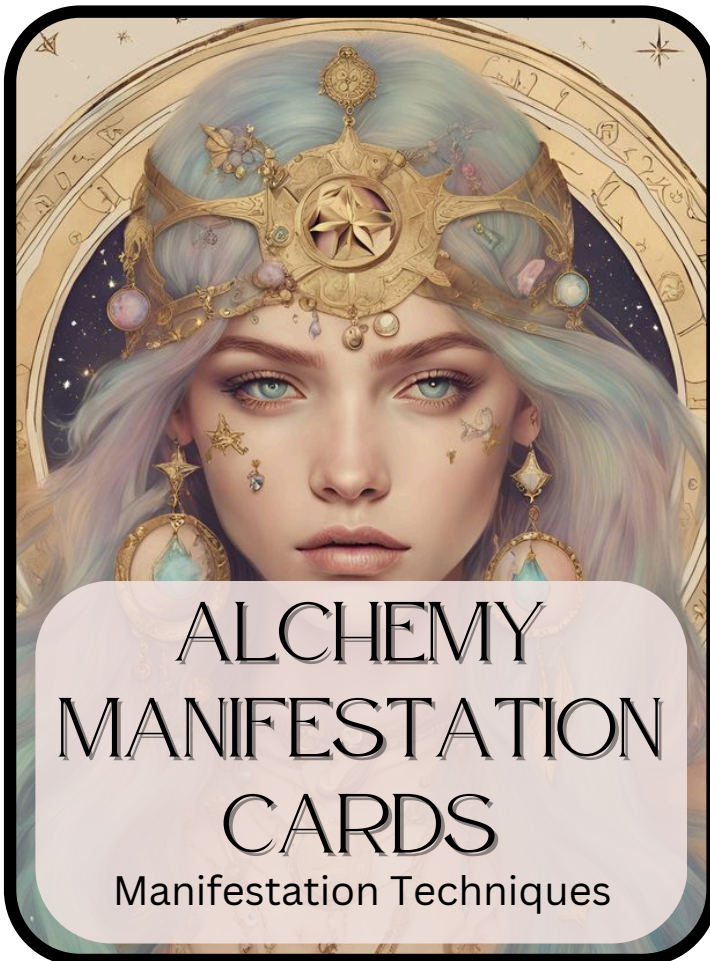




ALCHEMY MANIFESTATION CARDS

Manifestation Techniques

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ALCHEMY MANIFESTATION CARDS

Manifestation Techniques



55x5 Manifestation

Write your affirmation
55 times for 5
days to manifest your
desire. This helps to
become a vibrational
match for what you
want and attract it
into your life

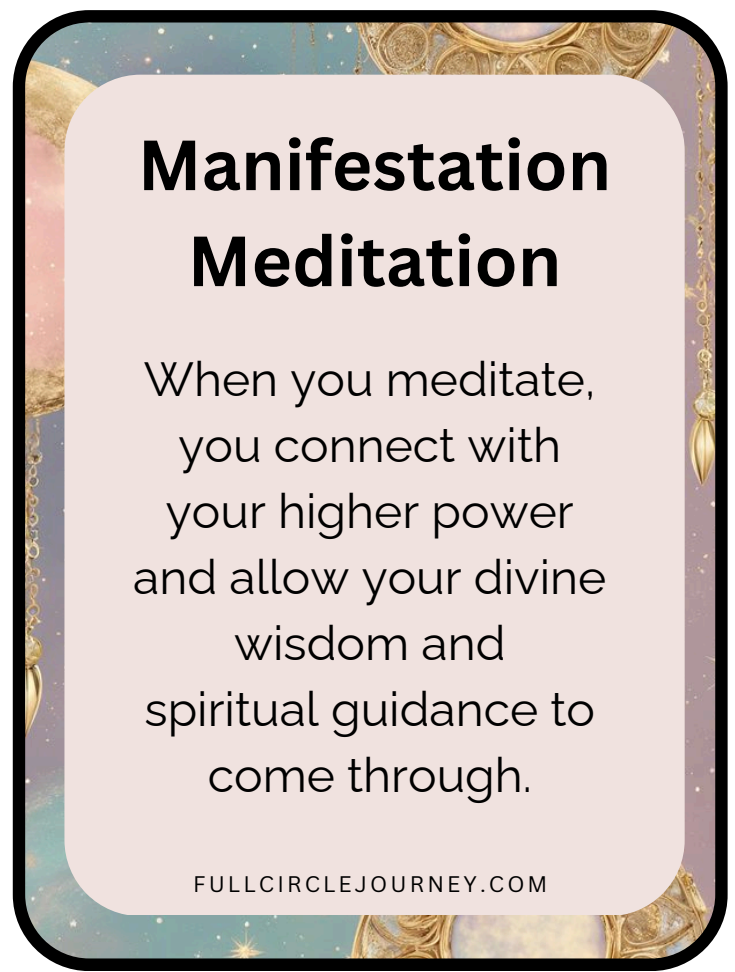
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3 6 9 Method

Write your desire 3
times in the present
tense.
Write your intention 6
times.
Write the outcome 9
times.

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Manifestation Meditation

When you meditate,
you connect with
your higher power
and allow your divine
wisdom and
spiritual guidance to
come through.

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Manifestation Jar

A manifestation jar is a container that holds all the desires you want to manifest. The things that you put into the jar represents your requests to the Universe so that anything you put in will manifest in your reality

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Manifestation Journal

A manifestation journal is a dedicated journal that you use with the intention to manifest what you want into reality. Write about the goals and life you want to attract.

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Scripting

Scripting is a manifestation technique that involves describing the experience you would like to manifest as if it has already happened.

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Gratitude

Be grateful for what you have right now. Manifestation happens when you're vibrating on a high frequency.

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Subliminals

Subliminals can help you gently reprogram your subconscious mind by releasing the limiting beliefs that no longer serve you and filling it with new beliefs that do serve you.

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The Pillow Method

Write your intention on a scrap of paper and tuck it under your pillow. Then, every night read what you've written and focus on it while you're falling asleep.

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Visualisation

Visualisation helps you get into vibrational alignment with your desire by cultivating the feeling of experiencing your desire as if it has already manifested.

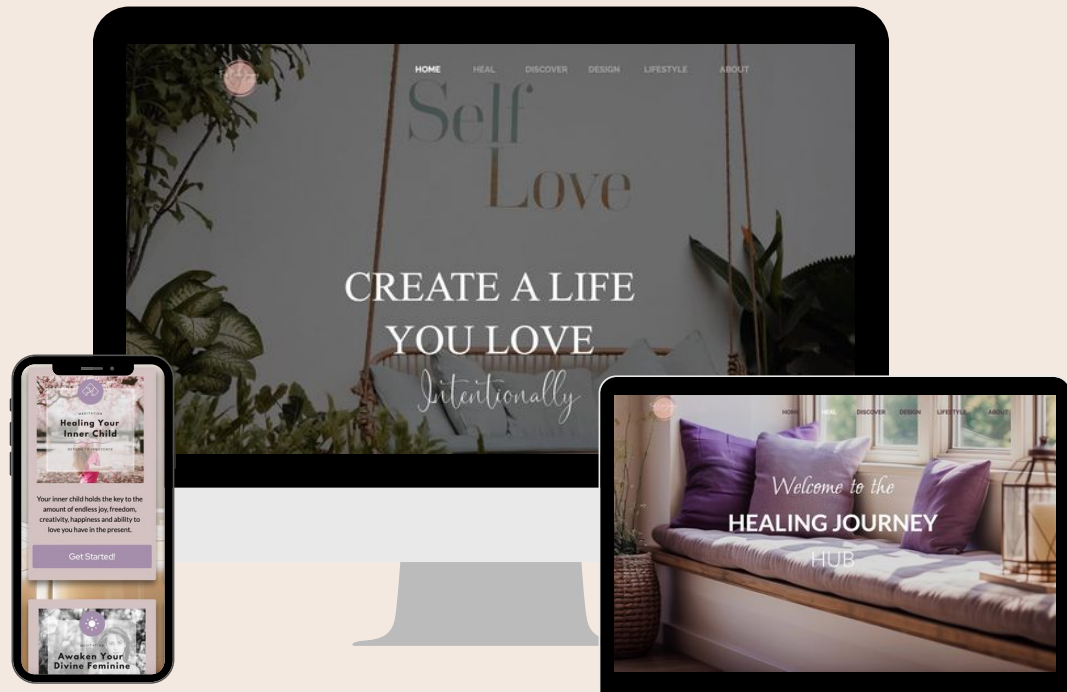
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17 Seconds Technique

The 17-second rule states that when you focus on a thought for 17 seconds you activate the vibration of the thought and begin the attraction process.

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