

LET GO AND MANIFEST

MASTERING THE LAW OF ASSUMPTION

Letting go is crucial when manifesting because it allows us to release resistance and trust the process of I AMNESS. The Law of Assumption teaches that by assuming our desires are already fulfilled, we align ourselves with the reality we seek. Here's a step-by-step guide to help you let go and fully embrace this powerful law.



STEP 1

ACKNOWLEDGE YOUR DESIRES



Understand and clarify what you truly desire. Write down your goals or visualize them clearly in your mind. This step sets the foundation for your manifestation journey.

ASSUME THE FEELING OF THE WISH FULFILLED

STEP 2

Begin to embody the emotions and feelings associated with having already achieved your desires. Feel the joy, peace, and satisfaction as if your goals are already reality.



STEP 3

USE AFFIRMATIONS



Regularly repeat positive affirmations that align with your desired state. For example, "I am grateful for my abundant life" or "I am living my dream."

VISUALIZE YOUR SUCCESS

STEP 4

Spend a few minutes each day visualizing yourself in your desired state. Preferably do this just before you fall asleep at night (SATS – State Akin To Sleep). See it vividly, involving all your senses to make the experience as real as possible.



STEP 5

PRACTICE GRATITUDE



Be thankful for what you already have and for what is coming. Gratitude shifts your energy to a positive frequency, attracting more of what you desire.

RELEASE ATTACHMENT TO THE OUTCOME

STEP 6

Trust that your consciousness will deliver what you need at the right time. Let go of the constant need to check for results and instead focus on the present moment.



STEP 7

STAY PRESENT AND POSITIVE

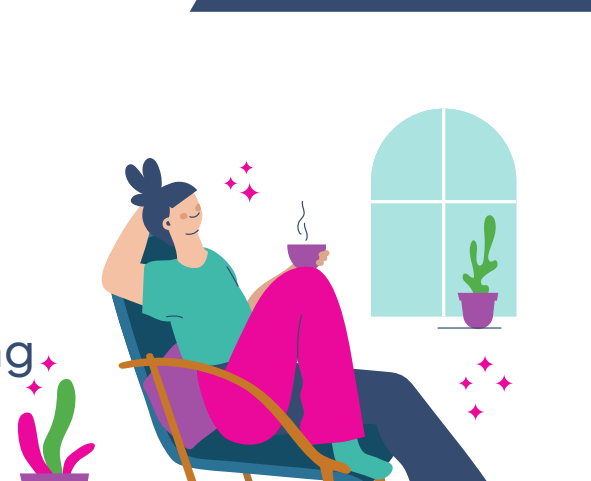


Maintain a positive mindset and stay present. Engage in activities that bring you joy and keep your vibration high. Avoid dwelling on doubts or negative thoughts.

TRUST THE PROCESS

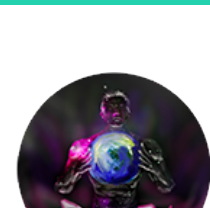
STEP 8

Have faith in the process and that the divine will deliver everything in perfect timing. Know that everything you desire is already on its way to you. Surrender control and allow things to unfold naturally.



CONCLUSION

By letting go using the Law of Assumption, you align yourself with the reality you wish to manifest. Trust in the process, embody the feeling of your wish fulfilled, and watch as your desires effortlessly come into your life. Remember, the key to successful manifestation is to let go and believe that what you seek is already yours.



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