



The Velocity Method

Manifestation Step 5- Embody Already Having What You Want To Manifest

What does it mean to embody something?

When you embody something, you bring it to life or make it real in a tangible way.

It is this shift to your energetic baseline. This shift to a new energetic baseline happens because you are creating a new reality of the thing that you really want.

How do you embody your manifestations?

1. Connection
 - a. Stay connected to your identity. This connection allows you to see you are worthy to receive exactly what you want. Do activities like journaling, meditation, reflection, to anchor in the connection to your true identity.
2. Time
 - a. Use time as a resource you control- Recognize that time is on your side. It is not limited or scarce. You are also not late or going to run out of time. Release the pressure that time can have.
3. Desire
 - a. Normalize wanting things.
 - b. Desire to want without any strings attached.
4. Listen to your body
 - a. You don't have to be doing or achieving all the time to get your manifestation.
 - b. If you need a break because you feel burn out or tired, take a break - even if only for a few minutes. It does not take long to get clarity, confidence, and peace back into your soul.