

MANIFEST BEING MINDFUL

APRIL 2024 MANIFEST

Manifest (*noun*) – Your list of items - *knowledge, imagination, and practices* to manifest being mindful in April.

ENERGY

Standing at the edge of the ancient forest, the air is thick with magic and the trees whisper secrets. As you stepped on the path, could you feel the energy?

Lesson – Open your mind. Magic is not just spells and potions. It's in every breath, every heartbeat. Be mindful of the present, for here lies your power.

GUIDES

Become aware of what your guides Clio and Merlin are trying to teach you. Clio encouraged you to be present. Merlin said being mindful is the master's way to manifest.

Lesson – Creativity blooms in stillness. Be present and inspiration will find you. Magic is in the mundane. When you wash the dishes, feel the water's flow. Be fully present and you will unlock hidden realms.

MINDSET

Open your mind to magic. Be fully present and carry mindfulness and inspiration into your life.

Lesson – Magic is everywhere. Be aware and mindful as you feel the energy of manifestation.



MY MANIFEST JOURNAL

Journal your experiences for this month below.

ENERGY

GUIDES

MINDSET

