Manifest with Intention 3-Day Ritual Guide

Read through these steps before you start your ritual so you are prepared to have the time, vision and sacred objects you need. Day ONE Create Space and Hold Space. Day TWO and THREE activate Manifestation. You can extend the ritual duration for a as long as you like to reinforce your intentions. Simply repeat the steps in the Manifest section.

Create Space

- **BODY** (**action**) – Clean out a drawer or a room, give something away, take a bath with Epsom salts or burn sage to clear your space.
- **MIND** (**choice**) – Let go of an outdated identity or view of yourself. This could be a role you have played, a belief that you are not powerful enough to manifest, etc.
- **HEART** (**emotion**) – Name the emotion that most commonly stops you in your tracks and its opposite. (If multiple focuses for your manifestation each may have different emotions)
- **SPIRIT** (**purpose**) – Call on your spirit guides and/or ancestors to prepare the pathway to manifest at the deepest level.

Hold Space

- **BODY** (**action**) – Stand with your bare feet on the earth or if indoors, put your hands on the tops of your feet while sitting. Optionally, invite a witness you trust to put hands on your feet to assist in grounding you. Take a deep breath, then...
- **MIND** (**choice**) – Name your intention, writing down or speaking it aloud.
- **HEART** (**emotion**) – Close your eyes, and imagine a rainbow-colored balloon above your head, filled with the good energy emotion that is the opposite of your block. Pop it and watch it empty all of its good energy into you. Filling you up from your head to your toes.
- **SPIRIT** (**purpose**) – Open your eyes. In your hands hold an item that symbolizes good energy for you... a rose, crystal, photo of a happy place, etc. Intend that this item hold space for your manifestation.

Manifest

- **BODY** (**action**) – For two days after you start the ritual, once a day, hold the object that you infused with your intentions in your hands. Acknowledge your power to transform your intentions into reality. Then move the energy forward by moving it to a new place: to a different room, to a higher place floor-table-bookshelf, from one end to the other of your dining room table, onto an atlas, $100 bill or under your pillow.
- **MIND** (**choice**) – Re-state your intention each day as you move the symbol infused with your intentions forward. Invite in synchronicity.
- **HEART** (**emotion**) – Fill your aura with good energy each day - Heart step of Hold Space.
- **SPIRIT** (**purpose**) – Ask your guides or Higher Power to gracefully show you the way to manifest your intentions. Invite them to be creative:

"Please surprise me! Make it better than I can imagine."

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