

# Manifest Your Desires

I'm Coach Kimberly. I am a Personal Development Coach, Consulting Hypnotist and Emotional Freedom Technique Practitioner. I am excited to share this powerful manifesting exercise with you. It will help you get into the high vibe vortex and really open up the flood gates to receive your desires.

## 1. Choose one thing you want to manifest into your life.

You are going to focus on manifesting one thing at a time and can use this again and again with each thing you want to manifest into your life. Just being in the receiving mode will allow you to attract so many other things along the way, big and small. If you are new to manifesting, start with manifesting something that you have little or no resistance to receiving.

## 2. Create your Safe and Secret Place

This technique is used in hypnosis to help you create positive change. The Safe and Secret Place is where you go to heal, rejuvenate, relax, rejoice and create your new reality. It can a place you have been to, a place you would like to go, an imaginary place, whatever you desire, whatever makes you feel good, happy, peaceful and magical. This is your place. No one can come without your permission each and every time you go. This is a magical place where anything is possible. Day can turn to night and back to day in seconds. The seasons can change in an instant. You are in total control. This is where your desires are already your reality. You are living them, you are feeling them.

Now, I want you to use all of your senses and create every single detail of this Safe and Secret Place. I want you to see it, smell it, taste it, feel it, hear it, and just plain know that this place is real and that you are there.

You can make changes to your Safe and Secret Place anytime your wish. You are always in control.

## 3. Enter your Safe and Secret Place

Set your internal clock for the amount of time you wish to spend in your Safe and Secret Place

Close your eyes

Get comfortable

Take a few deep, slow breaths

Breathe from your abdomen in through your nose

Imagine yourself breathing in peace and calm. Hold for a moment

With a little force, breathe out all negativity through your mouth

Repeat this as many times as you need to center yourself





INSIDE OUT HYPNOSIS

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Next, press your thumb and middle finger together

You are going to count down:

- 3.....calm, calm, completely calm in mind, body and spirit
- 2.....feeler calmer, calmer, even calmer
- 1.....completely calm and ready to relax and create

Once you enter your Safe and Secret Place, this is where magic of manifesting happens.

,Relax, look around and enjoy it with all of your senses for a few minutes before you begin your manifesting.

Here comes the fun part, start enjoying that thing you want to manifest. See yourself having it right now and feel all of the sensations and good emotions of having it. If it is a new car for example, get in it and drive it, feel the wind blowing through your hair, hear the engine revving, etc. Again, use all of your senses so you can see it, hear it, smell it, taste it, feel it and just know that it is actually happening. Feel the joy, excitement and all of the good emotions all throughout your body.

## 4. Coming back to present awareness

When you are ready to come back to present awareness, count up and repeat out loud:

- 1.....feeling joyful
- 2.....feeling abundant
- 3.....back to present awareness and feeling wonderful

Do the same exercise for everything you want to manifest and repeat until it shows up in your life.

## 5. Journal on your experience in your Safe and Secret Place

Take a few minutes and write how you feel from the perspective of having manifested your desire into reality. Notice your emotions and where you feel them in your body, any sensations you are feeling, how your life has changed from manifesting your desire, etc.

Practice this daily and live your dream today in your magical Safe and Secret Place.

Have fun! I can't wait to hear about the amazing things you manifest.

[CLICK HERE FOR A GUIDED HYPNOSIS TO DO BEFORE FOR EVEN BETTER RESULTS](#)

