

Tranceformations



THE 5-DAY MANIFESTATION CHALLENGE

Day 1

Today is about enhancing a foundation of manifestation - visualization. Whatever level you are at the moment, with practice your visualization skills will improve, as will your manifestation talent. Let's begin!

Please remember to use the audio that comes with this module first as often as you like as it will accelerate your progress.



Section 1: A Familiar Scene

Choose a place you know well and take your time to recreate it in your mind. Notice the sounds, the colors, any smells. Involve all your senses as you bring it to mind. Make a note of anything that stands out to you.



Section 2: Adding People

Introduce people to the scene that you know. Notice their voices, their fragrance, how they interact with the scene. Notice any activity between the people. Make a note of how it feels as you visualize this scene.



Section 3: Interact with the scene

Get a sense of being in the scene yourself. How it feels to interact with the people you know and the familiar scene. Engage all your senses as you immerse in the scene.

Make a note of how it feels to engage with the scene. Are there any senses which seem to be stronger, more apparent?



Section 4: Modify the Scene

Get a sense of walking away from the familiar scene, along a path to a new scene, somewhere you don't know. Take your time and create it in your imagination.

Note the details of the scene with every sense.



Day 1 Completed!

Congratulations on start your journey into visualization. As you repeatedly go through these exercises over the next few weeks you will notice the power of your visualization growing stronger and stronger.

"Visualize your success, ignite your motivation, and watch your dreams come to life."