

***Magical Manifestation  
Ritual!***



***A Seven Step  
Intention Setting Process***



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## STEPHANIE ELLIS

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Intuitive Lifestyle & Wellness  
Coach, Yoga & Meditation  
Teacher, Massage Therapist

Helping others along their journey  
towards Health, Happiness,  
Balanced Lifestyle & Living the Life  
of their Dreams!



## LET'S BEGIN CREATING YOUR DREAM LIFE!

Let's come together for creating or re-energizing your purposeful life!

Do you have visions and goals, but feel a bit stuck? Do you feel like you sometime lack the support and tools you need to get it all done? What is holding you back?

Let me be your guide to walk alongside you for an enriching process.

My wish for you is that you find any and all healing that you crave; that you thrive and enjoy; that you embody the goddess you were born to be; and that you nurture and embrace all parts of yourself.

True freedom is achieved when we take the time we need to look deep within to ask our soul what it is longing for most; discover our life purpose; and then make a plan and take action. Doesn't this sound good to you?

Thank you for joining me on this journey of discovery!





**MAGICAL MANIFESTATION RITUAL!**

**A 7 Step Intention Setting  
Process**

If you adore the notion of the limitless possibilities you can create for yourself in life, then you will love this 7-Step Intention Setting Process.

The start of a new year or a new moon usually prompts people to desire to make profound changes in their life.

The typical resolutions or intentions revolve around things like weight loss, quitting something like smoking or sugar, being a better person or saving more money etc. – you know the drill.

The truth is that a lot of us feel like we have failed before we even begin, mostly because of the way we phrase our intentions, feel about our intentions and ultimately act on our intentions.

Each year (usually on Dec 31st) I spend a few hours using the following 7-step process to map out my goals, dreams, wishes and desires for the coming year; but this process can be done any time you feel the call to quiet yourself and begin to manifest your dreams!

For the last several years I'd say that over 80% of the things on the list have manifested or materialized into my reality. I find it really fun to wait six months and then be able to check off certain items or experiences from the list.

The secret to this initial start to the manifesting process is that I wrote down how I wanted to feel about each item and the experience, the buzz or thrill it would give me and the impact it would have on others.

So here is the 7-step process I use to get into the feeling space with setting intentions no matter what time of year it is...

...but first, here is a special invocation designed begin the intention setting process...



Dear Beautiful Higher Self,

I am listening to what you really want to create  
and now calling upon you to flow your inten-  
tions through this pen.

I trust and surrender the outcome will unfold in  
Divine timing and I believe (with every fiber of  
my being) that I am never given more than I can  
handle.

In the spirit of magic, celebration and joy let us  
now commence this intention writing session  
and spark off the energy that will allow for the  
manifesting process to begin.

With All My LOVE...

(sign here)

(date here)

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## 1 ~ GIVE YOURSELF SOME SPACE

You'll need approximately one hour or so of uninterrupted time just for you.

You might also want a nice glass of wine or a soothing cup of tea. Take this time to relax and allow yourself to dream. It's really fun and will make you feel all fired-up and excited to create a life you love.

## 2 ~ ALLOW YOURSELF TO MEDITATE

Meditate for 10 minutes to clear your heart and mind. Focus on your breath and allow yourself to fully relax. If you have trouble slowing your thoughts then try putting on some soft, soothing music to help you drift into a state of surrender.

Use this invocation:

“May I now be given a clear space within my mind/body/spirit complex to connect with my heart’s truest desires. May I now tune into the greater good for my higher self and allow for my goals, dreams, wishes and desires to flow onto paper.”

### 3 ~ BEGIN THE WRITING PROCESS

Allow your imagination to run wild and dare to dream up the most amazing experiences for yourself. Really try and extend your consciousness to allow for new adventures that you'd enjoy.

Take at least 30 minutes on mapping out your intentions on scrap paper or in a notebook. This is an extremely important part of the process!

Tips for once you begin...

#### HOW WOULD YOU FEEL?

Beside each thing or experience you list, write how you would feel when they manifested or when you achieve your intention.

Would you feel freedom? Would you feel loved? Powerful? Courageous? Fierce? Empowered?

How you would feel is EVERYTHING. It's the true spark inside of your soul.



#### 4 ~ WHAT WOULD YOU LOVE THE MOST?

Now...next to each section or intention write down the order of importance on a scale of 1 to 10.

(10 is 'need it now' and 1 is 'it can wait').

Place a date next to it if you wish to set a desire deadline. This is REALLY fun to look back on in a few years from now.

#### 5 ~ CREATE ACTION ITEMS

Now write one thing you could take action on within the next week that would start the ball rolling in the direction of your goals, dreams, wishes and desires. This will help your subconscious mind to set a clearer path for things to manifest.

It could just be something little like 'collect travel brochures' or 'save \$5 towards my dream home'. Any action counts, because the Universe responds.

## 6 ~ TRUST AND SURRENDER TO THE PROCESS

....Let it go.

Put your list away for a while. You could seal it up in a pretty envelope and place it at the bottom of your jewelry box, OR you could place it in the back of a treasured book you have on your bookshelf.

Make sure you hold the essence of the feelings you're trying to create in your heart as you move forward into your life.

There are 3 segments of this 'Goals, Dreams, Wishes and Desires' experience coming up on the next few pages.

You will first focus on what you want to BE. Then move on to what you want to DO. And thirdly, what you want to HAVE.

*"You gotta be before you can do, and you've gotta do before you can have."*

*-- Zig Ziglar.*

Now remember that this is your sacred and private space and anything goes here.

It's not a place to hold yourself back and be self-conscious. It's a place to tune into your desires and what you really want to create for yourself.

It's a safe space, totally in tune with your heart's desires. Allow your intentions to run wild and don't let your brain (logical thinking mind) get in the way by thinking about 'how' you will make your goals happen.

Just send them out there to the Universe to take care of. Now imagine that you're looking back 12 months from now and most of the things you have written down have manifested for you.

Allow yourself to get inspired...



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## PART ONE

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What do you want to be?



You are a human being. You are worthy and you are enough just as you are right now.

This question prompts you to think about the type of person you want to be. You want to be the best version of yourself possible. Life is not a dress rehearsal.

What type of person are you? Name 3 of the highest values that define who you are...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Name 3 people that you would like to be like that inspire you....

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Let's say you are a leading world expert on a certain topic, what is your title? For example: 'I am now the world's leading Manifesting Expert'.

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Write down the top 3 things you would like to be...(eg. best-selling author, celebrity chef, award-winning entrepreneur).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Do you believe you could make these things happen in the next 12 months? If yes, what are 3 steps you could take in the next few days to get the ball rolling in that direction? Remember, it doesn't matter how small the step is, it's still a step!

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Presence and being present is a vital part of BE-ing.

What are 6 things that bring you the greatest sense of peace, presence and wellbeing? Now make sure you do them daily.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

What is your style? The iconic essence of this physical world that helps to define you?

It could be the things you love, the people you surround yourself with or the way you define LOVE. Describe everything that lights up your soul: (eg. the color pink, orchids, champagne, painting etc).

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## PART TWO

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What do you want to do?



Would you still be in the business (or industry) you're in now if you didn't have to make money?  
If so, why?

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What do you do in your life to serve others?

Service is vital for the success of any business and the peace and growth of any soul.

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What are the top 5 roles that you play in the world? eg. Mother, daughter, friend, lover etc.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Name 6 places you would love to visit in the next year...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

What is one thing that no-one would ever guess that you really want to do? How can you make it happen?

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What are 3 things that you would like to do and have accomplished 12 months from today?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Name 3 things/resources/tools that will help you do this and achieve your goal...

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



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## PART THREE

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What do you want to have?



This is the fun part where you start to order from the cosmic catalogue! Setting very clear intentions about what you want to create is super-important.

What type of a house do you want to live in? Be very specific. The Universe is listening...

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What kind of a car do you want to drive?

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What does your body look like? And what is your fitness level? How do you feel?

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Design your ultimate wish-list with 12 things you would LOVE to manifest....

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_





7 ~ LAST STEP!

Seal it up, put it away and then set a reminder in your calendar to revisit your intentions when you feel like you need a dose of inspiration. I bet you'll be surprised at what manifests for you.

The key in the meantime is to

TRUST + SURRENDER.

With Love and Gratitude,

*Stephanie*



VISIT [STEPHANIEELLIS.INFO](http://STEPHANIEELLIS.INFO) !

Several Options for Your Health & Happiness...

**1. Schedule Your Distance Session !** (Guided Meditation, Reiki, Intuitive Life & Wellness Coaching)

**2. Schedule Your In Person Session! Wilmington, NC USA only.** (Guided Meditation, Reiki, Intuitive Life & Wellness Coaching, Yoga Small Group & Private Sessions, Massage Therapy, Thai Yoga Bodywork, Reflexology)

**3. Get in touch** at [www.setphanieellis.info](http://www.setphanieellis.info) !

## ABOUT STEPHANIE

After a winding path of seeking her true calling in life and learning how to thrive while doing what she loves, Stephanie has been a yoga instructor, yoga teacher trainer, licensed massage therapist, continuing education provider, massage therapy instructor , and life coach for several years beginning in 2001.

Previously she earned her Bachelor in Fine Arts from UNC-Charlotte and has always enjoyed bringing creativity to her work.

Stephanie has a passion for helping others along their journey towards health and happiness by providing a variety of offerings for her clients/students. She is a lifelong learner and seeker of ways of being that are positive, joyful, and contribute to the well-being of others.



Stay in touch!

[www.StephanieEllis.info](http://www.StephanieEllis.info)

Is home for

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