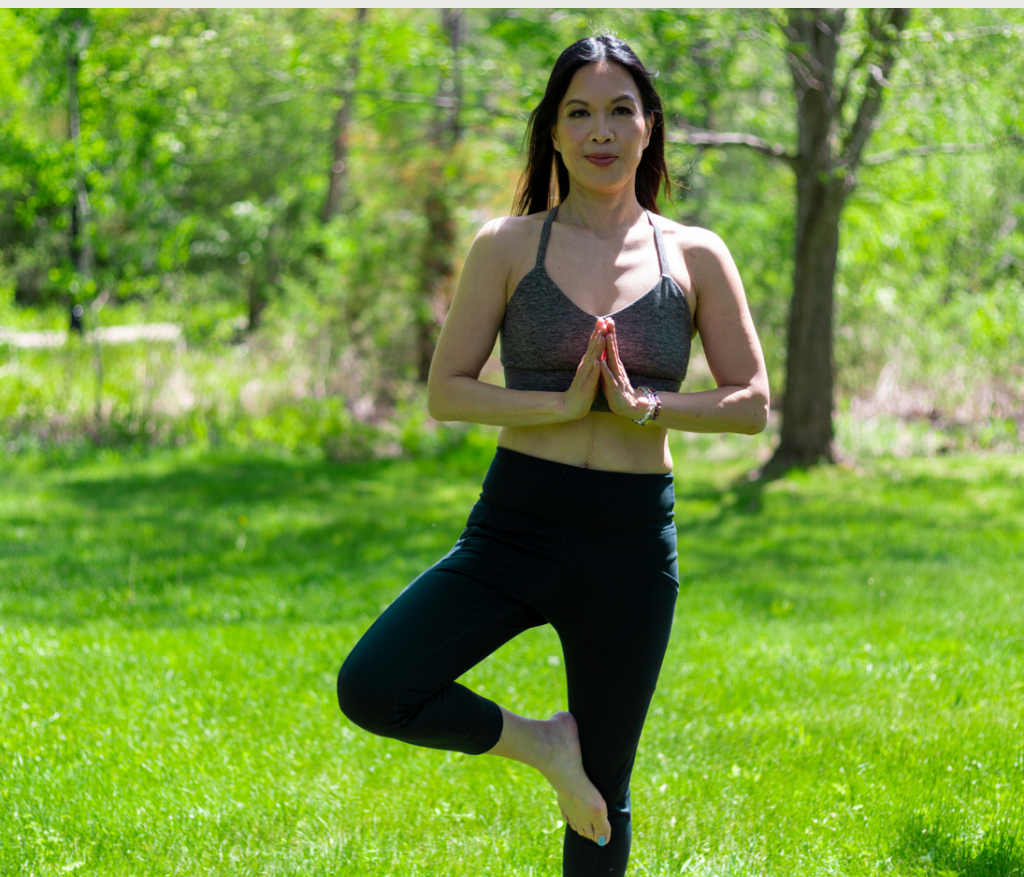


Mini Tips To Manifest Big Guide

By Lisa Estall



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INTRODUCTION

Hi, I'm Lisa Estall

First, let me start off with the yoga photo of me. I manifested that body. Yes! I can teach you to imagine yourself at your ideal weight and the way you want to look so stay tuned and keep reading until the end of this guide.

I have been learning about manifesting way before it became popular on social media. Years ago a friend went to see Abraham Hicks in person and told me about it. It sounded intriguing so I started listening to her audio channeling sessions. I was hooked and I listened regularly, opening my mind to learn The Law Of Attraction and the art of Allowing.

Fast forward to a few years ago, Abraham Hicks came back into my awareness again, as well as other channelers (Bashar is also another favorite). Again I got hooked and have listened to Esther Hicks almost everyday in the morning since. I find it calms me down when I'm getting ready for the day,

Thank you for being here. Now let's get into my thoughts and tips to manifesting!

Here are a few of my favorite channelers who bring forth "energies" who share knowledge. You can look them up on YouTube for example.

Esther Hicks (Abraham Hicks)
Darryl Anka (Bashar)
Sara Landon (The Council)
Sheila Gillette (Theo)
Wendy Kennedy (The Pleiadians)



Transform Your Subconscious

SAY YES TO WHAT YOU WANT

The universe (GOD, SOURCE etc) only responds to yes. So when you say, "I don't have enough money", the universe says "yes".

The brain has the "thinking part" and the "subconscious part". That subconscious part is often from childhood experiences that make us fearful or have self-doubt as an adult. That is why I suggest you ask yourself why you block yourself from certain things. Sit quietly and reflect deep within. A good way is self-hypnosis. I will be creating self-hypnosis meditations to help you so stay tuned.

Remember...you DESERVE ABUNDANCE and to have everything you desire.

You Can Manifest The Way You Look

Two years ago I decided to get toned and picture myself comfortable enough to reveal more skin. I was always in good shape but I had flab here and there. That was when I visualized myself wearing work out clothes and looking pretty confident in photos. At this point two years ago I hadn't been to the gym in years! After picturing myself at my ideal weight and feeling athletic, I took action. I joined a gym. Manifesting is using your imagination and emotions but you must take action. It's like a nod to the universe to go ahead and send your delivery.

Steps To Manifest Explained In A Simple Manner



Make the Quantum Leap

I will share the following tip from Laura St John, celebrity mindset coach.

She says to make a congratulations card! You can buy a card from the store or make one on your own.

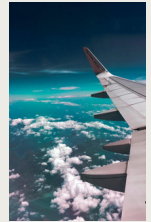
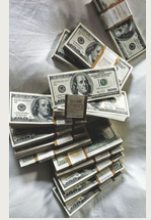
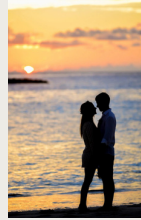
You are writing from your future self that you have achieved your wish or goal. So it's like quantum jumping.

My tweak is to jot it down everywhere, especially post-it notes. You can write, "Congrats! You got the raise!" or "Congrats! You got the best relationship of your life!"

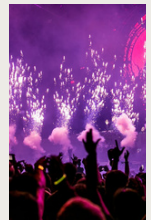
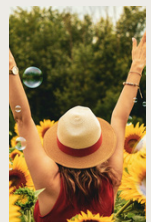
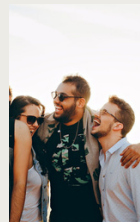
This is making the quantum leap into the 5D. It's already happened so affirm it!

Also remember, everything is existing at the same time. Think about that for awhile. There are different timelines and versions of you, so choose which track you want to be on.


**ARE THESE
SOME OF THE
THINGS YOU
WANT TO
MANIFEST?**



THESE IMAGES GIVE ME THE FEELS



6 Methods To Manifest

Rewrite Your Past

Don't like your past memory? Then rewrite the script.

There are so many timelines and versions of you that you can jump into what you choose to have happened.

You choose your reality!

Drink the water in the glass

I actually used this method years ago using a glass of water.

I take a glass, fill it up, and put my intentions into it.

Then I drink it.

Very simple and effective.

Loop The Scene

Neville Goddard talks about this. Sit down, relax, and loop the scene over and over again.

The person whom you want to call you is one example. Picture him/her messaging you. Picture your joy of hearing from this person. Feel the emotions. Loop it over and over again.

Step into Vertical

I actually got this phrase from a YouTube channel called Be Something Wonderful.

The host describes stepping into the vertical – instead of thinking in linear terms.

This method has helped me shift my thinking and reality.

Remember, everything exists in the NOW.

Live In The End

This is another famous Neville Goddard method.

He says to imagine the end result. You are already in Barbados. You are already in that new home. You are already driving the luxury car, You already are in that amazing relationship.

Express the feelings of having it. You got this!

Start With The Why

This method is to ask the why question. You can jot these down for examples.

Why am I at my ideal weight?

Why am I so lucky in love?

Why am I doing great things with my career?

This trains your brain to find the answer and confirm it.

Common Pitfalls

Saying the word "WANT"

Change your language.
Instead of saying "want"
which implies lack, say "I
have" or "I am".

Examples:

I am getting that job

I have that ideal relationship
and its so fulfilling

When you are too attached to the outcome

When you know your
desires and goals, you have
to let it go.

When you are too attached
to the outcome, you might
be looking at the 3D saying
"it's not here yet"

Instead, put the image and
feelings into a bubble and
send it out to the universe.

Sharing it with others that may be doubtful of your goals/dreams

Keep your desires and goals
to yourself.

Your friends and family may
mean well but sometimes
they can be negative.

Don't let others affect what
can be for you.

CONCLUSION

Abundance Is Naturally Yours

So I hope this mini guide of manifestation tips has helped you!

You are a soul that lives forever and you came to Earth to live in abundance!

I will be working on online courses regarding manifesting and other topics this year so stay tuned!

- LISA - GOOD ENERGY
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