

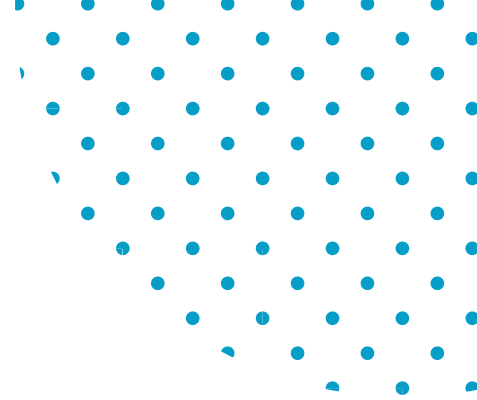
BRING YOUR DREAM TO LIFE

MANIFEST

DEVELOPED BY

IZOLDA
TRAKHTENBERG

MANIFEST YOUR HEART'S DESIRE



This self-empowerment ceremony will help you manifest your dreams. You will invite universal energies to work with you in a mutually-beneficial relationship to get you what you want.

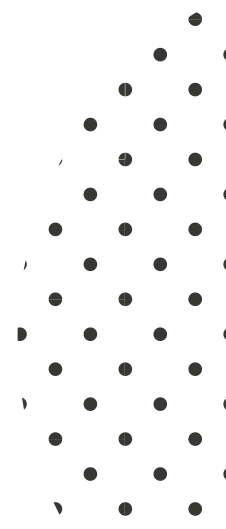
First, you need to know exactly what you want. Write it down in detail. Every bit. All the dreams. All the daydreams. The plans. Write it or draw it out. Make it as beautiful to you as possible. It's like a Vision Board only it's specific to one thing. Cut out magazine photos. Use beautiful colors. Do whatever you need to do to make it gorgeous to you.

Ceremony Components and Materials

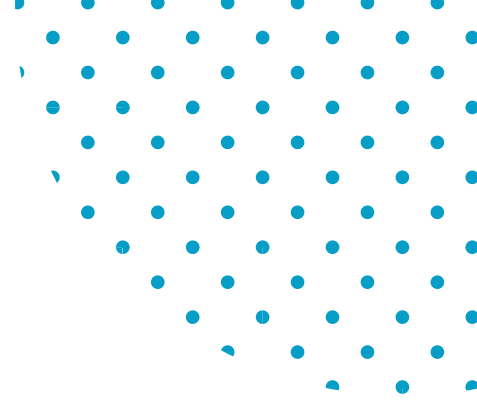
1. Figure something that represents clarity and your analytical mind and ability to plan.
 - a. I use a pencil and paper or a bell.
2. Figure out something that represents your emotional heart.
 - a. I use a cup of water or good tea.
3. Figure out something that represents your active self. The fire of inspiration and transformation.
 - a. I always use a candle. (If you use something else for this, have a candle and lighter handy anyway.)
4. Figure out what makes you feel stable and secure - that gives you a solid foundation you can work from.
 - a. I use a solid and sturdy rock I found on the coast of Maine. But other things might work for you.



**WORK ON
YOUR
DREAM
EVERY DAY!**



THE CEREMONY



Steps (Light Your Candle Now)

1. Sit in front of the objects and your list of what you want to bring into your life. Say the words in "a" below. And really feel them as you say them. Don't just speak them. For example, look at the first object. Focus on it. Get into the feeling of what it means to be really analytical, a really good planner and why this object brings up clarity and planning for. What is it about this that evokes Going from step A to step B and moving methodically through a plan until you reach the finish line?
 - a. "By this [your object] of planning and clarity, I will think through the steps to making my dream come true. I work with the beneficial energies of the universe to bring my dream to life."
 - b. Then, promise yourself that you will make the plan to manifest your goal.
2. Now move to the object that represents your emotions and say "b" below.
 - a. "By the [your object] of emotion and the flowing waters of life, I will feel and heal and accept this gift with joy and gratitude. I work with the beneficial energies of the universe to bring my dream to life."
 - b. Then, promise yourself that you will stay in touch with your feelings but not become impulsive as you manifest your goal.
3. Move to the object that represents your wishes, passions, and will to act and say,
 - a. "By this [your object] of action and forward motion, I will act on the plans I have made and take the opportunities that come my way. I work with the beneficial energies of the universe to bring my dream to life."
 - b. Now, promise yourself that you will take action towards your goal every day as you manifest your dream.
4. Move to the object that represents stability to you and say,
 - a. "By this object of stability and security, I will remain steadfast and secure. I will take care of my responsibilities to myself and to others. I work with the beneficial energies of the universe to bring my dream to life."
 - b. Now, promise yourself that you will keep a sturdy foundation under your feet while you manifest your dream.
5. Say the words, "I send my wishes out into the universe to bring my dream to me, to manifest my vision, and to be beneficial to all as I achieve my goal and live my heart's desire."
6. Blow out the candle and as the smoke drifts upward, imagine your wishes going up with it out into the universe to manifest your dream and bring it to you.
 - a. There is room enough for both stability and manifestation. In fact, one won't come without the other.
7. You have now completed the active part of the ceremony.

Moving Forward

Tonight, sleep with your paper under your pillow (or right near your bed).

Tomorrow morning, place it in a spot you can see every day. This dream requires dogged pursuit.

Stock away the resources for what you want a little each day.

Work for it every day.

Conclusion

Look for opportunities where you can get closer to your dream. Let it be your guiding star. If your dream is big, specific, and solid enough in your consciousness, you'll have the courage to look for opportunities to make it happen. When you see one, take it.

Opportunities will come more quickly after this ceremony and meditation.

Before you know it, you will be on your way to manifesting your goals and dreams.

About Izolda Trakhtenberg

Born in the Soviet Union, Izolda conquered language barriers and became a heart-centered coach. As part of the year-long immigration process, she and her family lived in a war zone. During that time, she developed strategies to manage stress and achieve goals. She traveled internationally as a Master Trainer for NASA. Today, she coaches clients to develop their life systems. These individualized systems enable them to live productive, fulfilling, and joyful lives. She presents leadership, productivity, and creativity programs all over the world. She lives in Brooklyn, NY with her husband and two cats. Izolda holds a BA in English from the University of Michigan.