



How to Use the Manifestation Set

Part 1

1. Identify something that you want. Start with something concrete and simple that you believe is possible (even if it seems remote), something that motivates you.
2. Write down what you want and say it out loud - begin with "I want..." Write down any negative thoughts, beliefs or fears that come up.
3. Look at the negative thoughts and say for each one: "It's not true that [insert negative thought(s)]." Take a drop of Goldenseal.
4. Close your eyes and pay attention to where you feel sensations. After a few minutes, declare what you want again. Listen for the same (or other) negative voices. Repeat steps 3 and 4 to continue clearing critical thoughts.

* Daily Practice: Each day, renew your commitment by stating what you want. Take Goldenseal and deny the truth of any negative beliefs that come up. Warning: you are changing your subconscious, and you may encounter resistance. You may forget to practice, want to give up, dismiss the practice as silly or ineffective, etc.

Part 2

1. Take your negative statement and change it into a positive statement.
Example: *It just can't happen.* -> *It can happen, it will happen, it is bound to happen.*
2. Write down a potency message - a thought or belief that supports you in getting what you want. Examples:
I now receive money in abundant supply with ease.
I attract loving friends with healthy boundaries.
My self esteem grows daily.
3. Select up to 4 essences from the Manifestation Set. Try to pick one essence from each of the following categories (see below for more information): Therapeutic, Clarifying, Enhancer, Thought Potentizer. Be sure to choose essences that you feel

some affinity for or that best relate to your desired outcome. (Do not choose Goldenseal for this part of the process.)

4. Take all 4 essences several times a day while reciting your potency message. If you prefer, you can create a single dosage bottle. To do this, fill an empty 1/2 ounce dropper bottle with half water and half brandy; add 3 drops of each essence to this bottle. Take 3 drops of your blend several times a day and repeat your positive statement.

5. Once a week, re-examine what you want and restate your intention. Listen for new, unhelpful beliefs and use the Goldenseal to clear any limiting thoughts.

Therapeutic Essences - To Clear

Bluebell - for general negativity

Clary Sage - for fears related to the future

Golden Amaranthus - for tightness and the inability to go with the flow

Goldenseal - for clearing thought forms

Missouri Primrose - for changing unworthiness

Pearl Lilac - for discouragement, hopelessness

Clarifying Essences - To Illuminate

Eyebright - helps to clarify what you want, brings clarity to vision

Soul Dreams - links your vision to your purpose

"Enhancer" Essences - To Uplift & Add Energy

Aventurine - strengthens the whole manifestation process

Gold - uplifts generosity consciousness, stimulates supply

Lovage - increases joy, enhances manifestation energy

Malachite - supports money consciousness

Silver - raises receiving consciousness, stimulates supply

Thought Potentizer Essences - To Amplify New Beliefs

Diamond - amplifies positive thought forms

Herkimer Diamond - amplifies positive thought forms

Quartz - amplifies positive thought forms

If you have additional questions about this process, please contact us at 603.601.6929 / info@deltagardens.com.