

Day 7

The Future is Good!

One way you often block your manifestation is by worrying it'll never show up.

You project your fears onto the future, and the future lines up to match your inner beliefs. If you're going to have an amazing future (and you are!) you've got to start seeing it now.

In order to build a beautiful future, let's first return to energizing your desire in the present:

I AM

Before you dive into your future, you're once more going to revisit how this *I AM* feels. This will help you get clear on the next part.

When I Am _____ I feel....

Now let's start planting seeds in the future! You'll start small and continually expand. The best way to do this is to get specific, to really see yourself in each situation, and to see it as if it's happening. Who's with you? Where are you? What are you wearing? How do you feel?

With each phase, grow this vision bigger. In other words, you don't want to try and see yourself having a million dollars a month from now, but instead you want to expand up to that.

One month from now, I will be....

Six months from now, I will be....

One year from now, I will be....

Five years from now, I will be....

Ten years from now, I will be....

Look at you go! Your future is really starting to look amazing. In order for all those brilliant things you wrote above to happen, you're going to need some help from your powerful guidance team. Let's check in with your guides and receive some support.

Put your hands on your heart, close your eyes, and take some deep breaths. Ask your guides to give you some clarity on what you need to let go of in order to manifest this incredible future. You might get a word, a phrase, or a specific thing that you need to let go of.

I am surrendering.....

Now let's find out what you might need to cultivate or call in. Ask your guides what step you need to take, what you need to do, or what you need to nourish at this time. Put your hands on your heart, close your eyes, take some deep breaths, and ask away.

And once more, let's check in with your future self. Put your hands on your heart, close your eyes, and take a few moments to connect with the powerful energy of your future. Ask your future self how far in the future they are. Ask them what they want to share, and send them love, as love amplifies anything amazing happening in your life!

Now let's declare it! Write it down and know that your intentions are powerful and set the energy of the Universe in motion on your behalf.

My name is _____ and I declare, right here and now, my future is going to be filled with all the amazing things I'm dreaming of. I am worthy of this spectacular future because I am _____ and I am supported by a powerful guidance team. When I think of my future, the words that come to mind are _____, _____, _____.

I am a divine being and I (your name) _____, declare it and so it is!

Continue to the audio *Day 7: The Blessing Ball*. Before you play it, re-read your answers from pages 1-2. You're going to use these during the meditation. After, complete the following: <https://soundcloud.com/melissafeld/day-07-the-blessing-ball>

The circle on this page represents your Blessing Ball of Light. During the meditation, you blessed yourself where you are and in your future. Inside the circle, write all the things that you energized with love and blessings



In the beginning of the meditation, you blessed your present self. What did you heal or bless in your current life?

Based on what you wrote above in the circle, what do you believe your future will be like? What are some words that stand out to you?

When you pulled all of the Blessing Balls of your future into your heart, what did you feel?
