



# HOW TO MANIFEST WITHOUT THE SELF-SABOTAGE

Discover where your self-sabotaging comes from,  
why it blocks your manifestations,  
and what you can do to stop it for good.





# START HERE

**This is where you begin on your journey  
of manifesting the life you've always  
wanted!**

TRUE SELF MANIFESTATION

# WELCOME

"To manifest the things you want you need to be in our worth, and in alignment with your True Self. Then your can connect with the Universe and manifest!"

Hi There!

I want to begin by saying thank you for purchasing the How to Manifest Without the Self-Sabotage E-Course. You are taking your first steps to connecting with your True Self and working with those parts of you that have been blocking your manifestations, and frankly your life. That's the thing, often times we don't even realize that this sabotaging is going on. This is because it is happening subconsciously.

We have parts of us that learned things when we were young. These parts perpetuate cycles of patterns, conditioning, limiting beliefs, societal expectations, pressures, and past programming, trying to get their needs met for us. And if we do have that awareness, we try and try to manage this in many ways, but keep falling back into the same cycles. This is when we start to feel stuck, hopeless, and unfulfilled in our lives.

This E-Course uses Internal Family Systems/Parts Work techniques to teach you the foundations of how to tap into True Self, your authentic self. Then, explore the parts of you that are functioning from past programming and conditioning, the ones sabotaging your manifestations. Learn how to separate from and build relationships with these parts, giving them an opportunity to take a break. So that you, in your True Self energy can connect with the Universe, and manifest the life you've always wanted!

Let's get started!!

ANGEL MINUTO

\*\*As a reminder, this is not a replacement for therapy. The information supplied is meant to serve as tools for self-help for personal use at your own discretion in conjunction with medical professionals, and/or therapists. Please read full disclaimer here.\*\*



# ABOUT ME



Me in Tulum, my happy place!

I'm Angel Minuto, and before we get started, I wanted to introduce myself to you.

I am a licensed Clinical Social Worker (LCSW) and Certified Clini Coach®, with years of experience in all things Internal Family Systems/Parts Work, manifestation, and a whole bunch of stuff in between!

I get how you're feeling. I spent years going through the motions. I felt so disconnected from myself, like there was something missing. I focused on everyone but me. I was a perfectionist. Overly critical of myself. I mean really mean to myself. And I was an alcoholic. All the self-sabotage going on! And my self-worth took a hit. A big hit. But I knew there was more for me out there.

Through years of exploration, getting sober, reading all I could on manifestation. I tried everything I could get my hands on. From going to therapy, reading personal growth books, listening to podcasts, to watching videos. These were all helpful, but something clicked when I began learning about Internal Family Systems. I learned how to use IFS to get to the root of those blocks, befriend them, and tune into my True Self. I learned I can lead through Self and not my parts. I felt good. Worthy.

This is how this course and True Self Manifestation was created! TSM is my passion project, combining my therapy expertise, love for manifestation, and Internal Family Systems/Parts Work techniques. I found this was the missing piece in other New Age manifestation practices.

And now I am sharing this with you!

ANGEL MINUTO



# HOW TO USE THIS COURSE

## What's included:

**For this E-Course, I created workbooks, video, guided meditation, and infographics.**

### *Details:*

#### A Short Video-

Explaining Internal Family Systems (IFS), True Self, and the common protector parts that are sabotaging your manifestations. I also walk you through how to tap into True Self, and identify your parts. Using a guided meditation, you learn how to access and work with these parts. Building a relationship between your True Self and the parts. This is where you begin to become Self-Led, taking control of your internal world through self-compassion and not dictated by the past.

#### The Extended Guided Meditation-

Is also a downloadable mp3 with with Deep Meditation Chakra 432 Hz, to take on the go. (This frequency is shown to unlock intuition, increase mental clarity, and heighten perception.)

#### Get to Know Your Parts Workbook-

To follow along with the guided meditation, including an area to write down answers the parts give throughout guided meditation, self-reflection questions following the meditation, and an area to keep track of the parts you have talked to. So you never forget who you engaged with and what happened! This worksheet can be used again and again with all of your parts! And believe me, we all have a lot of parts! This is normal.

#### How to Tap Into True Self Workbook-

This workbook teaches you how to access your authentic self. Including the 8 C's of True Self, exercises to discover what being in your True Self feels like for you, and how to reconnect to yourself when you are feeling disconnected. This workbook also explains how to know if it's intuition or a part, and action steps to continue throughout your journey.

#### Let's Manifest Workbook-

Keep track of your manifestations and the parts being activated here and discover what to do with them.

Two Infographics of important pieces of this course-  
The 8 C's of True Self and Common Protector parts.

Lifetime access to the course and materials!



# HOW TO USE THIS COURSE

## Where to start:

**This course was created be used over and over again.**

It was designed to give you the foundation of being in your True Self energy, build your self-worth from within, and work with the parts of you that are blocking or sabotaging your manifestations.

Start with the video to begin learning about IFS, True Self, and your parts. Do the guided meditation included in the video, along with the Get to Know Your Parts Workbook.

Then dig into the How to Tap Into True Self Workbook to further your awareness of what it feels like when you are in your authentic self. This is how you can discover what is your intuition and what is a part throughout your daily life.

Start to recognize what parts are coming up throughout your day, and when you are in True Self. Utilize the guided meditation as needed to work with those parts to build trust and a relationship with them.

- This is how you help the parts and gain control of your internal world.

- How you begin to break patterns, conditioning, past programming, limiting beliefs, and societal expectations.

- This is how you become Self-Led, with True Self in the driver seat and your parts working with True Self instead of for True Self.

Utilize the Infographics whenever you need reminding of what it feels like to be in True Self energy and what common protector parts are coming up for you.

And remember-

This is a practice, which is why this foundational course can be experienced over and over again as you continue to dig into your internal world and get to the root of what is blocking or sabotaging your manifestations.





# IFS & MANIFESTATIONS

## What is Internal Family Systems:

Internal Family Systems is an evidence based therapy practice, developed by Richard Schwartz. He explains it best by saying “internal Family Systems is a powerfully transformative evidence-based model of psychotherapy, we believe the mind is naturally multiple. And that is a good thing. Our inner parts contain valuable qualities. And our core self knows how to heal, allowing us to become integrated, and whole. In IFS all parts are welcome.”

It's not unusual to have multiple parts. And it doesn't mean that there's anything wrong with us that we do, because we all have them. And this is not a D.I.D. or Dissociative Identity Disorder by any means. I just wanted to point that out. What we're talking about is the idea that we can notice different aspects of our personalities coming out at different times.

We're born with all of our parts, just like we are born with our True Self. Our True Self is our authentic self, our higher self, or soul, our spirit. You can call it whatever you would like to call it. But in Internal Family Systems, we call it True Self.

## How Our Parts Can Show Up:

We find that our parts often take on new jobs and roles throughout our lives, often starting in childhood, based on our experiences. For example, a part could take on the role of a perfectionist if it saw that you were reprimanded for not doing a “good job”. This part is trying to avoid the hurt and pain the system felt by being reprimanded.

This is where IFS comes in. The concept of IFS is to work with the parts of us that are stuck in these jobs and roles. We build a relationship with between True Self and the parts and even allow the parts to choose new jobs that are still in alignment with their intention. And also, something that they actually want to do without feeling overwhelmed or exhausted. Our parts can actually take a break if they would like to. And that's really powerful. Thinking about being able to have more control over what's going on internally. Not only that but allowing the parts to take that step back and to be able to really see what is happening, that it's no longer this thing that happened when we were a child.

## True Self in Internal Family Systems:

That is the benefit of Internal Family Systems. The intention of all of this is to put True Self in the driver's seat, and that the parts are there to help navigate. IFS helps True Self work with those parts so that we can become Self-led. And the parts can do the things that they want to do and need to do based on those positive intentions, being much more helpful than harmful.

# IFS & MANIFESTATIONS CONT

## Internal Family Systems and Manifestation:

Now, you might be asking, what does Internal Family Systems have to do with manifestation? Well, let me tell you to be successful and consistent with our manifestation practice, we need to be in our worth, and in alignment with our True Self, our authentic self, to be able to connect with the Universe.

We're unable to do this if our parts are taking over and doing things like self-sabotaging behaviors. For example, self-sabotaging behaviors can be perfectionism, people pleasing, that harsh inner critical voice, procrastination, and there are others. But I've seen that those are oftentimes the main ones. The self-sabotaging behaviors come from a place of fear, judgment, expectations, and limiting beliefs. None of these sound like we are in our worth, or in alignment with our True Self when we're feeling this.

## Why Law of Attraction doesn't Work:

I wanted to also talk about those New Age manifestation practices that I find to be very harmful. This includes the Law of Attraction. If you're not familiar with the Law of Attraction, or the Secret, which is a book and a movie based on the Law of Attraction. It's based on this premise of being able to think positively so that you can raise your vibration, and the Universe will provide. but you need to only think positively because if you do not think positively only then we cannot co- create and manifest with the Universe.

This is where I struggle with the idea of the Law of Attraction and that positive thinking only. The concept is that if you think positively about yourself and about the things that are going on around you, you are going to build your self-worth. However, that is so not true. You cannot "fake it till you make it" when it comes to self-worth.

Self-worth is internal, our self-worth is rooted in our subconscious. And if we are pretending, which is really what this whole positive thinking thing is, if we're not actually working on that root cause of why we're not feeling good about ourselves, we are pretending and then that's ego, which is a part.

By doing this positive thinking only, our manifestations are not going to come through. And that's because this whole premise of the Law of Attraction and the positive thinking is based on conscious thoughts. If we are only working on a conscious level, and not in that subconscious level where our self-worth is rooted, we're not going to really get anywhere. We need to get out of the conscious level and dig deeper. When we are working in that conscious level, we are avoiding and invalidating those parts of us that have been hurt in the past.



# IFS & MANIFESTATIONS CONT

## **Spiritual Bypassing:**

We can't avoid or repress these parts, we can't get them to go away. What we're doing when we're just doing the positive thinking only is that we're spiritual bypassing. And if you're not familiar with this term, it's defined as "a tendency to use spiritual ideas and practices to sidestep or avoid facing unresolved emotional issues, psychological wounds, and unfinished developmental tasks".

When we are spiritually bypassing, we are not in alignment with our True Self. And we are not going to be able to manifest because we're not able to connect with the Universe. Because the parts are going to be in the way. The parts haven't healed. We need to look at all of our parts and accept all of them and work with them. We can help them and heal them.

Now of course or if your self-worth is already all good, and you feel really good about yourself, then the Law of Attraction probably works great for you. For the rest of us, we need some help. And we need to be able to get into our subconscious and deal with those limiting beliefs, those expectations, those societal pressures, and norms that are getting in the way of what we want in our lives.

In other words, those self-sabotaging parts of us that are fueled by those limiting beliefs, expectations, societal norms and pressures, to keep going, despite what our True Self actually longs for. The premise of the Law of Attraction is all about mindset. And although I appreciate a good mindset shift, if you are not getting to the root so that you can heal and work with those parts that are blocking you from being in your full self-worth.

## **Let's Not Invalidate Our Parts:**

Once we figure out how to work with those parts that are feeling these ways, it becomes much more manageable. Internal Family Systems doesn't take away all of the, negative or bad feelings or thoughts. It actually just helps us work with those parts that are feeling that way. So that we can give them the things that they always needed, that they might have needed when we were children.

And this is how Internal Family Systems helps us with manifestation. We tune into our True Self, become self-led. We work with those parts that are sabotaging us and lowering our self-worth, then we are able to live in alignment with our True Self and not past programming and conditioning. This way we are open to the Universe and can manifest!



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AS YOU GO THROUGH THIS COURSE, YOU WILL RECOGNIZE CHANGES IN YOURSELF THAT YOU HAVEN'T EXPERIENCED BEFORE. THAT IS BECAUSE YOU ARE GETTING TO THE ROOT OF THOSE LIMITING BELIEFS, CONDITIONING, AND PAST PROGRAMMING. THIS IS EMPOWERING! THIS IS HOW YOU MANIFEST!

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# LET'S BEGIN!



THIS JOURNEY WILL NOT  
BE EASY, BUT IT WILL  
BE SO REWARDING!

You are building your self-worth. You are tapping into your intuition. Opening yourself up to the Universe and working with those parts that have been sabotaging your life. This isn't the Law of Attraction. This isn't spiritual bypassing. This is learning to have compassion for yourself, all of yourself. Shadow and all.

## THIS IS GETTING TO THE ROOT

This is the beginning of a transformation. Your life will no longer be dictated by the past. Instead, you will be grounded in rooted in who you are. This is what the Universe wants! The Universe wants to know that you are working on the things that have kept you stuck for so long so that she can help you co-create the life you've always wanted!

