



On Day 1, you energetically called in your desire. Today, you're going to take steps to shift that desire from an energetic one to a physical one. In order to do that, you've got to align your energy with the energy of your *I Am* (Day 1 – page 1).

**Whatever it is you want to manifest, you want it because you know it will feel amazing.**

A million dollars? Amazing. The relationship of your dreams? Amazing.

The thing is, the Universe always mirrors back to us how we feel *now*. If, right now, you have financial problems and you feel negative about it, the signal you're sending and receiving on is way below where your desire is. Your intention is *I am abundant*, but the frequency that you're aligned with is *I am desperate* or *I am struggling*.

### **Everything is Energy**

In order to align with *I am Abundant*, you've got to raise your energy to match the frequency it's on. We are often convinced we'll get into those powerful high vibes when we have the thing we want, but the thing we want cannot show up until we get into those powerful high vibes!

To work with the magic of the Universe, we're going to get into those high vibes *now*. Not later. Now.

Right now, the thing you desire might not feel good when you think about it. There might be feelings of lack around it, unworthiness, fear, disappointment, or any other negative feelings you picked up through past experience. Therefore, you're not even going to try to shift in that area. Trying to force something when we're not ready only ends up making us feel worse.

Instead, you're going to *pivot* your attention to what already does feel good and become an energetic match through a different channel. Very few of us are taught how to do this and why it's important. Rather, we're taught to hustle, obsess, and work to get the thing we want. The Universe, however, does not care if you're burning the candle at both ends to make your dreams manifest.

**The Universe only cares about how you feel. Everything is energy.**

If you're thinking about the time you won an award, and you start to feel amazing thinking about that victory, guess what? The Universe feels your vibration and sends back to you everything

that matches that vibration. It's like opening a door to all the things that make you feel empowered, successful and joyful. This is when the magic begins to collect momentum.

Feeling good now is like a snowball at the top of a hill. Once it gets rolling, it becomes a powerful force unto itself.

Let's start right where you are. Look around you and list ten things that make you feel happy. A book. A pet. Fuzzy slippers. A candle. Nothing is too small to put here, and in fact, this is often where our misalignment begins – by forgetting to value the little things.

### I love my...


Now let's go a little bigger. Let's talk about where you live. What are ten things you love about your town and the area you live in?

### In my community, I love....


Now you'll go even bigger. Let's talk about being on this planet. This one can be a little sticky – we often see the problems of the world and our energy goes down. However, focusing on problems only expands them, and so for the good of all we're going to focus on what's going right. We're going to see what's good and amplify that vibration.

What do you love about being alive on Earth? Sunrises, fall leaves, places you've traveled to, languages, mountain ranges, musicians, artists, cultures, cuisines, moments of kindness. What makes each day on Earth special to you?

### I love this world because....


And now for the fun one. What do you love about the Universe, spirituality, and everything in between? This one is all about what lights up your soul – galaxies, oracle cards, soul mates, planets, time travel, meditation, past lives, auras, Saturn’s rings.

### I love being in this Universe because of....


**Bonus question!** When you close your eyes and think “I love...” how does your mind complete the sentence? What do you see?

I love \_\_\_\_\_

To continue building your good vibes, you’re going to do a little gratitude practice. I’ll start, and you complete the following statements:

When I’m outside, I feel grateful when I see \_\_\_\_\_

\_\_\_\_\_

I am so grateful I met my friend \_\_\_\_\_ because they are

\_\_\_\_\_

\_\_\_\_\_

When I want to feel spiritual or a sacred connection, I go to \_\_\_\_\_

I'm so grateful this place makes me feel \_\_\_\_\_

\_\_\_\_\_

I love going to \_\_\_\_\_ ! I feel so much gratitude for the \_\_\_\_\_

\_\_\_\_\_ when I'm in this place.

My favorite food is \_\_\_\_\_ I'm so grateful I can experience the  
pleasure of it. It tastes like... when I eat it I feel...

\_\_\_\_\_

I'm so grateful I have a body, because without it, I would not be able to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Let's keep these good vibes going! You're now going to remember the things that  
lit you up and brought you joy in the past.

A time I felt a true sense of accomplishment was when I \_\_\_\_\_

\_\_\_\_\_

My favorite vacation/trip I ever took was \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When I was a kid, I loved to \_\_\_\_\_

\_\_\_\_\_

When I think of a time I first felt truly spiritual and connected to the Universe, I think of....

\_\_\_\_\_

\_\_\_\_\_

Listen to the audio *Day 2: The Rising Sun*. After, come back and continue.

<https://soundcloud.com/melissafield/day-02-the-rising-sun>

Before the sun rose over the horizon, you felt a connection to something beyond you. Describe what you felt and what your personal concept of a Higher Power is.

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How did this meditation make you feel? Are there things in it you can use to raise your energy when you're not meditating? E.g. deep breathing, connecting to nature, etc.

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Imagine you are the Universe looking at you as you meditated on the rising sun. Describe what you (as the Universe) see, what the vibration is, and what aligns with this vibration.

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**Return to the I Am statement you wrote on page 1 of Day 1. What was it?**

I am \_\_\_\_\_!

Fill in the spaces below and then reread it all out loud, allowing deep, healing breaths as you do so.

I am \_\_\_\_\_! In order to become this, I surrendered \_\_\_\_\_  
 \_\_\_\_\_ . I surrendered it all to  
 (Higher Power) \_\_\_\_\_. Being (your I am) \_\_\_\_\_ makes me  
 feel \_\_\_\_\_! I am letting go of everything  
 that doesn't align with these feelings. Instead, I'm choosing to focus on what feels good, such as  
 \_\_\_\_\_. I breathe these  
 good things in, and as I breathe them in, the word that comes to mind is \_\_\_\_\_.