

Mark Making for Manifestation

Manifestation Framework:

Somatic Attunement - connecting to the body - meditation

Heightened emotional state - turn on, deep joy, gratitude, affirmation

Intuitive cognition - listening for cues and guidance to clarify deep knowing

Inspired Action - painting and movement

Using my manifestation framework we tune into our deepest desires through meditation, writing and painting.

The somatic connection happens when we attune to our intuition and then listen to what it is asking us to do. We build the somatic connection by paying close attention to the body's sensations and signals. Tuning into bodily sensations reveals emotionality as well as intuitive information which allows us to follow our personal truth.

By doing this you are creating a relationship with your deeper knowing, you build trust. The more you trust your intuition the stronger that bond becomes. With this stronger bond we learn to hear what our deepest knowing is guiding us towards.

Affixing our intention on what brings us deep joy - what turns us on - we take action from that deeper place. We manifest our desires through this concoction made up of somatic attunement, heightened emotional awareness and intuitive connection.

During meditation the focus is on visualization of a strong memory of a time when you were fully turned on, in the flow, in a time of deep joy/gratitude/being affirmed.

Using that energy we paint guided by intuition. We listen for cues and guidance from our inner wisdom keeper to clarify desired manifestation.

As we work through this process stories may surface. Your inner critic will pop up. You may begin to feel self doubt or unhealed places may show themselves. I refer to these as your roadblocks and they are where the juicy goodness lives.

In the One to One program: Lessons to Blessings we dive in together to uncover your roadblocks, find our way towards healing what comes up and shine a light on the "message inside the mess".

How does the message from the messy middle inform your next move? Color, shape or image - do that.

Keep painting until you feel a shift.

I will lead a grounding meditation. We will journal around the theme of self compassion before moving into a quiet time to paint and make marks with various pens, paint, crayons, pastels to allow whatever wants to be expressed have a place to do so. After a period of painting we will gather again to close our time together by sharing our takeaways.

JOURNAL PROMPTS

WHAT IS INTUITION? How do you connect with it? Does it show up as a sound, a feeling, a voice or something else entirely? Does it show up as tingles in a part of your body? Ringing in your ear? Pressure in your belly...?

SELF CARE & SELF COMPASSION - How do you connect with yourself? What is self care like for you? What is it like for you to answer the question, how are you? Who are you today? How are you showing up? How do you connect with your muse when you're coming up with new ideas?

Permission to Play How do you release responsibility or rule following? How do you drop into spontaneity? What does that feel like for you?

VULNERABILITY How does vulnerability feel for you? When you don't feel safe to be vulnerable, how do you compensate? What masks do we wear and why? What would it be like to drop the mask?