

Inspiration & Intuition

Promoting Inner Wealth for All

DISCOVER YOUR INTUITION

The Manifestation Experience (Part 1)

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This newsletter is designed to help you manifest what you truly desire (need or want) in your life, using your intuition.

1. Clarify and write down what you truly desire, to get the energy of it flowing to you. Unsure about what you desire? Meditate and ask your intuition to help you sense it.

Examples:

- *I need a new car.*
- *I want a loving relationship.*
- *I need an extra \$2,000 in cash.*

2. Be specific about your desire and leave it open to endless possibilities, as there is more than one way to get it.

Examples:

- *I need a new, affordable blue Ford Taurus with heating and air and a CD player/radio, and in sound working order. This or something better.*
- *I want a loving relationship with an intelligent, honest, and healthy man (or woman). This or something better.*
- *I need an extra \$2,000 in cash to pay Dr. Smith for her dental services. This or something better.*

3. Include your true reason (the essence) for your desire.

Examples:

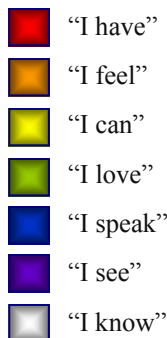
- *I need to be independent of taking public transportation or asking others to give me rides.*
- *I want to love and be loved and end loneliness.*
- *I need to be financially free of owing bills.*

Recommended Reading

How to Get Everything You Ever Wanted by Dr. Adrian Calabrese

INTUITION

is your natural ability to sense the truth about what to do to manifest your desire. Correct actions to take come through a dream, vision, gut feeling, hunch, song, inner voice, knowing, scent, taste, saying, and/or in other ways.



Manifesting Tips

- Release doubts and fears about not having what you desire.
- Wavering or changing your desire (after clarifying it and writing it down) prolongs or cancels it.
- Create positive thoughts and words for your desire.
- Limit the number of people you tell about your desire, to silence negative responses.

Darlene Pitts is an intuition consultant, coach, speaker, and author of *Discover Your Intuition* and *Let's Talk Intuition*. To schedule an intuitive reading by email or phone, visit www.inspirationandintuition.com or call 770.434.5240.

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