

Moving Through Blocks for Manifestation

To manifest the things you want into your life, you have to be open to receiving them. This is a huge & important step. We can know we want to have certain things, we can dream about them all day- but if we are blocking ourselves off from letting them in... They will not be able to manifest for us.

We hold ourselves back from receiving with beliefs and thought patterns. We take the thing we want and focus our attention on the **lack** of having it. We put more thought & attention into the absence than we do the actual manifestation. We focus on why we can't have it, what is keep us from having it, and this becomes our story. And when we try to focus on what we want- these beliefs take off. It becomes a cycle.

This work sheet is going to help you bring awareness to & rewrite the stories that are holding you back. We are going to look at the blocks and begin to break them down. You can do this work sheet for anything & everything you want to manifest!

1. What is your biggest desire right now?

2. How do you feel when you think about this desire?

3. For things to manifest, we need to be feeling excitement when we think about the things we desire. We should be feeling fully ready & energized. If you find yourself feeling something like; fear, worry, uncertainty, confusion, lack, loss etc. this is a sign there is a block, or story being told, that is keeping you from this manifestation.
What story begins to play when you think about this desire?

4. Do you feel deserving of your desires?

5. Why do you want this desire? What feeling are you hoping to achieve?

6. Can you identify the vibrational frequency of this desire? What do you need to be feeling for this to manifest?

7. When you begin to think about your desire, does it feel better to think about it in a more specific or more general context?

8. Can you put yourself easily in the circumstance of you having your desire manifested (through visualization)? Try to invoke this desire in all 5 senses. What will you feel when you have this desire?

9. In what ways do you keep yourself from having this desire?

10. What helps you feel more open to receiving this desire?

JOURNAL PROMPT.

Think about this desire. Feel this desire in your body. Let it circulate.

*What story do you tell yourself about this desire?

* How can you rewrite this story to work for your life?

*Can you let this block go? Or do you secretly like this block because it keeps you safe or perpetuates a story that you are attached to?