
with Breanne Hall.

ULTIMATE GUIDE TO ALL YOUR DESIRES



Ready to become the ultimate manifesting queen?!



I'm so excited that you're ready to take step 1 to taking control of your life! We don't have to just accept "the mundane" anymore or being "comfortable" the universe wants to help us, we just have to know how to ask and receive it willingly! We totally can have it all!

I created this quick and easy guide as a starting point and from my experience includes the most critical key factors that are necessary for manifesting anything. Abundance, a sexy sports car, that new relationship, career, happiness.. it is all the same method and it begins with YOU!

Can't wait for us to begin this journey together.. enjoy!!

Step 1: Stop manifesting what you don't know you're manifesting!

Whatever you are focusing on you are manifesting, simple as that. The universe is not biased, whatever you put out there it will send back like a boomerang. Recent brain imaging studies have shown that when we focus on our physical pain, it in fact worsens that pain, same goes for emotions..

Okay, so let's say you have anxiety, of course you want to get help and learn how to get rid of it and you can, it's just a simple mindset shift! Instead of focusing on how you feel and how much you want to get rid of it, focus on how you WANT to feel and how great it feels to be there. Focus on the adjectives, does it feel calm, exciting, proud? Whatever those adjectives are, own them as if you already are those traits.

Fear is another big one. Growing up my whole family was terrified of bees, it was a learned fear of mine from childhood and I still struggle with it to this day. Lo and behold, I have gotten stung more than anyone I know and more bees have sat on my face than preferred. Why? I AM ATTRACTING THEM! I am spending so much time focussing on how much I despise them,. My energy anytime I go outside is BEES BEES BEES so of course I attract bees. This goes for everything.

Step 2: Not only do your thoughts matter so do your words!

We touched on how much what you focus on matters, now let's discuss what comes out of your mouth. Your words have so much more energy attached to them than many people realize.

For example, let's say you are searching for the perfect job, after looking for a while, we often throw sentences out into the universe like "I am never going to find a job that works for me" a quick energy shift to "I am actively seeking the perfect career and it is on its way to me" changes everything. Believe you got it, deserve it, and the universe will serve it.

Step 3: Be grateful for what you already have!

Manifesting and gratitude go together like mimosas and brunch. Gratitude is associated with joy and that is what we are searching for more of! Feeling grateful for the abundance that you already have attracts more abundance, for instance, "like attracts like!" Let's say you are working towards being more financially abundant, try checking your bank account every day. Respect your money by seeing what you are spending daily and be grateful for however much money you still have in there. Even if it's 20 bucks! The universe will not reward you for being jealous of others' success and not grateful for your own. Remember, there is more than enough money to go around, no one is stealing from you. I promise, the more you act like those successful people, the more money will flow to you. You already have a lot to be thankful for!

Step 4: Visualization/ Meditation

There are so many scientific studies to back up how awesome meditation can be. Our brain literally cannot differentiate whether you have just visualized something or actually lived it. By doing frequent visualization meditations you create strong neural pathways as though you have actually performed the task you visualized. Meditation can cause long-term structural changes in the brain. It improves memory, learning, compassion, reflection and increases brain wave function. Connecting to that subconscious mind power during meditation also reduces stress, anxiety, increases attention span and promotes emotional health.

So how can this promote manifesting?

As I mentioned above, the brain cannot separate what is visualization and what is reality. According to Abraham Hicks, when you meditate you raise your vibration and activate your "receiving mode". In other words, when you are going through your day to day life filled with thoughts, stress, emotions, etc. it is difficult to allow sufficient space to receive. When one quiets the mind through meditation, the mind opens up and allows for the law of attraction to begin pulling in your desires. The more you activate this "receiving mode" or whatever you may prefer to call it, the faster your desires are able to manifest into your life. Visualize, believe it, smell it, taste it, affirm it, and it will be YOURS!

Here is my favourite visualization meditation, I challenge you to do this once daily every day for a week and you will begin to see drastic changes in your life:



Visualization Exercise:

Pik a goal you would like to achieve, or a desire you would like to manifest into your life.

Close your eyes, get comfortable and focus on your breath.

Imagine yourself feeling great after acheiving or being presented that specific desire that you have been craving.. maybe it's a successful interview, an amazing first date, a pay raise, that bikini body you've always wanted.. anything.

Try to use all your senses in this visualization. Picture the scene, hear the sounds, feel the sensation, smell the aromas, etc.

If this is your first time, don't stress if you aren't able to imagine it in great detail at first. The most important part is that you feel the emotions and experiences as though they are already true.

Once you have pictured this goal the best you can, turn it over to your higher power and let go of your need and any stress surrounding it. Go on with your day and believe it is coming to you. **YOU ARE THE MASTER OF YOUR DESIRES! XO**

