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Raise Your Vibration

Masterclass

Video 26: Your Thoughts and Manifestation

The conscious thoughts you have every day are incredibly important.

Thoughts are not just random bits of information that pop into your mind. No, your thoughts, especially your conscious thoughts, carry weight.

Your thoughts actually change your physical reality.

That's why it's so important to be mindful of the thoughts you think on a daily basis.

But this also means that if you want to change your reality, you need to change your thoughts—and your subconscious beliefs.

The power of thoughts is immense because you manifest something from vibration and frequency into the physical world.

Of course, this takes time. Big, impactful ideas take longer, but small ideas, like preparing a meal, happen within an hour or even a few minutes.

But as you understand, your thoughts matter, and it's worth considering how carefully you handle them.

The ideas you tell yourself shape your reality.

And in this module, I want to give you tools to use your thoughts to manifest things for yourself.