

Manifesting

WITH THE SUN

Manifesting is all about visualizing while feeling “as if” you already have what you desire. You have to feel completely natural about what you are trying to manifest- like you already have it. Imagine a feeling that is slightly detached, and with an undeniable knowing.

Think of something you already have that you may take for granted. Or something that there is no argument about, like the fact that birds fly. You must feel certain that you already have the thing you want. As certain as you are that birds fly. To manifest, you don't need herbs, essential oils, or crystals, although all of those tools are valuable and wonderful in their own right. They can help amplify your energy.

The Sun is another option- & it's FREE

SIMPLY SITTING IN THE SUN WITH YOUR EYES CLOSED WHILE THINKING ABOUT WHAT YOU WANT TO MANIFEST IS ALL IT TAKES. A SIMPLE PRAYER, SOME AFFIRMATIONS, AND VISUALIZATION OF WHAT YOU DESIRE.

FEEL THE FEELINGS OF WHAT YOU ARE TRYING TO MANIFEST SO THAT THOSE GOOD FEELINGS CAN BECOME YOUR REALITY.

IDEAS FOR MANIFESTING WITH SUN ENERGY:

- USE THE SUN FOR MANIFESTING WEALTH AND ABUNDANCE.
- SUN ENERGY FOR LOVE AND ROMANCE.
- SUN ENERGY FOR FRIENDSHIP, FAMILY LOVE, AND TOGETHERNESS.
- MANIFEST PEACE, CALM, AND EASE OF ANXIETY.
- MANIFEST PHYSICAL HEALTH AND WELLNESS.
- BALANCE AND HARMONY OF MIND, BODY, AND SPIRIT.
- GOOD MENTAL HEALTH. CREATIVITY AND BUSINESS IDEAS.
- MANIFEST MORE LEISURE AND LUXURY.
- SUN ENERGY FOR HEALING MENTAL TRAUMA AND DEPRESSION.
- HELPING TO TRUST IN THE UNIVERSE AND FEELING THE LOVE OF THE UNIVERSE.

Source- dreamdashjournal.com/easy-manifestation-techniques-using-weather/#:~:text=Using%20the%20sun%20for%20manifesting,warm%20sun%20on%20your%20skin.

