

# Sacred Manifesting Journal

## Emotional Frequency

The energy I hold today is:

*(It is okay if you are feeling some negative energy, list what you are feeling under "Other".)*

☐ Peace ☐ Worthiness ☐ Expansion

☐ Abundance ☐ Joy ☐ Confidence

☐ Softness ☐ Gratitude ☐ Devotion

☐ Surrender ☐ Trust ☐ Faith

☐ Grounded-ness ☐ Feminine flow ☐ Radiance

☐ Other: \_\_\_\_\_

## Releasing the day

In this moment, I am feeling/thinking..... *(spit everything that comes to mind OUT)*

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## Gratitude

I am grateful for:

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### **Calling In**

I am calling in...

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### **Identity Embodiment**

*(Who would you be if you had everything you are manifesting, right now?)*

I am the woman who 'manifested':

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**It feels like:**

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**Surrender & Trust**

*(I'll share the first and most important one that changes your vibration instantly to receiving your wishes)*

I release urgency and trust divine timing because:

I have complete certainty in the Creator and his plan for my life. I am destined for everything that I desire. It is my DESTINY.

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*"I walk with faith. I create through presence. What is mine arrives in peace."*

Sacred Teachings® — A journal for those who create their world from the unseen.