



Atomic Success Secrets Manifestation Framework

Follow this step by step process each morning and evening to get what you truly want in life. So You can open your heart to more abundance, love, health and happiness now

* Be still and notice your inner body paying close attention to this inner space. You can ask these 4 questions to guide you to inner space and stillness. This is key because dropping into the space of the infinite where all possibilities already exist is key.

* Your 4 questions:

1. What is happening in your body?
2. Who Am I?
3. I wonder what my next thought is going to be?
4. Who or what is noticing?

* Sit in stillness and silence noticing the space in and around you.

* Think of your desired aim in life, your desired outcome. What do you truly want? Play this as a movie you are already in.

* Feel what it feels like to get what you truly want. Feel it as if it is already happening now. Notice this feeling in your body.

* Notice if there is any part of you that doesn't feel great while thinking of your desired outcome. Notice this feeling sensation in your body until it is

cleared. Just keep noticing what is happening in your body while staying out of your thoughts.

- * Then think of your desired outcome, your desired life as if it is already happening now and feel how that feels. If there is any part of you that does not feel good, then do this Peace Process™, noticing the physical sensations in your body until thinking about your desired life does not bring up negative or painful feelings in your body.
- * Wait before creating your plan. Let God and spirit guide you. You'll get your inspired plan when walking or running or in the in-between times of the day. The key is to write your plan down in detail once it comes in.
- * When thinking of doing your plan, notice if any angst or pain or body sensations come in that are not comfortable. Peace Process™ this until the thought of doing your plan does not bring up pain or angst or sensations in your body.
- * Take constant intuitive action. Stay focused on your plan and do the key things that will move the needle. I call these your top 3 green dots. What are the top 3 things you can do today...now to put your action plan into play? Do these and if you feel any angst or pain or body sensations when thinking about or doing your plan, Peace Process™ that.

- * Be grateful for already having your desired life. Thank God for already having your desired life as if it is already here now.
- * Feel your body inwardly and live each day with some of your attention on “what’s happening in your body now?” This inner body sensation and awareness keeps the portal to infinite power and possibilities open. Notice your inner body each day and throughout the day.
- * Let go and trust. Take a moment to imagine a little drop or a little pebble in your head and in your mind’s eye, let it go and it falls into the space of your inner body (your heart space or pelvis space) and go to the feeling of great joy. Let go and trust.
- * Notice what you notice in your life and be grateful.

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