

LIZZYLAND

Ten minutes. One page. Every day.

The Morning Manifestation

A letter to a dear friend, about how wonderful your life already is.

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Every day, ten minutes, one A4 page, lined paper. Non-negotiable.

The writing is almost in the form of a letter, where you detail to the reader how wonderful your life is. There may not be one negative word or negative list written in this book. The book is magical. It helps if it's beautiful, and your manifestation pen is beautiful and writes well — this will make you want to do it.

If there's a negative thing you're working on — say you're sick — you write how healthy and well you are. You write how energised and young you feel, how money is overflowing in your life, how healthy and supportive your relationships are, how well-behaved and happy your children are, how divinely protected you are, how organised and productive you are, how much extra time you have, what good decisions you make, how lovely your view is and how much you love your home, how wonderful your career is.

Use a colour you love. Write slowly and calmly, while smiling broadly — the smiling thing is insanely helpful. Force your face into a genuine smile and you start to relax into it while thinking of your dream life. You need to be smiling, because if all this was true, you would be smiling — not so?

Sit in a beautiful, inspiring place while you do it. If you don't have one, create one — your environment must uplift you during this time. This is a leisurely activity, although it doesn't take that long after the first time. In your mind, you are a person of leisure, writing to a dear friend about your successes and the overall joy of your existence.

Write about the things you're grateful for in reality too, as weaving the future possible into the reality of now is part of the magic. You already have things to be grateful for. You already have joy. Focus on it to magnify it into your life.

Every few days, read your letter aloud to yourself — alone. Don't tell anyone about the book, don't show it to people, don't tell them what you've written. Some say it's the evil eye. Some say it's other people's jealousy. Some say it's because when you tell a plan to someone, you already dopamine yourself — giving your brain what it wanted, stopping you from proceeding to the proper fix. So be silent on this. This is your personal book.

Always write as though it has already happened, and in the positive. Not “I'm no longer poor” — “I am rich.” Not “my sickness is gone” — “I am healed.”

Once you've written it — and it will often become the same letter, day after day — learn it by heart. Quote it to yourself when you're relaxed: in the bath, lying on the grass, in a state of calm. And also when you feel fear or stress that you aren't getting what you desire. Breathe, relax, and quote the bits relating to the situation.

“I'm not worried, because every day, in every way, I am better and better at ____.”

The pentameter of your manifestations matters. Phrase them in a way that gets stuck in your head. If you're going to suffer from echolalia and intrusive thoughts anyway, they may as well be of your own design.