



5 Tips to Step Up Your MANIFESTATION Game!

With Kara Karaoguz

1) Be Still Every Day

AKA some form of meditation: sitting (on a cushion, folded blanket, or some other lift under the pelvis so your hips are above your knees and your spine can stay long and tall) or having a meditation in motion, doing something you love, keeping your awareness on each sensation and movement, connecting with the breath

2) Know YourSELF

If you are unsure, ask yourself: Who am I? What interactions in life am I okay with? What situations am I not? What activities do I like to engage in? What activities are off limits?

3) Create a List

Pen to Paper! This is a list of all you want to draw into your life, all you want to co-create with the Universe/God/Higher Consciousness/Source. If you are not sure where to begin, just start writing! Think of the 4 W's: Who, What, Where, When. Who do you want with you? What do you want to be doing/feeling/experiencing? Where do you want to go/Where is this taking place? When is this happening/when's the time frame? Do not be concerned w the How.

This activity is best done on the New Moon, to harness the universal power that is naturally offered during this time. New Moons are symbolic of New Beginnings.

4) Feel into It All

Take a moment to really FEEL how it will be when that list comes to fruition. Breathe into it all. Embody all you are planning to manifest through the intentions you set for yourself.

5) Stay "In The Flow"

Trust your intuition. Listen to your SOUL. Become aware of what thoughts or activities energize you. Stay connected to your Stillness practice (see #1). In reference to #2 listed above, become aware of limiting thoughts/beliefs/mindset blocks you may be experiencing that are counter-productive to a manifestation practice. Surround yourself with fellow Light Leaders, Truth Seekers, Holistic Healers, Empaths, and Magic Makers!