



The Art of Manifesting

*LEARN 7 STEPS MANIFEST
THE LIFE YOU DESIRE USING
POWERS YOU ALREADY
POSSESS*

POETIC TOUCH THERAPY

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Hello there my friend :)



My name is Snowi. I'm the Founder of Poetic Touch and an Online Spiritual Advisor & Self-Discovery Coach. I help women of color along the journey of self-discovery through self love. My goal is to help women to discover happier, healthier and calmer versions of themselves.

After experiencing extreme heartbreak, grief and depression I decided to take my life into my own hands and planned a 30 Day "Self-Love Tour." I traveled solo halfway across the world in hopes of finding myself. I did. I also discovered my divine purpose. To help women just like me on a spiritual path of self-discovery through self-love.

The road to self-discovery can be a lonely one. It can be even harder to navigate if you're new to spirituality. As a Spiritual & Self-Discovery Coach I help women to begin their spiritual path and create a self-discovery roadmap to help navigate the journey.

No two paths are the same. Every goddess is different and has different goals. Sometimes you just need some guidance and support. Sometimes you just need someone to relate to. I know because I've been there.

I was searching for someone to share my journey with. I wanted someone to relate to. This is my inspiration and motivation for creating Poetic Touch and The Haven.

Everyone deserves a safe space, this one was created just for you. It's my absolute honor to serve you and it's my privilege to be a part of your journey. Thank you. I love you.

WHAT IS THE ART OF MANIFESTATION?

manifestation:

"a sign of something existing or happening; to show something clearly, through signs or actions"

It's all about MINDSET. Belief is the driving factor to ALL THINGS. The universe will deliver whatever it is that you are asking for. You just have to know the right way to ask and how to help the universe help you.

This is why you see people become wildly successful without the talent toolkit to match(look at most music artists today). They BELIEVE in themselves. That's all that truly matters. Because in doing so they find people that support them and their dreams. It's the Law of Attraction.

THE MANIFESTATION PROCESS

Step 1 - Gratitude Mindset

Step 2 - Expect it to happen.

Step 3 - Get excited!

Step 4 - Fire the intention

Step 5 - Shift from imagination to reality.

Step 6 - Let it go & expect it's arrival.

Step 7 - Repeat.

GRATITUDE MINDSET

gratitude practice:

Take the time to create a gratitude ritual to help ground yourself before you begin your manifestation practice. Show gratitude for all you have now by showing appreciation for something small everyday. I do this every morning when I drink my morning coffee. You can do the same with something you do routinely. If you do not have a daily ritual, take this opportunity to shift to a gratitude mindset. See it as your time to give thanks and to reflect.

Before you can create anything, you must appreciate what you have currently. Begin each day with a grateful heart and go to sleep with gratitude and appreciation.

My personal favorite daily affirmation is "Thank You."

As a self-proclaimed Master of Manifestation, this is truly the secret sauce, and the most important aspect in creating manifestations. Show appreciation for all you have now and the universe will only give you MORE to appreciate. That's the law. Universally.

What are you grateful for? Plant your energetic seed with a daily gratitude ritual.

EXPECT IT TO HAPPEN

visualization practice:

Take a few moments to ground yourself and practice breath awareness. As you inhale, envision your intentions. Exhale gratitude for receiving said intention. Feel free meditate and "imagine" what the experience will be like AFTER your manifestation comes to fruition. Focus on all the thoughts and emotions you'll experience to bring them closer.

Visualization is a directed exercise in mental imagery; consciously creating images of success, healing, or relaxation for the purpose of self-improvement. Simply put, visualizations are intentional "daydreams". To daydream is to envision circumstances and situations in everyday life or otherwise. Visualizations are a way of "creating" with intention and bringing aspirations into fruition. Not only are we able to change our state of being with visualization, we are also able to create and manifest with this amazing tool. By using detailed imagery and immersing ourselves in the emotion, we are able to use this practice to change our current environments and manifest our futures.

GET EXCITED!

affirmation practice:

Try writing affirmations in your journal or on a sticky note and placing them somewhere you'll see them daily, like your bedroom door or bathroom mirror. Say them aloud each time you see them if you really want to take the energy up a notch.

When manifesting my first solo trip abroad I would repeat to myself "I can't believe I'm in Greece! I repeated that very same phrase four months later. In Greece. See how you can incorporate this into your ritual.

"Thank You!"

"I can't believe I'm in Greece!"

"I'm in Greece!"

Watch that mindset sis. The more optimistic you are the more quickly you'll see your manifestations come to fruition. This is why you always begin from a state of gratitude. .

Affirmations are a way of speaking your goals and dreams into existence. By saying them aloud, you affirm your position to the subconscious mind. This is how energy works. Now consider if what you're thinking, feeling and envisioning are in line with what you're trying to manifest? Remember, unconscious does not acknowledge negative thoughts. Thoughts such as "I won't get nervous," are interpreted as "I will get nervous," which will result in nervous behavior. Thinking positively allows the conscious and unconscious minds to work together. □

FIRE THE INTENTION

visualization practice:

Take the time to write down what you'd like to manifest. Write 10 reasons why you are afraid to attain this. Why don't you think it will happen? Be logical. Get honest and get clear. Write it down. On another page write down 10 reasons why you want your manifestations to come to fruition. What will it mean to you? Why do you deserve it, besides being the mf goddess that you are...

Often times when we think of what we'd like to manifest, we get a little overwhelmed. Our dreams are often large and self-doubt begins to sink in once we begin to overthink them...

But if you were to consider your goal and break it down into actionable steps, you'll come to realize that it's quite easier to attain than the self-doubt had projected. For example: manifesting a vacation could begin with something as small as a google search for flights and hotel prices.

You could take it one step further by writing the dates/prices in your journal. Build on those ideas more and you'll feel your confidence boost as you begin to see just how the universe will begin to support you and your dreams. You just need to take a single step.

SHIFT FROM IMAGINATION TO REALITY

affirmation practice:

It's time to take action in the physical to help bring your manifestations to fruition. You can purchase that one-way ticket or buy a travel guide for your intended manifestation. It doesn't have to be a HUGE leap, but you must do *something* to take action and affirm to the universe that you are ready to receive.

We fired the intention, but now it's time to take REAL action. Planning and plotting are important, but they mean nothing without taking actionable steps. You must show that you are serious about manifestation. We've taken baby steps, but now it's time to take action to begin the process of co-creation. You'll be amazed at just how quickly things will begin coming to fruition once you and the universe coincide together.

LET IT GO & EXPECT IT'S ARRIVAL

visualization practice:

Consider the way you approach a job interview. We get ready playing our favorite music, singing along. Hell, most of the time we're hyping ourselves up in the shower just *knowing* we're gonna get that job. Every step you take while getting ready is in this state of being.

See, you do this naturally. Now begin to see how you can do the same with your manifestation.

Now I'm not gonna lie, this step is often the most difficult. When we want something deeply, we naturally begin to obsess over it in some way. But with constant thought, insecurities begin to arise and we bring too much negativity to our dreams. This is why it's so important to practice the previous steps frequently. Especially gratitude. Continually show appreciation for all that you currently have and envision said manifestation as true. Be a kid again and pretend. Fake it til' you make it lil' baby. In doing so, you bring these goals closer to fruition.

Thank You!

I hope this toolkit has helped you to begin your journey to a Happier & Calmer version of yourself. Click [here](#) to discover other practices and services.

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