



***How to
Create a
Manifesting
Ritual***

by Wyn Amaris / New Witchcraft Books

what is the book about?

With the law of attraction, when you set your mind to something that you want and try to attract it into your life, that is known as manifesting. You see the word manifesting often when talking about the law of attraction, which is simple another way of saying to get what you want out of life.

There are many different things you can manifest, from wealth and status, to abundance of other things in your life, better friends, finding true love, traveling, buying a new car or house, losing weight, and so many other things.

The law of attraction teaches us that nothing is beyond limits. Nothing. Anything you can envision in your mind, you can make a reality. The first thing you have to do is choose what you want. Once you do that, you ask the universe for what you want, then visualize it, and take action when necessary.

All of this is much easier to do when you can create a manifesting ritual. The ritual is going to help you align your thoughts and feelings with what you are trying to manifest, and turn it into a daily habit to increase your chances of manifesting more quickly and easily.

Here are some ways to create your own manifesting ritual.

Why You Need a Manifesting Ritual

Creating a ritual or routine around how you manifest allows you to visualize it more on a regular basis, and really focus on what you truly want. Sometimes, when we first learn about the law of attraction, what we think is very arbitrary and not at all detailed.

But the more you look into your self and work on self-reflection, the more you are able to figure out what you actually want out of life. What would make you truly happy at this moment or in the future. This is what the manifesting ritual is going to help with, among many other benefits.

It Raises Your Vibrations

If you want to be on a higher frequency where you are able to attract what you want into your life, you need to raise your vibrations. Everything in the universe is made up of energy, including yourself, people around you, your house, your pets, your furniture, everything you can think of or see with your eyes.

It is all energy.

You want to have high vibrations and raise your frequency to get the right energy for manifesting and asking the universe for what you truly desire. Creating a manifesting ritual is a great way to do this.

Not sure if you have high or low vibrations? Here are some signs of **low vibrational energy**:

- You are in a bad mood and don't know why.
- You feel overly negative or pessimistic.
- You feel lost and not sure of your life's direction.
- You have negative feelings towards most people or things.
- You find yourself stressed, depressed, or anxious most of the time.

On the other hand, when you have high vibrations, you feel this sense of calm and peace. You are positive, optimistic, and just happy in general. Little issues don't bother you as much and you have that overwhelming feeling of joy most of the time.

You Can Focus on What You Want

It is really easy to get caught up in your daily routines, stress about work, and become busy with your personal life, that your desires get pushed aside. To prevent this from happening, focus on what you want with just one short manifesting ritual that you do on a regular basis.

Why You Need a Manifesting Ritual

Even if you are having a bad day, you are able to re-focus your energy for at least a few minutes, on what you are trying to manifest. You might even find that it is therapeutic and puts you back into a positive mindset. If you do it before bed, there is even more potential for fixing your day and your mindset.

It Shows You What Actions to Take

When you have more of a routine with your manifestations, instead of just asking once and not thinking about it again, you can also discover some actions that might help you get closer to what you are trying to manifest.

Remember that manifesting things into your life isn't magic. You are raising your vibrations, asking the universe for what you want, paying attention to signs, and taking action! With the ritual, it is much easier to see which actions are going to be best for you.



Decide Which Manifestation Methods to Include

The first thing to decide when putting together a manifesting ritual is to figure out what forms of manifestation you prefer. There are many options to choose from, and you don't have to do them all. However, some methods tend to work better for some people than others. For example, if you hate writing, then scripting or doing the 55x5 method every day is definitely not going to be a good choice. Once it feels like a chore, it lowers your vibration, and is no longer effective. On the other hand, if you aren't a fan of vision boards and prefer doing your visualization through text, then scripting or journaling is going to work wonders for you.

Here are some different manifestation methods to consider adding to your new law of attraction ritual:

Scripting and Journaling

This is a really popular method for the law of attraction, where you are going to write what you want, but in present tense - as if it has already happened. This is also known as scripting.

When you script, you first think of what you are trying to manifest, then do some visualization to tap into how you would feel and what your life would be once it became a reality. With that in mind, write in your journal as if you are living that dream life now.

As an example, if you are trying to lose 20 lbs, instead of writing in your journal "I want to lose 20 lbs" or "I will lose 20 lbs", you would write something like "I am so grateful I lost 20 lbs", then proceed to add details about how you feel, what has changed, and anything that you think will be different when you lose the weight.

Scripting helps a lot with visualization and tapping into your subconscious to convince you that you are fully capable of anything you want to manifest. It also raises your vibration in a big way.

Expressing Gratitude

In the law of attraction, one of the main components is not to think about what you don't have yet, as that puts your focus on lack. If you want to focus on abundance, this requires first being grateful for what you already have. It doesn't matter what your life is like right now; you have things or people to be grateful for every single day.

Make it a habit to write at least 3 things you are grateful for every day, in the beginning of your manifesting ritual. It is best to do this first before anything else, since it puts you into the mindset of being grateful for what you currently have before thinking about what else you want to manifest into your life.

Decide Which Manifestation Methods to Include

Meditating

You can also add a short meditation exercise to your daily manifesting ritual, which helps you to work on visualizing what you want, letting go of your limiting beliefs, releasing stress that might get in the way of manifesting, and tapping into your subconscious mind. What you think about is coming from your conscious mind, but it is your subconscious mind where the magic of law of attraction really comes into play.

If you are new to meditating, it is going to take some time to enter that place of letting all your current thoughts and worries go. Don't be concerned about that yet, and instead just focus on your breathing for a few minutes every day, in the beginning or end of your manifesting ritual.

Visualization

The universe can't read your mind and doesn't understand the difference between a dream you had, and what you actually experienced. This is exactly why visualization works so well.

When you visualize correctly, you are not just thinking about what you want, but you put yourself into that place where you have achieved your desires. This helps you to feel what you would feel if it were happening right now, which can then ignite your subconscious.

As this happens more and more, the universe begins to get the right signals, helping you to attract what you want the most.

Making a Vision Board

Let's get back to basics - vision boards. This is probably one of the first ways people learned about the law of attraction. A vision board is a collection of images and words that represent what you want to manifest into your life.

Vision boards used to be made from magazine clippings of images and phrases that help show what you are trying to attract, though you can definitely make digital forms with Pinterest and image collage apps if you prefer. Looking at it each day during your manifesting ritual keeps it from in your mind and helps with visualization.

Decide Which Manifestation Methods to Include

55x5 Method

If you are looking for another way to manifest what you want, you can try the 55x5 method. It's not for everyone, but it does help a lot with holding onto your visualizations as you write. It helps you to keep coming back to what you are trying to focus on, every time you write the same affirmation on the page.

What is it?

The 55x5 method requires you to come up with a short affirmation that is written in present tense (as if it has already happened). You then write it down 55 times, for 5 days in a row. Since it is so much writing, you want to keep it short and succinct.

An example is: I attract money and abundance. It is short, to the point, and describes what you are trying to manifest, if you are looking for more abundance.

**You can find our 55x5
Manifesting Journal
[here on Amazon!](#)
(Affiliate Link)**



Mirror Work

Lastly, you can try mirror work, which is when you take affirmations you have been writing, and you say it out loud to yourself, while looking in the mirror. It might seem silly at first, but it can be really powerful.

To do mirror work, take some affirmations that express what you are trying to manifest or change in your life, bring them to a mirror in your house, and say them out loud to yourself at your own reflection.

Try each one about 3-5 times before moving on to the next. You can do this during every manifestation routine, or just when you feel like you need a reminder.

Make Your Desires and Intentions Clear

Once you have decided on the methods you want to use for your manifestation ritual, you need to set your intentions. These are not task or to-do lists like when you are working to achieve another type of goal. Intentions related to your manifestations are when you write out clearly what your desires are or what it is you are trying to manifest into your life.

This is the stage of asking the universe for what you want, so if you have not yet decided exactly what to manifest, here are some tips:

Deciding What You Want to Manifest

Before you can write out your intentions, you need to know what it is you are trying to manifest. You can manifest more than one thing in your life at once, but start with just one thing when it comes to your ritual. This allows you to narrow your focus and become overwhelmed.

For some people, choosing just one thing to focus on can be the hardest thing of all. Maybe you have been living with a lot of lack in your life, or you don't have a lot of faith in your potential because of where your life is now.

It is time to put all those worries aside, and focus just on what you want. Who do you want to be? What do you want more of in your life? What are you lacking? What would make you happier and joyful? What would bring you peace?

Ask yourself these questions, write down words or phrases about anything that comes to mind, then see what comes up more than once. Maybe for you it's a relationship, more friends, a promotion at your job, abundance in wealth or love, or improving your health.

Writing Your Intentions

Once you know what you are trying to manifest, you are able to write it out as intentions. Remember that intentions are going to be written out in present tense, just like scripting. It helps you to live "as if", where you are imagining that you are already living that life.

Intentions during a manifesting ritual in the morning are going to become your to-do list of sorts for the day. Whatever you intend to do, think, or feel for that day that are aligned with your manifestation is what you write down.

You might also have some intentions related to actions you have to take, and others related to how you want to feel. If you are working on developing new friendships as your manifestation, think of something in your mindset that is keeping you from meeting new people, then reverse it. For you, this might mean intentions like "I am filled with courage and confidence" or "I will go out of my comfort zone today".

Choose the Frequency and Details of the Ritual

Now let's get down to the details of your new manifesting ritual. How often do you want to do it? What will be involved? Is it going to be different every day? While it is great to keep an open mind and be flexible with your ritual, it is also helpful to have a few guidelines in place in the beginning. This is how you can develop a habit, to where you don't even have to think about it – the ritual becomes automatic and something you look forward to on a daily basis.

How Often Should You Participate in the Ritual?

The first thing to keep in mind is that you don't have to commit to daily rituals for manifesting. While many people do benefit from turning it into a daily habit, this is really something you will have to decide for yourself.

Here are some questions to ask yourself when determining if daily manifestation rituals will work best for you:

- Are you trying to manifest something that requires daily action?
- Is your stress getting in the way of manifesting what you want?
- Do you need to practice gratitude on a regular basis?
- When do you have the extra time to dedicate to this routine?

Some Rituals Are Weekly, Monthly, or with the Moon Cycles

The next thing to ask yourself is what type of manifesting ritual you are planning on participating in. If it just a nightly routine where you focus on what you are trying to manifest, daily is what you are going for. But if you want to work with the different moon cycles or focus on weekly intentions, then your ritual is probably going to happen less often.

Write Down Details of Your Ritual

After you have decided on the frequency, you can then work out any other details to include. Here are some things to write down:

- What manifestations methods you want to include.
- When and where you will work on this routine.
- How much time you are dedicating to it.
- What order you will perform different tasks for your manifestations.

Creating a Routine Out of Habits

For the final step of creating a manifesting ritual, you want to start daily habits and have enough reminders before it becomes a routine. Your little habits you do every day are what turn your life into a routine. You currently have daily routines without even realizing it – maybe you always brush your teeth when you wake up, your workout is always after work, or you like to read a chapter from your book before bed.

These are daily routines that started as habits, and because you kept doing them at a certain time each day, they soon become so commonplace, you no longer need reminders.

With your manifesting ritual, it will just take a few steps before you get to that point. Here are some tips for creating a routine from this ritual.

Use a Habit Tracker or To-Do List

Until this turns into a habit you don't have to think much about, it really helps to have a to-do list or habit tracker. This allows you to write down the manifestation ritual as one of the tasks to get done each day, and each time you check it off or color the box in your habit tracker, it is more ingrained in your mind as a new habit to keep up with.

The main difference between these two is that you will have the same habit tracker for each week or month, while to-do lists change per day. With the habit tracker, you have a list of all the different daily habits you want to incorporate into your life, with your manifestation ritual being one of them. You will then color in the box for the day for each habit you completed on that day. With a to-do list, you will probably have a new list each day of things to do that day, with your ritual or routine being one of them.

Set Reminders on Your Phone or Other Device

Are you someone who tends to forget everything you need to get done? Written to-do lists might not be the best option for you. In this case, consider going digital by having a digital to-do list, calendar, or even reminders that come up once a day shortly before it's time for your manifestation ritual. These can pop up to remind you at increments during the day when it is time for your manifestation routine, and maybe even what is to be included that day.

Consider Starting Slowly

If you are changing a lot of different things at once, such as going from just laying down at night, to sitting down at your desk, writing in a journal, meditating, and asking other manifesting tasks, then you might want to start with just one or two things at a time.

Otherwise, you can get overwhelmed with all the changes, and stop trying altogether. Think of the most important thing related to your manifesting ritual, and just do that for the first week.

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