

Abundance Bundle

Each day brings a new beginning with new possibilities

New Day
New Beginnings
New Possibilities

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New Beginning Incantation

I release all energies that disrupt my natural state of love and stillness.

I bless this space which I fully inhabit with my presence. I call upon the Universal energies to support my intention to manifest all the desires that I have expressed in written or verbal form as I open this new chapter, this beginning."

Manifesting Protocol

- 1) Complete your 5 Core Feelings in the template below.
- 2) Prepare your sacred space with a candle, incense, smudge, stones, tranquil music etc. (follow what feels right for you).
- 3) Take a moment to set your intention and vibration with an opening prayer or blessing. Here's an example: I release all energies that disrupt my natural state of love and stillness and I bless this space that I fully inhabit with my presence. I call upon the Universal Energies to support my intention to manifest all the desires that I have expressed through my written expression.
- 4) Light a candle to represent the awakening of your desires and to carry the energy of your intentions and blessing.
- 5) Use the Seeding Feelings® Meditation to support you in amplifying your Authentic Desired Feelings.
- 6) Give thanks for those experiences you are leaving behind and gratitude for all the blessings that continue and will be.

Core Desired Feelings

Super Charged Manifesting

5 Core Feelings Worksheet

In your Dream Life, what are your CORE 5 Feelings?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Your reality is made up of thousands of choices. Use the below guide to help you transform your current experience to that of your goals.

This _____ supports me in feeling: 1) _____
Thought 2) _____
Feeling 3) _____
Action 4) _____
Behavior 5) _____
Action

You will have choices that currently don't match up to your 5 Core Feelings. By being aware that these choices are not fully aligning with your desires and how, it clarifies what needs to change.

You may not be in an immediate position to say NO, so then say yes.. but just for today and invite the Universe to show you more aligned options.

Here's a simple command for you to use to initiate your request:

Universe/Creator/God/Source (whatever resonates with you) I am saying yes to _____ in this moment, and I invite you to show me clearly a better option with joy and ease.