

Daily Manifestation Mantra

Following is a manifestation mantra that I personally use daily. Reciting this mantra several times per day will teach your brain that what you want is possible. It will upgrade your mindset to replace old, limiting thoughts and beliefs with more empowering ones that align with your power to create what you want. It will also teach your nervous system that it is safe to have what you want, increasing your ability to be more receptive to receiving.

Recite this manifestation mantra out loud, or mentally, 3 times per day for a minimum of 30 days while focusing on the energy of what you are saying. In doing this, you will rewire new neural pathways and new beliefs that change your outlook and perception. From there, you will begin to open yourself up to new opportunities and experiences, bringing your desired reality into your physical reality.

I am now invoking infinite universal knowledge and guidance. I open my consciousness fully to this knowledge and guidance. I am ready to receive all that is good and abundant. I now accept and allow all that is good and abundant into my life. From this point forward, I am perfectly and effortlessly guided to receive the limitless abundance of the universe. I accept that goodness and abundance are available to me because I am now tuning myself to that. What I seek also seeks me and every day I move more and more into my best life. I am now fully supported and empowered to create and manifest whatever I desire as experience. All of my needs are met by the Universe's abundant and limitless supply.

-Jessica Connor, Ph.D.

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