

One True Self

LOVING YOURSELF AND OTHERS



Manifestation Exercise



'Cosmic Ocean' by
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Before practicing this exercise, you will need to create a picture in your mind of what the following things would look like if you actually had them:

- How it feels to be physically strong, beautiful and healthy -- picture in your mind how you would look.
- How it feels to have abundant financial prosperity - picture in your mind what you would have.
- How it feels to adore and to be adored by someone you love - picture the things you would do during the day/night with this person.
- How it feels to be happy – picture in your mind your happiest memories.

When manifesting or creating a reality, we see the outcome, not the process. For example, you see yourself having the job or relationship you want, not going through the steps to create them. The visualization should take place 3-12 months in the future, but you experience it as your present reality or now.

Read the exercise carefully before practicing it.
Imagine each step before actually practicing it.

1. Send pink light to yourself, feel the energy flow through the cells and vitalize them.
2. Create a movie screen, 3-5 feet in front of yourself. On the screen, see yourself in a loving relationship. Now intensify the feeling of love. See your body in this picture, make it more beautiful. Love your body and the person in the picture with you. Feel love from the person toward yourself and your body.
3. Send pink light to the picture on the screen.
4. Look around in the picture. Make it your favorite time of year. Make the scenery more beautiful, feel your surroundings. See all of the things you wish to have in your surroundings. See the number balance of your bank accounts, make them the number you desire. Notice the time you have for leisure, rest, and fulfillment in this new life. Notice how your financial prosperity has resulted from creating one of your heart's desires.
5. Send pink light to the picture on the screen.
6. See yourself on the screen in the beautiful surroundings; with all of the money you could ever want, with the person you love. Intensify your feelings of happiness, loving, and being loved. Send pink light to this picture.
7. Make this picture a moment that you are experiencing now - THE PRESENT.
8. Send pink light to the screen. Pull your energy back. Close the screen.

This exercise works for everyone who diligently practices it.