

Day 6

I Love How This Feels!

You're halfway through! At this point in your journey, you're going to circle back to Day 1.

With your energy raised and your vibes flowing, you're going to return to fully focusing on what you want to create and build on your positive momentum. Let's first recall your intention:

I am manifesting

And now you'll return to the powerful intention statement you've been cultivating. Once more, write your statement here and allow it to evolve in any ways it's ready to:

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

On Day 1, you wrote out the positive feelings you associate with this I AM. Write those again here (or if you want, choose new ones):

When I Am _____ I feel...

And now you're ready to really get into these feelings!

It's time to feel as if this amazing manifestation is here and it's **happening now!** Let's imagine how it feels to have this and to be living it. This is your life when you're fully in the magic.

If you've manifested your ideal partner, write down where you'll go and what you'll do together. If you have your abundance, write down what you'll buy, who you'll help, and so on.

Now that I've manifested

I will.....

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____
- 9.) _____
- 10.) _____

From the list above, pick your favorite experience. You're going to add onto it below.

Now that I've created _____ I can't wait to _____
 _____ It's going to feel
 _____! I love feeling _____ and _____!

Above, you wrote how it will feel when you're experiencing your manifestation. Below, describe what this feeling is actually like. How does it feel in your body? What is your energy like?

What are some things that give you this feeling and that you can experience without anything changing? For example, if having abundance feels light and free, what else makes you feel this? It might be as simple as baking cookies, planting flowers, or laughing with your kids.

I love feeling _____! I feel it when I.....

According to physics, all of time is happening at once. Which means, your future self is already experiencing what you described above! You're there! But maybe you need a little reassurance and help knowing this will come to pass. Who better to help you get where you're going than your own self?

For this exercise, you will once again connect to your guidance, and your guidance will come from your future self. Close your eyes, put your hands on your heart and take a few deep breaths. Imagine you're feeling the euphoria of your manifestation. You've done it. You've arrived! Let your future self share with you any words of wisdom, reassurances, or guidance they have for you.

Dear Present _____ (*your name*),

Thank you so much for all you did to make this dream a reality! You have no idea how happy and blessed I feel. I want you to know _____

Love,
Future _____ (*your name*)

Take your *I AM* and expand it out into a short mantra. For example, if your I AM is "I am abundant" try something like "I am abundant and in a flow" or "I am at peace" becomes "I am at peace and taken care of". Take your time with this and allow what feels true to you to come forth.

I AM _____

Listen to the audio *Day 6: The Mantra*. For this audio, you will use your I AM mantra from the previous page. After, complete the following:

<https://soundcloud.com/melissafeld/day-06-the-mantra>

OM is known as the sound of the Universe. When we chant it, our intention is to connect with who we are beyond this physical existence. It's meant to connect us with our eternal spirit, which is the part of us that is always love, abundance, and joy.

When you connect with this eternal part of yourself, you connect with the part of you that was never and could never be separate from your desire. There is a part of you that always vibrates with the intention you're trying to manifest. By chanting OM, you bypass all the mental gymnastics and dive right into the part of you that is in perfect alignment and harmony.

Put your hands on your heart, close your eyes, and chant OM two or three times. After, write down what OM means to you. What does it feel like to notice this vibration in your body?

Return to your mantra: I AM _____

When you're not meditating, how is your energy around this intention? Do you feel there's a lot of fear, worry, or upset around it? Describe your energy in relation to your desire:

Now describe how your energy was while you were meditating. What energy did you imbue your intention with? How do you think this shifted things for you?

Going forward, when you catch yourself in fear or worry around your intention, what can you do to create a small shift in the moment? How can you remember to ask your guides & angels for help?

Once more, write your mantra: I AM _____

Read your mantra out loud and follow it with one OM.