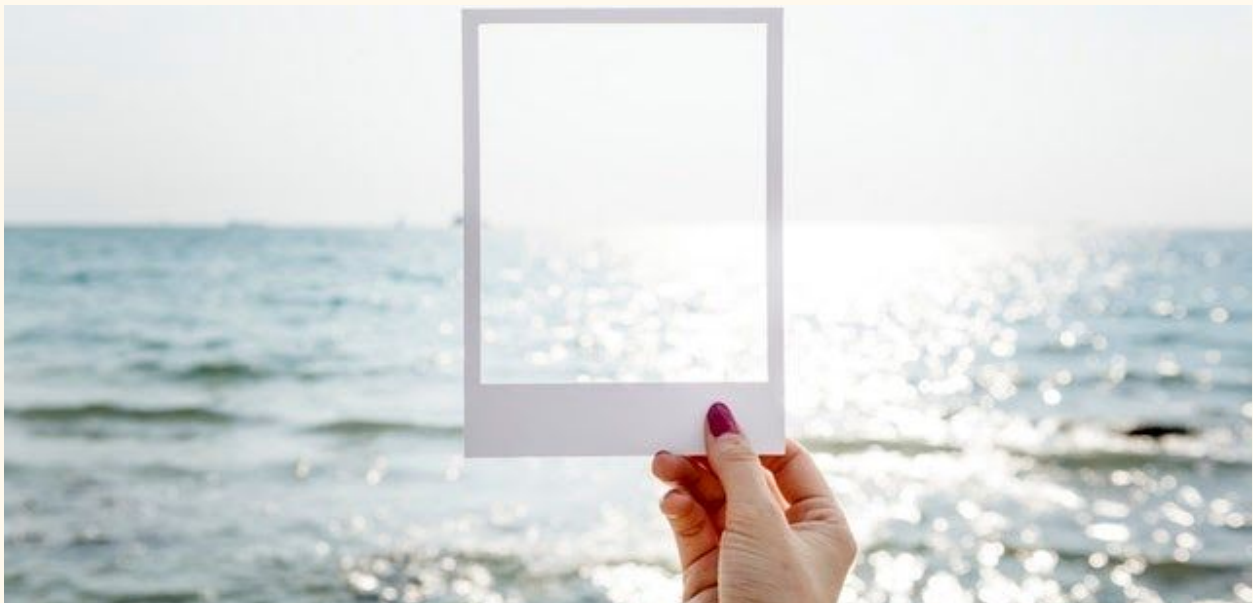


<< **Free Course** >>

Manifest Your Dreams By Aligning Your Reality From The Inside Out

Action Guide To Attracting Wealth & Success In Your Life & Business



Let me start with getting a bit real here...

I need to ask how responsible are you for where you are right now in life?

Do you believe that you are where you are because of past choices and experiences? Or do you believe that life just happens to you by chance and it's because of others and what they have done to you why you're where you're at? If this is so then you have some mindset shifts to make in order

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for this to really work. And it's OK I'm not asking you to give up your stories because they are yours to have, but with love, compassion and total non judgement I am going to ask yourself if you can offer yourself some approval? If you can do that, then you are ready for the opportunity to take responsibility for where you are because it's OK and it can change and shift to the GREAT!! It's all possible You can DO THIS!!

Get support from me & other love leaders who are doing this challenge because they are ready for change!! Join FREE Facebook group by clicking this link:

<https://www.facebook.com/groups/MindBodyBreathBusinessCoachGroup/>

Here we go!! I will ask again are you ready to lean in and take responsibility for where you are and the life you've created this far and are you ready to seriously ask yourself what you actually want and are you ready to receive?

If it's YES!!!! Then let's get going...

I will tell you I have created a healthier view of myself and a way better relationship to the outside world & others. I now lead a more successful lifestyle because I shifted my mindset to choose to accept positive & healthy lifestyles for myself because I no longer accept the past conditioning to keep running the same old same old. I no longer accepted the continuous replay of events to keep showing up that was very ego based and diminishing making me feel like a total victim with no control and left me asking why the F does this keep happening to me how do I approve myself!? But there it was... my beautiful transformation waiting for me!! There it was in my mindset, the looping autopilot thinking that kept unconsciously pulling my emotions to the pits of lack, I don't have

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this, why does this keep happening, what's wrong with me to now I'm feeling sad or even kinda pissed and I'm pointing this energy at my fiance or just life in general so all I have is feelings of defeat, drained with no energy left to want to try.. so binge watching netflix sounds like a great idea Does any of this sound a bit familiar?

Until I started getting raw & real with what my true beliefs were and that they are creating emotions and that is creating my vibration and how my frequency is communicating to the universe this is how I began to take responsibility and the beginning process of letting myself have a voice and allowing approval for myself to feel better not because I deserve it but because I am full of all the potential that already exists in this beautiful abundant universe!!

We live on a freaking AHHMAZING planet with 7.8 billion people, 3 trillion trees and like 7 Quintillion grains of sand that's 7,000,000,000,000,000 we live in an abundant universe!! We just don't usually think this way because we were never taught to. So it's safe to say that our limiting beliefs keep up looping without us even recognising that it is happening. Until we start speaking the universes language or I should say our **Conscious true self language!!** We shift to **I AM** apart of the whole entirety of everything and one with creation (LOVE). When we shifted into I AM we begin the beautiful transformation of "tuning in" to this frequency and begin letting go of everything that no longer serves to keep it looping!! In business, in relationships, money & success, how others treat you and how much energy you will have to move towards your goals. The beliefs change to I am abundant and I believe my life wants the best possible outcome and highest good for me at all times. I love that it's not our job to know the

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details of how it's going to come. Our job is to align our Energy, Thoughts & Emotions and allow the universe to take care of the rest. Our brain is mainly subconscious. It doesn't know the difference between real or perceived so make it feel real! WE have to reprogram our mindset.

I love working with amazing women just like you who are ready to consciously create success & thrive!!

In this mini course you will have access to VERY simple yet super powerful techniques you can apply right now to start moving towards your desires and manifest health, wealth & happiness while aligning to your purpose and consciously master your creations.

Are you ready?!! Let's get going :)

Don't do this alone, join my Free FaceBook Group and receive support and share your wins!! Join group here:

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Step 1: Clarity ~ Be clear on what it is that you want

If you could already see your life EXACTLY how you want it to be what does it look like? Is your health at optimal levels? Could you get in a new ride or home? Have more cash to go on a trip or get your dog training lessons? These are just examples, I know you have your own dreams and desires. So what are they? Allow yourself to have FUN and write down anything you want! There's no limits here and be selfish

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Write anything and everything you want in your life right now:

Now write what you REALLY want! BE extremely specific. Define your new normal:

What do you want it without?

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Why is this important to you? What will it do for your life if you get rid of ____? What will your life be like if you get _____?

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Step 2: Decide that you want it!!!

If you have ever been in a relationship which we all have with either a spouse, parents or siblings we've either said or heard "I'm not a mind reader! You need to tell me what you want or are thinking..." The universe works the same way. If you never take the time and really decide what you want. How do you expect the universe to "Read your mind?" and give you what you want. YOU HAVE TO DECIDE WHAT YOU WANT & THAT YOU ARE GOING TO GO FOR IT!!!!

Here we get even more clear with writing your declaration statement to the universe. You can start it with....

From the divine love that I am, I [Your entire Name] declare my desire for _____.

What are you willing to commit too? What?Who are you willing to give up?

How will you hold yourself accountable?

Is there anything you can do to assist freer flowing energy?? Clean out your closet lately??
Abundance loves the fast lane so anything that slows it down will slow you down!

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Step 3: Mindset ~ Locate Negative Mind Monsters & Release

Somehow we've adopted the belief that you have to see something to believe it, when quite the opposite is true. We actually have to **Believe to Receive IT!!** Even if we don't quite have it.. (yet). It's all about the tuning in to the frequency of total potential and possibility we develop a knowing & understanding that you have this power within and you can use it to heal, create & manifest anything you want. WE ALL CAN DO THIS! Whoever and wherever we are we are deserving of magnificence no matter the life circumstance. We can change any perspective from crappy to happy ;)

Our ego mind plays a very important role in our life! It ensures our survival, it keeps us safe from potential danger and it likes to create control and whatever it looping has the desire to express into creation. Our mind is where we store programming, conditions from our environment and upbringing and what is real or perceived. The foundation of our existence essentially starts here. Can you allow yourself the love and support needed to be radically honest with your emotions and thoughts and begin to release the old and move into believing you can trust the things you can't see and have faith anyways. To keep cultivating your higher power? If we don't know or have a solid foundation in our home when it's built the house will soon fall apart. Just like us.. we lose momentum, feel yourself sinking, begin to worry, start allowing in the gremlins of doubt and here we go the ego mind has created a recipe for disaster.....But you have the power to STOP THIS MADNESS!!!

Write a list of all the things your mind or body tries to tell why this won't work. Or what obstacles from the past have been put in your path to keep you playing small.. What are some beliefs that show up as resistance to you having a successful business, career, money relationships or health? What fears and feelings of scarcity show up?
WRITE AS MANY AS YOU WANT.

Keep it coming... let it out use extra paper if you need.

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NEXT STEP:

Now with all the resistance and fears that keep you fragmented have been brought to the surface. Everything you wrote that is not serving your highest potential. Let's look at them and find the ones with the most charge... On a scale of 1 - 10. Like 1 being a low emotional charge to 10 making you feel the worst.

Write the number beside and then the ones with the most negative charge you will begin to release these 1st. 1 by 1 ask yourself if you are ready to release them. Start with the 10's and work your way down as some may be linked and will release together.

Breathe.... Don't forget to breathe!! It is perfectly safe to go there!!

You are supported. Grab a tea and come get support by me and other human beings that experience this too in the free group. OK!! Big hugs you can do this.

NEXT STEP: Creating new beliefs statements with the old will skyrocket you into clarity and direction.

Find the negative charge word and either remove it completely or change the script and make it positive and empowering. Everytime we use powerful words like I AM or any of the bold & underlined. We boldly decide with strong force that we declare this **NOW**. Our subconscious accepts this and then will begin to express it into creation.

Examples:

[Who am I to think I can have a nice new home.] to **I AM** READY TO ACCEPT MY BEAUTIFUL NEW HOME.

[This will never work] to **I TRUST** THAT THE UNIVERSE BRINGS ME EVERYTHING I DESIRE WITH LOVE AND GRACE.

[I have tried this before nothing ever works] I AM READY TO ACCEPT CHANGE ~ I GIVE MYSELF PERMISSION TO WANT WHAT I WANT I AM FULLY SUPPORTED AT ALL TIMES.

Write powerful belief statements like:

I DECLARE ALL MY DESIRES TODAY ~ ABUNDANCE COMES TO ME EASY.
I,[INSERT YOUR NAME], AM MORE POWERFUL IN THIS MOMENT THAN I EVER HAVE BEEN BEFORE IN MY LIFE.

I, [INSERT YOUR NAME], WILL COMPASSIONATELY LOVE MYSELF AND FORGIVE MYSELF COMPLETELY. CAN ADD X,Y,Z_____ AT THE END IF YOU CHOOSE.

I AM GRATEFUL FOR MY LIFE. **I AM** GRATEFUL THAT I'M ALIVE TODAY AT THIS MOMENT. **I WISH** EVERY CELL OF MY BODY TO REJUVENATE AND BE IN A STATE OF PERFECT HEALTH. **I WISH** ANY STRESS, ANXIETY, DEPRESSION [INSERT ANYTHING ELSE SUCH AS A HABIT OR EMOTIONAL PATTERN] TO LEAVE SAFELY WITH EASE AND GRACE. (CAN LIST ANY BODY PARTS WHERE YOU FEEL THE EMOTIONAL ENERGY.

These are just examples to get your juices juicy, but really do this for you!! Be authentic!!



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Open your heart, breathe and come from your heart centered in the energy frequency of gratitude!

List your statements of attraction with the ones that feel the best first.

Step 4: Anchor In Your Mind & Body Awareness

Now that we've stirred up your belief systems inside your mind and body intelligence. Next we need to pin your new awareness to an anchor inside your body. To do this there are a few simple steps:

- 1.) Sit up nice and straight take a long deep breath and relax your mind & body.
- 2.) Next I want you to notice your minds eye or the space between your eyebrows. This is known as the center that governs your vision, inner sight, clarity and is where your intuition exists. A deep and powerful knowing from the Universe is channelled through this center AND everything you desire is channelled out into the universe! Close your eyes and bring your awareness to this point, take a deep breath and relax.
- 3.) If the mind tries to bring up stories... just remember your breath! Bring your awareness back to your breath. Close your eyes, focus at the minds eye and keep breathing long slow breaths. When we actively and consciously breathe with awareness it slows our heart rate down and we begin to connect with our true self our visions & universal knowing and truth.

When we decide to change it often stirs up emotions and we can feel symptoms of fears, anxiety, sometimes even nausea or headaches... after all EMOTIONS ARE ENERGY IN MOTION they are only feelings and they can be released. When we pin our awareness in the breath manifesting works faster and we shift the mind from what it doesn't want into neutral flow, allowing yourself to move towards those fears and TRUST yourself as you begin cultivating your higher power. Feeling sensations of love, grace & ease become easier and you instantly communicate that frequency to the universe, therefore opening lines of communication of what you want to be delivered by the universe.



Step 5: Putting it to Action

START EVERY MORNING AS SOON AS YOU WAKE UP

Do NOT touch your phone, check Facebook, open emails or check for texts or get up for food or coffee. Allow “My Time” this is your time!! Get present, breathe and align with the greatest ideal things you are creating for yourself today!!

Get your copy of your declaration I AM statements.

Go through the process in step 4. Now begin saying your affirmations preferably out loud but go through them 1 by 1 breathing and paying attention to your mind's eye. See everything as exactly as it “IS” happening when you are meditating and visualising. Notice how it feels! Where are you? What is happening around you? Keep breathing and have fun and let it go!! Just be present.

They say that when our brain waves are in a state of natural rhythm programming new beliefs is at its highest absorption rate is as soon as we wake up and right as we fall asleep SO set an alarm to remind you when you wake up!!

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**Do this every day for 7 days. Build consistency =
Keeping the faith + Being Present + Program New Beliefs**

Allow the universe to do its job because how it comes to you isn't your job just showing up everyday for yourself and watching how things begin to change and remaining open with love and being so grateful to be alive and believing that you are supported and loved so much cause you are probably more than you know.♥

Alignment with the energy as it is already here. The universe is ready to match your frequency & streamline your desires to you!! It is so important to have fun, feel light! **Be grateful!** Forgive past parts of life's experience so you can make room for the new loving ones!

**SHARE YOUR AFFIRMATIONS AND WINS IN THE GROUP!! KEEP THE
MOMENTUM GOING!!**

<https://www.facebook.com/groups/MindBodyBreathBusinessCoachGroup/>

***You are an amazing creation of our world!! So Own it!! Be bold
and beautiful!!***

***Let's of love and gratitude for enrolling in my free mini course:
Manifest Your Dreams By Aligning Your Reality From The Inside
Out.***

Marianne

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Bonus!!! Just For You Content:

Five things I am profoundly grateful for today...

- 1.
- 2.
- 3.
- 4.
- 5.

One thing that happened today that made me smile...

One thing I did today that I'm proud of...

Three choices I made today that liberated me...

- 1.
- 2.
- 3.

Extra Journaling room.

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