

HOW TO MANIFEST ANYTHING

A guide for women who want
to **MANIFEST** with **EASE**



WELCOME

Hello, beautiful soul. This is your invitation to a magical journey of self-discovery and manifestation. This isn't just another guide you find floating around on the internet, no. I want this to spark something deep, something ancient within you - a remembrance that you already possess everything you need. Your gifts, your talents, your dreams and desires - they're all within you, waiting to be brought to life. And guess what? You can make them your reality, and not in the grinding, soul-crushing way society has led us to believe is necessary. No more trading your peace for a paycheck, no more sacrificing your family time, your health, or your relationships.

Karolina

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MANIFEST
with Lilith and Eve
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There's a different path to manifesting your dreams, one that's probably as old as time itself. But we've forgotten it. We've been manipulated, controlled, conditioned to forget our true power and the ease with which we can shape our reality.

I'm here to remind you that you can transform your life in the blink of an eye. You can heal your body, attract the right people into your life, increase your wealth, and even have mind-blowing romantic experiences. All of this, and more, is possible for you, and you don't have to wait years to see it happen.

So, are you ready to reclaim your power and start manifesting with ease? Let's dive in...



Before we dive into the deep end, I want to remind you of something: we attract what we are. Our energy is like a magnet, drawing in experiences and people that match our internal state. Understanding this is crucial because it's so easy to get lost in the vast sea of information on the internet, particularly when it comes to manifestation and manifestation courses.

Embarking on this journey of self-discovery and empowerment isn't an overnight affair. It's not about attending a quick manifestation course or watching a few YouTube videos. Sure, these resources can provide valuable insights, but they only scratch the surface.

The real transformation doesn't happen on a mental level; it happens on an energetic, bodily, and soulful level. So, it's time for us to reconnect with our bodies, strengthen our bond with our hearts and souls, and learn how to clear the blockages that prevent us from remembering our innate powers.

Remember, while there are many skilled guides out there, the most important guide on this journey will always be your inner voice. Let's move forward with open hearts and minds, ready to embrace the magic that lies within us. Are you ready?



There's a plethora of manifestation techniques out there: scripting, 3-6-9, 666, moon manifestation ceremonies, two cups manifestation, affirmations, and the list goes on. Trust me, I've dabbled in them all over the past decade. But here's the truth - they don't work. Sure, they might give you a quick confidence boost, a fleeting moment of excitement, but as soon as that initial thrill fades, you're back to square one. You slip into old habits, revert to familiar behaviors, and your belief in your ability to achieve your goals dwindles.

As I mentioned before, manifestation and transformation occur on a deeper level, not just mentally. These techniques, though they might seem beneficial, are mostly mental exercises. They can serve as supplementary practices to what I'm about to share with you, but solely relying on them for significant life changes? I wouldn't recommend it.

Now, let's shift our focus to what truly matters. It's essential to have desires, dreams, and aspirations. More importantly, it's crucial to have clarity about what these are.

Alright, it's time to get intimate with your aspirations. Grab a pen and paper and start pouring out all your dreams. Unveil what you want to do, experience, and feel. And remember, there's no room for guilt here. Whether your dreams are big or small, they're yours, and they're valid.



I know some of us women sometimes feel like we're asking for too much, but let me tell you - you absolutely can ask for the moon and the stars. So, keep writing, let those goals flow from your heart.

Now, be specific about each area of your life. Jot down your financial aspirations, delve into your love life, explore your health goals, express your sexual desires, ignite your creativity, sketch your dream career, and don't forget your family, friends, experiences, and adventures.

Dreaming is a crucial part of this manifestation journey, so let your imagination run wild. It's not just about daydreaming; it's about setting the stage for the life you desire.



Here are some thought-provoking questions to help you expand your mindset and dream big:

- If there were no constraints, what would your ideal day look like?
- What's something you would do if you knew you couldn't fail?
- If money were no object, where in the world would you live, and why?
- What is the one thing you'd change about your life today if you could?
- What's that one big dream you've been too scared to admit, even to yourself?
- What type of impact would you like to have on the world around you?
- If you could master any skill, what would it be, and why?
- Imagine you're 100 years old, looking back on your life. What achievements would make you feel most proud?
- What's stopping you from living your life the way you want right now?
- What would you attempt if you knew your success was guaranteed?

Use these questions as a starting point and let your mind wander freely. The sky's the limit!

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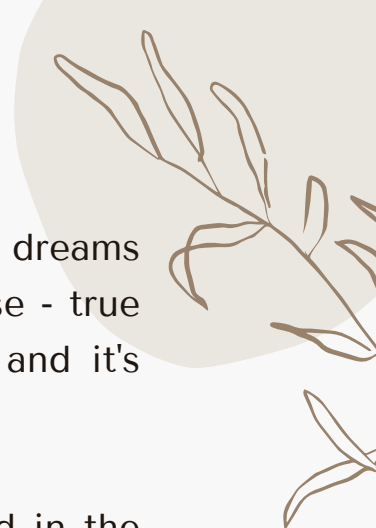
We've spoken about the power of clarity and the fuel that dreams provide for action. Now, let's delve into the next crucial phase - true embodiment. This is a concept unfamiliar to many women, and it's challenging to describe in writing as it's deeply experiential.

Embodiment is about how you show up in your daily life and in the world. It's about fostering a profound connection to your truth, your values, and your authentic self. It's a remembrance of your inherent wisdom, a reconnection to your primal instincts, your voice, your body, your soul. It's almost as if you're living in two worlds at once.

On one hand, you're out there in the world, creating a beautiful atmosphere at home, being an emotionally available mother to your children, nurturing others with your unique skills, creating what you're meant to in the world, and earning money with ease.

Simultaneously, you're deeply connected to your sexuality, which is your life force of creation. You're in tune with your feminine energy, your feminine body, your feminine psyche, and the various stages of womanhood. You're deeply connected to the spiritual world that supports you on this earthly journey.

In essence, embodiment is about balancing your external responsibilities with your internal journey, harmonizing your physical existence with your spiritual path, and intertwining your worldly pursuits with your spiritual growth. It's about being fully present in each moment, fully engaged in each task, and fully alive in every aspect of your life.





Let me share with you the transformational journey of one of my clients, Judith. When she first came to me, Judith was disconnected from her intuition and lacked confidence. She grappled with financial issues and was unsure of her purpose in life. However, after joining my Mystical Journey program and working closely together, everything started to change.

One of our sessions focused on connecting with her innate gifts, talents, and purpose. The moment she made this connection, a profound shift took place. It was as if she had finally tuned into her body's wisdom, fully embodying what I had been teaching and guiding her towards.

Since that pivotal moment, Judith's life has been rapidly transforming. Opportunities seem to be flocking to her from all directions. Money flows into her life effortlessly from various sources. She's found herself in a loving relationship and is doing work that she genuinely loves. Judith is blossoming, thriving, and savoring every single moment of her existence.





The significant difference now is that Judith isn't spending her time reciting countless affirmations, praying fervently for things to happen, or employing various manifestation techniques. She doesn't have to convince herself that she deserves certain things. Instead, she has become a living embodiment of manifestation.

Life is now manifesting for her, reflecting what she has embodied and continues to embody. This is where we all aspire to be - not forcing outcomes, not begging for things to happen, not trying to convince ourselves of our worthiness. But rather, being in a state of graceful receiving, where life aligns with our inner truths and desires almost effortlessly. This is the power of true embodiment.

These practices also introduce you to the framework of Eve and Lilith - archetypal energies inherent in every woman. Eve, often seen as the nurturer, the mother, the companion, represents our ability to connect, care for others, and create harmonious relationships. On the other hand, Lilith, traditionally viewed as the first woman who asserted her independence, embodies our capacity for self-reliance, assertiveness, and personal power.



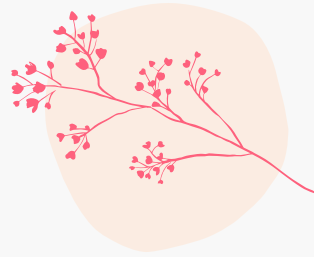


Reconnecting with these energies and learning how to harness them in your everyday life can lead to extraordinary transformations. It's about finding a balance between the nurturing, caring energy of Eve and the independent, assertive energy of Lilith. It's about understanding when to lean into each energy and how to use them to create a fulfilling, vibrant life.

This framework has revolutionized my own life, reshaping my approach to motherhood and how I show up in relationships. It has also transformed the lives of many other women and continues to do so. By reconnecting with the energies of Eve and Lilith, we can tap into our inherent power and create lives that reflect our deepest desires and highest values.

By connecting with your inner Eve and Lilith, you become the alchemist of your own life. An alchemist has the power to transform base metals into gold - similarly, you gain the ability to transform your life experiences into ones that reflect your highest values and deepest desires.





If you create something and the outcome isn't what you had hoped for, you don't have to accept it as final. Just like an alchemist, you have the power to discreate - to break down what doesn't serve you - and then recreate in alignment with your true self. You have the agency to change the narrative, to transform your experiences, and to shape your reality.

This is the essence of embodying the energies of Eve and Lilith. It's about realizing that you are not a passive observer in life but an active participant, an alchemist who can transmute experiences, emotions, and situations into gold. It's about stepping into your power and embracing the infinite possibilities that life offers.





The next crucial step in this journey is to start clearing limiting beliefs about yourself, money, love, body, health, sexuality, and so on. This process is simultaneous - as you learn embodiment and work with the energies of Eve and Lilith, you start recognizing beliefs that need transformation.

For instance, reshape the belief "I do not trust my intuition" into "I trust my intuition and my inner guidance." Change the narrative from "I am not safe to speak up" to "I am safe to speak up and express my needs."

This isn't just about sticking affirmations on a wall and repeating them - such an approach doesn't work because it's rooted in trying to convince your mental self, rather than embodying the belief on a deeper level. It's profound work that needs to happen on a soul, energy, and body level.

When you do this deep work, you no longer need affirmations because you're living your life through these new energies, new narratives, and new beliefs. You're essentially becoming a revolutionary woman who embodies her power, wisdom, and intuition.



Ultimately, it's not about what you do; it's about how you do things. It's about showing up authentically, courageously, and powerfully in every aspect of your life. It's about embodying your truth and living in alignment with your highest self.

Clearing the old stories and limiting beliefs we tell ourselves is often linked not just to our personal experiences, but also to deeper, historical traumas. These can stem from our childhood, our ancestors, the lands we inhabit, or even the collective traumas of our countries.

I've personally experienced this multi-level healing process. I had to confront and clear numerous ancestral traumas that were holding me back in life, along with my personal childhood trauma stemming from growing up with an alcoholic father.

The moment I freed myself from these heavy chains, life began to flow more easily. It became happier, more fulfilling, more aligned with who I truly am. Sometimes, all it takes is thinking about something I need, and within a few hours or days, someone offers it to me or it shows up in some magical way.

This is what I call effortless manifestation. It's a powerful testament to the transformative power of clearing old traumas and aligning with your true self. When we heal our past and release the stories that no longer serve us, we open up space for new possibilities, for joy, for abundance, and for the magic of life to unfold.



Now, I want to extend an offer to help you take the first step on this transformative journey. This is a process I guide my clients through - we first uncover all the limiting beliefs, and then one by one, we transform them into positive ones.



If you don't know what's holding you back, how can you free yourself from it and change your life? To assist with this, I have compiled a list of common limiting beliefs about money and love. Alongside this, you'll learn a muscle testing technique so you can independently unearth what's really happening on a deeper level regarding any topic.

Plus, muscle testing is a fantastic tool to have in your daily life. In the accompanying video, I share how you can use this tool in a multitude of ways. So please, don't skip over this like many do. Take it seriously. Commit to it.

This process was a game-changer for me, which is why I'm sharing it with you now. It opened up a new world of possibilities for me, and I believe it can do the same for you. Don't just take my word for it - try it for yourself and see the transformation unfold.

[YES, SHARE WITH ME THE LIMITING BELIEFS LISTS](#)

Click here



You'll find that some beliefs are easier to transform than others. For instance, the belief "I do not know how to manage money" can be addressed by reading books or watching instructional videos on YouTube.

However, deeper-seated beliefs such as "I do not feel safe to speak up", "I do not deserve to meet my soulmate", "I am unwanted", or "my body cannot heal" require more profound work and often the support of a professional. If you're truly ready to change your life, without excuses, it's essential to invest in sessions with someone who can guide you through this transformative process.

Listen to your intuition to guide you to the right person who can help you. If you resonate with my energy, I can assist you on this journey through my Mystical Journey program. We offer deep and transformative 1-1 Quantum Healing sessions that are designed to help you release these limiting beliefs and step into your power.

Remember, changing your life starts with changing your beliefs. When you shift your inner world, your outer world will reflect this transformation. So take the first step today - you're worth it!



I used to be entrenched in the belief that I needed to work hard for money. This is a cultural belief deeply ingrained in my society - we take pride in being hard workers. My mother personified this belief; her entire self-worth was tied to her work. I saw the same pattern with my grandparents, which inevitably influenced my own beliefs and behaviors.

In addition, I harbored an unconscious rejection of money. I was afraid to talk about it, deal with it, or even receive it. This was largely due to witnessing my parents constantly arguing about money. Moreover, my father would sell items from our home to buy alcohol, which instilled a deep-seated anger within me. As I embarked on my healing journey, I realized how much anger I carried due to these experiences. It was no wonder I struggled with money.

Even when I left my homeland and moved to the UK to improve my life, I found myself working tirelessly - juggling three jobs while studying. And when I finally got promoted and received a pay raise, a large unexpected bill would always manifest, forcing me to spend the extra money.

However, the moment I committed to change and began uncovering these limiting beliefs using the process I've shared above, things started changing rapidly. I secured a job where I worked less and earned more. Eventually, I transitioned to doing what I do now - working fewer hours than ever before, earning more, and feeling truly fulfilled.

I no longer classify what I do as 'work' because I'm living my purpose and creating something meaningful. Gone are the days of burnouts, overwhelming stress, and constant hustle. This transformation was all possible because I took the time to identify and change my limiting beliefs. And I believe you can do the same.



What I have shared with you is a crucial first step. Of course, if you want to utilize visualization and affirmations, go ahead! But remember, when you recite an affirmation, it needs to resonate within you - it needs to 'click'. If it doesn't, you're likely creating more resistance on a deeper level rather than aiding your progress.

In my Mystical Journey program, I teach women how to clear energetic blockages. This knowledge is incredibly powerful, but I don't want it to seem overwhelming or to give you the impression that it's too much to handle. It's not.

Women who participate in the program learn these techniques as they go, simultaneously receiving support on emotional, mental, physical, and spiritual levels. It's all covered - all you need to do is commit.



The transformation you experience when you start addressing and altering your limiting beliefs is nothing short of profound. But when you dive deeper and learn about feminine embodiment, when you begin to connect with yourself on a soul level - even on a multidimensional level - it transcends words and common earthly experiences.

This journey isn't just about changing your beliefs or behaviors. It's about connecting with the deepest, most authentic parts of yourself. It's about embracing your femininity, honoring your soul, and expanding your consciousness beyond the confines of this physical reality.

So, take the leap. Commit to change. There's an incredible shift waiting for you, a transformation that will reshape your life in ways you can't even imagine yet. The path may be challenging, but every step is worth it.

You're worth it. And I promise, the view from the other side is breathtaking.



Here are some questions about limiting beliefs:

1. Can you identify any limiting beliefs that you currently hold?
2. Who or what initially introduced these limiting beliefs to you?
3. Can you recall specific instances where you adopted these beliefs as your own? Why did you accept them?
4. How have these beliefs impacted your decisions and actions so far in life?
5. How do you think these beliefs are affecting your current life situation?
6. Imagine a day without these limiting beliefs. What would that day look like for you?
7. What actions or decisions would you make if these beliefs didn't exist?
8. If you could remove these limiting beliefs, who do you believe you could become?
9. What steps can you take to challenge and overcome these limiting beliefs?
10. How would your relationships, career, and personal growth be different without these beliefs?





YOUR TIME TO JOURNAL

Remember, these questions are designed to promote self-reflection and awareness. Answering them honestly can be the first step towards overcoming limiting beliefs.

Your Notes

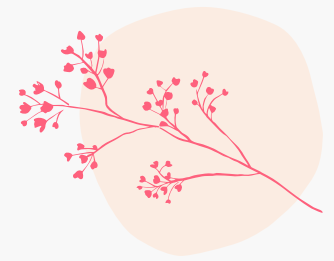
Womanhood Journey is often divided into three stages, representing different phases of a woman's life: the Maiden, the Mother, and the Wise Woman or Crone.

1. The Maiden Stage: This stage represents the beginning of a woman's life and is associated with youth, innocence, and a sense of new beginnings. It's a time of exploration, learning, and self-discovery. The Maiden is often symbolized by the waxing moon.

The Mother Stage: This stage is typically linked with adulthood, responsibility, and child-bearing years, although it doesn't necessarily require having children. It's more about nurturing, caring, and stability. It can also represent a time of creativity and productivity in a woman's life. This stage is symbolized by the full moon.

The Wise Woman or Crone Stage: This stage represents the later years of a woman's life. It's a time of introspection, wisdom, and understanding. The Crone is a woman who has lived through love, sorrow, hope, and fear and has gained wisdom from her experiences. She represents the fulfillment of a cycle and is associated with the waning moon.





These stages are not rigid and can overlap, and they can mean different things for different people. They are a way of understanding the journey of womanhood and the different types of energy, wisdom, and challenges that come at each phase.

Here are some questions related to womanhood and body connection:





1. Which stage of womanhood do you identify with currently - Maiden, Mother, or Wise Woman?
2. Are you fully accepting of the stage you're in, or do you find yourself resisting or denying it? Why?
3. How connected do you feel to your physical body? Rate your connection on a scale of 1-10.
4. Do you feel a strong connection to specific parts of your body such as your hips, breasts, or womb? How would you describe this connection?
5. Are there parts of your body that you feel disconnected from? Why do you think this is?
6. What activities or practices help you feel more connected to your body?
7. How does this bodily connection influence your sense of womanhood and personal identity?
8. What steps can you take to deepen your connection with your body and embrace your womanhood more fully?
9. Have you ever experienced a moment of awakening where you felt you could manifest effortlessly? Can you describe it?
10. How can you nurture this sense of awakening and use it to navigate through the different stages of your womanhood?

JOIN THE MASTERCLASS





YOUR TIME TO JOURNAL

Remember, these questions are designed to promote self-awareness and acceptance. Answering them honestly can lead to a deeper understanding of your own body, your stage of womanhood, and your potential for manifestation.

Your Notes

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Questions?

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