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THE  
**MANIFESTATION**  
EXPERIMENT

Unlock the Power of  
ASK, BELIEVE, RECEIVE

## Welcome!

Thank you for taking the time to explore the art of manifestation! My name is Laura, and manifestation has not only transformed my life but has also become one of the most rewarding tools I share with my clients. For years, I felt stuck—trapped in cycles of self-doubt and fear, unable to move toward the life I dreamed of. It wasn't until I discovered the principles of manifestation that everything began to shift...

What started as a simple practice of visualization and affirmations became a profound journey of self-discovery. I learned to ask for what I truly wanted, to believe in my worthiness, and, most importantly, to receive the abundance waiting for me. Along the way, I uncovered the deeper connection between my energy, my thoughts, and the universe around me. Sooo... Lets have some fun manifesting!



## My Journey

There was a time in my life when I struggled to feel in control of my destiny. I knew I wanted more- a life filled with purpose, joy, and abundance- but I didn't know how to create it. Manifestation gave me a map. Through visualization, affirmations, and aligned action, I started seeing small shifts: opportunities appearing out of nowhere, relationships improving, and clarity emerging where there had been confusion.

One of the most transformative moments came when I fully embraced the principle of allowance—letting go of the need to control every detail of how my desires would come to fruition. The moment I released my grip, the universe met me halfway, and things began to fall into place in ways I never could have imagined.

Now, as an Intuitive Wellness Coach and Energy Healer, I integrate these techniques into my sessions and workshops, empowering my clients to step into their own power.



## How I Use Manifestation with My Clients and Workshops

In my private practice and group workshops, I guide participants through a process that combines practical tools with intuitive techniques. We start with understanding their deepest desires—sometimes uncovering dreams they didn't even realize they had.

From there, we use a combination of:

**Visualization:** Crafting vivid mental images of their goals.

**Energy Clearing:** Releasing blocks and limiting beliefs that may be holding them back.

**Affirmations and Intentions:** Rewriting their internal dialogue to align with their dreams.

**Action Planning:** Identifying steps they can take to bring their desires closer to reality.



For me, the most rewarding part of this work is seeing the light in someone's eyes when they realize they have the power to shape their reality. Clients often tell me they leave my sessions feeling energized, confident, and ready to take on the world.

By embarking on this journey, you'll gain more than just knowledge—you'll gain tools that empower you to:

◆ **Clarify Your Desires:** Identify what truly lights you up and align your goals with your highest purpose.

◆ **Build Unshakable Belief:** Develop the confidence to trust in yourself and the universe.

◆ **Take Inspired Action:** Learn how to recognize and seize opportunities that move you closer to your dreams.

◆ **Open Yourself to Abundance:** Shift your mindset to receive the blessings waiting for you.



The process we'll explore together is not about quick fixes or wishful thinking; it's about cultivating a way of living that is deeply aligned with who you are and what you desire. By the end of this journey, you'll feel equipped to manifest not just one dream but an entire life of abundance, clarity, and joy. So let's get started!

**ASK**

**BELIEVE**

**RECEIVE**



## What is Manifesting?

Manifesting is the art of turning your desires into reality by aligning your thoughts, beliefs, emotions, and actions with your intentions. It's more than just wishing or positive thinking—it's an active process of co-creation with the universe, where you consciously work to attract and materialize your goals.

A Few Key Elements:

**The Mind-Energy Connection:** Understanding how your thoughts and energy shape your reality.

**Dispelling Myths:** Moving beyond common misconceptions, such as relying solely on wishful thinking.

**The Power of Alignment:** Harnessing the synergy between intention, belief, and deliberate action to create meaningful change.

Manifestation is a dynamic and empowering practice that invites you to tap into your inner power while collaborating with universal energy!!



# The 3 Core Principles of Manifestation

## Core Principle 1:

### ASK

The first step in manifestation is clarity. Imagine trying to use a GPS without entering a destination—you wouldn't get very far! Asking is about identifying what you truly want and stating it with confidence and precision. The universe responds to clarity, not ambiguity.

### Key Practices for Asking:

#### 1. Write It Down:

Journaling is a powerful tool. Write your desires in the present tense as if they're already true.

Example: "I am thriving in my dream career, feeling fulfilled and abundant."

#### 2. Speak It Aloud:

Verbalize your goals with intention. Speak them as affirmations or prayers.

Example: "I welcome opportunities that align with my highest good."





### 3. Create a Ritual:

- ◆ Use tools like candles, crystals, or vision boards to amplify your intentions.
- ◆ Set aside time to focus on your desires, combining visualization and affirmations.

## **Core Principle 2:**

### **BELIEVE**

Build Unwavering Faith in Your Ability to Manifest. Belief is the foundation of manifestation. Without it, even the clearest desires can falter. To manifest effectively, you must believe in the possibility of your dreams and in your ability to achieve them. This belief aligns your energy with your goals.

### **How to Strengthen Your Belief:**

#### 1. Reframe Limiting Beliefs:

- ◆ Identify thoughts like “I’m not good enough” or “I don’t deserve this.” Replace them with empowering affirmations:
  - ◆ Example: “I am worthy of every good thing life has to offer.”



## 2. Trust the Process:

◆ Understand that the universe often works in ways we can't predict. Trust that your desires are on their way, even if the path isn't immediately clear.

## 3. Visualize with Emotion:

◆ When you visualize, immerse yourself in the emotions of already having what you desire. Feel the joy, excitement, and gratitude.



## **Core Principle 3:**

### **RECEIVE**

Stay Open and Ready to Accept Opportunities. The final step is to allow your desires to come to fruition. This involves being open to receiving and recognizing the opportunities and synchronicities that the universe sends your way. Sometimes, what we receive looks different from what we imagined—but often, it's even better.

#### **How to Open Yourself to Receiving:**

##### **1. Gratitude Practice:**

◆ Gratitude raises your vibration and aligns you with abundance. Each day, write down three things you're grateful for, big or small.

##### **2. Detachment from the Outcome:**

◆ Release the “how” and “when” of your manifestation. Trust that the universe knows the best way to deliver what

##### **3. Celebrate Small Wins:**

◆ Every small step toward your desire is a sign of progress. Acknowledge and celebrate them as they come.

When we use these 3 core principles in this way  
we create an *INTENTION!*

ASK	BELIEVE	RECEIVE
<ul style="list-style-type: none"><li>• Define your desires clearly.</li><li>• Write down your goals in the present tense.</li><li>• Speak your intentions aloud.</li><li>• Use rituals to focus your energy.</li></ul>	<ul style="list-style-type: none"><li>• Reframe limiting beliefs.</li><li>• Trust the process and timing of the universe.</li><li>• Visualize your desires with emotion.</li></ul>	<ul style="list-style-type: none"><li>• Stay open to unexpected opportunities.</li><li>• Practice daily gratitude.<ul style="list-style-type: none"><li>• Release attachment to specific outcomes.</li></ul></li><li>• Celebrate small victories.</li></ul>

*Save this chart to your desktop!*



Manifestation is a powerful process rooted in the principle of **Ask, Believe, Receive**—a cycle of setting clear intentions, cultivating trust, and aligning your energy to welcome your desires into reality. To deepen this process, incorporating specific techniques can amplify your focus and bring your manifestations to life. Here are three transformational tools that embody the essence of manifestation: *Visualization (Meditation), Affirmations, and Vision Boards*.

**1. Visualization (Meditation):** By vividly imagining your desired outcome as if it's already happening, you activate your mind's power to align your energy with your goals. Through guided meditation or quiet focus, visualization allows you to feel the emotions, clarity, and excitement of your manifestation, making it a magnetic force in your life.

**2. Affirmations:** Positive, intentional statements help reprogram your subconscious mind, replacing limiting beliefs with empowering ones.



By repeating affirmations consistently, you reinforce your belief in your ability to manifest and create a reality aligned with your desires.

**3. Vision Boards:** A vision board is a tangible representation of your goals, combining images, words, and symbols that inspire you. By crafting and regularly engaging with your vision board, you bring your intentions into physical form, keeping your focus sharp and your motivation alive.

These techniques complement each other beautifully, weaving together the mental, emotional, and physical aspects of manifestation. When used consistently, they bring clarity, strengthen belief, and ignite the energy needed to attract your goals. Ready to bring your desires to life? Let's explore how these tools can guide you on your manifestation journey!



# Manifestation Techniques

## 1. Visualization:

Seeing Your Dreams Come to Life!

Visualization is one of the most powerful tools in manifestation. It involves creating a vivid mental image of your desired outcome and experiencing it as if it has already happened. The more sensory detail you include, the more effective the process becomes.

### How to Create Vivid Mental Images:

Close your eyes and relax. Take a few deep breaths to center yourself.

Imagine your dream life in as much detail as possible. What do you see, hear, smell, taste, and feel?

Listen to my Manifestation Meditation:

[Link Here](#)



For example:

◆ If you're manifesting a dream home, visualize the color of the walls, the texture of the furniture, and the sound of laughter filling the space.

If it's a career goal, imagine your workspace, the sound of your name being praised, and the satisfaction of achieving milestones.

Stay in this visualization for 5–10 minutes, fully immersing yourself in the experience.





## Guided Exercise:

◆ Close your eyes and picture your dream life.

Imagine walking through a scene that represents your goal (e.g., a serene beach, a bustling office, or a peaceful home).

Engage your senses: What does the air smell like? What textures do you feel? What emotions arise?

End with gratitude, thanking the universe for already providing this experience.



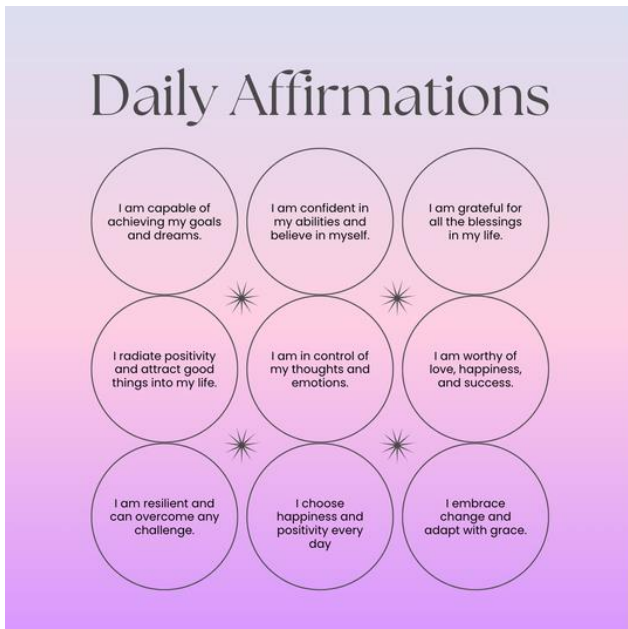
## 2. Affirmations: Rewriting Your Internal Dialogue

Affirmations are short, positive statements written or spoken in the present tense. They help reprogram your subconscious mind to align with your desires and replace limiting beliefs.

### How to Use Affirmations:

Write or say 5 to 10 affirmations every day. Speak them with confidence, as if they are already true. That is the Key!

Focus on areas where you feel resistance or doubt.



## Examples:

- ◆ “I am worthy of success and abundance.”
- ◆ “I attract opportunities that align with my highest good.”
- ◆ “Every day, I grow closer to my dreams.”

## Tips for Effective Affirmations:

- ◆ Keep them positive and in the present tense.  
Add emotion to your words: feel the truth behind the statement.  
Repeat them consistently—morning, night, or whenever doubt arises.



### **3. Vision Boards: Bringing Your Dreams to Life**

Vision boards are physical or digital collections of images, words, and symbols that represent your goals. They serve as a daily reminder of what you're working toward and help you stay focused and motivated.

#### **How to Create a Vision Board:**

1. **Set Your Goals:** Identify the areas of your life you want to focus on—career, relationships, health, personal growth, etc.

2. **Gather Materials:** Collect magazines, printouts, or digital images that represent your goals.

3. **Organize Your Board:**

Divide your board into sections for each goal area. Be creative! Have fun!

Place an inspiring quote or central image in the middle to tie everything together.



## Using Your Vision Board:

◆ Spend a few moments each day looking at your board, visualizing each element coming to life.

Reflect on your progress and update the board as needed.



I keep my vision board in my home office,  
I can see it everyday!



Manifestation is not a single event or a quick fix—it's a lifelong practice of aligning your thoughts, emotions, and actions with your desires. As you've explored throughout this guide, the power to create the life you dream of lies within you, but it requires patience, consistency, and trust in the process.

Manifestation thrives on consistency. Just as a garden needs regular watering to flourish, your goals require ongoing attention and nurturing. Some manifestations may come quickly, while others take time to align with the universe's perfect timing.

Remember, the universe is always ready to support you—you are the creator of your own reality. When your desires are aligned with your higher self, anything is possible.

**ASK**  
**BELIEVE**  
**RECEIVE**



Trust the process and watch your dreams unfold!

Learn more about Manifestation  
&  
My Offerings at:

[Laura's Intuitive Wellness Website](#)

Links to Files:

[Blank-Daily-Affirmations](#)

[Daily-Affirmations](#)

[Manifestation-Planner-Word-Doc.](#)

[Manifestation Meditation](#)



LAURA'S INTUITIVE WELLNESS

