



TO MANIFESTING  
A HIGH FREQUENCY

*Life*



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# Hi Lovely!

So, you want to bask in some amazing energy and manifest your dream life...

Let's get right down to the nitty gritty of raising your frequency and manifestation. We are going to keep this real simple because it actually is....pretty darn simple! BUT the brain likes to complicate almost everything. So, take this opportunity to open your hearts and allow this wisdom to flow into your beingness so it can integrate, and you can begin taking naturally inspired ACTION!

First things first about manifestation is... it always begins with your ability to dream, have a vision, create detail in your mind, and focus on that detail more than you focus on other things. So, here are 3 steps you can start T-O-D-A-Y to manifest the things you desire.

Step

1

## What Are You Creating?

More than 80% of people never create a plan to attain their dreams. They never create a goal or intention. They may not even allow themselves to dream of anything beyond their current circumstances or reality. So, the fact that you are reading this makes you way ahead of the curve! Bottom line: You have to know what you want! You have to have a vision. A dream. An intention for your life.

AND the #1 reason people don't allow themselves to dream? Fear of disappointment.

***“What if I dream up something amazing and it never happens?”***

***“What if I give it my all and do my absolute best, and it's not good enough?”***



“I will feel like a failure. I will be so disappointed. My whole life will be over.”

You may be thinking this sounds kind of dramatic and you are right. Your fear is super dramatic and keeps you thinking you have one shot at a dream and if it doesn't manifest in a minute you are done...forever!

That is what fear does; it keeps you feeling afraid and disconnected.

So, take a minute and step out of your fear and create the vision. The dream. The best life scenario.

Don't be afraid of what you desire. Look, I don't desire to be a basketball player and thank goodness because I am 5'2" tall with no dribble skills.

There are so many things you don't desire. TRUST the fact that what you desire is totally possible, or you wouldn't desire it.

**Claim your vision right here and now! Write it down and read it back to yourself...**

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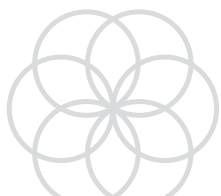
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## How Does It Feel?

Read over your beautiful vision! How does it feel to read it? Suspend all fear and disbelief and read it again. How does it feel to live in the new reality you just created?

What would it feel like to have THAT LIFE?

When you exit the field of fear, you enter the field of infinite possibility. The spacious place of consciousness where new things are created. There are no limits to the expansiveness. Allow yourself to feel the openness, excitement and joy that surrounds you when in infinite possibility.

This is the place you want to create from....the field of infinite possibility.

So, go back up the page and READ YOUR VISION from the place of infinite possibility.

### How Does It Feel? Write down the feelings that come to you...

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The vision and your feelings about the vision are the fuel you need for manifestation. They spark the Universe into energetic alignment.

**In my book,** I go into a lot of detail on your vision and your feelings and how to work with these to manifest your dreams.





## Naturally Inspired Action

The feel-good kind of action, NOT the “I am so exhausted and I can’t believe I have to do this” kind of action. The kind of action born from excitement. Born from joy. Born from inspiration. Born from LOVE!

Everything created in our consciousness needs a physical counterpart. In other words, we need to bring it down to Earth. We need to create it in the physical realm, and we do this through naturally inspired action.

An artist can have a vision for a painting, but until they walk up to the canvas and take action creating the vision on the canvas, no one else knows what it looks like.

***Manifestation happens through naturally inspired action.***

So, when you read your vision and feel all of your feelings about it, what action do you naturally feel inspired to take?

What pops into your mind first?

Write down all of the ideas that come through. AND see how many ideas show up in the week ahead while you are washing dishes, taking a shower, lying in bed before you fall asleep, enjoying a run on the treadmill or while at your favorite yoga class.

When you open the door for inspiration by doing this work, your intuition will start sending you the most effective path and actions ahead.

Your job is to listen AND write down what comes.

**Record the inspiration that comes and action ideas that you are being gifted from source...**

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You can use this template to begin manifesting in any area of your life. Return to this process and continue to focus on the vision, feelings and action. When you start to focus most of your time and energy on what you want to create...

Manifestation happens.

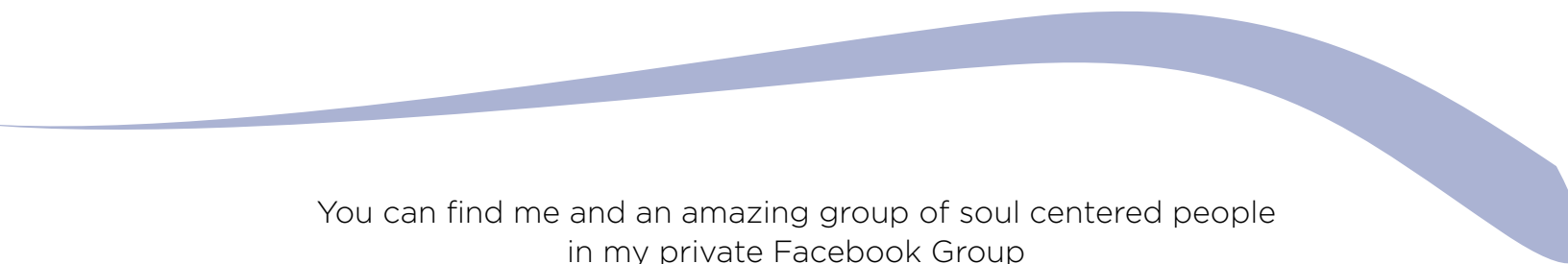
Living a high frequency life is always available to you if you are willing to be intentional about what you manifest in your life. Your Soul Frequency, your unique energetic beingness is powerful beyond measure.

When you focus your energy on the things you want instead of the things you don't want, there will be forward motion in your life. It is an energetic law of the Universe!

To go deeper, **you can dive into the book or audio book** and receive four bonus gifts. One of which is a complete manifestation workbook.

Now that we are connected, I am looking forward to hearing all about your manifesting adventures!

Xo,



You can find me and an amazing group of soul centered people  
in my private Facebook Group

**The Soul Frequency VIP**

or send me a DM on Instagram

**@thesoulfrequency**

