daphnecaumartin.com

Manifesting *Now*

Ease Align Receive



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Manifesting Now

- EASE - ALIGN - RECEIVE

A simple guide to releasing resistance, shifting your inner world and opening yourself to more.

Welcome

Hi, I'm Daphne. I'm a mindset coach and an Accredited Certified Advanced EFT Practitioner with EFT International.

I created *Manifesting Now* to help you understand how you can take more control of your life and create meaningful change from within.

Before things change around you, something must shift within you. Together, we'll explore how to release resistance, reconnect with your true desires, and open yourself up to new possibilities.

EASE. ALIGN. RECEIVE.

Any journey starts within.

What is manifestation?



Manifestation is the practice of focusing your thoughts, feelings, and actions on what you want to create in your life.

It starts with believing that what you want is possible and taking steps towards it.

> *What you radiate outward in your thoughts, feelings, mental pictures and words, you attract into your life.*
>
> Catherine PONDER

Think it. Believe it. Act on it.

The idea is simple:

- What you focus on influences how you think, feel, and act. .
- When you become clear about what you want and start believing it is possible, you are more likely to notice opportunities and take action towards it.
- Manifestation is not about simply wishing for something. It is about intention, mindset, and action.

Manifestation is turning your aspirations into reality through your thoughts, intentions, and energy.



Get Clear

Before you can move towards something, it helps to know what you actually want.

Sometimes we get caught up in what we think we should want, what others expect, or what feels realistic right now.

You don't need to have a plan yet. First, get clear on what you actually want. Don't worry if it feels unrealistic or out of reach.

Ask yourself



- What do I really want?

  (i.e. work, relationships, money, health, travel, life goals...)

- What difference would I love to make?

  Think about the impact you would love to have, whether it is big or small.

- If there were no obstacles or risk of failure, what would you do?

Manifestation starts with intention.

Know Your Why

Take time to explore what you truly desire and what you hope it will bring into your life.

How do you want to feel?
Why does it matter to you?

Here are some questions to help you get to the heart of what you truly desire.

- *What would I love to experience?*
- *What does this desire represent to me?*
- *What do I believe it will bring into my life?*
- *How can I bring more of that feeling into my life today?*
- *What small step can I take towards what I desire?*



Knowing why you desire something brings clarity to what you wish to manifest.

Your Beliefs

What we believe about ourselves can influence how we see ourselves, what we expect, and the choices we make.

Some of these beliefs were formed so long ago they can feel like they have always been a part of us.

I am not good enough.
I can't have it all.
Even if I work hard, I will never be rich.
I can't earn more than anyone else in my family...



Ask yourself

Are there beliefs about yourself, your life, or your abilities that you would like to change?

Your beliefs are part of the manifestation process.

Ease

You already have within you everything you need to turn your dreams into reality.

Wallace D. Wattles

Wanting something badly can make us feel like we need to make it happen quickly, causing us to rush into action.
Manifestation isn't about pushing for things to happen. Inner work must come first, followed by inspired action.

Don’t be afraid to dream big!



Don't be afraid to dream of the life you truly want.

Allow yourself to dream big and trust in your potential.

Manifestation is about trust.

Align

Become a match for the life you desire. Alignment is bringing your thoughts, beliefs, and actions into harmony with the reality you wish to experience. It's choosing habits that reflect who you're becoming and letting go of what no longer aligns with your desires.

3 ways to align with your desires

1. Align your thoughts

Choose thoughts that give room for growth and opportunities.

2. Align your actions

Take small, intentional steps towards the life you desire.

3. Align with how you want to feel

If you desire peace, embrace stillness. If you desire confidence, learn to trust yourself.

Reflection

Alignment begins when you trust yourself enough to choose what feels right for you. This allows you to let go of what no longer serves you and make space for the life you desire.

Manifestation is aligning your inner world with the life you desire.

Receive

Manifestation isn't about chasing what you desire, but allowing yourself to receive it.

Let go of expectations



There is no need to know exactly when or how things will happen.

Remain open

Be willing to see opportunities beyond what you imagined.

Allow yourself to receive

Recognise opportunities. Accept support. Act when it feels right.

Be thankful

Be thankful for what you have and focus on the good already in your life.

Manifestation doesn't mean chasing; it means allowing.

Next Steps

Continue your journey by embracing ease, alignment, and openness to receiving. Trust your intuition, welcome new opportunities, and allow things to unfold naturally, without forcing or chasing.

How about some deeper work?

If you're ready to dive deeper into your manifestation journey, shift limiting beliefs, align with the energy of your desires, and start creating a life that reflects the reality you truly want, this is your next step.

Schedule a free discovery call

Thank you

Thank you for allowing me to be a small part of your journey. I hope these pages have inspired you to dream bigger, trust the process, and believe in the possibilities of what you can manifest.

With love & gratitude ♡

Daphne

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CHANGE AT THE TIP OF YOUR FINGERS

daphneeftmagic
daphne.eftmagic
daphnecaumartin.com