SHE is ME

The Soulful Guide to Healing, Alignment & Manifestation



AN ENERGETIC GUIDE TO RAISE YOUR FREQUENCY

Written by Emily Harrison | Spiritual Empowerment Coach



Welcome

To the beautiful soul holding this guide in your hands, I want you to know, this isn't just a manifestation workbook.
This is an invitation home.

You were guided here for a reason. Whether you're craving a fresh start, ready to call in your dream life, or simply remembering how powerful you truly are... I see you. I honour the version of you that is choosing to rise, even when it's hard. That alone is magic.

This guide was born from my own journey, the highs, the heartaches, the healing, and the deep remembering. Every word was written with love and intention to remind you: ***You are the creator of your reality.*** You always have been. Now it's time to reclaim it.



Take your time. Go at your own pace. Let this be a sacred space for you to reconnect, realign, and reignite the power that's already within you. There is no "right" way to do this, just your way.

I'm so honoured to walk this path beside you. Here's to manifestation, transformation, and becoming everything you were always meant to be.

Emily

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CHAPTER ONE

THE POWER OF MANIFESTATION

"Everything is energy.
Match the frequency of the reality you want, and you cannot help but get it."

– Albert Einstein



YOU ARE THE CREATOR OF YOUR REALITY



You've manifested every part of your life so far some consciously, some unconsciously. The people, the opportunities, the patterns, the lessons - they're all reflections of your inner world. That's not to blame you... it's to **empower you.**

Because if you created that reality...
You can create a new one.
And this time, on purpose.

Manifestation isn't luck. It's a **universal law**. Like gravity. Like cause and effect. It's always working and now, you get to be in the driver's seat.

THE 5 PILLARS OF MANIFESTATION

1. ***Clarity*** *– The Universe can't deliver what you're vague about.*
2. ***Belief*** *– You get what you believe you're worthy of, not what you wish for.*
3. ***Vibration*** *– Your emotional state is your magnet.*
4. ***Action*** *– The Universe loves movement.*
5. ***Surrender*** *– Let go of control, but stay in trust.*

Real Talk: Why Manifestation Hasn't Worked (Yet)

If you've tried to manifest and felt like nothing changed, don't worry. Most people skip the inner work. They try to slap affirmations over wounds or visualize from a place of fear.

Manifestation isn't just "thinking positive."
It's about becoming the version of you who already has what you want in energy, in mindset, and in embodiment.

Let's Get Interactive: Your Manifestation Audit

Take a moment to reflect on your current reality with honesty, not judgment.

This is where the shift begins.

Why Journaling Matters:

Writing things down is more than reflection, it's a declaration.

When you write your thoughts, desires, fears, or visions, you move them from the energetic realm into the physical world.



Thoughts
+
Emotions
+
Belief
+
Action
+
Energy
=
Reality



You're telling the Universe:

"I am ready to receive this."

It also helps you:

- Get clear on what you actually want
- See patterns or limiting beliefs you couldn't notice in your head
- Track your growth and transformation over time

Journal Prompt:

Take your time here and write freely.

- What area of your life feels aligned and flowing right now?
- What area feels heavy, stuck, or repetitive?
- If your life is a mirror, what internal belief or emotion might be creating this?
- What would I need to believe about myself to shift this?

After writing, **read your answers aloud** like you're having a conversation with your higher self. Feel the shift in energy when you speak your truth into existence.

Use the next page to journal.



Thoughts
+
Emotions
+
Belief
+
Action
+
Energy
=
Reality



DATE

Mood

DAILY JOURNAL

YOUR THOUGHTS

GOALS

TO DO

OUR DESIRES AREN'T RANDOM
THEY'RE ROADMAPS

If you feel a deep pull toward a vision, that's your soul speaking.
Your dreams are not selfish. They're **sacred.**

You are not here to just survive.
You are here to **create, expand**, and **experience** the richness of life in your own unique way.

Let this be the moment you stop doubting your desires and start claiming them.



THE MANIFESTATION EQUATION

Thoughts + Emotions + Belief + Action + Energy = Reality

When all of these align, you become magnetic.
You don't chase - you **attract**.

Try this affirmation now:

"I am the energetic match for everything I desire. It's already on its way to me."

Say it. Feel it. Embody it.

Manifestation Myths (Let's Debunk Them)

"**1. "You have to be positive all the time."**
Nope. You're human. It's about alignment, not perfection.

2. "It should happen instantly."
Divine timing is real. You're being prepared to hold the next level.

3."I must hustle hard for it."
Aligned action is enough. Burnout isn't required for abundance.



TRY THIS MINI RITUAL: MANIFESTATION ACTIVATION



Light a candle or sit under the sky.
Close your eyes and take 3 deep breaths.
Visualize your dream life in full detail.
Where are you, what do you see, how do you feel?

Now say this aloud:

> "I am the energetic match for everything I desire. It's already on its way to me."

Write down the first thing that came to your mind during that moment.
That's your next step.

YOUR MANIFESTATION DECLARATION

Write down the first thing that came to your mind during that moment.
That's your next step.

I am calling in: _____
Because I desire to feel: _____
I am ready to release: _____
I believe it is mine because: _____

Stick this somewhere you'll see every day. This is your energetic order to the Universe.



COMPLEMENTARY TOOLS:

- **Visualization Audio** (10 mins) – Listen here
- **High Vibe Playlist** – *Spotify: "Manifest Magic"*
- **App suggestion:** I Am for affirmation notifications
- **Book recommendation:** The Magic by Rhonda Byrne



FINAL WORDS BEFORE THE DEEP DIVE

From this point forward, everything shifts. You're no longer just "hoping" for better. You're becoming the energy of it.

You're about to dive into your inner world, meet the version of you that's always been waiting to rise, and rewrite the story you tell yourself about what's possible.

Let's manifest your magic.
Are you ready?

CHAPTER TWO

INNER CHILD WORK
HEAL THE ROOT, RISE IN POWER

The child you once were still lives inside you waiting to be seen, heard, and loved.



WHY INNER CHILD WORK MATTERS FOR MANIFESTATION



You can visualize all you want, repeat affirmations daily, and write out your dream life 100 times...

But if **your inner child still believes they're unworthy, unsafe, or unloved,** those subconscious blocks will silently sabotage your manifestations. That's why Inner Child Work is essential. It's the missing key in most manifestation practices.

By healing your inner child, you:

- Uncover limiting beliefs at the root
- Rewire old stories and survival patterns
- Unlock self-worth and emotional freedom
- Begin manifesting from love, not fear

Love Yourself

"You can't manifest a new reality from the same wounds that created the old one."

"Heal the child, free the creator."

– Emily Harrison

WHO IS YOUR INNER CHILD?

Your inner child is the younger you, the one who formed beliefs about the world based on how safe, loved, and accepted they felt.

They're still within you... influencing your relationships, confidence, money mindset, and more.

Every time you self-sabotage, avoid intimacy, overgive, people-please, or fear rejection that's your inner child asking for protection.

But now, ***you are the adult. You are their guide.***





SIGNS YOUR INNER CHILD NEEDS HEALING

- Fear of abandonment or rejection
- Perfectionism or people-pleasing
- Difficulty receiving love, money, or compliments
- Intense emotional reactions to “small” things
- Feeling not good enough, smart enough, pretty enough...

These are not flaws. These are echoes of old wounds asking to be seen.

AS PAINFUL AS IT MAY BE - LET THEM BE SEEN



DATE	*Mood*

YOUR DAILY CHECK OF SELF-LOVE

Say "I'm Beautiful" In Front of The Mirror (Feel it | Beleive it)	Take A Bath	Listen to Your Favorite Music
Use Face Mask	Take An Afternoon Nap	Eat Your Favorite Snack
Try Different Style of Clothes	Doodle Anything On A Paper	Gaze At The Afternoon Sky



Journal Prompts: Meet Your Inner Child

Light a candle or play soft music. Close your eyes, breathe deeply, and picture yourself at 5–8 years old.

It may may a while to get there but be gentle with yourself, relax, breathe deeply and think of a significant moment at that age.

What are they wearing? What do they feel? What do they need?

Now journal:

- What is your inner child's name or nickname?
- What were they most afraid of growing up?
- When did they first feel unsupported or unseen?
- What did they need to hear but never did?
- What are they craving from you now?

Finish with this sentence:

"I see you, I hear you, and I will never abandon you again."



AFFIRMATIONS FOR INNER CHILD HEALING



Your inner child doesn't need you to be perfect. They just need to know they're finally safe... and seen.

Affirmations are more than words, they're energetic reprogramming. They create new neural pathways in your brain, shifting how you think, feel, and respond.

And when you speak them **aloud**, especially **in the mirror**, something magical happens. You move from thinking a new belief... to embodying it. You become the loving voice your inner child always needed.

Even if it feels silly or emotional at first that's okay. It means it's working. You're reaching a part of yourself that has been waiting to be heard.

Try doing this in the mirror for 1–3 minutes each day. Make eye contact with yourself. Speak gently. Feel what rises.

Let this be a daily reminder: ***You are no longer the wounded child — you are the healer now.***

SPEAK THESE ALOUD – SLOWLY, SOFTLY, SOULFULLY:

- "I am safe now. I am loved now. I am free now."
- "Little me, I see you. I will always protect you."
- "I give myself the love I never received."
- "You didn't deserve what happened. It was never your fault."
- "I'm so proud of how far you've come."
- "You are enough, just as you are."
- "I will never leave you behind again."
- "I forgive you for what you didn't know. You were just trying to survive."
- "We're safe now. We're doing this together."

Healing Practice:
Write a Letter to Your Younger Self

This is one of the most powerful practices in this chapter and perhaps in the entire guide.

Your inner child has been waiting for this moment: *To be seen. To be heard. To be held.* To finally be told what no one else ever said... but what they desperately needed to hear.

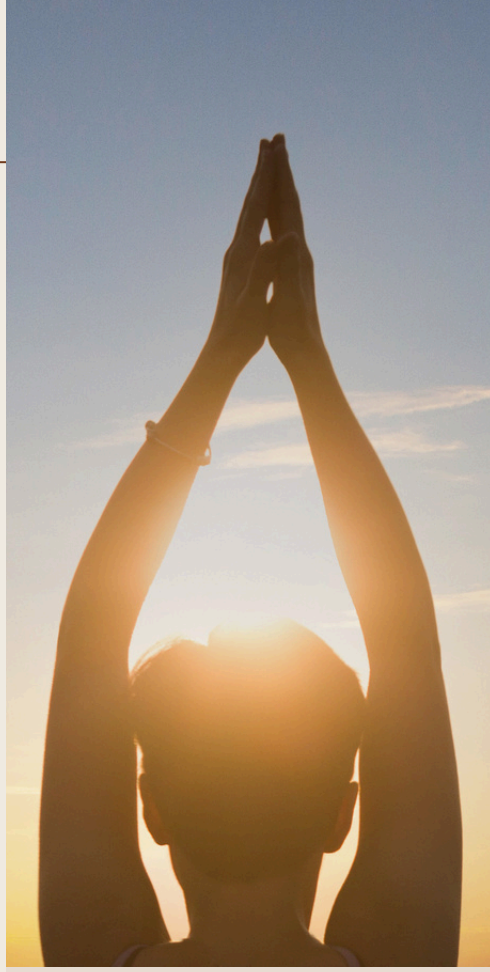
This isn't just journaling, it's a **soul-led conversation** between your adult self and your wounded, beautiful, resilient younger self.

And the only way to truly release the pain is to **go all in.** To feel. To cry if you need. To be raw, honest, and full of love.

Set the Scene

- Find a quiet space where you won't be disturbed.
- Light a candle or use soft lighting.
- Play gentle music (a healing frequency like 396Hz or soft piano).
- Keep tissues nearby emotion is energy moving. Let it.

Then, close your eyes and bring a younger version of yourself to mind - an age where you know pain still lingers. Hold that image with compassion. When you're ready, begin to write.



"What we feel, we heal. And what we heal, we release.

Let this letter be your offering back to yourself — with love, forgiveness, and freedom."



HOW TO BEGIN YOUR LETTER

- “Dear little me, I’m so sorry you had to...”
- “I wish I could go back and hold your hand when...”
- “You didn’t deserve to feel...”
- “I know you were scared when...”
- “Here’s what I want you to know now...”
- “I love you. I’m proud of you. And I’m here for you.”

Let it all pour out. Write as if you’re cradling them in your arms. Be detailed. Be tender. Go slow. Let it be as long as it needs to be.



HOW TO BEGIN YOUR LETTER

- The things you wish someone told you back then
- The things you now know weren’t your fault
- The truth you needed to hear but didn’t
- The comfort and validation your heart was aching for
- The love you are ready to give them now

Remember: this isn’t about fixing the past.

It’s about freeing the present. And the more you feel, the more you heal.



WHAT TO DO WITH YOUR LETTER

When your letter feels complete, don't just tuck it away immediately.

- **Read it out loud.** Even if you cry, especially if you cry. Your voice is a healing tool. Let your inner child hear you now.

Then choose a release method that feels sacred:

- **Keep it somewhere special** – as a reminder of the healing you've done
- **Burn it** (safely) – as a ritual of release and transformation
- **Bury it** – symbolising the planting of new roots
- **Place it under your pillow** – to invite deeper dreams and connection

Whatever you do, let it be intentional. Let it be for them... and for you.





This is your journey - not theirs, not your past self's, just yours.

There's no timeline. No rules. Just real, raw becoming.

Some days will feel like breakthroughs, others like breakdowns, both are sacred.

Go at your own pace. Trust what you feel. You're not behind. You're not broken.

You're becoming her.



Reparenting: Your New Role

You are now your inner child's protector, nurturer, and biggest cheerleader.
Ways to reparent daily:

- Speak kindly to yourself, especially when triggered
- Do something playful (paint, dance, wear something fun)
- Create routines that make you feel safe and cared for
- Set boundaries that honor your younger self's needs
- Give yourself permission to REST, not just produce

Complementary Tools:

- **Inner Child Meditation** (15 mins) – Listen here
- **Healing Playlis**t – Spotify: "Inner Child Healing"
- **Art Therapy** – Draw a picture of your inner child's safe place. No rules, just feeling.
- **Somatic Practice** – Wrap your arms around yourself and say "I've got you now."

Final Words for This Chapter

You don't need to fix your inner child - just love them back into safety.

The more you heal your past, the more powerful your future becomes. Because manifestation doesn't come from who you pretend to be, it flows from who you truly are, beneath the layers.

This is where your story starts to shift.

Are you ready to meet yourself and love yourself, all the way through?

CHAPTER THREE

MIRROR WORK REWRITING THE STORY YOU TELL YOURSELF

You've spent enough time avoiding your own reflection. It's time to look yourself in the eyes and remember who you are.



WHAT IS MIRROR WORK?

Mirror work is the simple yet deeply transformative practice of looking into your own eyes and speaking with honesty, love, and intention.

At first glance, it might seem strange or uncomfortable, after all, many of us have spent years avoiding our reflection, judging ourselves harshly, or only looking to fix flaws. But mirror work is different.

This is about creating a **safe space** within the mirror. A moment to reconnect. To show up for yourself. To rebuild trust with the one person who has walked through it all ... **you**.

When practiced regularly, mirror work helps you:

- Rewire limiting beliefs
- Increase self-worth and self-acceptance
- Heal emotional wounds
- Become the version of yourself you desire to be, from the inside out

It's not about vanity. It's about visibility. You're not just seeing yourself... you're meeting yourself. And the more you do, the more magnetic, confident, and whole you become.



"The mirror will always reflect back what you believe you deserve. Change the story, and the reflection shifts too."

– Emily Harrison



Why Mirror Work Works

Your subconscious mind **believes what you repeatedly tell it**, especially when paired with emotion, repetition, and eye contact.

- Looking into your eyes while speaking affirmations creates emotional intensity
- It activates your **throat chakra** (truth) and **heart chakra** (self-worth)
- It rewires your self-image on a subconscious level
- It teaches your nervous system that you are safe to be seen, loved, and heard

The mirror becomes a place of truth, not judgement. A sacred portal, not a reflection of insecurity. And the more you show up, the more you shift who you believe you are.



Why It Feels Uncomfortable at First

Let's be honest, the first time you try mirror work, it might feel:

- Awkward
- Emotional
- Confronting
- Even painful

That's completely normal. You are confronting the part of you who's been silenced, judged, or ignored for too long. But beneath that discomfort is a version of you who is so ready to rise.

Keep going.

Show up.

One breath at a time.



DAILY MIRROR WORK RITUAL (START SMALL)



1–3 minutes a day is all you need to start.

1. Stand or sit in front of a mirror. Ideally eye-level.
2. Breathe deeply and soften your body.
3. Look into your eyes, not your hair, not your flaws, just you.
4. Speak your affirmations out loud. Say them like you mean them.
5. Hold your gaze. If emotions rise, let them. *That's healing happening.*

MIRROR AFFIRMATIONS TO BEGIN WITH:

- "I love you. I accept you. I see you."
- "You are safe. You are strong. You are enough."
- "You are doing better than you think."
- "You've survived every version of you. I'm proud of you."
- "I am no longer hiding. I am ready to be fully seen."

Repeat 3–5 affirmations daily. Rotate them based on what you're healing.



MIRROR WORK REFLECTION PROMPT:

After each session, journal:

- How did I feel before, during, and after?
- What did I notice in my body or emotions?
- What came up that surprised me?
- What would I say to myself tomorrow?

This process helps integrate the shifts you're creating in real-time.

ADVANCED MIRROR WORK PRACTICE (FOR DEEPER HEALING)

Once you're comfortable, try this:

The Forgiveness Ritual

1. Look yourself in the eyes and say:
2. Let yourself feel it. Tears, anger, release, all welcome.
3. End with:

"I forgive you for..." (Fill in what comes naturally, mistakes, choices, silence, self-abandonment)

"I love you anyway. And I choose you now."

This is where true self-love begins | with acceptance, not perfection.

COMPLEMENTARY TOOLS:

Mirror Work Guided Audio – Watch and listen here (YouTube)
Soundtrack: Positive Affirmations – Spotify Playlist
Optional Prop: Rose Quartz; keep it by your mirror to amplify self-love energy

FINAL WORDS FOR THIS CHAPTER

You don't need to wait for someone else to tell you you're worthy.

You already are.

The mirror is no longer a place of judgement, it's your sacred space of return.

To love. To truth. To self.

Every time you look yourself in the eyes, you're building a relationship with the one person who's with you forever: **YOU**.



CHAPTER FOUR

AUTHENTICITY
BECOMING WHO YOU REALLY ARE

“Your most powerful frequency is your truth. Stop hiding. Start glowing.”



WHY AUTHENTICITY IS A MANIFESTATION SUPERPOWER



You can't manifest a life you love while pretending to be someone you're not.

When you're living out of alignment, people-pleasing, shrinking, second-guessing: you're vibrating at a frequency that doesn't match your desires.

Authenticity is magnetic.

The moment you stop editing yourself to fit the world... you start attracting a world that fits you.

When you show up as the full, unfiltered version of yourself, you become a match for soul-aligned opportunities, relationships, and manifestations that were always meant for you but couldn't find you through the mask.

Be Authenticly You

"The version of me that finally stopped dimming her light...
that's when it all changed.

Authenticity isn't just magnetic, it's the frequency of your dream life.

Be real. Be bold. Be you."

– Emily Harrison



THE COST OF HIDING (THE PRICE OF PLAYING SMALL)

There is a cost to hiding. Not just in missed opportunities or quiet dreams... But in the heaviness you carry every day pretending to be someone you're not.

Every time you shrink to make others comfortable... Every time you silence your truth to avoid rejection... Every time you deny your desires to feel accepted...

You are abandoning a piece of yourself.

And that abandonment? It compounds. It shows up as anxiety, frustration, burnout, disconnection.

It's not that you're lost...
You're just tired of being someone you're not.

A LOVING REALITY CHECK:

"Hiding doesn't keep you safe. It keeps you stuck."
"Shrinking doesn't make you lovable. It makes you invisible."

You weren't born to dim your light. You were born to blind them with the truth of who you are.



LET'S BE HONEST
WHAT DOES HIDING REALLY COST?

Authentic Relationships
When you filter yourself, the people around you fall in love with the mask, not the real you. You end up feeling lonely even when you're not alone.

Aligned Opportunities
The Universe can't send what's meant for you if you're pretending to be someone else. You'll attract what aligns with your mask, not your magic.

Self-Trust
Every time you betray your gut feeling or silence your truth, you chip away at the relationship you have with yourself.

Peace
Living out of alignment is exhausting. You wake up feeling restless, reactive, resentful. Even if nothing "bad" has happened.

Joy
True joy can't land in a body that's constantly shape-shifting. Authenticity is the space where joy breathes.

Journal Prompt:
What Has Hiding Cost Me?

Take a moment. Be raw.
Write it all down.

- What parts of myself have I been hiding?
- What has that cost me in my career, relationships, happiness?
- What have I pretended to be in order to feel safe or accepted?
- What would it feel like to finally be fully seen?

Feel it. Let it rise.
Then let it go.

This is the moment you stop apologising for existing.



Signs You're Out of Alignment With Your True Self:

- You feel drained after being around others
- You say "yes" when your gut says "no"
- You water down your dreams or desires
- You constantly second-guess or explain yourself
- You feel like you're playing a role, not living your truth

If you resonated with any of these, don't worry. Awareness is your power. And this chapter will help you come home to yourself.

Becoming the Real **You** Again

Authenticity is not about "finding" yourself, it's about remembering who you were before the world told you who to be.

You are not too much.
You are not too loud.
You are not wrong for wanting more.

You were just surrounded by people who couldn't hold your bigness.
But you can.



Real is rare.

And when you're real, everything meant for you finally finds you



JOURNAL PROMPTS:
COMING BACK TO YOU



- Where in life do I feel most fake or performative?
- Who am I when no one is watching?
- What part of me have I silenced to stay accepted?
- What do I love, crave, or dream about — that I've been afraid to express?
- What does my most authentic life look and feel like?

Let your truth spill onto the page. Even if it's messy. Even if it surprises you.

SPEAK THESE ALOUD
AUTHENTICITY AFFIRMATIONS

- "I release the need to be liked. I choose to be real."
- "The right people will love the real me — not the filtered version."
- "I am no longer available for watered-down dreams."
- "I don't need permission to be who I am."
- "I am safe to be seen in my fullness."

Say these in front of a mirror if you can. Let your truth take up space.

Complementary Tools:

- **Meditation**: "Returning to Your True Self" YouTube
- **Spotify Playlist:** "Authentic Energy"
- **Song Suggestion:** "Born For This" by Angie Rose or "Who You Are" by Jessie J

SOUL PRACTICE: WRITE YOUR UNFILTERED TRUTH" LIST



List **10 things** you love, believe, crave, or feel, without editing, justifying, or softening.

Examples:

- I believe in soulmates.
- I want to travel alone for 6 months.
- I love dancing in my kitchen at midnight.
- I want to be rich and deeply spiritual.
- I don't like small talk. I crave depth.

This is your truth in its rawest form. Honor it.

FINAL WORDS FOR THIS CHAPTER



You weren't born to blend in, you were born to break molds. Your truth is not too much.
It's the key to your freedom.
And the moment you stop hiding... your manifestations will start finding you.

So go be you. Unapologetically. Unedited. Unstoppable.
Because you are the magic.

CHAPTER FIVE

DEEP INNER LOVE
CREATING SAFETY IN YOUR OWN SOUL

"Your most powerful frequency is your truth. Stop hiding.
Start glowing."



WHY INNER LOVE IS EVERYTHING



Manifestation starts with **energetic alignment** and there's no stronger frequency than love. Not the love you get from others, but the love you give to yourself.

Until you believe you are worthy of receiving, you will block the very things you desire - love, money, opportunities, peace. Without even realizing it.

Inner love is your foundation.
Not in a cliché self-care kind of way... but in the kind that roots you deeply into your own being. It's what helps you show up, speak up, and let good things stay.

When you love yourself, fully and fiercely, you become unavailable for:

- Begging for love
- Settling for crumbs
- Proving your worth
- Repeating the old stories

You become magnetic. Not because you're perfect. But because you're whole.

"The way you love yourself sets the tone for everything you attract. Inner love isn't optional - it's the foundation."

- Emily Harrison

LET'S BE HONEST.
WHY IS IT SO HARD TO LOVE OURSELVES?

Because most of us weren't taught how.

We learned:

- Love had to be earned
- Worth was tied to performance
- Taking care of others mattered more than caring for ourselves
- If we had flaws, we had to hide them

But here's the truth: You don't need to be more, do more, or fix anything to be lovable.

You are already enough - you've just forgotten. And, This chapter is about remembering.



WHAT HAPPENS WHEN SELF-LOVE IS MISSING:

- You chase relationships instead of attracting them
- You self-sabotage when good things arrive
- You burn out from overgiving or overproving
- You doubt your intuition and decision-making
- You accept the bare minimum because you don't believe you deserve more

And most painfully...

You struggle to feel at home in your own skin.

But that ends here.

DAILY INNER LOVE PRACTICES (THAT GO DEEPER THAN " SELF-CARE")



- **Speak gently to yourself** (especially when triggered)
- **Take up space** - physically, emotionally, energetically
- **Write love notes to your past selves**
- **Say "no" without guilt, "yes" without fear**
- **Give yourself what you seek from others** (validation, praise, affection)
- **Stand in front of the mirror and say:** "I love you. I've got you."

This is reparenting. This is self-trust.
This is how we rebuild.



JOURNAL PROMPTS: DEEP INNER LOVE

- When was the first time I felt unworthy of love?
- What version of me have I been rejecting?
- What would I do differently if I believed I was already enough?
- What parts of me are asking to be loved back to life?
- What would my life look like if I truly loved and trusted myself?

Let your heart write this. Not your mind.



AFFIRMATIONS FOR INNER LOVE

- “I am enough, exactly as I am.”
- “I do not chase love, I embody it.”
- “My worth is not up for debate.”
- “I give myself the love I once begged for.”
- “I am allowed to be fully loved, fully seen, and fully me.”

Say these out loud. Write them on your mirror. Let them become your new normal.

SOUL PRACTICE: CREATE A SELF-LOVE RITUAL

Once a week, choose a night just for you.
Make it sacred. Turn it into a ceremony.

Ideas:

- Take a salt or flower bath
- Play healing music or 528Hz love frequency
- Write a letter to your body, your heart, or your past self
- Speak love into your reflection
- End by placing your hand on your heart and saying, “I love you. You are safe with me.”

Repeat this as often as needed. This is how you build safety from the inside out.

COMPLEMENTARY TOOLS:



- **Self-Love Meditation** (15 mins) – Listen Here
- **Spotify Playlist:** "Soft Girl Era" or "Divine Feminine"
- **Mirror Prop:** Rose Quartz or Carnelian to amplify self-love energy

FINAL WORDS FOR THIS CHAPTER



There is no version of you - past, present, or future - that is unworthy of love. You are not broken. You are not behind.
You are becoming.

The more you love yourself, the more the Universe reflects that love back.

Let this be your new baseline:
Unshakeable worth. Overflowing love. Full permission to be you.

"From this moment on, I choose to be my own safe place.

I am done waiting to be loved, I am becoming the love I've always needed."

- Emily Harrison

CHAPTER SIX

CLEARING THE NOISE & HEARING YOUR INNER VOICE

“The world is loud. Your soul whispers.
To hear it, you must get quiet.”



Why We Struggle to Hear Ourselves

We live in a world that *rewards* noise - constant scrolling, opinions, pressure, comparison, consumption. No wonder it feels hard to hear your truth. You were never taught to listen inward.

You were taught to:

- Look for answers outside of yourself
- Prioritise logic over intuition
- Seek permission before making moves
- Doubt your own gut

But that ends now. Because your soul is always speaking through feelings, through nudges, through knowing.

You just have to clear the noise long enough to hear it.



What Is " The Noise" ?

The noise is anything that pulls you out of your truth:

- Overthinking
- People-pleasing
- Social media overwhelm
- Fear-based thoughts
- Old programming
- External validation
- Hustle culture

It creates confusion, self-doubt, and decision fatigue. But the more you quiet the noise, the more your inner compass comes online.

SIGNS YOU'RE OUT OF TOUCH WITH YOUR INNER VOICE:

- You constantly second-guess yourself
- You ask others what to do before checking in with you
- You feel disconnected, restless, unmotivated
- You overconsume info but underact on your own desires
- You feel numb, overwhelmed, or "foggy"

The truth?
You don't need more opinions.
You need more ***stillness.***

YOUR INNER VOICE FEELS LIKE.

- A soft nudge
- A quiet knowing
- A pull in your chest or gut
- A moment of peace when the answer lands
- A sense of yes, even when it's not logical

It's not loud. It won't beg.
It whispers — and waits for you to trust it.



Your soul won't scream. It whispers. And when you trust the whisper, everything shifts.

"When the world gets too loud, your truth gets buried under noise pretending to be guidance."

– Emily Harrison

Step One: Declutter Your Energy Field

Before you can hear yourself, you need to create space.

Ways to do that:

- **Digital detox**; Unfollow, mute, delete. Less scrolling, more stillness.
- **Say no to noise:** Not every opinion needs your attention.
- **Clean your space:** Energy lives in clutter. Clear your environment to clear your mind.
- **Unplug in the morning:** Give your soul a chance to speak before the world does.

This is sacred. Protect your peace like it's your power, *because it is.*

Journal Prompts: Turning Down the World

- Where in my life do I feel most disconnected from myself?
- What drains me, distracts me, or drowns out my inner voice?
- When was the last time I felt a strong gut feeling — and did I follow it?
- What would my life look like if I trusted myself completely?

Write without judgment. Just awareness. That's the first shift.



"Clutter in your space is clutter in your energy.

Clear it, and clarity follows."

– Emily Harrison





SOUL PRACTICE:
THE WHISPER RITUAL

Once a day even just for 5 minutes, sit in stillness. No phone. No music. Just you and your breath.

Ask:

"What do I need to know today?"
"What is my soul trying to show me?"
"What would I do if I fully trusted myself?"

Breathe. Listen. Receive. Even if nothing comes immediately keep showing up. The clarity always comes.

AFFIRMATIONS FOR TUNING IN

- "My inner voice is wise, loving, and always guiding me."
- "I choose to trust my knowing over the noise."
- "Clarity comes when I get quiet."
- "My truth doesn't need to be loud to be real."
- "I release the need for external approval, I already have my own."

Say them in moments of doubt or overwhelm. Let them bring you back to center.



COMPLEMENTARY TOOLS:

- **Meditation:** “Connect With Your Higher Self” Listen here
- **Spotify Playlist:** “Stillness Speaks”
- **Recommended Sound:** 432Hz or 963Hz (Crown + Soul connection)

FINAL WORDS FOR THIS CHAPTER

Your soul has always known the way.
Even when you doubted.
Even when the world got loud.
Even when you forgot how to listen.

You don’t need to find yourself.
You just need to *hear* yourself again.

And now, you’re learning how to listen.
And that... changes *everything.*





Stillness
+
Presence
+
Self-Trust
+
Inner Listening
+
Aligned Choices
=
Soul-Led Clarity

CHAPTER SEVEN

AWAKENING YOUR INTUITION RECLAIMING YOUR INNER KNOWING

You've always had the answers. You just forgot how to trust yourself.



WHAT IS INTUITION?

Intuition is your inner **GPS,** the sacred voice that guides you toward alignment before logic ever has a chance to catch up.

It's that quiet *"yes"* in your gut. The subtle *"no"* in your chest. The pull, the nudge, the sense that something just feels right (or off).

Intuition is soul communication. It's not loud. It's not dramatic. It just knows and when you learn to trust it, ***you become unstoppable.***



INTUITION VS FEAR VS EGO

It's important to know who's talking inside your head. Here's a breakdown:

Inner Voice	Tone	Feels Like	Motivated By
Intuition	Calm, grounded, neutral	Peaceful knowing	Truth + alignment
Fear	Anxious, tight, rushed	Urgent discomfort	Protection + avoidance
Ego	Defensive, loud, inflated	Reactive tension	Control + survival

Intuition whispers. Fear screams. Ego argues. Learn to know the difference.

WHY INTUITION MATTERS FOR MANIFESTATION

You can't manifest with clarity if you can't trust your inner yes and no.

When your intuition is strong, you:

- Make aligned decisions faster
- Recognise signs and synchronicities
- Feel guided instead of guessing
- Avoid detours, distractions, and dead ends
- Say yes to what's meant for you — and no to what isn't

Manifestation becomes less about effort, and more about flow.

WHY WE LOSE CONNECTION WITH IT

We've been taught to trust logic, advice, and external sources over our inner knowing.

We've been conditioned to:

- Overthink instead of feel
- Seek approval instead of alignment
- Ignore our gut to stay safe, liked, or accepted

But your intuition hasn't left you. It's just been buried under the noise. And now, *you're waking it back up.*



You were never disconnected...

...just distracted



How Intuition Speaks to You

Your intuition might show up as:

- A physical sensation (tightness, warmth, “goosebumps” truth bumps)
- A gut feeling that defies logic
- A repeating thought or image
- A spontaneous knowing that feels clear and simple
- Dreams, symbols, or signs in the world around you

The more you listen, the louder it becomes. *This is your magic.*

Journal Prompts: Awaken the Inner Voice

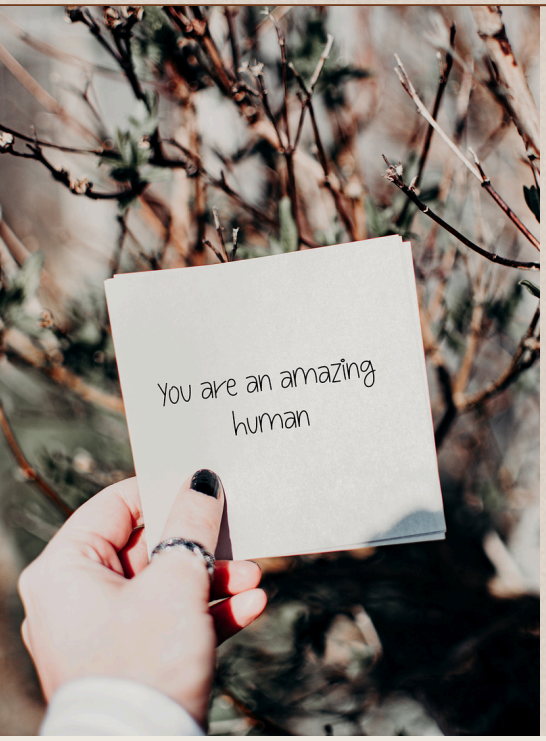
- When have I followed my intuition and it led to something amazing?
- When have I ignored it and wished I hadn’t?
- What does “yes” feel like in my body?
- What does “no” feel like in my body?
- What am I being guided toward right now, even if it doesn’t make logical sense?

Write without forcing answers. Let your knowing rise.

“Your soul knows the way. Stop asking for directions from people who’ve never been where you're going.”

– Emily Harrison





INTUITION ACTIVATION PRACTICE: BODY-BASED YES & NO

This is a simple way to physically reconnect with your inner voice:

1. Stand with feet hip-width apart. Close your eyes.
2. Say the word “Yes” aloud and notice what your body does. Maybe you sway forward, feel warmth, lightness, or expansion.
3. Say the word “No”, notice if your body pulls back, tightens, feels heavy or cold.

Now ask a real-life question (start with something light):

“Is this the right time to move forward with ...?”
“Is this opportunity in alignment with me?”

Your body will always speak. The question is, will you listen?

INTUITION AFFIRMATIONS

- “I trust my inner voice more than outside noise.”
- “Every answer I need is already within me.”
- “When I get quiet, my truth gets loud.”
- “My intuition is safe, clear, and always guiding me.”
- “I don’t need all the details to trust the direction.”

Say these daily.
Breathe into them.
Let them become your truth.



COMPLEMENTARY TOOLS

- **Intuition-Strengthening Meditation** (10 mins) – Listen here
- **Spotify Playlist:** “Soul Whispers” – Click here
- **Crystal Allies:** Amethyst (clarity), Lapis Lazuli (truth), Moonstone (intuition)

COMPLEMENTARY TOOLS

You were born intuitive. You never lost it, you just stopped trusting it.

But now... you're remembering.

And the more you follow the nudges, the signs, the quiet knowing. The more aligned, peaceful, and powerful your path becomes.

You don’t need a plan. You just need to trust yourself enough to take the next step.

Intuition is your soul's way of reminding you... you already know.



Stillness
+
Trust
+
Feeling
+
Flow
+
Inner Knowing
=
Soul-Led Manifestation

CHAPTER EIGHT

THE MANIFESTATION METHOD BECOMING A MATCH FOR THE LIFE YOU WANT

You don't attract what you want..
You attract what you are aligned with.



MANIFESTATION IS A PRACTICE. NOT A WISH



Let's make one thing clear:

Manifestation isn't about sitting cross-legged, visualising a dream house, and waiting for the Universe to deliver it like Uber Eats.

It's about **becoming the version of you who already lives that reality**. It's not about control, it's about alignment.

Manifestation is a full-body, soul-led practice that involves:

- Intention
- Energy
- Emotion
- Identity
- Inspired action
- And surrender

It's a dance between you and the Universe — and once you learn the steps, it becomes flow.

Desire
+
Identity
+
Emotion
+
Action
+
Surrender
=
Manifestation

Stop waiting for signs + start becoming one."

– Emily Harrison



“If you want it,
embody it.
If you’re ready,
receive it.
If it’s aligned,
it’s already on its
way.”



THE 5-PHASE MANIFESTATION METHOD

Let’s break it down in a way that actually works:

1. Clarity

“The Universe delivers when you get specific.”

If you don’t know what you want, you’ll keep getting a little bit of everything. Clarity creates a clear energetic order.

Ask Yourself:

- What exactly do I want?
- How would having it make me feel?
- Am I asking from fear... or desire?

Manifestation tip: Write your desires as if they’re already done. Be clear. Be bold. Be honest.

2. Embodiment

“Become the version of you who already has it.”

What does she believe? How does she speak, move, spend her time?

Start showing up as her, before the evidence arrives.
Reminder: You’re not faking it. You’re activating it.

Daily Embodiment Practice:

- Choose 1 desire
- Visualise yourself already living it
- Ask: *“What would she do today?”* then go do one thing she would



AS PAINFUL AS IT MAY BE - LET THEM BE SEEN



3. Aligned Action

"Manifestation without movement is just a wish."

You don't need to chase, but you do need to move. Manifestation opens doors, but you have to walk through them.

Examples:

- Want love? Go where aligned love lives.
- Want clients? Start showing up and sharing your gifts.
- Want confidence? Do something brave even while shaking.

Ask:
"What's one action I can take today that aligns me with this desire?"

4. Trust + Surrender

"Obsessing delays. Trusting attracts."

Once you've done your part, you have to let go. Let go of the timeline. The outcome. The constant checking.

Desperation = energetic resistance.
Trust = energetic openness.

Try this:
"Universe, I trust you. I release the 'how' and 'when'. I'm open and ready."



“You are becoming. Don’t be afriad to let your light shine through”

– Emily Harrison



5. Receive + Expand

> “You have to be open to receive what you say you want”

So many people manifest something... and then sabotage it. Why? Because they don’t feel safe to receive.

Practice:

- Let compliments land.
- Celebrate your small wins.
- Affirm: *“I am safe to receive more.”*
- Say YES when the thing arrives, no self-doubt, no delay.

The better it gets, the better it gets.

JOURNAL PROMPTS: MANIFESTATION IN MOTION

- What do I deeply desire right now?
- Who would I be if I already had it?
- What limiting belief is blocking my ability to receive it?
- How can I take one small aligned action today?

This is your personal manifestation roadmap.
Use it daily.

Manifestation Mantras

- “I don’t chase, I align.”
- “It’s already mine. I’m just catching up to it.”
- “What I want, wants me back.”
- “I am the living proof of my manifestations.”
- “Everything I desire is drawn to me with ease and joy.”

Say these. Write these. Live these.

Complementary Tools

- **Visualization Audio** (10 mins) – Listen here
- **Spotify Playlist:** “Manifestation Mode” – Click here
- **Crystals for Manifestation:** Citrine (abundance), Pyrite (confidence), Clear Quartz (amplification)

Final Words for This Chapter

Manifestation isn’t something outside of you. It’s something *you are.*
A walking, breathing, magnetic field of energy, calling things to you every moment.

The question is: Are you doing it by design... or by default?

Now that you know the method - You get to choose.
And the Universe?
It’s already listening.



CHAPTER NINE

AFFIRMATIONS THAT ACTIVATE

REPROGRAMMING YOUR REALITY ONE WORD AT A TIME

Your words are spells. Be mindful of what you're casting



WHY AFFIRMATIONS MATTER

Your subconscious mind is always listening.
It doesn't know the difference between truth or lie. It simply absorbs what it hears repeatedly, especially when charged with **emotion** and **intention.**

Affirmations work by:

- Rewiring old beliefs
- Replacing limiting thoughts with empowered ones
- Raising your vibration
- Anchoring your identity as the version of you who already has it

In short: affirmations aren't just phrases. They're energetic instructions. Every time you speak one, you are sending out a signal and calling it back to you.

BUT WHY DON'T THEY ALWAYS WORK?

Because you can't slap an "I am confident" band-aid over a wound you haven't looked at. If you don't believe the words, your energy will override them. If you say them once and never again, you won't rewire anything.

For affirmations to work, they need:

- Repetition
- Emotion
- Believability
- Consistency
- Embodiment

The goal isn't to say them until they're true. It's to say them until you *feel them.*



HOW TO MAKE AFFIRMATIONS ACTUALLY WORK

1**. Keep them short & simple.**
– Your brain loves clarity. The simpler, the more powerful.

2. Say them with emotion.
– Feel what it would be like if it were already true. That's the vibration.

3. Mirror + Eye Contact.
– Supercharge affirmations by saying them while looking into your own eyes.

4. Say them when your brain is most open:
– Right before bed, as you wake up, during meditation, or post-workout.

5. Use present tense.
– "I am" instead of "I will be." Manifestation happens in the now.

6. Add movement or breath
– Speak them out loud while walking, dancing, or breathing deeply.





High-Frequency Affirmations by Category

These are ready to use. Print them. Post them. Say them. Live them.

Self-Love & Worth

- “I am enough just as I am.”
- “I give myself the love I once begged for.”
- “I am safe to be seen and fully loved.”
- “My worth is not up for negotiation.”

Abundance & Money

- “Money flows to me with ease and joy.”
- “I am a magnet for aligned wealth.”
- “I receive with gratitude, and I give with love.”
- “It is safe for me to be wildly abundant.”

Success & Confidence

- “I show up fully, boldly, and unapologetically.”
- “My success is inevitable.”
- “I don’t chase — I attract what aligns.”
- “Opportunities flow to me because I am ready.”

Manifestation & Identity

- “I am the creator of my reality.”
- “What I want wants me back.”
- “It’s already mine. I’m just aligning with it.”
- “I embody the version of me who already has it.”

Healing & Inner Peace

- “I trust the timing of my life.”
- “I allow myself to feel, heal, and grow.”
- “I choose peace over perfection.”
- “Every part of me is welcome here.”

AFFIRMATION RITUAL - SPEAK, WRITE, ANCHOR



This daily 5-minute ritual will rewire your subconscious fast:

1. Choose 3 affirmations that align with your current goal or healing.
2. Say them in the mirror with intention (3 times each).
3. Write them down in a journal with a short sentence explaining why they matter to you.
4. Close your eyes and feel them land in your body.
5. Anchor with breath: inhale “I am,” exhale “ready.”

Repeat for 21 days and watch your inner language (and outer life) transform.

SOUL PRACTICE: WRITE YOUR OWN CUSTOM AFFIRMATIONS

Examples:

- “I allow abundance to flow in, because I am open and ready.”
- “I trust my timing, my path, and my unfolding.”
- “I am rising into the most magnetic version of me.”

Use this formula:

I am / I trust / I allow / I welcome
+
empowered feeling or action
+
aligned result

COMPLEMENTARY TOOLS

- **Affirmation Meditation** (10 mins) – YouTube
- **Spotify Playlist:** "High Vibe Morning" – Click here
- **App Suggestion:** "I Am" for daily affirmation reminders

FINAL WORDS FOR THIS CHAPTER

Your words carry energy. Your voice is a spell. Every time you speak an aligned truth, you shift your reality.

So speak life. Speak love. Speak power into your day and into your soul.

Because the world is already repeating stories over you. Now it's time for you to choose the ones worth believing.

"SAY IT UNTIL YOUR CELLS BELIEVE IT."

– EMILY HARRISON



Desire
+
Identity
+
Emotion
+
Action
+
Surrender
=
Manifestation



CHAPTER TEN

MOON PHASES & MANIFESTING WITH LUNAR ENERGY

You are made of stars and cycles. When you move with the moon, everything flows.



WHY WORK WITH THE MOON?

The moon doesn't just light up the sky, it pulls tides, stirs emotions, and mirrors your own energetic phases.

You feel different during each moon phase for a reason. You're not meant to be in full action mode 24/7. Working with the moon helps you ***manifest in harmony with nature,*** rather than pushing against it.

It teaches you:

- When to plant
- When to release
- When to pause
- When to bloom

The moon reminds you that there's power in every phase, even the quiet ones.

THE 8 PHASES OF THE MOON & HOW TO MANIFEST WITH EACH

You don't need to track all eight, but here's a full energetic overview so you can choose what resonates.



1. New Moon – Intention & Seeding

"Darkness is fertile ground."

Energy: Fresh start, inward focus, visioning
Manifestation Step: Set your desires. Journal, visualize, and speak them aloud.

Ritual Ideas:

- Write intentions in present tense
- Light a candle and speak them to the Universe
- Visualize your dream life as if it's already happening

Journal Prompt: *"What am I ready to call in?"*

2. Waxing Crescent – Building Energy

Energy: Hope, momentum, aligning
Manifestation Step: Take inspired action and stay focused.

Ritual Ideas:

- Vision board refresh
- Create a mantra around your goal
- Take one bold step forward

Journal Prompt: *"What belief will keep me moving forward?"*

3. First Quarter – Decision & Action

Energy: Determination, commitment, grounded action
Manifestation Step: Push through doubt and move forward.

Ritual Ideas:

- Do something that scares you
- Write a list of aligned next steps
- Meditate on inner strength

Journal Prompt: *"What resistance am I ready to break through?"*

4. Waxing Gibbous – Refine & Trust

Energy: Patience, adjustment, reflection
Manifestation Step: Tweak your path, but stay rooted in faith.

Ritual Ideas:

- Review your progress
- Tune in to your inner guidance
- Release attachment to how things should unfold

Journal Prompt: *"What needs refining without giving up?"*



The moon is a reminder that even in darkness, you are still becoming.



5. Full Moon – Release & Power
"Under the full moon, I let go."

Energy: Illumination, release, heightened emotion
Manifestation Step: Let go of what no longer serves you. Make room.

Ritual Ideas:

- Burn release lists
- Cleanse your space or aura
- Dance under the moonlight

Journal Prompt: *"What am I finally ready to release?"*

6. Waning Gibbous – Gratitude & Integration

Energy: Thankfulness, receiving, reflection
Manifestation Step: Anchor your desires with gratitude.

Ritual Ideas:

- Gratitude journaling
- Offer thanks to the Universe
- Rest, receive, and reflect

Journal Prompt: *"What am I grateful for that's already here?"*

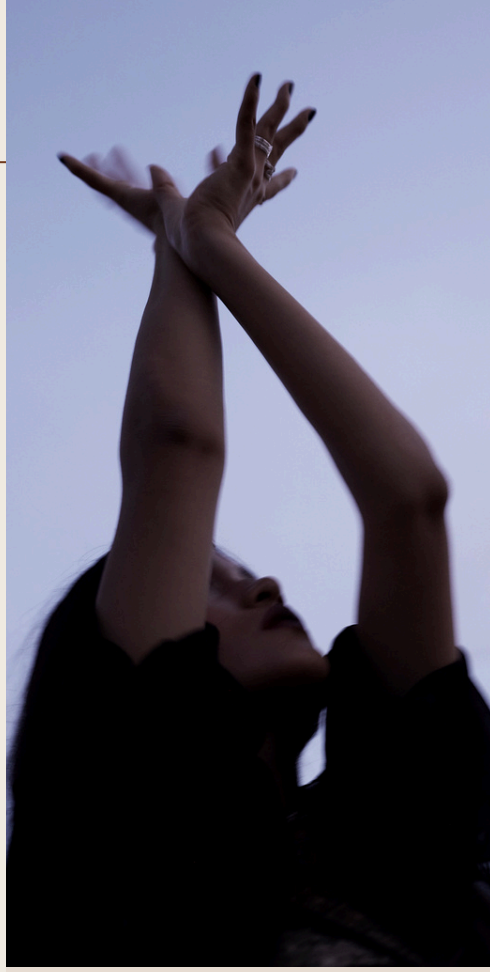
7. Last Quarter – Surrender & Truth

Energy: Closure, release, clearing
Manifestation Step: Let go of what's not aligned. Say no where needed.

Ritual Ideas:

- Cut energetic cords
- Do a digital or energetic detox
- Revisit your original intention

Journal Prompt: *"What am I clinging to out of fear, not truth?"*



"Manifestation isn't just about action - it's about rhythm."

– Emily Harrison



8. Waning Crescent – Rest & Realign
Energy: Deep rest, stillness, soul whispers
Manifestation Step: Pause. Reconnect with your "why."

Ritual Ideas:

- Meditation
- Gentle movement or journaling
- Sleep. Lots of it.

Journal Prompt: *"What is my soul asking for right now?"*

MOON MANIFESTATION MANTRAS

- "I rise, I rest, I release in divine timing."
- "I trust the rhythm of my life."
- "The moon doesn't rush and neither do I."
- "Every phase holds power, and I honor them all."

COMPLEMENTARY TOOLS

- **Full Moon Meditation** – Listen here
- **New Moon Sound Bath** – Listen here
- **Spotify Playlist:** "Moon Ritual Vibes" – Click here
- **Crystals for Moon Work:** Moonstone, Labradorite, Selenite



Intention
+
Alignment
+
Action
+
Release
+
Trust
=
Moon Magic
Manifestation





FINAL WORDS FOR THIS CHAPTER

You are nature. You are energy. You are made of moonlight and soul fire.

When you move with the moon, you begin to feel the natural rhythm of manifestation, ebb, flow, rest, rise.

Let yourself trust the cycles. Let yourself bloom and break and bloom again.

You're not behind | **you're right on time.**

BONUS: FULL MOON RELEASE SPELL

"Let it go. Let it leave. Make space to receive."

This spell is for letting go of anything weighing on your heart, old beliefs, painful memories, toxic patterns, or simply stuck energy.

What You'll Need:

- A white candle (or any that makes you feel safe)
- A piece of paper + pen
- A fire-safe bowl or jar (for burning)
- Optional: sage, palo santo, or incense for cleansing
- Moonlight (or visualise it if you can't see it)

The Ritual:

Cleanse your space: Burn incense or cleanse with intention. Say: "I clear this space of anything that no longer serves me."

Write Your Release List: On paper, write down everything you are ready to let go of. Be specific. Be honest. Be bold. Fears, doubts, old stories, names, habits anything that no longer belongs.

Speak Your Release Spell Aloud: "Under this moon, I now release what's heavy, what's hidden, what no longer serves. I let go with love, I let go with peace. So I may rise, receive, and be reborn in light."

Burn It: Safely burn the paper in your bowl. As it turns to ash, close your eyes and imagine that energy dissolving from your body and soul.

Seal With Light: Blow out the candle, place your hands on your heart, and say: "It is done. I am free."

CHAPTER ELEVEN

RECLAIMING YOUR POWER RITUALS FOR REMEMBERING WHO YOU ARE

You don’t find your power. You summon it.



What It Really Means to Call Your Power Back

“This is the moment you stop leaking your power and start living like you own it.”

You weren’t born to shrink. You weren’t made to constantly explain yourself, question your worth, or mold your identity to fit a world that never learned how to hold your magic.

You were born to create, to lead your own life, to speak your truth without fear and to take up space like you belong here *(because you do)*.
But over time, we lose pieces of ourselves.

We hand our power away every time we:

- Abandon our truth to make someone else comfortable
- Shrink so we’re easier to love
- Ignore our intuition to follow the crowd
- Stay silent when our soul is screaming
- Apologise for who we are or what we want
- Stay small because we fear being “too much
-

These moments seem small. But over time... they add up.
And suddenly you wake up disconnected, drained, unsure of who you are and why you're even here.
That’s why this chapter matters.



Because calling your power back isn’t a concept:

- It’s a full-body shift.
- A decision.
- A spiritual declaration.



So What Does "Calling Back Your Power" Actually Mean?

It means:

- Reclaiming the parts of you you've silenced, dimmed, or abandoned
- Breaking the soul contracts that taught you to settle
- Closing the energetic leaks where you've given too much for too little
- Letting go of guilt, shame, or fear that's kept you small
- Reawakening the version of you who knows she's powerful — and is finally ready to live like it

It means owning your story, all of it and choosing to rewrite the ending.

It's remembering:
"I am not a victim of life. I am the creator of it."

"You don't have to hustle for your power.

You can rise into it."

– Emily Harrison

The Cost of Power Leaks

When you don't stand in your power:

- You attract relationships that reflect your wounds, not your worth
- You hesitate, people-please, play small
- You live life waiting for permission, never realizing you were always the one meant to give it

You forget your voice. You disconnect from your magic. You lose time chasing things that were never aligned.

But you get to change that.
Right now.



CALLING YOUR POWER BACK IS A RITUAL IN ITSELF



It's a whisper...
It's a roar...
It's a soul-deep remembering.

You might feel emotion rise as you do it and that's good. That's your energy reorganising. That's your nervous system waking up. That's your soul finally saying:

"Yes. We're home."

You don't have to have it all figured out. You just have to choose to return again and again to the truth:
You are powerful.
You are worthy.
You are allowed to take up space.
And you get to have a life that reflects your fullness, not your fear.

SOUL INVOCATION

SPEAK THIS BEFORE YOUR RITUALS

"I call all my power back to me now.
From every place I left it.
Every moment I was silenced.
Every person I made bigger than me.
Every time I said yes when I meant no.
I am whole. I am rising. I am home in my power."

Say it in the mirror. Whisper it. Cry it. Scream it if you need to. But say it like you mean it because this is where it begins.

WHY RITUALS WORK

Rituals create **intentional containers** for transformation. They help you slow down, go inward, and shift your energetic state.

Whether you're manifesting love, money, clarity, or courage, rituals anchor your desires in the physical world.

It's not about the candles, the moon, or the crystals. It's about *the intention behind them.*

Your presence is the most powerful ingredient. Rituals bridge the gap between your inner energy and your outer reality.





WHAT MAKES A RITUAL POWERFUL?

- Clear intention – Know what you're calling in.
- Sacred space – Set the scene, create atmosphere.
- Repetition or rhythm – Energy responds to patterns.
- Emotion – Feel it in your body. Embody the outcome.
- Surrender – Release attachment to how it unfolds.

"Rituals don't force. They align."

RITUAL 1: CALLING IN LOVE
(SELF-LOVE, SOULMATE ENERGY, HEART HEALING)



What You'll Need: Rose quartz, pink or red candle, your favorite perfume or oil, soft music.

Steps:

1. Anoint your heart space with oil or perfume.
2. Light your candle and place your hand on your heart.
3. Say aloud:
4. "I am ready to receive love that matches my heart.
5. I am love. I attract love. I embody love."
6. Visualise love pouring into your body — from you, to you, around you.

Optional: Write a letter to your future partner or to your inner lover.

2.CALLING IN ABUNDANCE
(WEALTH, OPPORTUNITIES, OVERFLOW)

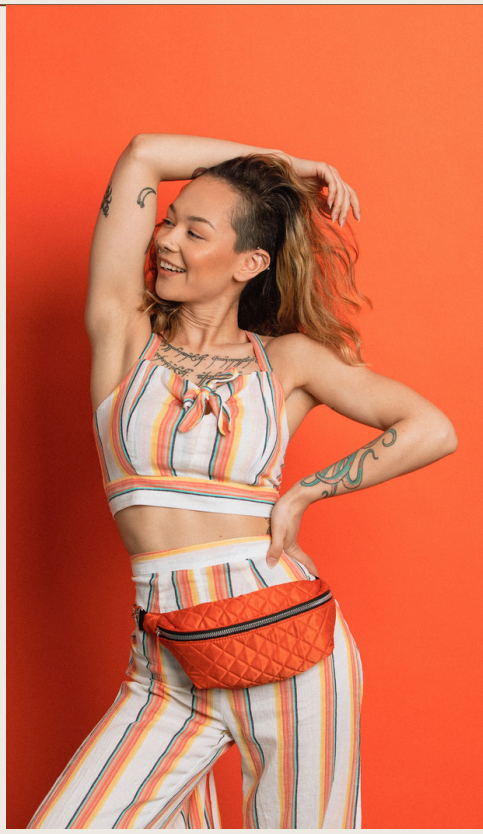
What You'll Need: A gold coin or cash note, cinnamon or clove, green candle, bay leaf

Steps:

1. Cleanse your space with smoke or sound.
2. Rub cinnamon or clove between your hands.
3. Hold your money piece and speak:
4. "Money flows to me freely and joyfully.
5. I am open, I am ready, I am grateful."
6. Write your financial desire on the bay leaf and burn it.

Say: *"I am a magnet for aligned abundance."*

3. CALLING IN CONFIDENCE & SUCCESS



What You'll Need:
Orange or yellow candle, carnelian or citrine, mirror

Steps:

1. Light the candle and look at yourself in the mirror.
2. Place one hand on your solar plexus.
3. Speak this incantation: *"I step boldly into my power. I trust my voice, my work, and my worth."*
4. Smile at your reflection. Say: *"I am safe to be seen."*

Optional: Play your favorite hype song after and dance it in!

"You don't have to hustle for your power, you can rise into it."

– Emily Harrison

4. CALLING IN CLARITY & PURPOSE



What You'll Need: Journal, white candle, clear quartz, quiet time

Steps:

1. Light your candle and sit in stillness.
2. Ask:
   "What is my next aligned step?"
   "What am I being called to do or become?"
3. Free-write whatever flows through — no filter.
4. Close by saying: *"ITrust my path, even when I cannot see it."*

Optional: Place your written words under your pillow or on your altar.

BONUS PRACTICE: POWER SHOWER RITUAL

Perfect for days when you need a reset + energy cleanse + reclaim moment.

- Step into the shower and visualise the water washing off *doubt, fear, guilt.*
- Say aloud: ***"I release what's not mine. I return to my power."***
- As the water runs, visualise golden light pouring down over your body.
- Exit with the mantra: ***"I am clear. I am ready. I am magnetic."***



COMPLEMENTARY TOOLS

- **Ritual Music:** Spotify Playlist – "Sacred Feminine Energy"
- **Guided Ritual Meditation** (10 mins) – YouTube
- **Crystals to Amplify Power:** Carnelian (confidence), Citrine (success), Rose Quartz (love), Amethyst (clarity)

Intention
+
Emotion
+
Sacred Space
+
Energetic Alignment
=
Rituals That Rewire Reality

FINAL WORDS FOR THIS CHAPTER

You don't have to wait for permission, signs, or a full moon.
You can create magic right now with your breath, your words, your body, your will.

Rituals are a way of saying: "I am no longer waiting. I am ready. I am rising."

So light the candle. Speak the spell. Feel it in your bones.
And watch what rises with you.

CHAPTER TWELVE

THE RETURN OF THE WITCH

You are the wand. Your words, your energy, your focus - that's the real spell.



The Forgotten Power:
The History & Healing of Spell Work

> "You come from a long line of women who knew how to heal with their hands, speak with intention, and manifest with fire. You didn't lose your power — it was buried. And now... you remember."

Spellwork Is Not New - It's Ancient

Before it was trendy, before it was feared, and long before it was misunderstood... spellwork was survival.

It was:

- Women praying over herbs while tending to the sick
- Grandmothers whispering words into stew pots for healing
- Midwives using oils, chants, and sacred hands to bring new life into the world
- Wise women reading the signs in the moon, wind, and seasons
- Community caretakers holding space for grief, celebration, transition, and rebirth

They weren't "witches", not at first. They were healers. Guardians. Spiritual guides. Keepers of earth's oldest truths.

But in a patriarchal world, a woman who knows her power is a threat. And a group of women gathering in that power? ***Unstoppable*** and terrifying to systems that rely on control.



The Rise of " Witch" Fear and the Burning

During the rise of the church, monarchy, and empire anything that couldn't be controlled was labelled dangerous.

That included:

- Women who healed without permission
- Women who owned land or lived outside societal norms
- Women who didn't marry
- Women who bled, birthed, or aged in their power
- Women who gathered in sisterhood or ritual
- Women who simply said ***no***

So they were named *"witches."* And they were silenced, often violently.

Between the 1400s and 1700s, an estimated ***50,000–100,000 women were executed*** during the European and American witch hunts. Many more were tortured, outcast, or erased from history.

They weren't evil. They were empowered. And the world wasn't ready for that.





"Your belief is the magic. The ritual is just the amplifier."

– Emily Harrison

THE DIVINE FEMININE & THE RETURN OF MAGIC



But you know what can't be burned?
Ancestral memory.
Divine energy.
The pulse of magic in your blood.

The Divine Feminine is rising again.

- She is not chaos - she is creation.
- She is not weak - she is wisdom.
- She is not lost - she's been waiting.

And through ritual, intention, moon work, and spell casting, ***we return to her.*** We remember that we are not too much, too wild, too sensitive, or too magical.

We are women. We are channels. We are creators.

SISTERHOOD & THE SACRED CIRCLE

Ritual is more powerful in community. That's why women have always gathered to witness, hold, reflect, and remind each other who they are.

"Alone we remember. Together we rise."

As you read these spells, you are not just casting intention... You are reconnecting with generations of women who lit candles before you, who whispered dreams into the dark, and who kept the magic alive long enough for you to return to it.

You are the spell. You are the one they couldn't burn.
You are the woman who chooses to rise - ***again***.



"You don't have to hustle for your power, you can rise into it."

– Emily Harrison



Why Spell Work?

Spell work isn't "hocus pocus", ***it's focused intention wrapped in ritual.***

It's not about control, it's about co-creation. It's how we amplify the energy we're already working with through symbolism, nature, repetition, and sacred action.

Spells give your desires shape. They help you direct your energy, clear your path, and activate the frequency of what you want most. Love, success, abundance, clarity, protection.

You don't need to be a witch to cast a spell. You just need belief, intention, and presence.

What Makes a Spell "Work"?

It's not the ingredients. It's your energy that activates it.

Spells work when you:

- Know exactly what you want (clarity)
- Believe it's possible (conviction)
- Channel energy through words + action (activation)
- Let go of control (surrender)

"A spell is a sacred yes to the Universe — and a promise to yourself."

SPELL 1: SELF-LOVE GLOW-UP SPELL

Purpose: To boost self-worth, confidence, and heart-centred magnetism.

You'll Need: A small mirror, pink candle, rose quartz, coconut oil or perfume, paper & pen

Steps:

1. Cleanse your space (smoke, spray, or intention).
2. Write: *"I am radiant. I am magnetic. I am more than enough."*
3. Anoint your heart or neck with coconut oil/perfume.
4. Light the candle and gaze into the mirror.
5. Say: *"I call back the parts of me I've judged, dimmed, or denied. I now choose to be seen. I now choose to shine."*

Keep the mirror close for 7 days, speaking loving affirmations daily.

2: ABUNDANCE ATTRACTION SPELL

Purpose: To draw in aligned wealth and open the channels of receiving.

You'll Need: Bay leaf, green candle, gold coin, cinnamon, fireproof bowl.

Steps:

1. Write your financial goal on the bay leaf.
2. Rub cinnamon into your palms (prosperity).
3. Hold the coin and say: *"Money flows to me with ease. I release lack, and I receive overflow."*
4. Burn the bay leaf while visualising abundance pouring in.
5. Scatter the ashes outside or bury under a plant.

Optional: Place the coin in your wallet with a sticky note of your goal.



3: SOULMATE MAGNET SPELL

Purpose: To call in soul-aligned love or deepen existing love.

You'll Need: Red string, two rose petals, your perfume, small envelope.

Steps:

1. Write down what your heart truly desires in a partner (or from yourself if this is self-love).
2. Anoint the paper and petals with perfume.
3. Tie them together with the red string and seal in envelope.
4. Say: *"I am open to love that aligns with my soul. I am ready. I am willing. I am worthy."*
5. Sleep with the envelope under your pillow for 7 nights.

On the final night, bury the bundle near a flower or tree.

4: ENERGY PROTECTION + CORD-CUTTING

Purpose: To release energy drains, toxic ties, and reclaim your sovereignty.

You'll Need:
Black candle, string/yarn, scissors, salt, fireproof bowl.

Steps:

1. Place a circle of salt around your space.
2. Cut a piece of string — imagine it representing a draining person or past pattern.
3. Say: *"This connection no longer serves me. I release it with peace and power. I take my energy back now."*
4. Cut the string with scissors while breathing deeply.
5. Burn the string (safely) or bury it with rose petals for closure.



SPELL JOURNAL PROMPT IDEAS

- What am I ready to call in that I haven't dared to ask for?
- What belief do I need to shift in order to fully receive?
- What am I afraid might happen if I actually get what I want?
- What would it feel like to be the kind of person who trusts her own magic?

COMPLEMENTARY TOOLS

- **Witchy Ritual Music Playlist** – Listen Here
- **Sound Frequencies:** 639Hz (love), 741Hz (clearing), 963Hz (divine connection)
- **Suggested Crystals:** Obsidian (protection), Rose Quartz (love), Pyrite (abundance)

FINAL WORDS FOR THIS CHAPTER

Spell work is sacred. Not because of the props
But because of the power it awakens in you.

This is not about controlling life. It's about co-creating with life, intentionally, energetically, soulfully.

So light the candle. Speak the words. Trust the process. Because the moment you believe your magic is real... ***It is.***



"Every spell is a prayer with a backbone."



CHAPTER THIRTEEN

INTEGRATION & EMBODIMENT
LIVING THE WORK

You don’t need another breakthrough. You need to become what you’ve remembered.



BEFORE WE BEGIN:
WHY EMBODIMENT MATTERS

“Knowing is not enough. You have to live it, breathe it, become it.”

You’ve just moved through an entire universe of transformation. You’ve explored your shadows, met your inner child, awakened your intuition, and reclaimed your power.

But now comes the most important part, ***what you do with it***. Because ***manifestation doesn’t happen in your mind***. It happens in your body. In your choices. In your habits. In your energy.

Every chapter before this one has been a remembering...
And embodiment is where that remembering becomes ***reality.***

YOU CAN READ ALL THE AFFIRMATIONS.
...but if you don’t believe them when you look in the mirror, nothing changes.

YOU CAN PERFORM EVERY RITUAL.
...but if you still betray your truth in everyday life, the spell breaks.

YOU CAN UNDERSTAND THE LAWS OF THE UNIVERSE.
...but if you don’t act in alignment with them, you stay stuck.



WHAT IS INTEGRATION?



Integration is the art of **living what you've learned.**

It's not another ritual, lesson, or affirmation, it's who you become in the in-between moments:

- When no one is watching
- When doubt creeps in
- When you fall back into old patterns
- When you're tired, overwhelmed, or triggered

This is where the magic gets real. Because manifestation isn't just a practice. It's a lifestyle.

It's not about being *"perfectly high vibe",* it's about being consciously aligned.

WHAT DOES EMBODIMENT LOOK LIKE?



- You pause before reacting
- You speak your truth even when your voice shakes
- You take the walk even if you don't feel like it
- You honour your needs and set boundaries without guilt
- You move as if your manifestations are already real
- You catch yourself, forgive yourself, and choose again

"You know you're integrating when your nervous system gets the memo too."

SIGNS YOU'RE INTEGRATING THE WORK:

- You feel more grounded, less rushed
- You stop abandoning yourself to please others
- You make decisions from truth, not fear
- You let go without spiralling
- You trust your path — even when it's not clear
- You respond instead of react
- You honour your energy without explaining it

JOURNAL PROMPTS FOR INTEGRATION

- What lesson am I ready to fully live — not just understand?
- What's one old pattern I now have the awareness to shift?
- What would it look like to embody the most aligned version of me?
- Where am I still outsourcing my power — and how can I take it back?
- What small daily action helps me feel most in alignment?



Awareness
+
Action
+
Repetition
+
Self-trust
+
Compassion
=
Embodiment

JOURNAL PROMPTS FOR INTEGRATION



- What lesson am I ready to fully live not just understand?
- What's one old pattern I now have the awareness to shift?
- What would it look like to embody the most aligned version of me?
- Where am I still outsourcing my power and how can I take it back?
- What small daily action helps me feel most in alignment?

INTEGRATION MANTRAS

- *"I don't just know it — I live it."*
- *"I am the embodiment of my truth."*
- *"My life reflects my alignment."*
- *"I walk in devotion to my power, my peace, and my purpose."*

"You don't need to hustle to hold your power.

You just need to be it."

– Emily Harrison

INTEGRATION MANTRAS

This simple ritual anchors your energy into the now:

1. *Stand with bare feet on the earth or floor.*
2. *Close your eyes. Hands over heart or belly.*
3. *Say out loud:* ***"I am safe in my body. I am present. I am here."***
4. *Visualise roots growing from your feet into the earth.*
5. *Take 3 deep breaths and imagine your future self stepping into you.*

This is how you become the work - one breath, one choice at a time.

CHAPTER FOURTEEN

POCKET SPELLS & MOON RITUALS

When in doubt...
burn it, bless it, bury it, or bathe in moonlight.



Before We Begin:
Why Working with the Moon is Pure Magic

"The moon is a mirror — she reflects back the truth of who you are, even when you're in the dark."

The moon is more than just a glowing sphere in the night sky. She's a ***cosmic force. A cyclical guide. A portal into your intuition, power, and divine feminine energy.***

Throughout history, women have synced with the moon's phases, bleeding with her, planting with her, dancing under her light, and releasing under her shadow.

She was the original calendar. The sacred timekeeper. And the bridge between Earth and spirit.



Why is the moon so powerful?

Because her energy is ***fluid, shifting, and alive*** *- just like you.*

She moves the tides of the ocean, and you are made of that same water. Her pull influences your emotions, dreams, hormones, creativity, and even your sleep.

She doesn't ask you to be constant, she invites you to be cyclical. To ***flow instead of force.***

"The moon teaches us that we don't need to be full to be powerful."



The Divine Feminine & The Moon

The moon is the ultimate symbol of ***divine feminine energy*** - Receptive, intuitive, magnetic, emotional, nurturing, mysterious, and deeply wise.

To work with the moon is to ***come home to your softness and strength.*** To honour your inner rhythms, your phases, your wildness, your womb.

This isn't about being passive, this is about being in tune. When you work with the moon, you stop pushing and start co-creating. You remember that rest is powerful. That release is necessary. That your emotions are sacred messengers, not obstacles.



The Moon as Your Manifestation Guide

Each lunar phase carries a distinct energy, from setting intentions, to taking aligned action, to surrendering and releasing.

By aligning with her, you supercharge your manifestations, because you're syncing your personal power with cosmic timing. This is sacred. This is ancient. This is your birthright.

Let's dive into the phases, spells, and rituals that bring it all to life.

She remembered who she was under the moonlight, not what the world told her to be, but what her soul had always known.

WHAT ARE POCKET SPELLS?



Pocket spells are small, intentional rituals you can do anytime, anywhere. They're like energetic first-aid, simple, accessible, and surprisingly powerful.

Think:

- *Quick mindset resets*
- *Confidence boosts before big moments*
- *Mini energy cleanses*
- *Intention-setting bursts*
- *Sacred self-reminders*

They're designed for everyday magic. No full altar or witchy wardrobe required, just presence, intention, and belief.

5 POCKET SPELLS TO KEEP IN YOUR ENERGY TOOLKIT

Pocket Spell for Instant Abundance

Purpose: *Shift into receiving mode + open money flow*

How:

1. *Rub cinnamon into your palms*
2. *Close your eyes, smile, and say: "Money loves me. I attract wealth with ease. I am open to receive."*
3. *Shake your hands out like you're flicking money into your field*
4. ***Bonus:*** *Keep a bay leaf in your wallet with your dream income written on it*

Pocket Spell for Energy Protection



Purpose: Block unwanted energy + reclaim your peace

How:

1. Imagine a glowing orb of light around your body
2. Say: “My energy is mine. Only love may enter. Only truth may stay.”
3. Cross your arms over your chest like a shield and breathe deeply
4. Optional: Touch black tourmaline or carry a small protective charm

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Pocket Spell for Self-Love

Purpose: Boost confidence, soothe self-doubt

How:

1. Look in the mirror (or phone camera)
2. Place hand on heart and whisper: “I am worthy. I am radiant. I am enough.”
3. Kiss your hand and place it on your forehead

Optional: Roll on rose oil or spray a scent that makes you feel empowered



Pocket Spell for Letting Go

Purpose: Quick release of sticky emotions or overthinking

How:

1. Write the worry or emotion on a small piece of paper
2. Tear it up while saying: “I release this now. It no longer belongs to me.”
3. Burn (safely), bury, or throw it into moving water

Exhale. Smile. Move on.



“Magic doesn’t always roar. Sometimes it whispers, waits, and returns with the moon.”



Pocket Spell for Reconnection

Purpose: Re-center when you feel scattered or lost

How:

1. Pause, close your eyes, breathe deeply
2. Say: “I return to myself now. I remember who I am.”
3. Imagine golden light filling your body
4. Move your body gently, stretch, sway, shake
5. **Bonus:** Keep a small stone in your pocket for grounding (e.g. hematite)

Moon Rituals: The Sacred Rhythm of Manifestation

The moon is a powerful energetic ally ancient cultures aligned planting, healing, and manifestation around her phases. ***You can too.***

New Moon | Set Intentions

“The dark is fertile ground. Plant your dreams.”

Do this:

- Cleanse your space
- Write 3–5 intentions or goals
- Speak them aloud under the night sky
- **Optional:** Create a vision board or “dream jar” with symbols of what you’re calling in

First Quarter | Take Inspired Action

"This is the spark. The nudge. The go."

Do this:

- Pick one action toward your goal
- Clear obstacles (declutter, cancel something that drains you)
- Use a mantra: "Aligned action creates momentum."

Full Moon — Release + Reflect

"What no longer serves must go."

Do this:

- Write what you're ready to release
- Burn or bury the paper in a safe ritual
- Cleanse your body (salt bath, hair mask, moonlight stretch)
- Charge crystals or water under moonlight

Last Quarter — Rest + Reset

"Integration is power."

Do this:

- *Journal what worked / what didn't*
- *Meditate or do breathwork*
- *Forgive, release, and prepare for the next cycle*
- *Ground your energy with nature, herbal teas, or stillness*



CHAPTER FIFTEEN

THE SACRED BRIDGE BETWEEN ENERGY & REALITY

Where intention meets devotion, reality begins to shift.



FIRST, LET'S TALK ABOUT WHY RITUALS MATTER

Manifestation doesn't end at setting intentions. That's just the beginning. If intention is the spark, ***rituals are the wood that keeps the fire burning.*** They anchor the frequency you've been cultivating and make the **unseen feel real**.

We live in a fast-paced world. So much of our desires, dreams, and inner work get **lost in the noise** if we don't intentionally **ground them** into our reality. That's where ritual comes in.

It's not about lighting candles for show. It's about reconnecting to your energy and showing the Universe you're serious about what you're calling in.

WHAT IT MEANS TO ANCHOR YOUR MANIFESTATION



To anchor something means to ***secure it in place***, to make it stable, lasting, and undeniable. You're not just wishing anymore. You're not doubting, hoping, or waiting.

You're stepping into ***embodied belief.***

Rituals help you do that. They lock in the vibration of your desires. They move your manifestations from the ***energetic realm*** to the ***physical world***, because your actions start aligning with your vision.

RITUALS REWIRE YOU ON EVERY LEVEL

Rituals aren't just "woo-woo." They have real psychological and energetic impact.

They:

- **Regulate your nervous system**, so your body feels safe to receive.
- **Reprogram the subconscious,** reinforcing new beliefs and identity.
- **Reclaim presence,** pulling you out of autopilot and into intention.
- **Reignite focus**, so you're not just manifesting... you're living it.

When you do rituals consistently, you begin to trust yourself more, and the Universe mirrors that back.



RITUALS ARE NOT ABOUT PERFECTION

They're not about doing things "right." You don't need moon phases memorized, fancy tools, or a two-hour schedule.

All you need is ***presence, purpose, and belief.*** Even lighting a candle with intention or whispering affirmations into your tea can be potent when done with heart.

Ritual is about making your life sacred again.

Rituals remind your spirit that what you desire is already real.



WHY RITUALS WORK

Rituals are more than just routines, they are sacred acts that bridge the spiritual and physical worlds.

When done with clear intention and deep emotion, rituals create a powerful energetic imprint that tells your subconscious: ***this is real, this is happening.*** They shift you from wishing into embodying.

Rituals help rewire your brain, calm your nervous system, and align your frequency with your desires. When repeated, they become anchors, grounding your manifestations into the now and keeping your energy focused, intentional, and magnetic.

Rituals activate your energy field and make your intentions tangible. The repetition rewires the mind, regulates the nervous system, and reconnects you to your inner truth. It's a moment where time slows, and your energy expands.

Rituals remind your spirit that what you desire is already real.

- **They signal to the Universe** you're ready to receive.
- **They make your desire feel real**, not far away.
- **They reconnect you** to your power, peace, and purpose.



PREPARING FOR RITUAL:
CREATING SACRED SPACE



Before you begin any ritual, take a moment to drop into sacredness. You don't need anything fancy but intention is everything. Whether it's lighting a candle, playing soft music, diffusing oils, cleansing your energy or space with smoke or sound, **your sacred space becomes a physical mirror of your inner world.** It tells your mind and body: ***We are now in ceremony.***

Ways to Create Sacred Space:

- Light incense, a candle, or diffuse essential oils
- Use sage, palo santo, or sound to energetically clear the space
- Lay out a crystal, a photo, or a handwritten intention
- Take a few deep breaths, ground your feet to the Earth, and connect inward

This is your energetic portal, treat it with reverence, and it will respond.



Simple Rituals for Daily Alignment

1. Morning Alignment Ritual

- Light a candle or incense
- Speak your affirmation aloud in the mirror
- Journal your 3 intentions for the day
- Visualize for 2 minutes

2. Evening Grounding Ritual

- Herbal tea, dim lights, gentle music
- Reflect on what you're proud of today
- Breathe into your heart space
- Write one thing you're releasing + one thing you're calling in

3. Sunday Soul Reset

- Cleanse your space (sage, sound, salt)
- Pull a card or journal on your intuition
- Take a long shower or bath with intention
- Map out your weekly goals based on your energy, not just your to-do list

Optional Ritual: Candle Manifestation Ceremony

- Choose a colored candle that aligns with your intention (green for abundance, pink for love, etc.)
- Carve your name or affirmation into the candle
- Anoint it with oil and speak your desire aloud
- Light the candle, close your eyes, and visualize
- Let it burn safely, and trust the energy is set in motion



Intention vs. Expectation: Let the Universe Breathe

Manifestation rituals are rooted in desire but expectation is where many lose their power. There's a difference between clearly **holding an intention** and **gripping a result**.

Intention says: *"I trust that this or something better is already on its way."*
Expectation says: *"This has to happen exactly how and when I said, or I'll lose faith."*

Let go of control. Anchor your intention, feel the emotion as if it's already done, and then let it go.
Trust is the magic ingredient.



Consistency Over Complexity

You don't need a full moon, an altar, or hours of free time to make magic. What matters most is showing up for yourself ***consistently***, even if it's just 2 minutes a day.

A whispered intention while drinking tea. A daily affirmation in the mirror. A weekly candle-lit release under the stars.

These rituals, done with love and repetition, reprogram your energy faster than a once-a-year full moon spell.

Every ritual is a doorway, not to something outside of you, but deeper into your own power.

Ritual Reflection



After any ritual, take a few minutes to reflect or journal. This helps ground the energy, notice what shifted, and keep you in tune with your intuitive voice.

Try these prompts:

- What emotions came up during this ritual?
- Did I feel any resistance or insight?
- How did my body feel before and after?
- What clarity or inner nudges am I noticing now?

Your journal becomes a sacred record of your becoming.

Final Note

Rituals are not just routines, they are sacred acts of remembering. Each one brings you closer to your essence, your truth, and your power. Whether simple or elaborate, consistent or spontaneous, every ritual becomes a thread in the tapestry of your new reality.

This is you becoming ***the spell.***



CHAPTER SIXTEEN

SACRED REFLECTION
SHADOW WORK & SELF-RECLAMATION

The mirror doesn’t lie. It shows you where you’re hiding and who you’re here to become.



THE MOST HONEST REFLECTION YOU'LL EVER FACE

You can speak affirmations, read all the books, follow every moon ritual but until you can look yourself in the eyes with love, truth, and power, something will always feel disconnected.

Mirror Work is one of the most raw, transformative tools you can use to heal the parts of you that feel unworthy, unseen, or unloved. It is the gateway between your conscious self and your subconscious beliefs, a powerful tool to shift your identity and self-concept at the core level.

This practice goes beyond vanity, beyond self-love. It's about ***reclaiming who you are, layer by layer*** by looking directly into the soul behind your eyes and choosing to meet it with ***compassion, courage, and truth***.

WHY MIRROR WORK IS SO POTENT

- **It creates instant feedback:** The mirror doesn't lie. You'll see and feel when something doesn't land, and you'll also know when something clicks.
- **It connects you with your inner child:** Your younger self still lives within you. Often, she just wants to be seen, acknowledged, loved. Mirror work creates space for her to emerge and be held.
- **It transforms your self-concept:** When you consistently affirm, forgive, or empower yourself in the mirror, it begins to rewire your identity. You stop waiting for external validation.
- **It clears emotional blockages:** Tears, laughter, resistance, it's all part of the release. The mirror reflects not just your beauty but your pain, your shadows, and your breakthroughs.



WAYS TO USE MIRROR WORK

Morning Mirror Mantras

- Look into your eyes and repeat: *"I am safe. I am powerful. I am exactly where I need to be."*
- Do this daily for 3–5 minutes and feel into it.
- Tip: Smile gently as you say it. Energy follows intention.

Inner Child Connection

- Place both hands over your heart.
- Gaze into your eyes softly and say: “I see you. I’m here. I’m sorry you went through that, and I’ve got you now.”
- Let any emotions rise and flow.

Manifestation Anchoring

- Speak your goals aloud as if they’re already done. eg. “I am so grateful I live in my dream home.” “I trust that my desires are unfolding for me.”
- Watch how your body responds, resistance is a signal of a belief to rewrite.

Shadow Work Prompting

- Ask out loud: “What am I still afraid to see in myself?” “Where have I given my power away?”
- Let answers rise naturally without judgment. Write them down.

TIPS FOR DEEPENING THE PRACTICE

- Dim the lights, light a candle, and play soft music to make it feel sacred.
- Try different mirrors, bathroom, handheld, or even a mirror you bless with intention.
- Use oils or sprays as part of the ritual (rose water, lavender oil, etc.).
- Keep a mirror work journal nearby to reflect on breakthroughs or resistance.



DEEP JOURNAL PROMPTS (REFLECTION INTEGRATION)

Use these in your mirror work, journal or after each mirror session to help integrate what comes up.

- *“What did I feel as I looked into my eyes today?”*
- *“What am I learning about myself that I’ve been avoiding?”*
- *“What part of me am I still trying to hide, and why?”*
- *“What did I wish someone else would say to me... that I can now say to myself?”*
- *“When was the first time I believed I wasn’t good enough?”*
- *“What does my reflection need from me right now — and how can I give it?”*
- *“How did my inner child respond today?”*
- *“What resistance came up during today’s mirror work — and what might it be protecting me from?”*

WRITE THESE ON YOUR MIRROR

You can use a whiteboard marker or sticky notes on your mirror. Change them out weekly or intuitively.

- “I love the woman I’m becoming.”
- “I am more than enough.”
- “I trust myself to make bold, aligned decisions.”
- “I am safe to be seen.”
- “I release all versions of me that were built on fear.”
- “The mirror reflects my magic back to me.”
- “I am not broken. I am rebuilding with wisdom and grace.”
- “I forgive myself, I honour myself, I choose myself.”
- “It’s safe to look into my own eyes and love what I see.”



SACRED ADDITIONS TO MIRROR WORK

You may want to use the following to create a full ritual experience:

- **Mirror Blessing Ritual:** Place your hands on the mirror and say, *“I cleanse this mirror to reflect only truth, love, and light. May this space become a portal for healing and empowerment.”*
- **Crystals:** Place rose quartz (self-love), obsidian (shadow work), or amethyst (intuition) nearby.
- **Mirror Spray:** Create a ritual spray with rose water + a few drops of lavender oil. Mist your mirror before starting.
- **Self-Love Sigil:** Draw or create a personal symbol of your healing, and trace it on the mirror with your finger before beginning.





FINAL NOTE

Mirror Work is not always easy. Some days it’ll feel magical, other days you’ll avoid it completely. And that’s okay.

The more you lean in, the more your reflection softens and strengthens in return.

You don’t have to become someone else, ***you just need to remember who you’ve always been.***

CHAPTER SEVENTEEN

HARNESSING LUNAR CYCLES TO SUPERCHARGE YOUR INTENTIONS



You Are Made of Moonlight

For centuries, the moon has guided rituals, whispered to wild women under open skies, and marked the rhythm of nature's most sacred cycles. Long before calendars and clocks, we moved with her - bleeding with her, birthing with her, resting with her. Her glow is ancient, wise, and magnetic. And just like her, you are *ever-evolving*.

The moon reminds us that there is power in both light and shadow. She teaches that it's not just about action, but about alignment. About trusting the *ebb* as much as the *flow*.

When you begin to align your energy with the moon's cycles, you don't just manifest - you **activate**. You reconnect with the Divine Feminine within you, awaken intuitive gifts, and enter a rhythm that supports your highest growth.

This isn't superstition. It's remembrance. Of your natural power. Of your body's wisdom. Of your ability to co-create with the universe by syncing with something far bigger than yourself.

Whether you're releasing pain or planting new dreams, the moon can hold you through it all.
Because the truth is:
🌑 There's a time to shed.
🌓 A time to rise.
🌕 A time to shine.
🌘 And a time to surrender.

And when you follow her cycle, you stop forcing.
You start flowing.
You start receiving.
You start becoming.



THE MOON PHASES & WHAT THEY MEAN FOR YOU

Phase	Energy	Best For
New Moon	Darkness, rebirth, new beginnings	Setting intentions, planting seeds
Waxing Crescent	Hope, momentum, belief	Taking small aligned actions, vision clarity
First Quarter	Decisions, growth, building	Overcoming blocks, commitment
Waxing Gibbous	Refinement, alignment	Reflecting, adjusting, strengthening belief
Full Moon	Illumination, celebration, release	Gratitude, letting go, manifesting results
Waning Gibbous	Integration, learning	Releasing ego, journaling, rest
Last Quarter	Release, completion	Surrendering what's not working
Waning Crescent	Rest, preparation	Deep rest, spiritual connection, reset



HOW TO MANIFEST WITH THE MOON

New Moon Manifestation Ritual

- Cleanse your space (smoke, sound, or intention)
- Sit in stillness and ask: What am I calling in this cycle?
- Write out 1–3 powerful intentions or manifestations
- Say them aloud. Feel them.
- Seal the ritual with candlelight or a symbolic item (like a crystal)

Full Moon Release Ritual

- Journal: What am I ready to let go of?
- Write limiting beliefs, behaviors, or energies you're done with
- Safely burn or bury the paper
- Visualize yourself free from it, powerful, clear, and open

SAMPLE AFFIRMATIONS FOR MOON MAGIC

- I align with the rhythm of the moon and trust the timing of my life.
- My intentions are powerful, pure, and magnetized.
- As I release, I rise.
- Under this moon, I become more of who I am meant to be.

LUNAR MANIFESTATION TIPS

- Charge crystals and water under the Full Moon 🙂
- Cleanse your altar and aura with moonlight
- Sync journaling cycles to moon phases
- Create a moon intention jar with herbs, affirmations, and symbols
- Track manifestations in a lunar calendar
- Use the phrase: "As the moon grows, so does my power.

JOURNAL PROMPTS FOR EACH PHASE

New Moon

Energy: *Intention, Clarity, New Beginnings*

- *What am I ready to call in over the next cycle?*
- *If nothing was holding me back, what would I begin today?*
- *What area of my life needs a fresh perspective or new energy?*
- *How can I align more deeply with the version of me I'm becoming?*
- *What intention would make this next month feel aligned and expansive?*

Waxing Moon (Crescent → Gibbous)

Energy: *Growth, Action, Building Momentum*

- *What small steps can I take this week to support my goals?*
- *Where do I need to be more consistent or show up with more energy?*
- *What limiting beliefs are beginning to rise as I grow?*
- *What support or structure will help me stay on track?*
- *How does it feel to be in motion toward something meaningful?*

Full Moon

Energy: *Illumination, Celebration, Releasing*

- *What truth is being revealed to me right now?*
- *What patterns, people, or beliefs am I ready to release?*
- *Where in my life do I feel most aligned — and why?*
- *What emotional baggage am I willing to finally let go of?*
- *How can I honor myself and all the progress I've made this cycle?*

Waning Moon (Disseminating → Balsamic)

Energy: *Reflection, Surrender, Integration*

- *What have I learned from this moon cycle?*
- *What emotions or experiences still need to be processed?*
- *Where do I need rest, softness, or gentleness in my life?*
- *What do I need to forgive — in myself or others?*
- *How can I create more space for magic and stillness?*



Final Note:



The moon is more than just a celestial body, she is a mirror to our own cycles, a sacred rhythm keeper for the soul. When we reconnect with her phases, we remember our own flow, our own inner tides. There is power in surrender. There is magic in timing.

Let this chapter be your invitation to live cyclically, to honor your highs and your lows, your clarity and your confusion, your rise and your rest. Each moon phase has a message... are you listening?

May you continue to realign with your truth, manifest with purpose, and feel held in every phase of your personal evolution.

You are not separate from the moon. You are made of the same light.

Complimentary Tools:

Spotify Playlist – *Lunar Living Vibes*
A curated soundscape to support journaling, moon rituals, and deep reflection throughout the lunar cycle.

Book Recommendations

- Moonology by Yasmin Boland
- Lunar Abundance by Ezzie Spencer
- Witch by Lisa Lister (for deeper feminine cyclical connection)



CHAPTER EIGHTEEN

EVERYDAY MAGIC
LIVING ALIGNED, AWAKE & ABUNDANT

The Sacred Art of Becoming Your Manifestation



YOU ARE THE RITUAL NOW

There comes a point in your manifestation journey when the tools become part of you. The rituals are no longer separate moments, they're embedded in your breath, your walk, your choices.

You begin to live aligned not because you're trying to manifest but because you're becoming the version of you who *naturally attracts everything she desires.*

This is where true transformation happens.
When you stop chasing and start ***embodying.***

This chapter is your sacred reminder that manifestation isn't something you do...
it's something you live.

It's not just scripting and crystals.
It's who you are in the quiet moments.
It's the energy you choose when things aren't going your way.
It's how you hold yourself when no one's watching.

This is about ***becoming.***
Every day.

With intention.
With power.
With grace.



"Every breath, every choice, every moment is a spell you're casting."

Emily Harrison

THE DAILY ENERGY OF A MANIFESTOR

Living aligned means weaving energetic intention into everyday life. You are no longer reacting - you are creating, choosing, and directing your energy with purpose.

Here's how that looks in real life:

Situation	Aligned Response	Unconscious Response
Running late	"Time bends for me. I choose calm."	Panic, blame, rushing
Unexpected bill	"Money flows in expected and unexpected ways."	Stress spiral, scarcity
Triggered by someone	"What is this reflecting back to me?"	Reactive, defensive
Goal feels far away	"I'm already aligned with it. It's coming."	Doubt, self-sabotage

You don't need to be perfect, you just need to stay *present*.
The version of you who has it all?
She's simply more ***intentional*** with her energy.

EMBODIMENT > INFORMATION



Let's be real, you already *know* so much. You've journaled, healed, repeated the affirmations. But knowledge without action is noise.

To create lasting change, you must ***embody*** the frequency of the reality you're calling in.

That means:

- Taking actions from your future self's mindset
- Choosing thoughts that support your power
- Creating boundaries that honor your worth
- Speaking and moving like the version of you who already has it all

This is not "fake it til you make it."
This is ***feel it until you become it.***



LIVING AS HER:
IDENTITY ANCHORING

1: Close your eyes and visualize your highest self

2: Ask: *"How does she move, think, speak, love, lead?"*

3: Choose ONE action to align with that energy today

4: Do it. Breathe it. Become it.

Repeat daily.
Watch your life shift.

DEEP JOURNAL PROMPTS

- What does *“living aligned”* mean to me right now?
- Where in my life am I still choosing out of fear or habit?
- What anchors (people, routines, spaces) help me feel most connected?
- When do I feel most like my true self and how can I create more of that?
- What would shift if I treated *every moment* as sacred?

MICRO-HABITS THAT MANIFEST

Small things that realign your energy on autopilot:

- Light a candle and say a mantra while cooking
- Use a crystal or talisman as a pocket anchor
- Keep a “manifestation moment” journal beside your bed
- Say an affirmation as you wash your face in the morning
- Dance while you clean and move with intention
- Use your passwords as affirmations (eg. IAmWorthy88!)



FINAL NOTE

This chapter isn’t about doing more. It’s about being more, of who you really are. The *dream life* you want? The *love* you crave? The *financial freedom*, the *peace*, the *joy*, the ***soul-aligned purpose***...

It’s all rooted in your daily decisions. Your rituals. Your breath. Your energy. You don’t need to wait. ***You are the portal.*** You are the embodiment.

Now walk as her. Speak as her. Think as her. And the universe will meet you there - **every time.**

CHAPTER NINETEEN

SPELLWORK & INTENTIONAL ENERGY

The Ancient Art of Channeling Energy to Shape Your Reality



THE MAGIC IN YOUR HANDS

You've learned to align your thoughts, heal your past, live as your highest self, and work with energy through ritual. Now we take it one step further, stepping into the role of ***creator.***

Spellwork is not about memorising someone else's recipe; it's about understanding how energy works so you can design your own rituals that *fit you perfectly.*

This chapter is here to teach you how to do exactly that with confidence, clarity, and your own unique energetic signature.



THE CORE FORMULA FOR ANY SPELL

Every effective spell has **five key components:**

1. **Intention** – Your why. Be crystal clear on what you want.
2. **Focus** – Directing your mind and energy fully into the spell.
3. **Correspondences** – Tools, symbols, colours, herbs, or crystals that match your goal.
4. **Energy Raising** – Building emotional and energetic momentum through movement, chanting, breathwork, or visualisation.
5. **Release** – Letting go and trusting the universe to respond.

"Your tools are not the magic.

You are the magic.

The tools simply help focus it."

How to Create Your Own Spell from Scratch

Step 1: Define Your Desire
Write down exactly what you want in one clear sentence. Avoid vague statements, be specific. Example: “I call in a steady $5k per month from my aligned business with ease and joy.”

Step 2: Choose the Timing

- New Moon → beginnings, new goals
- Full Moon → manifestation, celebration
- Waning Moon → release, banishing obstacles

Step 3: Select Your Correspondences

- ***Colours*:** Green for money, pink for love, black for protection
- ***Crystals:*** Citrine for abundance, rose quartz for love, amethyst for clarity
- ***Herbs:*** Basil for prosperity, lavender for peace, rosemary for protection

Step 4: Build the Ritual Flow

- Cleanse your space (sage, incense, sound, or intention)
- Set up your altar/tools
- Speak your intention out loud
- Perform the symbolic action (lighting a candle, tying a cord, writing on paper, etc.)
- Close with gratitude and release

Step 5: Anchor the Energy
Carry a token of the spell with you (crystal, charm, paper with your intention) as a reminder.



Try Spotify Playlist:

The Witch’s Circle
Energetic tracks to help raise your vibration before and during spellwork.



TROUBLESHOOTING SPELLWORK

If it's not working, ask:

- **Is my intention clear?**

Vague intentions = vague results.

- **Am I emotionally aligned?**

If you feel doubt, fear, or desperation, it's like sending a mixed signal.

- **Did I release the outcome?**

Obsessing over "when" keeps you in lack energy.

- **Am I taking aligned action?**

Magic works with your actions, not instead of them.

- **Is my spell aligned with my highest good?**

The universe won't deliver something that's not truly right for you.



JOURNAL PROMPTS

- What's one intention I'm ready to bring into form right now?
- Which correspondences feel powerful to me and why?
- How can I make my rituals more aligned with my personality and lifestyle?
- Where might I be unconsciously blocking my own magic?

FINAL NOTE

The most powerful spells are the ones you create from your heart.

Trust your instincts. Follow your energy.

And remember...

Magic is not something outside of you; it's the current running through everything you do.

DATE

Mood

DAILY JOURNAL

YOUR THOUGHTS

GOALS

TO DO

From My Heart to Yours

You've just walked through a journey that most people spend a lifetime avoiding - a journey back to yourself.

Page by page, you've peeled back the layers, faced your truth, and opened your heart to what's possible when you choose to live as the creator of your own reality.

This guide isn't meant to sit on a shelf. It's meant to be lived, breathed, and felt every single day. Every ritual, every affirmation, every journal prompt is a tool to remind you of the power that's been within you all along.

You don't have to wait for the "right time" to step into your magic, the right time is always *now*. Start today. Start small. And watch how your life begins to shift in ways you can't even imagine yet.

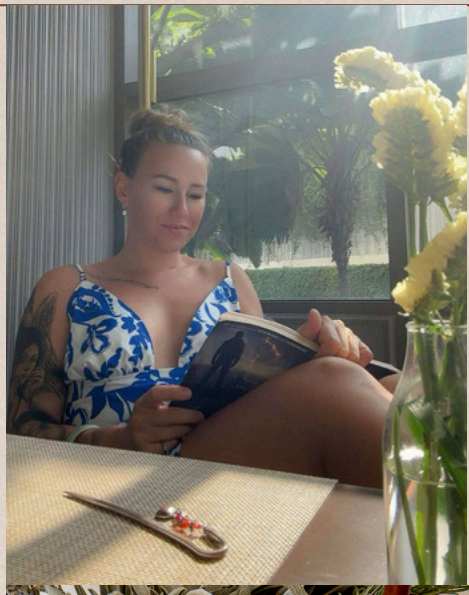
Remember; your energy is your signature in the world. You are already ***magnetic***. You are already ***worthy***. And you are already so, so ***powerful.***

I am beyond grateful to have shared this space with you, and I hope you carry these words like a spark in your heart, a spark that becomes a fire, a fire that lights the path to everything you've ever dreamed of.

Here's to you, beautiful soul and to the extraordinary life you're about to create.

With all my love,

Emily







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