

# Goddess PROCESS

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## MANIFEST YOUR HEART'S DESIRE—STEP ONE: CREATING CLARITY



## WELCOME, GODDESS!

I acknowledge you for taking this important step to making your heart's desire a reality: Declaring what you want most. This Goddess Process manifestation guide offers a simple process for creating clarity in what matters most to you. You can use these instructions on their own or go to [info here] for a guided meditation to further support you.

Sending you love and light!  
—Amber J

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### STEPS FOR DECLARING YOUR <3'S DESIRE

Get comfy! Personally, I like to sit on my favorite chair and get still. If you prefer to move around, that works, too. Just make sure you do it in a space where you can close your eyes and be safe while you move. (No crashing into coffee tables or stumbling down steps, goddess!) Set aside 3 to 5 minutes for each area (Self-Care, Prosperity, Relationships, Community).

It is important to give yourself time to get out of your thinking mind and connect with your heart, so don't rush. Allow yourself a minimum of 3 minutes to focus on each of the four areas listed below. It is perfectly fine to focus on one area, write about it then come back later or even on another day to do the next one.

Some people set a time or, if you love music like I do, you may choose to listen to a song that inspires you or makes you think about the specific area you're connecting with. Have a favorite love song? Great! Listen to it while you focus on relationships. Make this work for you, goddess!

Put your hand on your heart. We are manifesting our heart's desire so what better way to connect than to feel the beating of that big beautiful heart.

Close your eyes. Wait! Don't close them yet. I have a little more to say. When you are ready, close your eyes and ask yourself...

- What do I want to create in this area of my life (Self-Care, Prosperity, Relationships, Community) in the next 30 days?
- What do I get to shift to make that happen?
- Who and what do I get to call into my life to support me?
- What will I need to clear away in order to have this happen?

Connect with your heart's desire! Turn on that timer. Start playing that song. Sit still and connect or dance around and open up. Don't worry if you can't remember the questions exactly. The important thing is to connect with your heart's desire.

Write it down and share it with the world! When the song ends or the timer rings, open your eyes, pick up a pen and commit your heart's desire to paper. You can write or draw. If you write it can be complete sentences or simply words and phrases. I once declared, "My king in my bed in 30 days." Check out my Instagram to see us together! Now pick up the phone or make a date to see one of your GFs—Goddess Friends—and tell her what you're manifesting.

Remember, goddess, the universe is conspiring in your favor and so am I.

We got you!

SELF-CARE / MIND / BODY / SPIRIT

DREAMS / PROSPERITY / FLOW

SELF / ROMANCE / FAMILY RELATIONSHIPS

CONTRIBUTION / COMMUNITY