

# Manifest Like a Mother™

## GUIDED VISUALISATION SCRIPT

Close your eyes and begin to breathe slowly, deeply.

Make any adjustments you need to feel relaxed and comfortable.

Feel a wave of relaxation washing over your body from the tip of your head to the tip of your toes. Feel relaxation seeping into every single part of you.

Bring your focus to your breath.

Breathe in slowly through your nose.

Hold it.

Breathe out slowly through your mouth. Feel any tension or stress releasing from your body.

Take another breath in slowly, breathing in relaxation.

Hold it.

And breathe out slowly, releasing any remaining tension.

Now continue to breathe deeply, feeling more and more relaxed.

And as you breathe deeply, imagine yourself standing at the top of some steps.

Feel your feet on the steps. See your feet on the steps. Feel the warm sun upon your skin.

I'm going to count to ten as you picture yourself descending the steps.

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Take the first step down to step one, feeling more relaxed with each step.

Now on to step two and down further to step three. See your feet, feel your feet, hear your feet as you continue down, deeper and deeper to step four.

On down now to step five, descending deeper, feeling more relaxed and deeper down to steps seven and now down to step eight.

And on to step nine, more and more relaxed, deeper and deeper until the last step, step ten.

I am going to make some positive suggestions that will be absorbed and accepted fully and completely by both your mind and your body.

You are living in financial abundance.

Money flows into your life with ease and with speed.

You naturally attract an abundance of wealth into your life.

You know this and you appreciate the infinite abundance of the Universe.

Money flows into your life with increasing ease and in increasing amounts.

Every day, the Universe co-creates with you. Opportunities present themselves, possibility opens up for you and endless abundance pours into all areas of your life

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You are happy, healthy, successful and wealthy.

You are open to receiving abundance in all things.

Abundance flows effortlessly into your life.

You feel joyful and appreciate receiving this abundance.

Money is always, always, flowing into your life.

You always have more than enough money for the things you need and desire.

You are elevating into an overflow of financial abundance.

You have all the money you need right now to say yes to the things that make you happy.

Now I want you to visualise a scene in your mind. Imagine living in total financial abundance. Visualise money flowing with ease into your life.

How does it feel to receive that flow of money?

What are you doing in this scene? Who are you with? How are you feeling?

Visualise this scene with vivid detail and feel the emotion of this scene.

Feel this feeling of abundance, right now, in this moment.

Spend some time feeling into the scene, living the scene in your mind.

[PAUSE]

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You have just witnessed your own reality. You desire it and so it has already come into being.

And now I want you to make the following declaration with me, either out loud or in your head. This is your declaration to the Universe.

I am living in joyful abundance. Money flows with fun, ease and speed into my life. I am joyful and appreciative for receiving this abundance.

[Repeat x10]

The Universe hears your request, the Universe feels your energy of joy, appreciation and abundance and sends waves of joy, appreciation and abundance back to you.

You have now reprogrammed your subconscious with this suggestion. You have accepted these messages in every cell of your body and mind.

I am going to count backwards from 10 to 1 and you will return to your waking state.

If it is daytime, you will go about your day feeling at ease, in a state of flow, confident and believing in your financial abundance, guided by your intuition to the next best step for you.

If it is night time, you will fall into a blissful and deep sleep, dreaming dreams of your financial abundance. Upon awakening the next day you will feel refreshed and in a calm state of expectation, appreciative of your financial abundance.

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Starting at 10, moving up to nine, beginning to surface.

Moving up now to eight, on up to seven and up to six, bringing awareness back to your body.

Now moving up to five feeling balanced and on up to four, feeling your fingers, feeling your toes.

And now moving up and up from three to two, back to your waking state and finally up to one, feeling awake, open your eyes.