

2020 Manifestation Mission – Step 1

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Step 1: Identifying Your Truths

Spiritual practice begins with education, but really evolves in the work. Much like studying at school, you are given the foundation of understanding when you dedicate yourself to research. However, it is in the practice and use of these tools that your connection and healing truly begin to blossom.

So, as we begin this year of clarity, it is important for us to truly to GET REAL WITH OURSELVES. A very powerful exercise is mirror work which involves getting to know yourself very deeply. This isn't something that can be accomplished in one attempt, but something, that if used on a regular basis, is EXTREMELY cathartic and powerful.

First, you will need a mirror. If you don't have personal space – the bathroom is great for this. Or, a small tabletop mirror in a setting where you can be alone works as well. If you wear makeup, please remove all of it so that you will be seeing the truest version of you. You can make the following statements out loud, or in your mind. Start with what feels right - you WILL hear you.

1. Begin with Positive Affirmations

It is important to prepare for the inner work by taking time to remind yourself of how precious you are and how important your roll is. I have prepared a short document with this mirror work exercise to download and print. It is available at the end of this blog.

Read aloud or silently to yourself. If you are alone, it is much more powerful to watch yourself stating the following out loud:

- I am more than the sum of my experiences. I am infinity.
- I am a beautiful person: mind, body, and spirit.
- I am important. I bring infinite love into this world.
- I have a mission and I dedicate myself to this mission.
- I am the most important person in my life.
- I have always succeeded in living.

It is important to slowly read these and repeat them as many times as you feel it is necessary for you to feel loved. If you are struggling with self doubt and depression, repeat this step (on its own) daily. We can rewire our neural pathways (the actual pathways in which thoughts and actions originate in your brain) through repetition. This is a scientific fact.

2. Gentle Tapping

The second part of this exercise is something that can be done throughout the day, and it doesn't require a mirror. It is effective to do this as part of this exercise as viewing yourself taking care of you is a powerful act of self love. The mirror deeply connects you into yourself, bringing your awareness into that moment.

Affirmative thoughts or proclamations will help in preparing us for step 3. An example of a positive affirmation is set up as follows

“Even though I am faced with {insert issue here}, I am loved, whole, and complete.”

Gently tap on the following points seen in the illustration using your index and middle fingers.



Tapping Points (taken with gratitude from www.howdoesshe.com/face-tapping/):

Face tapping involves seven main tapping points:

- 1) the top of the head.
- 2) the medial points of the eyebrows
- 3) the lateral sides of the eyes
- 4) under the eyes
- 5) under the nose
- 6) the chin
- 7) the medial points of the collar bone

3. Identifying Your Traumas

The previous two steps are to prepare yourself, in unconditional love, for this step:

Identifying Your Traumas.

The fact of the matter is none of us are here without work to do. An essential part of the materialist model is that it is based in the action-response program. To move out of this model and into a whole version of ourselves we must assess how this program has been playing out in our lives.

If you are unsure of this, the easiest indication of this program running in is the repetition of patterns happening throughout your life. Examples of this include:

- difficult relationships where similar experiences happen causing pain (ie. A romantic relationship with a narcissist).
- unhappiness in your workplace leading to reliving similar traumas that play out regardless of your actual work environment (ie. Having issues with management at work, even when you switch to a new

job).

- being caught up in continual drama that feels like it is out of your control (ie. Problems with a friend who bring you into their traumas, draining you of the energy required to effectively live your own life).

Moving forward into a place of formidable intuitive abilities and extraordinary manifesting power requires deep healing.

Healing starts with diagnosis.

This is where this step comes in. In order to do this, we must remove ourselves from our emotional attachments to the experiences we have had in our lives. To begin, we must affirm in our own minds that ALL experiences are lessons, regardless of how traumatic they are. This is probably the hardest thing for most people to wrap their heads around, especially when the pain runs deep. However, in order to move forward we must release baggage.

It is important as you do this to truly be honest with yourself. You DO NOT have to share this experience with anyone. As just mentioned, TO HEAL WE MUST DIAGNOSE. Also, please try not to view all of the traumas at once. Inner work is a process and healing comes step by step. Identify one issue at a time. Decide which of these categories the trauma you have decided to heal is grounded in and sit with these questions, honestly answering them. I will break these down into 3 separate categories:

- 1) **The External Experience:**
 - a. Who hurt you? How did they hurt you?
 - b. How did you react?
 - c. How did how YOU reacted to this trauma affect your future experiences?

- 2) **The Internal/External Experience:**
 - a. Who did you hurt? How did you hurt them?
 - b. How did they react?
 - c. How did how THEY reacted to this trauma affect your future experiences?

- 3) **The Internal Experience:**
 - a. What action did you take that hurt you? What have you focused negatively on regarding yourself?
 - b. How have you reacted to this self hurt?
 - c. How does this reaction to this trauma affect your experiences?

4. Forgiveness

Now that you have gone deeply into a trauma it is incredibly imperative to work through the healing process. Forgiveness is not something that comes easily, but it is without a doubt, one of the MOST EFFECTIVE AND POTENT HEALING TOOLS at your disposal. Some of your traumas may feel like they are experiences that are unforgiveable. The most healing aspect of forgiveness is the INTENTION to forgive. It is the process of dedication to work on forgiving. The act of forgiving is just that, an ACTION. It is akin to healing an injury with therapy. It doesn't just happen with one therapeutic session, but over time built upon a foundation of action.

It is likely that after truly facing the trauma that you are once again experiencing the pain associated with that trauma.

Recognize this pain. Give it a name. Talk to it. Understand how it is the PAIN ITSELF, from this unhealed wound, that you are NOW experiencing NOT the initial experience itself that requires healing.

Now that you have separated the experience of the injury from the wound, you can heal the wound. Every person must heal in their own way. This is the part of this journey where you can start to ask the following questions to the pain itself:

- Where do you live in my life?

- What parts of my body are you affecting? How can I bring positive attention to these parts of my body?

- What parts of my life are you affecting?

- Is it my viewpoint, and does this affect how I treat others? Does it affect how I treat myself?
- Is it my personality? Am I reacting negatively to things that remind me of you? Am I judging people, situations, or experiences because they remind me of you?

- How are you affecting my perception of myself?

Recognizing these aspects of how a particular pain affects you will give you the tools to start moving forward to change these aspects of your life.

The actual changes you require in your life all begin within. By identifying the pain, and truly being aware of it in our lives, we can start to see where it is affecting us daily. Additionally, we can begin to choose different reactions to those actions we were talking about earlier.

When the pain begins to surface in your daily life, and you have identified it, it is important to stop before you react to a particular situation – whether internally or externally – and ask yourself the following:

- how have I reacted to this situation before?

- how can I change this reaction into a more positive experience for myself (and the person you are reacting to if you are having an external experience) without judgement while still honouring myself?

- Should I walk away?

- Must I take a moment and ground myself?

- Do I need to reaffirm in my mind, my worth?

- Is this experience truly what it seems to be on the surface or is it triggering that deeper pain of which I have dedicated myself to heal?

- what opportunity has this experience afforded me to create powerful boundaries to protect myself and to affirm my worth?

5. *Finishing with a Deep Affirmation*

Wow, at this point you have truly gone extremely deep. Healing is a master course in self love. If you have gone through this exercise you know how potent it is. It is time to truly honour yourself for how powerful you have become and how dedicated you are to blossom into your fully embodied divinity.

This step is probably the most important as it activates your potent intentions and manifests your luminosity even further.

Start by this very simple breath work exercise.

- Breath in slowly, counting to 7.
- Hold your breath, counting to 5.
- Breath out slowly, counting to 7.
- Hold your breath, counting to 5.
- Repeat this 3 times.

While you do this visualize a powerful field of energy flowing up from the earth, through your body; up and out of the top of your head, flowing around you; and falling back down into the ground. Recognize the deep connection you have to your mother, the Earth.

Finally, recite the following affirmation:

It is through this dedication to activating the most positive timeline in this life that I have chosen this journey of healing. I recognize that I am a powerful force, divinity itself, experiencing this life so that I might learn. I am complete. I am healed. I am love itself. I am connected to all things and the work I do within myself I do for all things. In healing myself, I heal all things. I accept this mission with the fullest gratitude of my being. Thank you. Thank you. Thank you.

With this you have finished this exercise. These tools will assist you in your journey to knowing yourself better and to becoming the absolute best version of yourself. By embarking on this journey of healing you will experience the absolute best version of your life.

Namaste my friends <3

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