



# The Velocity Method

## Step 2- Clear Your Vision

Clear your vision allows you to be open to all the possibilities. It gives your mind freedom to dream more, to be lead by inspired action, and to have more joy in your business.

### 3 Ways to Clear Your Vision

#### Are you begging?

Begging is a pleading desperate energy that shifts you into scarcity.

Desperation blocks the manifestation process.

Even though you might really need this thing, the more you tighten the squeeze on it, the less likely it is to happen.

Shift into certainty that feels peaceful and powerful will allow manifestation to flow.

Phrases that have begging energy:

*Please please let me have this.*

*I really hope this works out.*

*I so need this.*

Phrases that do not have begging energy:

*I know everything is working in my favor.*

*My life is full of miracles.*

*I attract whatever I desire for my life.*

## Belief Journey

When you are reaching for your goals and dreams that you want to manifest and they seem really out of reach, you may feel your brain having resistance to that idea. If this happens, you can create a belief journey to map out smaller goals that lead you to your bigger goal.

These steps allow your brain to not freak out by the bigger goal and manifestation.



**Break down the big manifestation into milestone goals.**

Things to remember:

When you hit your manifestation, you will want something next.

Pause to celebrate what you have accomplished.

It is important to create celebrations and to acknowledge your wins.

This might seem simple and unnecessary, but celebration tells the mind that since we won this manifestation we will win again.

Another thing to remember is that manifestation is a journey. There are always new places your manifestation journey will take you to. Be ok in the journey.

## RAS

The Reticular Activating System (RAS) is a network of neurons located in the brainstem that plays a crucial role in regulating attention and consciousness.

The RAS acts as a filter for sensory information, determining what stimuli are prioritized and brought to our attention.

When you don't feel worthy of your manifestation, the RAS will filter out things that can work in your favor. On the flip side when you do feel worthy of your manifestation, the RAS will bring things to your attention that will help fulfill your manifestation.

This filtering process is important because our conscious mind can only process a limited amount of information at any given moment.

Once your RAS is aware of your intention, it can start filtering information from your environment that is aligned with your desires and bring them to your conscious attention.



