

# Manifesting with Soul



New Age  
Hipster

# Manifesting with Soul

The Kit includes:

**This PDF workbook**  
**The Video Lesson**  
**The MP3 Meditative Journey**

Start where you like

Print out the workbook or use it as a guide for your own  
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you  
- you don't have to do it all

Explore your Manifesting with Soul in any way that feels  
good to you!

Use this kit as a guide, always go with your gut and what  
feels true to you



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# *Heart Storm*

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think of Manifesting With Soul...



# Soul Star Connection

Your Soul Star Chakra sits above your head. If you were to put your hands up above you and clasp them in prayer position, that would be about where it sits.

Your Soul Star Chakra is the seat of your soul, the connection to your higher self. Whenever you are consciously manifesting working with the Soul Star Chakra is powerful stuff!

To connect with this centre try the following (or make up your own version of this, whatever works for you!)

- ★ Take a few moments to relax and take some deep breaths and centre yourself
- ★ Send your awareness up to your Soul Star and see it glowing a beautiful golden white light (or any other colour you see it as)
- ★ Let this ball of light expand and begin to move down slowly into your physical body and into your heart space, holding the intention that you are connecting with your soul star, your higher self and your soul self.
- ★ Take a few deep breaths, filling your body with this light, knowing you are connected to your own soul.
- ★ Place your hands onto your heart and see the light of your soul star resting here.
- ★ Affirm this (or your own version of these words) three times: "I am my higher self, I am connected to my soul, may I manifest in alignment with my best and highest good and the best and highest good for all."







# Soul Connection

Take a moment to connect with your soul star chakra as on the previous page, then ask yourself the following questions.

Which of your desires feels most in alignment with your soul?

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Which one of your desires feels most in alignment with your life purpose?

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Which desire/s feel like they actually come from your own ego?

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Which desires come from "other people" - as in, what other people want for you, or what you feel like you are supposed to have/want because others are doing it or have it?

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# Ego Vs Soul

It's not always easy to know for sure which desires come from our soul and which come from our ego, here are some ways that it feels for me:

## Ego

It feels like what I "should" want

Someone else has it so I want it too, there is a feeling of jealousy attached

I feel like if I don't get it my life will be "less"

If I get this thing I will be a better person

If I get this thing my life will be better/easier/happier

Having this thing will change how others see me, they will be impressed

Not being able to let go of the desire even if I'm blocked at every turn

## Soul

I want this even if it's very different from what others want

I saw someone else with this thing and it lit me up and made me think I could have it too!

Getting this will help me to be of greater service to the world

It's not about just me - it can help me help others

It will help me grow and learn on a soul level

I'll be more aligned with my best and highest good

A feeling of surrender - if I don't get it I trust it's not for me

# Ego Vs Soul

Now it's your turn! Take some time to think about what the difference is for you between connecting with your ego and your soul when it comes to manifesting.

*Ego*

*Soul*



# Desire Diving

What is your number one want right now? Don't censor yourself here, just be totally honest, what is the number one thing you most want for your self?

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What will life look like when you have this?

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What will be better?

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How will having this change you?

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Why do you think you haven't been able to manifest this yet?

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What do you feel is blocking this from manifesting?

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Do you feel like this desire is in alignment with your best and highest good?

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Is there any part of this desire that you think may come from a place of ego? (There is totally nothing wrong with your desire having some base in ego, but it's good to talk about it!)

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# The Ritual

There is no right or wrong way to manifest, there's only the way that works for you and the ways that don't. I encourage you to use the following ritual if it feels good, to tweak it or totally create your own ritual.

Rituals are all about intention, so if you hold in your heart the intention to manifest from your soul, then you will.

You will need:

Paper, a pen (or something to write with), a candle and something to light it with, a safe place to burn things

- ★ 1. Take some time to clear, ground and protect your own energy
- ★ 2. Call in your guides, angels, ancestors and any other beings you would like to be present. You could specifically call in Ganesha, Lakshmi and other manifesting deities or whoever feels right
- ★ 3. Connect with your soul star chakra, bring the energy down into your heart
- ★ 4. Take a few deep breaths here focusing on the light of your soul star chakra resting in your physical body
- ★ 5. Affirm three times - I am my higher self
- ★ 6. Think of the thing you most want to manifest right now - visualise it or you may like to write down a word, use a tarot or oracle card or other image to help you connect with the energy
- ★ 7. Ask yourself "why" you want this thing. If you need to peel back the layers until you get to the very core of this desire. You may like to meditate on this or journal or pull cards, whatever works best for you

# The Ritual Cont.

- ★ 8. Ask yourself where this desire comes from
- ★ 9. Ask yourself if this desire comes from ego or from soul
- ★ 10. Take some time to meditate, journal, talk out loud, visualise, pull cards or just think about what it is that you \*really\* want on a soul level
- ★ 11. Once you feel that you know, form it into a word or a sentence. Write it down on a piece of paper.
- ★ 12. Say it out loud three times
- ★ 13. Say "May this manifest in alignment with my best and highest good and the best and highest good of all, and so it is". You may also like to write that down on your piece of paper too.
- ★ 14. Set an intention for how you will take action and do your part to help make this happen
- ★ 15. Fold up the paper
- ★ 16. Put the paper in a heat proof bowl or dish and set it alight
- ★ 17. As it is burning continue to affirm "all good things that are for me find me"
- ★ 18. When the paper has finished burning say "I trust that if this is for me, it will find me, and if it is not, that I will be shown the best and highest path that is for me, and so it is"
- ★ 19. Take action, trust, surrender and let go



# Surrender + Trust

The Surrender and Trust part of manifesting always seems to be the hardest.

But without this piece we stay tied to our desires, unable to let the energy go, we stay stuck in our own loop of wanting and never really being able to move into the receiving state.

Here are a few ways to make the Surrender and Trust a little easier.

- ★ Practice receiving - whenever you are gifted something, accept graciously. Compliments, flowers from small children, birthday presents, accept them without hesitation
- ★ Remember that you are whole and complete with or without the thing you are trying to create and call in.
- ★ Take action. Remember to do your part.
- ★ Know that you are totally OK without it. This may seem counter-intuitive to the manifesting process, but when we move into this space there is no obsessive desire, instead it becomes something we would "like" instead of something we desperately need. Desperate need does not usually create soul-ful manifestations!
- ★ Work on your faith. If you have faith in the universe, your guides and angels and yourself, you can trust that what's for you will find you, and if you don't receive what you've been asking for you know it's not for you and be OK with that.
- ★ Make peace with divine timing. Many things don't happen according to our schedule. It can take many years to bring something into form. Trust in the timing of your life.

# Affirm

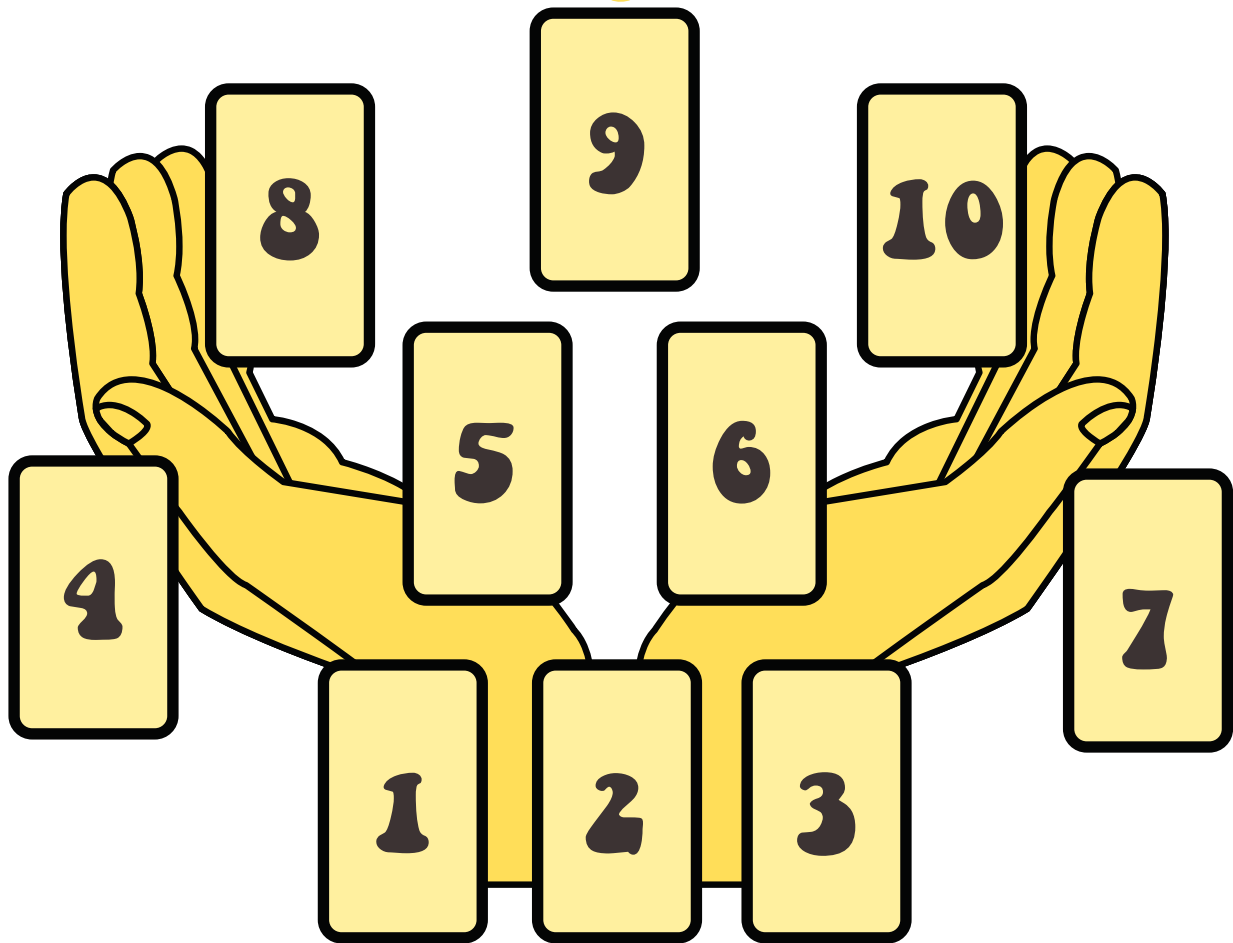
May all good things  
that are for me find  
me

May all good things  
that are for me find  
me

May all good things  
that are for me find  
me

And so it, Amen

# Manifesting with Soul Spread



1. You are here - where you're at on your manifesting with soul path
2. What is most in soul alignment for you to focus on manifesting
3. What is potentially blocking your ability to manifest this
4. How to let go and release any ego desires
5. How to move more into alignment with your soul for manifesting
6. How to allow yourself to receive
7. Your part of the work
8. How manifesting this will support your life and soul purpose
9. A message from your Higher Self
10. How to trust and surrender





# What's Next?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it and The Circle. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle please come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!  
[www.newagehipster.co/the-circle](http://www.newagehipster.co/the-circle)
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions - [vix@newagehipster.co](mailto:vix@newagehipster.co)
- ✓ If you would like to work with me one on one to dive deeper into this month's topic you can grab a soul reading or spiritual or business mentoring session over at [www.newagehipster.co](http://www.newagehipster.co)

## About Vix



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.