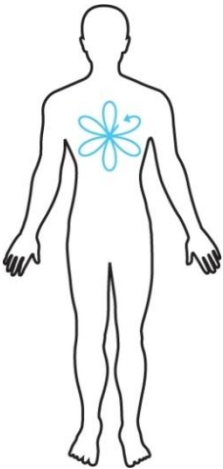


Be Your True Self

A Manifestation Technique

Step 1: Illumination:

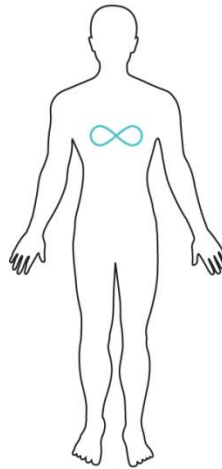
- Write down current struggles, but in a positive form (example: sleep issues become “I sleep well every night”)
- After reading each “positive struggle” out loud, with Rose Quartz Heart in hand, draw an infinity flower over heart



Step 2: Transcendence: *Performed only once after reading all of the “positive” struggles out loud.*

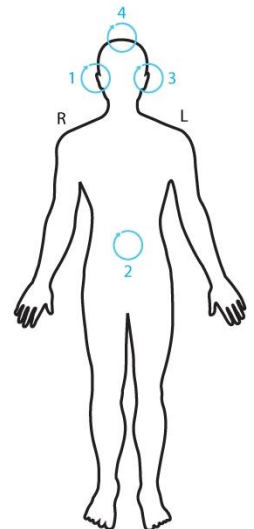
- Take a diaphragmatic breath before reading each of the following statements out loud :
 “I am enthusiastically myself at all times.”
 “I trust all good things come to me.”
 “I unconditionally give and receive love.”

Step 3: Manifestation: Draw a Rose Quartz infinity over heart 3 times. Breathe in and say “I AM THAT,” breathe out and say “I AM”.



Step 4: Empowerment

- Rose Quartz Heart spins right ear, naval, left ear then Crown Chakra (each point receives 3 quick spins)



Be Your True Self is performed once daily, and does not need to be linked to a session.

In a session, the practitioner will also develop manifestation sentences to add to this list.

“I AM THAT, I AM” is from The Moses Code by James F. Twyman. This statement allows one to see through the eyes of the soul which is the same as seeing as God sees. By claiming oneness with God, we have the power to make anything happen.

