

SELF-LOVE MANIFESTING RITUAL CHEAT SHEET

Materials You'll Need

- ❖ [Sage](#) and [Florida Water](#) to cleanse your workspace and your aura
- ❖ [Rose quartz crystal](#) to represent love
- ❖ Candles (I buy all mine at the dollar store)
- ❖ [Incense](#) (I used Sandalwood, but any is fine)
- ❖ A black Sharpie marker
- ❖ Thick Paper (so the color doesn't bleed through)
- ❖ Inspirational music
- ❖ Notebook
- ❖ [Tarot](#) and [Oracle Cards](#)

Instructions

- ❖ **Cleansing:** Take a shower, then clean your desk or space with florida water. Smudge with sage to clear the energy in the room, and also smudge from the top of your head to the bottom of your feet with the intention of clearing.
- ❖ **Set the scene:** Place your candles, crystals and chosen cards around you. Light your incense, turn on your music and sit on the floor or on a chair for meditation.
- ❖ **Visualization:** Spend as much time as you need envisioning how the new you will be. What you'll look like, how you'll act, how you'll feel every day, who will surround you, etc...20 minutes should work but you'll know when you're finished.
- ❖ **Write a letter to the Universe:** Take the paper and marker, date and sign a letter to the Universe as a binding contract, detailing everything you saw in your meditation.
- ❖ **Gratitude/ Closing:** Fold and put away the paper in a safe place, then thank the Universe for the help.
- ❖ **Tracking:** Make a quick note of the experience in your journal so you can come back to it later and see how it manifested!

[Click Here For Detailed Instructions](#)

