

healthy habits + manifestation masterclass



MODULE 4 - GUIDE NOTES

Manifesting
Worthiness + Surrender + Real Talk
Boundaries + Strengths / Weaknesses
4 Main Life Categories
Vision Board Creation

MANIFESTING

get clear – ask for it – make space – receive

1. Get Clear

The Thought = to think, imagine, dream, understand. Clarity about what it is you would like for You / for Your life. Placing your coffee order !

2. Ask For It

The Word : The power of voicing our thoughts / dreams / plans / values
Activating our Throat Chakra to create and express (it's colour is a bright radiant sapphire blue)

Tell others about what you are doing, planning and working on. This creates a sense of accountability – you will most likely achieve this goal much sooner and actually do it if others know about it. When you have spoken to others about your goals they are now the seeds for your creations / changes. They continue through their day unconsciously knowing that you are planning A, B, C. When you speak again they will use this as a point of reference for communicating – and so the energy is targeted and magnified to what it is you are wanting to achieve / create / receive. Magic!!!

It is also a huge part of the creative process to *voice* our values / plans / dreams. Our 5th chakra (major energy centre) is the blue throat chakra. It governs the thyroid gland and its important functions, AND creation, voicing our opinion, our ability to understand and speak our truth, our communication with the world, our emotions, self expression, standing up for ourselves.

The Written : The power of pen to paper – literally changing form from thought and sound to *material* = it has now become part of the physical plane (see Module 1 : Journaling)

3. Make Space

Think of how you could do this ? A big house / office / car cleanout is always very powerful and liberating and literally makes space ! It opens and declutters our material world as well as our mind and emotional body, and allows for other things and opportunities to be invited. Find a 'home' for everything in your house. Order and structure within our home creates a much happier and healthier environment, and allows for flow. Things that no longer bring you joy can be donated to charity or sold on gumtree / ebay / market place or at pop-up markets.

4. Receive

Allow Yourself to receive. Do anything and everything that will allow and welcome it to appear in your life.



WORTHINESS

When we worry / have fear we are *feeding* the worry / fear opposed to what we are really wanting, which allows the thing we don't want to grow and strengthen = takes nourishment from our dreams. Embrace the You that You are in this very moment, regardless of past stories or decisions made. One day you will look back at this time. We are all worthy of living a happy, healthy and abundant life. There is enough to go around. Our most important job is to fill our own cup. Here also reflect on current and ideal routines and rituals = tweak and add to as needed.

SURRENDER

Although it is important to **do** – it is just as important to **be**

Let it happen – tune in to see if you are sabotaging things / opportunities coming to you. Are you afraid of things actually being amazing? Are you afraid of actually finding an amazing partner? Are you afraid of actually being amazingly successful (whatever success means to you)? Welcome and embrace change, and know it is a balance between you and your actions and a greater force / higher consciousness at work.

REAL TALK

When / if we find ourselves holding back from following our dreams or goals because we are worried of what others might think, remember that ultimately others don't care that much about what you are doing or not doing. Not in a negative sense, but most people are so occupied with their own lives that they are not as deeply concerned about what we're doing as we may sometimes worry about. If they are, they most likely are looking for distractions to not focus on their own world or are inspired by you to improve their world. Ofcourse I'm not referring to supportive people in your life here.

Perspective: If you (or a loved one) were critically ill or passed over tomorrow would that change your perspective of your life AND your obstacles? Would the obstacles seem silly or more important? Are you more afraid of failing or more afraid of never giving something a try?

What is holding you back from implementing into your life?

What is a major obstacle that is preventing you from moving forward?

Have you experienced this before? Is this potentially a recurring pattern for you? If so, can you pinpoint when this first began and the situation around why it began?

Are you worried what others might think? Are you worried you might not be able to do it / receive it / ever get it?

Life will always present challenges and obstacles. Often it is in these experiences that we can lose our way. These 4 modules are packed with tools to ensure we can dust ourselves off and hop back on the wagon if we fall off at any point and regroup with Us.



BOUNDARIES

Be empowered by You for You. This is extremely liberating and encourages us not to depend so much on others to light Us up.

Tune in to your patterns of behaviour :

- Are you a people pleaser ?
- Do you find it difficult to say 'no' to someone.
- Do you make sure others are ok before you check in with yourself ?
- Have you slowed down on your own progress / journey while waiting for others to join you where you are at ? (family, friends, partner)

Boundaries are so important for us to know our limits, with ourselves and in our relationships, even with our pets, to support us for a harmonious and fulfilled life.

They help determine how we interact with our outside world and how we allow our outside world to interact with us. Just as with house / land property boundaries, when *they* are clear, everyone has a much clearer understanding of what is expected and acceptable.

We may feel tough, insensitive or self-centred if we are strict with our boundaries, although they are very important and affect all levels of our health, wellbeing and development.

If we have had different boundaries in the past with people, and then wish to change them, some people may be challenged by this, as they remember *you* and *your* boundaries as before, and may not be open to change as much as you are. We can try and voice this to these people and explain that the patterns we had in place were not serving us well and we feel it is important to make some positive changes, for Us. Our journal and 'voice memo' app on our phone are also great tools for this.

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STRENGTHS & WEAKNESSES

We all have strengths and weaknesses which is a beautiful and humbling part of the human experience. A weakness does not need to be viewed negatively, it's more about having an open and honest understanding of yourself.

Take note here is a potential weakness has become / or is due to your dialogue.

Example : "I've always been bad with numbers / spelling / time management."

Often we may be holding back from moving forwards or from a particular dream / vision / goal as we may feel we don't have everything it takes and all the qualities needed to fulfill it.

- What are your strengths (recognise at least 3) ?
- What are some things you feel you could improve on that you may consider a weakness or which may be hindering you in fulfilling something ?

We can work on our weaknesses to grow and become more proficient at them AND we can also utilise others strengths and skills to support us in the areas we most need assistance in. Think about time management too - are you in a stage of life right now where there seems to be many things to juggle ? How can we lighten the load a little ? Can we declutter all the to-do's OR is it best to seek help ?

- think how appliances can help make things easier
- out source tasks (airtasker, fiverr, automated online tools)
- get a cleaner / gardener / pool cleaner
- meal prep (tips on my website under recipes)
- have an organic fruit & veg box delivered
- hire a good accountant and / or bookkeeper / automated accounting program
- hire a virtual assistant
- watch youtube or do online programs
- do you find it hard to stay on track ? – be accountable to a friend, trainer / coach



4 MAIN LIFE CATEGORIES

SELF

how you wish to look : hairstyles you like, makeup you like, clothes and a particular style you like, jewellery, a certain way another female is presenting herself or a vibe she has NB: this section is not always about material things – it may just be the sense of style you can feel through the image. It is also not about 'changing' yourself (unless you wish to), but more about refining / reinventing.

the way we express and present ourselves to the world, things that make You feel beautiful, loved, soft, strong, feminine, smart : whatever these look like to You
fitness motivation, movement / exercise / sports (team sports, dance classes), treatments like massages, bodywork, learning / study / personal growth / development / spiritual development,

RELATIONSHIPS

all / any of them that you wish to deepen: friends, family, work colleagues / clients / customers, love partner, children, community, neighbours (e.g. what sort of neighbourhood do you wish to live in ?)

- = what are you seeking / wanting from your relationships ?
- = what does it *feel* like to experience this from your relationships ?

What do these relationships look like to me ?

Examples : friends = picnics and gatherings. Love partner = a happy looking couple cuddling, adventuring together etc. Family : images of your own family – or if you like choose images of Your ideal scene.

WORK / INCOME / LEARNING / HOME

all income (and non-income) related work and all forms of skill related learning.

Are you working for a company and wish to create your own business ?

Have you got your own business and are wanting to work for a company ?

Do you wish to volunteer in a particular field ? Do you wish to learn something in a particular field to refresh / deepen / renew your work life ?

Want to expand your career / business ? Are you studying and furthering your knowledge to change careers or wanting to study ? What does abundance look and feel like to you ?

What does financial freedom look and feel like to you ?

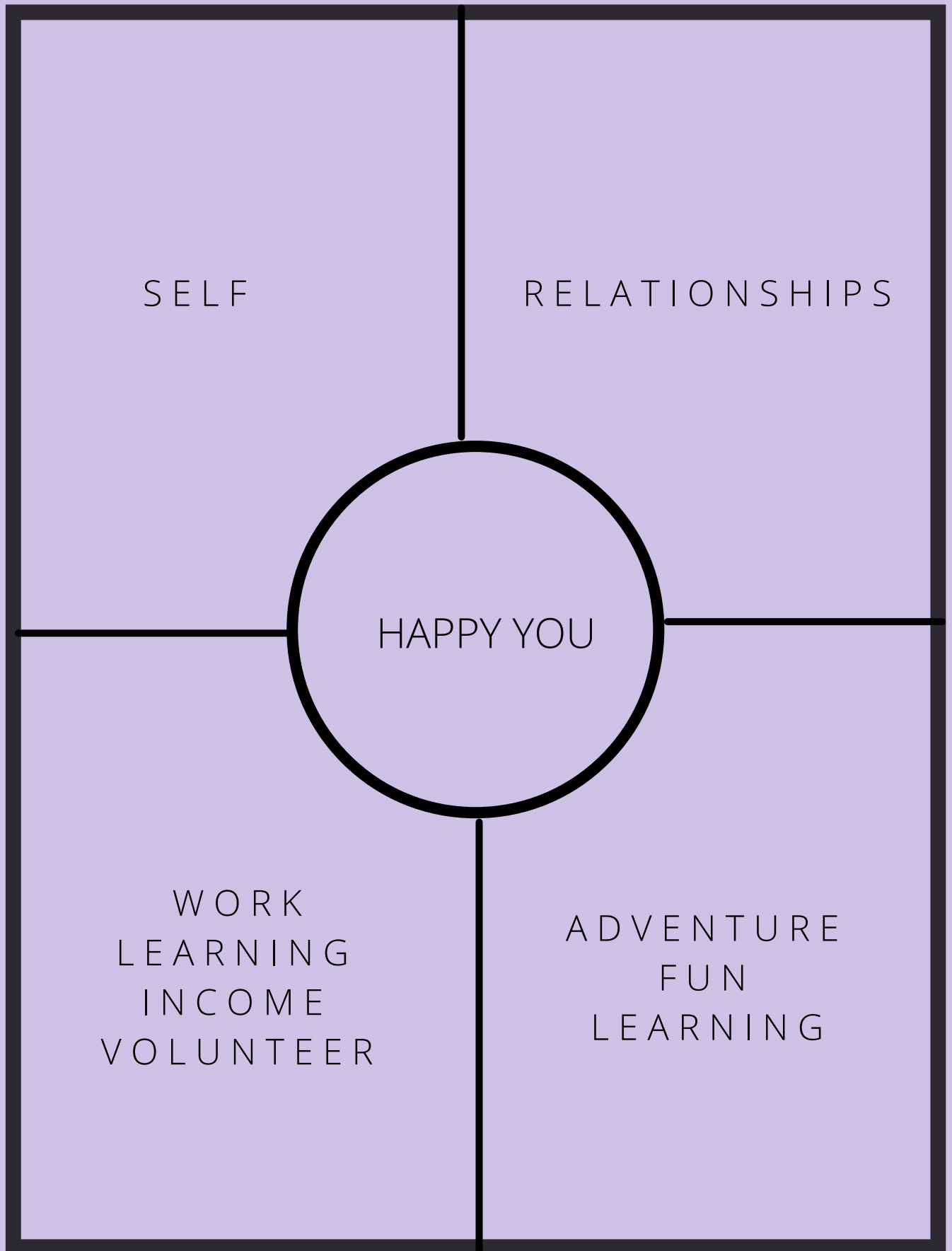
Home: your ideal space, interiors you like, types of houses, types of land, decor you love

ADVENTURE / FUN / LEARNING

anything and experiences that would bring you joy, personal growth and self / spiritual development Examples : hikes, weekends away, learning something new, challenging experiences, online learning, courses / workshops, books, retreats, outdoor / indoor activities, group / solo activities. Places you love / would love to visit / learn about. Cultures you resonate with. Want to read more / paint more / yoga more etc



Vision Board example : portrait OR landscape layout



VISION BOARD CREATION

This is one of the biggest tools you could ever use for manifesting !

Vision board = bringing all 4 modules together. It is an extremely deep creative process and very fun. You are literally creating your future life and self – WOW !!

Creating a *powerful* Vision Board can take some work. The payoff is you are utilising an incredibly strong tool that will assist you and create momentum to help move yourself and your life in the direction you wish. Doing a half job can send the message that you may not be serious about receiving what you would like OR that a varied or lesser version of what you would like is sufficient.

IMPORTANT TIPS FOR CREATING A SUCCESSFUL VISION BOARD

- choose and / or create only images you really resonate with for You and what you would like to bring into your world
- Quality over Quantity
- be crystal CLEAR – can you imagine yourself in this ? living like this ? experiencing this ?
- use fun images that spark something within you – notice what ones you feel drawn to
- choose a few affirmations, quotes or single words that you feel strongly about – especially ones that you've created yourself
- you may feel drawn to particular colours – go with what feels good
- choose a **happy photo of You** (no-one else – the exception is a pet) to be the centre piece of your Vision Board
- allocate your images and text to your 4 life categories – it should be quite clear to see that there are distinct areas on your vision board dedicated to different areas of life
- layout your images in whatever way feels right to You - portrait OR landscape
- glue each image onto thick card (or tape smaller card / thick paper together) working to create a layout that you feel happy with
- hang / place your vision board somewhere visible or in an appropriate area. Take a moment at least once each day to view your beautiful work and the feelings (3 zones - head / heart / hips) that are stimulated and awakened seeing your vision board
- nb: some images you choose could possibly fit into more than 1 of the categories, in this case choose the predominant one that resonates for that image



STEPS FOR SOURCING AND PREPARING IMAGES AND TEXT

1. Choose your images : screen shot or download images from Instagram, Pinterest, inspo photos you've taken of things you've seen, photos of yourself or something in your world already that resonates for calling in more of it right now. AND / OR you can cut out images or text from magazines : secondhand book shops and Op Shops stock old ones that you can use. You can also draw or paint your own images or patterns and words!!! This is a beautiful and very personalised addition to your board!
2. You can move images to a folder on your computer or phone so when it's time to create your Vision Board you've got them all ready.
3. Once you have cropped and edited your images on either your phone or computer, upload them to your computer if they're not on there already.
4. Open a Note / Word document on your computer and paste your images there. You can add a 'textbox' if it is tricky to move images around. I dedicate 1 page for quotes or text and space them out to easily cut around them.
5. Decide how big you would like each image – some images you may feel you naturally want larger - I usually aim for 4 – 6 images per A4 page and create several pages
6. If you don't have your own printer you can save these as a document and get them printed at Officeworks or Kmart. For my home printer I always choose recycled paper.
7. Once you have printed your sheets with the images it's time to cut. Get cosy, make a cup of tea, chai, cacao or have a wine. Put some music on, light a candle / incense and get into the zone. Remember you are creating your future life here – it's about the whole process not just the finished Vision Board.
8. Once all your images – the ones you have printed / found in magazines / created, are cut out neatly, start separating them into their relevant 4 categories. You can use containers or paper bags to keep them until you are ready to glue them.

FOR OPTIONAL TEXT COMPONENT

Utilising your IDEAL Icon Planner or the ideas so far around your IDEAL day / week / year you can write some text or your goals for this coming 6 months / year through this Vision Board. Type / write this up as text for your vision board

Example: go on 4 small trips per year and 1 large trip OR live 3 months somewhere else OR be on the road for 'x' months of the year. Incorporate this into your 4 categories



Action Checklist

MODULE 4

 Utilising the content from all 4 modules tune in to the 4 parts of 'Manifesting' relevant for your life right now

 Work out some of your major strengths & weaknesses and then how you could utilise tools / others to help you

 Tune into the '4 Life Categories' and collect / create images & text for what you wish to call into your world

 Create Your Vision Board !

