

FIVE DAY

Manifesting

CHALLENGE

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A NOTE FROM GEE

You are all that you believe you are.
You are the ocean. You are the sun. You are the leaves on a tree.
You are connected to everything. And everything is here to work
in your favour. You intended for it to be that way long before you
made your journey here. I'm so honoured to be a part of this
journey with you and excited for you to evolve and become
everything that you already are. Get ready for major shifts. You
are infinitely loved and supported.



DAY ONE

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STEP ONE

Write a list of everything you'd like to manifest right now. Nothing is off limits.

From your list, choose ONE thing to manifest over the next 5 days, something that you feel connected to as you review the list.

At the bottom of this page, write what it is up the top, just the description of it, don't add "I desire" or "I want".

E.g.

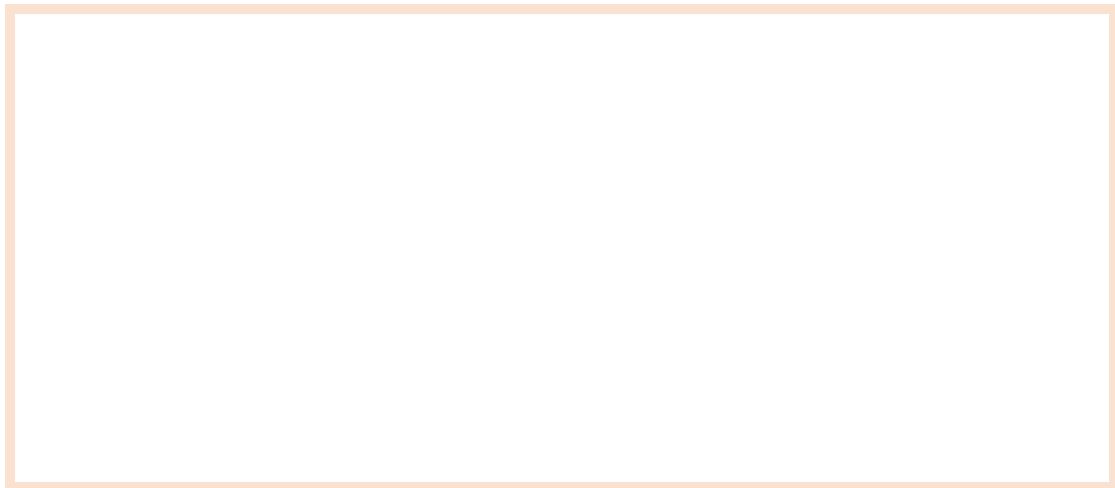
\$10,000 income for the month of September

OR

3kg weight loss

OR

The work promotion



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STEP TWO

We are going to choose a manifesting technique to use. Here are a list of possible techniques. Choose the one that resonates with you the most and would be fitting for your desired outcome.

MEDITATION FOLLOWED BY VISUALISATION

Start by finding a comfortable position, then close your eyes and start your Mindfulness Meditation. It doesn't have to go longer than 5 minutes, but feel free to make it as long as you desire. Focus on your breath, on your pulse or on a particular sound. Release any thoughts or feelings. This is an opportunity to remove any stimuli, no tastes, feelings, sounds (unless using it to focus), smells or distractions. Once you feel completely relaxed and you have no resistant thoughts enter your consciousness, you can begin your visualisation. Think of your desire and the best possible outcome. Now visualise yourself experience the fulfillment of that desire through your eyes (as though you're living the experience). What do you see, who are you with, what do you smell, what do you taste, what do you say, what are you wearing, what is the temperature, where are you, etc. Add as much detail as possible. Don't hold onto a particular element of the visusalisation, just let it flow. The aim is to feel good. When you're ready open your eyes. Let the vibration of that practice flow into your day or evening.

ACTING AS IF

Imagine that your desire has already manifested, now what? How would you act? How would you walk? What would you wear? What would you eat? What would you share? What would be next for you?

Act as if it's already happened. Your mind's eye does not know the difference between what you see and what you imagine. So acting as if means that your feelings, and hence your vibrational frequency is now one of having what you desire, and so your physical reality will have no choice but to match that frequency.

VISION BOARD

This is great for goals that have a visual element to them, such as an ideal body or a particular bag, etc. Create a vision board (either digital or on paper) with images and representations of your desire. Feel free to add phrases or words that evoke your desired feelings. Keep it in a place where you will see it everyday and spend 5 minutes really taking it all in. Stop at each element and imagine it being real for you. Imagine that your vision board is like your photo album, memories of your life. Imagine them as done, and now take a moment to enjoy them.

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2 CUP METHOD

Grab 2 cups/glasses. On one of them, add a sticky note describing your CURRENT reality, e.g. \$1000 income per month. On the other cup, add a sticky note with your DESIRED reality, e.g. \$10,000 income per month. Now pour water into your CURRENT reality cup. As you pour the water and hear the sounds of the water, feel what it feels like to experience your current reality. Now take a moment to hold the cup and visualise your current reality. Now pour the water from that cup into your DESIRED reality cup, listen to the sounds of the water pouring, and as you pour, visualise what it would feel like to experience your desired reality. Take a moment to hold the filled cup and spend some time imagining it and really feeling it. Then drink all the water from the cup, every last drop. Now remove the sticky notes, dispose of them and put the cups away. This process is known as jumping dimensions. As though two realities are happening simultaneously and now you've just jumped into a new dimension.

AFFIRMATIONS/MANTRAS

Choose 1-5 affirmations or mantras that resonate with you and your desire and read them aloud throughout your day, in the mirror. Speak them with conviction. Try and memorise them if you can. Whenever you find a resistant thought pass your consciousness, replace it with your affirmations. Affirmations are great for releasing limiting beliefs and replacing them with new beliefs.

PIVOTING

When you find yourself thinking a resistant (i.e. bad-feeling) thought, take a moment to be aware that you're thinking the thought and then flip the switch by replacing the thought with a better feeling thought. So when you are experiencing something you don't want, replace it with the thought of what you DO want. Once we change our thoughts, with it we change our emotional state (and hence our vibrational offering).

THE PLACEBO EFFECT

Just like in medical testing, we are going to choose something and create a placebo effect. This technique is good for attracting an ideal body or even money. Choose something that will be your placebo, then in your mind imagine that it causes your desire to manifest. E.g. every time you eat a cucumber, you lose weight. Or every time you fill your car with petrol, you attract more money. A good way to make it more believable is to do some research. Do a google search for "ways to lose weight" for example, don't read any articles, but whatever comes up, take it at face value and use it as your placebo.

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\$100 BILL

Keep a crisp \$100 bill in your wallet and every time you are out and about, visualise you spending the money over and over again. Say to yourself, "I can buy that, and I can buy that, and I can buy that." So your mind thinks you are spending thousands of dollars on the things that you want. This activity helps to feel abundant and attract abundance. As a bonus, I recommend carrying cash on you at all times. Cash that you don't spend, but high bills that make you feel rich and abundant.

JOURNALING

Journal your desire into existence. Write what you're grateful for, write a positive affirmation or mantra, write in detail what you desire and how it feels, write how you embody those feelings in your life already, write out your resistant thoughts and how they are NOT truth, write out your appreciation for how far you've come and how so much has already shown up in your life.

SCRIPTING

Write out your desire as if it has already happened. So write in past tense. This is the process of DESIGNING your life and your reality. Write out in detail how you want your life to be, What your relationships are like, how much money you earn, what your body looks like, how you feel, etc. This process is also effective if you use the present tense, as though it's happening now. It is VERY important that you infuse EMOTION in your scripting process, if you don't feel the words that you write, then you won't experience them, you aren't writing a story, you are writing a diary entry, imagine having already experienced the reality and relive the experience (and with it the feelings attached to the experience) right now. Use emotive words in your script, e.g. "I'm filled with so much joy because I got to experience flying in my private jet." Things to include as you're writing; emotion, gratitude and description. When you are descriptive with your desire and how it looks and feels, you are focusing on those elements and they become your point of attraction.

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VISION STATEMENT

Write out your perfect day, from the moment you wake up to the moment you go to sleep. Every single element of your day. As though it were your perfect day. Everything you felt, wore, ate, smelt, experienced, where you were, who you were with, everything. At the end add this statement:

I, INSERT YOUR NAME, promise to stay true to my vision and values no matter what. If I ever lose confidence in myself, doubt or start to fear, I will reread this document to remind me of how powerful and valuable I truly am, and how important it is for me to always be my true self, the self that I am vibrationally.

Then follow that statement with your core values, mine are:

Love . Freedom . Health . Wealth . Growth . Expansion . Energy . Passion . Joy . Happiness . Wholeness . Oneness . Light . Courage . Humility . Inspiration . Fun . Charisma . Enlightenment . Empowerment . Contribution . Trust . Authenticity . Abundance . Awareness . Self-Awareness . Success

Read it to yourself, and as you read it (aloud is better), truly feel the feelings of that perfect day experience.

MANIFESTATION BOX

Find/buy a box, decorate it any way you desire. Now write on small bits of paper what you desire. And as you place your "order" (and put it in the box) visualise the fruition of that desire coming to life. Once it's in the box, it's up to the universe as to how it comes to form, you've made your intention, asked and now you need to TRUST that it's on your way to you. The same way you would buy online, add to cart and wait for it's arrival.

DESIRE INFUSED WATER

On a bottle of water write an affirmation that includes your desire. For example, "I am so grateful and happy for my beautiful new car." As you take sips throughout your day, read your affirmation and visualise the water flowing through your body and with it you are attracting and allowing your desire to manifest. This allows you to FOCUS on what you do want throughout your day while also adding a powerful vibrational frequency to your water.

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Once you have selected your technique, you are to dedicate some time right now to perform your technique. Don't allow for distractions, be completely present and believe that this method will work for you.

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DAY TWO

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STEP THREE

Now it's time to choose a MENTOR. Someone who has already achieved what you desire or who is a teacher/leader in the area you are focusing on.

You are to absorb their content today. Their YouTube videos, podcasts, articles, blogs, interviews, books, posts, any material you can get your hands on.

You are to mimic their approach and take their advice. Their success is irrefutable proof that you can succeed too.

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YOUR MENTOR:

How will you absorb their content?

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DAY THREE

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STEP FOUR

Now we are going to choose a powerful Mantra to aid in reprogramming your belief patterns.

Your mantra should resonate with you. Use Pinterest, Instagram or Google for inspiration, but create a mantra that feels aligned with your desire.

If it's money, you could say something like, "Money runs in. I have complete financial freedom, and I know that there are unlimited ways money can come to me."

If it's about your body and self-love, you could say something like, "I completely love and accept myself, I nourish my body with healthy foods and healthy thoughts, and I am so grateful that my body works so hard for me."

Once you have created your Mantra, you are to repeat it 3 times every hour, for all the hours you are awake today. Every time you repeat it, feel the feelings of that statement being true. What does it feel like?

To take this step a notch higher, repeat your Mantra while holding a glass of water, and as you affirm your statement, visualise your energy being transferred into the water molecules. Then after you have repeated your Mantra 3 times, drink your water while visualising yourself absorbing that powerful energy.

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YOUR MANTRA:

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DAY FOUR

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STEP FIVE

Today is all about FEELINGS. How would it feel to have manifested your goal/desire? Write a list below of all the feelings you would feel.

Example: If I'm attracting extra income, I would list feelings like; Abundance, Freedom, Richness, Happiness, Wealth, Expansion

Write at least 5-10 feelings.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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STEP SIX

Now I want you to write a list of ACTIONS you could take to feel those feelings NOW.

Example, next to Abundance, you could write; go grocery shopping, donate money, carry cash on me, wear my best jewellery and clothes, take a bubble bath with essential oils, sending gratitude messages to all your friends, buy yourself some fresh flowers, go on a day trip around your city/town, treat yourself to a decadent dessert and savour the entire experience, practice gratitude for the things that have already shown up in your life.

Or next to Healthy, you could write; go to the gym, make healthy food choices, meal prep, drink 2L of water, dance, cleanse my skin, exfoliate, choose essential oils over perfume, go for a walk, etc.

Then ACT. Perform some of those actions and truly FEEL the feelings you wrote down. You will be feeling the same feeling you desire to feel BEFORE the manifestation - that's how you get into alignment and vibrational harmony with your desire.

What are some actions that would bring you those feelings now?
(Select your feeling, and then follow it by at least 3 actions, choose at least 4 feelings in total) (If you need more space, use the extra page at the end of this workbook)

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STEP SEVEN

Surrender. Today, we are going to relax and know that the Universe is doing her part. We asked, we intended, we took action, we felt all the feelings and now we are going to take the day to be completely present and be grateful for the way life has unfolded so far. All is well and you are on your path, everything is happening exactly as it should.

I want you to write a reflection below on how you feel right now in the present moment and what you are grateful for.

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MY REFLECTION:

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MORE CREATIVE SPACE

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RESULTS

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WHAT DID YOU NOTICE FROM THE LAST FIVE DAYS?

What shifted? What manifested? What aligned? Did you feel resistance or were you in a state of flow?

If you felt resistance, I recommend performing the challenge again, until you BELIEVE that you will allow your desire to flow to you.

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WANT MORE?

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WORK WITH GRIGORIA



Allow More

A 30-day course about allowing more space for the things and feelings you desire. It's less about the manifestation and more about the decision that you will ALLOW what you desire to flow to you with ease and grace. As I ask - so it is.

CLICK HERE TO SIGN UP
TO ALLOW MORE

THERE ARE NO HAPPIER PEOPLE ON THIS PLANET THAN THOSE WHO DECIDE THAT THEY WANT SOMETHING, DEFINE WHAT THEY WANT, GET HOLD OF THE FEELING OF IT EVEN BEFORE IT'S MANIFESTATION AND THEN JOYOUSLY WATCH THE UNFOLDING AS, PIECE BY PIECE, IT BEGINS TO UNFOLD. THAT'S THE FEELING OF YOUR HANDS IN THE CLAY.

- ABRAHAM HICKS

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