

# MANIFESTING CHEATSHEET

Simply Lovely Breakthrough



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**EVERYTHING YOU  
BELIEVE AFFECTS  
EVERYTHING THAT  
COMES TO YOU.**

ABRAHAM HICKS

# MANIFESTING CHEATSHEET FLOWCHART

**START HERE**

THINK ABOUT WHAT YOU REALLY WANT



EMOTIONS COME UP. DO YOU FEEL COMPLETE  
JOY & CERTAINTY THAT IT'S COMING?

YES

NO

ALLOWING THE FEELING. DOES IT SHIFT  
INTO COMPLETE JOY?

YES

NO

DO THE ABSTRACT REFRAME TECHNIQUE.  
DOES IT SHIFT INTO COMPLETE JOY?

YES

NO

KEEP REACHING FOR WHAT YOU WANT.  
WHAT HAPPENS?

WHAT I WANT  
MANIFESTS!

LIMITING BELIEFS  
COME UP

ARE YOU SATISFIED?

YES

NO

**CELEBRATE!!**

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GET CLEAR ON YOUR DESIRES

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CAN BE FUN

# WELCOME!

I hope you enjoy reading the Manifesting Cheatsheet. The techniques I describe in this booklet are the processes I use with clients (and with myself) to create the lives of their dreams.

At the time of writing this booklet, February 2022, we are in the midst of a great awakening. On a Universal level we are becoming aware for the first time of our true personal power, and with it, acknowledgement of what is not working and what we put up with. The pandemic has brought up many global and personal limiting beliefs, and people from all walks of life with various perspectives are being shown how to go through this process of personal empowerment.

My hope is that you can use these processes at a personal level, and in doing so, help uplift the world. Those with a high vibration who are living in a state of empowerment help others to rise up themselves. May you find your inspiration and inspire all!



METHOD #01

**WHAT DO YOU WANT?**

## METHOD #1: WHAT DO YOU WANT?

The first step to manifesting anything that you want is to ask yourself, what do I want?

At first read, this can sound pretty obvious, but knowing what it is that you truly want can sometimes be the hardest part!

This is because we tend to conflate what we really want with what we think we should want, or because we are scared to give ourselves permission to want what we really desire because we have limiting beliefs deeply ingrained telling us why we shouldn't want it or can't have it. And the more resistance you have to your desire (ie, more beliefs in why you can't or shouldn't have it), the harder it will be to align yourself to your true wants.

To lessen your limiting beliefs from working against you, here are a couple of questions to ask yourself in order to get clarity around your desires:

- If a magical wizard could come and take care of all of my finances for me, what would I want?
- If everything I wrote down became true, what would I write?
- If I was 100% guaranteed success at whatever I tried, what would I do?
- If I was destined to meet my soulmate tomorrow, how would I feel today?
- If completing all of my goals was super easy and fun to do, what would I want to do?

Once you get into the feeling of aligning yourself to your desires (you will know because it feels REALLY GOOD and exciting and expansive), try holding yourself in that space for as long as you can, ideally at least 2 minutes.



The more you can bring yourself to this positive vibration, the easier it will be to stay in that vibration for extended periods of time until eventually you fully acclimate and stay in that energy space naturally.

Asking yourself what you want and aligning yourself to it is the easiest place to start, and before trying any other energy techniques you should always start with this one (why activate anything negative if you don't need to?).

However, if you find that you can't energetically align to what you want or you feel a strong feeling of "yeah, but..." when you think about what you want, then you can move on to method #2.





METHOD #02

**ALLOW THE FEELING**

## **METHOD #2: ALLOW THE FEELING**

If just feeling good is not working for you (which chances are, if you are reading this that is the case in at least one area for you), then the next step is to allow yourself to sit with your feelings for several minutes.

To understand more of why this works, take a look on the next page at the Emotional Guidance Scale by Abraham Hicks:

# The Emotional Guidance Scale

Concept by Abraham Hicks

Joy / Knowledge / Empowerment / Freedom / Love / Appreciation

Passion

Enthusiasm

Positive Expectation / Belief

Optimism

Hopefulness

Contentment

Neutral



Easier to Maintain a  
Positive Progression

**Feels Good**

Boredom

Pessimism

Frustration / Irritation / Impatience

Overwhelment

Disappointment

Doubt

Worry

Blame

Discouragement

Anger

Revenge

Hatred/Rage

Jealousy

Insecurity / Guilt / Unworthiness

Fear / Grief / Desperation / Despair / Powerlessness

**Feels Bad**

Easier to Maintain a  
Negative Progression



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Energy

The emotional guidance scale is a system designed by Abraham Hicks that places the range of human emotions on a scale from feelings of disempowerment to feelings of empowerment. It is a framework for you to understand where your current emotion lies in terms of how empowering your belief about a subject is.

The more empowered you feel about what you want, the higher vibration you have and the more easily it will manifest for you, so it is important to know where your emotions currently are so that you can climb up the scale. To move up the scale, you reach for better-feeling thoughts and emotions until you get to joy.

But the most important thing to note about the scale is where all of the emotions are in relation to each other. Fear and anger are at one end of the scale, while passion and joy are all the way at the opposite end.

People will often try to shift immediately from anger and sadness all the way over to joy and empowerment. Although it is technically possible to do (to do so is called a “quantum leap” but it often includes side effects like intense emotional pain and/or physical effects like headaches and vomiting), for most people it is too much of a shift from where they currently are so they cannot do it authentically.

Instead, the easiest and most natural way to shift yourself up the emotional scale is to allow yourself to fully feel your current emotion until it doesn't affect you anymore.

# WHAT KIDS KNOW THAT YOU DON'T

Kids happen to be very good at climbing up the vibrational scale. Have you ever seen a kid get mad, throw a complete temper tantrum and start screaming, but then be completely happy and content 5 minutes later?

This is because kids naturally know how to shift their emotions. They aren't worried or ashamed about feeling worried or ashamed or angry so they can naturally work themselves through it.

By the time they reach adulthood, however, kids are taught out of this ability. They are told that it is "bad" or "wrong" to be angry or sad, so then they learn to resist these emotions. Since they can no longer allow themselves to feel their emotions, they cannot have a proper release of them, which ironically causes them to get trapped in those emotions.

And unless you happened to be lucky enough to grow up in a place where you weren't ever shut down for your feelings (which as of current writing is pretty much non-existent), this includes you too.

But fortunately, properly feeling and releasing your emotions is something you can relearn how to do. It takes a bit of practice, but the but the best thing to do is simply this:

Sit with your current feeling, no matter if it's "positive" or "negative", and allow yourself to feel it for at least 2 minutes.

Sitting with the feeling for a couple of minutes in a state of complete acceptance about the feeling is very important. You will most likely try to resist sitting with the feeling, or be able to do so for only a couple of seconds before your brain tries to distract you from feeling your emotional discomfort because it ties the negative feelings with guilt and powerlessness.

# THE CYCLE OF DOOM

As you can see on the Emotional Scale, guilt is towards the very bottom of the scale, near complete powerlessness.

Where most people get stuck in doing a proper emotional release is in the anger phase.

What commonly happens is that after feeling sad, you will start to naturally rise towards anger. If you do not know how to do an effective anger release, this will often manifest in a volatile way in situations like yelling at your kids or getting snappy with your coworkers. In the moment of doing your anger release you temporarily feel better because anger is higher up on the scale than sadness.

However, after you let out your anger you may feel ashamed for your outburst. You instead start to feel guilty, which then pulls you back further down the scale. This pattern of lifting up into anger and then coming down into guilt is known as “The Cycle of Doom” and is a very common phenomena for people who do not know how to have constructive anger releases (which is most people).

Fortunately, there is an easy way out of this Cycle of Doom, which is by having a Constructive Anger Release.



# HOW TO HAVE A CONSTRUCTIVE ANGER RELEASE

In order to have a full, proper anger release that does not bring you back into the Cycle of Doom, you need to take these 3 steps:

## **1 . Find a quiet place to have your anger release.**

Technically, you can do them with someone else if they have experience with processing anger and won't get brought down vibrationally, but most people find anger really uncomfortable and will try to shut you down. Or you'll get uncomfortable with someone else there and try to shut yourself down.

So find a quiet place like your bedroom or alone in the woods outside to have your anger release. If you don't have a quiet place to rage, a bathroom can work just fine.

## **2. Let yourself get mad.**

Give yourself the time to let yourself get really mad. Say the petty shit to the imaginary version of your husband or great uncle or roommate that you've secretly always wanted to say. Tell them why they're wrong. This is a space where you get to have your full volatile release with no consequences from others.

Imagine turning them into bugs and squishing them if that feels good in the moment. Cut off their head and then resuscitate them so you can do it again if that makes you feel better. Scream and punch pillows if you have to (also, if you want to scream but don't have the privacy, fill a bowl up with water and stick your face in it and scream).



These may seem like shocking things to imagine, but most people when they do an anger release for the first time envision these intense actions because the anger has been suppressed for so long. It's also important to understand your visions of murder and rage are simply representations of your feelings of powerlessness. It doesn't mean that you would actually go and murder anyone or yell at them. And the more you do anger releases, the less violent these representations become until 9 times out of 10 they only feel like a blip of anger or frustration.

It's at this point that most people also ask, "well according to the Law of Attraction, if I get angry and imagine acting like an asshole, aren't I just attracting more of that situation and of people being assholes to me in my life?"

The honest answer is no, because if you're able to have an anger release about something, it means that you already feel powerless about that subject. Having the anger release simply allows you to move beyond that feeling (and stop attracting those assholes into your life!).

### **3. Rate your anger release on a scale of 1 to 10**

Knowing if you've fully released your anger on a subject can be tricky if you haven't had an anger release before, so the best way to review its effectiveness is to rate the feeling of your anger release on a scale of 1 to 10 (1 being not satisfying at all and 10 being perfectly satisfied).

If your anger release is less than a 10, ask yourself, "what do I need to do to get to a 10?" and listen to what your intuition tells you. And then try it out.

You'll know once you've reached a 10 because you will feel better.

The energy will have shifted, and if you try to go back to being angry, you'll find that you're not really angry about the subject anymore. It no longer bothers you.

And when you get to that 10, you'll find that your life shifts around you. The person you had so much anger about acts nicer to you. You get a transfer and no longer work with your old boss. You manifest your kids putting away the dishes. Overall, you feel better.

## BRINGING IT ALL TOGETHER

So you'll have noticed that part of the technique of having a Constructive Anger Release includes asking yourself to rate your release on a scale of 1-10, and then tweaking and refining your release until you feel a full emotional shift into something better.

This evaluation process of rating your emotional releases on a scale of 1-10 actually works anywhere on the emotional guidance scale. You can use it in sadness to shift to anger, boredom into hope and then joy, you can use it anywhere to help raise your vibration.

As you continue doing this work, eventually you will no longer need to use the rating 1-10 system because you will know when you've shifted something by how it feels internally. Some people experience a physical sensation of feeling lighter or a buzzing, or they may feel their muscles relax. Others feel it emotionally. They feel lighter and have more energy, like something has "popped", and some feel a combination of both.

As you do this work, pay attention to those physical and emotional signs because they are indicators from your internal guidance system telling you how you are currently feeling and what feels better. It will serve you in anything you desire to do and manifest moving forward because it shows you how currently aligned you feel towards your wants.

Now this being said, if a limiting belief is deeply entrenched, sometimes simply sitting with the emotion won't be enough to shift it. If you find yourself stuck in a feeling of sadness or anger for more than about 5 minutes, chances are you need a little further "push" to help you release the feeling.

Fortunately, there are a couple of excellent techniques to help you make this emotional shift, which we will cover in method #3.



METHOD #03

# **THE ABSTRACT REFRAME**

## METHOD #3: THE ABSTRACT REFRAME

If focusing on what you want and allowing your feelings hasn't shifted your feelings into ones of empowerment, it is time to try an abstract reframe.

These techniques work best for very deep-seated limiting beliefs – the ones that you either are unaware of having or are so entrenched that it feels impossible from your current mindset to overcome.

Fortunately, that is just another limiting belief, and you can overcome it!

How these techniques generally work is that they are a way of further giving yourself permission to feel your feelings by allowing yourself to go back to a situation and take control of it from your current state. Because these techniques are guided by your intuition, they often include bringing in fantastical elements that don't always make sense in the moment but will at the end when you've released the limiting belief – thus the “abstract” part. This will make more sense as you read about how to use these techniques.

There are two techniques you can use to do an abstract reframe, The Round Table and Bunkerwork. Both are similar and it does not matter which one you use, but The Round Table is a bit more structured than Bunkerwork. If you are not sure which one to start with, start with The Round Table.

## THE ROUND TABLE

To complete The Round Table exercise, you first need to find a place where you can sit by yourself alone and not be interrupted.

This is important because, like with an anger release, you want to make sure that you are not worried about taking on anyone else's emotions and energy. Unless you are working with an energy coach or a friend who knows how to not take your emotional releases personally, it is difficult to do this work honestly because you'll be focused on the people around you instead of yourself and will not be able to do the exercise properly.

If you do not have much privacy, a bathroom works fine.

So once you have found a private spot for yourself, the first thing you want to do is visualize a round table, similar to the one of King Arthur's court. Seated around you at this table are various representations or aspects of yourself.

One of them may be a 5-year-old version of you, another one may be a 70-year-old version, and still others may be more abstract representations like you as a dark storm cloud or a dinosaur. It doesn't really matter what you see, just trust that your subconscious is providing you the manifestations that are most helpful for you.

The next thing to do in your visualization is to stand up from where you are seated at the table. State to everyone at the table what your current problem is, and then ask whoever fits this representation to please come forward.

You may not get an answer right away. That's okay. Just stick to the visualization, calmly ask for who you need, and eventually someone will rise up from their seat at the table and come to you.

Trust that whatever representation comes forward, no matter how strange or nonsensical it may seem at the moment, is the perfect manifestation of what needs to be addressed.

Once this aspect comes forward, ask it calmly, “what do you want?” and see how it responds. Again, you may not get an answer straight away because if this aspect has been pushed down inside you for a long time, it may not know just yet what it wants. Be sure to give this representation the space to be able to say what it wants, and that you are not answering from the conscious mind of what you think it should want. Let it speak for itself.

Now pretend you are a fairy godmother that can wave a magical wand and do anything you feel like. Once the aspect tells you what it wants, no matter how strange the answer may seem, give it what it wants. If it wants Peter Pan to swoop in and rescue it from school, give it Peter Pan. If it wants the powers of Godzilla to destroy its hometown, give it the powers of Godzilla. If it wants Grandma to hug it, let Grannie give it a hug.

After providing whatever it desires, give your aspect some time to be in the feeling of having what it wants, and then ask it if it is satisfied or not (you can even ask it to rate the feeling from 1-10 like in prior exercises).

If it is not satisfied, ask the aspect again what it wants, and continue to provide for it whatever it desires. This is often a bit of a process where you ask, give, receive feedback, and continue the process until the representation is satisfied and the feeling shifts.

To ensure that you have fully shifted your feelings, check back in with yourself about the original problem and see how it feels. When you have done a proper release, the initial limiting belief won't feel so bad anymore. You will feel physically or emotionally lighter, and new solutions that you did not previously have access to will start to appear.



# BUNKERWORK

The Bunkerwork technique is similar to The Round Table, but has a greater focus on you rather than your aspects.

To do Bunkerwork, visualize in your mind a large underground bunker. You are in complete control of everything that happens in the bunker and anything that happens in there stays there. It is a safe area to do and express whatever you need to. No one will ever be affected in the physical by what happens in the bunker.

So in this bunker, think about the problem that is bothering you and see what appears in the bunker. Maybe it is a scene from childhood in which you felt powerless, a boss that drives you crazy, or money falling from the sky that you can't seem to touch. Trust that whatever scene manifests is the correct one that has come up for you to heal.

Now in this scene, ask yourself, "what do I want to do?" and then play that out in the bunker, even if the honest answer seems strange, abstract, or cruel.

If you want to punch your boss, do it. If you want to come in as an adult and defend the child version of you from bullies, do that. If you want to have Robin Hood come in and swoop up all the cash from the sky and give it to you, let the merry man do so.

Remember, the bunker is a place in your mind in which you have total control and no one will ever know about. Let yourself be authentic in this visualization, even if it seems volatile or weird.


Once you clear out the limiting belief, you will either gain clarity about why it manifested for you in this particular way, or it won't matter to you anymore and you won't care. Trust that this process is working correctly for you and that you are intuitively taking the right steps.

After you have let your visualization play out, check in with yourself and see how it feels. If it feels anything less than total satisfaction, ask yourself again, “what do I want to do?” and then let it play out in the bunker.

When the limiting belief is deep-seated, it may take a few times to do this. For really intense beliefs, this can sometimes take multiple sessions in which you keep coming back to this belief at a different level. You may find yourself running into “dead ends” in which doing what you think you want to do doesn’t give you a feeling of full release.

This is really normal and is actually a good thing because exploring those avenues allows you to gain further clarity on what it is that you really want. You don’t always have access to the solutions right away or the solution is a multi-step process. You may need to try something, find it helps a little, and then find what you want to do in the moment shifts. When this happens, just step back a little, and ask yourself again, “what do I want to do?” and see what manifests. Keep poking away at it and eventually it will shift.

Like with The Round Table, you will eventually hit a point where the visualization results in a full or partial release. Like with other emotional releases, you will know this by feeling physically and/or emotionally lighter. The initial situation will not feel so bad to you anymore, and you will either see or be excited about new solutions presenting themselves now that you have achieved a higher vibration.



CONCLUSION

# **VIBRATIONAL SCALE 2.0**

## CONCLUSION – VIBRATIONAL SCALE 2.0

You may notice that Bunkerwork seems rather similar to a Constructive Anger Release, and you would be right!

Bunkerwork is essentially a Constructive Anger Release that can be used to address emotions even lower on the Emotional Scale (like sadness).

Each of these techniques are connected and the ultimate goal of all of them is to get you back into Method #1 of deciding what you want and aligning yourself to the energy of it. Because ultimately, the goal of all of this is to get you into a place where you feel better!

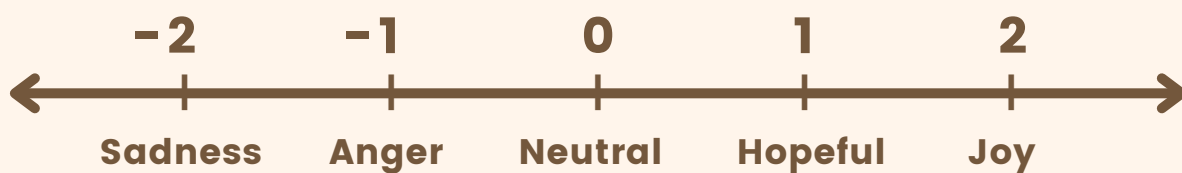
And technically, you can do this with just Method #1. If you are familiar with Abraham Hick's work, this is essentially what Abraham teaches you to do.

However, if you have really deep-seated limiting beliefs or negative thoughts that you are unaware of, doing Methods #2 & 3 can help you align yourself to your desires more quickly because they make it easier to give yourself permission to directly address and release your sad or angry thoughts.

# THE EMOTIONAL SCALE SIMPLIFIED

Let's go back to the Emotional Scale from Method #2.

If you look at that scale, it can seem a little complicated, but essentially it shows negative, powerless feelings go towards one direction, and joyful, empowered feelings go the other way. To simplify the scale, you can think of it in this way:



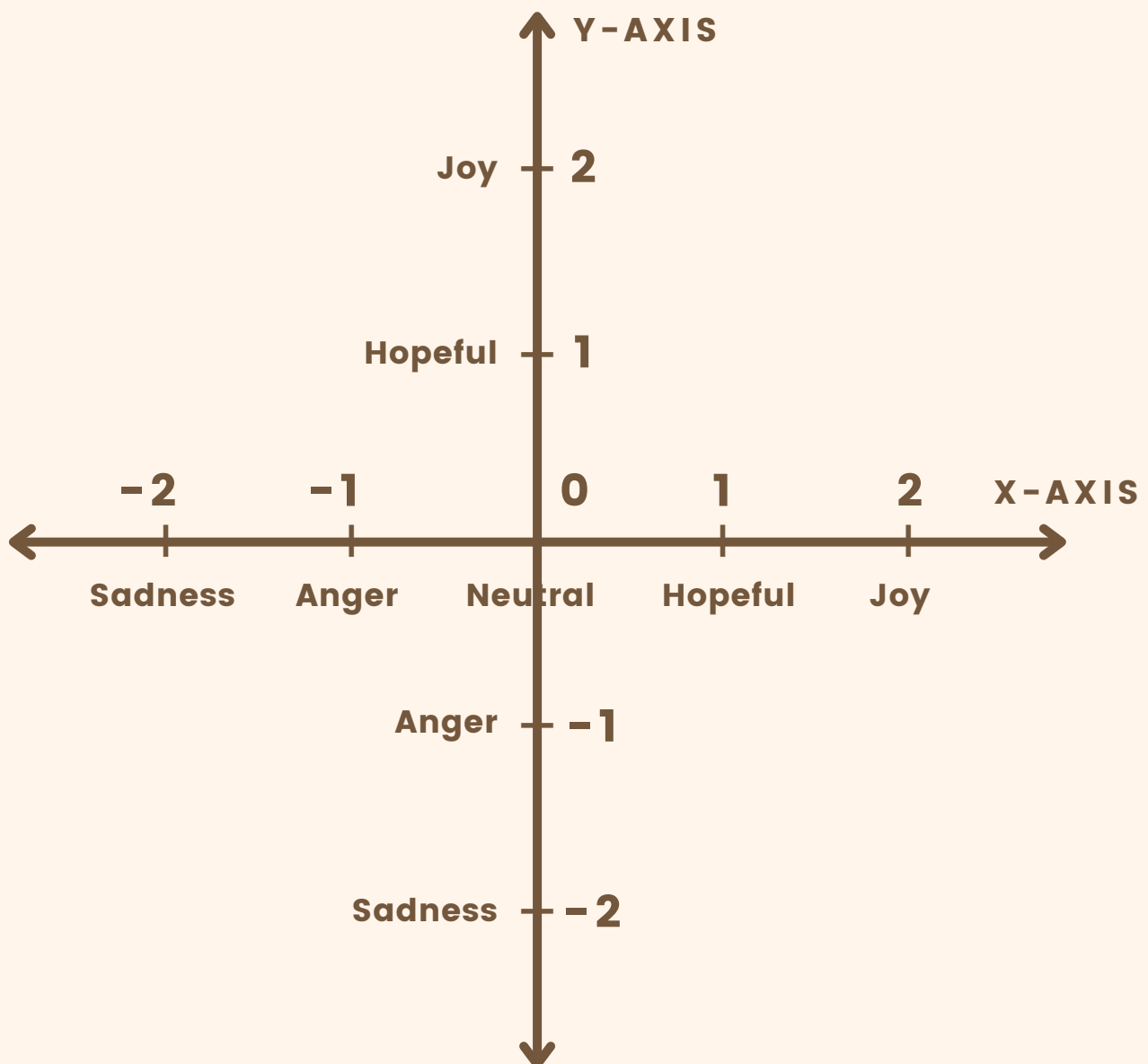
Looks a lot like an x-axis that you learned about in your math classes, huh?

Thinking about the Emotional Scale as a number line, where “negative” emotions are negative numbers and “positive” emotions are positive ones can be a very helpful way of reframing emotions. In math, a negative number is neither inferior or superior to a positive number – it just is. Likewise, in terms of emotions, a negative emotion is no better or worse than a positive emotion.

Now that doesn't mean that you would want to feel a negative emotion more than a positive one (you're allowed to have a preference and most people prefer positive emotions to negative ones), but thinking about emotions like numbers is helpful because it can take the judgment out of feeling anger or sadness. It does not make you a “bad” person to be in a negative state – it is just where you currently are on the Emotional Scale.

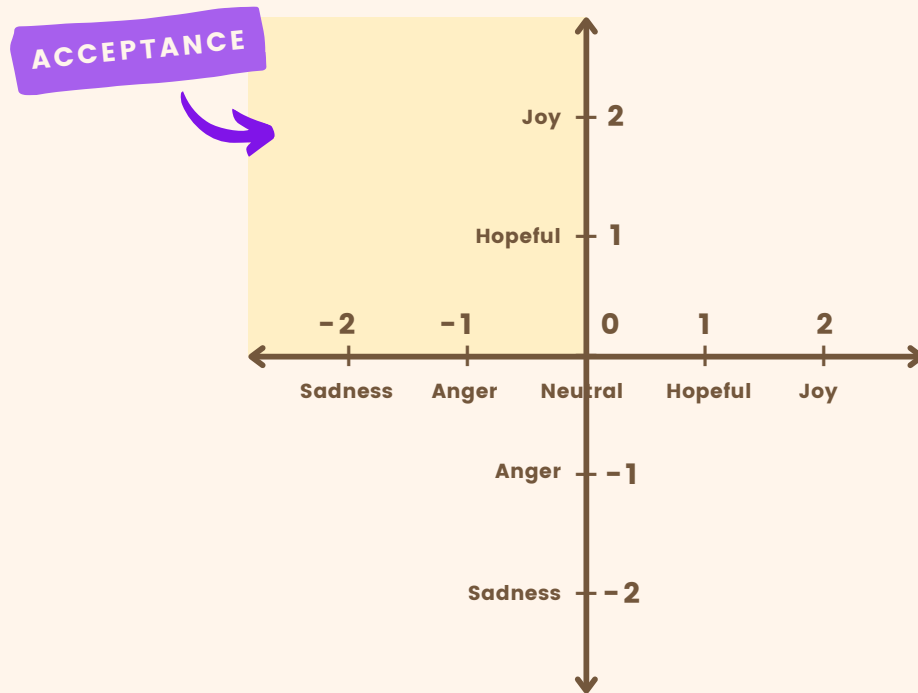
## THE EMOTIONAL GRID

The really cool thing about framing the Emotional Scale in terms of being an x-axis is that you can extrapolate it out further and add a y-axis of the same scale. It ends up looking like this:



So as you can see from this Emotional Grid, the y-axis is also a range of emotions from powerlessness to empowerment. The y-axis ends up representing how you feel about your place on the x-axis.

So with this, it is possible to currently be in a negative state (the left side of the x-axis), while also being in a positive state about your current negative feeling (the upper left part of the grid). This is what acceptance is.



The purpose of doing the Round Table and Bunkerwork is to get you into this part of the grid where you feel good about accessing and releasing your limiting beliefs.

And again, the reason I like to put these techniques in the frame of a numerical grid is because it helps reframe your mindset from one of being ashamed or guilty about feeling less than 100% joyful to one where you feel okay about where you are. Because when you accept your feelings and embrace them fully, that takes you to method #2 of allowing your feelings, which then makes it so much easier to line yourself up with what you want and bring it to you from an empowered state (method #1).



# THE EMOTIONAL SPIRAL

Most people have one or two things that they really struggle to manifest in their lives. For some it is losing weight, for others it is making money, and still for others it is finding their dream partner or overcoming a health condition.

Whatever your personal struggle is, you may find yourself in this pattern:

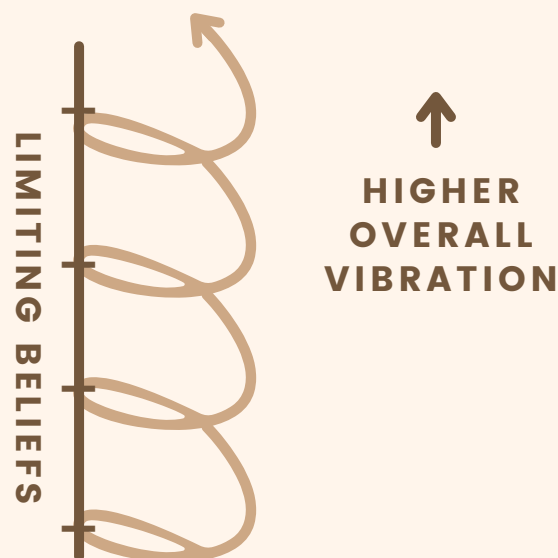
You get clear on what you want, you do emotional releases and let go of your limiting beliefs, things start to manifest well for you, and

**BAM!**

You get hit with a nasty manifestation or things all of a sudden fall apart and you feel bad again.

You may be wondering, WTF just happened? Everything was going well – why did my vibration suddenly lower?

The answer is that your vibration did NOT suddenly lower. What you instead experienced was the Vibrational Spiral.

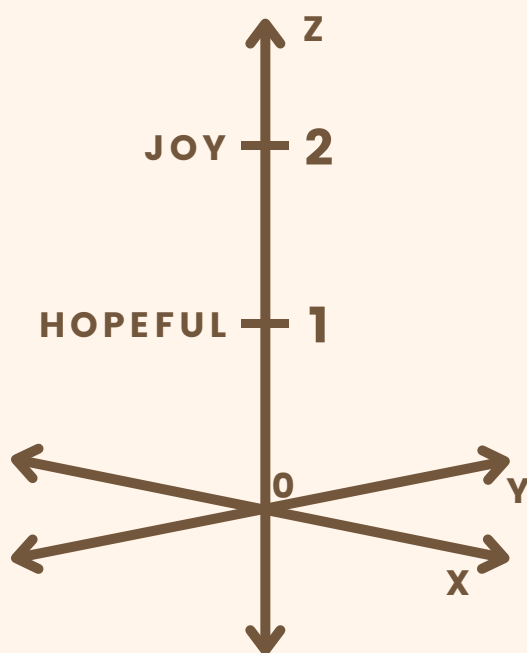


Essentially, what happens for topics that you have a lot of deep-seated limiting beliefs about is that you have to do several “rounds” to clear them all out. So what happens is that you clear the ones out that you currently have access to from your vibrational standpoint, and then you get to a high enough vibrational level that the limiting beliefs that you didn’t have access to (you will not be shown what you cannot clear), will suddenly start to manifest in your reality.

And it may feel like a big dip in your emotions (and it is a temporary dip into sadness or anger), but where you are on the vibrational scale is so much higher overall that you are not dipping down to where you were originally.

Even if the sadness or anger in the moment feels really intense (and it can!), you are just slightly dipping down from your current vibrational standpoint because you have already cleared out a lot of your prior limiting beliefs. You are still higher up on the spiral overall.

Continuing with the math metaphor, another way to think of the Vibrational Spiral is that it is the z-axis on the Vibrational Grid.



Even if you have gone back into sadness or anger on the x-axis, you are still further up than where you were previously because you are higher on the z-axis and are overall more empowered .

So you can think about the x-axis as your current feelings, the y-axis as how you feel about those current feelings, and the z-axis as your overall vibration. Your goal is to use the y-axis and the x-axis together to raise yourself up on the z-axis!

If the concept of the z-axis is too confusing, just think of it as the vibrational spiral instead. Your goal is to allow yourself to feel more and more empowered and bring yourself higher up overall on the vibrational scale.

## EMPOWERED CONTRAST

An important thing to keep in mind is that you are going to be in different places on the grid and the spiral for each subject in your life. For instance, you may be further down in your money vibration but higher in your love vibration. But all aspects of life can be raised up from powerlessness to empowerment!

And with this idea in mind, the goal of life from this vibrational standpoint is continuous expansion in which you are constantly bringing your vibration higher up the scale of empowerment. Abraham Hicks talks about the importance of “contrast” – observing what you both like and don’t like so you can choose what to bring into your reality.

Humans are growth-oriented beings, and at a certain level we really like contrast because it helps us further define and refine what it is that we want.

When you are in a state of overall powerlessness, this contrast feels painful because you are choosing between two options that don’t feel very good. Do you want this shitty thing or that shitty thing? You don’t really want either because both of them feel bad. You don’t currently have access to a vibration where you can see options that feel good, so the contrast feels awful.

However, as you do the inner work and raise yourself further up the vibrational scale, you start getting access to options that feel better. The contrast starts to become more enjoyable.

Eventually, you get into a fully empowered state where instead of choosing between two options that feel painful, you get to choose between options that feel joyful. It ends up being like choosing what ice-cream flavor you would like to get at the ice-cream parlor.

No option is going to be bad, and you will fully enjoy whichever ice-cream flavor you choose, but you will usually have a preference for one flavor over another.

Our collective goal in the experience of being human is to get into a place of empowerment where we are continuously choosing what we want from a place that feels really good.

In fact, we really do not like stagnation very much. Stagnation can feel like relief for a bit when coming from a place of total disempowerment, but after a while, it gets kind of boring! We expand through defining our preferences and then acting through inspiration to bring those desires to us.

It is important to understand this because the goal of life is not to create a stagnate “happily ever after”. But looking at this concept from a place of powerlessness can make you feel like, “ugh, I’m just on this hedonic treadmill where I’m trying to get happy and never will?”

However, from a place of empowerment, this feels like, “wow, good things will continue to manifest for me in ways that I didn’t expect!” Making peace with the fact that change is inevitable and can, in fact, be really exciting will open you up to a life of delightfulness and gratitude.

So prepare to be amazed! You now know the rules of the Universe. Good things are coming!



# **CONGRATS!**

YOU'VE FINISHED THE CHEATSHEET

# **YOU NOW KNOW THE SECRETS TO MANIFESTATION**

Thank you for reading The Manifesting Cheatsheet! This booklet is a culmination of over 5 years spent studying the Law of Attraction and universal principles of empowerment.

May you create a joyful, wondrous life, and Happy Manifesting!

-Zoe