



## MANIFESTATION *Ritual*

**THIS POWERFUL RITUAL** helps you get into alignment with what you are desiring to call-in and attract into your life. Like energies and frequencies attract matching energies, so this formula assists in getting crystal clear about who or what you're looking for, or wanting to create, and then how to match your frequency to that person, thing, or opportunity.

Keep in mind... often the actions we're taking in the world are more what we think we should be doing or what others expect of us, instead of acting in alignment with our inner truth. Sometimes there's inner and outer work, or things we need to let go of to do, to get into alignment. Our Higher Self knows what direction to go when we open up, trust our inner guidance, and come from a place of commitment to truth and what is authentically in alignment with our soul.

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### 1: SET SACRED SPACE

Find a quiet place where you can focus without being distracted. Maybe you light a candle, say a prayer, play some sacred music, or burn some sage. Do whatever works for you to bring you into the present moment.

### 2: NAME WHAT or WHO YOU ARE LOOKING FOR

Complete this sentence: *My ideal* \_\_\_\_\_ *is ...*

Words are powerful, so be specific. What do you call this person or thing that you are calling-in? A soul-mate might mean something different to you than a husband. A personal assistant is a different role than a business manager. Get honest and clear about what you REALLY want.

### 3: LIST YOUR IDEAL ATTRIBUTES or OUTCOME

As you are writing, try to do this as a stream of consciousness with what flows from you, without overthinking or second guessing yourself. Try to stay out of the details of how it's going to happen or come into manifestation, and just focus on the desire. Be specific, and be sure to include all of the attributes you're looking for, ie: character qualities; physical attributes; income bracket; salary you'd like to pay to them; and so on. Again, get really honest about what you want, instead of what you think you "should" want, or what others want for you.

## 4: SEPARATE “MUST HAVES” from “LIKE TO HAVES”

Separate the list of desired attributes or outcomes into “must haves” and “like to haves”. “Like to haves” are preferences, while “must haves” are deal breakers. I like to take each attribute and ask myself, “If they/it had all of the other attributes except for this one, would this be a deal breaker for me?”.

*Examples: If your ideal person had every other attribute you desired but he was 5 ft 11 inches instead of 6 ft or taller as you'd hoped, would that mean you'd call off the relationship? If the car you're looking at buying had all the features you're looking for but was black instead of red, would you pass on the car? Sometimes we're surprised by the answers here, so be honest with yourself.*

## 5: LIST WHAT THEY ARE LOOKING FOR

Again, try to write here in a stream of consciousness without overthinking. Use your intuition and try not to second guess what comes up.

For a person... make a list of the desired attributes that the person you're looking for would desire from their end. If you're looking for a personal assistant, what attributes would they desire in an employer? If you're looking for a life partner, what qualities do you think your ideal life partner would want in a partner?

For a thing or opportunity... list what traits a person would require to be a vibrational match to receive this thing or opportunity. Meaning, who would you need to be, or what traits would you need to possess to be worthy of receiving it?

## 6: ARE YOU a VIBRATIONAL MATCH, or IS THERE A GAP?

Identify if there are attributes that your ideal person, thing, or opportunity would desire or require that you're not currently offering. This is where we really do some soul searching and get honest with ourselves. If you remain open, often things jump out at us and pop into focus at this step that we may not have seen before.

*Examples: If they're a high quality employee who knows their worth and value, would they desire more salary than what you're offering? If your ideal mate is health-conscious and physically fit, would they be looking for someone who's a non-smoker, when you smoke? This is where we use our intuition to see if there's anything within us that is not in alignment with the person/thing we're desiring.*

## 7: ALIGNING YOUR ACTIONS & FEELINGS

When we're saying one thing, but our actions say something else, we're giving mixed signals to the Universe. Make a list of the things you're committed to changing or putting into action to align with what you're calling-in. Write down at least one to three things that you can do immediately to align your actions to your desire. Remember, like attracts like, so this is about getting clear and real with ourselves, then matching our frequency with what we're desiring to call-in.

Are you desiring to call-in your life partner but your calendar is so full you have no time to date? Are you desiring a promotion at work, but show up late sometimes and aren't producing your best work? Are you desiring flat abs and a fit bum but aren't exercising?

Now is the time to tap into the feelings and emotions of what it's like when you receive this thing, and live from a place of "as-if" it's already a reality. Our emotions and excitement are what impregnates the field of possibility to create and call-in our desire.

*Examples: Clear a drawer in your side table or dresser for your partner who you're calling-in so they have space. Buy a bikini for your new, fit beach body. Enter yourself into a dance contest to show off your new dance skills in the future.*

## 8: CLOSE SACRED SPACE

When you're ready, take a moment in appreciation for the work you've done, reflecting on any awarenesses or "aha's" you've had. You may also want to thank any energies that assisted you in your journey here. Then, blow out the candle.

*And* **SO IT IS...**