



# *Cathlene's* Manifesting Basic's

Another word That I like to use for manifesting Is  
magnetize.

Thoughts become feelings and feelings become things!

We manifest and attract everyday.

What are you attracting?

**First things First**  
**You Must Have Clarity**

If you put wishy washy out, you will get wishy washy back.

## Step Two

What is your Self perception of YOU?

What do YOU think and FEEL about YOU?

This must have High Vibrational Energies attached to it.

Your Self Perception of YOU is the base of manifesting.

If you feel like this something that you need to work on, start now.

### **Step Three**

What do you really desire?

What do you really desire to attract into your life?

Think crystal clear clarity!

Don't short change yourself here, make it something you can get excited about without judgment from yourself until you master manifesting.

This must be something that excites YOU, not someone else.

## Step Four

Be GRATEFUL and FORGIVE (release) your limiting beliefs and blocks for the lessons they have taught you.

WHAT YOU FOCUS ON YOU WILL GET.

If you are connecting feelings to something you do not desire, guess what?! That is what you will get more of.

LIMITING BELIEFS ARE ONLY MADE UP STORIES YOU ARE TELLING YOURSELF.

Change the story.

## Step Five

Write what you're manifesting and creating in your journal.

This must excite YOU!

**Write, think and FEEL this as if you already have what you are manifesting.**

Remember, this has to excite YOU, you must get those excited feelings inside just thinking about it, sit with it and visualize it.

Be in the moment as if you have already manifested your desire.

Don't worry about the details or how this will happen.

The universe will take care of the details.

## Step Six

Meditate

Meditation is important.

**You will visualize letting your limiting beliefs and blocks dissolve into the universe, letting them go until they are not in your subconscious mind any longer.**

Visualize and FEEL.

Sit quietly and listen to any messages and allow the flow of what you are creating to come your way.

## **Tips:**

Gratitude! Gratitude! Gratitude! HUGE! THIS WILL SQUASH  
LIMITING BELIEFS OUT EVERY TIME!!  
ALWAYS BE GRATEFUL FOR WHAT YOU HAVE RIGHT NOW!

Have a GO TO Vision, something that every time you think  
about it brings joy to you.

Like I said in the video, I picture my children's faces.

Every single time without a doubt that brings me feelings of  
joy.

If thinking of your pet gets you happy!

Picturing a pile of money at your door step excites you!

Picturing yourself in perfect health running around with tons of  
energy excites you!

Then that is it!! YOUR GO TO Vision!

By getting that excited joyful feeling you will be opening up  
yourself and putting out the good vibrational frequency of  
which you want to have come to you!

This takes consistency, consistency, consistency.  
The brain is complex yet simple. It will do exactly what you tell  
it to do

**Remember, we are all manifesting every day!**  
**So Manifest for good and on purpose.**



## 6 Steps to Manifesting

One: Clarity. You must have crystal clear clarity on what it is that you desire.

Two: What do you feel and think of yourself? Your Self Perception?

Three: What do you really desire?

Four: What are your limiting beliefs and blocks?

Five: Journaling. You must retrain your subconscious mind to get rid of these limiting beliefs.

Six: Meditation