



Upgrading your belief system  
to attract your manifestations



So, first up I am going to explain how you can do this and how I use this system in my own life to help me achieve my moon goals.

This is a great practice to use in conjunction with the moon manifesting ecourse framework.

Because you can set the goal but your souls vibration can be elevated to meet what it is you wish to manifest.

The law of attraction, magnetising and manifest is the gateway to allow you to step into what it is you desire to bring it into your real life.

You think, you become and this is tied intrinsically with your belief system.

Law of attraction has shown that what we believe, we are. What we experience in our internal world, our beliefs, attracts what we then see and what then shows up for us in our external world.

Now, what a lot of people don't realise is that we are creating our own reality every single day using the law of attraction. Let me give you some examples of how this shows up in our lives.

The soul who believes their dream WILL come true, WILL have their dream come true.

Why? Because they believe in their worth and their sense of self. Because they identify with their dream.

And when you believe you are worth it, the Universe will serve it.

My favourite mantra - The universe says yes to me.

Because, whatever you believe you deserve, you will attract in to your life. Everything that you currently have in your life, the life that you lead - is a reflection of what YOU believe about yourself.

If you have attracted into your life unhealthy relationships, it is because at a core a part of you believes that is what you deserve. Otherwise, you would not be a vibrational match to that relationship. We attract into our lives what we are in a vibrational match with.

There is also a caveat here too. If you notice that these vibrational matches of what you had in your own life are coming up relationships aren't working out, things don't seem to click like they use to - this my love is a deconstruction of your old world for a new one to be built and keeping up with your beliefs and staying firm in your boundaries is key right now for you.

Right I want you to take a moment to think about something you would like to manifest into your life.

Examples:-

a partner, a new client, an amount of money, a home, or an accomplishment. Now, what are you telling yourself every day about that thing you want? What is the self talk over and over in your head about that thing? Do your beliefs - line up with the life you want? Are you focusing on the thing, or are you focusing on the lack of the thing? What we focus on expands. So if you desire to attract love, however you are focused on the lack of love in your life, you will attract more lack because all your focus is on the lack of love in your life - this is self-fulfilling prophecy.

The key to manifesting is unlocking these hidden thought patterns which can arise which you and I might not be aware of. We can recode ourselves to attract the belief we desire.

The code is in rewiring our beliefs to vibrate to what we wish to attract. Below you can find the Be. Do. Have. Radiate.

This is a well-known belief shifter method.

However, to bring in some extra sparkle I've added an element - the Radiate column.

Because it's crucial to know how you want to radiate into the world when you're doing this work. To be able to attract what is it you desire. If you are low vibration or not taking care of yourself the likelihood is what you wish to attract won't be a match to a burnout you.

Let's begin.....

# BE - DO - HAVE - RADIATE

what do i want to be?	What do I want to do?	WHat do I want to have?

## RADIATE

Note down here 5 activities which make you feel on top of the world and support you to radiate your brilliance into the world.

- 1.
- 2.
- 3.
- 4.
- 5.

These are non negotiable whether it's having a bath, nailing your morning routine those little things that fill up your soul so you can radiate. Caring for your mental wellbeing is key in manifesting your desires. Because while ever you run on fumes you can't increase your capacity to receive more of the good stuff.

This is your sign to wife your life and prioritise you.

What feelings and thoughts come up to putting you first?

Right so you are clear right on what you want to do, have and be. This is your next level of your manifestations. It doesn't have to be who you are as your final version you and me will always be working on ourselves. However reminding ourselves of where we are and working on ourselves allows us to quantum leap to the next level.

As we are consciously rewiring our belief system. This new happier version of yourself.

So think about it what does your next level look like?

How do you feel when you are at this next level?

How does this new you start her day?

What do you believe in yourself at this level? What feels possible for you?

Your life right now is a mirror of what you are likely to attract.

Your belief system can be upgraded - so what thoughts and beliefs are being called to be upgrade?

Mama let's upgrade you.....

You can rewrite the narrative of your own thoughts and maybe thoughts you have which aren't yours to carry this is your time to rewrite the narrative.

A belief is something that you and I can create but we can carry and hold on to ones which no longer serve that future you.

So what does this future you believe - I want you to write out 20 new beliefs let me start you off to give you some info.

I believe that I am worthy to receive my dreams.

I believe that my business is growing rapidly.

I believe that my bank account is flourishing each and every day.

I believe I am deserving to receive love from a partner who respects my boundaries.

I believe I am worthy of self care time to indulge in just for me.

Right it's over to you beauty pen and paper ready:-

- I.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- I0.
- II.
- I2.
- I3.
- I4.
- I5.
- I6.
- I7.
- I8.
- I9.
- 20.

How are you feeling? The thing is when you commit to the dream it's likely you feel like I have so got this to oh my gosh I feel like I am going to poop my pants can I do this.

So it's important to note where you might be overstretching yourself and this reaches into a zone of fear rather than growth.

When you feel petrified of what you wish to attract it can lead to self-sabotaging behaviours and deeper your imposter syndrome. Which is totally normal, so you want to feel safe whilst stretched. This is why it is so important for you to create your affirmations so you can begin to rewire your brain and making those shifts consistently each day is where compound effect comes in and the quantum leaps appear.

If you are committed to making shifts I recommend writing out your beliefs every single day. If there is one that you feel most drawn to that you wish to embody writing it out I0-20 times a day can help build this in to your energetic system and begin to recode your thought patterns. Say it out loud, voice note yourself and relisten to it over and over again.

One my favourite songs to listen to when I am healing and working on myself is Feeling Myself Maat Petrova of FEMMAGIC. You can find it on my Pussy playlist here if you want some help coding:-  
<https://open.spotify.com/playlist/369mRN1eWuTxs4IBWzWN3D?si=6I0b4b0d2cd6404b&pt=b76be9c94e89c7d09d9959aebfI2e7bd//>

Other good ones on there too are:-

Toni Jones The New I Do

I'm All I Need

GODDESS

Energy

If you listen to these it will bring up more music like this and you can search some that feel like a vibrational match for you too. If they don't feel like you. Using these as a back up allow you to be recoding your thoughts continuously even in the car or on a walk with your headphones in.

Think of it as this you are brainwashing your brain to believe that you can attract and magnetise your dreams.

You are now taking control of the energy and words your body is consuming.

When you believe that you are this person, your actions will reflect this.

As you shift you will take aligned action intuitively because you will make decisions and choices based on your new beliefs.

This is also seen through your moon manifesting workbook with goals you set yourself so this used in conjunction with this is fire!

Doing these two in combination will support your dreams to manifest, it might seem like a lot to your new routine but building it in bit by bit will totally transform your moon manifesting rituals and you can choose what you feel drawn to include.

Combining this with the mindset shifts we learnt in Taurus New Moon Rituals can support you in manifesting your desires and adding these simple three steps to your routine as you build this will allow you to sustain the change:-

The goddess three steps:-

1. Celebrate three goodness goodies in your life - these are the things that you can celebrate that went along sweetly and in alignment for you examples:-

I celebrate that the commute to the office this morning went smoothly. I listened to my music and took in the views.

I celebrate that I had the best weekend with the most amazing friends we lived life whilst out at our favourite places.

2. Gratitude for three things - appreciate your experiences - after they have happened it allows you to reflect and make space to receive more especially when you are making those subtle every day shifts to allow the quantum leaps to drop in examples:-

I'm grateful for my colleague/partner making me a cup of tea when I wasn't feeling myself today.

I'm grateful for the sunshine on my skin.

3. Ask for three desires - Desires are the map to your heart and the destination landing with your manifestations examples look like:-

I want to finish on time to run the bath and paint my nails.

I want to go on holiday and sun myself for a week.

Ok so you have your journal now write down three luxurious abundant self care rituals and book them in over the next few weeks. Example: buying yourself fresh flowers, a massage, a crystal healing session, a long walk, a nice coffee and a cake and a date for yourself. No excuses queen you deserve it.

Use this in conjunction with your moon manifesting goal setting to kick start your manifestations and infuse your belief system.

# Notes

Go shine superstar!!!

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