



# The Manifestation Manual

Learn how to manifest and use the Law Of Attraction to your advantage.

## WATER ELEMENT



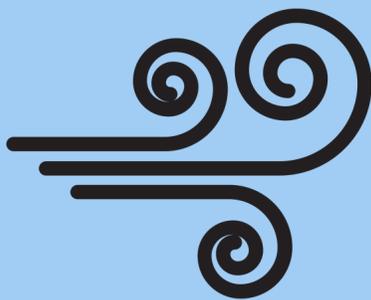
Water is the element that rules over your emotions and inner self. It can help wash negativity from your cells to allow new better emotions to flow through you.

## FIRE ELEMENT



The Fire element can help clear the path of any obstacles that are standing in the way of you manifesting your intentions and help you take bold action towards your dreams.

## AIR ELEMENT



Everything we want to create in our lives begins as an idea in our mind and we can work with the Air element to gain clarity

## EARTH ELEMENT



The element of Earth will keep you focused on what your physical body needs. It can help to ground new habits, ideas and realities.

## ETHER ELEMENT



The Spirit element is a combination of the other 4 elements and the Universal energy that connects everyone and everything around us. Working with this element will help you connect to your Higher Self so you can enhance your intuition and make soul-guided decisions and actions.

## WATER ELEMENT

- the two glasses technique
- hoponopono eith esyrt
- bath purification (with salt/ essential oils/ rose petals)
- glass under the bed technique
- affirm "money flows to me easily" while washing hands
- visualize a cleansing ocean you are swimming in

## FIRE ELEMENT

- burning bowl ritual
- violet flame meditations
- candle intention setting
- cord cutting with fire meditations

## AIR ELEMENT

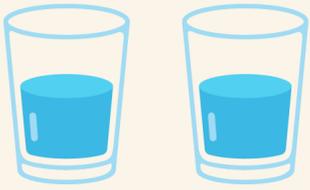
- scripting technique daily
- visualizing dream life
- pillow method
- reiki healing
- writing letters to people you can't face and wish to have closure with
- journalling daily
- speaking affirmations in front of mirror
- spell casting

## EARTH ELEMENT

- bury problems in the dirt
- practice grounding
- connect to animals and trees for healing
- Gaia meditations
- sexual healing
- movement
- goal setting

## ETHER ELEMENT

- soul retrieval meditations
- dark feminine and dark masculine healing meditations
- past lives meditations
- connecting to spirit guides via meditation
- akashic records meditation
- karmic healing meditation
- womb healing meditation
- ancestor healing meditation
- parental wounding healing



01

### THE TWO GLASSES TECHNIQUE

- It involves the use of two cups (obviously) - one representing your current reality and one representing your desired reality.
- The current reality cup is filled with water, but the water from this cup is poured into the desired reality cup before drinking it.



02

- Fill a bowl of water
- put both your index fingers
- whisper your problems and fears close to water and feel them going inside the bowl of water
- let all your negativity fill the water through your fingers
- release the water in the sea, river, sink or flush it
- do not choose a tree or near living thing

TECHNIQUE BY @TAROT\_NIDHHISAIBLESSINGS



03

bath purification (with salt/ essential oils/ rose petals)

04

visualize a cleansing ocean you are swimming in



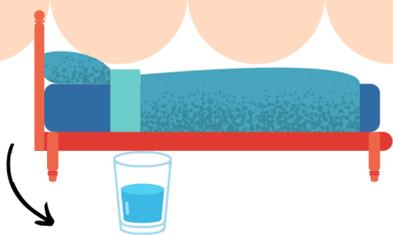
05

affirm "money flows to me easily" while washing hands

# WATER ELEMENT

7 techniques

## Manifest using the water element



06

### GLASS UNDER THE BED TECHNIQUE

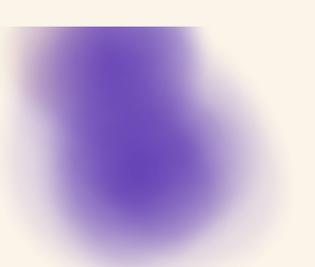
- Take a piece of paper and write down your desires, affirmations, and dreams. Make sure that you are writing it all in the present tense as if you have achieved them all already. Also, ensure that you do not use any negative connotations in the same.
- Take a glass or a glass bottle and fill it with water.
- Activate the energy flow in your hands by rubbing your palms together and then hold the glass/bottle.
- Recite the affirmations that you have written out loud or silently.
- Visualise what you are saying and repeat until and unless you feel that energy in you.
- Drink the water.
- If you are using a bottle, you may even store the water and take sips from it every once in a while, and charge yourself with the positive vibration that it encompasses. Or, you may repeat the steps once every morning after you wake up or at night before going to bed.



07

### HOPONOPONO WITH GLASS OF WATER

- Visualise the situation you desire to heal/manifest
- Say these 4 expressions:  
I'm sorry.  
Please forgive me.  
Thank you.  
I love you.
- Drink the now energy infused glass of water



## VIOLET FLAME MEDITATIONS

- Put "violet flame meditation" on youtube
- Listen
- Repeat when needed

01



## BURNING BOWL RITUAL

- get a piece of paper and pen
- write down fears, negative thoughts, insecurities
- throw them in the fire (camp fire or in a bowl/pan, make sure it's a material that isn't glass or plastic)

02



03

## CANDLE INTENTION SETTING

- Light a candle
- Set any intention you want for yourself
- As it melts, your wish will manifest internally

# FIRE ELEMENT

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## 5 Manifest using the fire element techniques



04

## CORD CUTTING WITH FIRE

- Put "Cord cutting with fire" on youtube
- Listen
- Repeat when needed



05

## BURNING SAGE HERBS

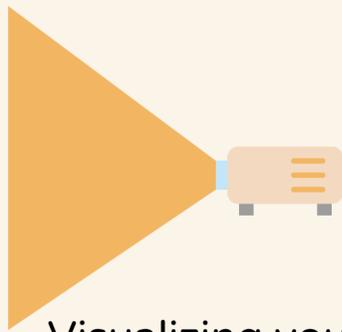
- Buy sage
- Burn the sage stick in every corner of your house
- Cleanse your entire body with it



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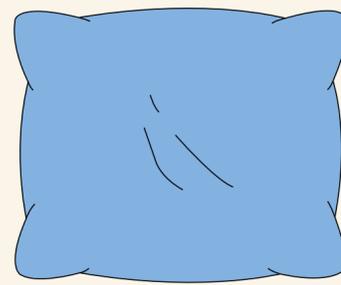
### Scripting technique

- Write down your current reality using the present tense
- On same page, write down your desired/ideal reality using the present tense
- Repeat daily



02

### Visualizing your dream life



03

### Pillow method



04

### Reiki healing

- book a session with a professional energy healer



05

### Write closure letters

- Write to all the people who have caused you harm/you didn't get closure with
- You don't send them out, just read and let go of the feelings

# AIR ELEMENT

## 8 Manifest using the air element techniques



06

### Journalling

- Write your feelings daily
- Get used to expressing your emotions instead of avoiding them



07

### Mirror affirmations

08

### SPELL CASTING

- Anything you say using "I will" is considered a spell. "Will" gives it a binding aspect which creates a spell
- Use with caution, make sure it is positive and doesn't affect others' free will
- Written in a journal is always better than just spoken





01

### BURYING PROBLEMS

- Connect your feet to the earth
- Give it your problems
- Feel the worries moving out from the sole of your feet and into the soil



02

### GROUNDING TECHNIQUE

- Go on youtube and write grounding meditation
- Listen and feel the shift
- You can do it in nature too
- Walk barefoot and connect to the earth
- Feel the shift



03

### CONNECT TO ANIMALS AND TREES

- Whenever you are close to animals, pet them and feel their emotional support if they are open to it
- When in nature, put your hands on a tree and feel the regeneration happen

# EARTH ELEMENT

## 7 techniques

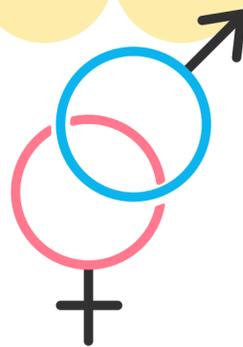
## Manifest using the earth element



04

### CONNECT TO GAIA

- Listen to guided meditations for connecting to Gaia (Greek goddess of the Earth)



05

### HEALING SEXUAL ORGANS

- Check out youtube meditations for Womb clearing for women and sexual healing for men



06

### MOVEMENT

- Connect to your body through dancing, exercising etc.



07

### GOAL SETTING

- Make a list of your goals and steps to achieve them
- Review every week



01

### SOUL RETRIEVAL

- Get a professional healer to help you call back pieces of your soul
- Do it on youtube with soul retrieval meditations



02

### HEALING OF INNER DARKNESS

- Journal your insecurities daily
- Do meditations "heal dark feminine" and/or "dark masculine"
- Heal any nice girl/nice guy syndromes



03

### PAST LIVES REGRESSION

- Do a meditation on youtube "Past lives regression"
- Find a hypnotherapist to help you access past lives



04

### CONNECT TO YOUR SPIRIT GUIDES

- Do a meditation on youtube "Meet your spirit guide"



05

### AKASHIC RECORDS ACCESSING

- Do a meditation on youtube "Access akashic records"
- Get a professional hypnotherapist to help you access them

# ETHER ELEMENT

9 techniques

## Manifest using the ether element



06

### KARMIC HEALING

- Do a meditation on youtube "Karmic healing"
- Get a professional hypnotherapist to help you heal your karma
- Forgive anyone who ever hurt you



07

### WOMB HEALING

- Do a womb healing meditation to heal your feminine side
- Forgive your mother and all the women who ever hurt you



08

### ANCESTRAL HEALING

- Do a meditation on youtube "Ancestral healing"
- Get a professional energy healer to help you heal ancestral karma



09

### FATHER/MOTHER WOUNDS

- Identify any parental wounding
- Meditate on youtube "Father+Mother wound"