

1. Month

2. This manual belongs to

3. This month, I intend

4. Theme of this month



Monthly
Manifestation
Manual

by Kelly Cree & Jessica Mullen



This book is dedicated to our soldiers of light. Thank you for playing.

We thank Abraham-Hicks, Alan Watts, Osho, Eckhart Tolle, Wayne Dyer, Deepak Chopra, Kamal Ravikant, Louise Hay, Rumi, Danielle Laporte and Drunvalo Melchizedek for their wisdom and willingness to share.

Eternal gratitude to Fede, Ryan, Tracy, Jenny, Stephen, Karen, Sheima, Jimmy, Jamar, Dee Dee, Betty, Magen, Sam, Tina, Cory, Boni, Connie, Jennifer, Nate, Ethan, Kenth, our families and each and every SoLDier for inspiring and encouraging us along the way.

To every friend who passed through the Rave Cave and filled out one of our worksheets, thank you.

Dear friend,

This *Monthly Manifestation Manual* is a comprehensive workbook for designing your life. Much like a monthly planner, it is intended to help you maintain focus on the life of your dreams.

For each day of a 31-day month, *MMM* provides a repeating template for summarizing intentions, wishes and mantras. This daily practice is a constant reminder of your power as a creator and helps you gather momentum as you carve out the riverbeds of new thought patterns.

Following each daily practice page is a unique exercise carefully constructed to help you define your desires, practice feeling the way you want to feel, and allow more abundance and joy into your life. With each day comes a new perspective, a new idea, and a new way of understanding what you already know.

Your attention is your most valuable resource. What you focus on expands. This book will help you place your focus on what you want, and what you want more of. This powerful book of spells has the ability to bring you anything you want. The only limit is your imagination.

Believe in your own magick and take your personal power to the next level. If you ever feel lost or don't know what to do, just meditate on love and the rest will flow. Happy conscious creating!

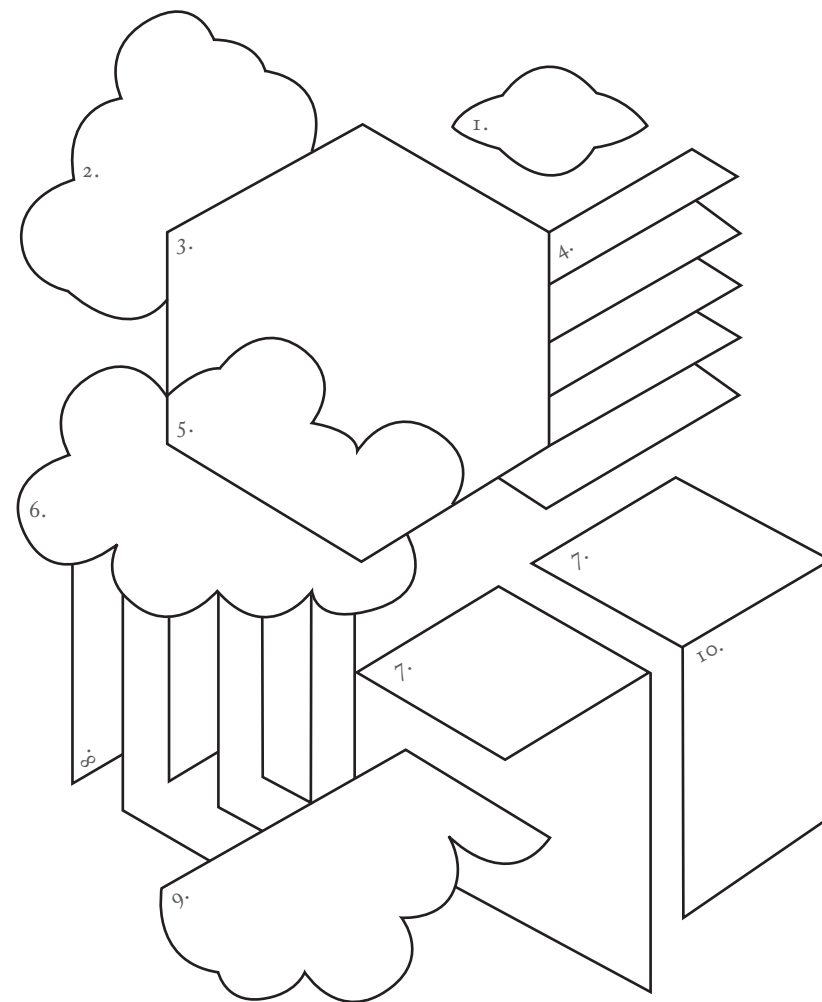
Love,
Kelly Cree and Jessica Mullen
SCHOOLOFLIFEDESIGN.COM

Have A Great Day!

When you practice telling the universe “Yes, please! More, please!” every day, you gather momentum. The most important aspect, though, is the practice. Conscious creation is just like a team sport: the more regularly you practice, the more skilled you become. Use the template at the right as it is repeated throughout the manual to practice your magick every day, and you will notice your powers expand.

1. Write the date or name your day something special or silly.
2. What did you dream about last night? What are your current life dreams?
3. Choose a theme for the day that will help you focus your attention.
4. Often, when we feel responsible for completing a task, it becomes impossible to check off of a to-do list. When you stop caring about if something gets done, you stop vibrating, “This thing isn’t done!” Then the thing can get done because your attention is no longer creating the reality of, “This thing isn’t done!” This becomes your list of things to not give a fuck about.
5. What are your intentions for the day? Keep them with you in all moments.
6. Return to your mantra whenever you find your thoughts wandering, or when you notice a dip in your mood. It will keep your focus on the divine energy within you, instead of on the usual worries and unease you may experience while thinking.
7. Use the list of example emotions below to help decide how you want to feel.

JOY	LOVE	HAPPINESS
EUPHORIA	EXHILARATION	BELIEF
FLOW	KNOWING	OPTIMISTIC
INSPIRATION	PASSION	HOPEFUL
APPRECIATION	EXCITEMENT	CONTENT
EMPOWERED	ENTHUSIASM	RELIEF
FREEDOM	EAGERNESS	CONFIDENCE
8. List the best parts of your day as they happen. This works like a magickal grocery list: whatever you write down, you’re asking for more of.
9. Make a wish, because when you ask, it is given!
10. Finally, take a brief moment to think about how you want to feel the next morning. When you take the time to plan how you want to feel, the feeling comes on its own without you having to try.



-
- | | |
|-----------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |























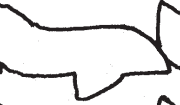
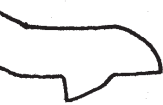
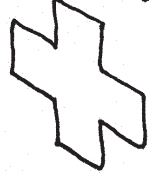
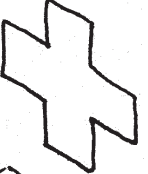

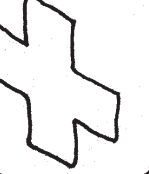
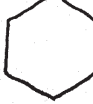



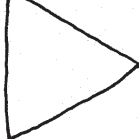
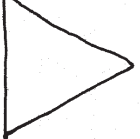




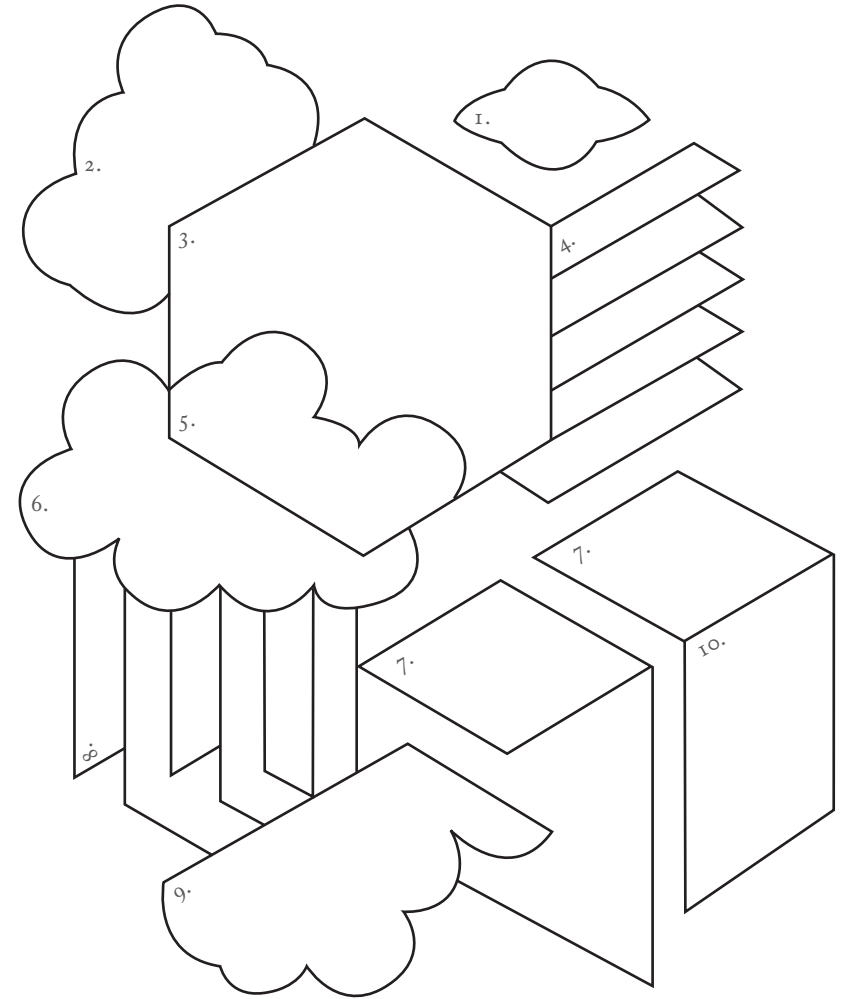
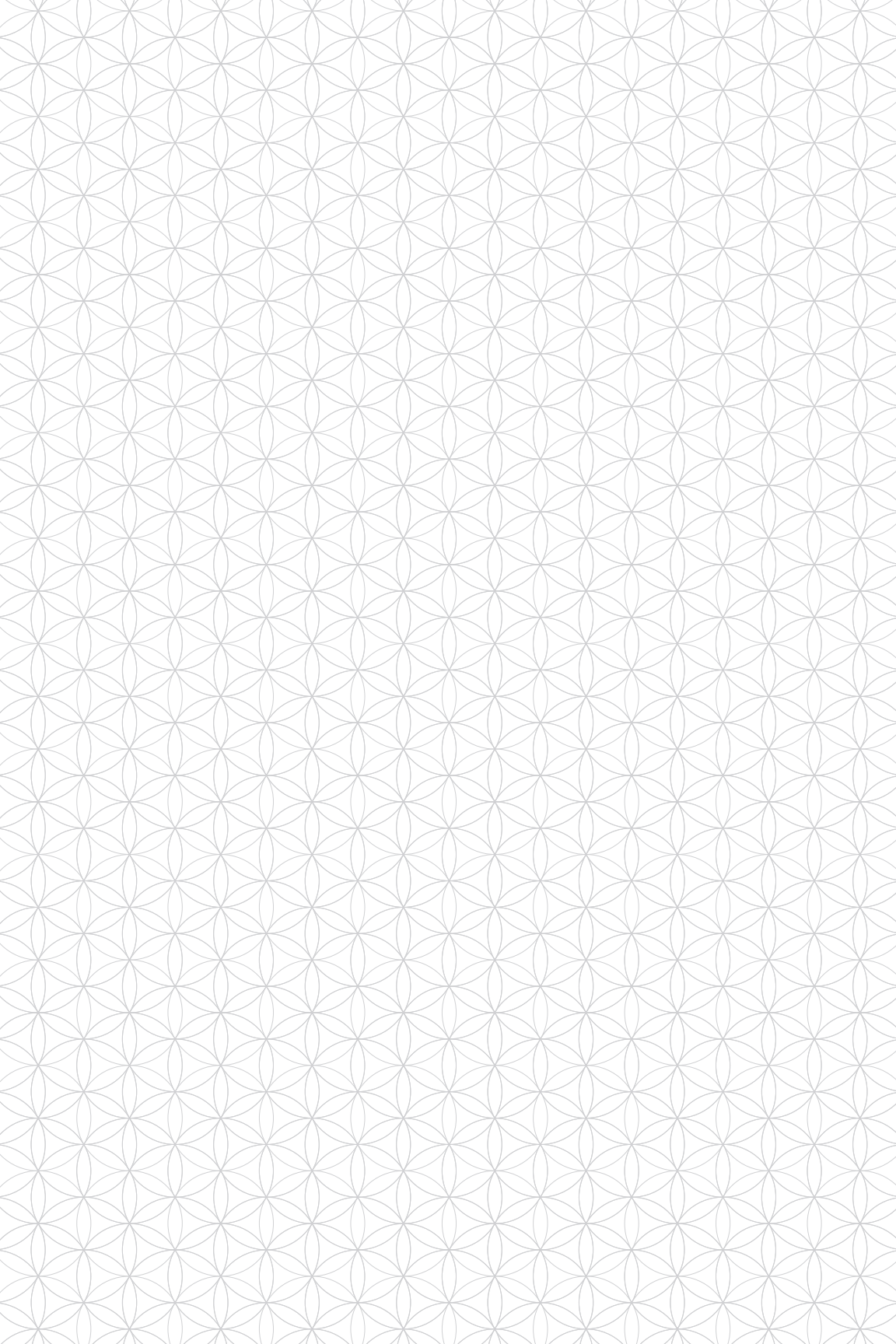
Best Case Scenarios

Often, we dread the worst case scenario and forget to ask ourselves the best that can happen. As you begin your magickal journey this month, visualize the best possible outcome for each column at the right.

Then celebrate! The universe wants that version for you and is conspiring to make it happen.

Identifying the best you can imagine for yourself helps you pulse the signal of having what you want, right now. When you send a signal, the universe reflects that signal. When you feel as if you have something, the universe shows you more evidence. As you imagine each best possible outcome, feel what it would feel like if it came true. In the moment that you feel as if you have it, you already do.

	TODAY	THIS WEEK	THIS MONTH	THIS YEAR
HOME				
LOVE				
FAMILY				
CREATIVE				
FINANCIAL				
TRAVEL				
HEALTH				
WORK				
PLAY				



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

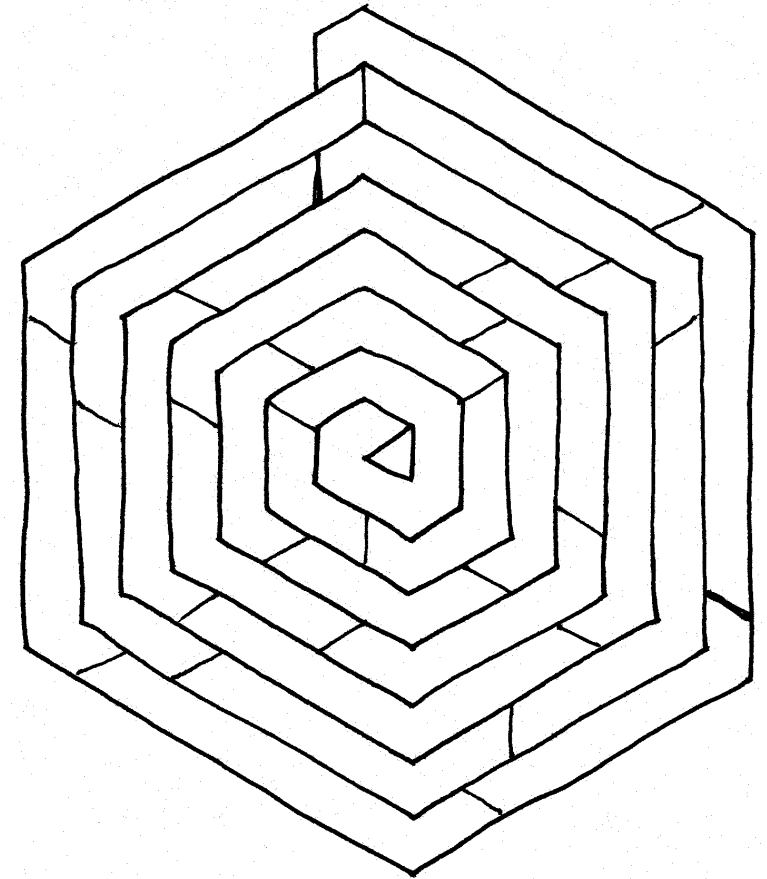


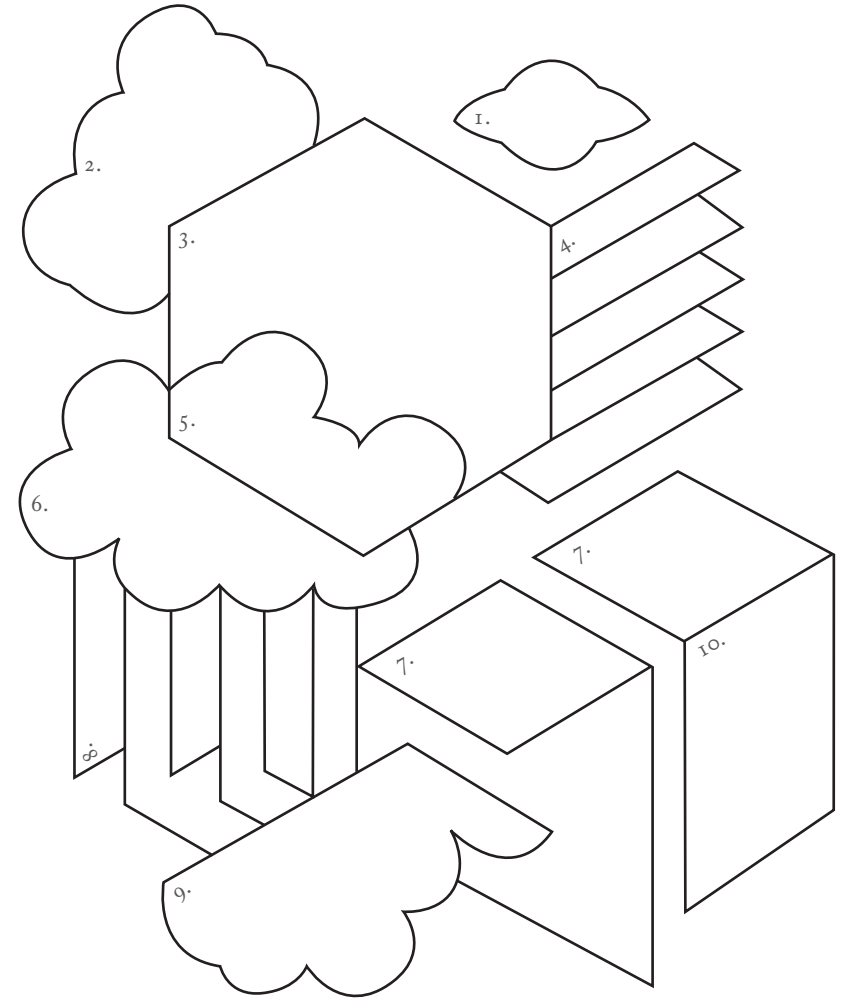
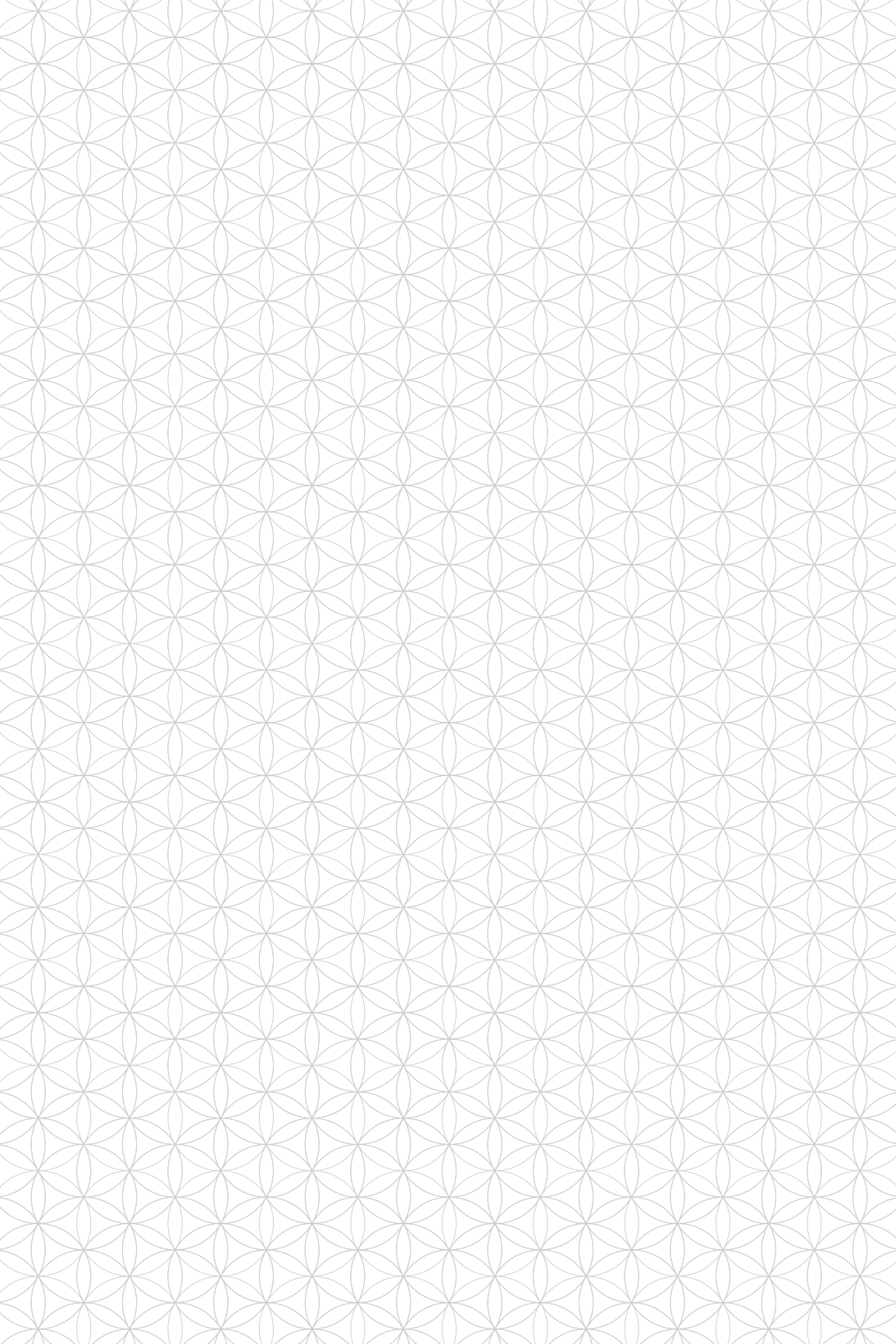
Upward Spiral

Now that you've imagined the best possible outcomes for the magickal month to come, the easiest way to maintain a sense of positive focus and expectation is with gratitude.

When you worry or stress, you pinch off the flow of well-being. When you are acutely aware of the gifts in every moment, you openly welcome the flow to flow through you. When the flow is flowing through you, life is able to more quickly manifest your desires.

Start this *Upward Spiral* at the center with tiny things for which you can feel gratitude. Maybe the hot cup of coffee you had this morning or the fact that you have running water and a pot to piss in. Explore the minutia of your life to discover what you already have that you can be grateful for. As you start to look for them, you will notice that more and more ideas flood to your mind. There is so much to be grateful for!





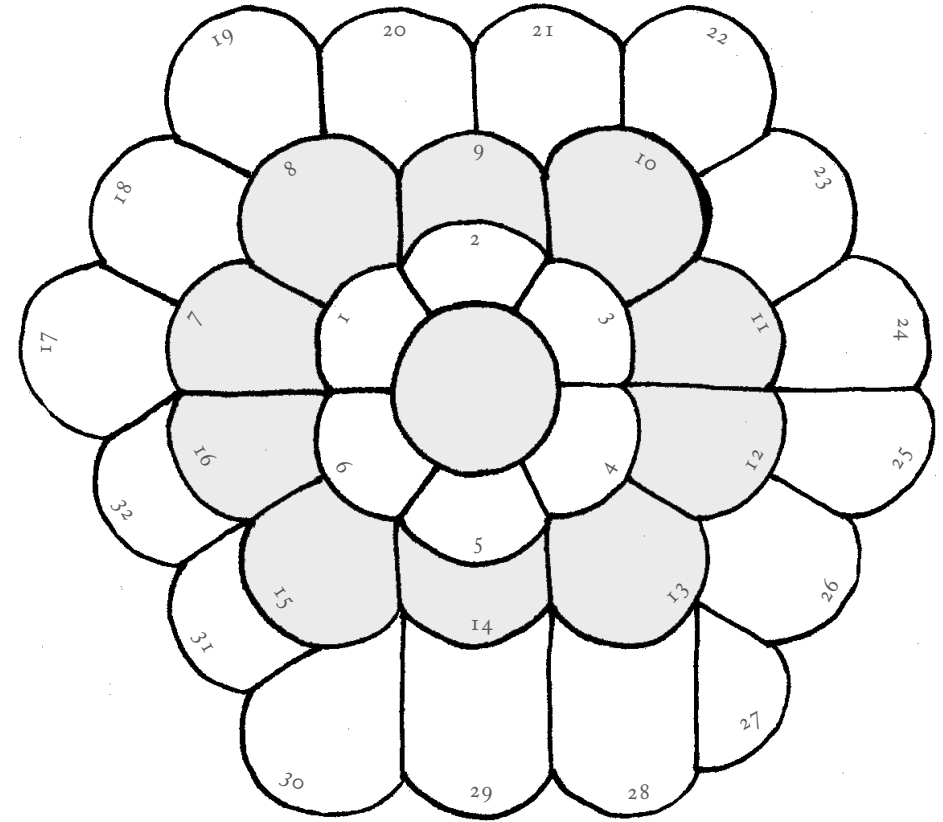
-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |



What Do I Want?

This exercise is designed to help you figure out what you want. What you want will always change, by the day, or the hour, or the minute. And once you get what you want, you'll want something else. Doing this worksheet will keep you busy identifying fresh desires. You can stop thinking about your old stale desires so they can finally manifest.

Once you figure out what you want, you don't have to set goals or time-lines or start chipping away at to-do lists. You only have to forget about your desire by finding a way to feel good without it. When you ask, it is given; just trust that the universe is on the case. Keep coming up with fresh desires to distract yourself from the old ones and watch as the old desires manifest faster and faster into your experience.



WHAT I WANT TO

1. See 2. Touch 3. Hear
4. Smell 5. Taste 6. Think

HOW I WANT TO FEEL ABOUT MY

7. Body 8. Finances 9. Friends
10. Family 11. Work 12. Thoughts
13. Home 14. Life

DOING

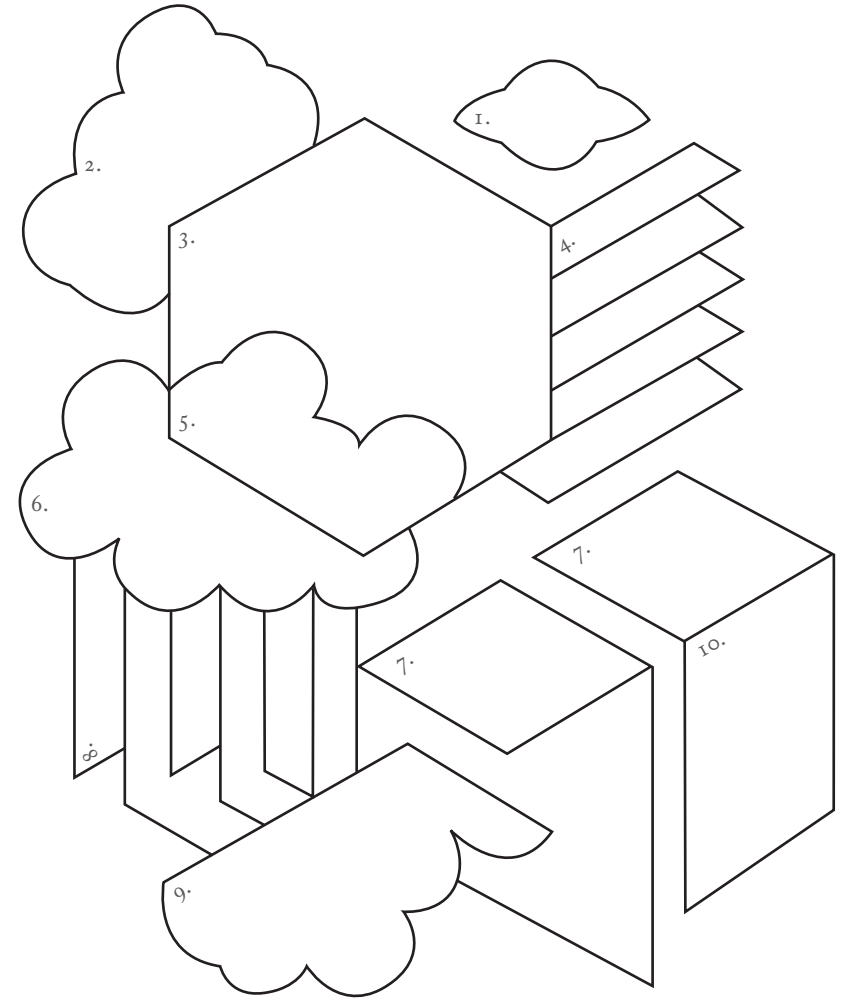
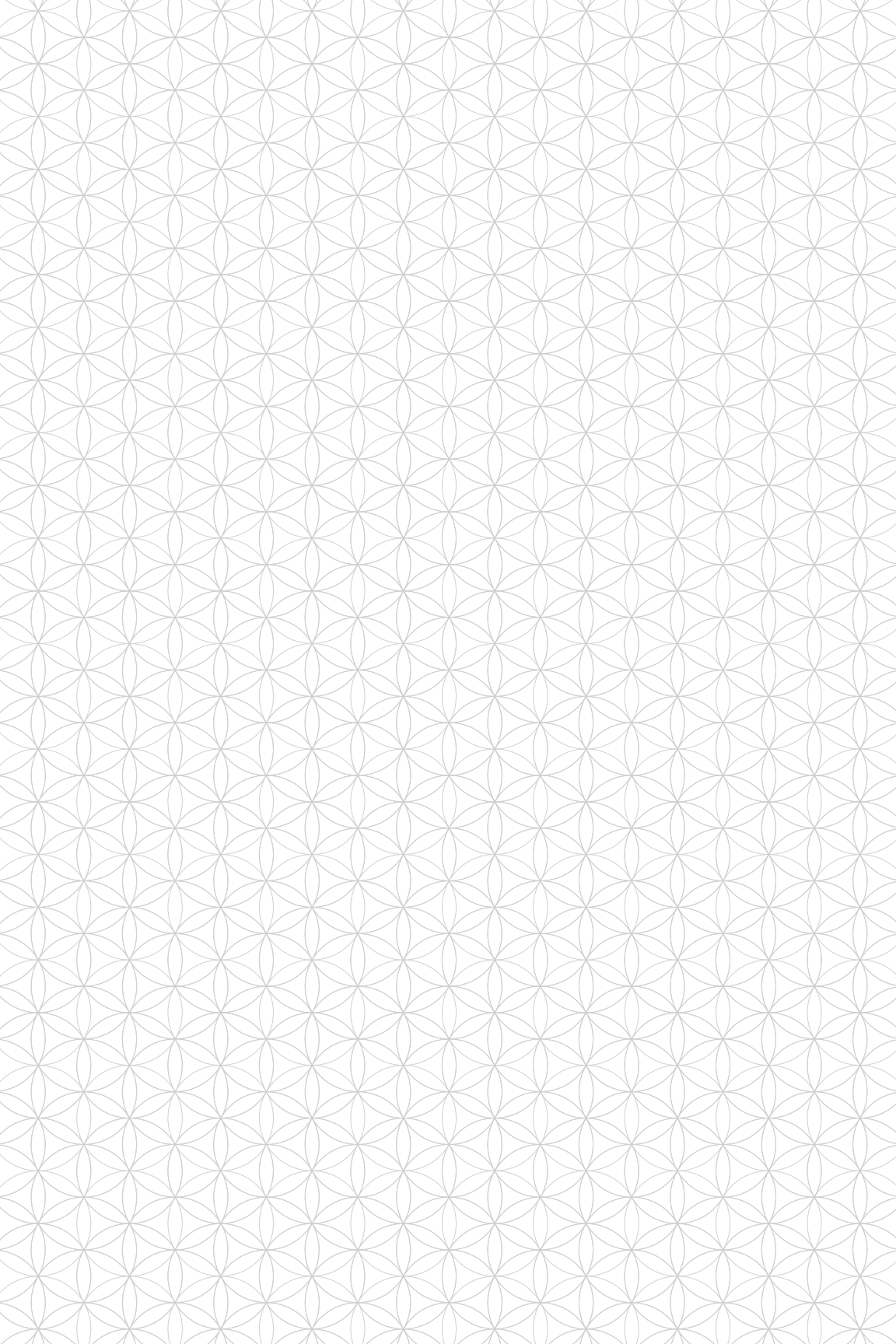
15. What I want to do
16. Where 17. With whom 18. Why

CREATING

19. What I want to create
20. Where 21. With whom 22. Why

WHAT / WHY

23. What or who I want to be
24. Why I want to be that
25. Where I want to be
26. Why I want to be there
27. What I want for my home
28. Why I want that for my home
29. What I want for my body
30. Why I want that for my body
31. Objects I would like to own
32. Why I want to own these objects



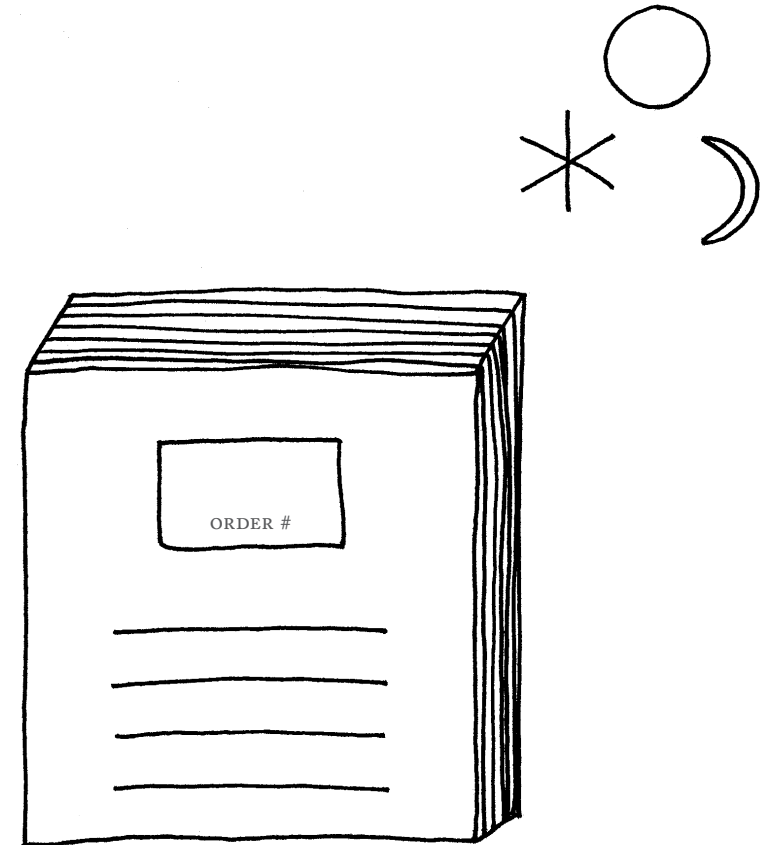
-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

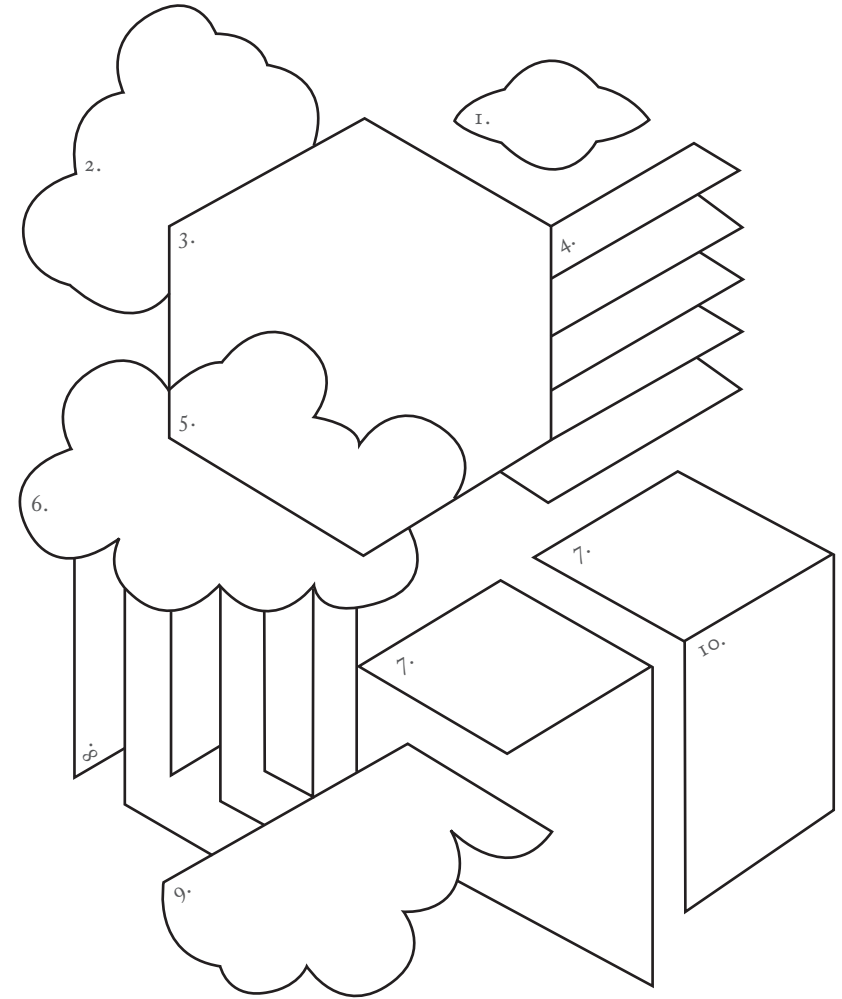
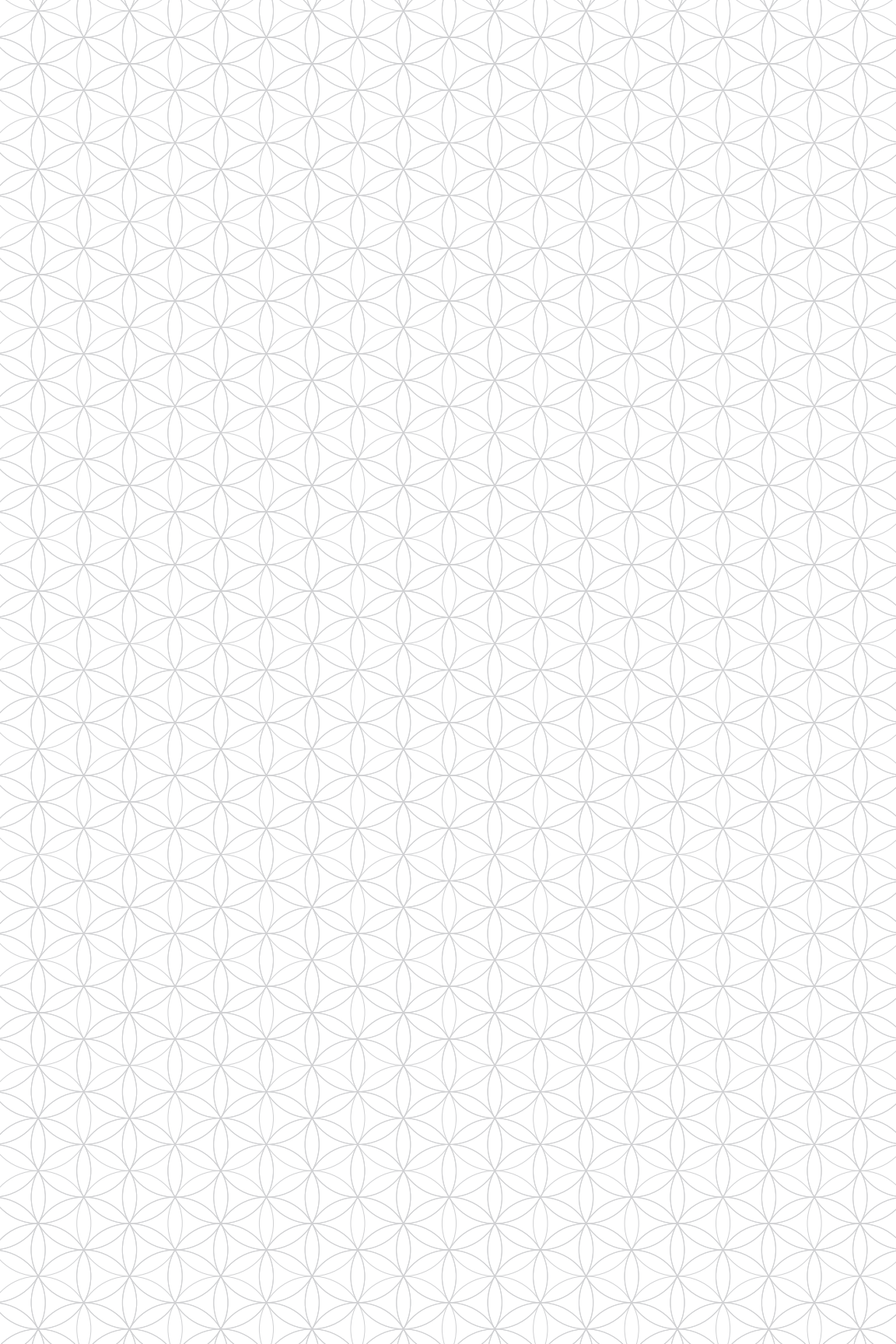


Universal Order Form

This order-number system is a way to trick your mind into practicing the feeling of belief that your wish is actually being granted. Say you ask for a milkshake, and you pick the number 33. An hour goes by and the next time you look at the clock, it says 4:33. A quiver of excitement goes up your spine, as you remember, "My order number is 33!" That feeling is the delicious sensation of trust in the universe, the knowing that what you want is coming and you don't have to lift a finger.

Write your request in the space on the right. Then choose an order number for your item. The universe will show you this number when your order is shipped. Thank you for trusting the universe!



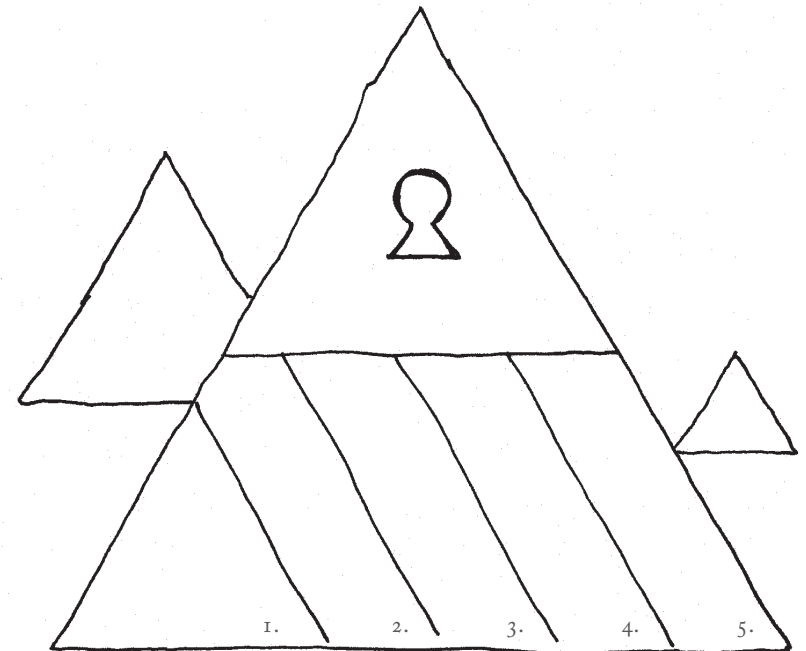


-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |



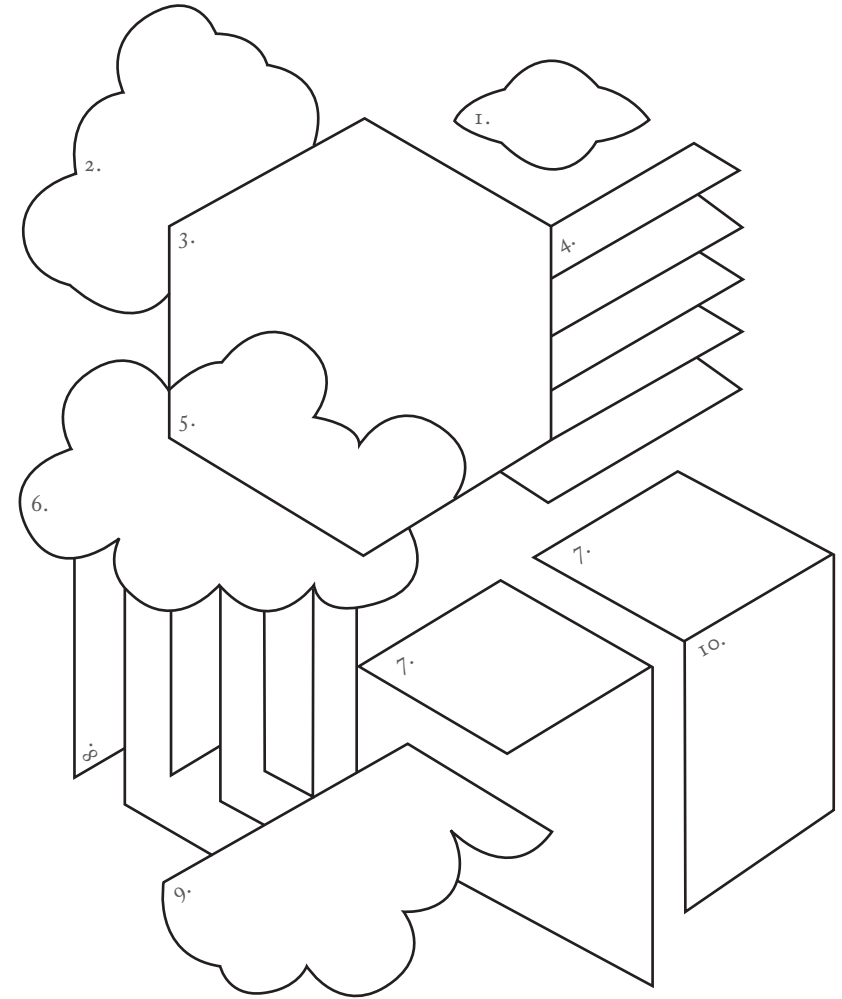
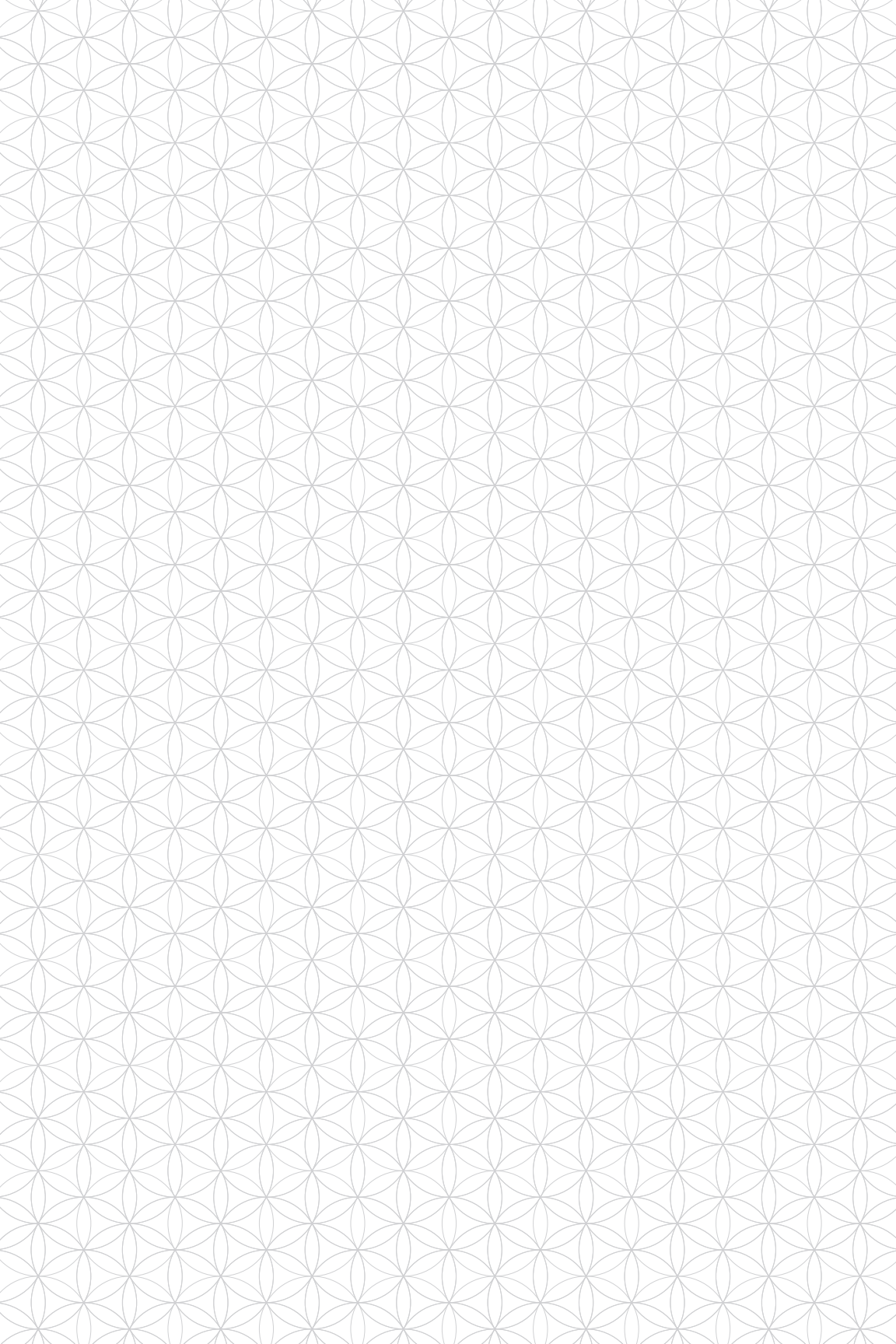
What's Working?

You can always find something that's going well. The good always outweighs the bad, and the more you place your attention on what's working, the more evidence you'll notice. What are a few things that you appreciate about various aspects of your life? Focus on those and nothing else, and the parts that aren't working will disappear.



-
1. Health
 2. Work
 3. Creative

4. Home
5. Relationships



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

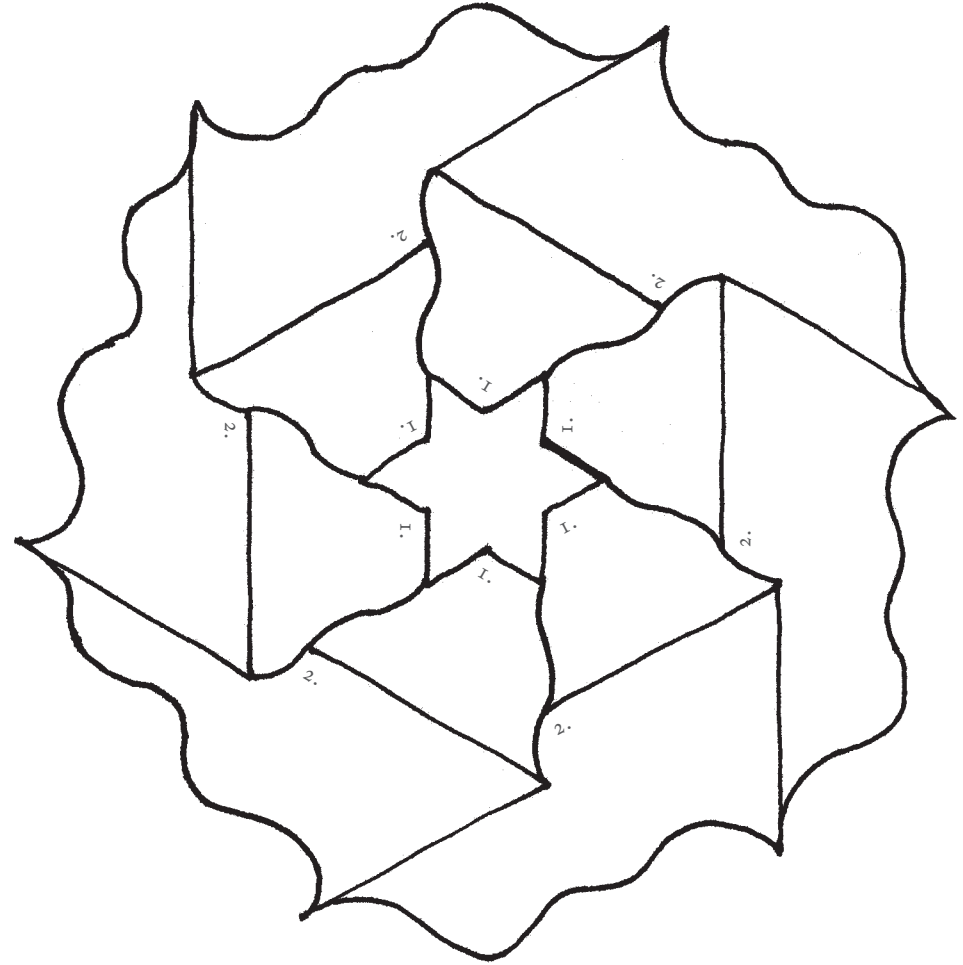


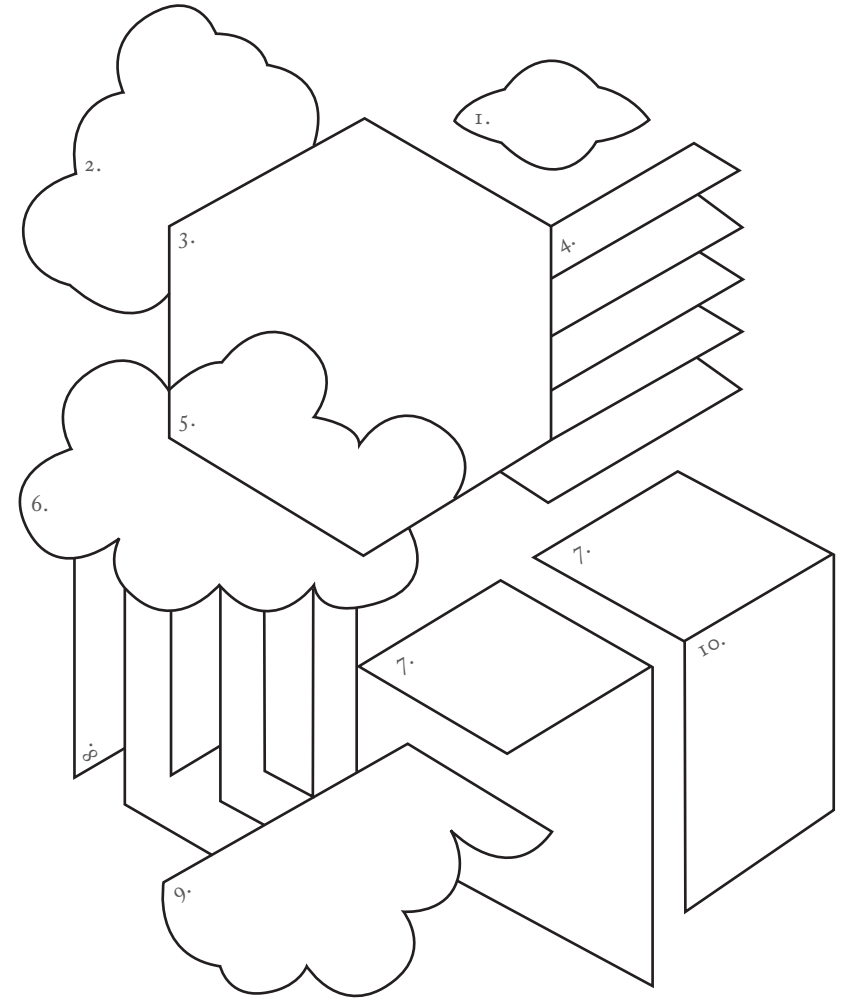
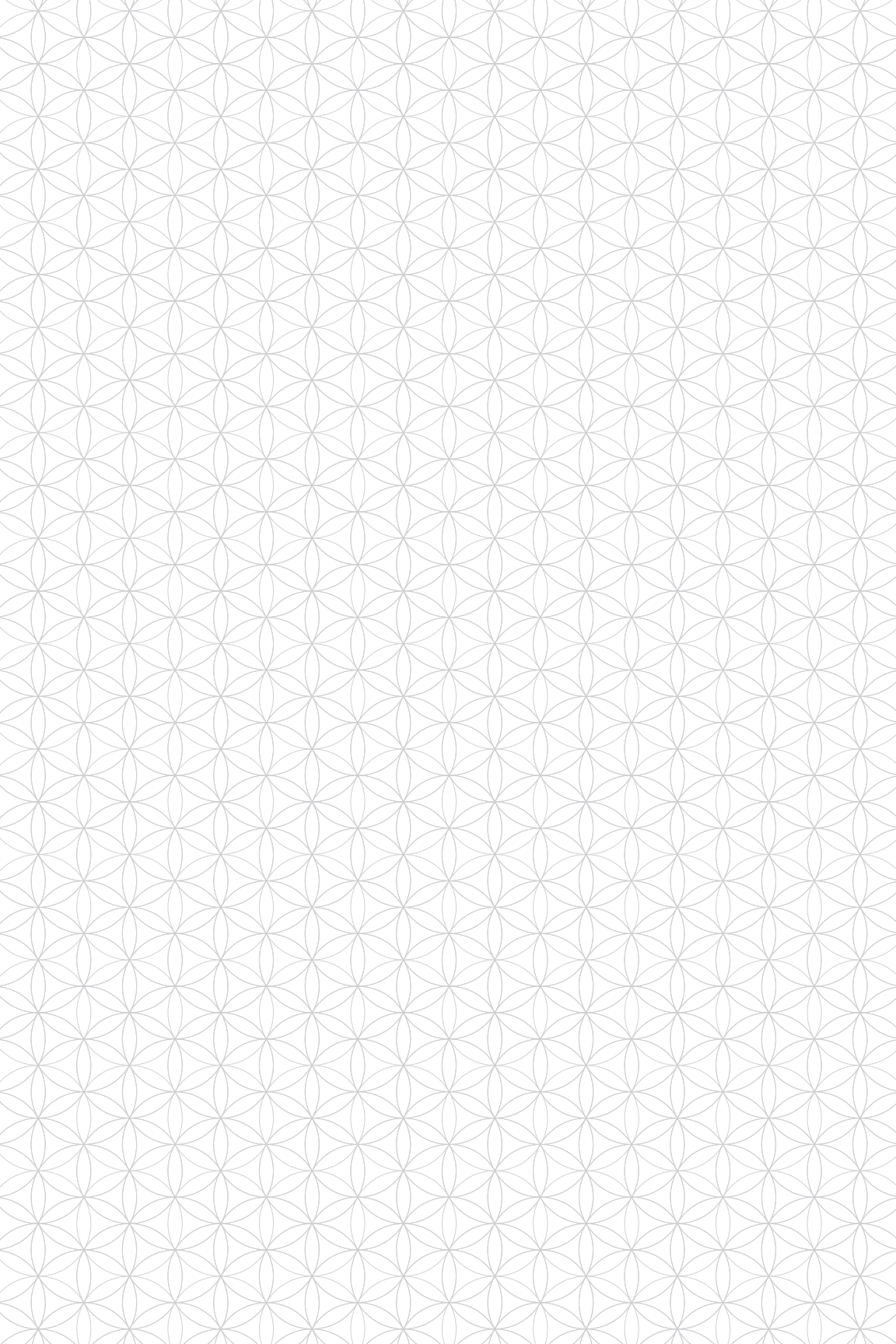
Success of Another

Do you ever find yourself feeling jealous or resentful of others' success? The mind has a tendency to think, "But why don't I have that?!" When we release the judgement of the mind, however, we realize that the success of others is a reflection of our own alignment with source.

Celebrate success wherever you see it and you will attract more and become more aware of your own accomplishments.

1. Write the name of someone who has experienced success.
2. Write their success story.





-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

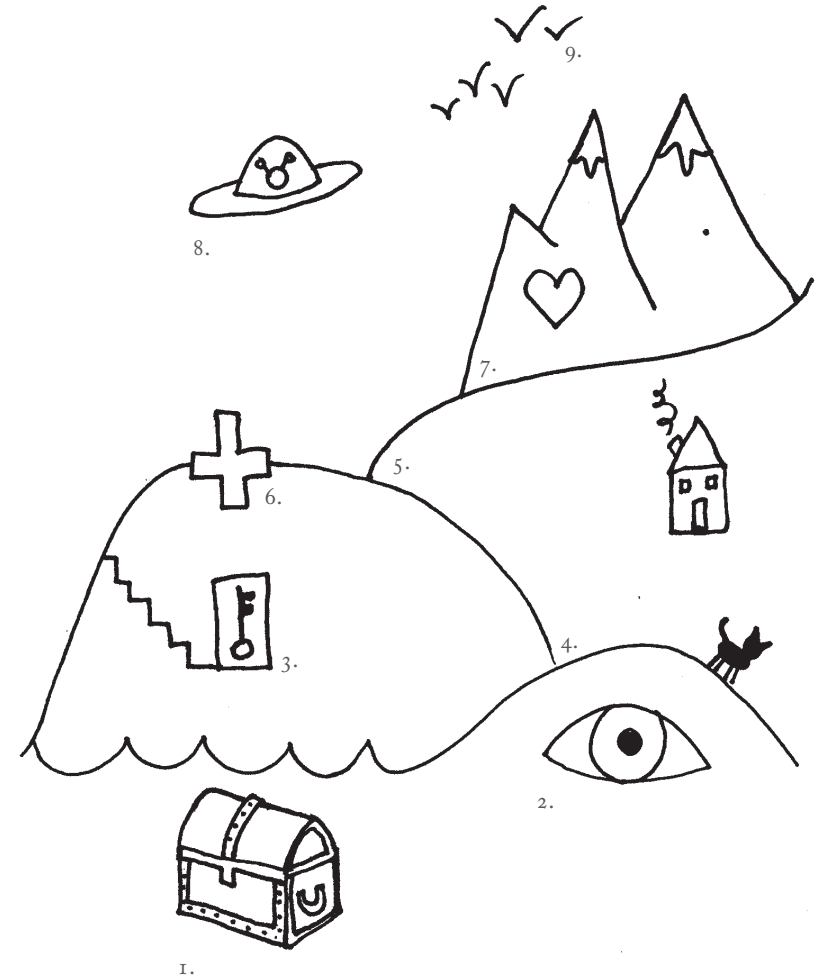


Scavenger Hunt

When you look for something, you find more of it.
When you get your mind in the practice of looking for what you want,
you'll notice that you see it more frequently.

Look for evidence of each of the items on the right and describe it in
the space provided.

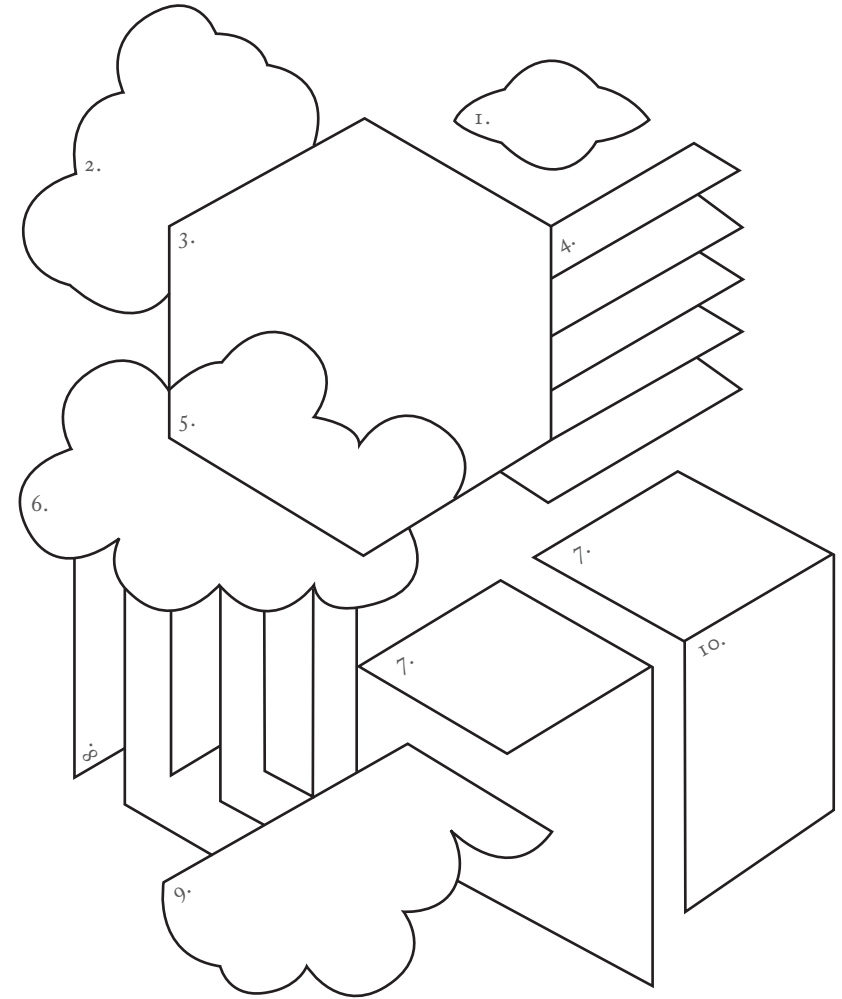
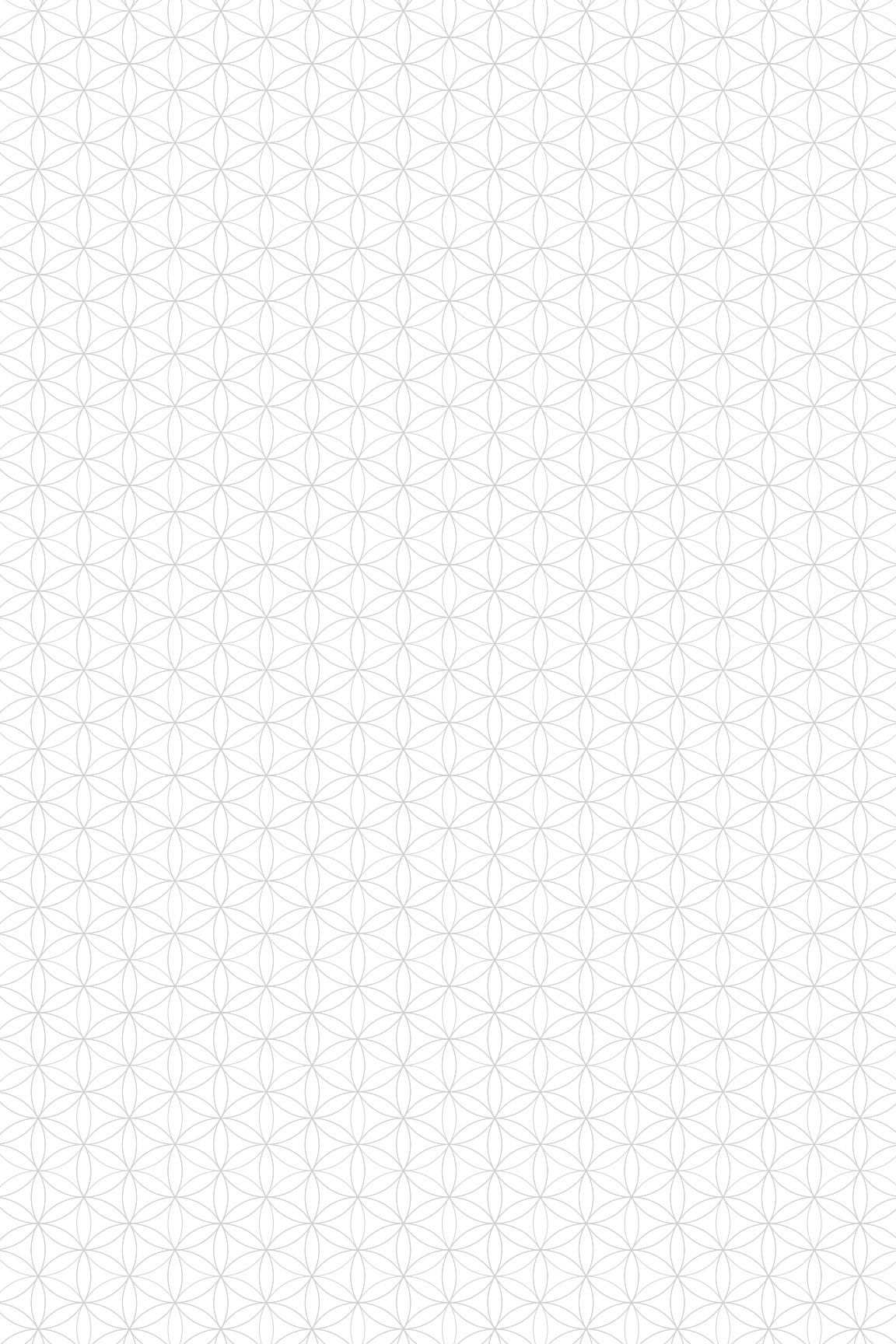
Notice how when you look for something, you see it more and more?
That principle can be applied to any aspect of your life.



1. Hidden Treasure
2. Magick
3. Synchronicity

4. Hilarity
5. Well Being
6. Health

7. Love
8. Alien Activity
9. Effortlessness

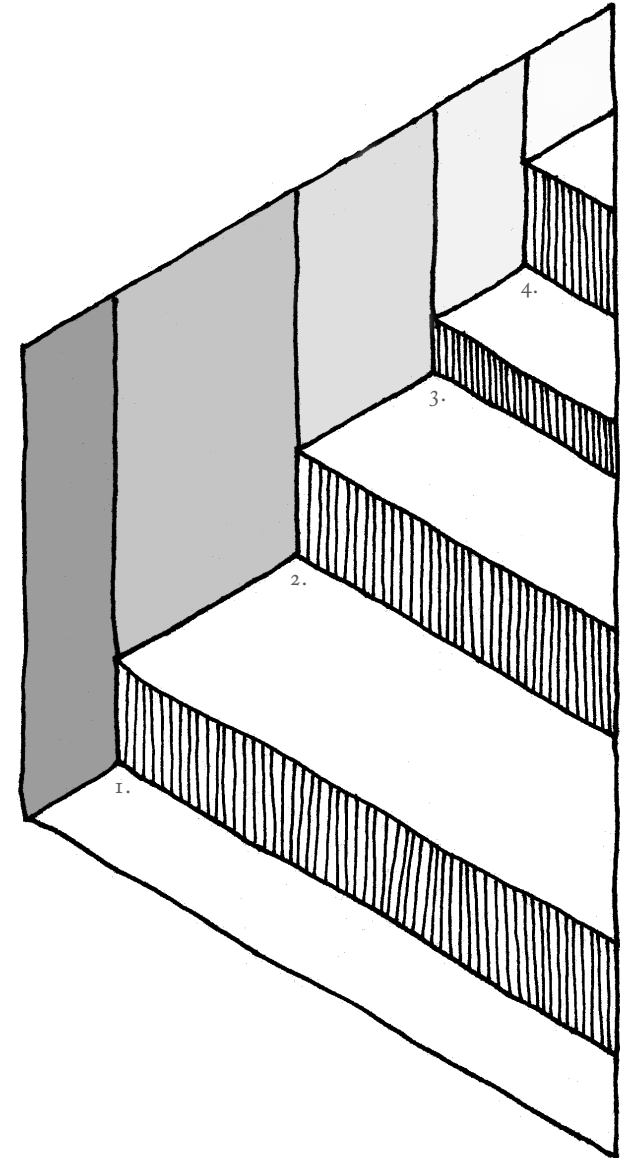


-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |



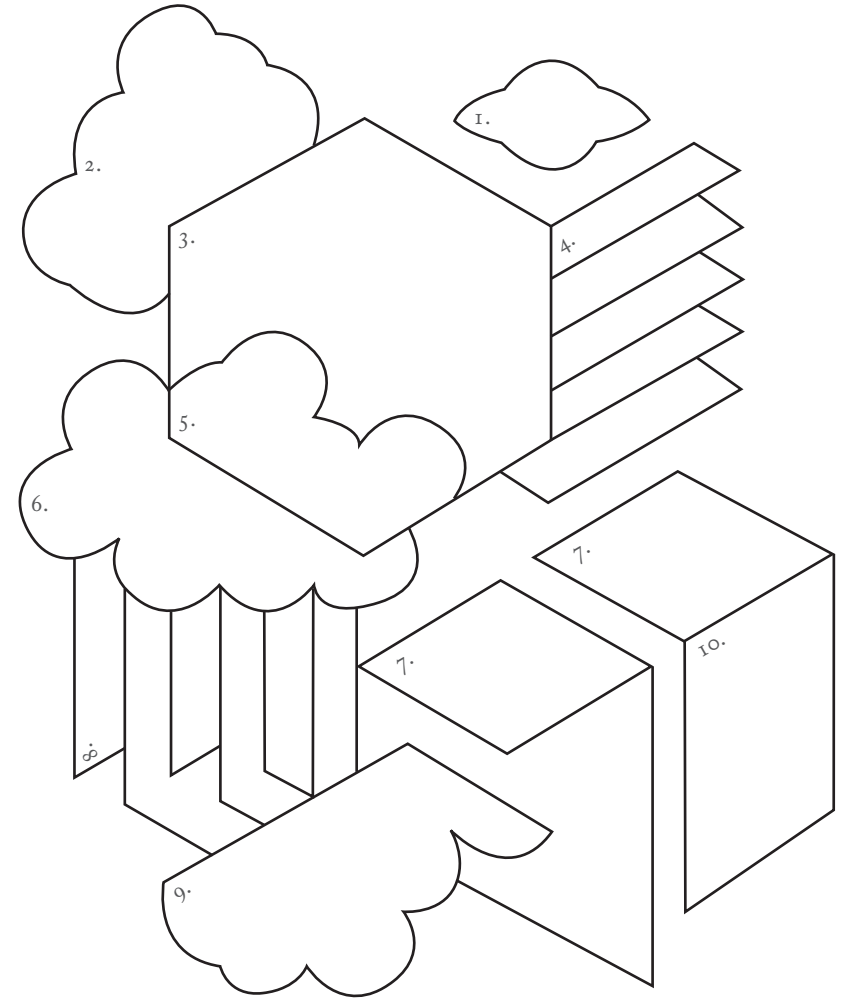
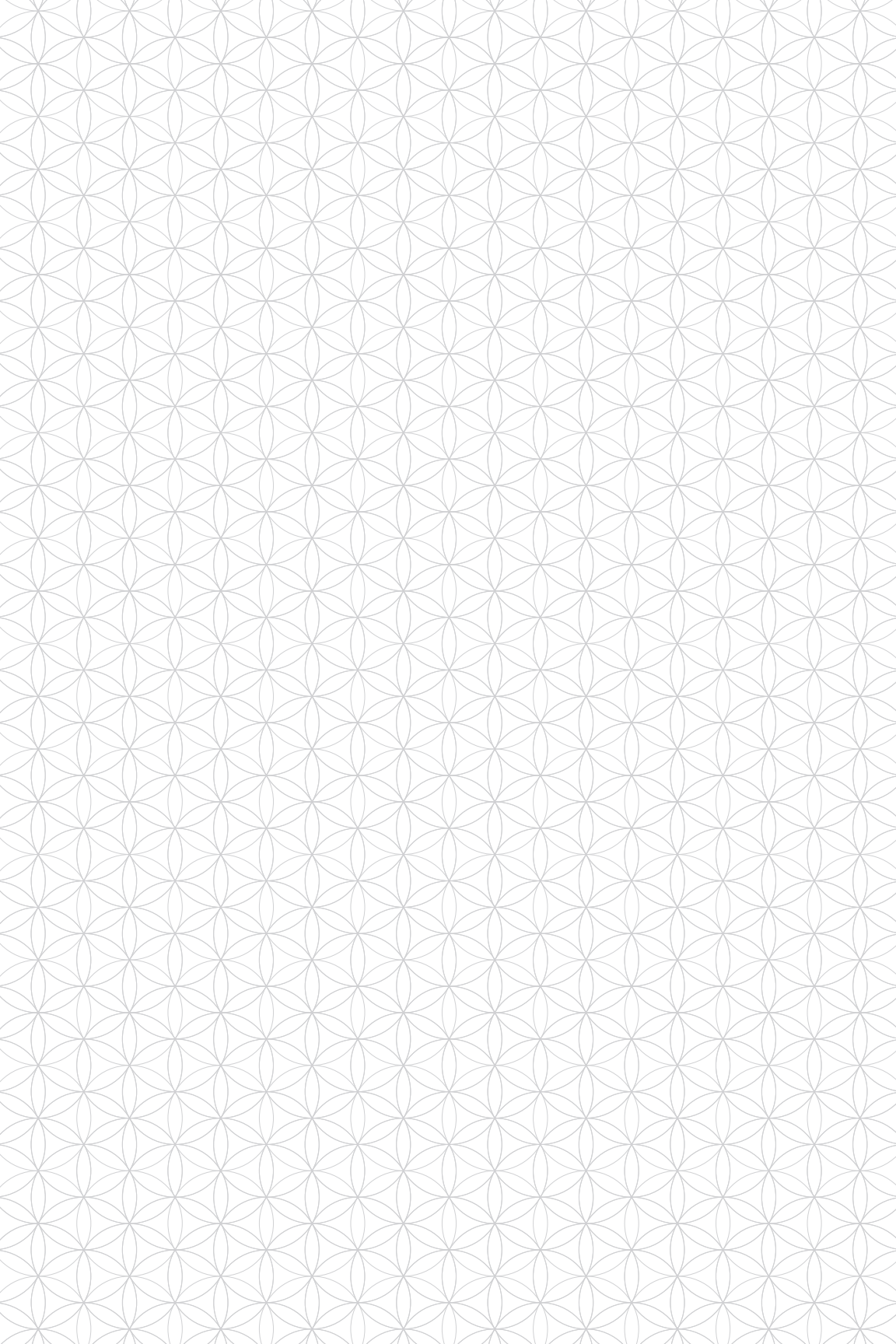
Greatest Accomplishments

Sometimes we get so caught up thinking about how far we have to go that we forget to celebrate how far we've come. No matter how far you have left to go, you can always think of something you've accomplished in the last day, month, year, or lifetime. Even if it's something small, focusing on what you've accomplished keeps you optimistic.



-
1. Today
 2. This month

3. This year
4. Lifetime

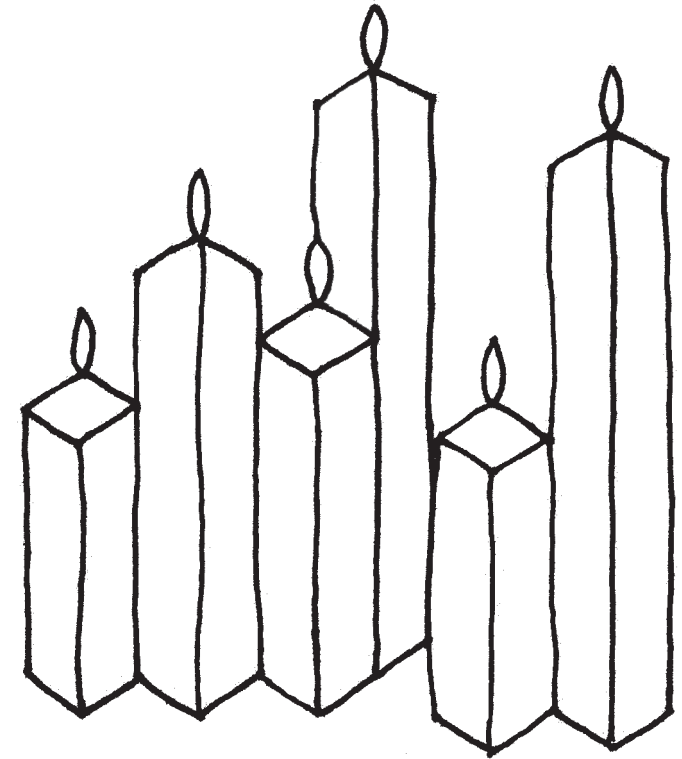


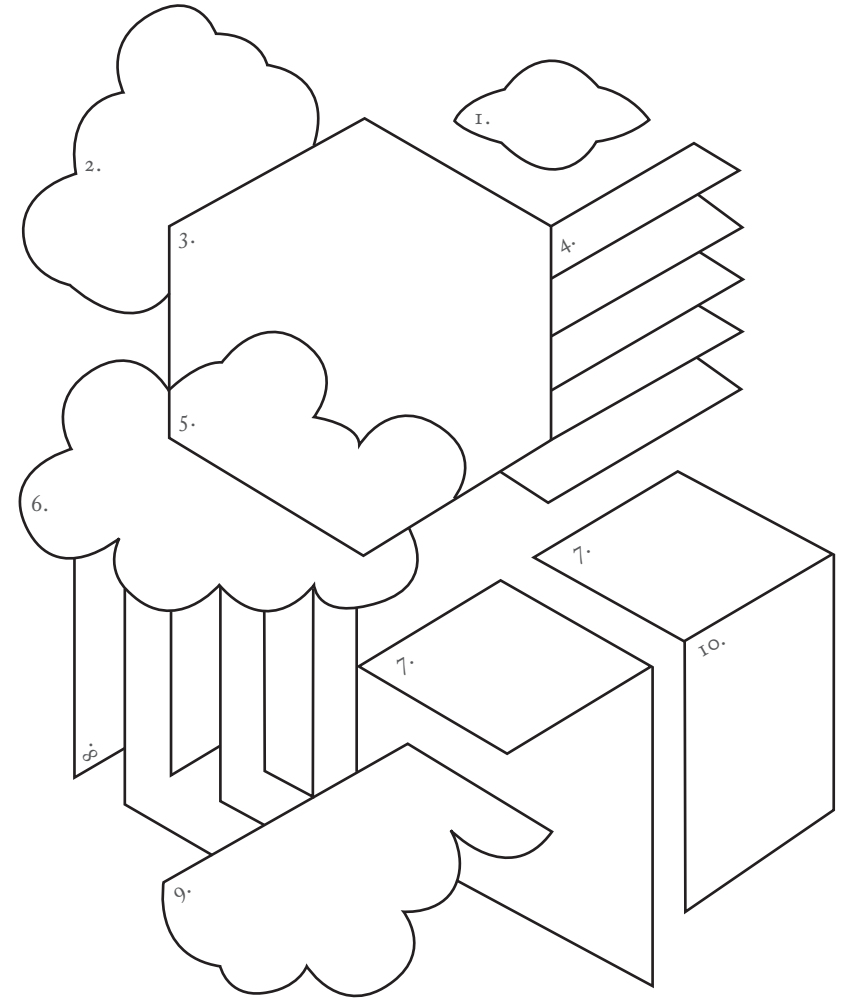
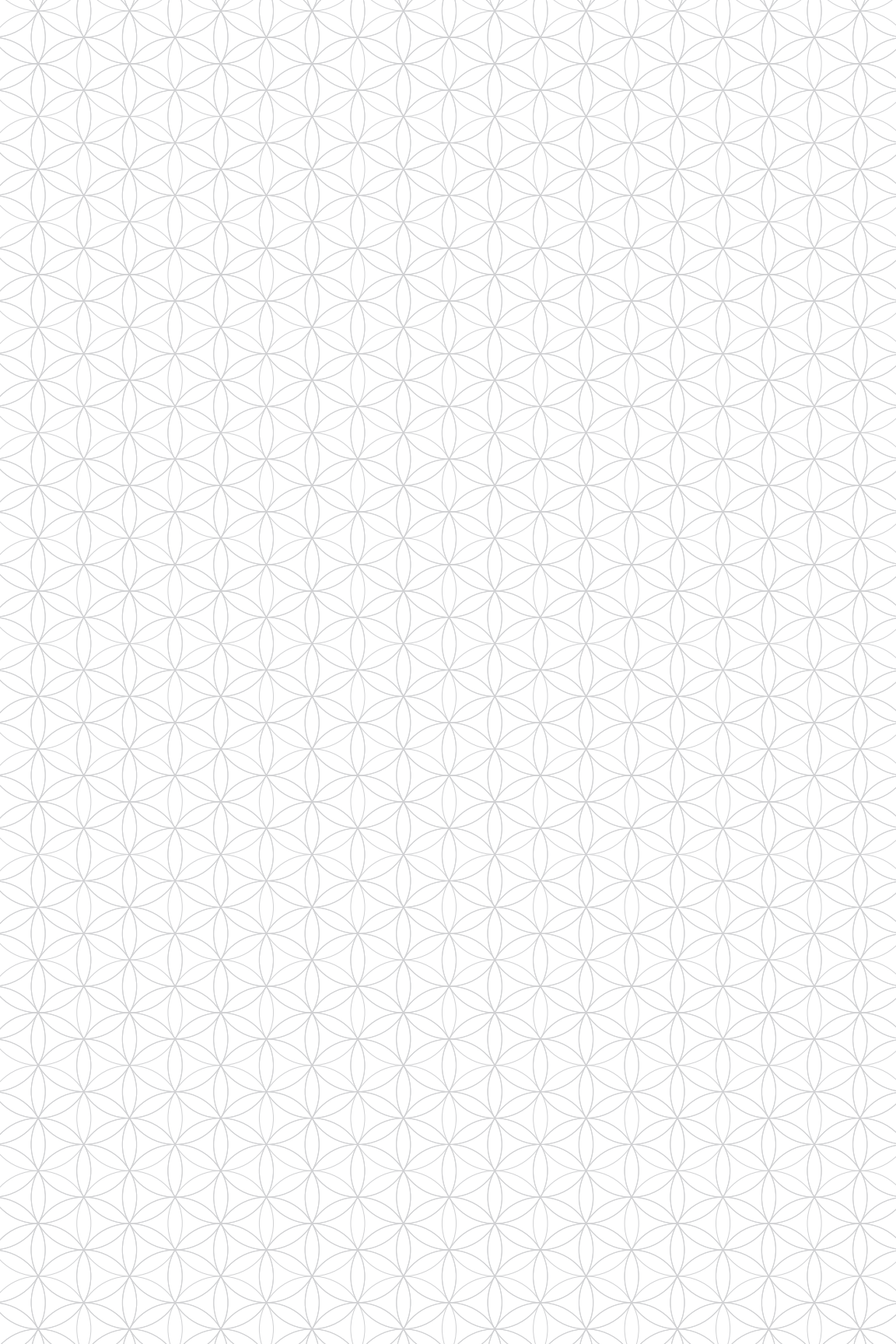
-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |



6 Wishes

Quick, make six wishes! Write each desire in a candle on the right, then relax and know that your wish is on its way. When you ask, it is given! It might look different than you expected when it comes, but when you let your wish go and trust that it's coming, it is guaranteed to manifest.





-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

(10)

Counting

“When a thought subsides, you experience a discontinuity in the mental stream—a gap of ‘no-mind.’ When these gaps occur, you feel a certain stillness and peace inside you.”

ECKHART TOLLE



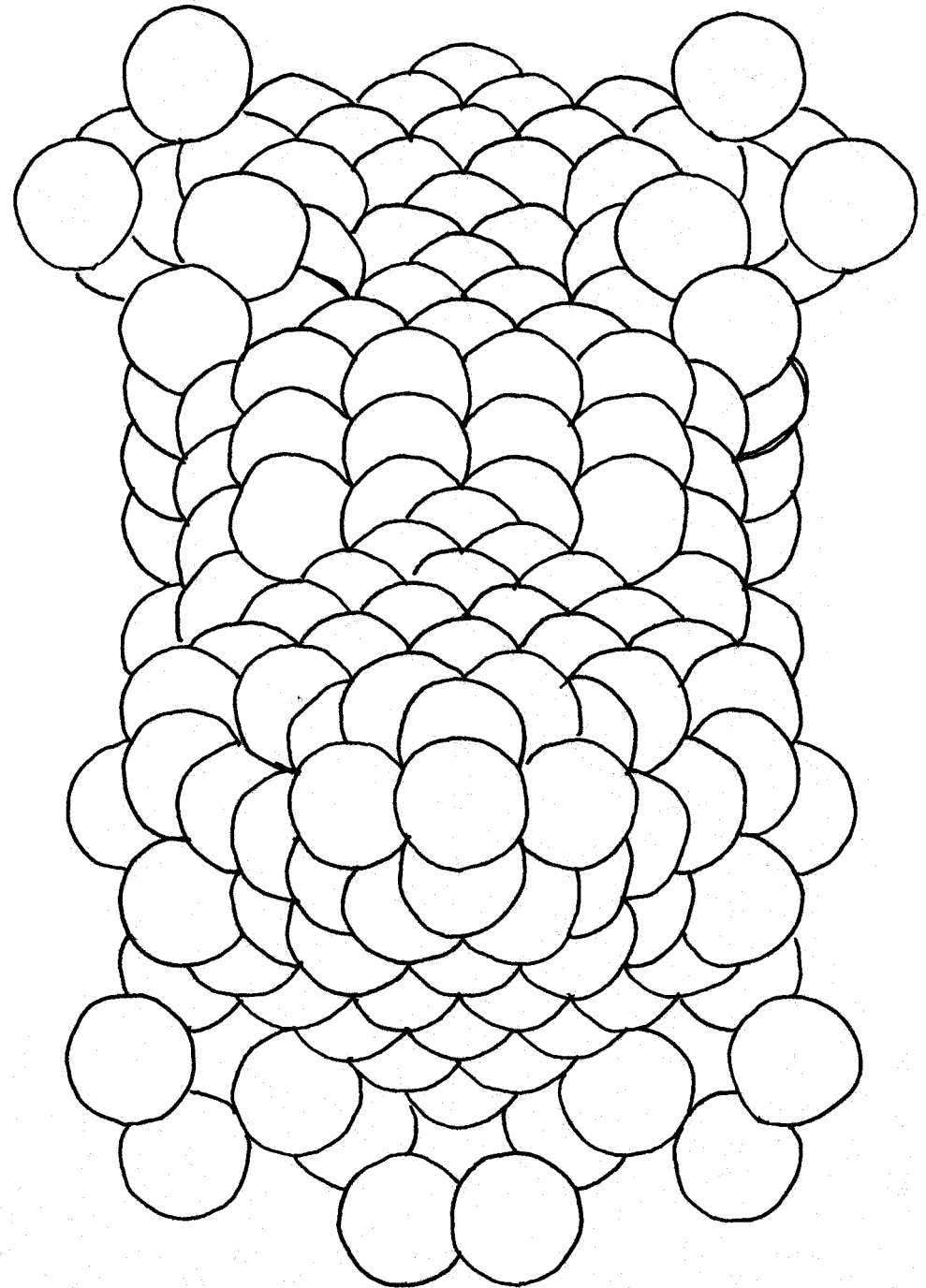
There's nothing wrong with thinking, but most of us have some thought patterns we wouldn't mind dropping. Focusing on silent counting creates a space in your mind where you can rest.

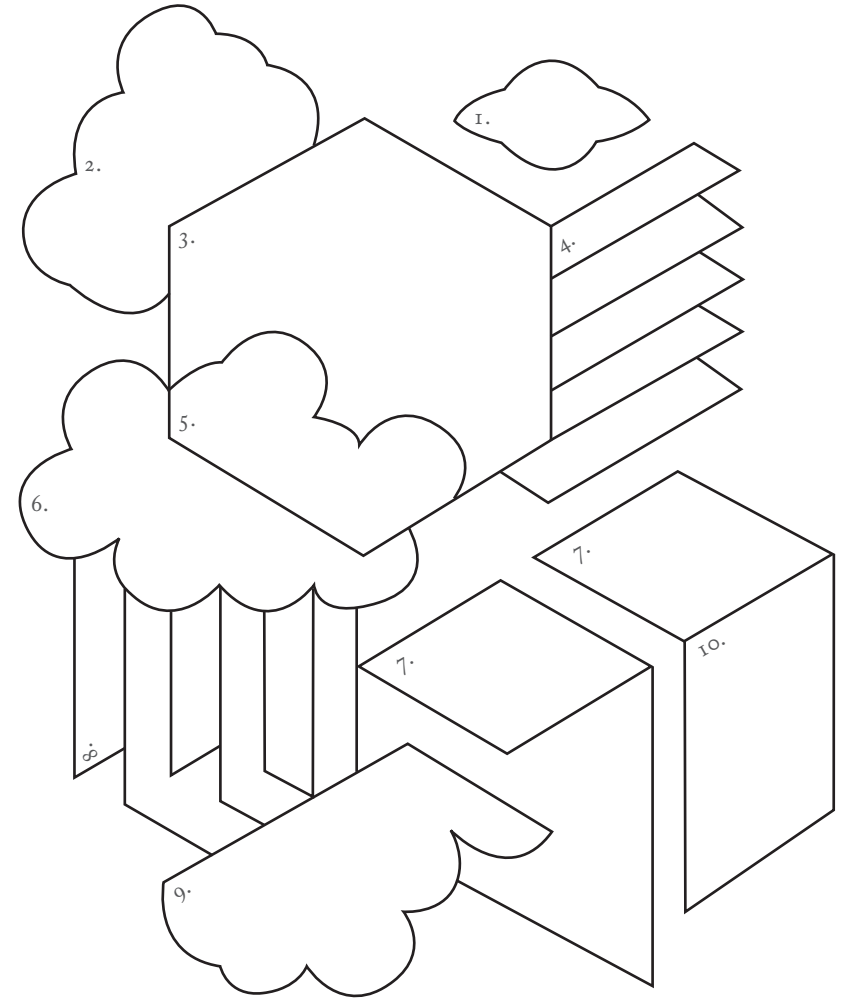
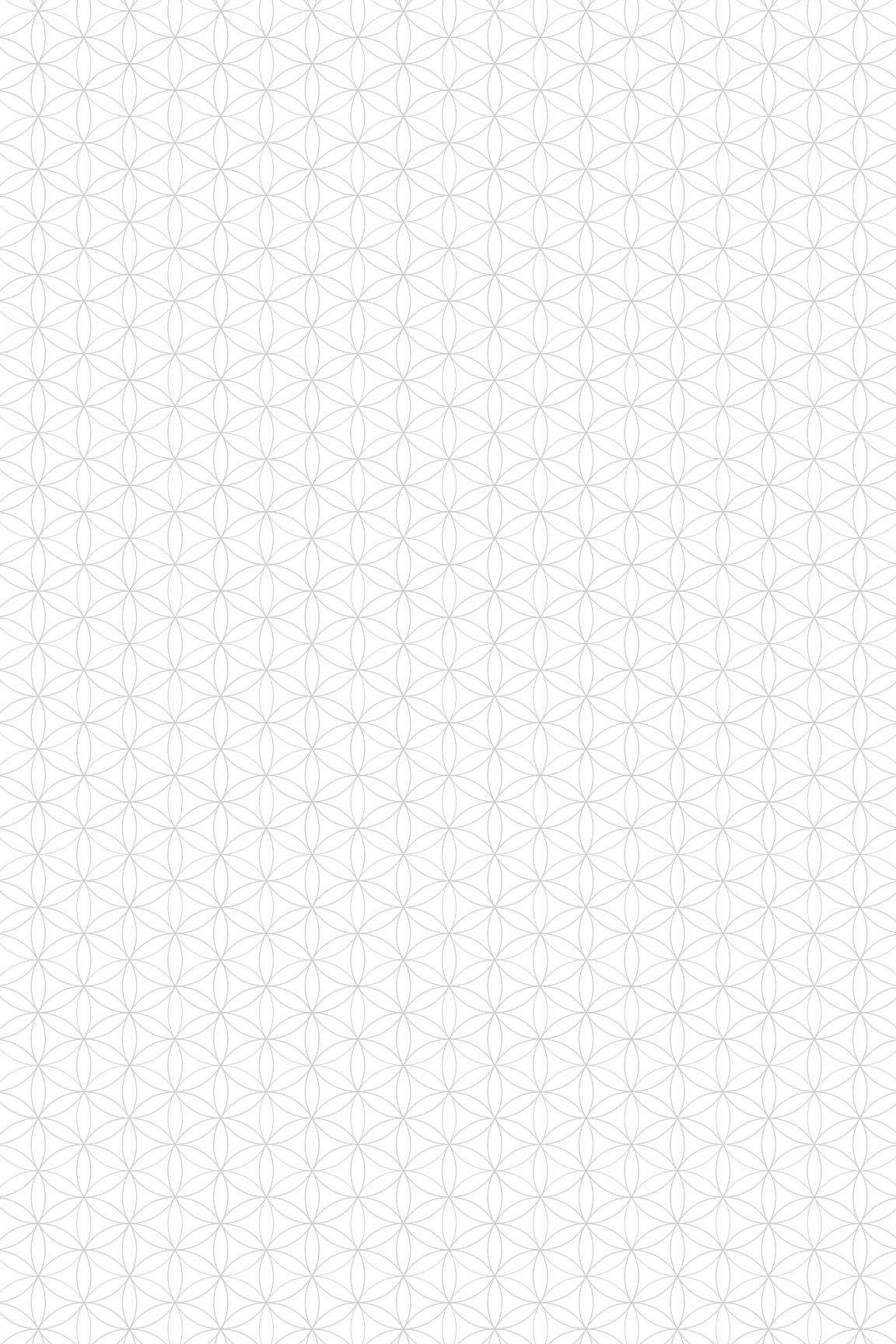
When you stop thinking, your mood improves.
When your mood improves, the solutions come to you.

Count each shape in the image on the right. Color or mark each one as you go. Focus all of your attention on the numbers, instead of thinking about things in the background.

You will feel a sense of peace overcome you. You will know truths that you cannot define. You will know these truths without ever having to “learn” them.

This feeling is the flow. You allow it when you release resistant thoughts.
Through all your seeking, you will never find it;
it must find you.





-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |



Wouldn't It Be Nice?

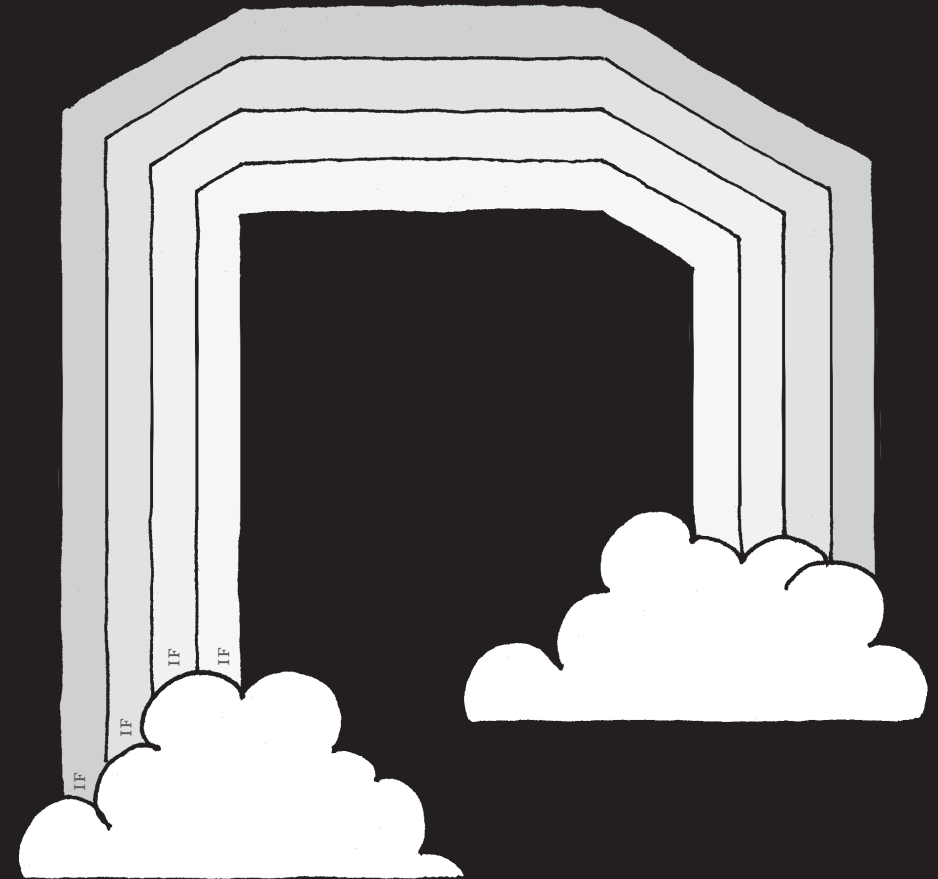
Sometimes we can get so stuck on worrying about what we don't want to happen, it can be hard to even imagine a different scenario. Thought patterns gather momentum, and when you've been thinking one for a long time, imagining a more positive outcome can be frustrating.

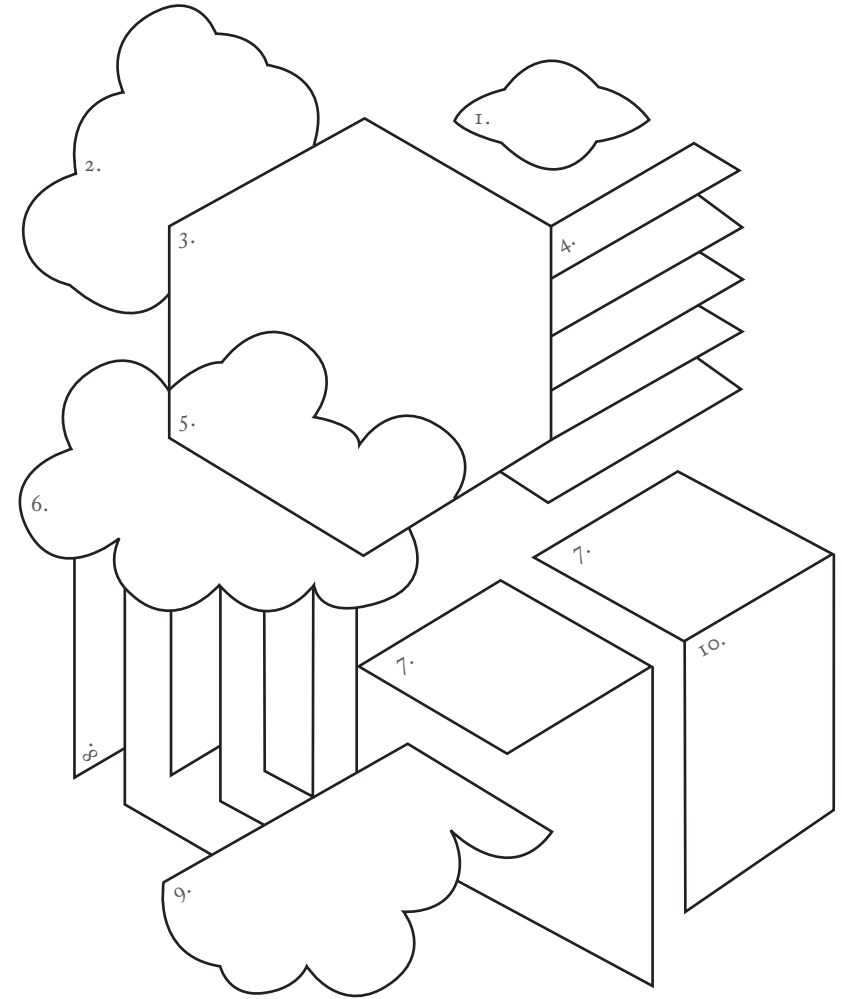
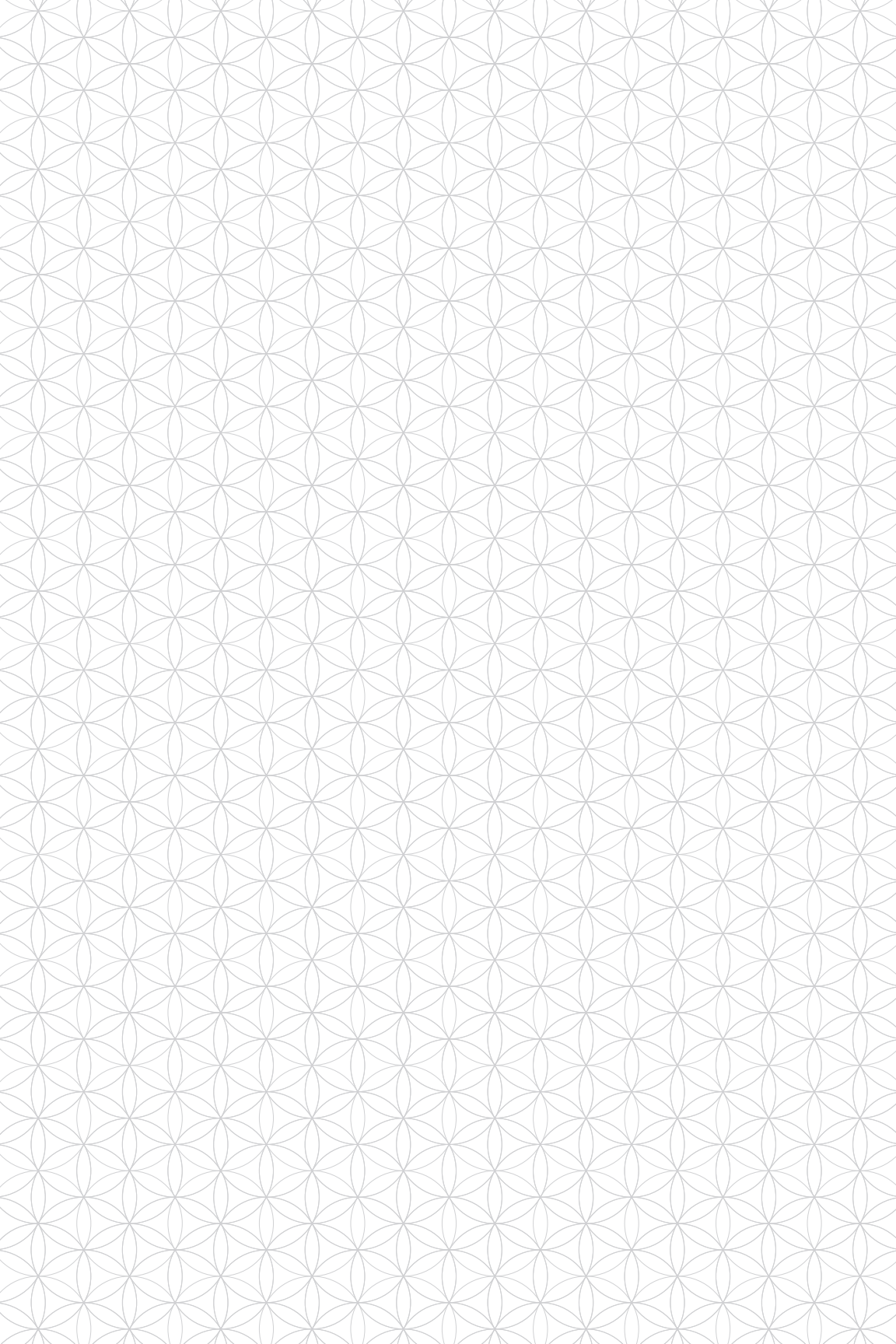
But wouldn't it be nice if it all worked out? You don't even have to believe that it will, but wouldn't it be nice if it did?

Wouldn't it be so grand?

Imagine your desires from a more playful point of view. You don't *need* this outcome, but wouldn't it be nice? Especially those old, stale desires—those things you've been wanting forever—your happiness isn't as dependent on them as you think. Sure, it would be nice, but it's not necessary. Use this as an opportunity to send your wishes over the rainbow and be okay with them never coming true.

But it sure will be nice when they do.





-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

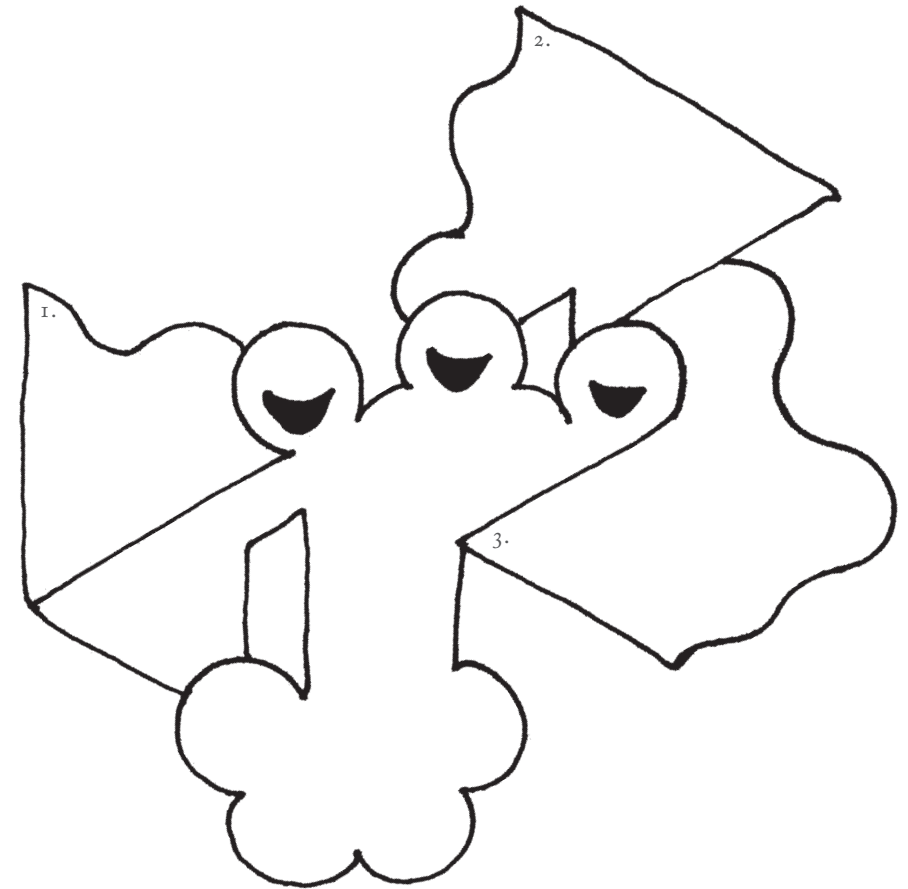
12

Funny HaHa

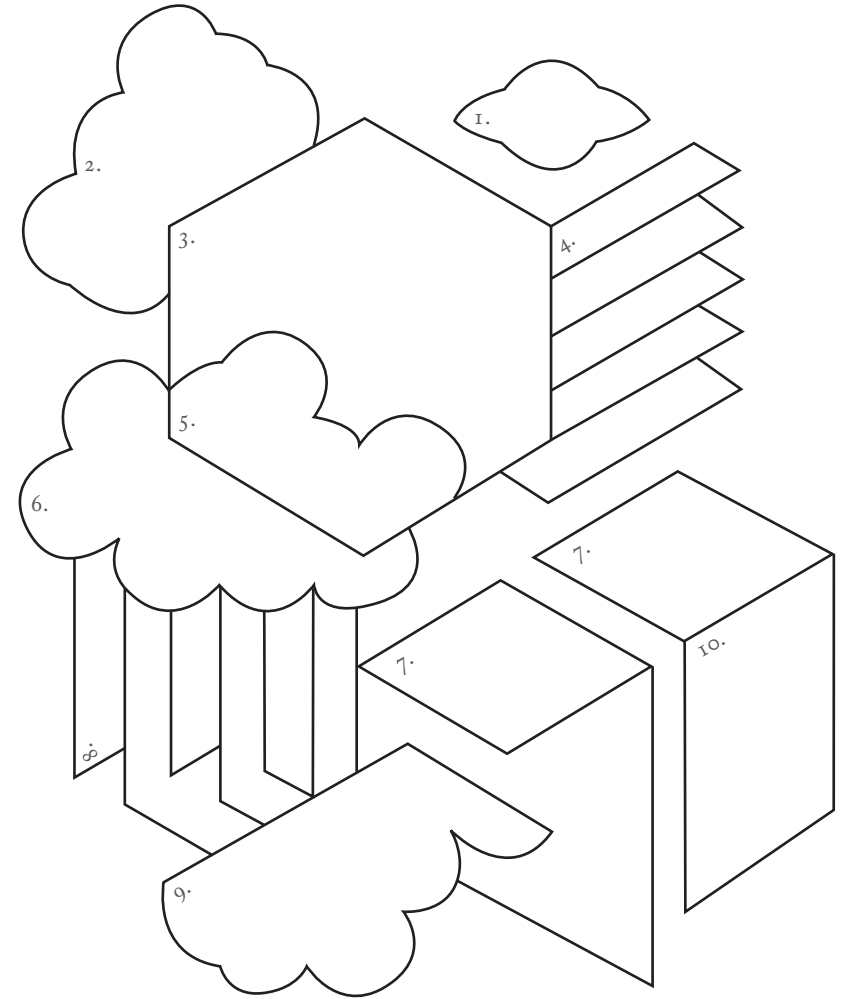
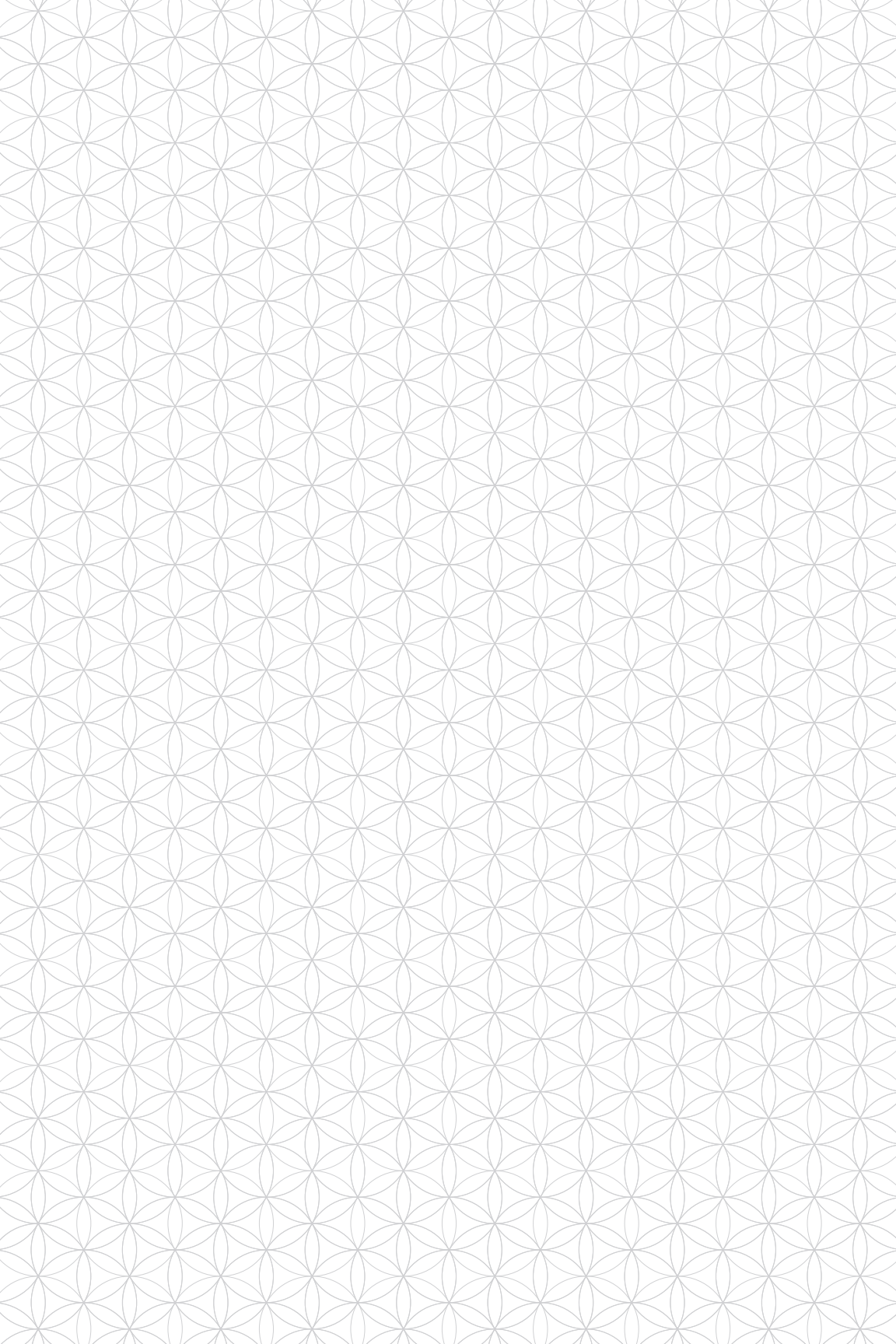
“Some people list the things they are grateful for. This is a good list to do. But I try to also list the things around me that are funny. The things that are more than funny. The things that are ludicrous.”

This is a more fun list. This is the list that lights my brain on fire. It takes practice but it's worth it. Because if you can't find the humor in everything around you, then eventually you find out too late that the joke is on you.”

JAMES ALTUCHER



-
1. Things that are funny
 2. Things that are more than funny
 3. Things that are ludicrous



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

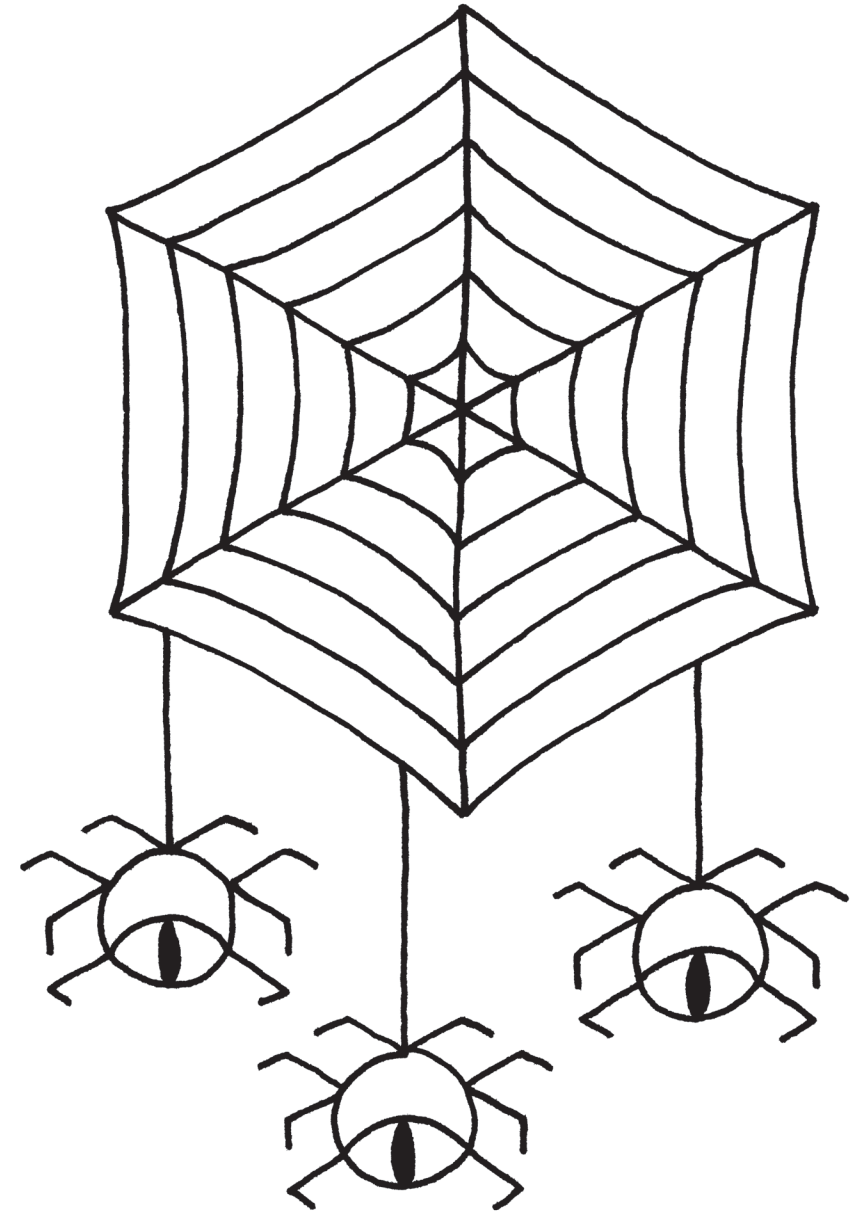
(13)

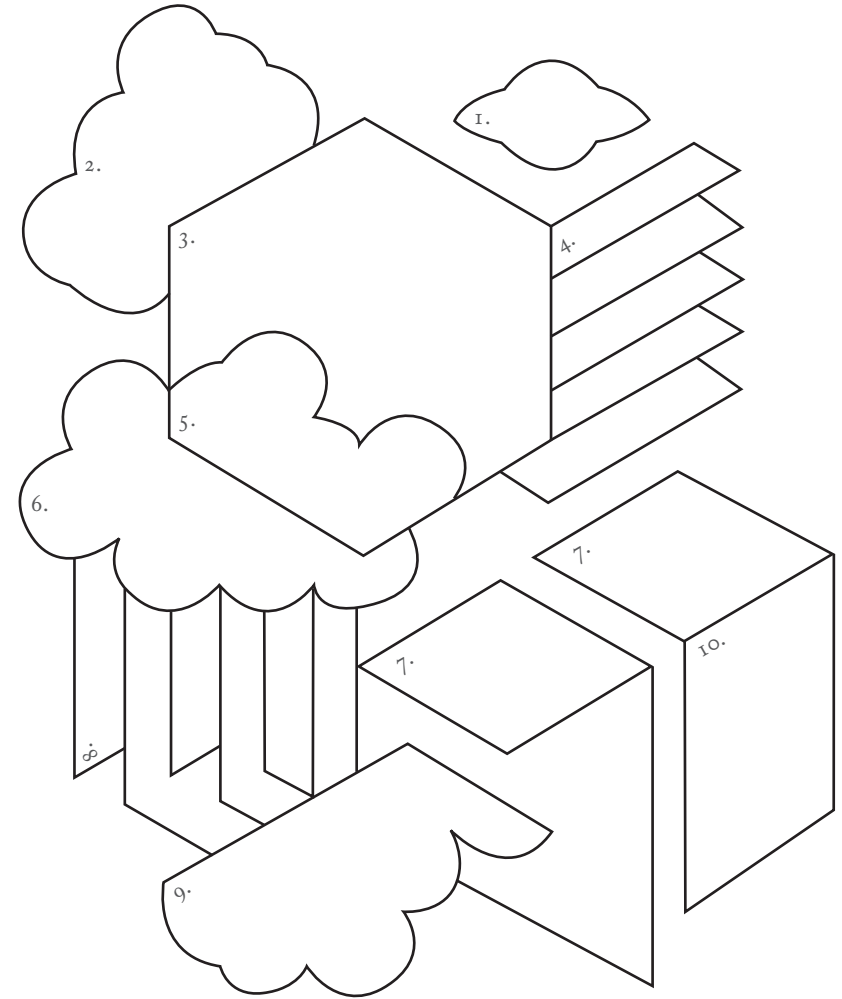
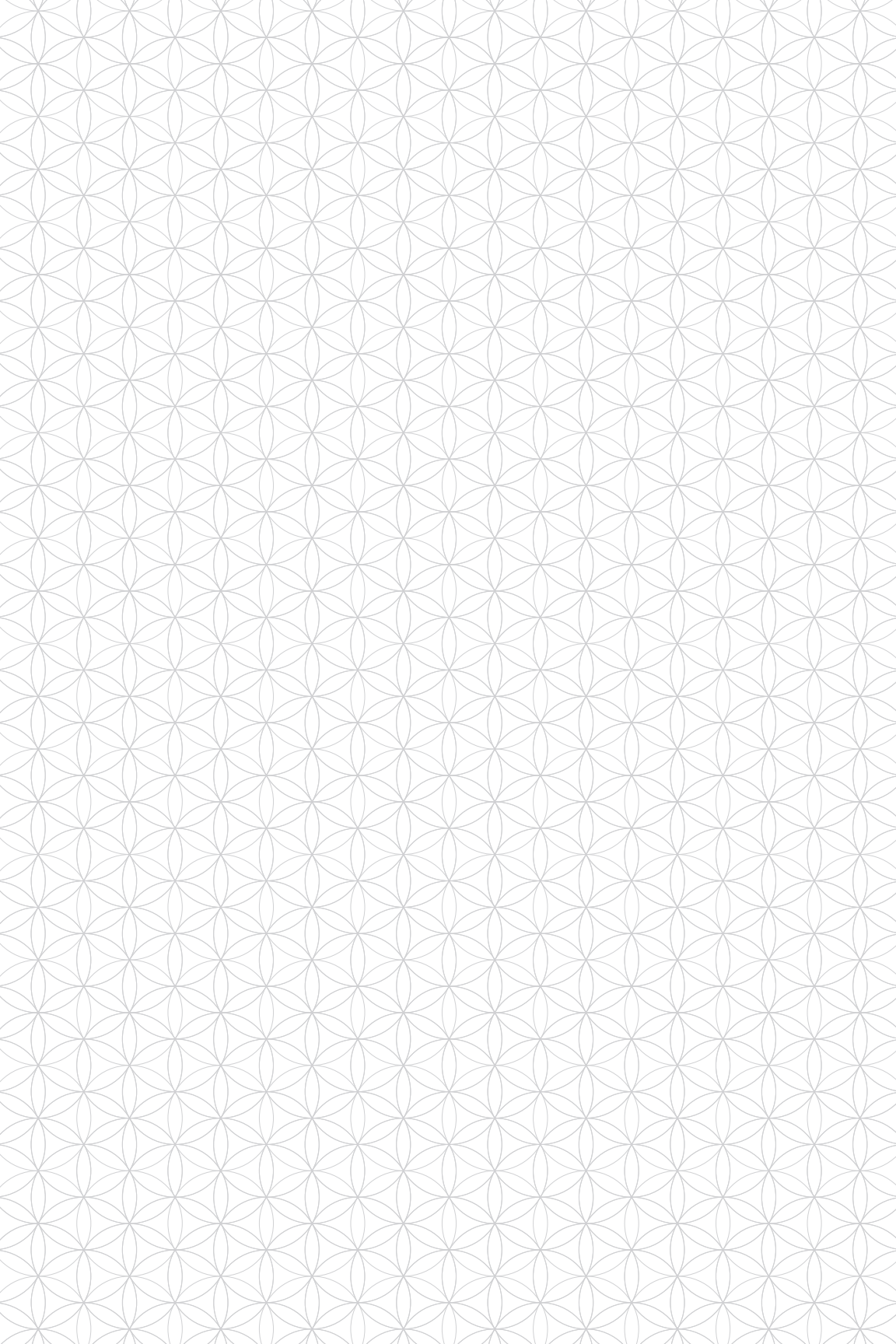
Positive Aspects

Do you have a co-worker or neighbor that drives you crazy? Maybe a situation in your life that you can't stop stressing about or can't let go? Try writing a list of positive aspects about that element of your reality in the web on the right.

Life is your dream. What you see more of in your dream is up to you. Write about what you want to see or even how this trying situation could possibly be beneficial in the end.

When this situation crosses your mind and you're tempted to send a signal of hate, fear, or resentment, picture your web of positive aspects and allow the negative ones to slip down the spiders and out of your reality.





-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

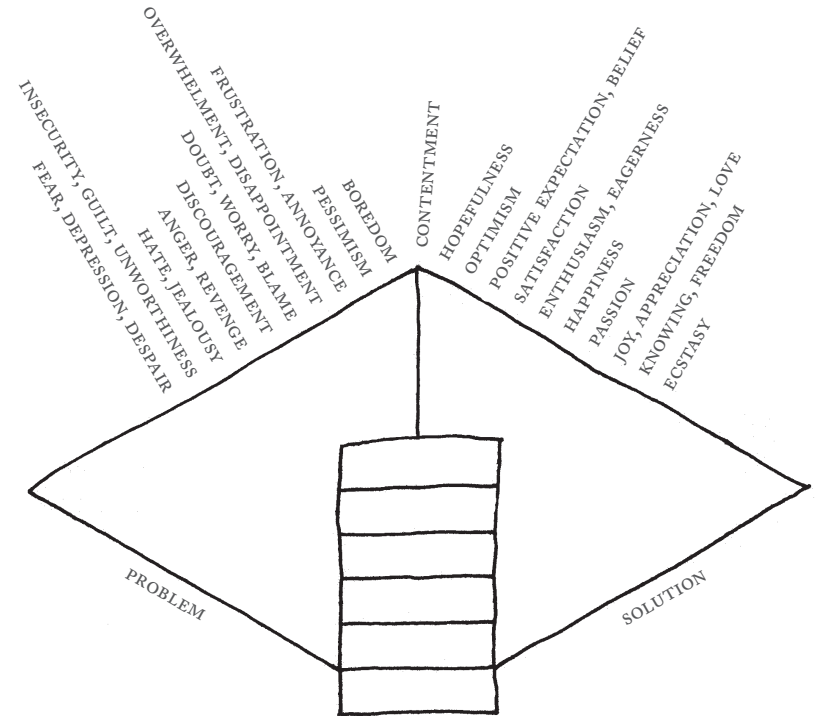
What's Your Solution?

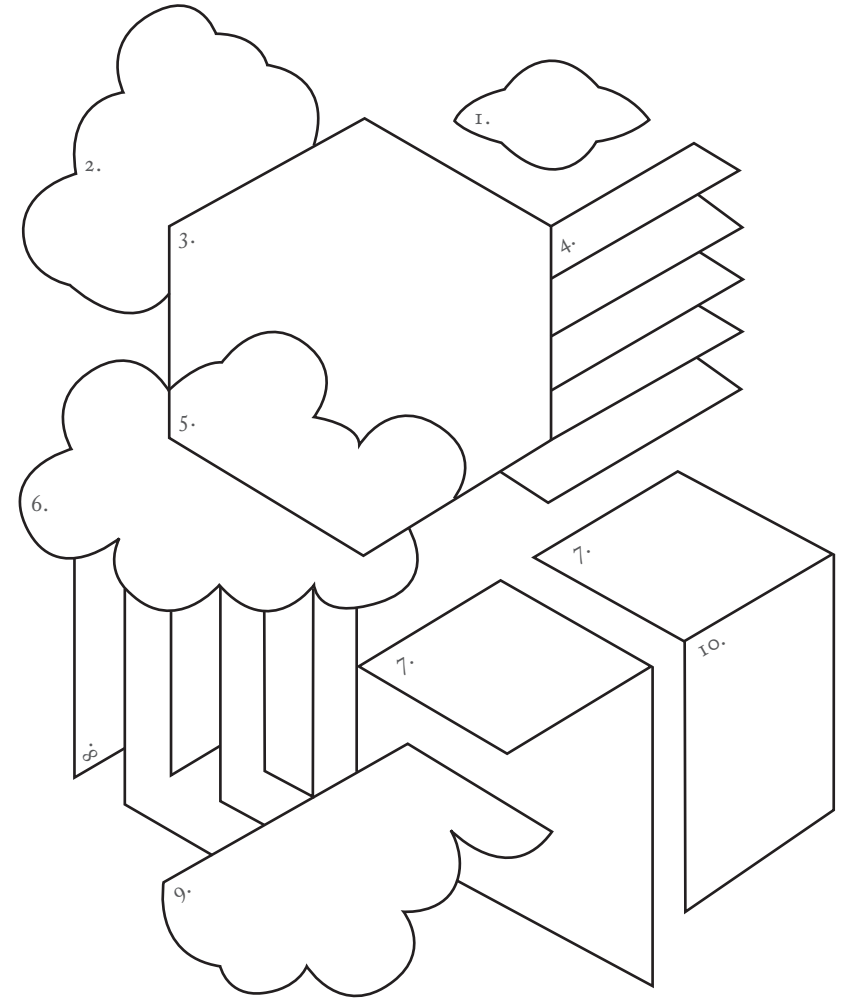
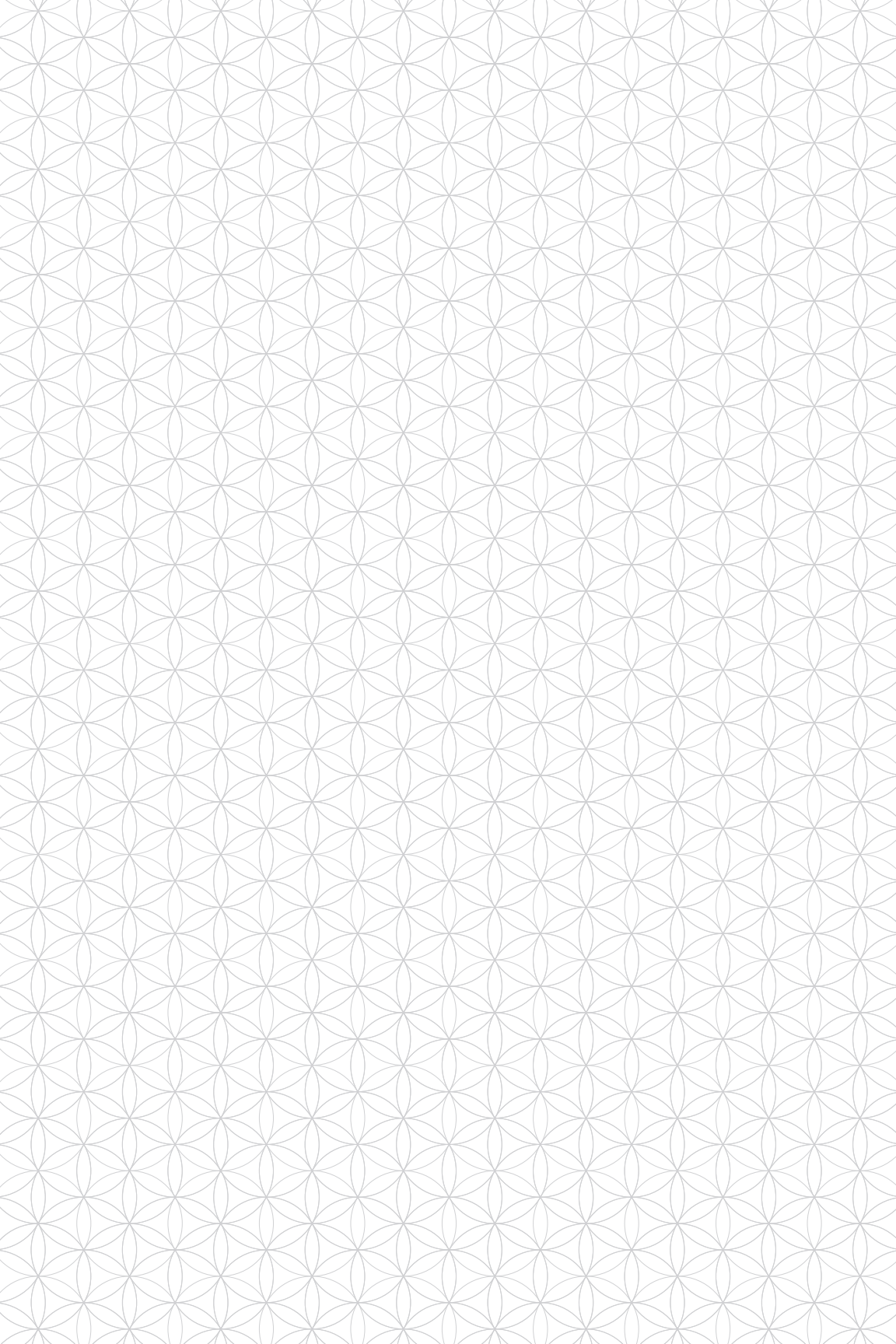
Life exists in waves. Every aspect of life has an opposite and that is why we are able to experience both. Without one, there cannot be the other. With every problem exists a solution. Awareness of the solution is a matter of focus. When we are overcome by a problem, it can be difficult to see a solution. It can be difficult to even believe in its existence.

Sometimes, we have to just stop looking for the solution. But at the same time, stop looking at the problem.

Write down your problem in the space indicated. How does your problem make you feel? Circle it. Now find the opposite, positive emotion and circle it. That is the feeling that your problem is causing you to ask for. List 6 things that make you feel that way in the space provided.

Now forget about your problem. Forget about the solution. Focus on the feeling. If you find yourself thinking about the problem, say to yourself, "I've decided to feel good about that. It's working itself out." Then remember an item on your list and feel your desired feeling. When you've forgotten the problem, the solution will present itself.





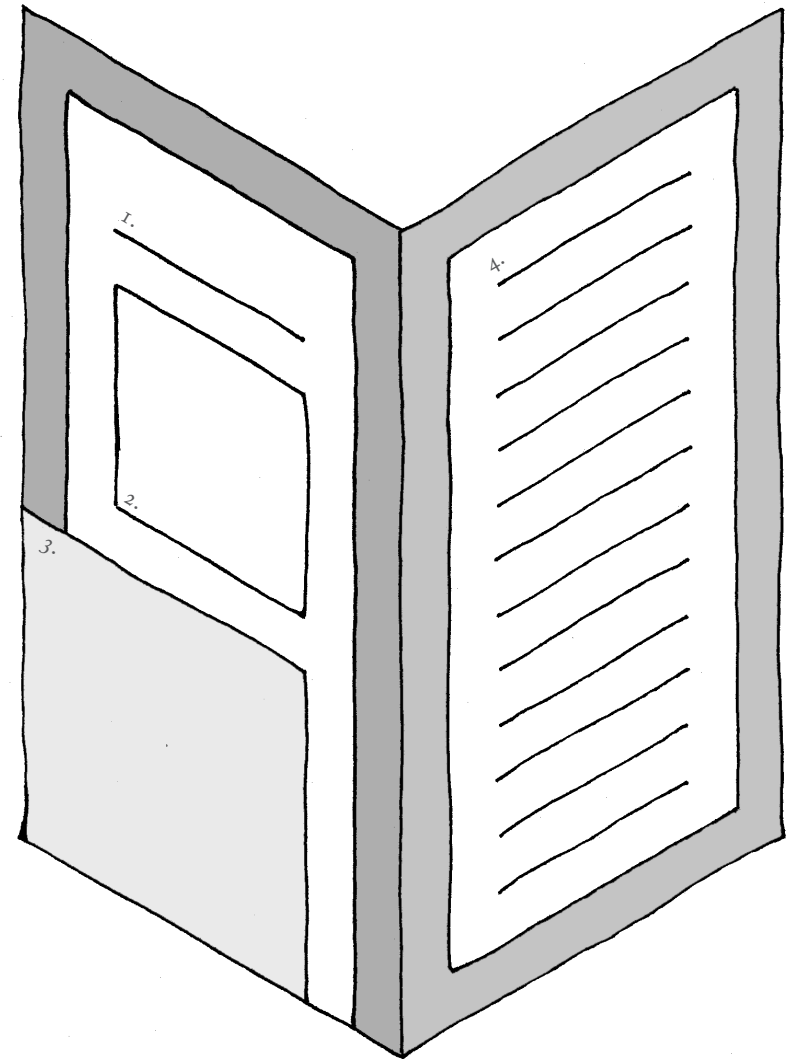
-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

Status Meeting

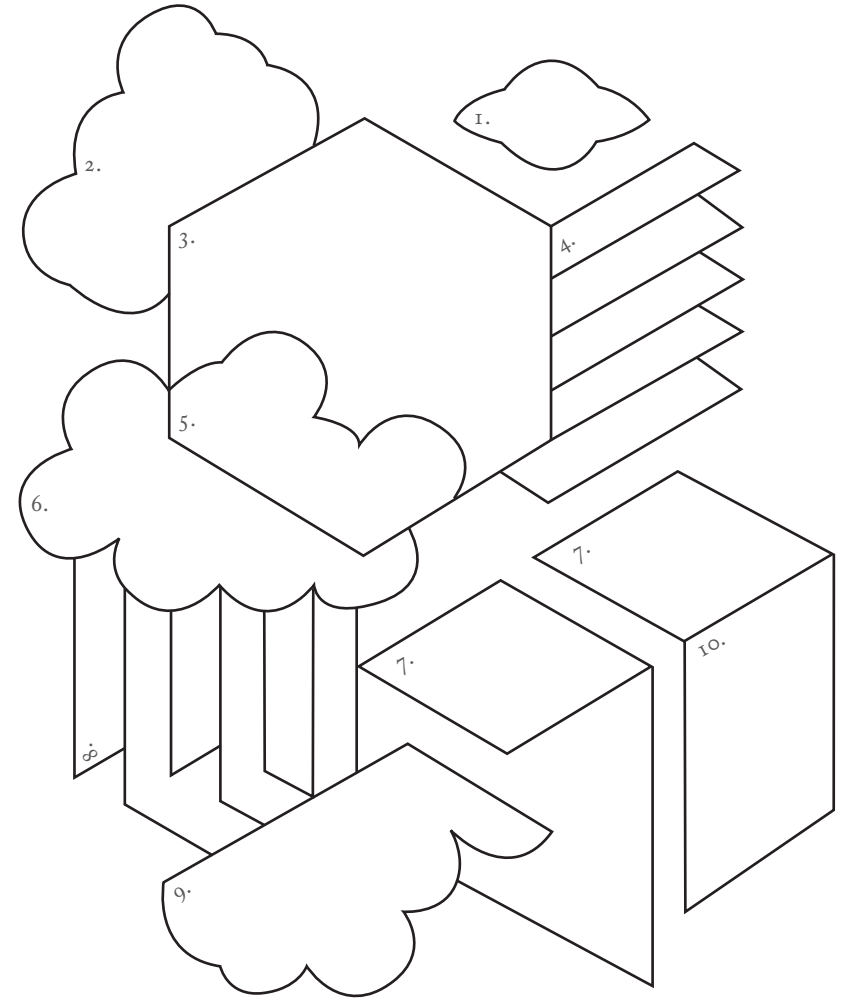
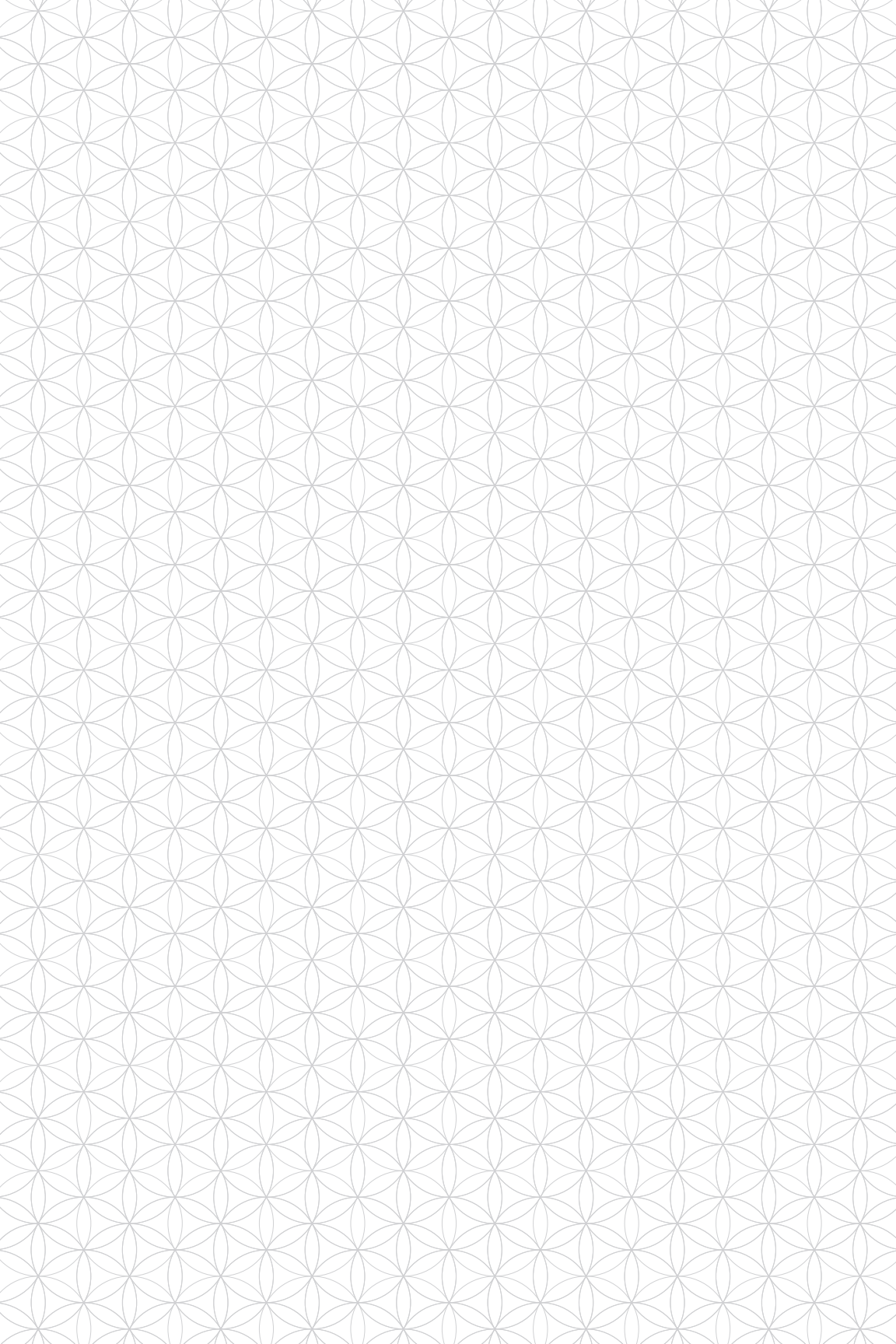
Whether your projects are self-initiated or you work for someone else, continuing to focus on what's working is the best way to get more.

Even though we know deep down that the universe is growing our business or that millions are clamoring to pay for our work, sometimes the distractions of life can lead the mind down a path of doubt.

Consistently sending a clear, strong signal of positive expectation for the outcome we desire is the best way to allow the universe to do its work through us.



-
1. How do you want to feel about your work?
 2. When do you feel successful?
 3. What is one step you can take in the direction of the flow?
 4. Write a list of what is going well.



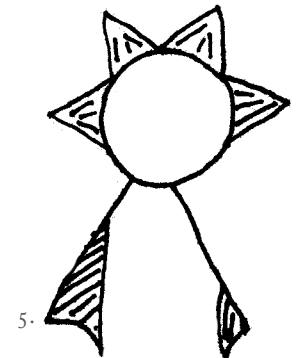
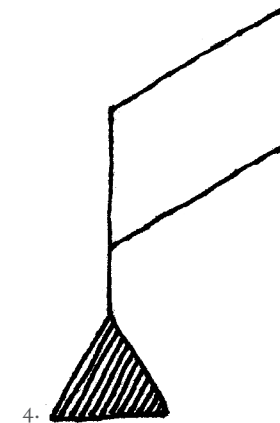
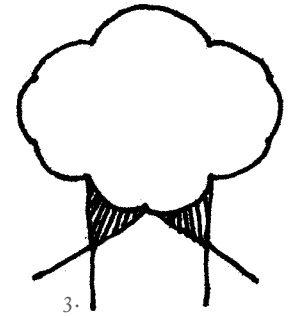
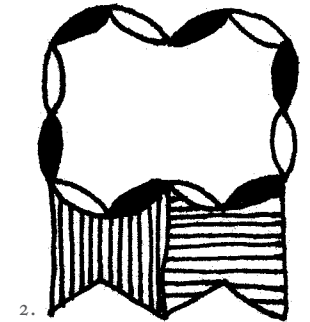
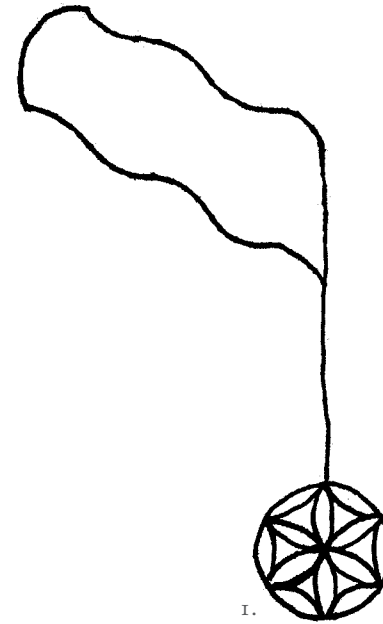
-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

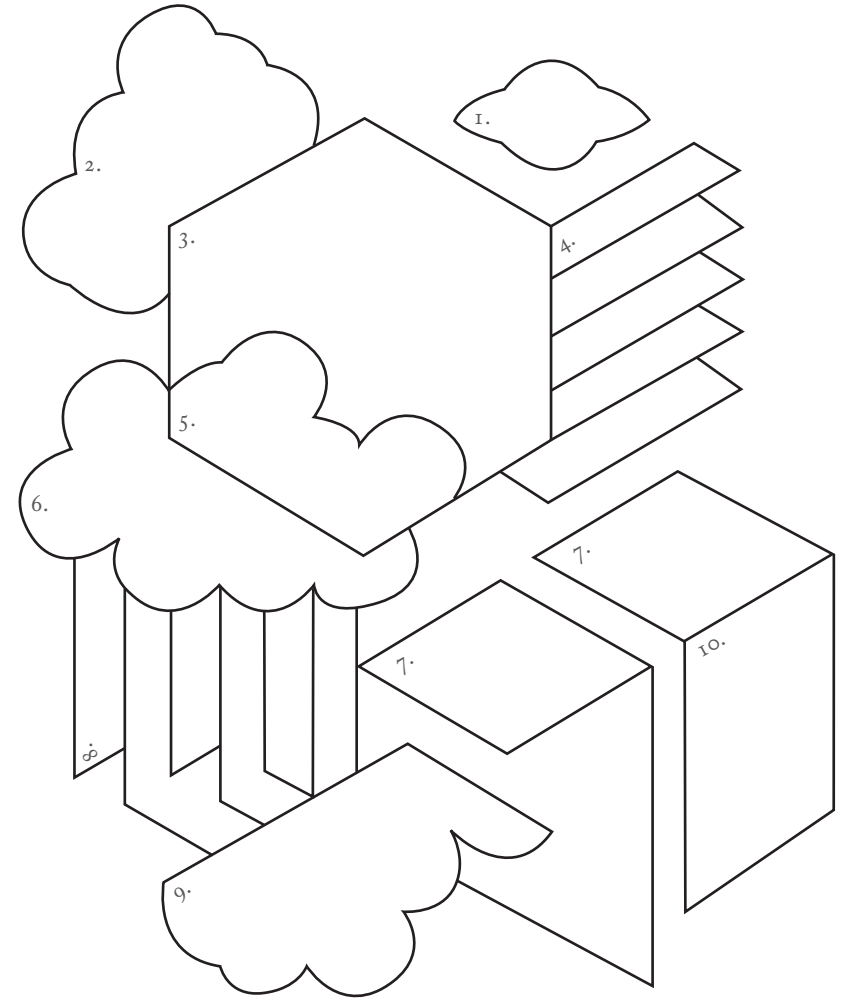
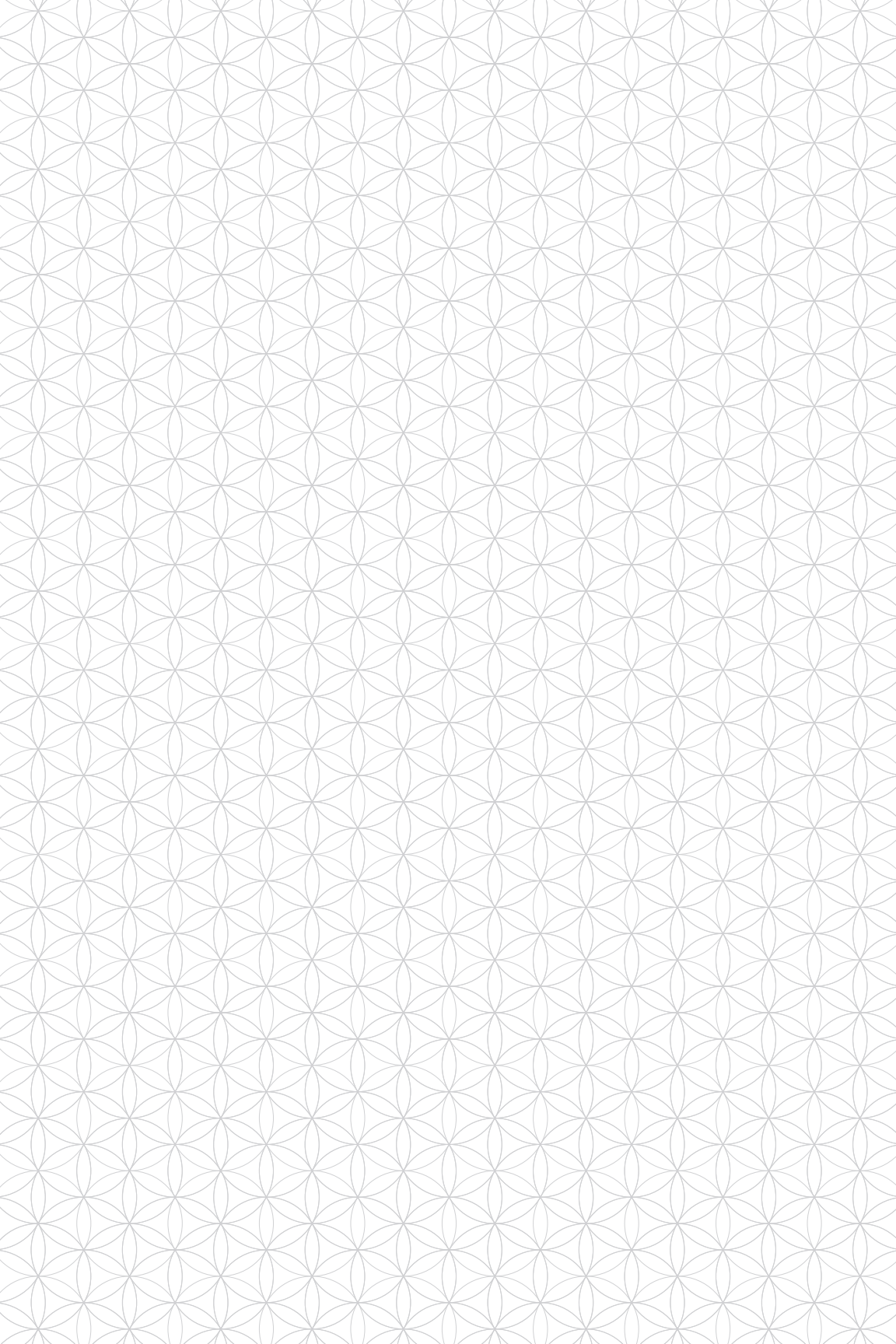
The Award Goes To

Name a person, place or thing for each award below. It's fun to notice elements of your life that stand out. What players in your reality deserve a gold star? Praise the aspects of your universe that shine and they will show you more facets of their excellence.



- 1. Best idea
- 2. Most Valuable Player
- 3. You are my sunshine
- 4. Funniest
- 5. Up and Coming





-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

I Want to Feel Better

This flow-chart emulates a software program. The mind, like a computer, likes to run in loops. When you get caught in a thought-loop, it can be difficult to break that cycle and form a new thought. If you want your mind software to run a different program, you have to write it.

The first step is deciding you want to feel better.

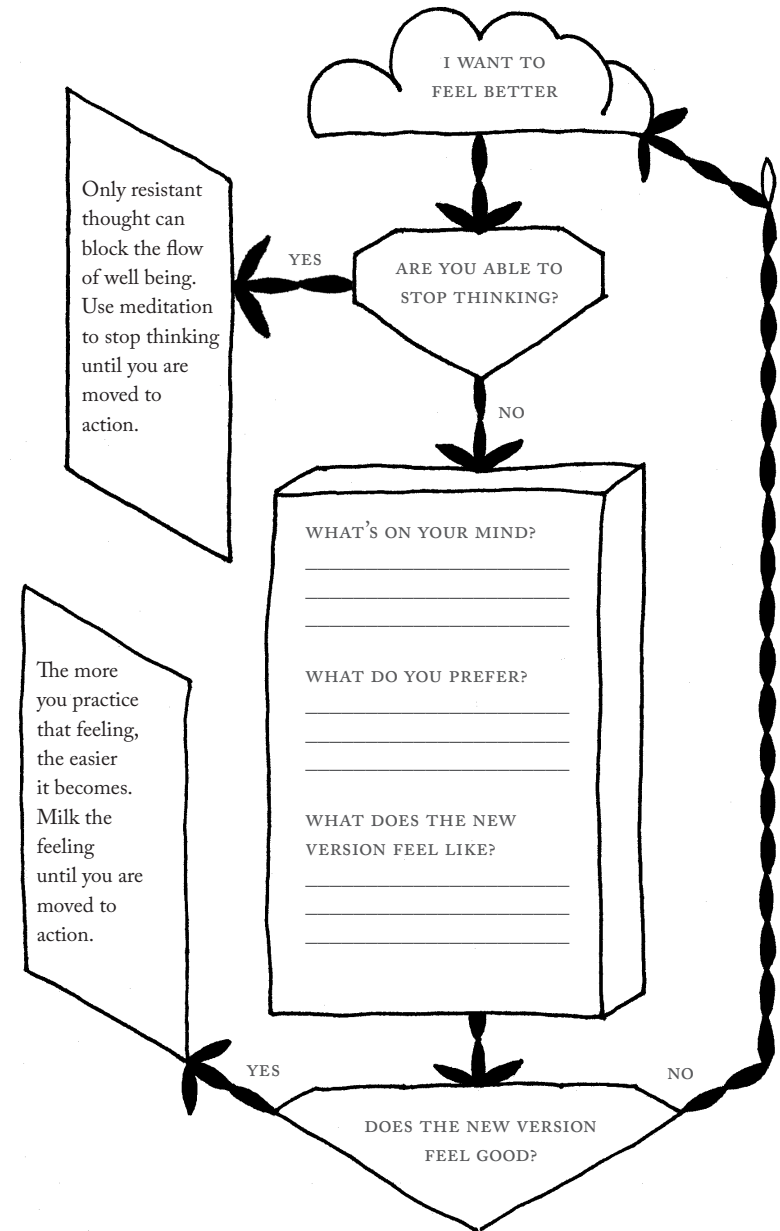
You are only feeling bad because your mind is running in a negative thought pattern. Are you able to shut down the program? Are you able to put the computer of your mind to sleep so it can rest? If so, push the power button and wait patiently for your mind to re-boot. When it starts back up, it will be back in its innate positive thought loop.

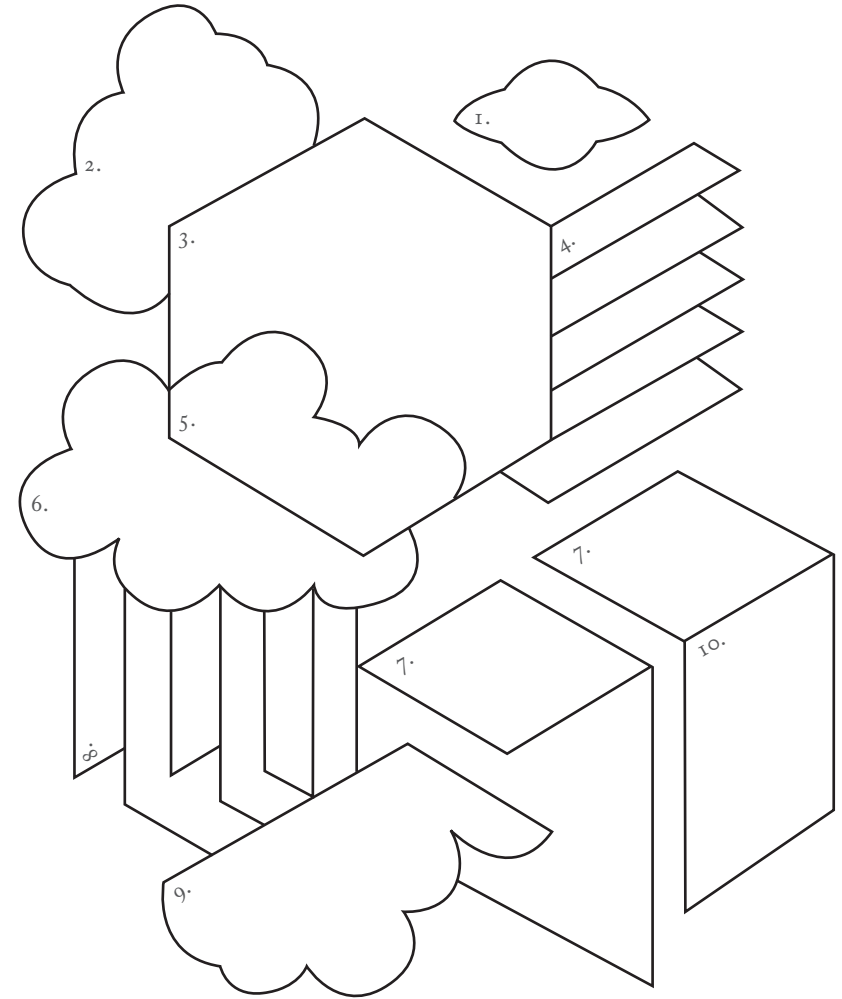
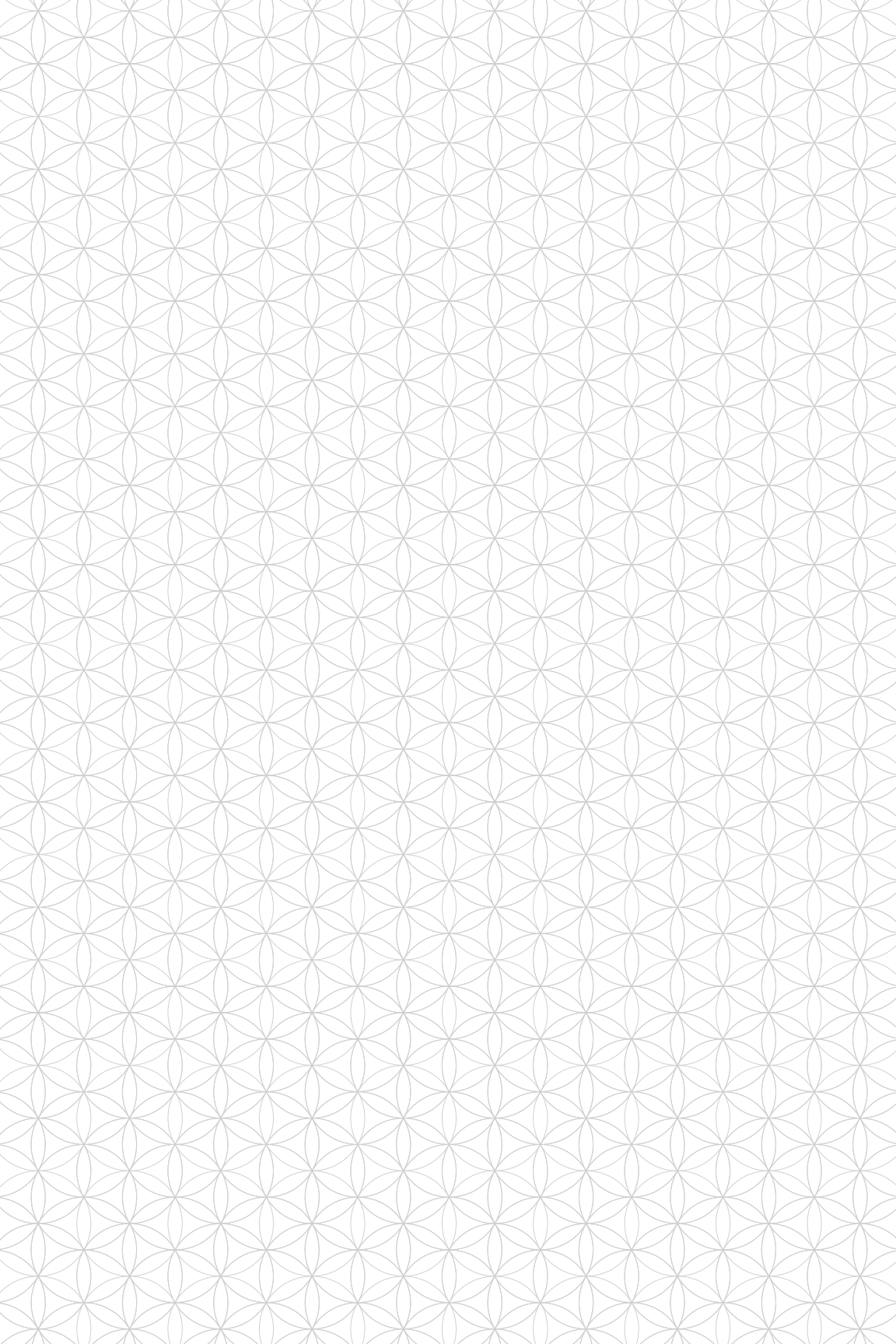
If you are not able to force-quit the software, there is still hope. You can train your mind to switch tasks.

Which loop would you like your mind to run? How does this new program feel emotionally and physically while it is being processed?

In the moment that you take the time to imagine a new path for the mind, that path is created. The program is now open, and you can switch to it anytime you please. If you notice yourself fucking around in that old, bad feeling software again, don't worry. You can easily switch back to the most recent version at anytime.

Soon that pesky old version will become completely obsolete.

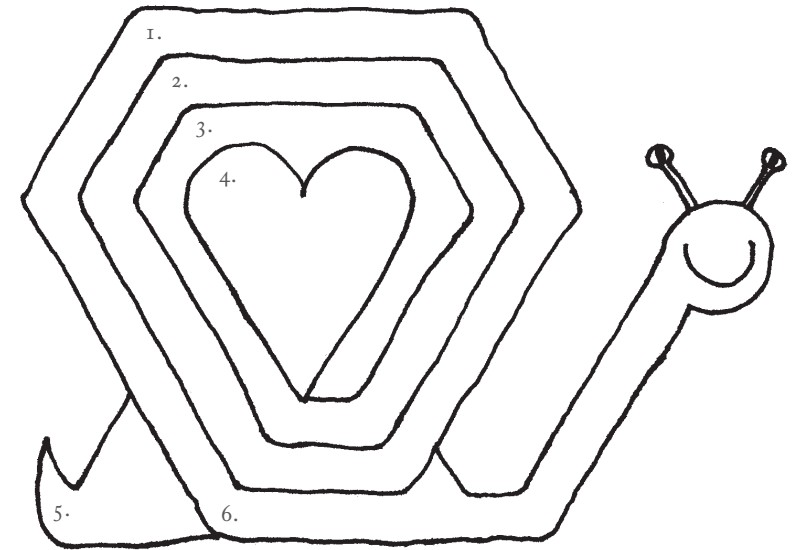




-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

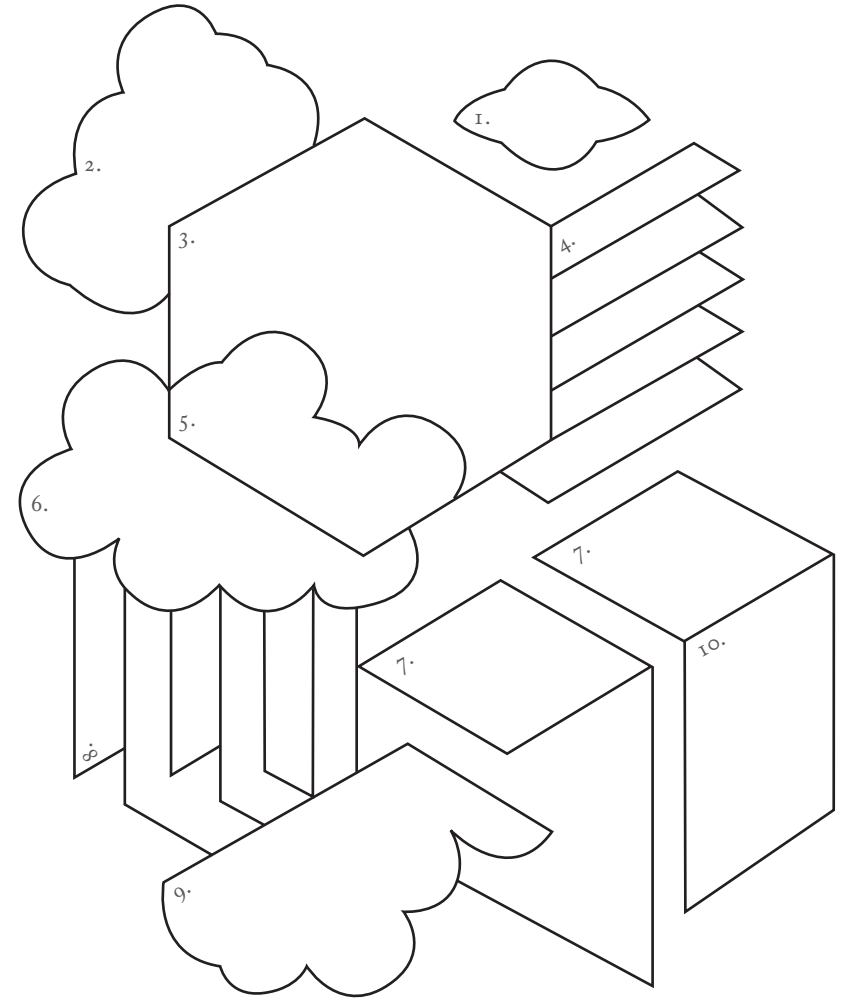
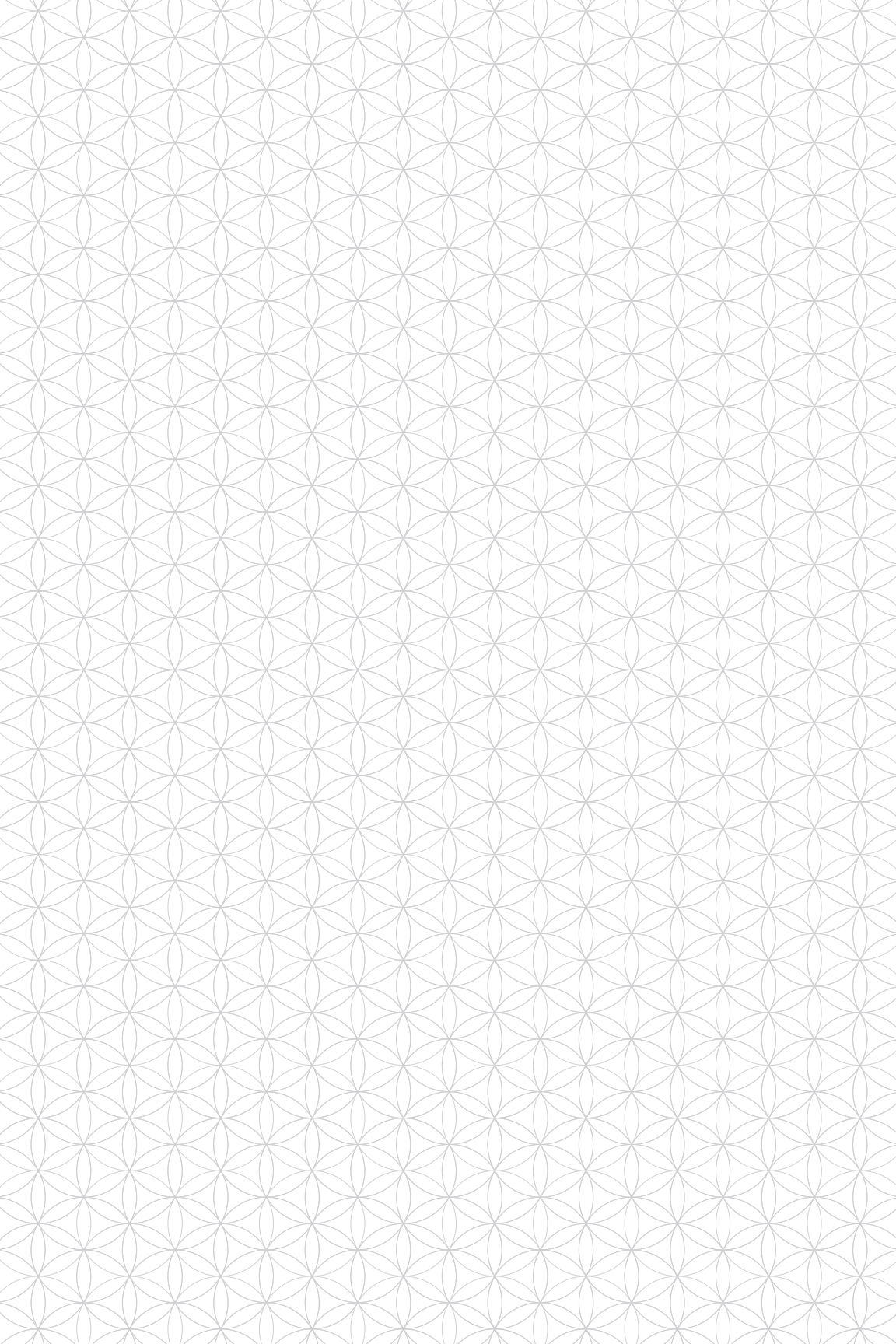
Self Love

Diets never work. Beauty products are not sustainable. The only deciding factor in whether or not you feel good about yourself is you. You'll never be skinny or young-looking enough if that is what you are looking for to be happy. But when you decide to love yourself now, suddenly, you're just as attractive as you could ever be.



-
1. My best quality
 2. I'm glad I did this today
 3. I feel good when

4. I love
5. I thank my body for
6. I am awesome because



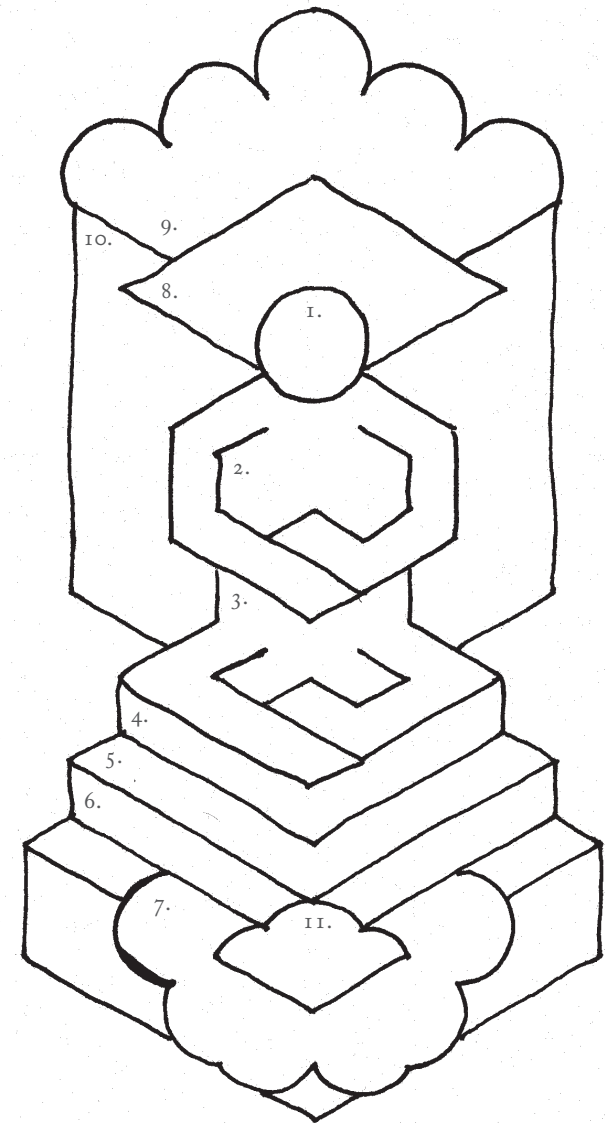
-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |



I Am

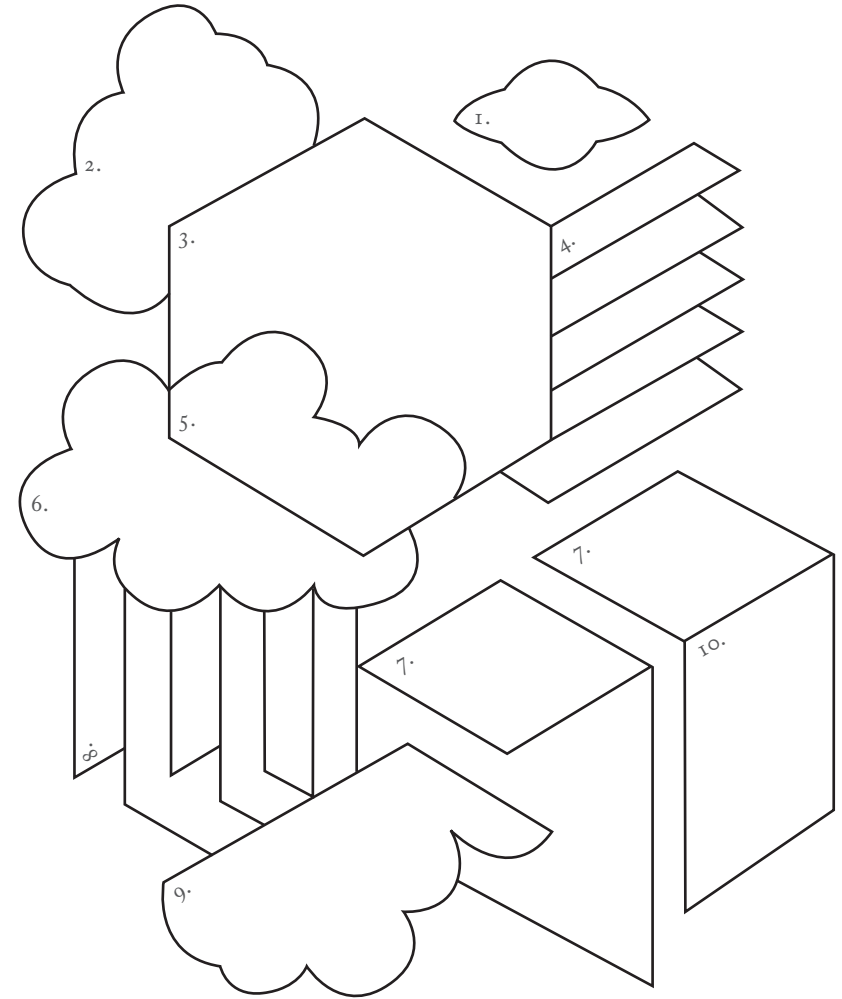
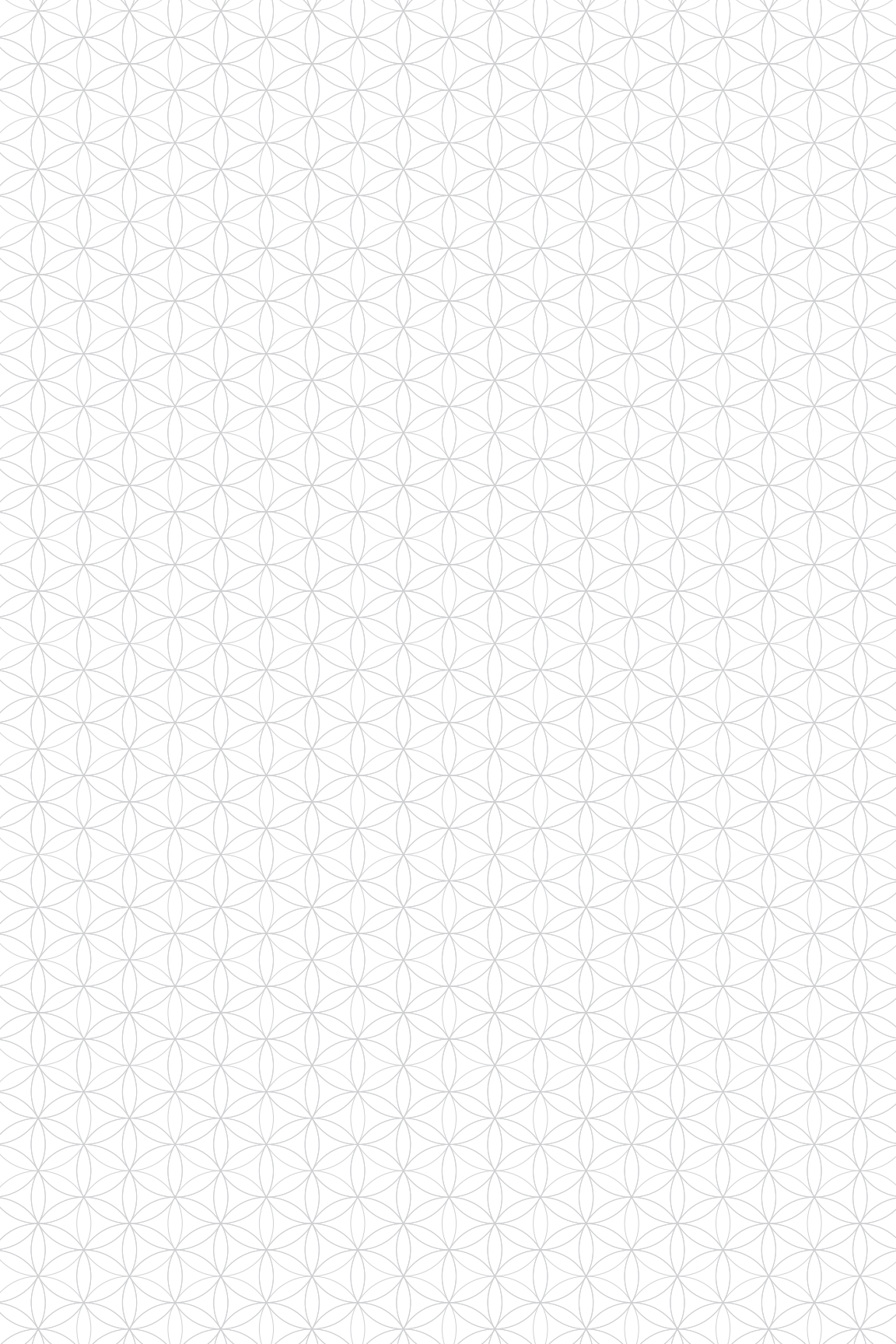
You are how you perceive yourself. This worksheet helps you choose the version of yourself you want to project. For each prompt, fill in words or images that best describe how you want to feel. For example, "I am": what or who do you want to be? "I am loved"? "I am already successful"? "I am at peace with what is"?

When you focus on who you want to be, that's who you become.
You are the creator of you.



1. I am
2. I love
3. My best quality
4. A favor to do for myself
5. An act of kindness
6. A compliment to myself

7. I feel successful when
8. A dream
9. Dream bigger
10. What's working
11. One step I can take now



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

Life Story

One of the best ways to see what you want in physical reality is to be able to imagine it in your mind's eye. Travel to the future and tell us how your story magickally unfolded just as you foretold.



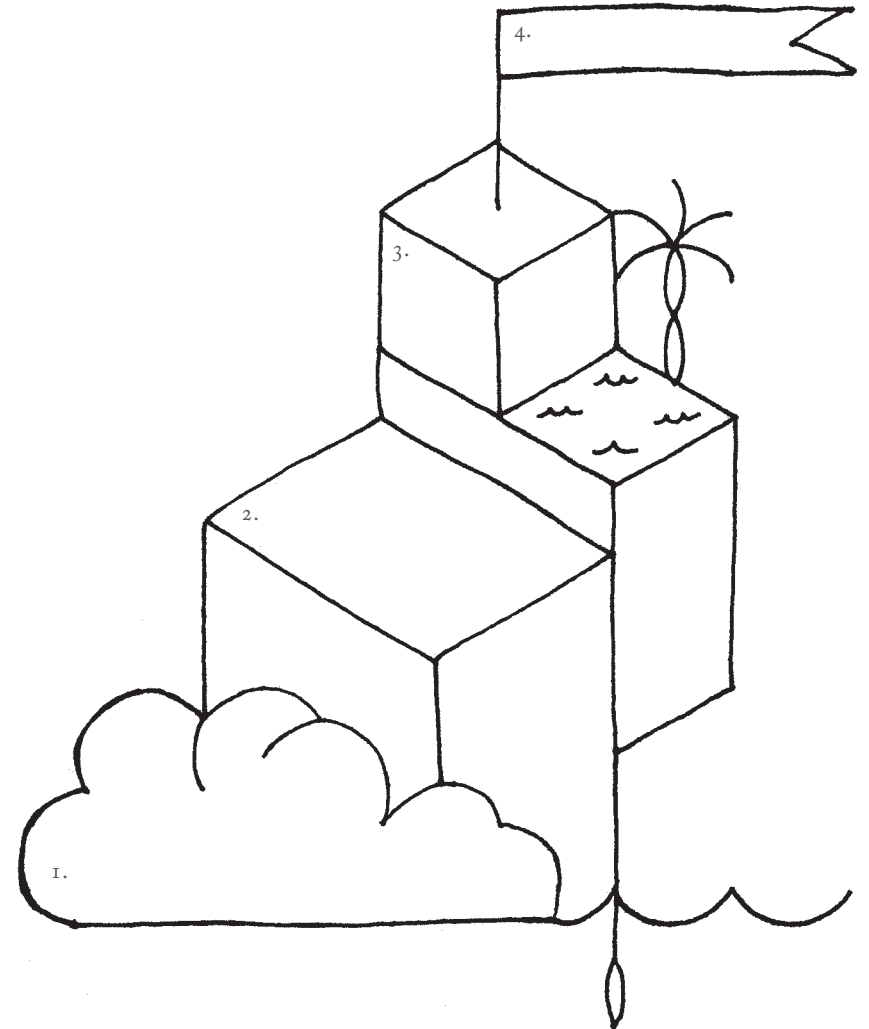
This is the story of how:

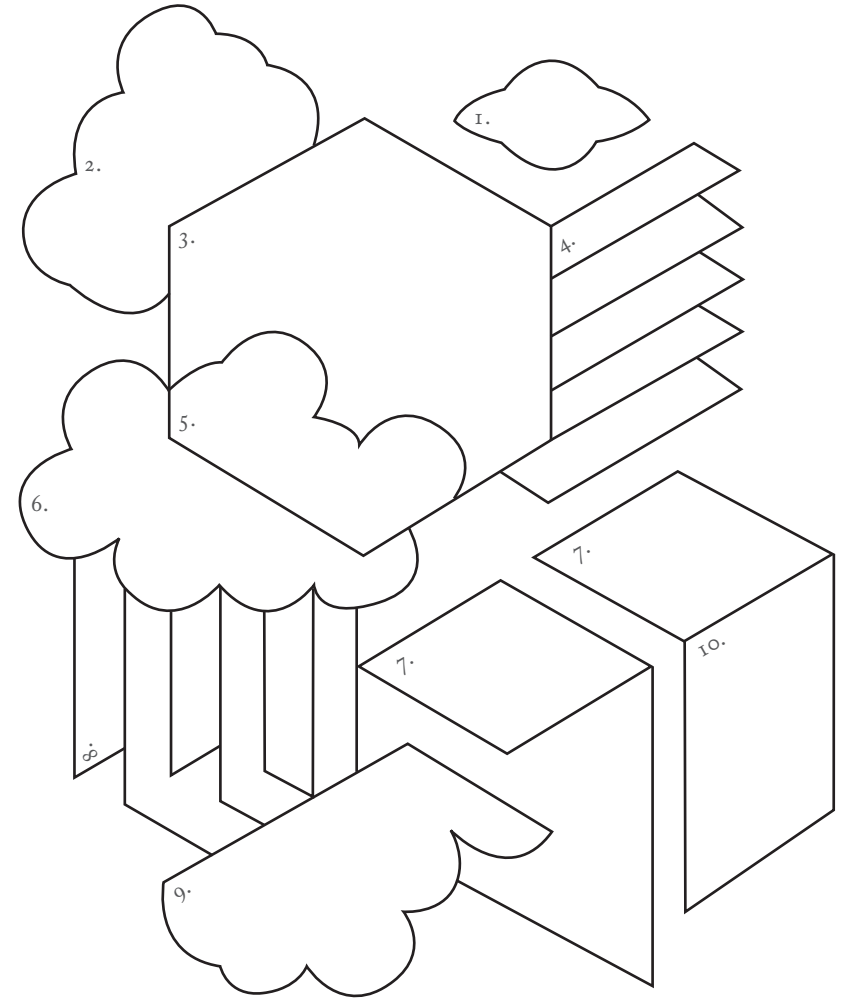
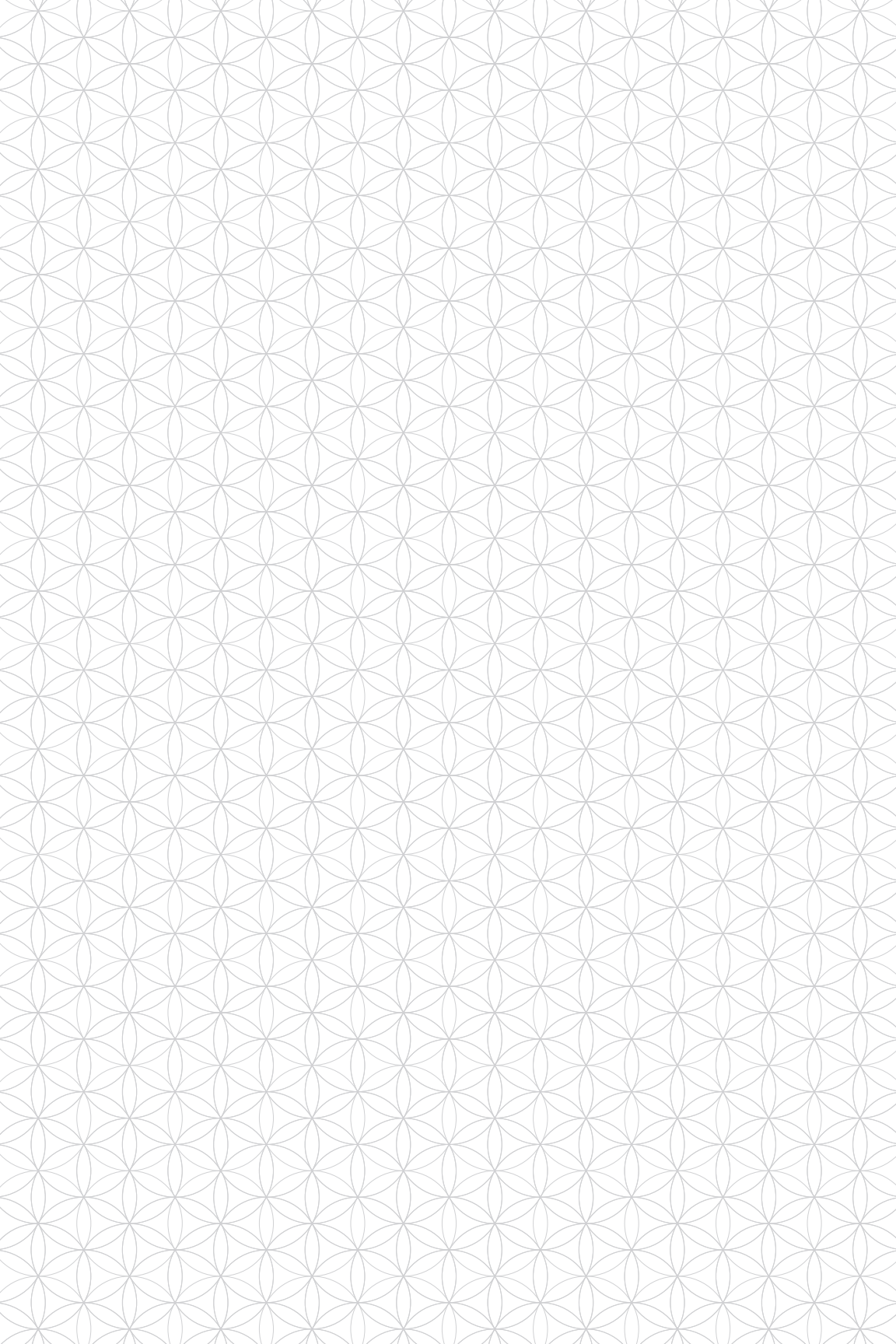


1. What was the first indicator the magick was working?
2. Once you began gathering momentum, what evidence did you see that your dream was picking up steam?
3. Everything came together perfectly. Even more perfectly than you ever imagined. As you basked in your manifestation, what was the icing on the cake?

4. How did it feel to get everything you wanted?
Fill in your emotional reaction in the flag at the top.
Choose from the list below or write your own.

- | | | |
|--------------|--------------|------------|
| Joy | Love | Happiness |
| Euphoria | Exhilaration | Belief |
| Flow | Knowing | Optimistic |
| Inspiration | Passion | Hopeful |
| Appreciation | Excitement | Content |
| Empowering | Enthusiasm | Relief |
| Freedom | Eagerness | Confidence |





-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

(21)

Contrast Is a Gift

Contrast is your friend. While at times contrast's tough love can be frustrating, it is always on your side. When contrast throws you for a loop, remember that it is always helping you get what you want by making you ask. Take the time to align with what the universe is helping you ask for, and you'll realize it's already on its way.

1. What is your contrast?

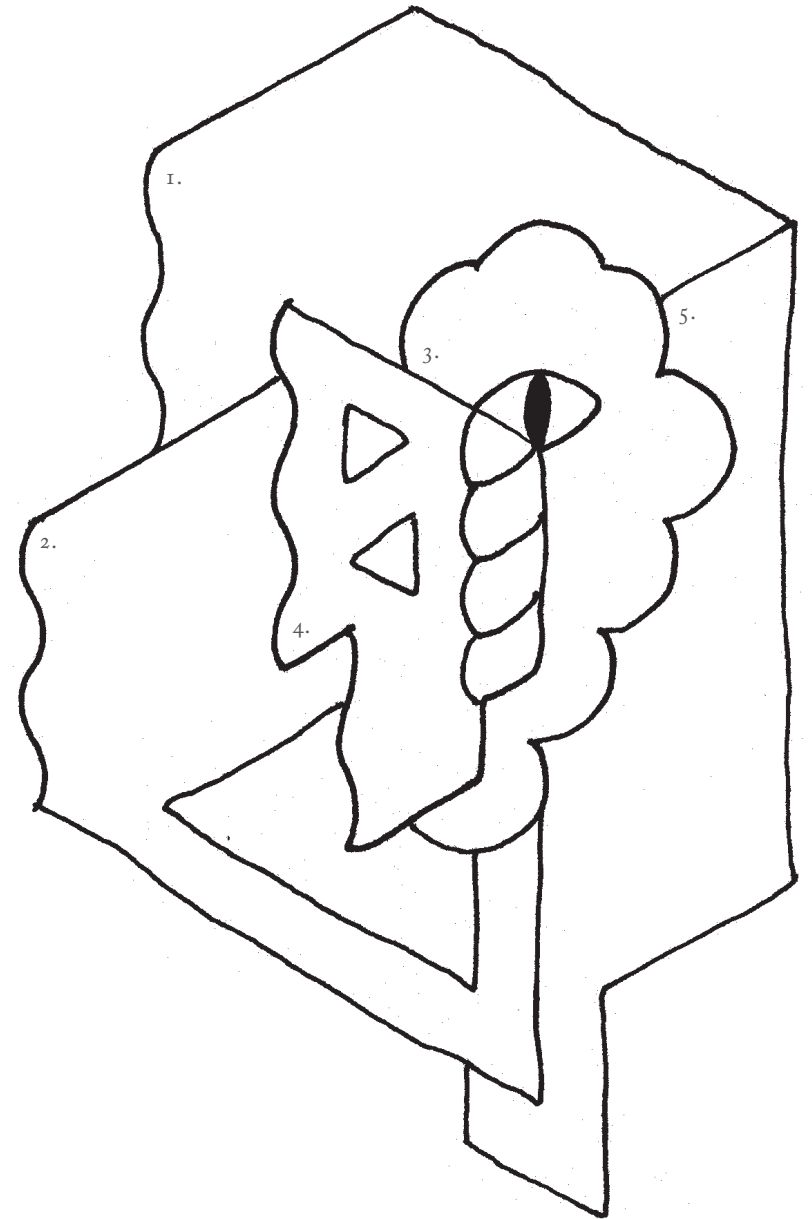
2. What is the contrast helping you ask for?

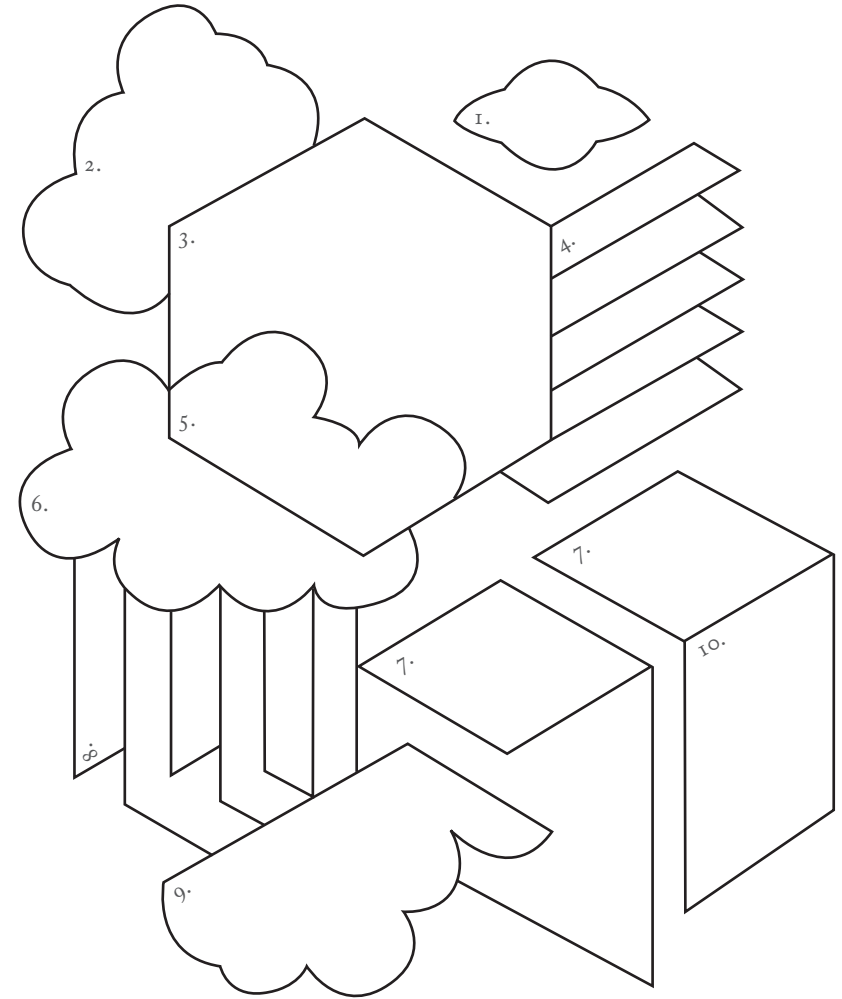
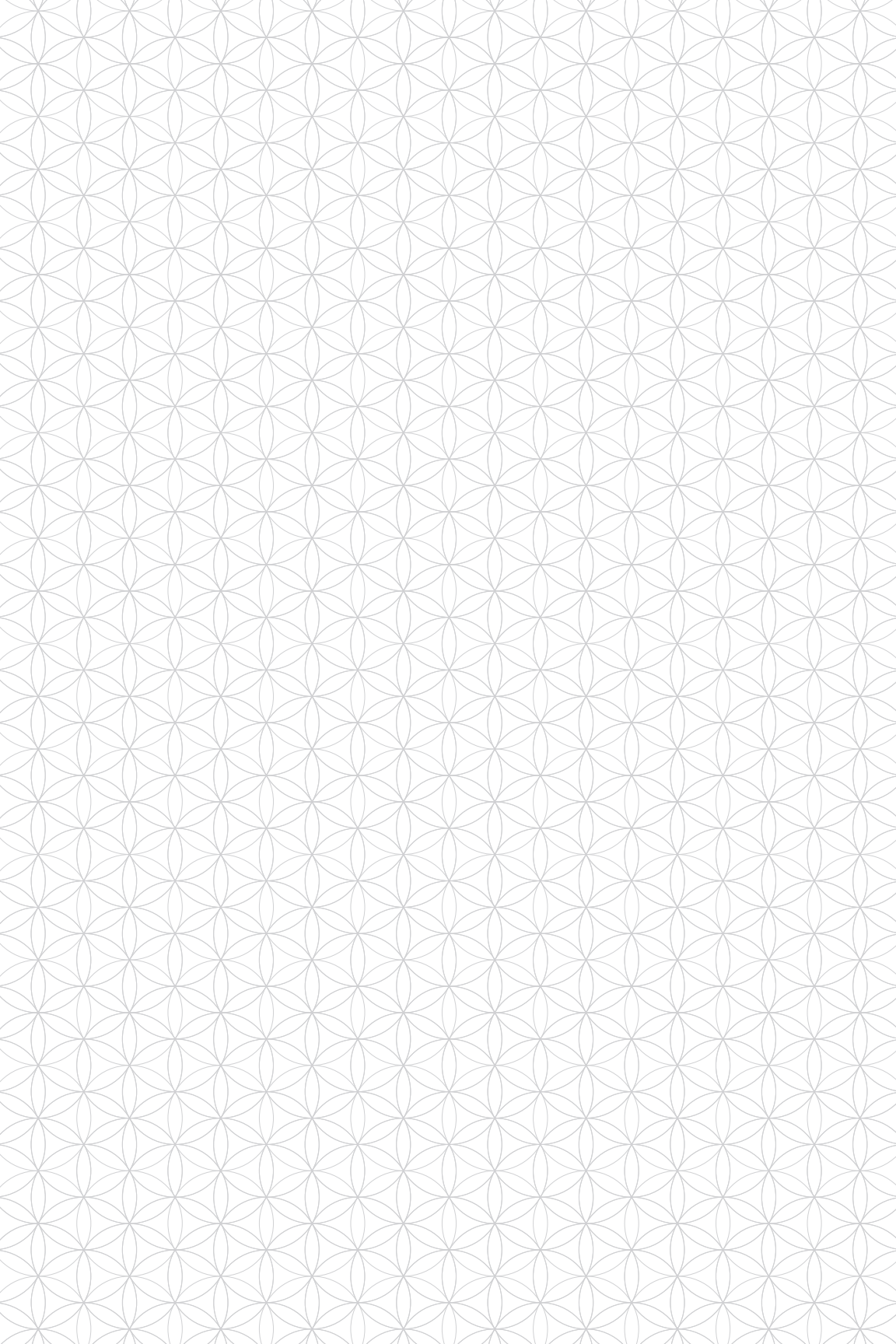
Become it, then see it. Affirm. Look for evidence of what you're asking for. Attention creates. You have the choice to resist your contrast or celebrate what it's helping you create. The one you pay attention to is the one you see more of.

3. I am

4. I have

5. I love it when

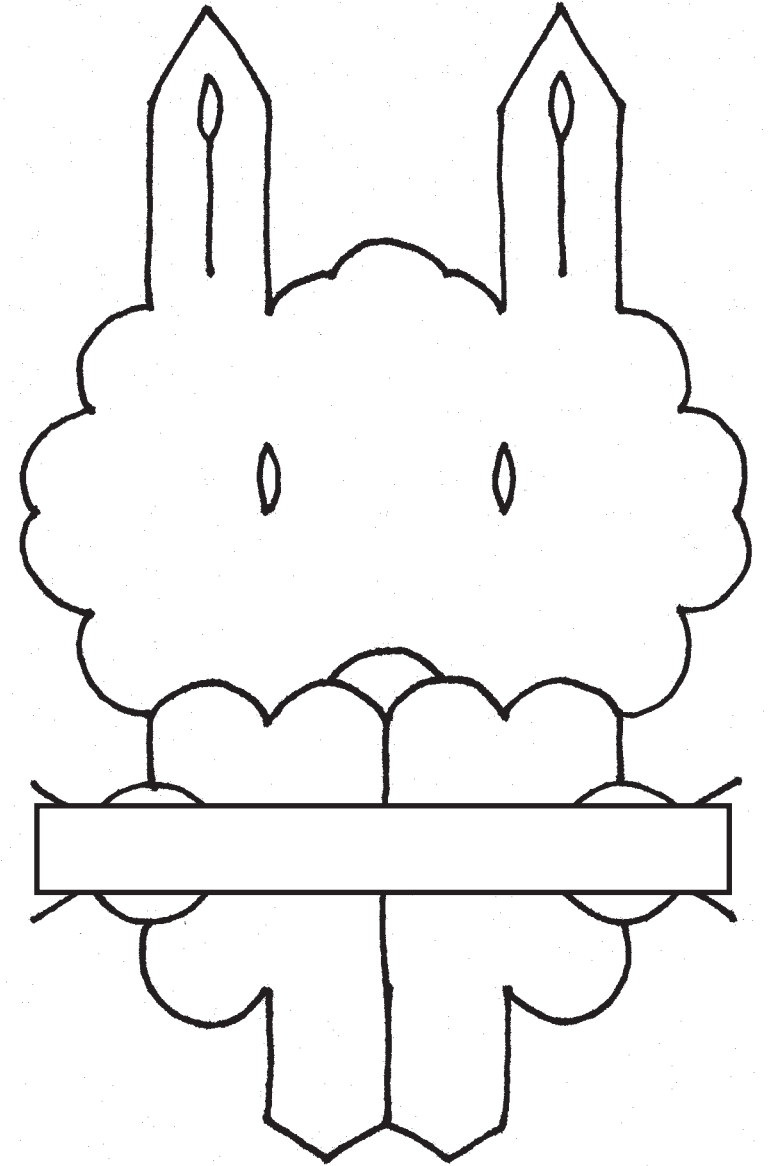


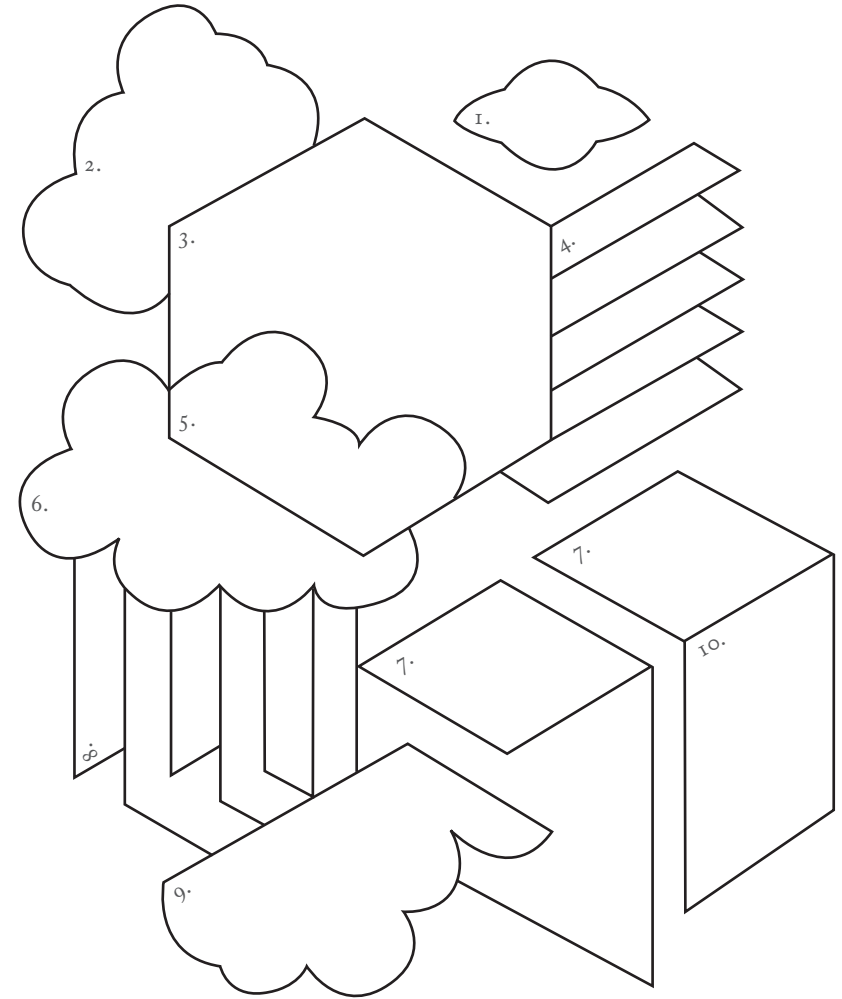
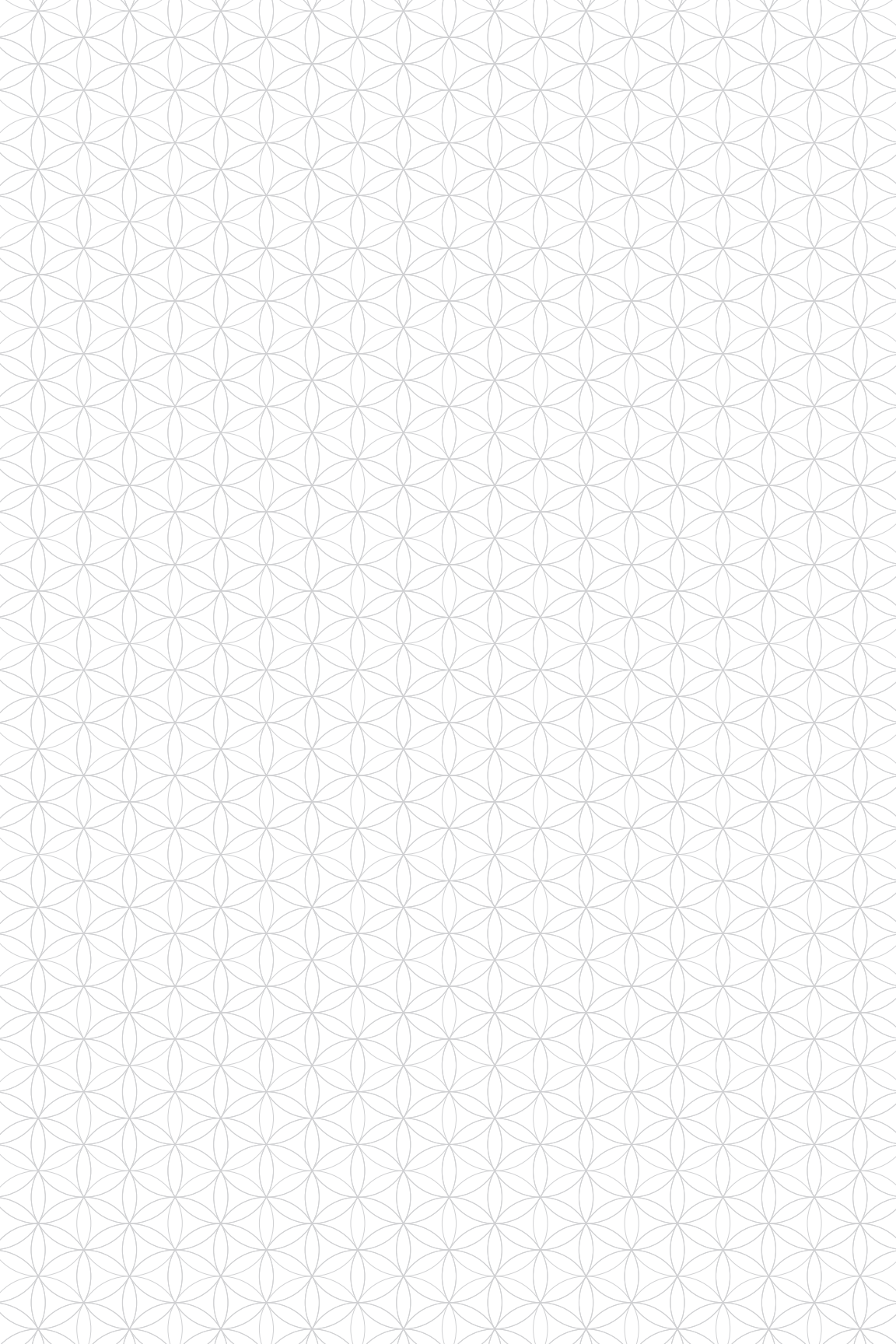


-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

How May I Serve

Ask yourself, "How may I serve?" then write down the first thing that comes to mind. When you serve your reality, your reality serves you.





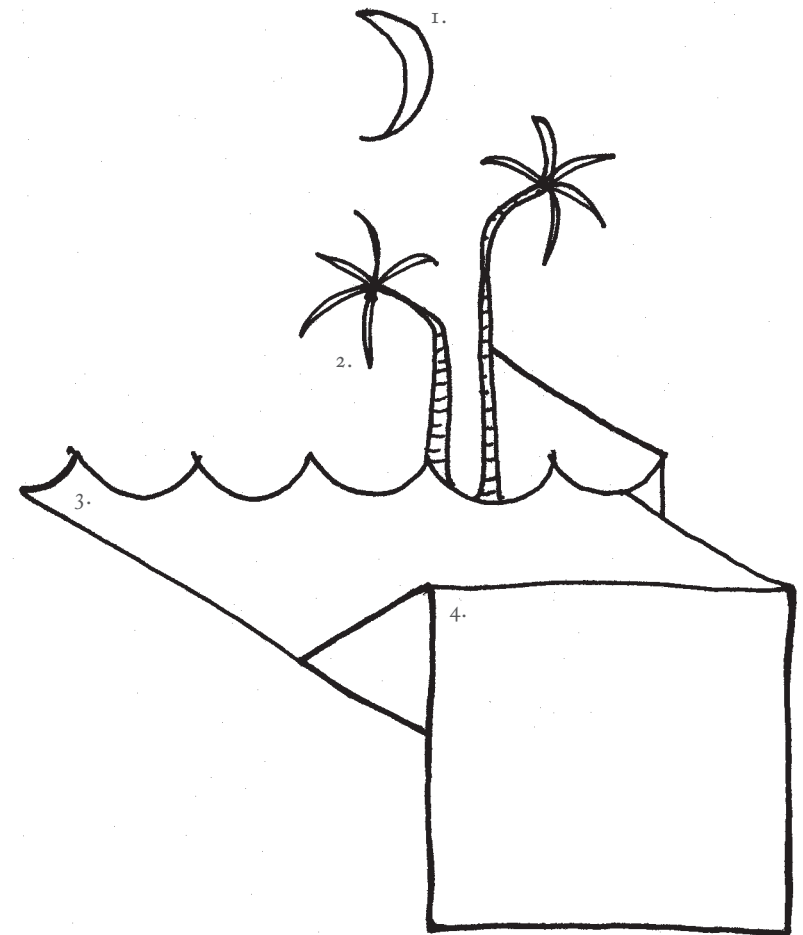
-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

23

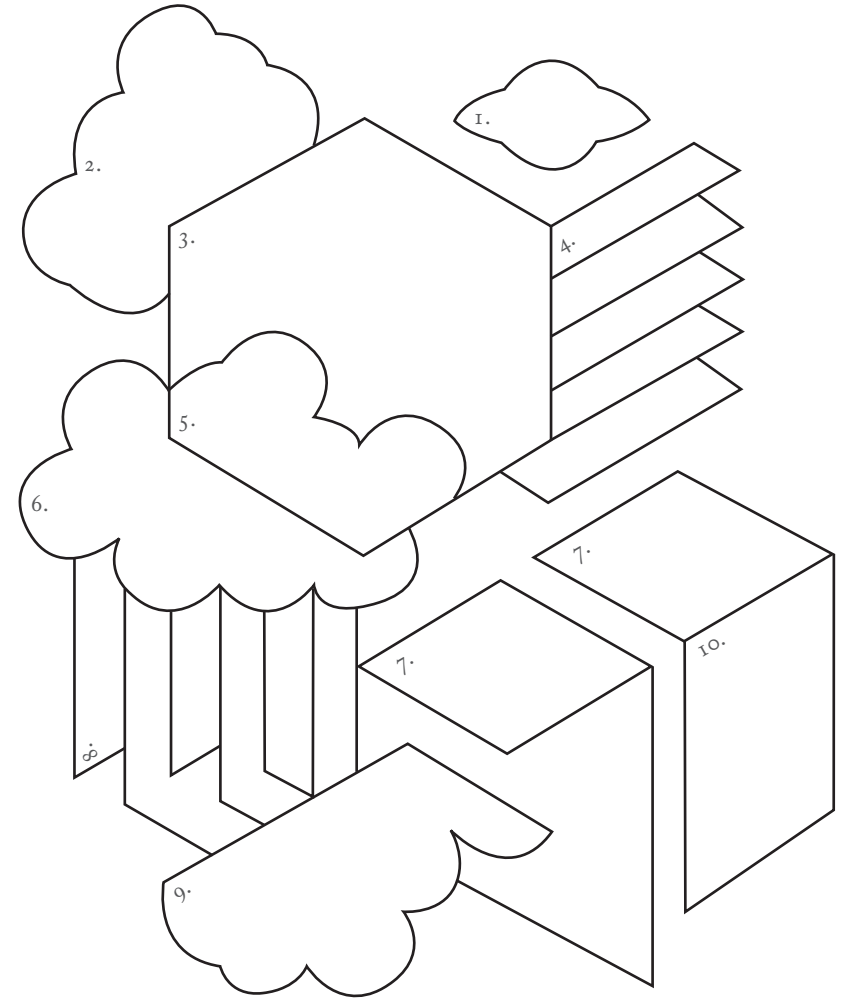
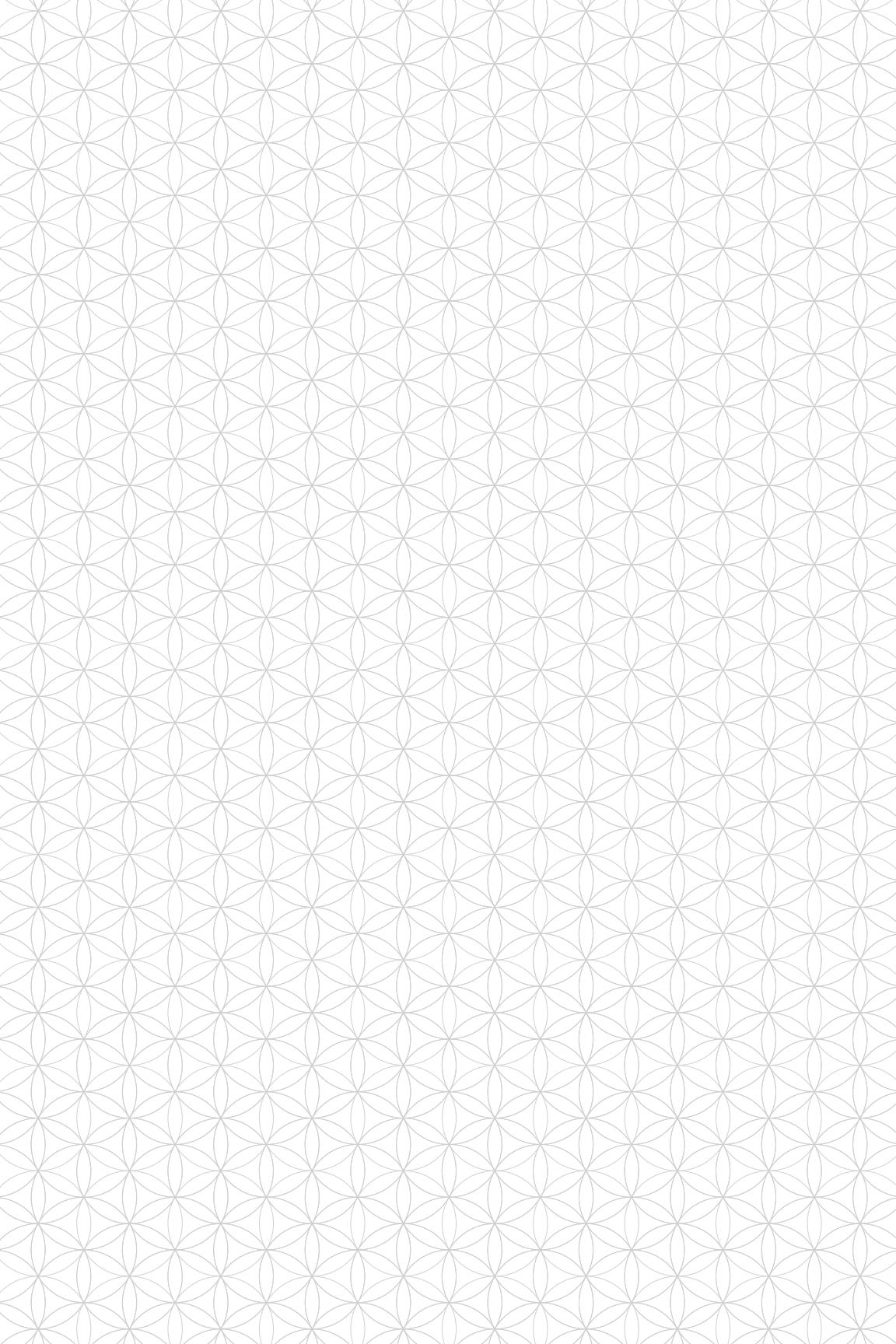
Prepaving

Prepaving is the practice of consciously creating events before they occur. Remembering that we have control over how events unfold can turn nervousness, anxiety, uncertainty or fear into excitement and empowerment. Envision the version you want and celebrate your creation with the knowing feeling of everything going your way.

Before your next meeting, date, or adventure, take a few seconds to think about what you do want, instead of what you don't want.



-
1. Event title
 2. What happens before the event?
 3. What's the best that could happen during?
 4. How do you want to feel after?



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

Flawless Victory

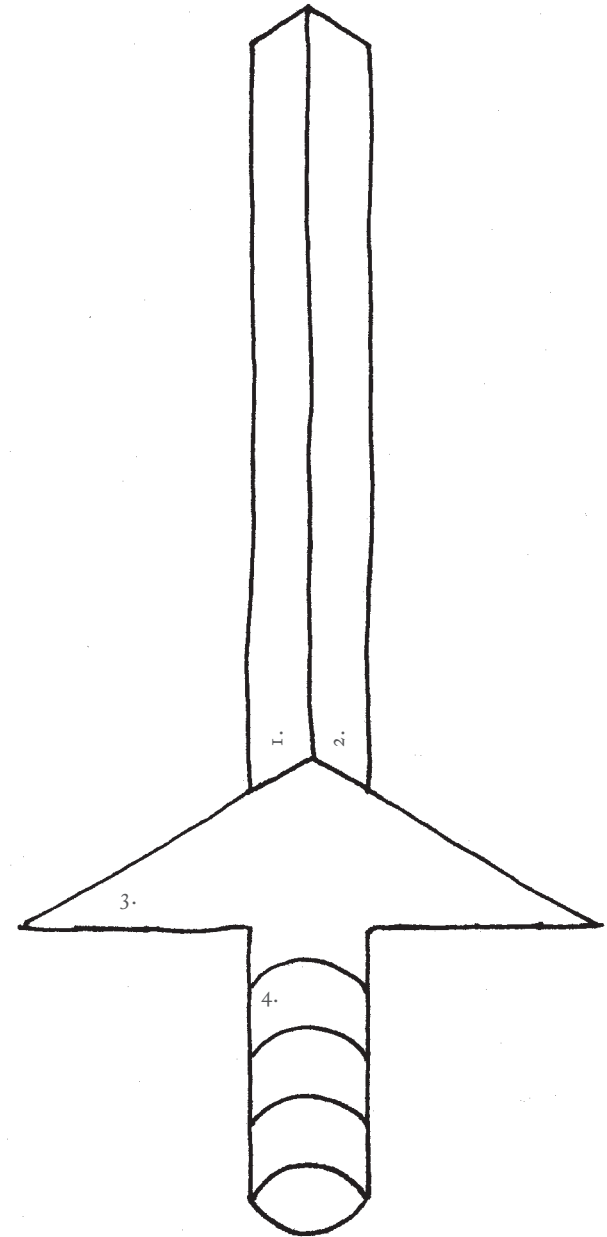
Sometimes everything just works out. You set out on an adventure or to complete a task and everything ends up going your way. After a particularly invigorating success, it helps to reflect on what helped you unlock this achievement. What worked and how can you apply those skills to future life encounters? When you milk the feeling of your victory, you are focusing on how you like to feel, which increases the likelihood of more victories.

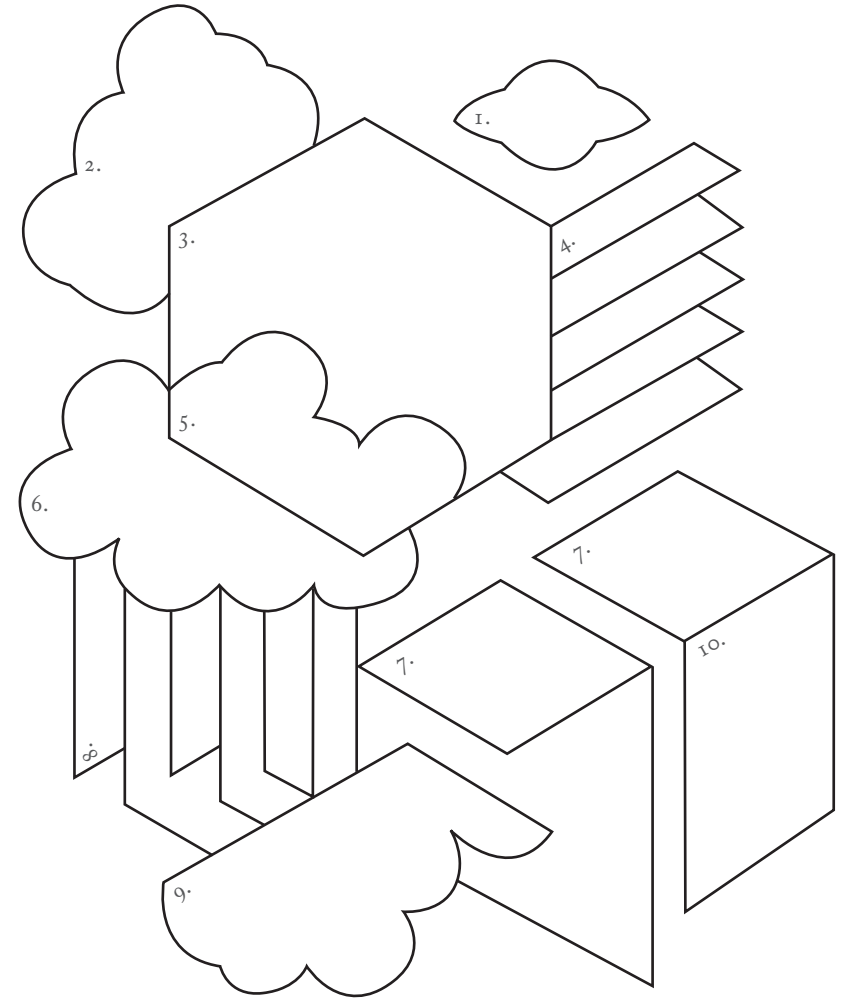
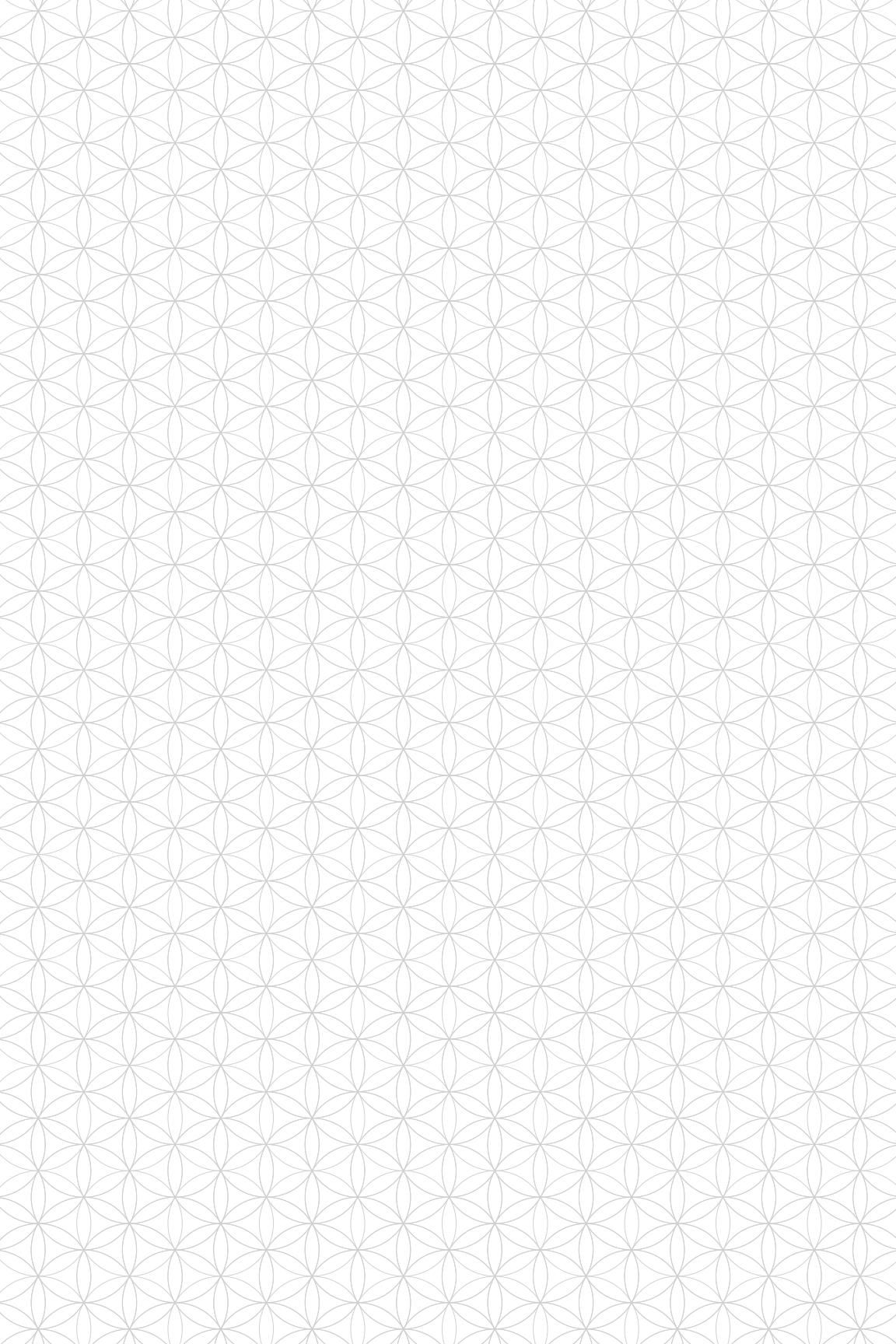


Warrior Name:

Opponent Name:

1. How did you prepare for the battle?
2. What were your special moves?
3. What fatality did you use?
4. How did you feel after your victory?





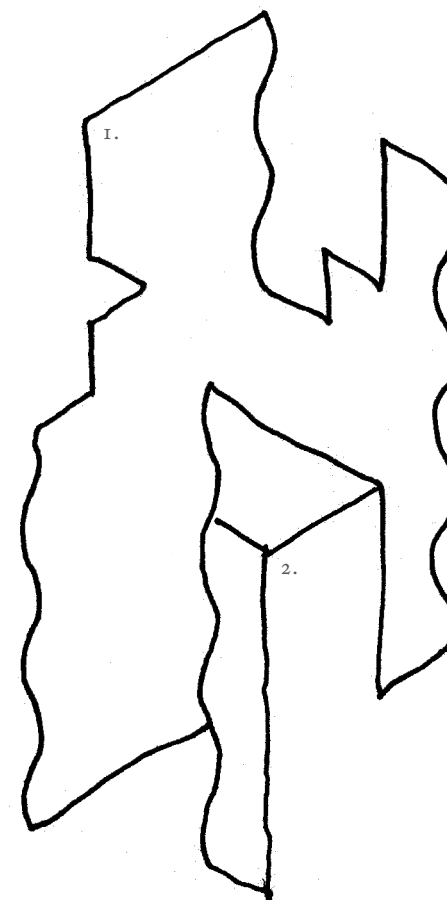
-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

(25)

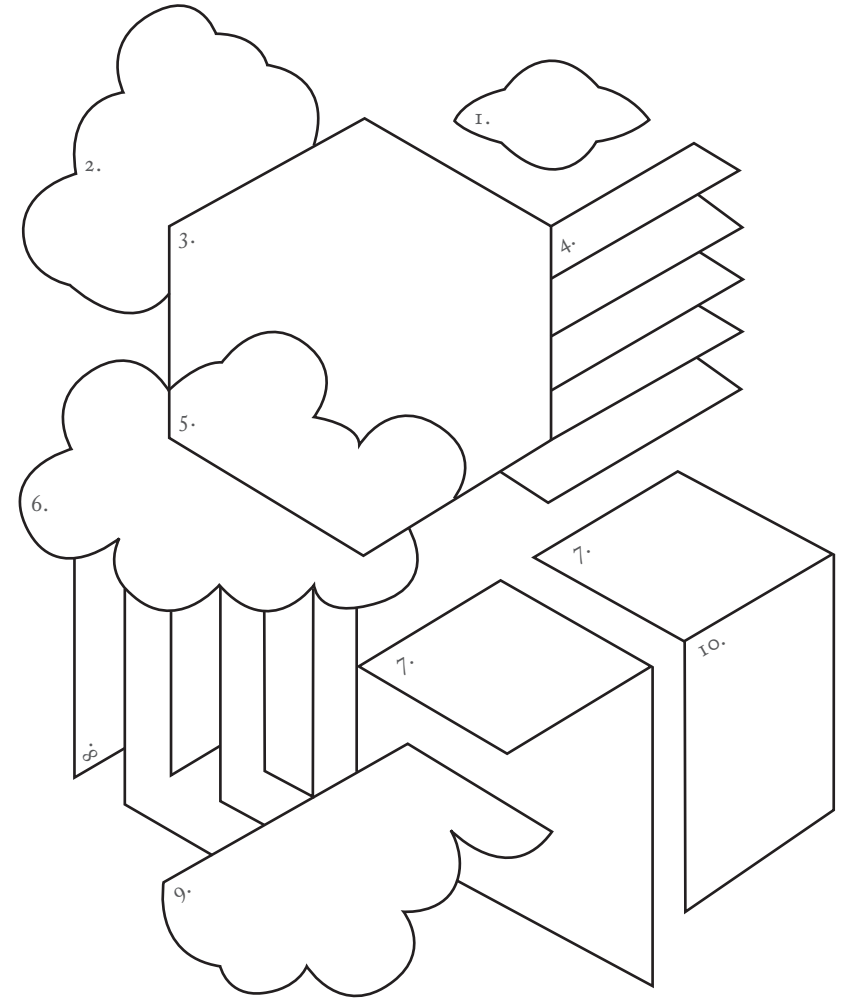
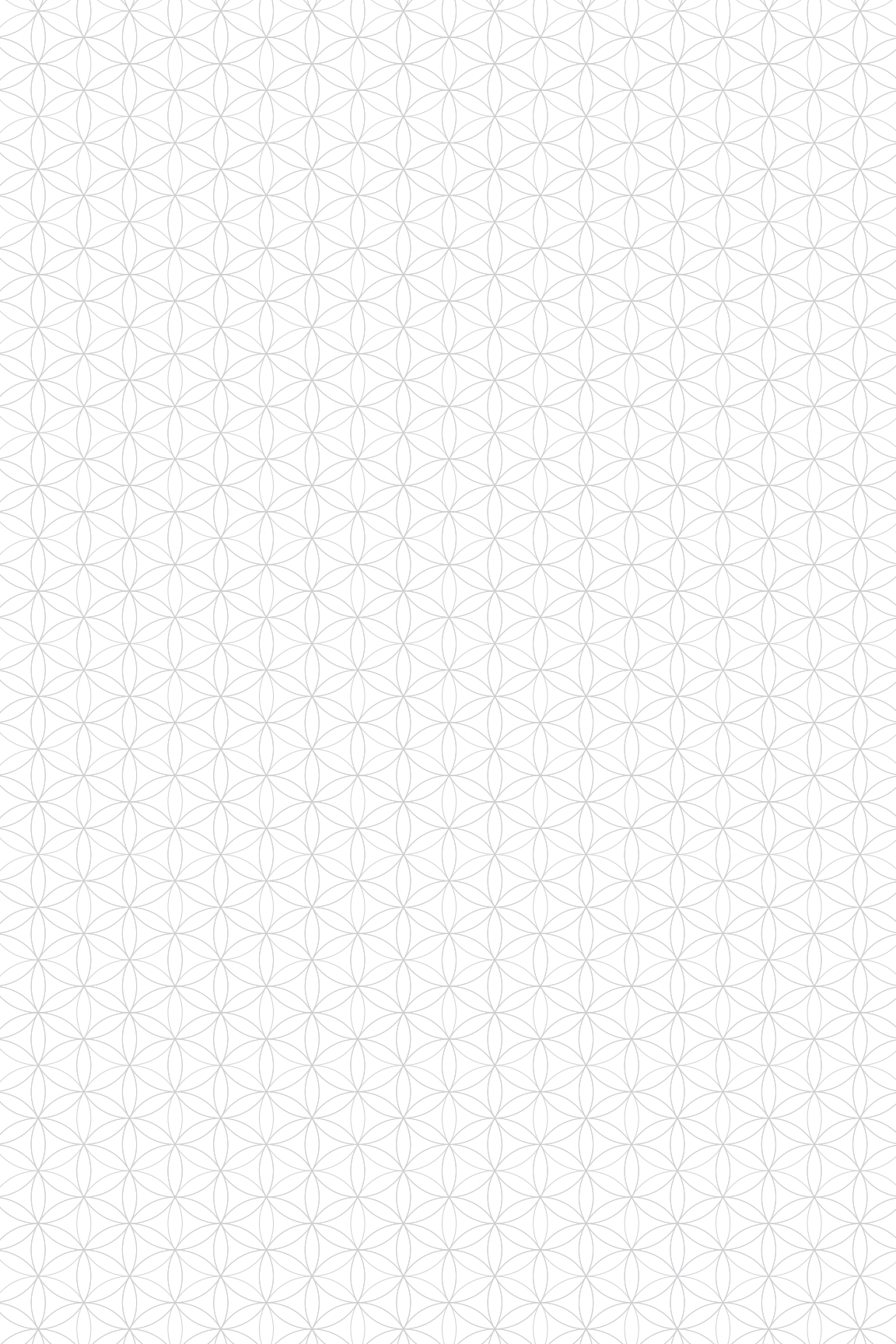
Self-doubt Alchemy

Inspired by an article on tinybuddha.com about not believing your inner critic, this alchemic experiment encourages you to take advantage of your resistant, fearful inner dialogue by accessing the other side of the wave and turning self-doubt into empowering and exciting affirmations of inherent truths. Every resistant thought is an opportunity to focus on and allow the feeling of its opposite. This exercise helps you release persistent negative thoughts and replace them with empowering ones.

Transmute your fear-based self-doubt into creative gold.



-
1. What I am afraid of.
 2. What I know to be true.



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

The Cauldron

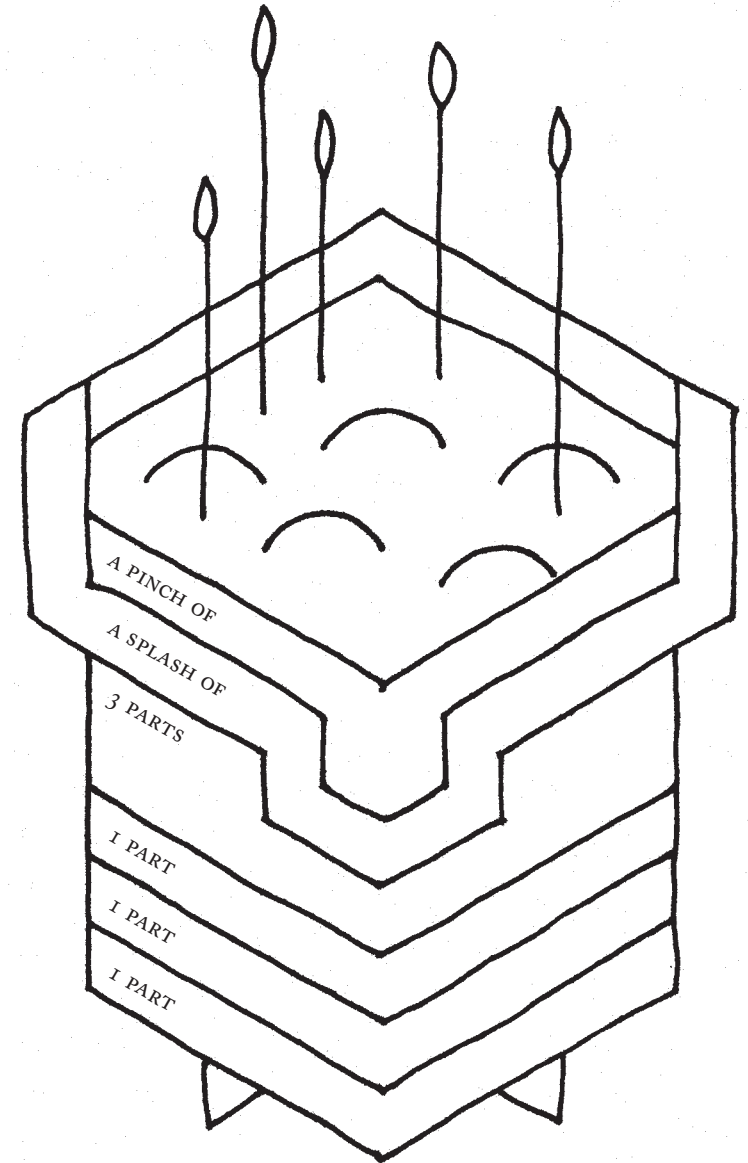
Every spell comes together with a little bit of this and a little bit of that.
With the right elements though, a powerful conscious creator can create anything she desires.

What are you going to need on your side? What indicators will let you know the spell is working? What do you already have working in your favor?

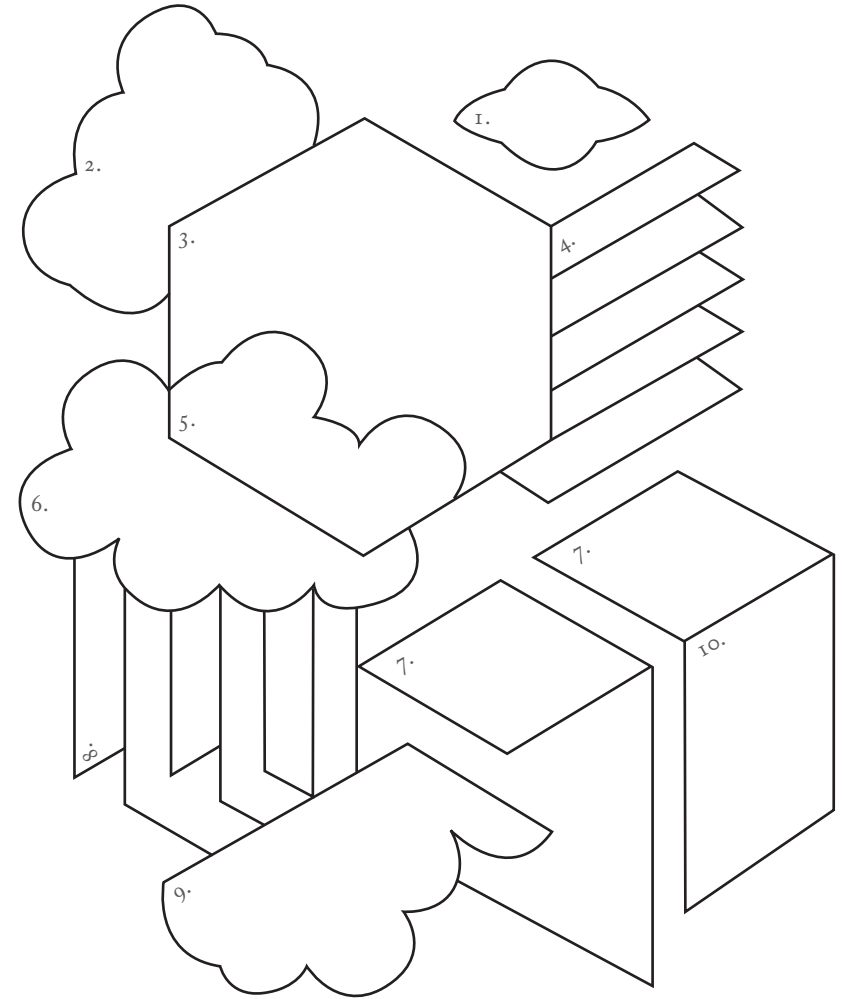
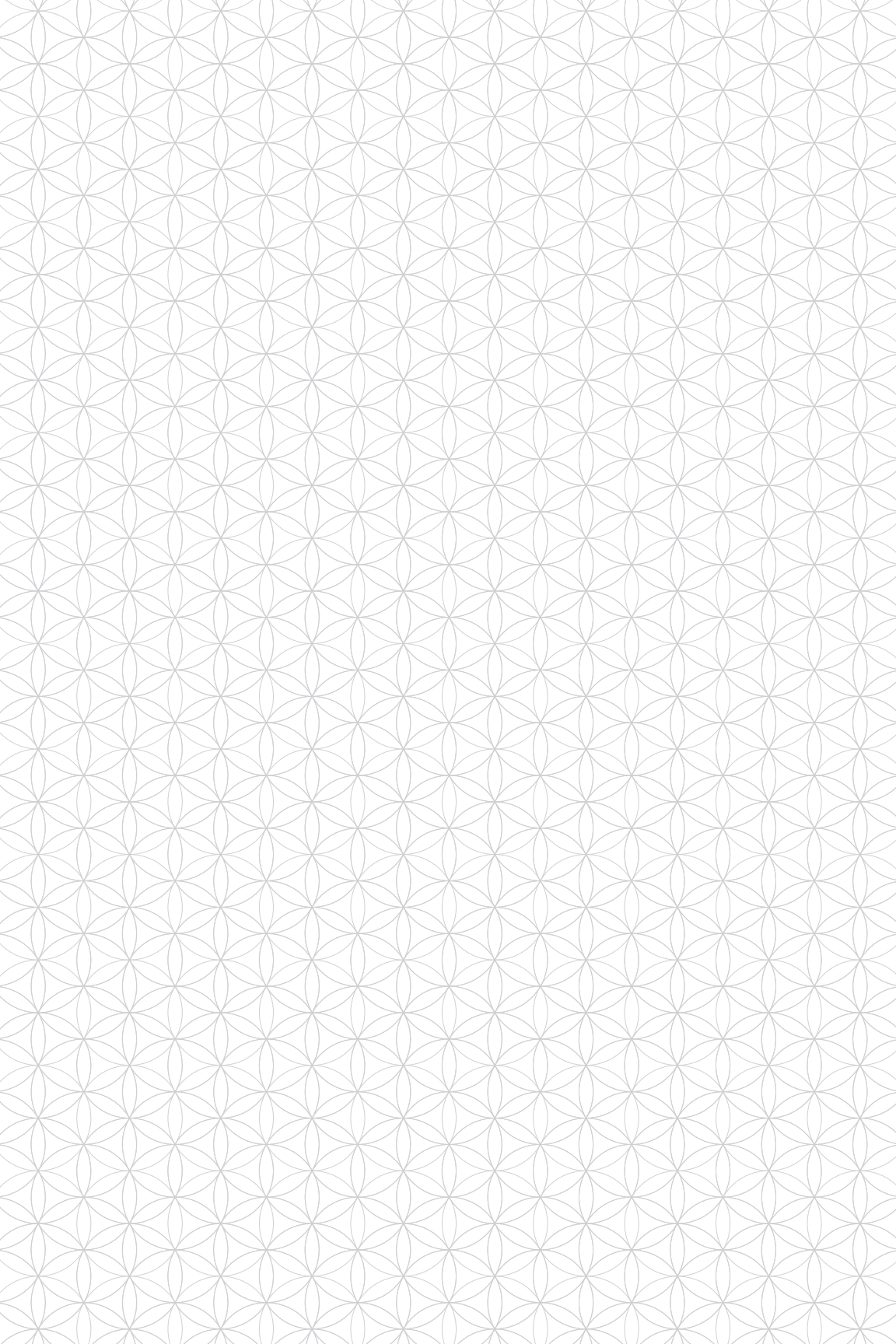
Concoct a recipe for your spell and give it a stir. Know that all the ingredients are combining to create a serendipitous chemical reaction that is out of your control.

Now that the mixture is complete, fill in the chant below and say it to yourself whenever the thought crosses your mind. When you see evidence of your spell working, or when you start to doubt it, say the chant below and know that the universe is doing its work.

_____ and _____ give me power,
Time to make my _____ flower.



The purpose of this spell:



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

(27)

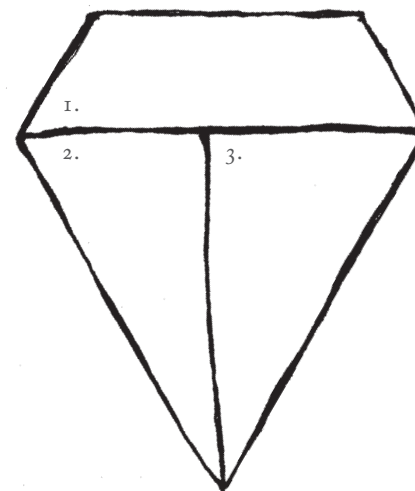
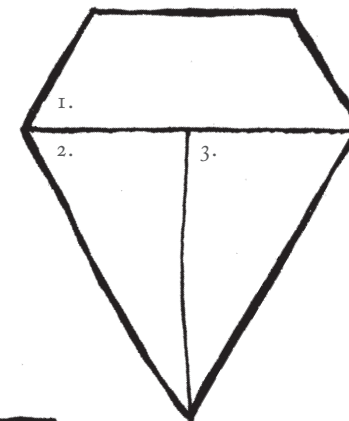
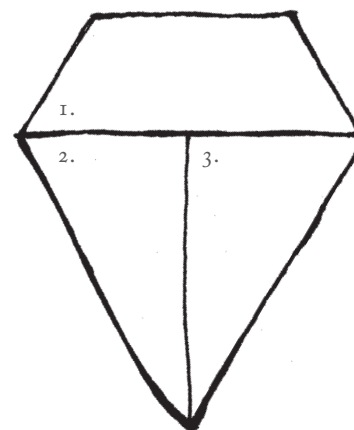
Give What You Want to Get

You believe it, then you see it, not the other way around. The universe is showing a reflection of the signal you are sending, and the signal you send the universe is how you feel.

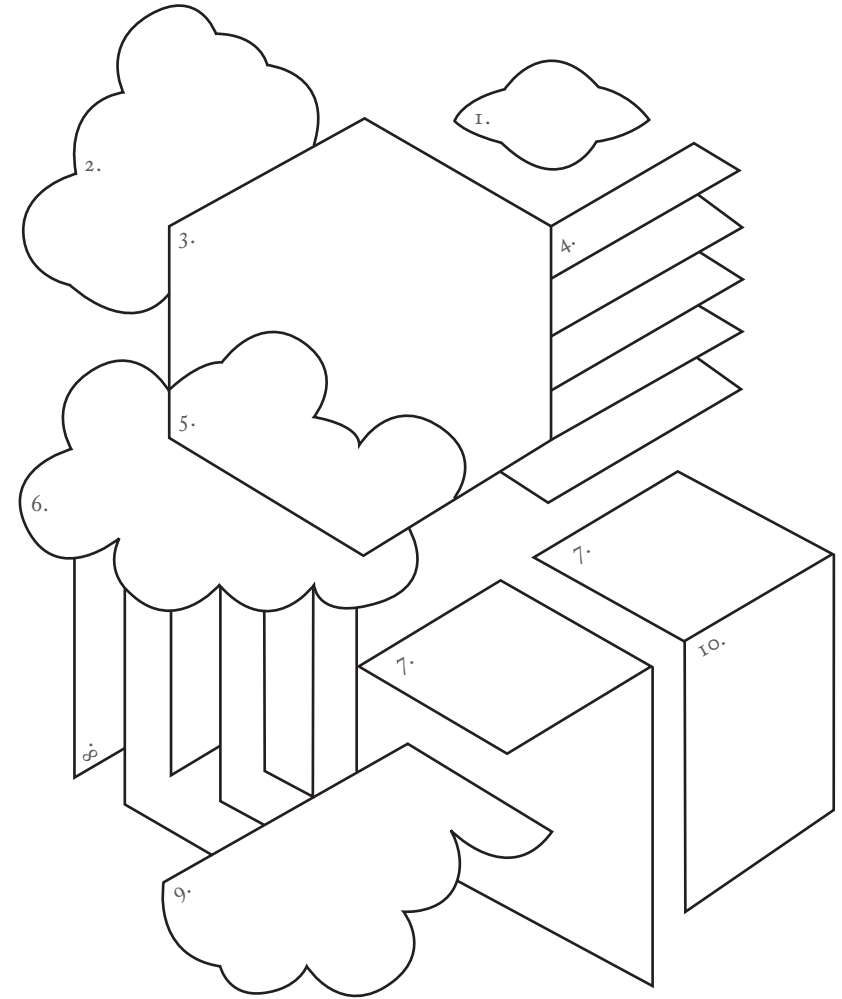
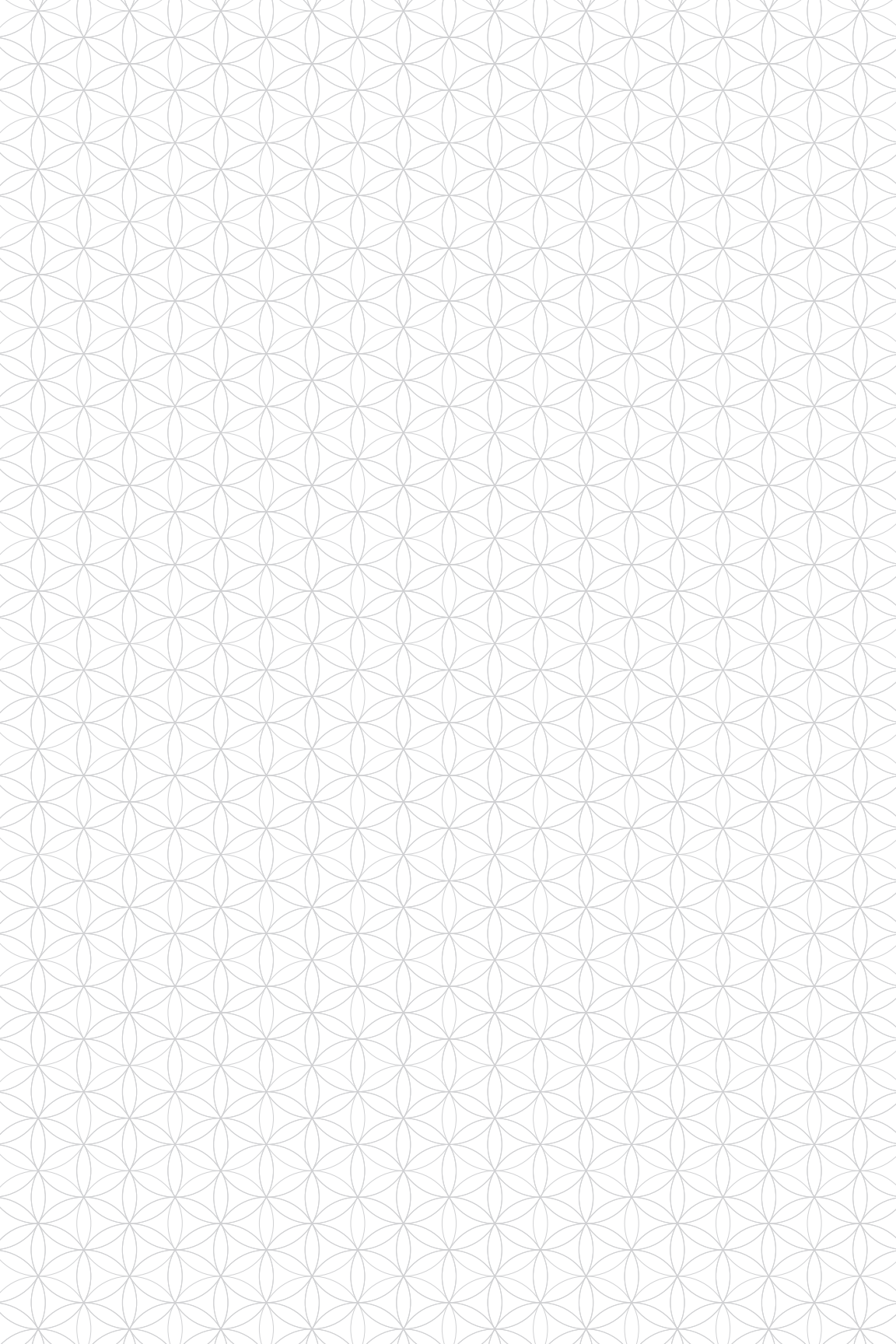
If you feel bad about money, your reality will reflect that. On the other hand, if you feel good about it, the universe will show you more things to feel good about. When you practice the feeling of abundance, you put yourself in the emotional state of financial stability. The more you practice and send a signal of feeling abundant, the more abundance will flow into your reality!

The best way to get what you want is to feel as if you already have it. When you are able to feel the way you want to feel without the manifestation, the manifestation comes immediately because the universe can only reflect the signal you send.

After you are able to pinpoint exactly how you want to feel, visualize yourself in the situation you desire and feel the way it feels. Hold the feeling for as long as possible. Then let go and know manifestations that feel that way have been created and are coming your way.



-
1. To whom do I want to give?
 2. What would I like to give?
 3. How will giving it make me feel?



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

(28)

Two Wings to Fly

"God turns you from one feeling to another and teaches by means of opposites, so that you will have two wings to fly, not one."

RUMI

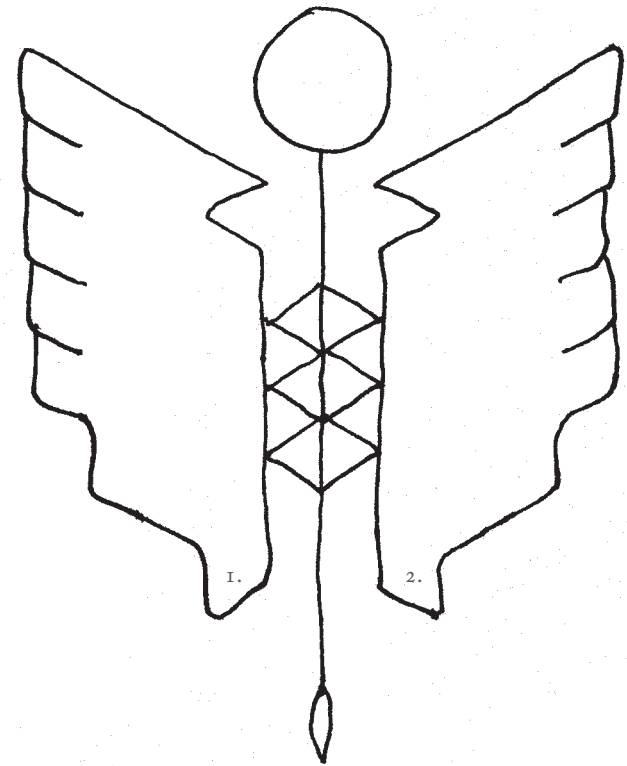
What if there was only one side of the wave? It wouldn't be a wave. It would be a flat line. What is life as a flat line? Death.

When you are in your moment of contrast, ask yourself, "What is this causing me to ask for?" Then celebrate! Without the problem, how could you attract the solution?

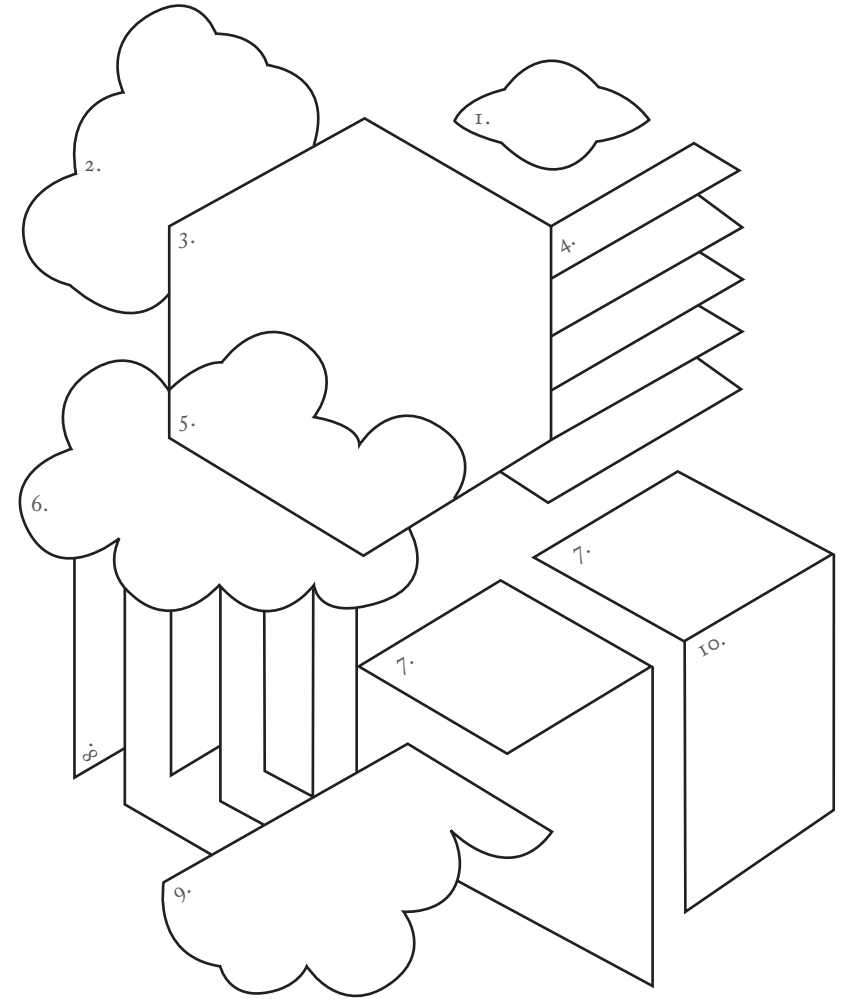
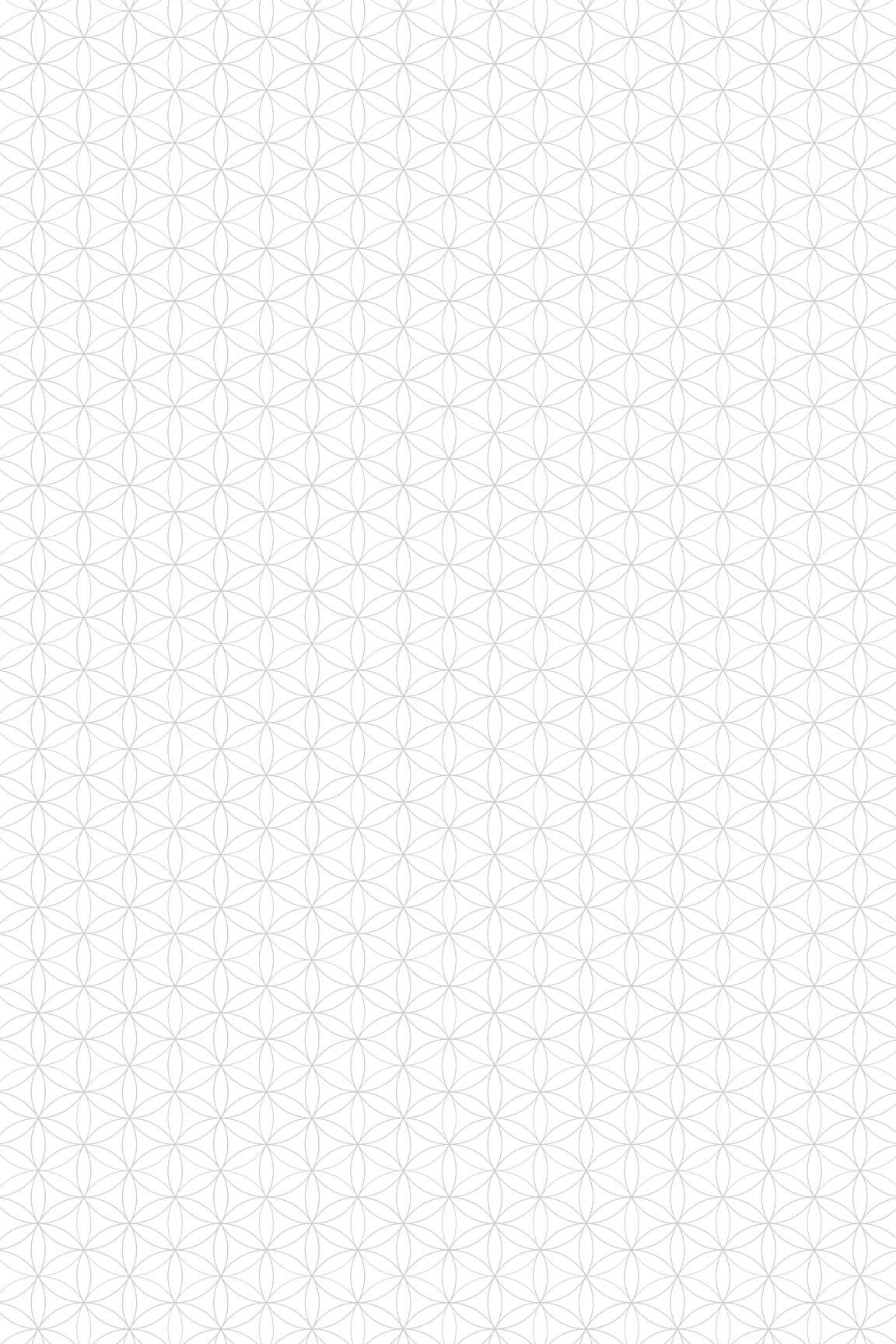
Write your problem in the left wing of the angel at the right. Then write your solution in the right wing.

Notice how she couldn't fly without both?

Let your contrast be your boost. How is your problem giving you a leg up? In what way is what you don't want helping you ask for you what you do want?



-
1. I must experience [something bad]
 2. in order to experience [something good].



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

Your Own Medicine

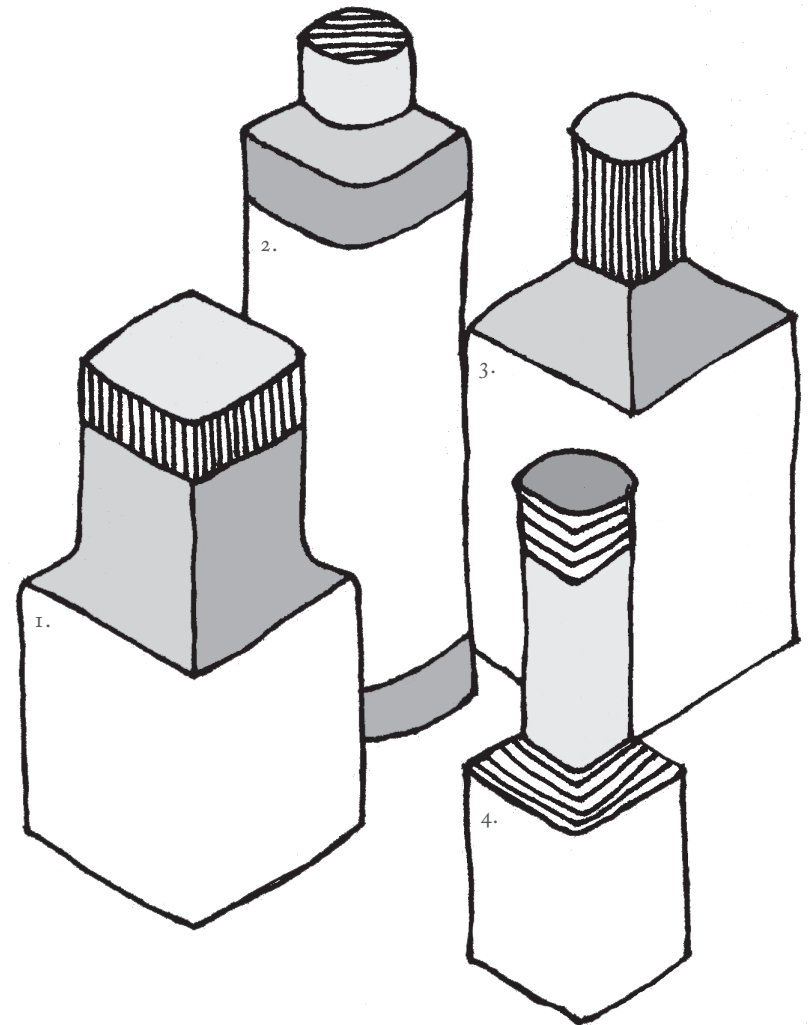
In each of the numbered potions on the right, write a piece of advice that you've heard yourself give someone else.

If your reality reflects you, and everything in your reality is a reflection of the signal you send, then the same is true for the people with whom you share this co-creative experience. Each person in your reality can only reflect your current beliefs about your reality.

When you hear yourself giving advice, remember it is only yourself you are talking to. Think someone could change the way she is living her life? The way you see her situation is only a reflection of your beliefs. You are noticing your own perceived short-comings.

Listen to what you are telling others to do and remember that you are only your higher self talking to reflections of yourself.

Then, take your own advice.

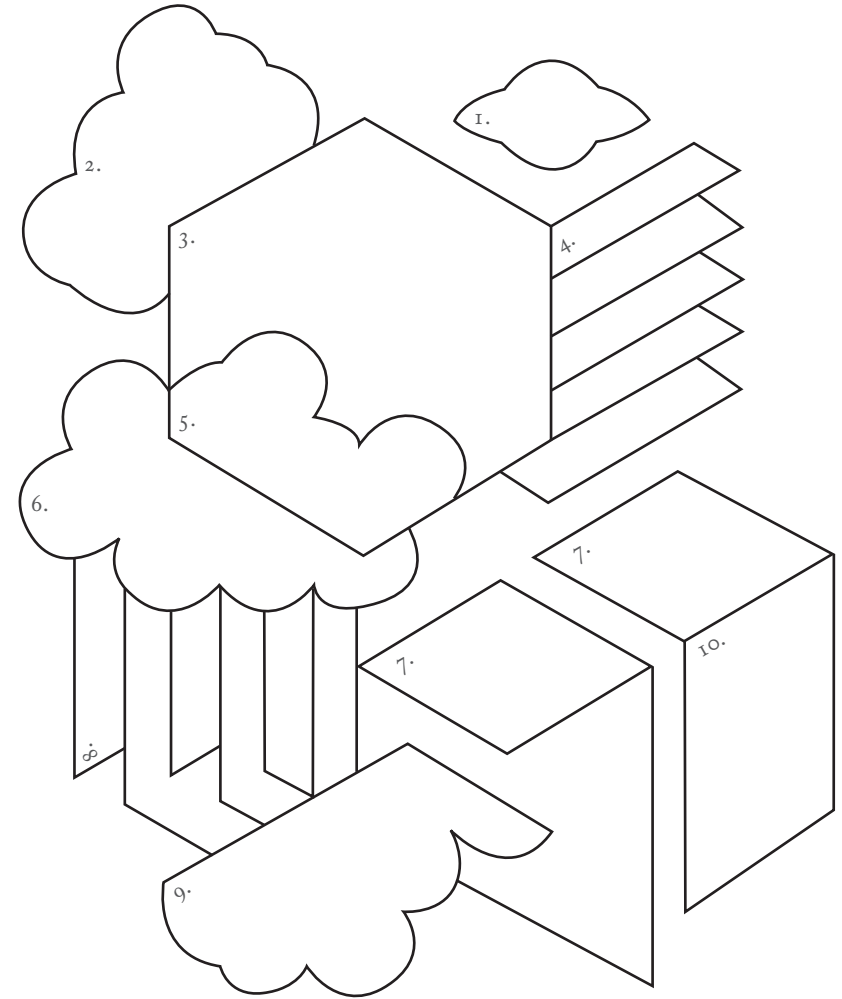
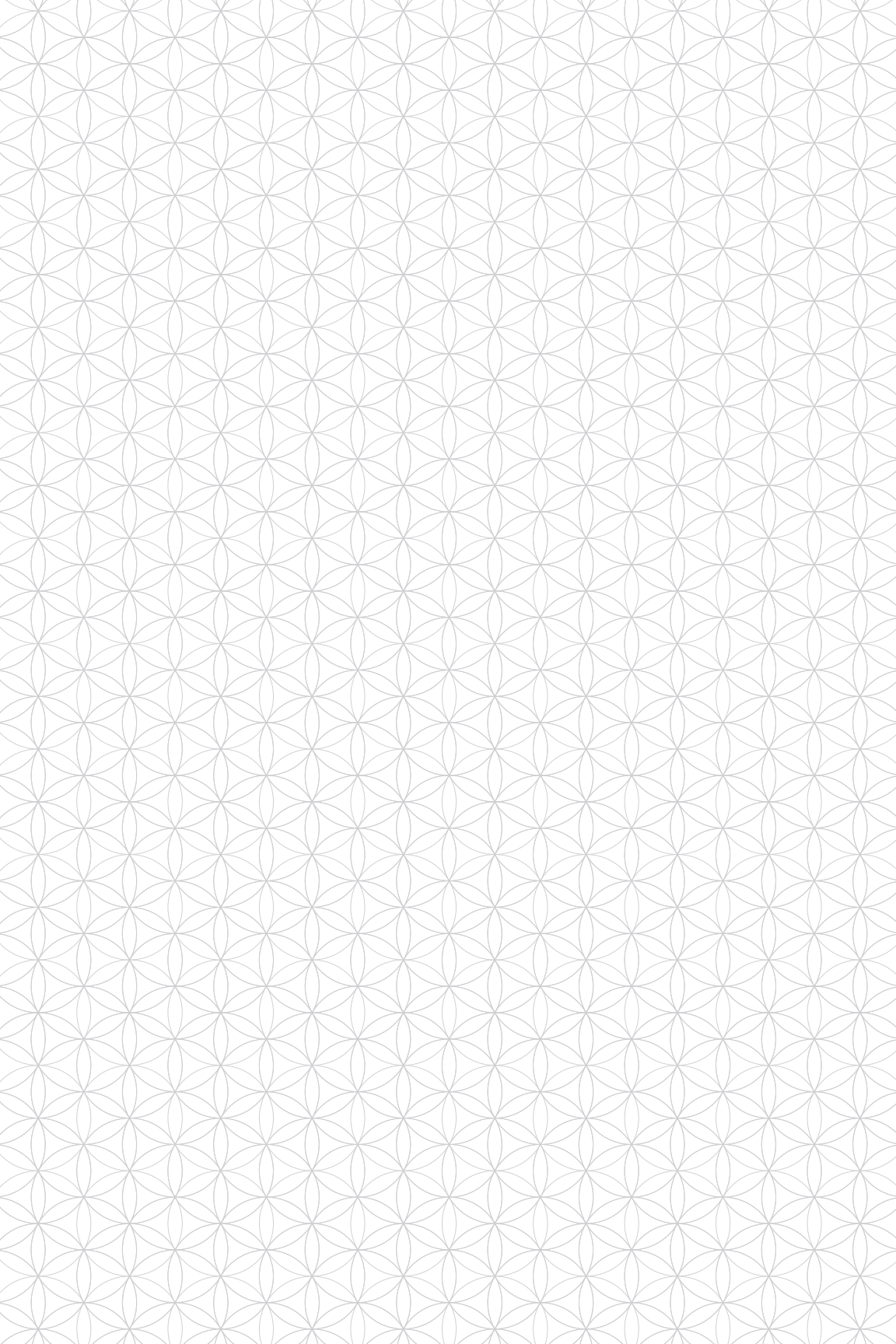


1. Friend

2. Colleague

3. Society

4. Family Member



-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

Ask the Universe Anything

Go ahead, ask.

Do you believe the universe provides? Do you believe the answer is always right there winking at you, waiting for you to pay her some attention?

Of course you do. Not only do you believe, you know.

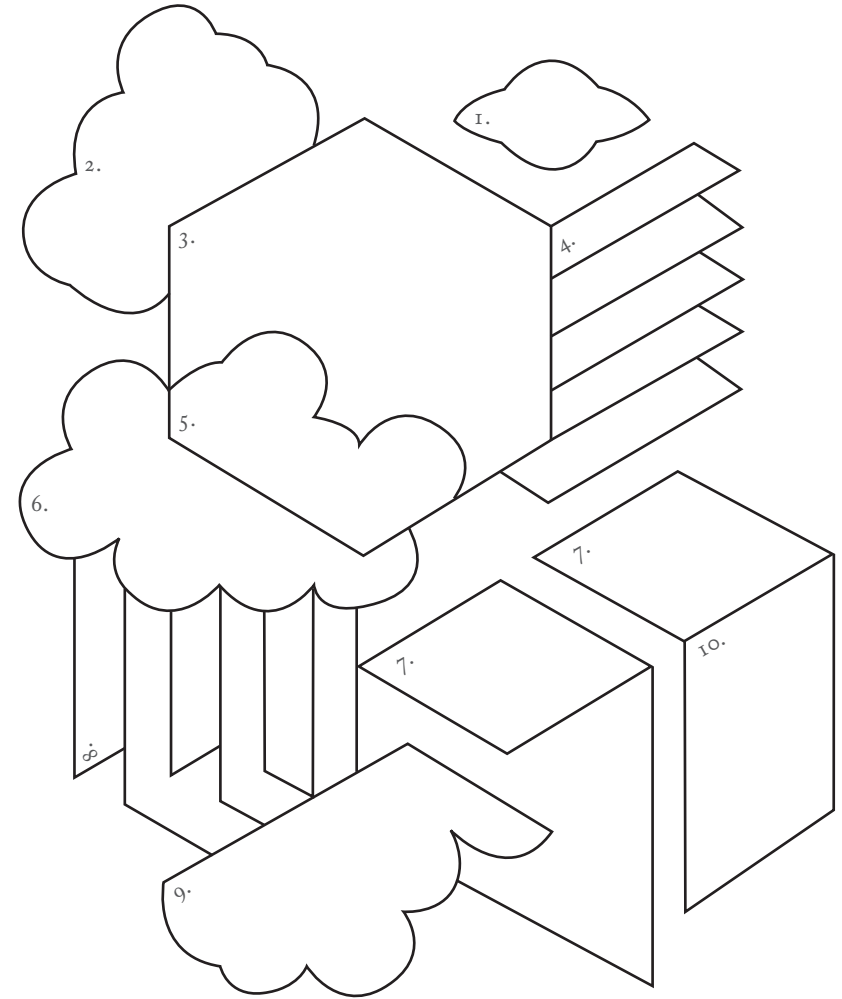
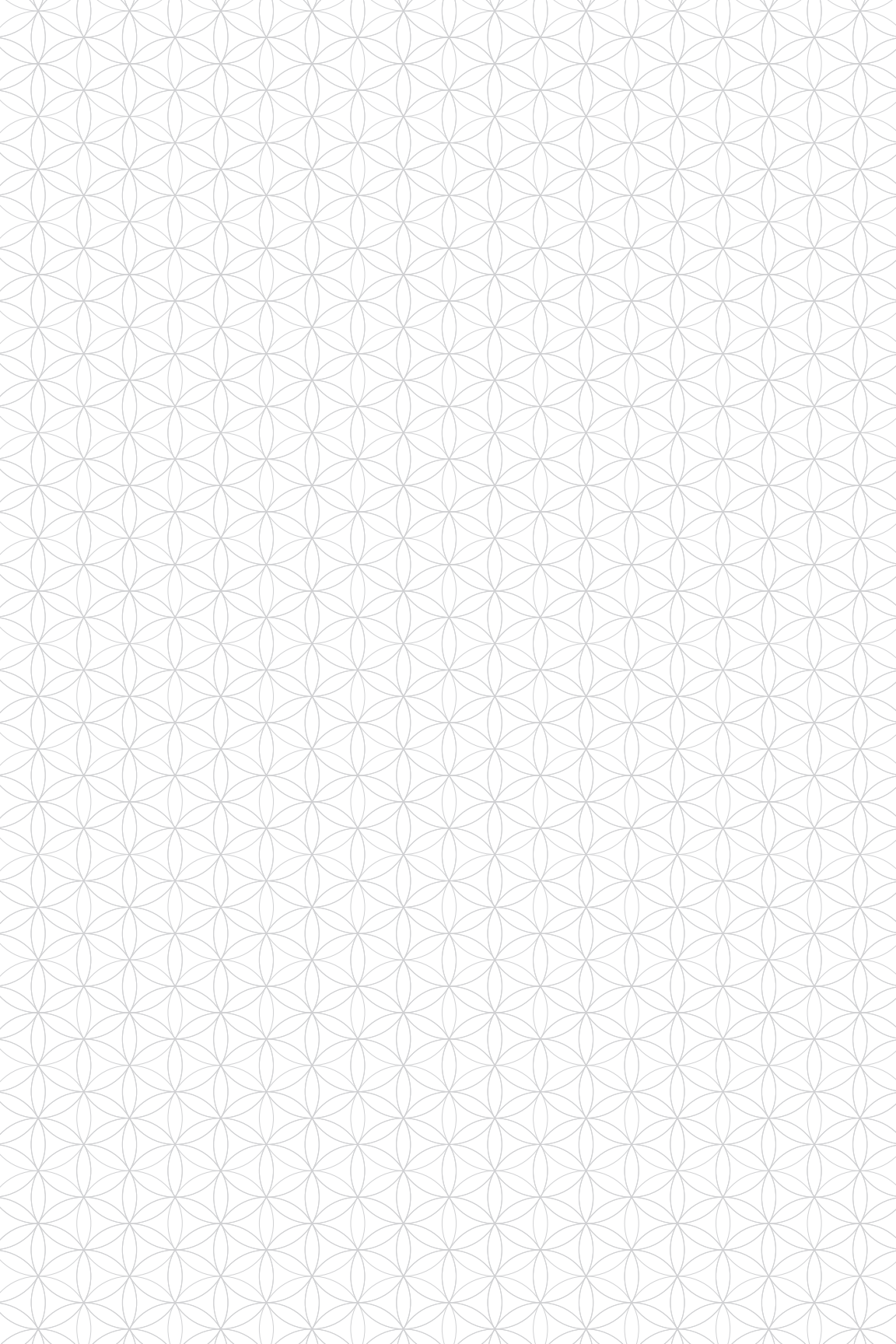
Ask the Universe Anything then trace the labyrinth while you listen for the answer.

Question:

Trace the labyrinth back out while you allow yourself to take its advice.

Answer:





-
- | | |
|--------------------------------|-------------------------------------|
| 1. Date | 6. Today's mantra/affirmation |
| 2. Dreams | 7. I want to feel |
| 3. Today's Theme | 8. Best parts of my day |
| 4. To Do Not Give a Fuck About | 9. Make a wish |
| 5. Intentions | 10. Tomorrow I will wake up feeling |

Plant the Seed

When we experience a particularly emotional chapter in our lives—good or bad, long or short—the tendency of the mind is to replay the event over and over, either trying to resolve a conflict or mining the past for good feelings. Whether you’re reliving a positive or negative experience, you are not in the now. You are looking for something outside of this now to make you feel good.

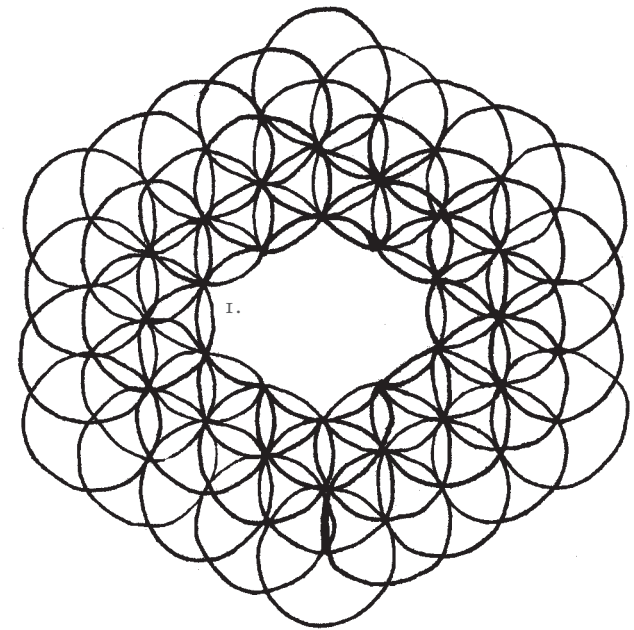
When we are able to stop thinking and be present in the now, we open ourselves up to the best of what we are able to receive. When we stop trying to solve problems or re-create romantic dates, we allow solutions and more dates to flow naturally. When we continue to run things over in our minds, we block the flow of well being and prevent the universe from doing its work.



Name your experience: _____

1. What was the best part of the experience or what is one thing you can learn or take away from it? Write it in the space to the right.
2. Turn this flower you plucked into a present tense affirmation such as, “I let the flow do it,” or, “I love it when we get along,” or “I feel prosperous.” Write the affirmation below the flower. This is your seed.

Now let your seed grow. When you plant something in your garden, you don’t turn around the next day and dig it up; you give it time to grow. Give your seed time to grow into more flowers like the one you chose. Anytime your mind tries to revisit this story, say your affirmation to yourself and picture your seed growing. Every time you drop a thought about the past and relax into the now, you nourish your seed.



2. _____

Glossary of Terms

Flow: Named by Mihály Csikszentmihályi, flow is a word to describe the feeling of being totally absorbed by an activity, in a pleasurable and focused way. When one experiences the flow state, thoughts subside and motions become automatic, guided by the subconscious or infinite intelligence.

Magick: We spell the word magic with a “k” in this book to differentiate between stage magic, and divine magick. Magick is the power to shift perspective, choose our thoughts, and therefore create a new reality. Magick is a way to describe our innate ability to co-create with the flow of life.

Synchronicity: A synchronicity is a meaningful coincidence. It is a wink from the universe letting you know you’re on the right path. When life hands you the exact amount of money you need, or you run into someone you were just thinking about, know that life is encouraging you and helping you towards your goal.

Endless Manifestations

If you loved this book and want to start a new 31 days, you can order a fresh copy online here: bookmmm.schooloflifedesign.com

Digital Monthly Manifestation Manual

You can download a digital PDF that you can fill out on your phone/tablet or print out yourself. Download the digital MMM here:
digitalmmm.schooloflifedesign.com

