



International Association
of **Wellness Professionals**

Manifest Everything

RITUAL



By Suzanne Monroe



WHAT IS MANIFESTING EXACTLY?

Manifestation means using your thoughts, beliefs, feelings and intentions to bring something you desire into reality.

It sounds great, but is it really possible?

HERE'S SOMETHING TO *ponder:*

Whether you believe manifesting is possible or not, you are likely experiencing a life created by your own beliefs. That's because beliefs come from your upbringing, your experiences and your values which together form your thoughts about yourself and the world you live in. Your beliefs and thoughts impact how you feel about yourself and the decisions you make everyday.

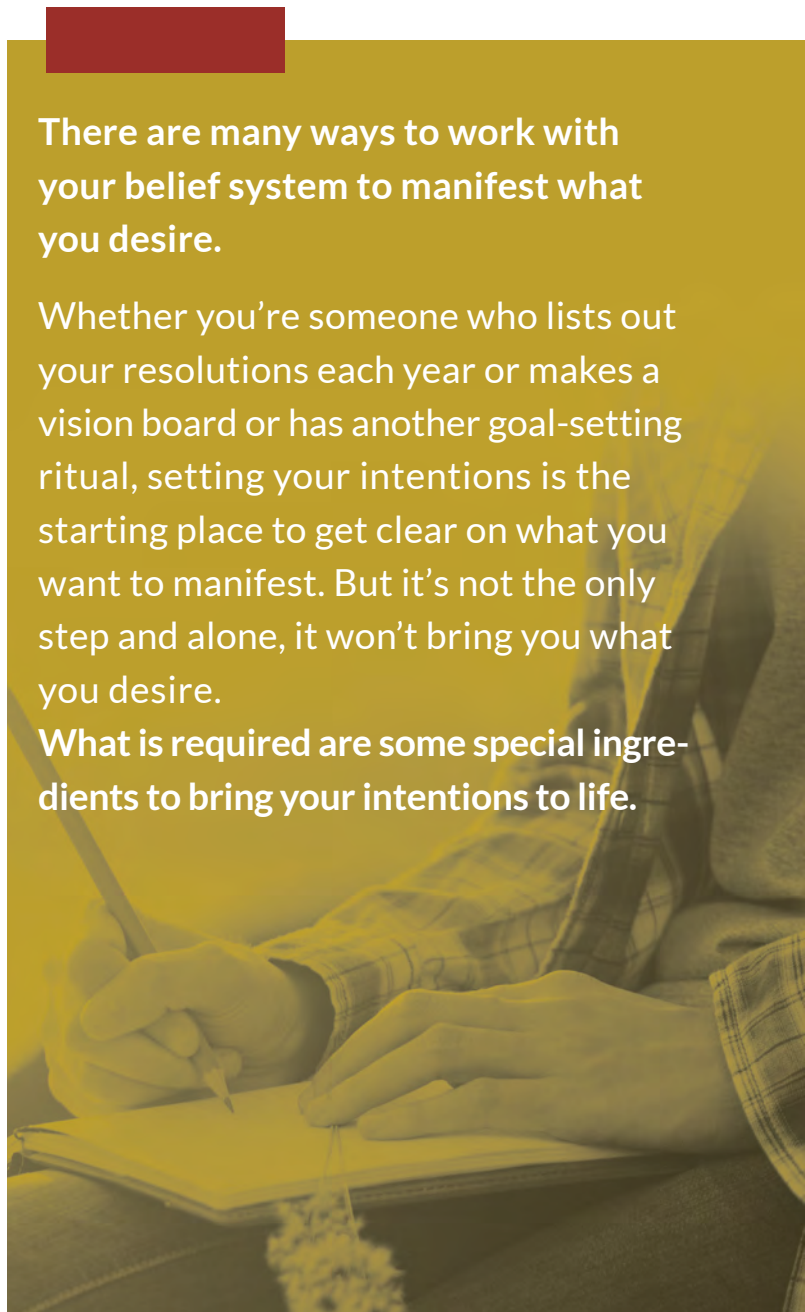
So if you can start to work with your thoughts and beliefs rather than letting them run rampant in the background of your mind, you can start to harness the potential of them. With a little awareness, you can make them work for you, rather than against you.

So how do you really make manifesting work for you?

There are many ways to work with your belief system to manifest what you desire.

Whether you're someone who lists out your resolutions each year or makes a vision board or has another goal-setting ritual, setting your intentions is the starting place to get clear on what you want to manifest. But it's not the only step and alone, it won't bring you what you desire.

What is required are some special ingredients to bring your intentions to life.





THREE MANIFESTATION *ingredients*

I've personally seen how putting my intentions down on paper have made a huge impact in my life. But it's not the writing down or the visioning by itself that creates the results. It's also three other essential ingredients.

First, it's the belief that what you desire is possible for you.

Even if everything around you says it's not. This can be hard when your current reality keeps showing you something that doesn't look like what you want. But the belief that you can change, despite what you're experiencing, matters big time. Without this belief, it's nearly impossible to create change.

Second, it's the willingness to trust what's unfolding for you.

Even if it doesn't seem clear at first or things look completely different than what you want for yourself, having trust that things are unfolding exactly how they should is essential. The trust is believing that whatever is happening in this moment is happening for you, not against you. This can be challenging but if you start to track how hard times ultimately result in something meaningful, important or even beautiful, you will start to experience this trust.

Third, it's the action toward your vision that allows it to come to life.

Manifesting is not sitting around wishing and hoping things will change, it's a conscious choice that involves you. If you want something to be different, you have to be willing to show up differently.

MY PERSONAL *manifestation story*

I know all this because I've gone through my own journey with learning to manifest my desires. To be clear, the journey was not easy, fun or fast. Looking back though, it was so worth it.

I've attracted a life I love because of manifesting. And I can say this honestly because I used to have a life that I didn't love. I was stuck in a relationship that was not a good fit but I refused to stand up for my own needs and desires. I was stuck in my career and with my finances, but I was afraid to ask for support. My health, mindset and other areas of my life were not in balance either.

On the outside, things didn't look that bad to others, probably because I was good at making sure no one thought otherwise. But on the inside, I was holding on for dear life.

Most days I didn't feel excited about anything and life just felt like a struggle. Worse yet, I felt like I was hiding out because I couldn't be my true self.

First, I tried what I thought was manifesting. From thinking positive thoughts, to writing out my goals, to making vision boards, to meditating – just a few of the many things I tried. It's not that these things weren't helpful. I still use them today as part of my practices, but I was missing something much greater.

What I was missing was complete clarity.

By this I mean not only a crystal clear vision of what I wanted to manifest but also an unshakeable commitment to create it, no matter the cost or consequence. Let me say that again, no matter the cost or consequence.

That can be a sticking point for some people and it's important to know ahead of time that there will be costs and consequences to shift your life to a new reality. It's the very reason why people don't usually do it.

See, you have to be willing to let go of the old to bring in the new.

As cliché as that sounds, it's true.

If you want something different, you have to be willing to let go of the past and even the present in order to achieve a new future. ***And there will be a cost to that.*** Even if the cost is losing things that you don't want anymore or don't like anymore, they have been there for a reason up until now. In fact, you created them with your thoughts, beliefs and actions. So dismantling them is not an easy process because it means dismantling parts of yourself.

What was truly driving me to have an unshakeable commitment was that I wanted to know myself better. Dismantle means to allow something to gradually come to an end. I was willing to dismantle myself, bit by bit, to discover the authentic me.

I knew she was in there and I simply couldn't live another day where I ignored my true self. The tearing down of oneself is painful, but when the pain of wearing a mask becomes more painful than the dismantling, then you know you are ready.

So what did I do to start this process?

First, I got very clear about what I truly wanted for my life. I wrote it all down on paper. I envisioned a new life, one where I was living in harmony with myself, my relationship and my purpose.

The truth was, it was scary to conjure up something so grand because my current reality was very different from what I pictured. To consider an alternate possibility, while exciting, was also painful because I had to finally admit that I wasn't where I wanted to be in life and that so many things would need to change if I really wanted to become my true self. I didn't know if it was possible, but a tiny part of me believed it was and I decided to listen to that part. I found the courage to envision something else and believe in it.

Things tend to get tricky for people when they get to their first step of clarity and this is where the unshakeable commitment part comes in. See, life continues on and it keeps reflecting back to you what you've already manifested, which is not something you manifested consciously and therefore is often not what you want.

We tend to see these moments as frustrating or as indicators that what we want is not here and not coming anytime soon. But those are the very moments that matter. Those hard, challenging, even ugly moments are the ones that are asking you to stand up for your vision. To reinforce it. To say that you will no longer stand for what is not the true you. It's an opportunity to stand up for your desires and really, to stand up for yourself, possibly for the first time ever in your life.

Now here's the kicker – Even though what you're experiencing is not what you want, that's just the time to acknowledge that you had a role in creating whatever it is you don't want and now you want to play a new role.

It's pretty hard to admit that you created something you don't really want. It's much easier to blame others or circumstances. To be clear, it's not about blaming yourself, but it's about being willing to accept why you made the choices you did. It's time to shine a light on yourself, to the darkest parts of yourself and have total compassion for yourself on what you discover.

When you show up powerfully in this way for yourself, you open up the doors to what's possible for your life.





For me, I desired a relationship with a man who would rise up to meet me as an equal partner. My marriage at the time didn't look like that. I also desired a career that I loved, but I hated my job at the time and felt stuck. I lived in denial for years telling myself these things were okay and that I should live with them. *But deep down that wasn't what I really wanted.*

Yet writing it down on paper was not enough. I had to have that unshakeable confidence that would carry me forward to take every single difficult step that would follow if I truly believed in myself and what I wanted to manifest.

To bring my wishes to life, I needed to have 100% trust that if I followed my heart that things would unfold how they should be.

So when things looked bleak (and that certainly came next), rather than doubting myself or the decisions I felt called to make, I trusted that this was part of the process. While I was scared at times, I kept trusting.

At the time I didn't know if my marriage would work or not. But I just kept affirming the kind of partner I knew I wanted. I believed it was possible for people to change, because I saw myself changing. When it came to my career, I didn't know what my purpose was but I kept believing that I would find my way to something I loved.

In the end, my marriage was no longer a fit. While that saddened me greatly and guilt often crept in, I continued to trust that there was something more for me and that my desires were not too big, not too crazy and that they were possible.

I also quit my job and began a new journey, even before it could replace my income or support me, but I trusted I was on the right path. With these big decisions, I could feel fear rising up. ***In those moments, I leaned back into trust and learned how to confront my inner critic and find my inner voice so I could keep following my heart.***

THE INNER *critic*

When you start to consider what you want to manifest, it's common for your inner critic to step in with reasons why it's not possible. Your inner critic can show up as thoughts, feelings, voices, images or sensations.

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However you personally experience your inner critic, often it brings doubts and fears about going for what you want.

These messages often come through as self criticism. The truth is, we all experience self criticism from time to time. But when self criticism goes unchecked, your inner dialogue can create an internal struggle where you can feel like you are at war with yourself.

When your inner dialogue starts to take over and affect the decisions you make and how you want to live your life, it can be time to identify your inner critic and begin to work with it.

The inner critic can arise from wounded parts of yourself, often developed during childhood when you were told something negative about yourself or grew up believing something was wrong with you. These parts often try to take control in order to protect us so we don't get hurt again or so that we don't get triggered by these painful moments in our past.

HOW TO IDENTIFY YOUR *inner critic*

If you want to manifest something new, it's important to connect with your inner critic rather than ignore it so you can bring whatever beliefs your inner critic has to the surface.



That way, you can easily identify those beliefs as products of your past and decide to choose another belief that is more supportive for your present. If you ignore your inner critic, the thoughts and dialogue usually continue in the background of your mind and prevent you from moving forward.

My inner critic kept telling me I was selfish, that my desires were foolish, that I should “*suck it up*” and that dreams like mine only came to life in the movies. I even remember watching a movie about a woman who had a life like I desired - a partner she loved and a career she felt connected to. I thought to myself “*This is just a movie, this isn’t real life.*” **Luckily I chose to follow my inner voice, which knew that that was a lie that I needed to finally let go of.**

TRUSTING YOUR *inner voice*

In addition to our inner critic, we all have a true voice or true self which can be called our inner voice. This is our “*self energy*” and unlike the inner critic, it is compassionate, caring and calm. Your inner voice is the truth of who you are. Your inner voice wants to be heard, too, but needs some prompting from you to be heard clearly.

My inner voice was laying low because all of my thoughts and actions were in response to my inner critic. I was thinking and living on autopilot, letting my inner critic rule my life. I never carved out time to connect with my inner voice. The good news was, once I did, the flood gates opened and wow, did she have something to say!

She wanted me to know that I deserved to be loved, acknowledged, celebrated and even adored. She believed it was good and right to have expectations from a partner and receive love.

My inner voice wanted me to be the fullest expression of myself and knew that I could

find my purpose and enjoy what I did each day. But up until this point, I had been ignoring her and living in the shadows.

Once I found my inner voice and chose to trust what she had to say, everything started to change. While things didn't appear without challenges or obstacles, I felt empowered to overcome those hurdles because I knew I wasn't alone and that my desires were my lifeblood. They were my fuel and there wasn't anything selfish about them, they were simply who I was.

And who I was mattered.

As I began listening to my inner voice and claiming my truth, what I desired started to show up quickly. I attracted a partner that was a perfect fit for me, an amazing man that is my husband today. My career began to evolve quickly as I found my purpose and launched my own business following my passion. Then I learned how to apply manifesting to my finances, my health and everything else that I wanted to shift from the inside out.

REDESIGN your life

The steps I've shared with you are what allowed me to redesign my life.

I share them with you in hopes that you will be willing to trust your own inner truth and desires, but know that your steps might look completely different. The journey to manifesting requires that you find your own answers within and take action from there.

My only caution is this: Don't be afraid of what dreams and desires are within you. Don't play small or think that you don't deserve what's in your heart. And don't let anyone else tell you that you are being selfish or silly.

I firmly believe that our desires are our greatest potential and that there is nothing wrong, selfish or bad about them. While we might have been told to be self-less or to take care of others before ourselves or to ignore fanciful dreams and “get real”, I think loving ourselves enough to trust our desires is the most self-less act we can do.

From this place of self-love, we can reach our full potential and give at a level that makes the greatest impact.

We don't have to deplete ourselves to be good or to be of service. Almost magically, when we commit to healing ourselves in this way, we actually allow others to heal through being the brightest and best examples of ourselves.

Manifest Everything

RITUAL

Below I'm offering you my "Manifest Everything Ritual".

As I've shared, simply writing down what you desire is not the only component to manifesting. Diving into the deeper inner work and adding the essential ingredients of belief, trust and action are super important. But I also love rituals. Because they serve as physical reminders of what is in our heart. And some days, we need to experience these physical reminders on a deeper level to really engrain in our minds what is in our hearts.

The ritual below is just one way to help you do that.



Supplies Needed

- + Journal
- + Pen

Optional Supplies:

- + Candle
- + Colorful markers, pens, pencils
- + Magazines, photos
- + Glue or tape
- + Tag board & a few pieces of paper
- + Dried herbs of lavender, chamomile or rosemary
- + Essential oils of basil, peppermint or frankincense
- + Small jar & string
- + Items from nature you like -
examples: pine cone, dried flowers, rose petals





STEP 1 | Connect with your Inner Critic

Take a few deep breaths and get into a quiet space. Light a candle if that speaks to you. Next, take some time to get to know your own inner critic and your inner voice. One way to do this is to identify an area of your life where you are struggling. Perhaps you are experiencing fear or uncertainty in making a decision, or you can't decide between two choices or you are always hard on yourself when you make a mistake. Think of a specific example then journal what your inner critic is saying to you right now.

The following questions may support you to connect with your inner critic:

Ask yourself if a part of you believes in a certain belief or a particular outcome?

For example:

- + Does a part of you believe that going for your dreams is silly?
- + Does a part of you believe that if you try something you will fail?
- + Does a part of you think you need to be perfect in order to be loved?
- + Does a part of you believe that if you say no to people you will be unlovable?
- + Does a part of you believe that if you stop working so hard you will not be successful?
- + What part of you believes the beliefs you are thinking?

Giving your inner critic a name can be helpful. That way you can talk to your inner critic and create a dialogue.

(My inner critic's name is Perfect Patty. She likes everything to be perfect before making a decision or sharing her true self with others. I'll say this, she can be exhausting!)





STEP 2 | Connect with your Inner Voice

Take a deep breath and let Step 1 go for now. After connecting with your inner critic, it's time to look at the other side of the story – your inner voice's story. If another part of you believes something different, what is that belief?

The voice may seem hidden or small in comparison to the inner critic. Give yourself some time to see if it's there. Ask yourself to hear your own inner truth. What does your inner voice sound like? You may need to journal or meditate further on this part of you.

What feelings, words or images come through when you connect to your inner self? Does your inner truth have something she or he wants to share with you?

You can name your true self or simply use your own name.

The following questions may support you to connect with your inner voice:

- + *What is coming through during this time?*
- + *What do I really desire?*
- + *What am I meant to learn from this?*
- + *What is no longer serving me?*
- + *What can I release and let go of now?*
- + *What do I want to bring more of into my life?*





STEP 3 | Tap into your Truth

You now have heard two parts of yourself that are both very real coming through. It's up to you to choose which one you will follow, trust and believe in. Having heard both parts of yourself, which voice do you want to align with? Which one has your best interest in mind?

Journal what will help remind you of staying connected to your truth. Then, blow out your candle and take a short break – breathe, stretch and acknowledge yourself for the inner work you have done so far.

When you are ready, proceed to Step 4.





STEP 4 | Envision your Future

This step can be done with your journal or a vision board using images. If you prefer writing, then do that. If you like images, then cut out pictures from a magazine to stick on your board. Get creative and make it fun.

This is the time to dream big, so don't stop yourself from putting down what you really desire for yourself. Rather than setting goals that feel like to do's, focus on a feeling or outcome you want to experience – *this is your intention*.

Your intention may simply be one phrase that your inner truth wants you to claim. Or it may be a collection of words or images that speak to your vision.

When you consider your intention, it can be powerful to think about what within you needs to shift to bring about your tangible desire.

For example, you might want to attract a loving partner or create a successful career. Consider what part of you needs to evolve to allow this intention to come to life. Do you need to work on self-love, self-acceptance, claiming your truth, setting boundaries, honoring your desires or something else?

Don't let your inner critic limit you. Remind yourself of your inner voice and truth. Go with the flow and allow yourself to envision what's possible.





STEP 5 | Intention Ritual

When you have finished with your vision, practice a closing ritual that speaks to you while you honor your new vision. You can simply light a candle and say your intention out loud or you can experiment with the options below.

Use essential oils that align with your vision. For example, basil represents self-love. Peppermint represents receiving clarity, finding your inner wisdom and trusting the answers. Frankincense represents healing from the past, releasing stress and opening to possibilities. Put a few drops on your wrists and breathe in your intention.

Take an herbal bath. Sprinkle grounding and affirming herbs like lavender, chamomile or rosemary into a warm bath. Soak in your intention.

Do a grounding meditation. Sit upright on the floor or a cushion. Focus on the base of your spine as it meets the ground beneath you. Envision the earth below you. Picture roots growing from your base into the earth. Envision the roots taking energy from the earth and sending them back up into you. Breathe in the grounded earth energy through your base, up through your spine, and into your heart. Continue breathing in and out through your nose as you envision the grounded earth energy moving through you.

Create an intention jar. Write your intention on a small piece of paper, roll it up into a scroll and tie it with string. Add your scroll to a jar. You can also add items from nature to the jar that represent bringing your intention to life like dried rose petals, dried herbs, small pine cones, pine needles, pebbles or rocks or anything else that speaks to you. You may want to take a short walk outside and find something that you would like to include in your jar. When your intention jar is complete, place it in a special spot where you will see it each day.





STEP 6 | Mini Action Steps

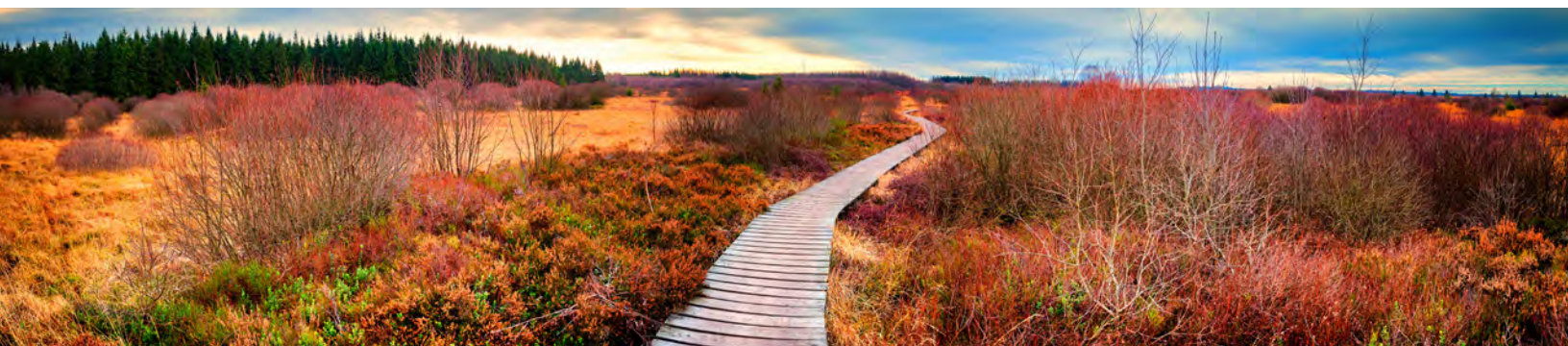
Wait a Minimum of 2 days before starting this step. This step is important, but should be done after you allow your intention to sit for a few days or longer. Now it's time to start considering your first action steps to manifest your intention into reality.

Use your journal, your computer, notes on your phone or sticky notes and a bulletin board. Consider your intention or one element of your vision to focus on. Think about what steps might be needed to make it a reality. You might see that there are 30 steps or even 100. You might only know one, first, small step. No matter, simply write down what one or more mini action steps that would add up to the bigger vision being accomplished. Keep in mind, the steps might seem impossible right now, but write out all the steps you can think of that would need to happen in order for your vision to be reached.

Be sure to include people who could support you and remember that you don't have to do it all alone. Next to each step, put a date by which the step will be implemented.

In addition, if you're trying to manifest something grand like a new life for example (I'm not kidding here!), it might feel impossible to know any of your steps. Try focusing on just one element of the new life you envision. Your action step could be as simple, yet powerful, as "journaling every morning for 10 minutes" to connect with your inner truth about what you need to do next to discover your steps.

You don't have to know all of your steps right now.





STEP 7 | Let Go for awhile then Begin


Now it's time to let go for awhile. This doesn't mean going back to reality without your intention in mind, it means releasing it to the process of life while you go about living. Put aside the steps for a week while acknowledging yourself for the deep, inner work you have done. It's nothing short of a miracle!

Within seven to ten days, return to mini action steps. Start at the first step and focus on it until you achieve it. You may want to add it to your calendar as something you are working on that day, week or month. It might take one day, one week, one month or much longer. Once it's been accomplished, look to the next mini action step. Then move to the next step and so on.

Don't look too far ahead, simply just focus on the step in front of you. If you get off track, simply go back to the step you are working on and break it down into smaller steps.

As you move forward with each and every step, remember to trust that things are unfolding for you. Keep your intention in your heart, especially when things feel challenging. And know that you can create a life you love.





I hope this
ritual and my
manifestation
story has helped
you in some way.

My wish for you is that you will believe in yourself and take action from your heart because I know great things will happen when you do. Let me know how your manifestation journey is going by staying connected through one of the ways below.

Love, Health & Success,
Suzanne Monroe

Founder: The International Association of Wellness Professionals

Director: The IAWP Holistic Wellness Coach Certification program

Podcast Host: Live Well Dream Big

Author: *Live Well Dream Big: The Ultimate Guide to Becoming Your Best Self & Living Life on Your Own Terms*