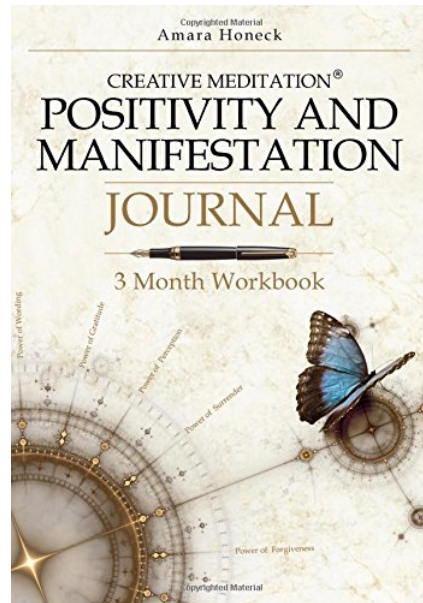


[Free PDF File] Positivity and Manifestation Journal: 3 Month Workbook



CONTINUE ►

Traditional journaling has always been a way to record feelings, emotions, let downs, and disappointments. But what if recording negative thoughts, reliving past hurts, and focusing on the negative aspects of a situation were detrimental to your ability to create a better life? Author, shamanic practitioner and counselor, Amara Honeck, has written the Positivity and Manifestation Journal as a companion journal to her book Creative Meditation and Manifestation (CMM): Using Your 21 Innate Powers to Create Your Life to help you shift to a positive mode of thinking while working on manifesting your goals. Manifestation journaling is entirely different from traditional journaling because it teaches you to focus attention on the positive aspects in your life to help empower your soul and co-create the life you desire. Through the CMM practice detailed in her book, users of this journal will tap into their positive, innate Powers of Thought, Emotion, Wording, Gratitude, Perception, and Journaling to train the brain to be more present and aware of daily positive situations, bringing about a powerful shift in thinking and perception. This three month interactive journal offers daily pages to record blessings, goals, inspirational ideas and positive comments, situations, and thoughts. This book also uses drawing and visualization as a creative force to help journalers notice synchronicities and opportunities to take inspired action as outlined in Amara's Creative Meditation and Manifestation book. Its portable size makes it convenient to carry in a briefcase, purse, or backpack for journaling anywhere you go. Tap into your POWER to create the joy and happiness you deserve by engaging daily in positive writing and positive thought to create your beautiful life.

CONTINUE ►

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