

7 STEPS TO MANIFEST WHAT YOU WANT



BY, LIZA MARIANI

WWW.LIZAMARIANI.COM

BEFORE YOU BEGIN



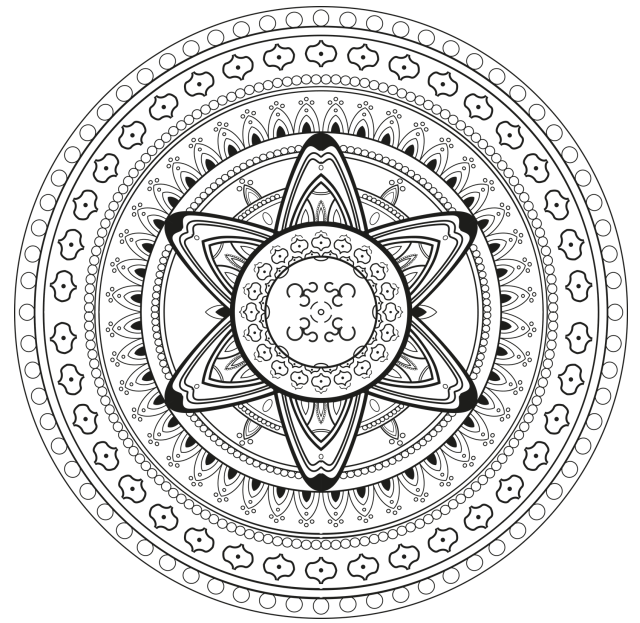
create a space to center yourself and set time aside everyday to meditate. This is the easiest part of the process, but sometimes the hardest part because most people do not allow themselves a moment to meditate. Find a meditation you like either on an app like “Insight Timer” or “Headspace”. There are also thousands of guided meditations available on YouTube.

STEP 1

GET CLEAR ON WHAT YOU WANT TO MANIFEST

Figure out what exactly you want and write it down. It can be as detailed as you like. For example, you can write down "I want to buy a home that is less than \$500,000 that needs minimal work done to move in" Buy a journal to write your list in, so you can keep track of what you want.

Get started with a list of 10 to 20 items. This list could change tomorrow, so set your intentions to allow you to change your mind. Try to arrange your list with using the words "I want" or "I see myself" - avoid using negative words like "I don't" or "I hate".

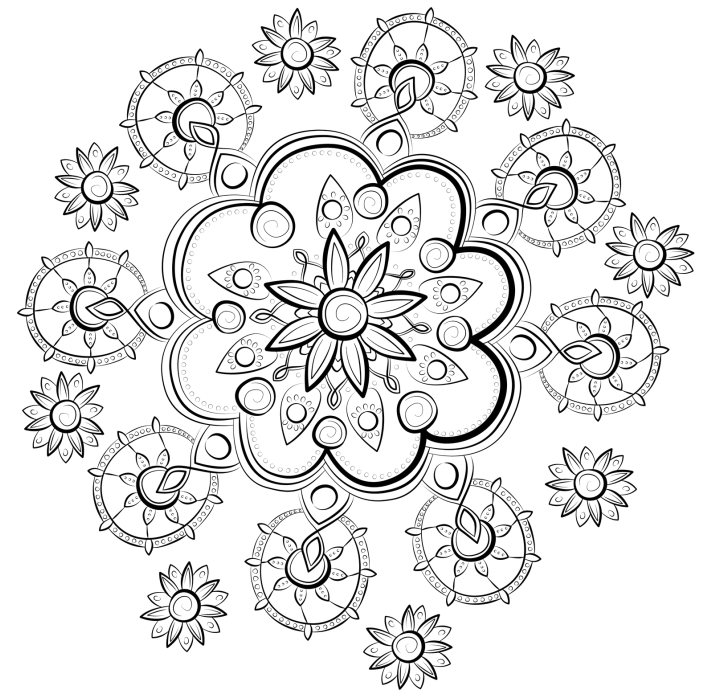


STEP 2

ASK THE UNIVERSE FOR WHAT YOU WANT

After you create your list, you need to sit down and ask the universe for what you want. You can do this through meditation or from verbally asking out loud. Another very effective way of asking is to create a vision board. Find visual pictures of everything on your list to add to your vision board. This method helps you to visualize what you want. Hang your vision board in a place you can see it every day or insert it into your planner that you take everywhere.

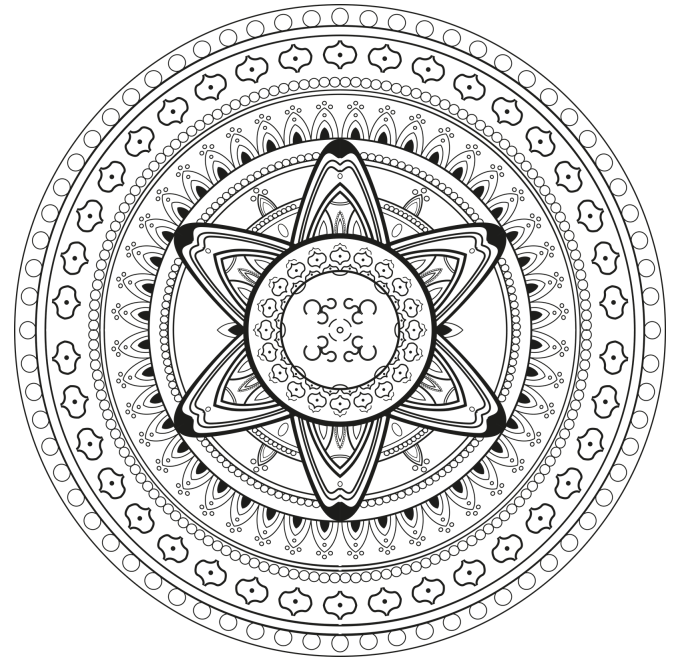
Ask the universe once a day, this makes your requests stronger.



STEP 3

WORK TOWARDS YOUR GOALS

Start taking the action steps to work towards your goals. Research on Google what steps you can take towards each goal if you are unsure where to begin. You need to work together with the universe to make your dreams a reality. It is not very likely what you want will just fall into your lap, so make the effort to work towards them one step at a time.



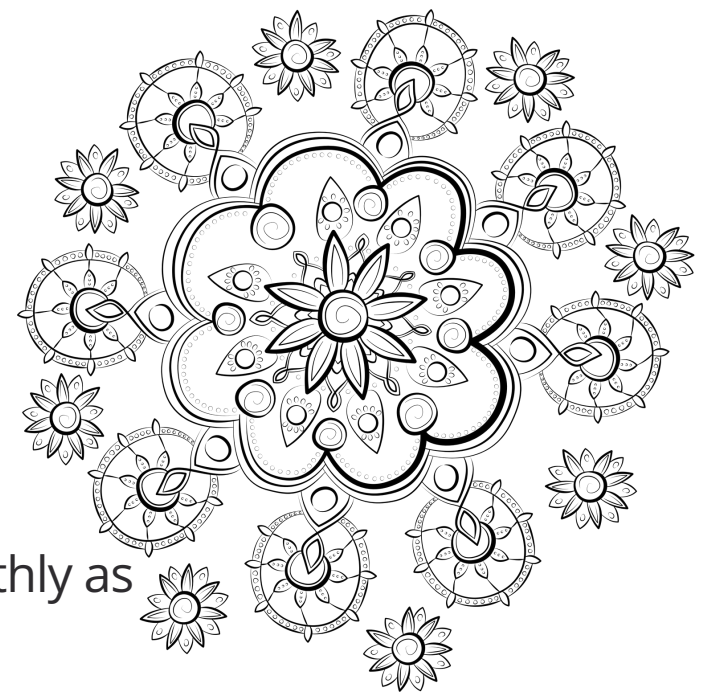
STEP 4

TRUST THE PROCESS

Do not get discouraged if each step does not go as smoothly as you anticipated. This is all part of the process.

As you continue to work towards your goals, you may get frustrated and doubt that this is not working for you. The more you question yourself and the universe, you are actually manifesting for you to not receive what it is that you want. Try to remain positive and believe that everything happens for a reason, and what you want will still come to you.

Whenever you feel yourself doubting the process, repeat this to yourself, "I am getting closer to my goal every day and the universe has my back."

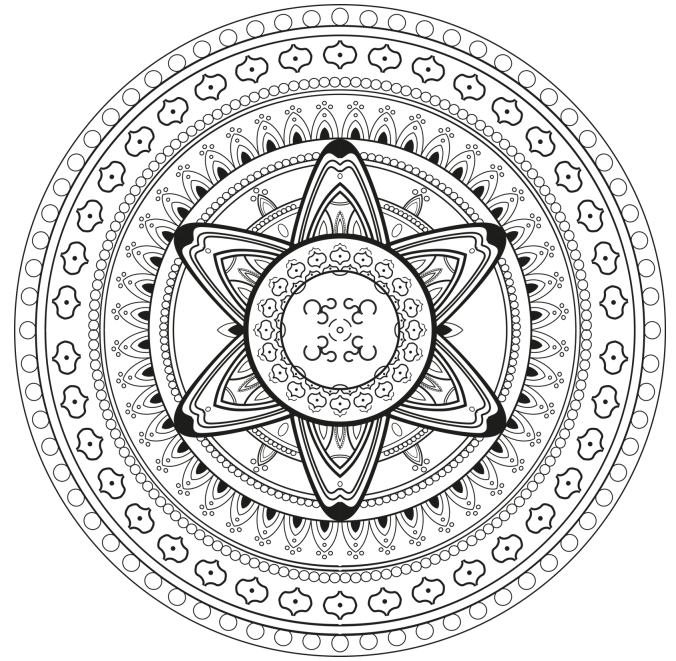


STEP 5

RECEIVE AND ACKNOWLEDGE WHAT YOU GET

Everywhere there are signs from the universe sending you messages. But you need to be open to receiving these signs and acknowledge them as messages to keep you on the right path.

Signs can be anything from a song on the radio, to seeing numbers repeating. A constant sign I always acknowledge are the numbers 1111, like the time 11:11. Signs are different for everyone and may be things that will catch your attention like a phone call from a person telling you an important piece of information. It is important to keep notice of the signs that come to you.

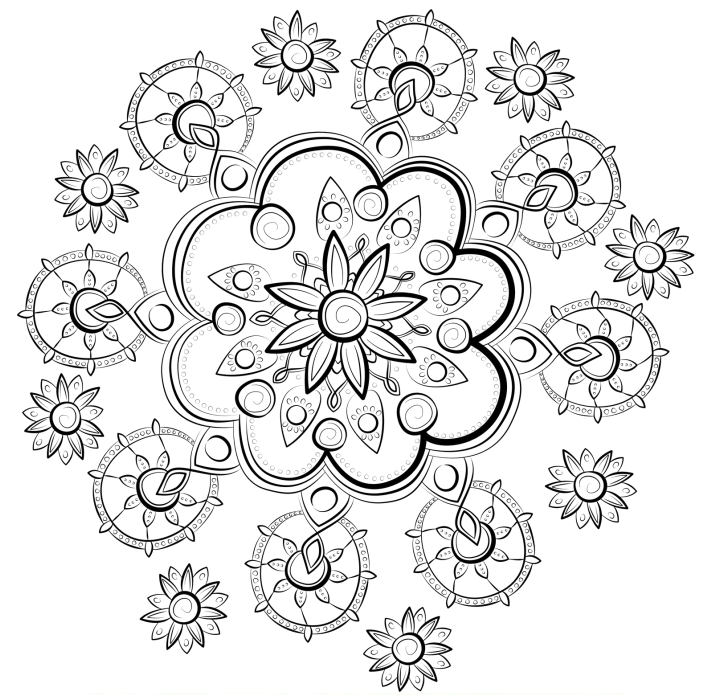


STEP 6

KEEP YOUR VIBRATION HIGH

You attract what you send out to the universe. Negativity and toxic people will do nothing but lower your vibrations. Try to keep a positive mindset, clean out the negative people in your life. Eat healthy and exercise regularly. Make sure you are connecting your energy with people who operate on a higher vibration. They will help you to bring your vibration up as well.

Meditation and taking walks in nature are also great ways to raise your energy vibration. If you make a conscious effort to live your daily life at a higher vibration, then everything else will fall into place.

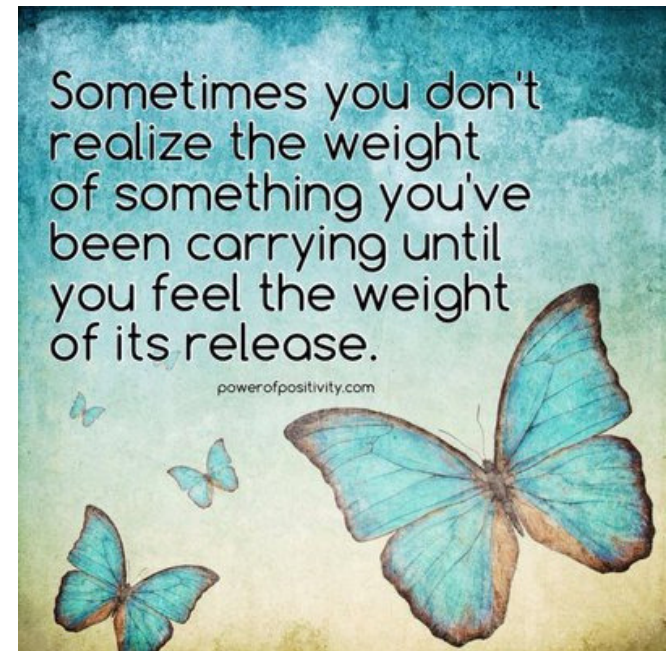
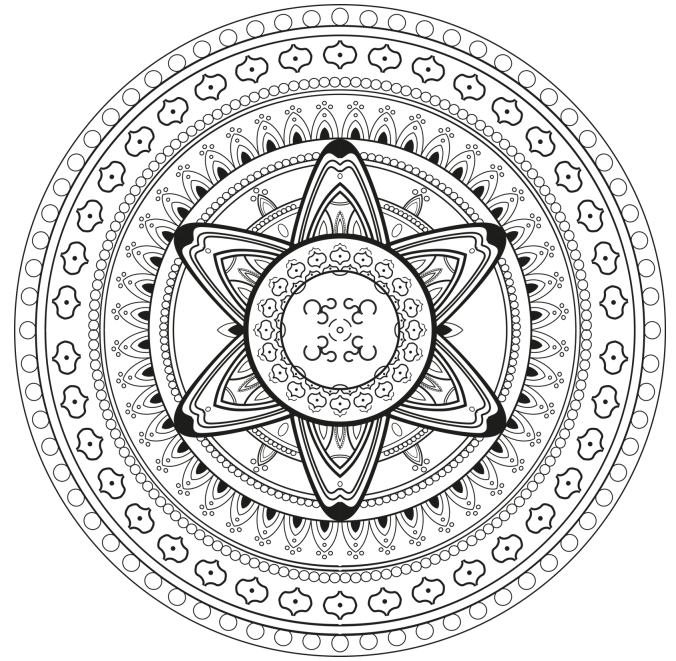


STEP 7

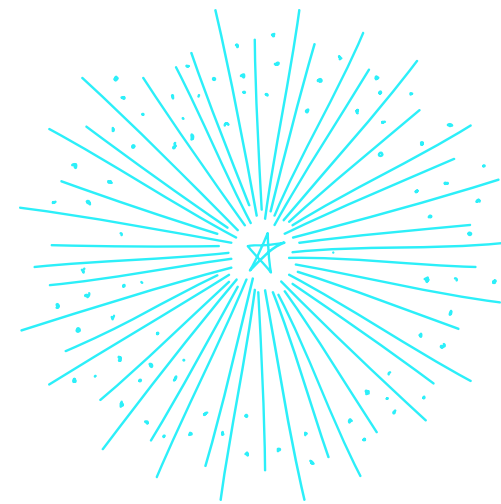
CLEAR YOUR RESISTANCE

Usually, a big problem towards manifesting something you want is dealing with the resistance to obtaining it. This can come in forms of procrastination, frustration, anxiety, fears, resentment or self-doubts. You are subconsciously holding yourself back from receiving what you want from the universe. You need to learn to let go of the resistance.

If meditation is not helping, then it may be time to look for outside help. You may have deep-seated blockages from when you were younger preventing you from letting your soul grow. If you fix these blockages, then it will be much easier for you to manifest what you want.



OVERVIEW



START HERE

Figure out what you want to manifest and write it down, repeat it out loud everyday!

GET TO WORK

Figure out the steps you need to take to get to your goal. Brainstorm ideas, set reminders, visualize the journey!

DON'T QUIT

Stay focused! The journey is never easy, but you know that. So keep visualizing yourself reaching your goal and DO NOT QUIT!!

END HERE

This is when the real magic happens. When you reach your goal, thank the universe for making your dreams a reality! Be proud of yourself for not giving up.

BELIEVE



The Law of Attraction is very real and you can manifest the life that you desire. Believe in it and believe in yourself. You do have the power to make all your dreams come true!

THE AUTHOR



LIZA MARIANI

Hi, my name is Liza! I am an intuitive empath, and after 16 years of living in an abusive and toxic marriage with a narcissist, I went through a spiritual awakening. During the healing process of my divorce, I have discovered my gifts, learning to trust my intuition and use them to help other people. I found my life to be an uphill journey, but the feeling of being free empowered me and made me want to take my power back. So here I am ready to help women who felt trapped as I did for all those years. I gained so much knowledge through my journey, and I think that it is vital that I should help people take their power back too.

As a mother of three kids, I knew that I needed to make a difference to them. I hope to be a catalyst for change, finding ways to educate the public about narcissism and how many women are trapped in relationships with men with Narcissistic Personality Disorder. I plan to set up a foundation to help women in need who don't have the money or the resources to leave safely. As my business evolves, I plan to have access for all women to get the help they need. Not all abusive relationships are physically violent, and not all wounds are visible. It is through the darkness that we find the light.

QUOTE

“

*While intent is the seed of manifestation,
action is the water that nourishes the seed.
Your actions must reflect your goals in
order to achieve true success.*

- Steve Maraboli