

14 Days Manifestation Roadmap **(quantum manifestation not included)**

14-Day Manifestation Accelerator (3 Sessions Total)

Purpose: To help you break old patterns, reset your subconscious, and activate fast alignment toward your desire.

Ideal for: Beginners or those needing quick energetic shifts and clarity.

Structure

- 3 Sessions total (1 every 4 days)
- Integration gap: 4 days between sessions for practice & subconscious rewiring
- Support: Daily WhatsApp/text check-ins + affirmations guidance

Session Breakdown

Session 1 — Foundation & Energy Reset

- Understanding manifestation at a subconscious level
- Identifying current blocks & limiting beliefs
- Energy cleansing + emotional regulation technique
- Personalized affirmations for your specific goal

Session 2 — Subconscious Reprogramming & Self-Concept

- Deep dive into self-concept and identity shift
- Healing patterns (abandonment, rejection, control, etc.)
- Mirror & scripting techniques for emotional alignment

Session 3 — Alignment & Inspired Action

- Detachment, trust, and allowing phase
- Guided visualization ritual
- Partial introduction to Quantum Concepts (energy frequency only)
- Personalized plan for next 7 days

What You'll Receive

- 3 live coaching sessions
- Personalized affirmations & journaling prompts
- Custom daily routine for alignment
- Access to recorded meditations
- Partial Quantum Understanding

30 Days Manifestation Roadmap + QUANTUM MANIFESTATION INCLUDED

✨ 30-Day Deep Manifestation Journey (5 Sessions + CAN OTP FOR ONE MORE SESSIONS)

Purpose: To completely transform self-concept, reprogram subconscious blocks, and align with your higher frequency for lasting manifestations.

Ideal for: Those ready for deeper transformation, faster results, and full integration of quantum energy principles.

17 Structure

- 5 Sessions total (1 every 4 days)
- Integration gaps: 4 days between each for practice and implementation
- Support: Extended chat support + bonus manifestation audits

Session Breakdown

Session 1 — The Foundation Reset

Everything from 14-Day + detailed energetic diagnosis (chakras, emotional coding).

Session 2 — Subconscious Programming & Emotional Mastery
Advanced subconscious rewiring + emotional intelligence work.

Session 3 — Self-Concept Embodiment & Magnetic Identity
Creating and living your “Future Self” identity.
How to become a vibrational match naturally.

Session 4 — Quantum Manifestation Integration
Full Quantum Understanding: frequency jumping, parallel reality shifting, quantum scripting & vibrational syncing.

Session 5 — Manifestation Maintenance & Expansion Plan
Building long-term consistency, rituals for sustaining high vibration, and manifesting multiple desires simultaneously.

✨ What You'll Receive

- 5 in-depth sessions (90 mins each)
- Personalized affirmations, scripting & subconscious rewiring guide
- Chakra balancing & energy healing meditation
- 24/7 chat support during 30 days
- Full Quantum Manifestation Training
- Long-term mindset integration plan

ADDITIONAL THINGS TO KEEP IN MIND

1. Manifestation Works on Your Energy, Not Just Actions

- Overthinking and obsessing over “how” and “when” actually slows down manifestations.
- Teach them that alignment > force—it’s about becoming the version of themselves who already has what they want.
- Shift their focus: Instead of “Why hasn’t it happened?” → Ask, “How can I feel aligned today?”

2. Detachment is Key (But Doesn’t Mean Giving Up)

- Detachment means trusting that what they want is already on its way.
- Teach them to stop checking for results every day—manifestation is like planting a seed; checking it constantly disrupts growth.
- Mantra for them: “It’s already mine. I don’t need to chase it.”

3. Feel Safe in the Present Moment (Anxiety is Resistance)

- When clients feel anxious, they block the flow of their manifestations.
- Chakra focus: Root Chakra (grounding), Heart Chakra (trust & self-love).
- Practical tip: Deep breathing exercises before any manifestation practice.

4. “It’s Not Working” is a Lie

- Remind them: Manifestation is always working, but sometimes in ways they don’t immediately see.
- Success formula:
- Thoughts → Feelings → Actions → Reality Shift
- If results aren’t visible yet, they’re still shifting internally.

note : things mentioned in “in between the sessions” may vary from what gets discussed in the session”