



LET'S MANIFEST

HOW TO MANIFEST WITHOUT THE SELF-SABOTAGE

This is where you can keep
track of your manifestations!

WELCOME



This workbook is to write down your manifestation list, and keep track of your manifestations. Not only that, but you can also keep track of the parts that are being activated by the manifestations you list. This way, you will be able to work with those parts to find out why they are blocking or sabotaging your manifestations and cultivate harmony in your internal world as you manifest!

ANGEL MINUTO
TRUE SELF MANIFESTATION

What Is Manifestation?

Manifestation is the process of transforming your desires and ideas into reality.

It is based on the belief that the Universe is giving you what you focus on, so by focusing on your desires, and through intentional actions, you can manifest them into your life.

Your manifestations are your hopes, dreams, goals.

And when you are in your worth, you can tap into True Self, and align with the Universe, you can focus your energy on these manifestations.

For manifestation to work, you must be in your worth. You must believe in yourself. You must believe that you can have what you desire. What you are asking from the Universe. When you believe in yourself, you are tapping into True Self energy.

Through intentions and aligned actions, you grow closer and closer to your manifestations. Manifestations are not "set it and forget it". You need to work towards what you are asking for. And can do so by living intentionally, with your manifestations in mind.

Aligned actions can look like, taking healthy risks towards your manifestations. Pushing yourself out of your comfort zone. Setting healthy boundaries. Taking care of yourself. Putting your needs first when you usually don't. Breaking old patterns, programming and conditioning that has kept you stuck, in low worth, and out of alignment with True Self and the Universe.

Pay attention to and follow the intuitive hits the Universe is giving you... Notice the signs she is sending, feelings, knowings, body sensations. This is how you know she is leading you on the right path. Let the Universe be the compass that guides you.

MANIFESTATION LIST

Write your list of manifestations here!

What I want to manifest:

MANIFESTATION LIST

What parts are being activated by your manifestation list?

What parts are coming up?

HOW TO KNOW IF A PART IS BLOCKING A MANIFESTATION



Think about what it is something you want to manifest. Then sit with it, get quiet. Bring True Self energy in. Have a pen and paper ready. Notice what comes up. Just notice. No judgement.



Write down the thoughts, emotions, body sensations, you notice when you are trying to focus on your manifestation. These are the parts blocking your manifestations.



This practice is about gaining awareness of your invisible scripts and limiting beliefs based on past programming, and conditioning, then you can work with these parts. Instead of trying to invalidate, ignore, spiritual bypass the parts.



This information from the past is needed to heal. By being in your True Self energy you can see things from a different perspective. When you are in True Self energy get curious about the past programming, conditioning,



Find compassion for this part and work with this part unblend and take a step back. This is how you break these patterns and limiting beliefs from the root.

WHAT TO DO NEXT



TALK TO YOUR PARTS

Take the parts that are coming up around your manifestations through the guided meditation. See if they are willing to unblend, take a break, and let True Self you take the lead..

REMINDE YOUR PARTS

That it is safe to ask for these manifestations you want to bring in. Remind them that they can trust True Self you to make this decision, and allow you to get in alignment with the Universe.



TRUE SELF IS WORTHY

When we are in True Self energy, we are in our worth. and is the connection between True Self, the Universe, and your manifestations coming through!
So manifest your best life!.