



5-DAY ABUNDANCE MANIFESTING ACTIVATION PLAYBOOK





5-Day Abundance Manifesting Activation Playbook

This playbook is your companion for the 5-Day Abundance Manifesting Activation and beyond. Use it to quickly access practices, track your progress, and return to the work whenever you need to reconnect with abundance.

How to Use This Playbook

- Keep this playbook handy during the activation and after
- Use it as a quick reference for practices and key concepts
- Return to specific sections when you need a reset or boost
- The journal prompts are here for reference whenever you want to dive deeper

Core Practices





CORE PRACTICES

1 Healing Breath (Basic Formula)

1. Close your eyes or soften your gaze
2. Bring to mind the energy you want (clarity, ease, joy, etc.)
3. Place both hands over your heart
4. Inhale through nose for 3 counts
5. Exhale for 6 counts
6. Feel the energy settling into your entire being

Use this anytime you need to: calm your nervous system, shift your energy, create internal safety, or prepare for manifesting work.



CORE PRACTICES

Extended 1 Healing Breath

Phase 1: Set intention - "I invite Self-Awareness, Presence, and Embodied Attention"

Phase 2: Ground in presence - Focus on one point of physical contact (feet on floor, body in chair)

Phase 3: Embody the energy

- Place hands over heart
- Call up the desired energy/feeling
- Inhale through nose, filling chest and belly, as you stretch arms out and up, bringing palms together above head
- Exhale as you bring palms down in front of face to heart in prayer position
- Envision energy flowing through entire body

Use this for: deeper work, when you have 5-15 minutes, before important decisions or creative work.



CORE PRACTICES

Rain of Light Practice

1. Stand or sit comfortably, feet flat on floor
2. Visualize warm, radiant light falling from above
3. Gently shake hands and arms (like shaking off water)
4. Imagine all energy that doesn't belong to you washing away
5. Say: "I invite the energy of abundance to fill every cell of my being"
6. Feel abundance energy flowing in with the light
7. Finish with gentle brushing motion from shoulders down

Use this: Daily for energetic clearing, after difficult interactions, anytime you feel heavy or drained.



CORE PRACTICES

The Inner Yes Practice (Intuitive Yes Calibration)

Step 1: Calibrate Your Body's Signals

- Say out loud: "The sky is blue" - Notice how truth feels in your body (settled, open, right)
- Say out loud: "The sky is green" - Notice how falsehood feels in your body (off, tight, closed)

Step 2: Test Your Abundance Desire

- Say out loud: "I desire [your specific abundance desire]"
- Notice: Does it feel like "sky is blue" (open, settled, true) or "sky is green" (off, tight)?
- If it feels like a clear yes - your body confirms alignment
- If it doesn't feel like a clear yes - the desire may need adjusting, or there's fear/resistance to clear

Step 3: Use for Daily Decisions

- State the option or decision out loud
- Notice your body's response
- Trust the signal without overthinking

Use this for: checking alignment with opportunities, making decisions, verifying desires are true vs. false.

CORE PRACTICES

Receiving Your Abundance Visualization

1. Close your eyes
2. Imagine your abundance desire is here RIGHT NOW
(not someday - now)
3. Where are you? What do you see?
4. What do you hear?
5. What does your body feel like? (Relief? Excitement?
Peace? Full-body YES?)
6. Fully receive this - you don't have to do anything, just
receive
7. Let this feeling settle into every cell
8. Slowly bring awareness back, keeping the feeling with
you

Use this: Before asking for signs, when you need to anchor the feeling of your desire, to teach your body what abundance feels like.



CORE PRACTICES

Requesting a Sign from the Universe

1. Choose a sign that excites you (coins, feathers, butterflies, repeating numbers, specific song, etc.)
2. Gently tap collarbones or rub arms (activates energy field)
3. Say aloud or silently: "Universe, please show me [your chosen sign] as confirmation that my abundance is on its way"
4. Trust it's been heard
5. Watch for the sign over next 24 to 48 hours
6. When it appears: pause for 30 seconds, tap collarbones/rub arms, whisper "Thank you, I see this"

Use this: To stay inspired and motivated, to confirm you're on the right path, to strengthen dialogue with the Universe.



CORE PRACTICES

Your Somatic Anchors

For Ease: Place one hand on chest, take a long slow exhale (longer than inhale)

For Clearing (Rain of Light): Gentle brushing motion from shoulders down arms and torso

For Your Archetype: Your specific stance + Magic Mantra (see Archetype section)

For Intuitive Yes: One hand on heart, one on belly + whisper "This is my yes to abundance"

For Signs: Tap collarbones or rub arms + whisper "Thank you, I see this"



6 *Manifesting Archetypes*



6 MANIFESTING ARCHETYPES

Divine Nurturer



Stance: Feet hip-width apart, hands cradling light in front of heart, knees soft, head bowed slightly

Magic Mantra: "Trusting myself intuitively allows me to help others and create positive transformations in the world"

Gifts: Compassionate, sees big picture, receives Divine Downloads, devoted to harmony

Support: Structured rituals, self-love practices, permission to adapt methods intuitively



6 MANIFESTING ARCHETYPES

Incarnated Goddess



Stance: Stand tall, feet planted, one hand on hip, other hand raised holding torch/crown

Magic Mantra: "Enjoying the journey and the flow of life allows me to create my highest vision with grace and ease"

Gifts: Driven, ambitious, values high ideals, magnetic personality

Support: Essential Manifesting Recipes, releasing perfectionism, Garuda Mudra practice



6 MANIFESTING ARCHETYPES

Earth Angel



Stance: Knees slightly bent, hands crossed over heart, head gently bowed

Magic Mantra: "Knowing on the deepest level of my being that I am important lets me shine bright and light up the world"

Gifts: Kind, loving, generous, creates loving environments, supportive

Support: Intuitive/expansive practices, external support, working with Manifesting Avatar



6 MANIFESTING ARCHETYPES

Sacred Seeker



Stance: Spine upright, one hand on heart, one on third eye/forehead

Magic Mantra: "It is good to relax and open myself up to beautiful new experiences. Everything is happening for my highest good"

Gifts: Values truth and knowledge, enjoys research, high integrity, goes deep

Support: Commit to practice before feeling "ready," Fear into Gold tool, permission to research



6 MANIFESTING ARCHETYPES

Cosmic Spirit



Stance: Feet apart, arms wide to sky, gentle bounce in knees, smiling

Magic Mantra: "Giving myself permission to be who I truly am is the most powerful and aligned path to abundance, joy and success"

Gifts: Joyful, spontaneous, adventurous, magnetic charm, loves living in the moment

Support: Flexible rituals, accountability partners, manifesting groups, variety in practices



6 MANIFESTING ARCHETYPES

Spiritual Warrior



Stance: Feet wide apart, fists gently at heart/solar plexus, chin lifted, steady gaze

Magic Mantra: "Life is easy when I relax, let go and allow myself to reignite my creativity and replenish my soul"

Gifts: Authentic, honest, independent, driven to support causes, practical

Support: Customizable practices, actionable methods, antidotes to self-judgment



Key Concepts Reference





KEY CONCEPTS REFERENCE

Step Zero: Creating internal safety before any manifesting technique. Your body must feel safe enough to dream, desire, and receive.

Manifesting Response System (MRS): Your internal control center for attracting and receiving abundance - the network of thoughts, emotions, beliefs, and physiological responses that influences manifestation.

Vibrational Hygiene: Daily energetic self-care practice of clearing what doesn't belong in your field (like the Rain of Light).

True Desire vs. False Desire:

- **True Desire feels:** Open, expansive, light, serene | Focused, clear, uplifting thoughts
- **False Desire feels:** Closed, contracting, heavy, agitating | Noisy, anxious thoughts



Journal Prompts for Deeper Exploration



JOURNAL PROMPTS

Day 0: Foundation



When my desire for this abundance arrives, my life will feel...

Spend 5-10 minutes exploring this. How will it feel in your body? What will change in your daily life? What energy will you carry?

JOURNAL PROMPTS

Day 1: Ease



When I feel ease, I naturally and effortlessly receive...

Let yourself write freely about what wants to come into your life when you're in this deep state of ease. What does ease call in? What flows to you effortlessly when you're in this energy?

JOURNAL PROMPTS

Day 2: Clearing



The scarcity energy I'm releasing is...

The abundance I'm making room for is...

Get specific about what you're letting go of and what you're calling in. What old stories about money or worthiness are you ready to release? What new energy of abundance do you want to embody?

JOURNAL PROMPTS

Day 3: Identity



My Manifesting Archetype brings abundance through...

Write about how your unique archetype creates and attracts abundance. What are your natural gifts? How do you connect with the Universe? What feels effortless for you when you're in your archetype energy?

JOURNAL PROMPTS

Day 4: Intuition



My intuitive yes to abundance feels like...

Describe what you discovered in today's practice. How does your authentic "yes" show up in your body? What does alignment feel like for you? How can you honor these signals more in your daily life?

JOURNAL PROMPTS

Day 5: Dialogue



The abundance sign I asked for was...

*This sign confirms that my desire for _____
is...*

Write about what sign you chose and why it feels meaningful to you. What would it mean to receive this sign? How would it feel to know the Universe is responding to your request about your specific desire?

Personal Notes



PERSONAL NOTES

My Abundance Desire:



PERSONAL NOTES

My Manifesting Archetype:



PERSONAL NOTES

*What my intuitive "yes"
feels like:*



PERSONAL NOTES

*The abundance sign I
asked for:*



PERSONAL NOTES

*Biggest shifts from this
activation:*



✨ Keep this playbook accessible. It's designed to be used again and again as you continue your abundance journey. ✨

