



Cariad Spiritual

MANIFEST ANYTHING Workbook

Be Careful What You Wish For



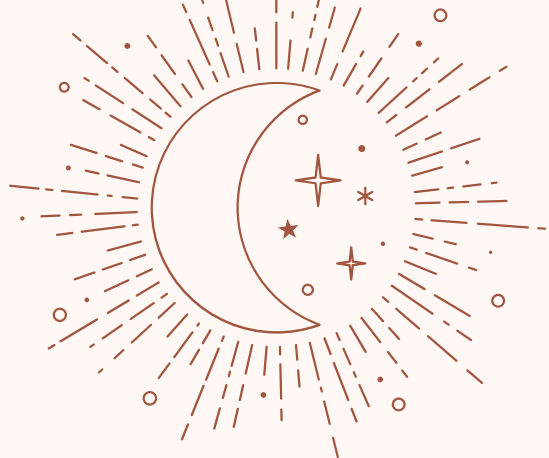
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www.cariadspiritual.com



WHAT DO YOU TRULY WANT?

This is your wish list - don't worry about the how - let the Universe take care of that!

A large, empty, light purple rectangular area intended for writing a wish list. The rectangle has rounded corners and occupies most of the lower half of the page. On the right side, there is a decorative, wavy purple line that extends from the edge of the rectangle towards the right margin.



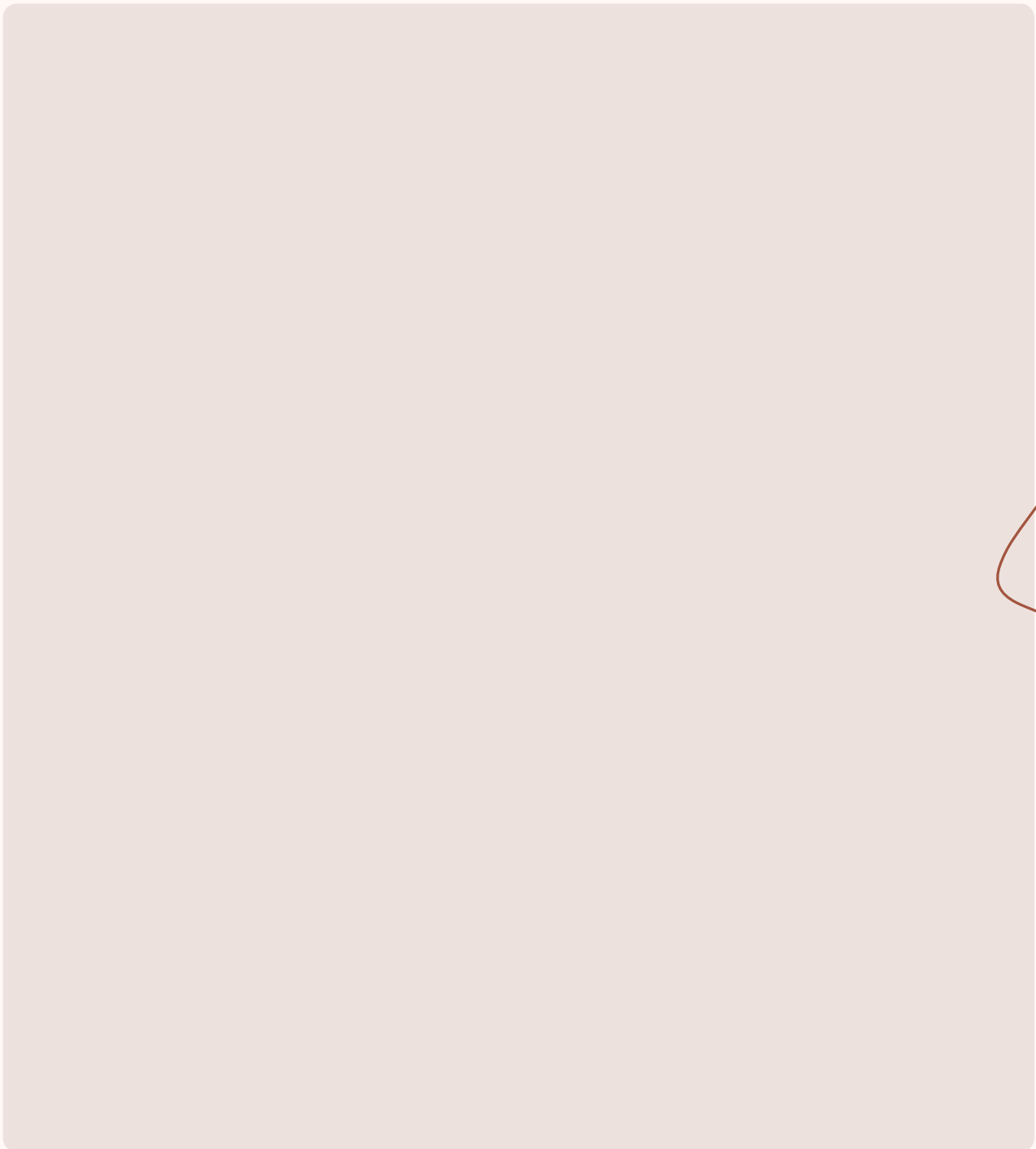
THE BIGGER PICTURE

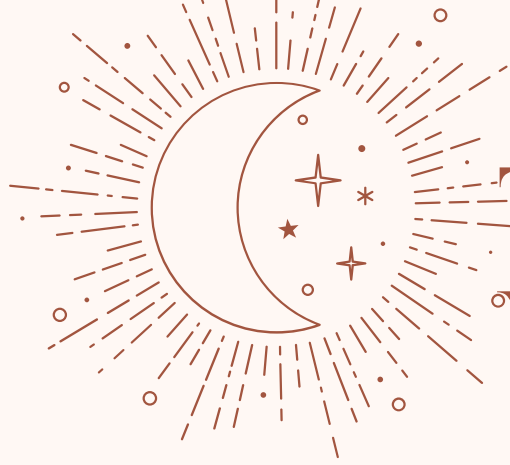
Who or what is going to be affected when your manifestation occurs?
How are they going to be affected? Draw a Mind Map here to reveal the bigger picture.



TIME YOUR REQUEST & ENGAGE SUPPORT

Tapping into the cycles of the Moon is a powerful way to boost your manifestation request. Time your request to the New Moon for new projects and the Full Moon to release anything that does not serve you. Is there an Archangel or Ascended Master you can ask for support? If you don't ask you don't get! We live in an abundant Universe but we have to ask for what we truly desire.

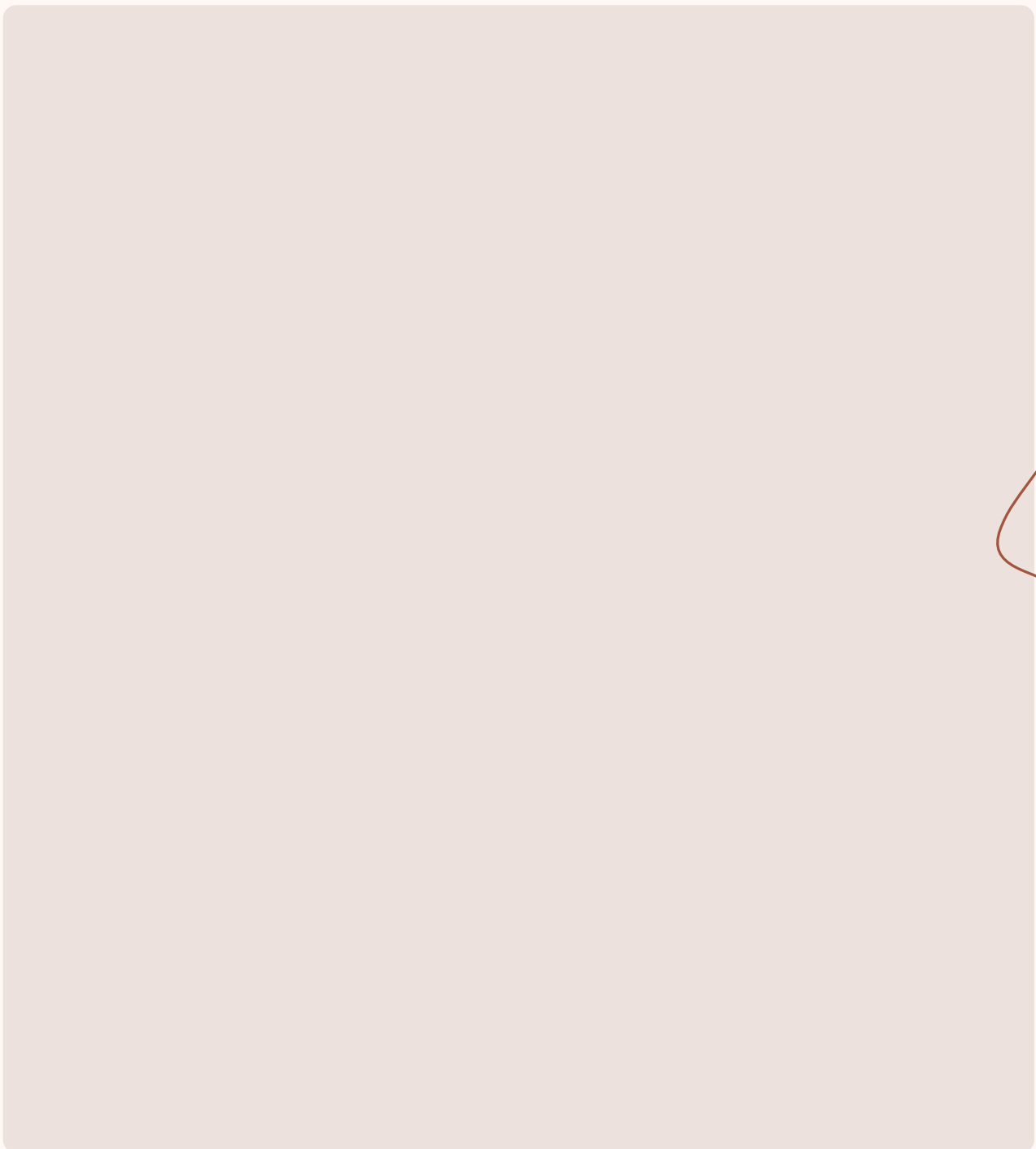


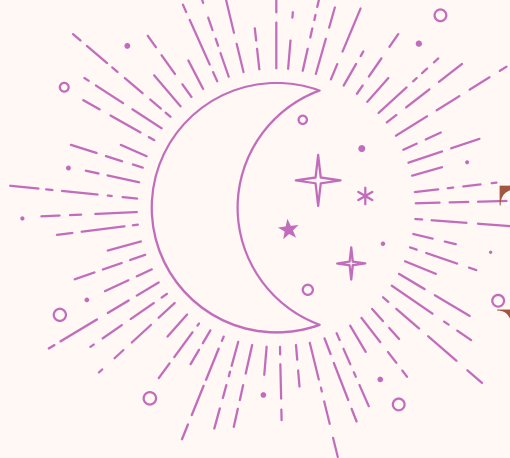


THE VISUALISATION



See what you wish to manifest as being already in your life. Use all of your senses and create a picture in your mind of what you see, feel, smell, hear, sense when your dream is a reality. Don't forget to 'timestamp' it, seeing the date on a newspaper, calendar, phone etc in your visualisation. If it helps create a vision board first e.g. with images of how you want your dream home to look like, the furniture, decor etc.





THE VISUALISATION



More space to create the perfect visualisation for what you wish to manifest!

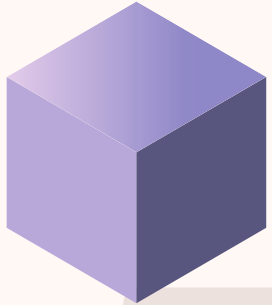


Time to

BRING IT ALL TOGETHER



"ASK FOR WHAT YOU WANT AND BE PREPARED TO GET IT."
- MAYA ANGELOU



BOOST YOUR VISUALISATION BY USING SACRED GEOMETRY -

A CUBE WILL HALT A PROCESS,
A SPHERE WILL BRING IT TO YOU FASTER!

