

THE 7-DAY  
HIGH VIBE LOUNCHPAD  
MANIFESTATION

---

BY: THE HIGH VIBE HAVEN

---



# The Sacred Setup (Pre-Action)

---



**The Golden Rule:** The best time to manifest is the "Alpha State"—the first 20 minutes after you wake up or the 20 minutes before you fall asleep. Your subconscious mind is wide open during these windows.

---

## Step 1: Clear the path

First you must clear out the old energy. A quick 2-minute smudging sage ritual changes the "feel" of your space instantly.

Why you need it: to reset your environment before you visualize. After that light your Intention Candle. As the flame flickers, say: "I clear all resistance. I am open to receiving." This separates your "busy" life from your "creation" time.

## Step 2: Prime the energy

Hold your Clear Quartz in your non-dominant hand (the receiving hand). Take 3 deep breaths. Feel the cold stone warming up with your energy.

---



# Manifestation days 1-3

---

## *The Clarity Phase (Focus on Journaling)*

It's very important that you write in present tense. In your daily journal express first the gratitude, then your journal prompt and your affirmation for that day. Start with a blank page and put your dreams on it, no matter what they look like. Use coloring pencils, add stickers, doodle in the corners. Use whatever structure you want. There are no rules!

---

### Gratitude example:

"Today i`m grateful for making time to catch that lunch with my friend."

### Journal prompt example:

"It is [future date] and I am sitting in my new car, ....describe how the leather seat feels under your hands, how satisfied you are with the steering wheel, how amazing and comfortable it is."

### Affirmation of the days 1-3:

"I am a magnet for my highest good. Everything is unfolding perfectly."



# Manifestation days 4-6

---

## *The Embodiment Phase (Focus on Feeling)*

Now that you've written it, you must feel it.

Action:

Hold your crystal, close your eyes, and visualize your goal for 5 minutes. Feel the joy in your chest. If you don't feel it, you aren't manifesting it yet.

Affirmation of the days 4-6:

"My frequency is aligned with my desires. I feel the abundance already."

---



# Manifestation day 7

---

## *The Surrender Phase (The "Let Them" Release)*

This is where the magic happens. You stop asking and start trusting.

Action:

Blow out your candle on day 7 with the intention that your request has been "delivered" to the Universe.

Affirmation of the day 7:

"I release the 'how' and 'when.' I trust the Universe. This or something better is on its way."

Found this helpful?

Visit [thehighvibehaven.com](https://thehighvibehaven.com) for more high-vibe tools.