

Galexis' Manifestation Made Easy Checklist

Manifestation involves creating, imagining, designing, intending, and energizing a vision of the future that you desire to experience. The process of manifestation results in you experiencing the *states of being* you wish to have and the *materialization* in 3-D; both are at the level of resonance, self-image, intention, and physical channel capacity you expand to and hold.

Checklist all these pieces. When all these **Dream Pieces** are together, you have a *FIELD OF RESONANCE*, i.e. your **Whole Manifestation** (target, aim, goal, intention, etc.). If you want help, see the website for Love and Healing seminars on that topic, at <https://www.galexisspirit.com>.

1. Self-Image

Your divinity – you were born to manifest! - Law of Attraction - Resonance

2. Desire and Motivation

Desire is natural - Clear negative, incorrect motivations (fear, guilt, security/safety, necessity, should/must-do's, noble sacrificial service)

3. Imagination

Dream! Dream up scenarios. Fantasize. Step in. Go beyond logic and "feasibility." Play freely with different possibilities of your preferred life.

4. Form

What form do you think you need to be happy? i.e. a house, a lover, a healing, a dream job, a studio to create in. Not money itself (symptom).

5. Function

What state of being are you really after, once you achieve the form? This is what you'll actually manifest! *The Form is the symptom of the function.*

6. The Ideal, with Preferences, Values, and Principles (life values)

The Ideal reality beyond obstacles/solutions sets your direction - Boundaries are *choice guidelines* leading to goal. What values determine your choices?

7. Significance and Importance (Ego)

How important is this? Ego achievement? Feeling better or worse than? Excess significance/charge/weight blows it! Shrink ego. Go easy, receive.

8. Choice, Power, Intention, Will; Your Determinants

Take your power back from your reality/world and keep it. Fear-based choices vs love-based choices. Many choice-points along the way. Keep intending (with emotional determination) that ***what you want WILL come.***

9. Letting go of the Old, Limiting Inner Habits

Assess mind talk, unhealed relationships, traumas, roles, identities, knee-jerk strategies/responses, self-criticisms or blame, and limiting beliefs. Negative Ego Façade/self-deception, insecurities, fears, and neediness, plus your past selves. Let your old self die. **Forgive!** Forgive yourself! Forgive all others. Get free! You are NEW. (Love and Healing resources on website)

10. Connection with your Divine Team

Request for, open to, and allow support from GGA/guides/HS, your friendly Personal Universe/Reality, and your greater self within you. Listen, co-create and lead the Team. Heal your relationship with the Divine. You belong!

11. Your Physical Plane Channel(s) for Receiving

Physically set up/choose the channels for receiving. If you don't have one or more, create/manifest this first. (see Receiving Room seminar on website)

12. An Action Plan

Select deliberate actions to open up your channel(s) to your world and initiate them. Ex; market, network, share, coordinate partnerships, etc.

13. Expect and know

Keep connecting with Future Self, look for and assume to find magic coming your way. *Trust in your Divine Plan* so that no matter what, you can say **"It's all going according to Plan and it will all turn out well."** *The more you KNOW, the easier it will GO!*

14. Energize a flow/momentum

Maintain Self Image, let go of old stuff, Self-energy bodywork, go easy, no hurry, earn, or judge/criticize. No resisting/controlling. The "test." Don't get discouraged. Keep moving forward steadily, both in action and feeling.

15. The Big Picture, your Soul Path

Step back so you can learn, grow, receive feedback without taking things personally, and integrate what you discover into your daily life. Catch the omens and messages. See how they help you stay on track. Work with your reality. Share the Love, give compassion, co-create as head of the Team.

16. Be Grateful and thankful

Keep the gratitude going, thankful that you will get the function you want, and possibly the materialization as you have chosen it. Remember, the Universe is your Friend! Gratitude keeps the love flowing to you.