



**5 Steps To
Manifesting
With Ease!**

(It's easier than you think.)

with Lynsey Landry!

Disclaimer: This content is infused with healing energy that may totally shift your perception, bring you clarity, and create a feeling of ease ;)

Hello Beautiful!

I am so excited that you claimed this free guide. You are here because you have big dreams and visions for your life and business. Your soul longs to make a difference and REALLY help people. Deep down you know you are here to do great things... but right now you feel stuck.

You may be at a place where you...

- **Feel overwhelmed or confused.** You have taken a lot of courses and know the information but, you get stuck at **implementing it and doing it in a way that feels good to YOU (without pushing or forcing things).**
- **Aren't 100% sure what your "gift" or "niche" is,** so you don't feel confident enough to put yourself out there and really allow yourself to be seen.
- **Need clients & need money!** Your bank account is low, and you KNOW something needs to shift. And it needs to shift fast.
- **You aren't attracting as many clients, dates, or general life opportunities that you would like,** or the ones you are attracting aren't the ones you really want. You are tired of struggling and know something needs to change.

Take a deep breath, you are in the right place.

As a Transformational Coach & Energy Healer my mission is to help you shift your energy so you can **attract clients, love, & abundance into your life with EASE.**

I love helping my clients:

- bust through blocks (fears & old patterns with money, clients, & relationships).
- trust their intuition and align to their soul's desires.
- step into their gifts, soul purpose, & potential.
- attract the clients, love, & abundance they deeply desire in their business & life.

Are you ready to Unleash Your Inner Goddess?

Let's Get Started!

Step 1: Getting Grounded - In Yourself.

In my opinion this is the most important step. It isn't about your clients or love interest and what they want. **This is 100% about you, what you want, and what you need.** Grounding in yourself is about *coming back to your center*, knowing where you are (in your life & business), knowing what you really need (not just material needs - emotional needs too), and knowing what you want.

Most women know what they want (\$5K a month, a new purse, to feel & look beautiful). They tend to have more trouble when it comes to knowing what they really need emotionally and spiritually. When your emotional and spiritual needs aren't met you are more likely to hit burn out, feel overwhelmed, spin your wheels, or push yourself to deliver (and your attraction force will be "off").

When your cup is full and you do and create things from a place of inspiration and passion, others (your clients, significant others, family, friends, boss, etc) will feel that energy and be more drawn to you and your offers.

Are you up for a quick grounding exercise?

Take a moment and turn off any distractions (Facebook, your phone, skype) and sit in a comfy position.

Take 5 deep belly breaths. Breathing in and out through your nose. Allow your belly to fully expand.

As you continue to breathe, start to bring your attention to your body and how you feel. Starting at your feet begin to scan your body and notice if there are any points or areas of tension.

Once you have scanned your whole body...

Take a few more breaths and ask yourself **what do I REALLY need right now?** Remember this isn't about your clients, boyfriend, or family this is 100% about YOU!

Some examples of what might come up: walk, dance, write, sing, cook, quiet time, to connect with a friend, to have fun, a date night with your man. Don't worry there is no right or wrong answer.

Once you know what you need, create a space to make it happen. Recharging your energy will allow you to show up and connect with others in a much deeper and more effective way.

I recommend practicing this exercise daily. The more you check in with yourself and ask "what do I really need", the happier and more aligned you will feel.

Step 2: Claim Your Worth.

I believe with all my heart that you are beautiful, gifted, and have so much to offer the world. You are sooooo worthy of all the things your soul longs for and desires. You know how I know? Because you are HERE.

Despite how scared, lost, or small you feel right now... you are HERE. Looking for a way out. Looking for a solution. And to me that says something about you! It tells me that you are a fighter, you are willing to take risks, and you are willing to do things differently. **In my eyes that makes you a SUPER STAR. To attract clients, love, & abundance you deeply desire it is important for you to also know and totally claim your worth.**

The questions below, are designed to help you fully see your worth & value so you can claim it once and for all!

- What is your personal experience around your offerings, what led you to do or offer what you do?
- What types of services did you purchase that helped you get where you are in your personal life & business (& what were the prices)?
- What results have you received from programs/ courses that you want to also help others achieve? How did the program/ courses help you?

What would it look like if you were totally confident in your gifts & offerings how would you show up?

- what would you dress like & look like?
- how would you talk with your clients or potential clients?
- what would your schedule be like, etc?
- what would you need to charge?

What are your biggest fears around claiming your worth & value?

What will it feel like to bust through these fears?

When you claim your worth you give others permission to do the same. One of my favorite ways to shift fears, doubts, & worries is to use them as a means to connect with my audience. What I mean by that is to **find a way to use the fears you are feeling to help & serve others.** When you do this... it will allow you to totally **take the focus off of "YOU"** or feeling in frozen mode and it allows YOU to shift into realizing that **your feelings are blessings that allow you to connect with others in a deep, inspirational way.**

So my BIG question for you is how can you use your experience (even if it is fears, doubts, or worries that you are feeling right now) to connect or help your potential clients?

Step 3: Own Your Power & Let Your Confidence Shine.

Let's start with a few questions...

- What do you think will happen if you don't fully own your power & gifts?
- How might this affect your relationships (family, friends, significant others)?
- What would happen to the people out there who really need YOU, your gifts, & your offers?

I am here to tell you the world needs you & what you have to offer.

For years I kept myself small... and the game changer for me was realizing everyone has a soul vibration & soul potential. When you make yourself small and lower your potential to make others comfortable, they no longer have the opportunity to rise up to your vibration. When I realized this, something shifted in me. It's like I finally had PERMISSION to show up as my BOLD, CONFIDENT self. **Today, I am giving you permission to hold your vibration up and hold it strong.** When you do you will start attracting amazing people into your life who will see you for who you are and totally value what you have to offer.

Step 4: Be Open to Receive Love & Abundance.

Before we talk about receiving I have a few questions to help you **identify whether your receiving energy is open or blocked:**

- Do you tend to get caught up in the masculine energy of "doing" (offering, working, planning, coaching) and you forget to take time for yourself?
- Are you always busy taking care of others and you often feel depleted (like you don't have any support for yourself)?
- Is it easy for you to get caught up in making sure things are "just right" or "perfect" only to lose touch joy that your work really brings to you?
- Is constantly worrying about not having clients, a relationship, or money draining your inspiration and creativity?

If you find yourself in one of these patterns, take a few breaths right now. I have been there too and I know how frustrating it is. Please know, nothing is wrong with you.

The truth is **you are doing an amazing job and what you really need is to acknowledge that about yourself.**

I would love for you to take a moment and reflect on where you were...

- 3years ago
- 1year ago
- 6 months ago

As you look back, take a moment to acknowledge what you have done and what you have learned.

Now I want you to do two things!

1. Give yourself some praise and do something special for yourself!
2. Celebrate your success. You have put in a lot of hard work and you REALLY deserve it!

When you shift into the energy of love, gratitude, and celebration it allows things to open, start to flow, and be brought to you.

I also recommend you take some time to celebrate the people you do have in your life (your clients & potential clients, friends, coaches, etc). You can do so by writing a letter to them, letting them know how much you love them, why you love working with them, and why it means so much to you. Allow this letter to come straight from your heart. As you write feel your heart start to open and overflow with love. Let this love overflow into your whole being. They will love you for it and you will notice positive things coming into your life!

Step 5: Take Soul Inspired Action.

My intuition is one of the most valuable tools that I use for my business, my clients, & myself. When I take soul inspired action I know without a doubt that I will attract the my goals & whatever I am trying to manifest. Why? Because when spirit is leading, I am able to get out of my own way :0) It isn't about me. It is about being of service and there is no greater feeling in the world.

I encourage you to use your intuition and to work with Spirit, your guides, or the Angels. Ask them to help you, to show you what steps you need to take, and to give you signs. These signs may show up as instant ideas, external signs, animal spirits, or miracles. The most important thing is for you to be open to receiving these signs/messages and to take action when you do!

Here is an exercise to help you receive direction: (Do this in your journal)

“ Dear God (Spirit, Angels, who ever you feel comfortable working with) _____ is what I am struggling with and I need your help and support. _____ is what I need (ex: an idea for a catchy blog, 5 clients, or to sell 3 packages - I recommend picking 1 thing at a time).

Then you write out: “I am surrendering this to you”.

Next write: *"What action steps do I need to focus on today for my highest good?" or "What is the best way for me to handle _____ situation."*

As you write out the question you may find words, ideas, or inspiration drops into your thoughts. Write down what ever wants to come through. This is the spirit & the angels speaking to you :0)

Once you have your guidance, your next step is to take Soul Inspired Action



There you have it my Five Step Guide to Manifesting With Ease. I have used these exact steps over and over not only in my business but also in my life. They have allowed me to attract my soul mate, my soul purpose, lot's of amazing clients, and even money (yay)! They have worked for me and I have seen them work for hundreds of other amazing woman too! Because when a woman claims her worth & owns her power something magical happens, both her business & life start to change in the most amazing ways!

I want that for you!

I have 2 Special Invitations for YOU.

1. Join my facebook community. Join [HERE](#).

Connect with me and other Passionate, Soul Centered Woman.

&

2. Schedule a FREE Discovery Call.

We will dive in deep and identify your blocks so you can break through & start attracting the clients, love, & abundance your desire TODAY.

Get started here!

30 Min Discovery Call (It's free)