



# AWAKENED MANIFESTATION

The Universal Guide to Manifesting Your Dreams

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# YOUR 21 DAY JOURNEY TO AWAKENING & CREATING THE LIFE OF YOUR DREAMS

## INTRODUCTION

I've got a challenge for you, and I believe it will change your life! I want to challenge you to take a journey with me for the next 21 days. Let's plunge headfirst into the vast ocean of abundance - The ocean represents the source of abundance. Realize this: Abundance is your birthright and there's more than enough to go around.

In the world we live in today, it's so easy to circle back into your own realm of negative thoughts and emotions. If you would simply set aside just 21 days to immerse fully into applying the teachings based on the Law of Attraction, I believe that your life will never be the same again.

Every morning as you're sitting with your warm cup of coffee, simply pick up this digital copy on your phone, laptop or tablet. I'd like us to spend 10 minutes together to go through the daily teachings tailor-made for you. I believe that these precious minutes will help calibrate your thinking for the rest of your day. And when your mind is set on the good and positive, you will begin to experience a change like never before.

This is an invitation to take the next 21 days as a commitment to creating the life of your dreams. Pull yourself away from the noise, chaos and busyness of life. You'll soon find all your anxieties and fears melting away... So let's take these 21 days to completely saturate and lose ourselves in the vast ocean of abundance coming your way!


# DAY 1

## TODAY'S MESSAGE: GRATITUDE

If you make time to list all the things you are grateful for, and constantly bask in gratitude, you will feel amazing every day.

Your frequency will be high and you will move through your days in love - feeling alive, present and bringing joy wherever you go, positively affecting one person after another.

When you live a life like this, everything you want will come before you even ask.

A vibrant field of white daisies with bright yellow centers is shown against a clear blue sky. A single yellow butterfly is perched on one of the flowers in the foreground. The background is filled with more daisies, some in focus and some blurred, creating a sense of depth. The overall scene is bright and cheerful.

Your Gratitude Movement for the Day:  
Say thanks even for negative things in your life

## DAY 2

### TODAY'S MESSAGE: TWO MINUTES

There is no excuse not to give two minutes today to intend your tomorrow.

Now stop everything you're doing and think:

What will be your intention?

【 Your Two Minute Movement for the Day:  
What could you do to better your life? 】



## DAY 3


### TODAY'S MESSAGE: INTENTION

You create your future with the power of your intention.

Intention is simply the conscious act of determining your future now.

Health, harmony in relationships, happiness, money, creativity, and love will come to you in the future, based on your intentions now.

Intend every day and create your future life.



【 Your Intention Movement for the Day:  
What are you doing to create your future life? 】


# DAY 4

## TODAY'S MESSAGE: GIVING

Giving opens up the door to receiving.  
You have so many opportunities to give every day.

Give kind words. Give a smile. Give appreciation and love.  
Give compliments. You can give courtesy to other motorists while you are driving. You can give a smile to the car parking attendant. You can give a warm greeting to the newspaper stand person or the person who makes your coffee.

You can give by allowing a stranger to go ahead of you into an elevator, and you can give by asking which floor they are going to and pressing the button for them. If someone drops something you can give a helping hand and pick it up for them. You can give warm embraces to those you love.

A woman with long blonde hair, wearing a white long-sleeved shirt, stands in a lush green forest. She has her arms outstretched and her head tilted back, looking up at the sun filtering through the trees. The scene is bright and peaceful, with sunlight creating a bokeh effect in the background.

【 Giving Movement for the Day:  
Do a small act of kindness today :) 】

# DAY 5

## TODAY'S MESSAGE: WISDOM

Your life is a learning process - you can only become wiser from learning.

Sometimes you might have to attract making a painful mistake to learn something important, but after the mistake you have far greater wisdom.

Wisdom cannot be bought with money - it can only be acquired through living life.

With wisdom comes strength, courage, knowing, and an ever-increasing peace.

【 Your Wisdom Movement for the Day:  
How could you do better from your past mistakes? 】



## DAY 6

### TODAY'S MESSAGE: YOUR POWER WITHIN

No person or power in the outside world can compare to the power you have within you.

Seek the power within, as it knows the perfect way for you.

Are you seeking it?

[ Your Power Within Movement for the Day:  
Take time out to learn more about yourself ]




# DAY 7

## TODAY'S MESSAGE: FINDING YOUR PURPOSE

When you find your purpose, it is like your heart has been set alight with passion.

You know it absolutely, without any doubt.

What is your purpose?



[ *Your Purpose Movement for the Day:*  
What do you think is your Purpose in life? ]

## DAY 8

### TODAY'S MESSAGE: BEING ONE WITH THE UNIVERSE

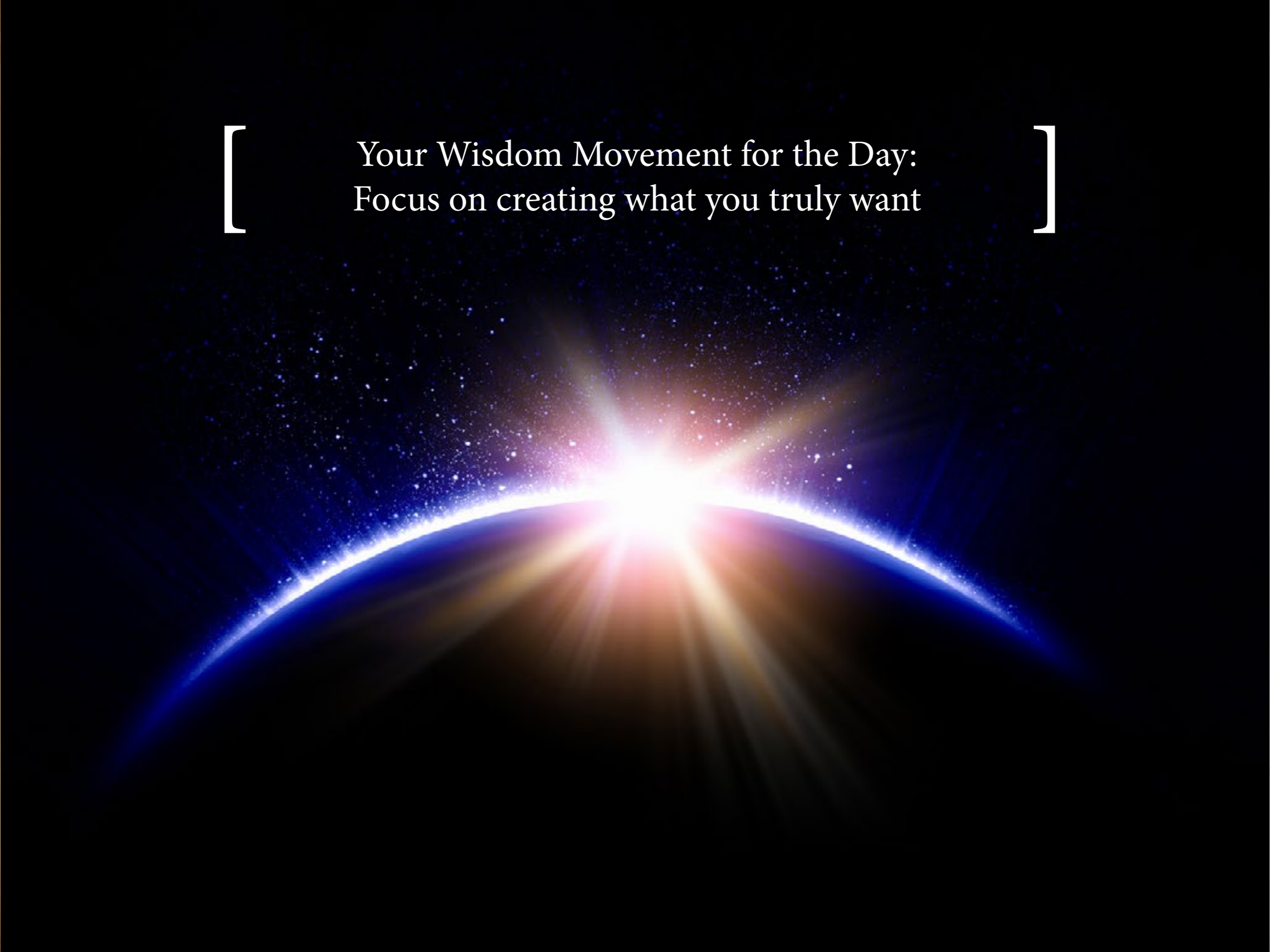
Your job is you and only you. When you are working in harmony with the law, no-one can come between you and the Universe.

However if you think another person can get in the way of what you want, then you have done a flip to the negative.

Focus on creating what you want. You are the center of divine operation in your life, and your partner is the Universe.

No one can get in the way of your creation.

Your Wisdom Movement for the Day:  
Focus on creating what you truly want



# DAY 9

## TODAY'S MESSAGE: CREATION


The process of creation is the same for all things, whether you want to bring something to you or remove something negative from your life.

If you have a habit you wish to break, or anything negative you wish to remove from your life, you must focus on what you want.

That means you visualize and imagine yourself in that negative-free state right now.

Imagine yourself in as many scenes as you possibly can where the negative situation is completely absent.

Imagine yourself happy and free.

A landscape photograph showing a dirt road winding through a field. On the left is a lush green cornfield, and on the right is a golden wheat field. The sky is blue with scattered white clouds. A semi-transparent white banner is overlaid across the top half of the image, containing text.

Your Creation Movement for the Day:  
Visualize and imagine what you want to create

# DAY 10

## TODAY'S MESSAGE: HAPPINESS

Every human being on the planet wants to be happy. Anything that anyone desires is because they think their desire will make them happy.

Whether it is health, money, a loving relationship, material things, accomplishments, a job, or anything at all, the desire for happiness is the bottom line of all of them.

But remember that happiness is a state inside of us, and something on the outside can only bring fleeting happiness, because material things are impermanent.

Permanent happiness comes from you choosing to be permanently happy.

When you choose happiness, then you attract all the happy things as well.



【 Your Happiness Movement for the Day:  
What makes you happy? Do it now! 】

# DAY 11

## TODAY'S MESSAGE: BIG CHANGE

When a big change occurs in your life it forces you to change direction.

Sometimes the new path may not be easy, but you can be absolutely certain that there is magnificence for you on the new path.

You can be absolutely certain that the new path contains things that you could not have experienced otherwise.

When we look back at a negative event that occurred in the past, we often see how in fact it transformed our life.

A silhouette of a hiker with a backpack and trekking poles, standing on a rocky mountain peak. The background is a dramatic sunset or sunrise with a warm, orange and yellow sky. The hiker is positioned on the right side of the frame, looking towards the left. The overall mood is one of achievement and perseverance.

【 Your Big Change Movement for the Day:  
Focus on what you can change and not what you can't 】

## DAY 12

### TODAY'S MESSAGE: SOMETHING GOOD IS COMING

If there was a particular house you wanted, or a particular relationship or job you wanted, and you didn't get it, the Universe is telling you that it was not good enough and did not match your dream.

It is also telling you that it has something BETTER and more worthy of you.

Something better is coming... you're allowed to be excited!

A scenic view of a mountain range with a semi-transparent text box overlaid. The mountains are covered in dense green and yellow foliage, suggesting autumn. The sky is filled with soft, golden light, possibly from a low sun, creating a warm atmosphere. The text is centered within the white box and framed by large black brackets.

Your Good Movement for the Day:  
Get excited and prepare for the GOOD coming your way!

# DAY 13

## TODAY'S MESSAGE: THE POWER OF WORDS

Any words you speak have a frequency, and the moment you speak them they are released into the Universe.

The law of attraction responds to all frequencies, and so it is also responding to the words that you speak.

When you use very strong words, such as “terrible”, “shocking” and “horrible” to describe any situation in your life, you are sending out an equally strong frequency, and the law of attraction must respond by bringing that frequency back to you.

The law is impersonal, and simply matches your frequency. Do you see how important it is for you to speak strongly about what you want, and not to use strong words about what you don't want?

【 Your Word Movement for the Day:  
Say something empowering about yourself! 】



# DAY 14

## TODAY'S MESSAGE: LOVE

Love is the highest power we possess to be in complete harmony with the law of attraction. The more love we feel the greater our power. The more selfless love we feel, the more unfathomable our power.

The law of attraction has been called the law of love, because the law itself is a gift of love to humanity. It is the law by which we can create incredible lives for ourselves.

The more love we feel the greater our power to create a magnificent life of love, joy, and harmony.

【 Your LOVE Movement for the Day:  
Hug and say “I Love You” to your loved ones 】



# DAY 15

## TODAY'S MESSAGE: GOODNESS IN ALL THINGS

Good is underneath every single thing that appears to be negative.

If we can know that good is all there is, including in a negative situation, then we will see a negative situation transform into all good.

Most people keep the good away from themselves because they label something as bad, and then, of course, that becomes their reality.

But there is no bad in the Universe; it is just our inability to see things clearly from the bigger perspective.

Peace comes from knowing that good is all that exists.



Your Goodness Movement for the Day:  
Turn a negative situation into a positive solution!

# DAY 16

## TODAY'S MESSAGE: VISUALIZE HAVING MONEY

When you close your eyes and you visualize having money and imagine doing all the things you want with that money, you are creating a new reality.

Your subconscious mind and the law of attraction do not know whether you are imagining something or whether it is real.

And so when you imagine, the law of attraction receives those thoughts and images as though you were actually living them, and it must return those visions to you.

When you are in the place where what you are imagining feels real, you will know that it has penetrated your subconscious mind, and the law of attraction must deliver it.

【 Your Money Movement for the Day:  
Visualize your DREAM life and focus on the feelings you get from it 】



# DAY 17

## TODAY'S MESSAGE: REMOVE ATTACHMENTS

There is a difference between feeling gratitude and appreciation for something, and feeling attachment to something.

Appreciation and gratitude are states of pure love, while attachment contains fear - fear of losing or not having what you are attached to.

When it comes to something you want in your life, appreciation and gratitude attracts, and attachment pushes away.

If you are feeling afraid that you will not get what you want, or losing what you have, then you have attachment.

Your Removal Movement for the Day:  
List down the things that you feel attached to and let them go



# DAY 18

## TODAY'S MESSAGE: BELIEVE

Ask, Believe, Receive - just three simple steps to create what you want.

However, very often the second step, believe, can be the most difficult one.

And yet it is the greatest step you will ever take.

Believing contains no doubt. Believing does not waiver. Believing is absolute faith. Believing remains steadfast despite what is happening in the outside world.

When you master believing, you have mastered your life.

Your Believe Movement for the Day:  
Are you doubting yourself? Put your faith forward and believe in yourself



# DAY 19

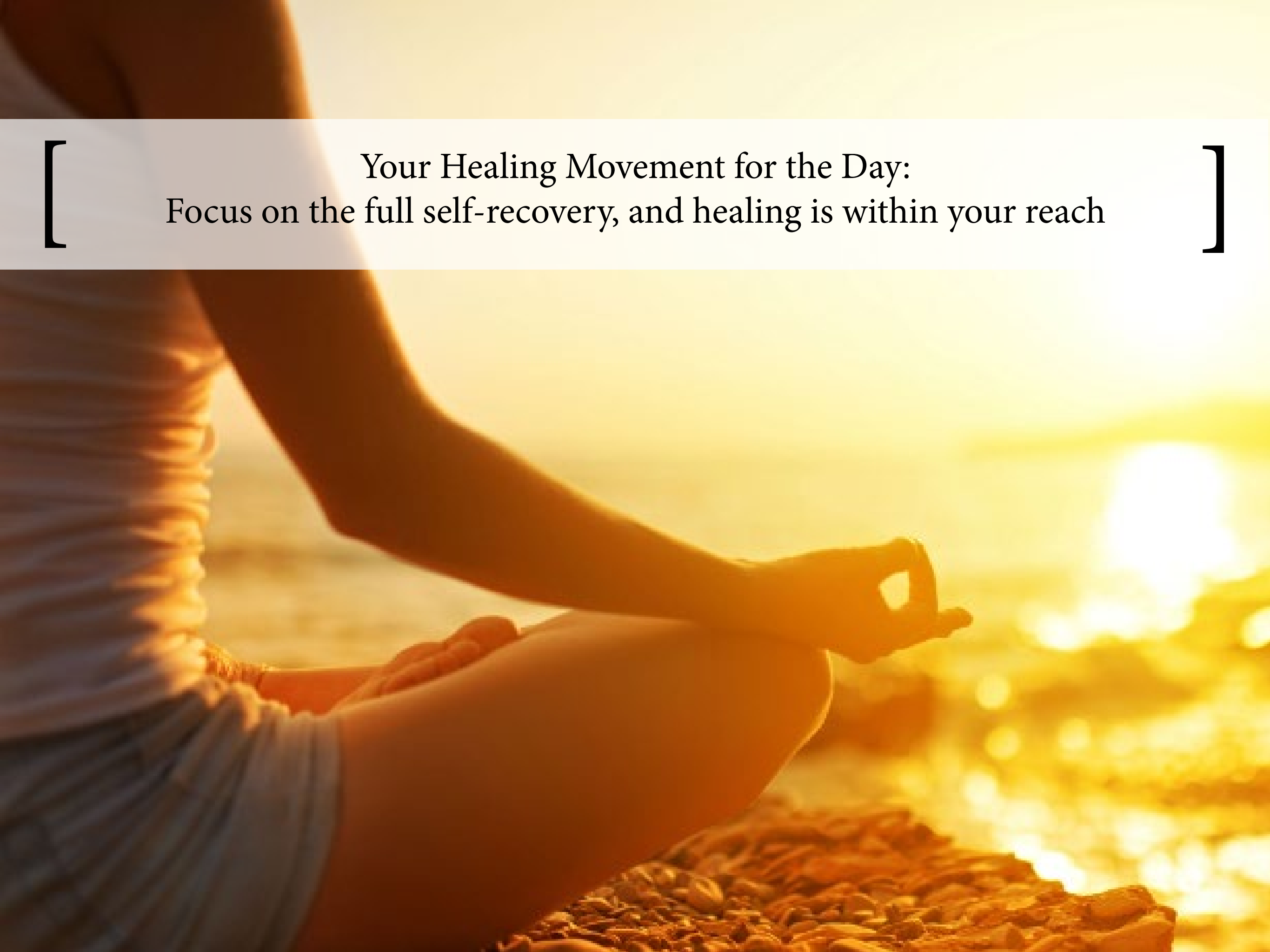
## TODAY'S MESSAGE: HEALING POWER

If a person is focused on illness then they are inadvertently attracting more illness to them.

On the other hand, if a person focuses more on health than illness, then the law of attraction must obey and produce health.

The principles of the law of attraction are a powerful tool to summon the healing power within us, and can be used as an aid in total harmony with all of the wonderful medical procedures that are available today.

Remember that if there were no healing power within us, nothing could be healed.

A person is shown in a meditative pose on a beach at sunset. The person is wearing a blue top and is sitting on a woven mat. Their hands are in a mudra, with the index and thumb fingers touching. The background is a bright, golden sunset over the ocean, with the sun low on the horizon. The overall mood is peaceful and serene.

Your Healing Movement for the Day:  
Focus on the full self-recovery, and healing is within your reach

# DAY 20

## TODAY'S MESSAGE: YOUR LIFE MOVIE

Your body is exactly like a movie projector, and the film running through the projector is all of your thoughts and feelings.

Everything you see on the screen of your life is what has been projected from within you, and is what you have put into the film.

By choosing higher thoughts and feelings you can change what you see on the screen at any time.

You have complete control of what goes into your film!

Your Life Movie Movement for the Day:  
Control what you say or feel - your emotions have power

CAMERAMAN

DIRECTOR

SCENE

TAKE

SOUND

DATE

LOCATION

# DAY 21

## TODAY'S MESSAGE: YOUR INNER STATE OF BEING

Write down all the great things about everyone you know. Make a huge list of all the wonderful things about you.

Compliment people wherever you go. Praise every single thing you see.

Be a ray of sunshine to everyone you meet, and make their day better for having seen you.

Say “Thank you” at every turn. Walk, talk, think, and breathe appreciation and gratitude.

A scenic photograph of a beach at sunset. The sky is a deep blue with wispy clouds, and the sun is low on the horizon, casting a golden glow over the water and sand. In the foreground, a wooden lifeguard stand with a yellow roof and white walls stands on the sand. The stand has a sign that reads "LIFEGUARD" and "75ST". The overall mood is peaceful and serene.

Your Inner State of Being Movement for the Day:  
Be present and always be grateful and thankful for each day

Congratulations!

I would like to take a moment to acknowledge you on the completion of your 21-days Awakened Manifestation! It definitely took dedication and courage to accomplish what you just did and I am so proud of you!

I am sure you're thrilled by your progress, and it's the first step to awakening your best life! Now, wouldn't it be great if we could spend more time together to experience the full power of true manifestation?

### **So What's The One Thing You Can Do Right Now?**

Join us now, and experience it for yourself, the true freedom of tapping into your greatest source of power and abundance.



This follow-up video to your Awakened Manifestation is a must-watch if you want to live out the dreams that you have in your heart.

This video takes you into a deeper understanding of the how you can use Harmonic Flowing, a supernatural advantage to succeed in life. Packed with empowering insights, this video will set you free to soar above your challenges and finally leading to fulfil the life of your dreams. It's time to unleash the full potential of The Awakened Source in your life!