



## **The Art of Manifesting Like a Goddess**

Week 2- Manifesting More Love

STEP 1 - IDENTIFY WHAT NO LONGER SERVES YOU:

1. Identify where have you been hurt, betrayed, taken advantage of in your past...or where you have had your heart broken.

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2. Are you still holding onto that trauma somewhere in your heart, body or mind? ( Usually you know that you are if you have struggles in current relationships with loved ones or health issues or mental health issues )

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3. Where are these issues from past trauma showing up in your life? Are you willing to let the memories that are causing current patterns, addictions and drama be released? Take a moment and get clear on what no longer serves you.

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#### STEP 2- WHAT DO YOU DESIRE TO CREATE INSTEAD?

4. What do you desire to create in your romantic relationships?  
( more romance? more sex? deep connection? spiritual connection? )

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5. What do you desire to create in your family relationships? What specific relationship would you like to see healed the most?

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6. What work or business relationship do you desire to see healed or the energy elevated?

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7. What kinds of habits, thoughts and feelings would you like to create that would allow you to love yourself more?

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8. What does it look like to you to create a stronger relationship with Spirit/God/Higher Self? How does that look for you?

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STEP 3 - WHAT DOES IT FEEL LIKE TO HAVE YOUR DESIRE ?

5. Take a moment here and allow yourself to feel.....What does it feel like to have relationships in your life be Positive, Uplifting, Fulfilling, Nurturing, Healing? Use words that describe how it would make you feel.

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6. What does your life look like and feel like now that you are creating your new reality of having the ability to give and receive love more freely ? What are you able to create in your life in your relationships that you never have before?

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**You are going to keep your worksheet by your mat and look at your desires and how they make you feel! Bring these good feelings into your Goddess Yoga Practice each day this week and allow these feelings to move through you fully as soon as you begin to feel your body opening up and when your practice begins to feel really good...allow yourself to embody this new way of being.**

## STEP 4- ALLOW

After each practice this week look for ways to show more love, look for more ways to show more compassion and patience.

Take extra risks when it comes to reaching out this week to those in your life, and don't be attached to the outcome, this is your practice in how to manifest more love into your life.

Observe and take notes at the end of each day on what you observe in your Journal. You are looking for signs that you are showing up in a new way, that your heart is more open. Notice internal shifts towards others, this could come in the form of less judgment in situations that would normally trigger you, or finding forgiveness when you could not before, even noticing when you receive more love from others or have heart opening conversations or receive love in new or unexpected ways. Be aware and look for ways to give and receive love this week. Write what you begin to manifest each day in your journal!