

Day 5

I Am Manifesting!

When there's something you want to manifest, and it's not showing up no matter how hard you try, it can lead you to believe you're powerless.

It can make it seem as if you have no power over your life. It might even seem you've been forgotten, abandoned, or that you're being ignored. It can give the impression that there is nothing out there watching over you, and all of this is just random chaos.

In truth, you are the creator of your life. You create everything that happens and everything that doesn't happen. It might not seem like it, but not manifesting something is a manifestation. It's the manifestation of the lack you're focused on. The Universe is always responding to and reflecting back to you your inner feelings.

In order to tune back into your power, you're going to get clear about how much you can and do manifest all the time.

Essentially, everything you have manifested into your life. It might not seem like a big deal that you have a shirt on your back and shoes on your feet (or whatever you're wearing), but it actually is! Nothing comes to you unless you first create it in your mind and then allow yourself to receive it.

Let's really dig into how powerful your manifesting abilities are.

Look around and write down everything you have that you manifested. It doesn't matter if it was a gift, you bought it, you found it, or you can't remember how you got it. The fact is, it's here and you made that happen. As always, nothing is too small to matter here. To the Universe, there is no small stuff, it's all just stuff, so put down that pen you got at the bank, the book you bought for a dollar, and anything else you see around you (keep writing onto the next page)

I manifested...

Revisit your intention from page 1 of Day 1:

I am manifesting _____

You're now going to reflect on everything you've ever manifested in relation to this.

If you want to manifest a loving relationship, write down all the love that's ever flowed into your life. This isn't about having had the perfect relationship in the past. It's about how you've experienced love, connecting with that love, and allowing that to be your point of attraction. In other words, if you love your cat, that's love you've manifested, and the Universe will respond to that by sending you more things you love and that love you back. If you love your garden, the corner grocery store, and your neighbor's flowers, that's love you've manifested.

Essentially, what you want to do is become the energetic match to your desire. You do that by focusing on your desire and feeling as if you have it. If you want to manifest abundance, but you feel as if you don't have it, the Universe can only respond to your inner belief you don't have it. So find all the things that do make you feel abundant – perhaps an abundance of friends, an abundance of old stamps you collect, and so on.

Don't be afraid to get creative here! The more you write down, the more you say to the Universe *Thank you! I'm ready for more!* Here we go!

**I am a master at manifesting _____ I have
already manifested some amazing things in this area, such as....**

Now you're getting the good vibes going! Let's go back to the *I Am* statement you've been building and add on to it.

At the end of day 1, you picked your favorite *I Am* and built onto it each day. Write that statement again below (using the one from page 5 of Day 4 or whatever you feel is true now) and add on to it using the prompt.

I am... _____

and my powerful guidance team supports me in this by _____

and I know I am worthy of receiving this manifestation because _____

And I KNOW I can manifest it because I've manifested so many amazing things already, such as

Wooh! Look at you go!

Now let's have some real fun. This one is the wild card. So far, you've noted the things you manifested in the space you're in and in relation to your desire. For this one, you get to decide what manifestations to list. This is where you write all the things you've ever manifested that made you light up with joy.

Anything and everything that came into your life, from your childhood to now, that made you feel great gets to go here. Vacations, cars, friends, lucky rocks. You name it, you get to write it.

I have manifested some pretty cool things!

Here are some of my favorites:

And now, I am manifesting

Listen to the audio *Day 5: The Tree* and then return to finish the following.

<https://soundcloud.com/melissafield/day-05-the-tree>

On the image of the person below, you're going to draw the tree you visualized. This isn't an art exercise, so don't worry about drawing anything perfect. This is about tapping into a different area of your brain, getting playful, and allowing this journey to be fun and light.

Once you've drawn your tree, you're going to write words around the roots and branches. Around the roots, write down words associated with what you received from the earth. Around the branches, write things you received from your Higher Self or the Universe. You may also use the same word on both sides (e.g. balance or healing might go on both). When you're finished, do the exercises on the sides of the person.

I am manifesting

As I go about this, I will find
grounding by



And I will find connection a to
my Higher Self by

When I am balanced I feel
