



MANIFESTATION GUIDE

EVERYTHING YOU NEED TO KNOW TO CREATE
YOUR DREAM LIFE IN 2025



NOW

NATURE OF WELLNESS

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INTRODUCTION

Manifestation for a New You

Welcome to your 2025 manifestation guide! This short but sweet book is more than the words you will read in the coming pages, it's a tool that can take you from where you are now to where you most want to be. So enjoy these first steps on your way toward meeting future you! This is more than just setting intentions or writing in your journal; together, we will uncover what you truly desire and who you most want to become, then provide you with the knowledge and skills to reveal that version of yourself.



The teachings in this guide are distilled from the powerful minds who gave birth to what we currently call manifestation more than 100 years ago and in the decades following.

- Riley Dickson

CHAPTER I

My Philosophy of Manifestation

Manifestation, like many things in life, carries for us whatever personal meaning we apply to it. For some, it's nonsense that's reserved for people who like to talk the talk instead of walk the walk, and for others, it's not just a way of life, it's *the* way of life. But here's the funny thing: whether you like it or not, you are manifesting to some extent already, and where you find yourself at this point in life might be a result of an unconscious manifestation process. This is not to say all of your life's bad times or negative experiences have come to fruition by your own doing. Of course, some things take place outside of your control, but for this guide we will focus on what lies within your control: you, your thoughts, feelings, reactions and interactions.

Manifestation isn't some "woo woo" out there practice from left field or just a catchphrase used by earthy folks; it's a process of repetition and pure knowing. It's a process you have right now, the same as anything else you currently do like tying your shoes, drying yourself after a shower or driving to work. You do it the same way you have every day before and never really put much thought into how it happens. I'm here to collaborate with you to shine a light on exactly how you manifest now so we can create a new, more powerful and thoughtful process.

In my early exploration of manifestation, I thought it was writing down what I wanted over and over again until it appeared in my life, but I soon learned that not to be the case. I have heard and seen people teach manifestation for a long time, but from what I see, there's always a missing link. The purpose of this guide is to clarify that missing link and hand it to you on a silver platter.

CHAPTER 2

The Missing Link

The missing link is simple: cultivate the image of your dream life in your mind and live as if this dream is your reality to the point your body and mind *know* it to be real. Then, continue to pay attention to the thoughts and feelings that align with that dream and the best version of you, and get rid of the rest. Every last one of them.

At this point it's important to clear up what manifestation isn't. It's not about saying, "I'm manifesting my dream job," or claiming to your friends "I'm manifesting millions of dollars" and believing that this announcement makes it true because you dared to declare it publicly. Nor is it about journal entries of the same repetitive phrases day after day.

Manifestation is about being crystal clear on exactly what you want in life and the sensations that arise in your body when you imagine having it, and identifying precisely where you feel these things in your body down to the taste or smells present. Then taking those distinct sensations and allowing them to flow through your mind and body as if the imagination were not imagination but tangibly real right now.

To build on this theory, we're going to do the first exercise by having you take a moment to reflect on the quality of the thoughts you currently pay attention to. This is an opportunity to reflect honestly with yourself, if you decide to take advantage of that and apply some meaning to this exercise, it could provide a pivotal starting point for your journey into the new year.

Exercise: Answer these three questions by circling your responses. Take a moment to absorb the question before answering. (Select from the options written in **bold**)

1. Do you tend to focus more on what you **have** or what's **missing**?
2. Do you tend to focus more on what you **can control** or what you **can't control**?
3. Do you tend to focus more on the **past, present** or **future**?

These questions are intended to provoke thought and to guide you to assess how you have been going about your life, so take a moment to sit with each of your responses and reflect on what they mean to you.

CHAPTER 2

The truth is I don't care how you answered the questions; I just care that you realise you have a choice and have begun making the connection that those three questions can be responsible for the way you're experiencing life or, more accurately, manifesting your reality. The point of asking you those questions is to highlight that you have far more influence on the reality you experience just by being highly critical of what you pay attention to. You can choose to focus on what you have and be grateful, or you can choose to focus on what's missing in your life and experience lack, jealousy or envy. You can choose to focus more on what you can control and change your situation, or you can choose to focus on what you can't control and feel a victim to your situation. You can choose to focus more on the past and experience sadness or depression, you can choose to focus on the future and experience anxiety or stress, or you can choose to focus on the present and live in the moment. These choices are not always abundantly clear, yet they're certainly always readily available, and they're also a vital element of manifestation that I believe is often overlooked. In my experience, these are subconscious patterns that you're simply unaware of and have likely never begun to look for, so the aim in the following guide is to shift these patterns from the subconscious to the focus of your conscious awareness to change the patterns and begin the practice of embedding new ones until one day they are the reliable subconscious pattern.

Let's take a closer look and zoom in on this concept:

Your experience of life is created by a series of decisions and from moment to moment, you are choosing a reality for yourself. As I like to say, "You paint the picture you wish to see." What I'm suggesting here is that you are the artist behind the painting of your reality. Imagine that in your mind, you have the full spectrum of colour in paint available and a range of brushes to use. Do you choose the bright, happy colours, the calm earth tones or the dark and gloomy colours to paint with? Do you select the brush with soft and articulate bristles or the one with toughened bristles that will leave a heavy mark? In truth, it's not even just what you paint; it's how. And that, too, is a choice. The point is that whether you realise it or not, you are making this choice second to second, day to day, month after month, year after year. In any given moment, we are presented with a choice for what to think about, a choice for what to feel and a choice for what to focus on. Yet, most of us haven't been taught this and believe that we are victims of or vulnerable to thoughts, feelings and emotions by some ambiguous natural law, and that it must be someone else or something else painting the picture we see. Yet, that natural law is you, and you are the only artist painting what you see. I recognise this can be a challenging statement to digest, but I have intended it to be.

Though any number of things good or bad take place in every day in your life, you're always responsible for how much attention you give to any particular thing, event, thought or feeling.

CHAPTER 3

Unconscious Manifesting

I realise it was likely challenging to read the earlier sentence, “Where you find yourself in life right now might be a result of an unconscious manifestation process.” Initially this idea is challenging to accept and certainly less palatable as it directly implies that you are responsible for the reality you’re experiencing, but I can assure you this recognition is far more liberating than it is defeating. Here’s how: the thoughts we pay attention to create our perception of reality so we each have a responsibility to choose wisely. But honestly, most of us aren’t and the truth is that most of us aren’t even aware there’s a choice in the first place. We spend days, weeks or even years on end having anxious and stressful thoughts, believing that we don’t have a say in the matter, and wondering why our life feels stuck in the mud.

If you spend your day choosing to think thoughts like “I’m not good enough”, or “I’ll never be as good as him or her”, or “I’ll never find a partner”, and you don’t take control to change the quality of these thoughts, then don’t be surprised if the quality of your life doesn’t change.

Whereas if you take charge and choose thoughts like “everything I am in this moment is more than enough”, or “I am exactly who I’m supposed to be and where I’m supposed to be in this moment”, and “I am complete and fulfilled as I am.” Then don’t be surprised if the quality of your life changes.

For example, when you are thinking stressful thoughts, the body responds by producing more cortisol which is a stress hormone and moves you into the sympathetic nervous system, which is our “fight or flight” system and is responsible for enabling an effective response when you’re under threat. From an evolutionary perspective, this “fight or flight” response evolved to protect early humans from the dangers of predators. However, now, that system is often activated when that threat is just perceived as opposed to being a legitimate cause for concern, and studies show that you can move into the sympathetic nervous system just by imagining danger or an anxious or stressful situation. Conversely, when we think of empowering thoughts or happy memories, the body responds by producing endorphins, which are feel-good chemicals. For instance, when you recall how it felt seeing your family after a long trip away or cuddling your niece or nephew, it can activate that warm and fuzzy feeling inside. This is a sensation everyone is familiar with, and it can be life-changing to realise we can not only influence the onset of those emotions but control them.

CHAPTER 3

An important skill in manifestation is being aware of thoughts and the physiological reactions they create at a measurable biochemical level so that you understand the influence your mind has on your reality. Like every skill you have ever applied yourself and learned, controlling the thoughts you pay attention to is a skill that you can work to obtain.

However, I concede that changing thoughts alone isn't powerful enough, for the same reason that writing what you want over and over in your journal, declaring grandiose desires to your friends or sticking pictures of your dream car or fake 100-dollar notes around your house doesn't cut it either. Simply writing the words, seeing the pictures or seeing the money won't bring those things to you.

It's because all of these things still have a missing link. To show this, in a moment I will ask you to participate in a visualisation exercise where you choose to imagine the last time you were on a roller coaster or the last time you jumped out of a plane. If you have done neither, pick one option and use your imagination to make it real, then observe what happens in your body. (Before beginning the visualisation, read through your chosen scenario in full, then take yourself through the exercise with closed eyes)

Scenario One – Roller Coaster:

When I mention the roller coaster, people generally visualise the rollercoaster and see it in front of them in their mind's eye, either up close or off in the distance. For this exercise, once your eyes are closed, imagine the experience in full. Go from seeing the roller coaster in front of you to finding yourself in the carriage, hear the shoulder or waist bars audibly click as they lock you in tight. Imagine yourself pushed back into the seat as the roller coaster slowly goes up and up, gripping the handles tight. Then finally imagine yourself at the very moment it reaches the pinnacle before it's about to plummet rapidly toward the earth, and then open your eyes and take a deep breath in.

Scenario Two – Sky Diving:

Imagine yourself getting strapped into the parachute rig nice and tight. Imagine the plane on the runway in front of you before you board. Hear the roar of the engine and propeller as the plane is taking off. What's the feeling in your stomach as you approach the jump point, are your palms sweating? Continue imagining the experience in full detail right up to the moment you jump, then take a deep breath in and open your eyes.

I'm sure you began to feel a real tangible feeling of fear or excitement in your body; some people's palms really sweat and others get butterflies in their stomach. This is the basis of manifestation most teachers miss. The thoughts you pay attention to can create a physiological response in your body to the point that what you're imagining feels completely real, so the brain responds accordingly and brings the imagination to life. Developing imagination as a tool in this way is how you unlock manifestation as a profound skill for realising your dreams.

CHAPTER 3

That is what this is what this little book will do. It will guide you to get the image of your dream life so clear in your mind that you can sit in stillness and feel it in your body as if it were completely real right now. Then, it will have you record those sensations and emotions down to the exact finger or freckle you felt them in. It will teach you to recreate those sensations in a meditative state so your body and mind believe your dream life is absolutely real. Then, the life you desire most is pulled to you like a magnet and nothing will stand in its way. This principle works on the fact that the brain doesn't know the difference between what's imagined and what's real.

Now you can see why writing what you want over and over in your journal, declaring grandiose desires to your friends or sticking pictures of your dream car or fake 100-dollar notes around your house doesn't cut it. Simply writing the words or seeing the pictures around your home make you think that you're manifesting, but they don't cultivate enough feeling or emotion, they just leave you at the doorstep of your desires without taking action. You can use them as a guide to create your visualisations but don't fool yourself into thinking the work has been done. It's like any other skill you currently have that required effort to develop. Just like tying your shoes, you dedicated yourself to practising day after day until you got it, and now it's likely you can't even remember how it happens... it just does. And you can do the same with your thoughts and with manifestation.

As you work through this book, keep this in mind... if your thoughts create your reality and are so strong that your body will physiologically respond, then *what are you creating* in your life and your body? And more importantly, *what are you capable of creating* in your life and your body?

Although we may feel victim to things like depression and anxiety, how much influence have our own words and thoughts had on their onset? Or for those we look up to and admire that require less effort to feel joy and gratitude, how much influence have their own words and thoughts had on their joy?

If you repeat the same old thought patterns and behaviours your life will continue to repeat as it has. And if you make the effort to repeat new thought patterns and behaviours, your life will find new meaning and open the untapped potential that awaits you.

Stepping outside your comfort zone stimulates neuroplasticity, the brain's ability to reorganise itself by forming new neural connections. When you engage in unfamiliar activities or challenges, your brain creates new pathways to process and adapt to these experiences. This rewiring strengthens your cognitive flexibility, enhances learning, and boosts creativity. By repeatedly stepping into the unknown, you train your brain to become more resilient and adaptable, fostering long-term personal growth and development.

INSTRUCTION

How to Use Your Guide

Before you begin the step-by-step program, here are some important instructions to help you get the most out of this process:

1. Dedicate Time for Yourself

- Set aside an hour or so to work your way through this process. Whether you're a busy parent, business professional, student, or anywhere in between, you deserve this time for your own self-discovery.
- Choose a quiet, comfortable space where you can reflect without distractions.

2. Completing the Exercises

- Most sections use prompts to aid your thoughts, reflections, and affirmations and include space to record your responses. To fill out the guide we recommend printing a copy to complete in handwriting.
- Alternatively, you are welcome to keep the file on your computer and fill it in directly on your device using a pdf editor.
- Or, follow along with your own journal and write your responses in that as you go. The guide is your reference and template—you can adapt it to suit your needs.

3. Revisit and Reuse

- This guide is designed to be reusable. You can refer back to it throughout the year to manifest new desires or refine existing ones.
- When revisiting, use a different-coloured pen or mark your updates to track your growth over time.

4. Key Practices

- **Visualisation:** Fully immerse yourself in the exercises. When asked to imagine your dream life, engage all your senses—what do you see, feel, hear, taste, or smell?
- **Feeling Over Writing:** While writing is encouraged, focus on deeply feeling the emotions connected to your manifestations. Your body and mind must believe your vision is real.

INSTRUCTION

5. Build Consistency

- Incorporate the suggested daily practices into your life in whatever way suits you best. They are essential in reprogramming your subconscious mind and maintaining momentum.
- Celebrate your small wins—every step is progress!

6. Guidance and Support

- Use the guide as a stepping stone for self-reflection and growth. If you feel stuck or need deeper insights, consider reaching out for personal guidance from us.

Other Tips:

- **Patience and Persistence:** Manifestation is a skill that grows with time. Trust the process, and enjoy the journey.
- This is your experience and there is no right way or wrong way to do it. Some things in this guide will be treasure so take those with you and use them to change your life. Other things won't mean much to you, so leave those behind. What's meant for you will stick, and what isn't, won't. Trust that and flow through this guide as it becomes whatever it's destined to be for you. Embrace the truth that you are the creator of your reality and walk through this gateway to your highest potential, the life of your dreams might just start here.

Take in a long, slow breath and let it out completely. As you breathe give yourself permission to be exactly who you are, and exactly where you are right now, give yourself permission to dream, surrender to this moment and enjoy all that awaits you.



Step One

Define What You Want

"You become what you think about." - Earl Nightingale

To do this process properly, you must begin with the end in mind. The end is your ultimate goal, your ultimate manifestation or your dream life. So, let's create that picture with some reflective prompts to reveal your true desire. Here is where you grasp your mental paintbrush and begin your artwork.

1. WHAT IS YOUR BIGGEST DREAM FOR 2025?

Let your imagination run free and be specific: What does it look like? Where are you? Who are you with?

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2. WHY IS IT IMPORTANT TO YOU?

Connect to your heart and mind. If you woke up tomorrow morning and this dream was realised, how would you feel? Explore the emotions and feelings that arise and record them without inhibition.

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3. WHAT DO YOU WANT MOST?

If there were no limits like money, time or resources, what would you want most? Don't hold back.

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ACTION STEP - Reflect and write down your top three manifestations for 2025.

1	
2	
3	

Step Two

Prepare to become that version of yourself

"You become what you think about." - Earl Nightingale

Having imagined your dream, we're going to take a moment to imagine the version of yourself who is likely to achieve your desires and make your dreams a reality.

1. IMAGINE YOURSELF NOW LIVING AS IF THAT DREAM LIFE WAS A REALITY.

what is this version of you like? Are they happy? Is there an air of quiet confidence about them?

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2. HOW DID YOU BECOME THIS VERSION OF YOURSELF?

What are the habits this version of you has developed?
Do they exercise every day? Do they have a meditation practice?

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3. WHAT HABITS HAS THIS VERSION OF YOURSELF REMOVED?

Have they finally given up alcohol, smoking or drugs? Have they reduced their social media use?

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Step Three

Learning How to Affirm

"Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life." – Tony Robbins

Affirmations are very useful when used correctly but potentially detrimental when used incorrectly, and yet its only fine distinctions and semantics separating their usefulness or detriment. Although this is another aspect that contributes directly to your unconscious manifestation process, with more information, time and the correct application it will enlighten and overhaul your new manifestation process.

For example:

"I will become who I most desire to be" sounds like a great affirmation at face value, but that statement is what I call manifesting from lack. What you're doing is subconsciously affirming that you're not who you want to be right now by saying *"I will become."* The whole point of affirmation is to reaffirm that you already have what you want or that you are already who you want to be. So, affirming *"I will become who I most desire to be"* will keep you stuck where you are which is waiting and wanting to be that version of yourself, instead of affirming you're already that version, solely for the fact you said *"I will,"* instead of *"I am."* Whereas *"I am all that I desire"* is a better way to affirm in line with your manifestation because this statement doesn't affirm lack, it affirms abundance, which is the only place abundance can come from. Meaning you're affirming that you already have what it is you want beyond belief to the point of knowing that it's real in your mind and body, so much so you can feel it.

The distinction between lack and abundance is simple but of high importance. Lack means you affirm that you don't have enough or are not enough, where abundance is knowing that you do and that you are.

ACTION STEP - Write a list of affirmations for yourself.

1	
2	
3	
4	
5	
6	

Step Four

Rewire your subconscious Mind

"Your thoughts create your reality." - Bruce Lipton

Below the surface of conscious awareness is where the subconscious mind operates, influencing our experience and behaviour in ways we are completely unaware of at any given moment. It drives 85-90% of your day-to-day actions making it reasonable to recognise the crucial role it plays in our habitual processes, patterns and responses as well as in developing our deepest beliefs. So together, we're going to begin rewiring it for the success you dream of.

1. BEGIN TO NOTICE YOUR THOUGHTS.

Most people never take a minute to stop and just notice thoughts. This seems like a simple task, but it could be the beginning of a practice that will completely change your experience in life. Close your eyes for one minute and just observe the thoughts that come, and then record what you can recall.

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2. PAY ATTENTION TO THE QUALITY OF YOUR THOUGHTS.

This is an advancement of the first point. Once you have learned to notice thoughts as separate to you, you can begin to become critical of them. Become aware of your repetitive thought patterns, are they supporting you or sabotaging you? Close your eyes for three minutes and afterwards record what you recall and divide them into the four categories below.

SUPPORT	SABOTAGE	USEFUL	UNUSEFUL
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3. CHOOSE NEW THOUGHTS.

With more awareness as you practice these steps, you will have more control over the thoughts you pay attention to and the ones you simply dismiss. If you notice negative thoughts, replace them with a thought that is empowering and in line with your manifestations. If you had any sabotaging thoughts come up in the last step, what could you replace them with that will empower you? Record your new thoughts in the space below.

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Tip: The average person can have between 6,000 and 60,000 thoughts in a single day. Given that, you're already an expert at dismissing thoughts, but now is time to become an expert at choosing which ones you pay attention to.

Step Five

Become the you who already has the thing you desire

"Assume the feeling of your wish fulfilled." Neville Goddard

Now, we create a crystal clear image of your manifestation and the version of you who has already achieved it. This is an important step because by identifying the version of you who is living your dream life you are able to see and learn what it takes to become that version. To do so, we will link back to step 2.

In this exercise, you will imagine yourself living as if that dream life was a reality. But this time imagine this version of you with all of the bad habits from Step 2.2 completely gone. And, imagine all the good habits from step 2.3 are already embedded deep into your subconscious and are an effortless part of your daily life and practice. During this exercise, pay attention to what you see, the things you hear, the thoughts in your mind and the sensations in your body including any smells or tastes.

1. EXERCISE

Close your eyes now for 3 minutes and imagine just this. Then move to part 2.

2. CONNECT TO YOUR SENSES

Sights: What did you see? Any colours? Specific details?

Sounds: What did you hear? Voices? Music? Nature?

Feelings: How did it feel to have achieved this? Did you feel it somewhere in your body distinctly? Was it in your chest? Stomach? Solar Plexus? Hands? Fingers? Head? Eyes?

Record anything that makes it real and be very specific.

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Journal Entry

Describe your dream life with detail and clarity

A series of horizontal dotted lines for writing.

Journal Entry

Describe your dream life with detail and clarity

A series of horizontal dotted lines for writing.

Step Six

Identify and remove subconscious blocks

"You cannot outperform your subconscious beliefs." - Bruce Lipton

1. SELF REFLECTION QUESTIONS

- Do I believe I'm truly worthy of this?
- Do I feel guilty about wanting more?
- Am I afraid of success or failure?

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2. INTERRUPT OLD PATTERNS

When a limiting belief arises, pause. Challenge it with:

- "Is this really true?"
- "Is this support or sabotage?"
- "Is this useful or unuseful?"
- "What's a more empowering thought I can focus on instead?"

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Step Seven

Create Your Practice

"Spend more time imagining and feeling the life you want than observing the one you don't." - Joe Dispenza

INSTRUCTIONS

Your body position is only important as far as it allows you to be comfy for 10 minutes straight, it shouldn't distract you from the practice whether you choose to sit or lie down. For the most effective outcome, set aside at least 10 minutes for this practice each day, and aim to do it at the same time each day. In the beginning you will have to refer to these steps to create your practice, but with time you will embed the process and be able to follow these steps effortlessly. Watch as effort turns to effortlessness.

1. RELAX YOUR MIND AND BODY:

Settle into the moment and clear your system to enable a powerful visualisation session. Use any breathing or meditation technique that is proven to work for you. If you don't have one, reach out to us, and we'll get you started.

2. VISUALISE YOUR DREAM LIFE:

Recreate the image in your mind to see and feel every single detail as if it is already real. Build the image from the journal entry you wrote and activate your senses.

3. ANCHOR THE FEELING:

Focus on the emotion of having this dream realised. Focus on the real feeling of having achieved it, feel the joy in your entire being, feel every ounce of the gratitude and let it fulfil your practice and ultimately, your life. (Continued on the next page)



Step Seven

Create Your Practice

"What you focus on expands, so focus on what you want, not what you fear." - Anonymous

4. AFFIRM YOUR REALITY:

Recite the powerful affirmations you created in step 2 and make sure every single word is in line with your dream and coming from a place of abundance.

5. RELEASE:

Let go of any attachments and trust the process. This is not to be mistaken for a leap of faith; you aren't jumping or falling, you're already exactly where you desire to be.

ACTION STEP

Commit to this practice for 30 days. Track your progress and notice how your mindset shifts. Thirty days might sound like a lot, but watch your perspective when setting a goal like this. It isn't another thing you *have* to do; it's an amazing thing you *get* to do. Find a place to get comfy at a similar time each day and enjoy spending 10 minutes with the best version of yourself. It might seem unimportant to you now, but as you begin to embed this practice, you will realise the superpower that is having your own best self as your mentor to guide you on the journey of becoming them.

SPECIAL OFFER

To deepen this practice, book a personalised manifestation session with me and walk away with a personalised recording that you can listen to every day to step into your dream life and guide you on the visualisation process.



Step Eight

Build Momentum for your dreams

"Persistence is to the character of man as carbon is to steel." - Napoleon Hill

Consistency is your best friend in reprogramming your subconscious limiting self-beliefs. This is a completely new skill, so it's okay if it doesn't happen overnight. But recall the time when you were learning to tie your shoelaces, it was day after day of consistent effort to learn that skill, and now it's a pattern embedded in your subconscious. You have repeated that learning process with every single thing you do in your life right now, so believe in yourself and trust the process.

Here's how to stay on track:

1. GRATITUDE PRACTICE:

Adding a gratitude practice to your routine can be life changing, and it will enhance not only your ability to manifest but it will also allow you to spend more time being the best version of you. So you can incorporate this as an extra step in your manifestation practice, but it deserves at least a few minutes extra on its own.

Most people teach writing down 3 things that you're grateful for in the morning or night, and you can do that if you like, but for this practice in either the morning or night sit or lie in stillness and feel three things you're grateful for. We have just learned why feeling is so much more important, so take this opportunity to feel gratitude in your body and watch how much more powerful it is than writing. Writing can be your guide and your reference but don't mistake it for the work.

2. CELEBRATE YOUR WINS:

Every single thing you do well on this journey towards future you is a step in the right direction, so celebrate no matter how small. And remember if you're walking in the right direction, all you have to do is keep walking.

3. ACCOUNTABILITY:

Share your goals with a close friend or your partner. This isn't about boasting or stating your dream to the universe; this is simply a measure to give you a reason to keep going and to give someone you love and care about an opportunity to be there for you.

3. BE KIND TO YOURSELF, BE PRESENT:

This new process is not a new opportunity to be hard on yourself or to use 'should' statements. You are exactly who you are supposed to be right now, and in every moment coming. Stay rooted in the moment and allow progress to come but don't fix your attention on the future, or what you 'should' be doing or who you 'should' be. Control what you focus on and enjoy the journey.

Step Nine

Work with a manifestation mentor (optional)

"Persistence is to the character of man as carbon is to steel." - Napoleon Hill

If you have been inspired by this practice and want to learn more, broaden your skillset or deepen your practice, I am offering a \$50 personalised manifestation session for you. The offer is only available until the 30th of January, so get in quick! Here's what you'll get:

1. A ONE-ON-ONE SESSION:

Tell me your dream, and I'll guide you through everything I have learned about manifestation on my personal journey and show you techniques inspired by Earl Nightingale, Neville Goddard, Bruce Lipton, Joe Dispenza, The Kybalion and Tony Robbins.

2. A CUSTOM MANIFESTATION RECORDING:

A professionally crafted recording to help you visualise and feel your dream every day in 2025. Intended to be inserted into your manifestation practice as a guided visualisation of the exact picture you have painted so that all you have to do is close your eyes and step into the world you're dreaming of. This is the most powerful way to actually begin to feel your dream life as if it is already real. The recording itself is paired with the sound frequency of 4-8hz which has been proven to enhance the ability to manifest.

3. A PERSONALISED MANIFESTATION PLAN:

During our one-on-one I will be able to gain a deeper understanding of your cognitive style and established cognitive skillset so we can tailor techniques and affirmations to you and create a plan that fits with your lifestyle.

4. A DEEPER LOOK AT YOUR SUBCONSCIOUS:

Using psychotherapy and neuro linguistic programming we can work together to uncover and isolate any limiting self beliefs or limiting behaviours and begin work on replacing them.

5. BOOK YOUR SESSION

To book your session:

- Follow the link on the web page you downloaded this guide from and pick a time.
- Message us on instagram - @natureofwellness_
- Email us - info@natureofwellness.com.au

CONCLUSION

This is where something incredible begins

As Martin Luther King said, “you don’t have to see the whole staircase, just take the first step.” Dedicate yourself to this new practice and make a real effort to embed a repetitive routine into your lifestyle. After all, it was Aristotle who said “we are what we repeatedly do. Excellence, therefore, is not an act, but a habit.”

I wrote this guide to dilute what I have learned about manifestation over the years and piece it together into a simple, user friendly format. I have watched this practice change my own life and continue to observe in awe as abundance emerges all around me. The contents of this little guide and my beautiful partner Anna that you see pictured throughout are my testimony to the power of manifestation. Take this chance to believe in yourself and recognise that you have more potential than you could ever possibly imagine or exhaust.

As this practice finds it’s way into your life and routine, don’t allow it to add stress, relieve yourself of the pressure and accept that it will be a naturally fluctuating experience. The truth is, there will come times you lack the energy to do anything in line with this practice, and other times you may forget it all together. Ram Dass taught this idea the best when he said forgetting our intentions is like falling asleep, but the game is how quickly we wake back up and refocus on our goals. Accept that at times you will fall asleep and know that in time you’ll wake up and get back to it. Allow this natural flow to be a part of your process and forgive yourself for swaying from the devotion, but always return to it empowered to continue. If you have any questions, misunderstandings or a personal situation that requires more guidance and care, please reach out, I would love to hear from you.

Riley Dickson



CONCLUSION

About Us

Nature of Wellness was born out of our shared passion for therapy and a devotion to guiding others on their way through life's struggles.

Anna's background in western medicine eventually merged with her love for the east, yoga, reiki and chakra balancing which naturally culminated in her own modality, holistic physiotherapy.

In a similar trajectory, Riley's background in myotherapy soon grew to include psychotherapy, clinical hypnotherapy and traditional Chinese medicine yin yoga formulating a truly psychosomatic therapeutic approach.

Together our combined knowledge allows for a sincerely altruistic and holistic wellness therapies.

Whether working together or independently it is our passion to empower you to cultivate positive and lasting change.

Anna & Riley

