



The 60 Minute Manifestation Morning Ritual



Powerful Morning Routine to Activate the 10 Laws of Manifestation to Get What You Really Want

Step 1: Clarity & Intention (Law 1) – (Duration: 10 minutes)

- Hydrate & Breathe (2 min): Drink 16oz water, take 10 deep breaths
- Crystal-Clear Intentions (4 min): Read your 500 word “manifestation story” aloud
- Visualization (4 min): See your #1 goal in vivid detail as if it's happening NOW

Step 2: Vibrational Alignment (Law 2) – (Duration: 5 minutes)

- Visualize your top desire already fulfilled. Feel joy, freedom, and gratitude deeply.
- Abundance Playlist: Play high-vibe music that makes you feel wealthy, successful, loved...

Step 3: Detached Intention (Law 3) – (Duration: 5 minutes)

- Surrender Ritual (4 min): Visualize placing your biggest desire in a golden box, then releasing it to God / the universe with trust.
- Affirm: 'This or something better is mine. I trust the timing.'

Step 4: Inspired Action Plan (Law 4) – (Duration: 6 minutes)

- Intuitive Check-In: Sit quietly and ask: "What inspired actions wants to emerge today?"
- Write down your top 3 actions, ensuring at least one feels "inspired" vs. forced

Step 5: Gratitude Amplification (Law 5) – Duration: 6 minutes)

- Gratitude Power List: Write 10 things you're grateful for (include 3 "weird" ones)
- Write 3 desires and feel gratitude as if already real.

Step 6: Belief Integration Check-In (Law 6) – (Duration: 7 minutes)

- Belief Rewiring: Identify any limiting beliefs and reframe them with empowering truths.
- Repeat the empowering truth in your hearing 10 times with emotion.

Step 7: Quantum Possibility Tuning (Law 7) – (Duration: 7 minutes)

- Three Pathways Visualization: Imagine 3 different ways your biggest goal could manifest today. Make them wildly different: one practical, one magical, one completely unexpected
- Sit in quiet awareness. Affirm: 'All outcomes are possible. I'm open to divine surprises.'

Step 8: Energetic Clearing (Law 8) – (Duration: 5 minutes)

- Ask: What old emotions or attachments am I holding on to. ready to release today?
- Write them on paper, then burn or throw away. Release it!

Step 9: Compounding Manifestation Reflection (Law 9) – (Duration: 6 minutes)

- Identify small, believable manifestations, goals that stretch your current belief system. Successfully manifest these smaller desires and fully celebrate each win.
- Recall a past win. Affirm: 'My manifestation muscle is growing.'

Step 10: Sacred Timing Trust (Law 10) – (Duration: 3 minutes)

- Affirm: “Everything manifests in perfect divine timing. I trust the process. I am open to receiving this or something better when the time is perfect.”

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INTEGRATION & ACTIVATION - All Laws Combined

- Future Self Embodiment: Stand tall, breathe deeply, and FEEL like the person who already has everything you desire
- Power Declaration: "I am a powerful conscious creator. I align with abundance. I trust the process. My manifestations are already on their way."

DAILY TRACKING

Rate your energy level (1-10) and write one word describing how you feel. Track synchronicities throughout the day.

WEEKLY POWER BOOST

- Every Sunday, review the week's synchronicities and manifestations. Adjust your routine based on what's working best.
- Remember: Consistency over perfection. Missing one day won't break your manifestation momentum, but quitting will. Start with 30 minutes if an hour feels overwhelming, then build up.

Phil's Promise: Follow this routine for 30 days, and you'll be amazed at what shows up in your life. Your entire day (and life) will be transformed. The universe rewards those who show up daily.

To Your Success,

Phil Davis

"The Honest Internet Marketer"