

## Wisdom Manifestation Ritual - #3

*Focus of the Week: Transform Pain Into Power*

1. In the last week, what miracles did you witness? Where did you experience love, empowerment, and Truth? What miracles did you create?

2. What would you need to surrender to receive more love this coming week?

- 3. What would you create in the next 12 months if you could not fail? What would you manifest if you trusted yourself completely?**

- 4. What is the specific 12 Month Goal you are committed to receiving?**

- 5. What keeps you from receiving your goal? What thoughts, beliefs, excuses, limitations, complaints, or unhealed circumstances from the past stand in your way?**

6. Write down the **Ordinary Distraction** you circled above - the one that you would like to transform into power today.

7. **How does it feel** to live inside the confines of this Ordinary Distraction? Name the specific feeling.

8. When was a time when you felt this feeling? What happened? Who else was there?

9. Travel back to the earliest time you recall feeling this feeling. What happened?

10. What did you make this situation mean about you? This is your **Limiting Belief**.

11. To cope with this new limiting belief, how did you choose to behave? What did you decide to do or to be? This is your **Unconscious Commitment**.

**12. How is this behavior limiting you right now?**

**13. Describe your Manifestation Guide – the Transformation Guide who can support you in healing the wounds of this child.**

**14. What was this child longing for? What did they wish to receive that they did not?**

**15. What is the wisdom you are meant to learn from all of this?**

**16. What is the gift they would like you to receive?**

**17. What is the specific action needed to heal your wounds?**

**18. What does this bottle of light represent?**

**19. What is the **Divine New Perspective** needed to receive your 12 Month Goal?**

**20. Is there anything else they would like to convey?**

**21. Post your Divine New Perspective (from #19 above) to the community. Put it directly in the subject line of your post, so we can experience your wisdom right away.**

**22. Spend some time this week giving to the community. Notice how it makes you feel. Notice what's opening up. Notice what you are receiving in the process.**

**23. Also, make another post or two this week. State your Powerful Creation (perhaps you are working on the 7 Day Manifestation Journey or maybe you set a new goal) and a Powerful Request for**

the community. **Ask the community for something specific you would like to receive.** It can be the same request as before, or a new request. Think about how you wish the people in this community could help you today, tomorrow, or this week (specifically).

**24. With the strength of Resolve, list the actions you will complete this week:**

<input type="checkbox"/> Post you're Divine New Perspective from #16 above
<input type="checkbox"/> Spend some time giving to the Wisdom Manifestation Community
<input type="checkbox"/> Post another Powerful Request to the community
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**25. Use the space below to capture any notes, wisdom, or observations on your process:**