Treat yourself - buy something special that you have been wanting for a long time.
24. Have some alone time each day. Read a book, go to a movie, go for a walk.
25. Watch one of your favourite all time movie! (If your feeling low watch a movie that is guaranteed a “feel good” movie.
26. Put yourself first. Don't be a martyr.
27. Stand in your power. Say No when you need to. Stand up for yourself, speaking your truth. Saying No to others is acknowledging your needs. It is a Yes to you! You are saying you value your own opinion and putting yourself first.
28. If there is an activity you do not enjoy, or feel you get anything out of it. Work out what you can do to change this. For example, if you aren't enjoying your job put steps into place to change it. You could ask your boss if you can take on something else that you identify the company would benefit from – it will give you joy in your job that counteracts a mundane task. If you are going to the gym and hate it, try a different activity instead that gives you a workout that you are looking for. Try some different classes. We are creatures of habit. If there is something that doesn't bring you JOY – change it! We are the authors and creators of our own lives. We can choose how we feel and make changes to make us feel happy and fulfilled.

Abundance & Prosperity Affirmations

I am, abundant prosperous and wealthy

My abundance continues to grow, expand and flourish

I now easily and effortlessly attract total abundance and prosperity to me

I deserve abundance

Money and riches are as abundant as air – and I breathe prosperity in right now

It is my divine destiny to be wealthy, prosperous and abundant

I now allow myself to have more than I ever dreamt possible

I love money and money loves me

I picture success for myself and everyone

I bring love and prosperity in everything that I do

I appreciate all that I have

My prosperity and abundance is huge, powerful and irresistible

The things I attract into my life are even better than I imagined them to be

I am increasingly magnetic to prosperity, abundance riches and money now

I am open to unlimited abundance

I am rich, self-confident, loving and generous

As I do what I love, money, abundance and prosperity flow freely to me!

I am prosperous, healthy and happy

The Universe is safe, abundant and friendly and I deserve it all.

Health Wellbeing Affirmations

I bless my body daily and take good care of it.

Good health is my birth right.

Being happy, healthy and energetic is my natural state.

I love every cell of my body.

Every day in every way, I am healthier and stronger.

Every cell in my body vibrates good health

I love & respect my body

I openly give and receive love

Every day I am become stronger and healthier

All that I need is within me

RECOMMENDED READING

- You can Heal Your Life –Louise Hay
- Wishes Fulfilled –Wayne Dyer
- Creating Money – Attracting Abundance - By Sanaya Roman & Duane Packer
- Money, A love Story – Kate Northrup
- The Abundance Code – Julie Anne Cairns
- Untethered Soul – Michael Singer
- The Power of Now – Eckhart Tolle
- A New Earth – Eckhart Tolle
- Living Your Life Purpose: With the Angels By Sheelagh Maria
- Ask and It is Given: Learning to Manifest the Law of Attraction – Esther and Jerry Hicks
- The Vortex - Esther and Jerry Hicks
- Honeymoon Effect – Bruce Lipton
- Spirit Junkie – Gabriel Bernstein
- The Universe Has Your Back – Gabriel Bernstein
- Return to Love – Marianne Williamson
- Breaking the Habit of Being Yourself – Dr Joe Dispenza
- The Alchemist – Paulo Coelho
- The Four Agreements – Don Miguel Jr Ruiz
- Peace in Every Step – Thich Nhat Hanh
- Inspired Destiny – John De Martini
- Outrageous Openness – Letting the Divine Take the Lead by Tosha Silver

