

THE FOUR  
Pre-Requisites  
of True Manifestation



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# Most manifestation advice focuses on taking action...

Visualisation, affirmations, and “thinking positively.”  
These are all valuable tools — but they will only work if your body and mind accept them as safe.

Many women find themselves doing all of these things... and still feeling stuck...

They create vision boards. They repeat affirmations. They try to “raise their vibration.” But their external reality doesn’t shift in a stable or lasting way.

Before going deeper, it’s important to understand this:  
Real, lasting change does not come from forcing new thoughts or repeating affirmations.

It comes from creating safety within your body—because the way you feel internally shapes what you are available for, what you allow, and what you believe is possible.

This guide will walk you through the foundational shifts that make manifestation feel natural, rather than something you have to constantly work at.

It’s about becoming internally aligned with what you desire to experience, and maintaining that alignment.

It’s about gently yet consistently training your body and mind to feel safe accepting what is new and unfamiliar.

*There are foundational internal conditions that shape what you are able to experience externally.*

These allow you to become the woman who can sustain the state of being that attracts and holds what she desires.

I call these... The four prerequisites of true manifestation.

When these prerequisites are understood and embodied, manifestation becomes less about force... and more about identity, regulation, and alignment.

# 1. Intention Clarity

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## **Get Specific.**

Your body cannot move toward something it cannot clearly feel or recognise.

Vague desires create inconsistent internal signals — and inconsistency creates resistance.

What exactly are you calling in? Not just the outcome — the details.

How much? By when? In what form? Where will you be? How will you feel?

Clarity creates safety.  
And when the body feels safe, it begins to move.

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## **Ebody the Emotions**

Clarity is not only intellectual — it is emotional.

Your intention becomes real when it is felt in the body. Begin allowing yourself to experience the emotional state of what you desire—before it physically arrives.

Your body does not respond to thoughts alone. It responds to what you feel.

*This is where manifestation shifts from waiting to embodying.*

Allow yourself to feel it... the expansion... the openness... the possibility.

This is not something you force or think your way into.  
It is something your body learns through experience.

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## **Clarify Your Identity**

What you experience is not maintained by goals—it is maintained by who you believe yourself to be.

.Who is the woman who already lives this reality? How does she move? How does she speak? What does she expect?

See her clearly. Then begin meeting yourself as her—daily.  
When a way of being becomes familiar, it begins to feel safe.  
And what feels safe is what your body allows you to hold and sustain.

## 2. Consistency & Repetition

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Clarity without consistency creates short-term change—but not lasting transformation.

You can define the intention. You can feel the emotion.  
You can visualise the identity.

When you only show up when you feel motivated, inconsistency begins to feel normal. Lasting change comes through repetition—because repetition creates familiarity.

This is where most women stop. They align for a few days. They feel powerful.  
And then doubt begins to surface...  
“This isn’t working.”  
“Maybe this is unrealistic.”  
“Who am I to have this?”

These thoughts are not truth. They are old programming resurfacing.  
Consistency means you continue returning to the practice—even when it feels unfamiliar. Not based on mood. Not based on immediate evidence.

But through gentle, repeated choice.

Repetition teaches the body what is safe. It bridges the gap between where you are and where you desire to be. Your system recognises what is familiar—and begins to trust it. And what becomes familiar becomes safe.

*Consistency is not about certainty. It is about continuing anyway.*

When doubt appears, anchor yourself to a simple commitment:  
“I return to this practice, even when doubt surfaces.”

Consistency gently interrupts old patterns.  
And when patterns shift, identity begins to shift.  
And when identity shifts... reality follows.

This is not about forcing yourself into change, but allowing your body to become familiar with a new way of being.

# 3. Releasing Old Patterns

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As you begin to align with a new intention and way of being, old emotions and beliefs will begin to surface — sometimes with intensity.

This is not failure. It is evidence of change, of your shifting into the new.

Many of the patterns you carry were formed early in life, when your system was highly receptive. Beliefs about money, love, safety, visibility, and worth were absorbed—and over time, became automatic ways of being.

So when you consciously choose a new one, the old identity does not simply disappear... it can become activated.

Unworthiness.

Fear.

Scarcity.

Old narratives like, “This isn’t realistic,” or “People like me don’t have this.”

These are not obstacles. They are protective responses your system learned over time. And they conditioned your nervous system to prioritise survival over expansion.

And when the body is in survival, it becomes difficult to hold wealth, security, or success — not because you are incapable, but because your system is trying to protect you.

Your role is not to fight these patterns—but to acknowledge them.

These responses were once your body’s way of protecting you.

At one point, they were necessary.

You can begin to meet these old patterns with gratitude. Gratitude softens resistance and is essential for expansion. It creates space for the new.

*You cannot pour something new into a container that is already full.*

As these patterns begin to soften and release, space is created for new ways of thinking and being to stabilise.

This is how your new identity becomes sustainable.

This is not something you think your way through—it is something your body moves through.

# 4. Maintain Gratitude

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Gratitude is not simply the words “thank you.”

It is a state of receiving — a softening of the body, a willingness to open.

A way of being where you allow yourself to feel supported, even before the external evidence appears.

At first, this may feel unfamiliar.  
You may still feel doubt. Disconnection. Resistance.  
And still... you practise.

Not to force a feeling — but to gently guide your body into openness.

The words are not the power.  
They are the doorway.

And the doorway matters.  
It is your entry point into a new internal state.

So you continue...  
Even when it feels mechanical. Even when it feels distant.  
You stay with the practice — until the body begins to soften.

*You shift from grasping... to allowing.*

And over time, something changes.  
You are no longer trying to feel gratitude.

You are in it.  
Open. Receptive. Available.

Gratitude softens resistance. It relaxes the nervous system.

This is not about convincing yourself.  
It is about becoming available to receive.

Gratitude signals safety.  
And safety... allows expansion.

# Thank You

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Thank you for being here. For choosing expansion.

*You were never meant to live small...*

*Divine abundance is your birthrite.*

Now, take a breath. Let this land.

You've just moved through the foundational work that most people spend years avoiding, and so never fully integrate.

Awareness changes everything.

***But embodiment is what changes your life.***

**You now understand:**

Intention sets the direction.

Consistency trains the subconscious.

Clearing old programming creates space.

Gratitude stabilises receiving.

But here is the truth most people miss...

If your body does not feel safe to hold what you desire,  
you will unconsciously return to what is familiar.

This is where most women plateau.

You don't need more information. You need a way to embody this.

And this is where most people stop...  
understanding what to do, but not yet living it.

And this is where your real work begins.

# Your Next Step

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## Experiencing It In The Body

Reading and understanding is powerful... and a needed layer of experience. But real, lasting and transformative change happens when your body is involved.

Because no matter how much you know... your life will only expand to the level your body feels safe to hold.

If something within you is ready to move beyond awareness and into lived, embodied experience...

***This is your next step.***

Through guided breathwork sessions, you are supported to:

- ~ Regulate your nervous system ~
- ~ Release stored tension and emotional patterns ~
- ~ Reconnect with your body in a safe, grounded way ~

This is where the shift begins to feel real.  
Not forced. Not mental. But lived.

If you've felt yourself resonating with this work... trust that feeling.  
Your body recognises what your mind is still learning.

*This is the work that creates the foundation for everything you desire to change.*

Book a Private 1:1  
Session

Attend a Local  
Breath Journey

**A guided 14-day breathwork journey to support this work at home is currently being created — this will be the next way to deepen this experience.**