



MANIFESTATION TRIANGLE & RITUAL GUIDE

Align. Clear. Create.



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1. ALIGN – CONNECT YOUR MIND, BODY & SOUL

- Begin by centering your intention in stillness.
- Through guided breathwork or gentle Reiki touch, feel the energy of your mind, body, and soul coming into harmony.
- A simple grounding ritual: visualize roots from your base chakra connecting with the earth while a soft light radiates up to your crown.



2. CLEAR - RELEASE ENERGETIC BLOCKAGES

- Identify thoughts, emotions, or stories that no longer serve you. Acknowledge and gently let them go.
- Use a cleansing practice: write them on paper and safely burn them, or visualize them dissolving into light.
- Allow Reiki energy to sweep through, dissolving tension and allowing clarity to emerge. Hold this space with compassion and love—your healing container is safe and sacred.



3. CREATE - EMBODY YOUR TRUE INTENTION

- With a clear energetic field, plant your intention: “I am...” affirmations rooted in authenticity.
- Build a simple ritual:
 - Light a candle to represent your intention’s ignition.
 - Speak your affirmation aloud — e.g., “I embody peace, clarity, creative flow.”
 - Visualize the flame’s energy merging with you, filling every cell with powerful intention.
- Remember: energy is the life force that opens pathways for new intentions when we make space for them.



OPTIONAL ENHANCEMENT: JOIN THE SACRED CIRCLE

Extend the impact by inviting alignment within community. Consider a weekly ritual such as “Set Your Intention Sunday” where you gather (virtually or in person) to share intentions, reflect, and hold space for energetic alignment and accountability.

FINAL WORD

Intentions aren’t just ideas—they’re energetic signatures you anchor into your reality. By aligning all layers of self, clearing the path, and consciously creating, you invite your soul’s truth to unfold.

This Manifestation Triangle & Ritual Guide offers a loving, transformative way to live with intention, clarity, and spiritual connection.



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