LIENE URESINA COACHING

DREAM MANIFESTO

YOUR GUIDE TO TURNING DREAMS INTO REALITY

I'M LIENE



- A BUSINESS AND TRANSFORMATION COACH, PUBLIC SPEAKER, AND AUTHOR.

Over the past 16 years, I've dedicated myself to learning from the best mentors and refining a manifestation method that has not only worked wonders for me, but has also positively **impacted over 3000 individuals** in my 1:1 coaching sessions and tens of thousands in my program participants.

Every achievement in my life, **I've manifested with intention and purpose.**

Now, I'm thrilled to share with you the precise steps to craft your own ideal vision board and bring your dream life into reality.

In the following pages, I will guide you through each step of creating your perfect vision board, empowering you to manifest the life you've always dreamed of.

SHALL WE?

WHAT IS

DREAM MANIFESTO

AND HOW IT WORKS?



1. THE MOST IMPORTANT THING: This tool will help you gain clarity and understand your dreams. HOWEVER, it's not a magic wand that will do everything for you. **You will still need to show up every day and work on your goals.**



WHAT IS

DREAM MANIFESTO

AND HOW IT WORKS?

2. You'll need to approach this process with **an open mind and follow each step.** This method's effectiveness lies in its systematic approach, which has been proven to yield results.







3. In the process of making a vision board, **you will create a systematized and understandable action plan.** Therefore, it's crucial to get all the ideas of your dreams out of your head and **put them on paper.**



4. **This will serve as a daily reminder of your dreams.** Seeing your dreams and aspirations visually represented serves as a constant source of motivation and inspiration, propelling you forward, even in challenging times

WHAT IS

DREAM MANIFESTO

AND HOW IT WORKS?



5. One of the **most important techniques** in this process **is meditation**, as it allows you to work on your subconscious and plant the seeds of your dreams there. **Don't worry, I will guide you through it.**



6. A vision board helps you clarify your goals and **provides a clear focal point** for your aspirations, allowing you to channel your energy towards achieving them.



7. **This tool will be your compass**, ensuring that your actions and decisions align with your true purpose and deepest desires.



8. Witnessing the realization **of your dreams**, even in small steps, **will boost your confidence and reinforces your belief in your ability to shape your destiny.**





It's not just a tool, but a powerful force driving you towards your goals. Your attitude and passion in this process matter more than following strict rules. What energy do you bring to it? Let your heart lead. This is your canvas of dreams, paint it with sincerity and watch the magic unfold.

THINK OF YOUR VISION BOARD AS A VIVID ROADMAP TO YOUR DREAMS.



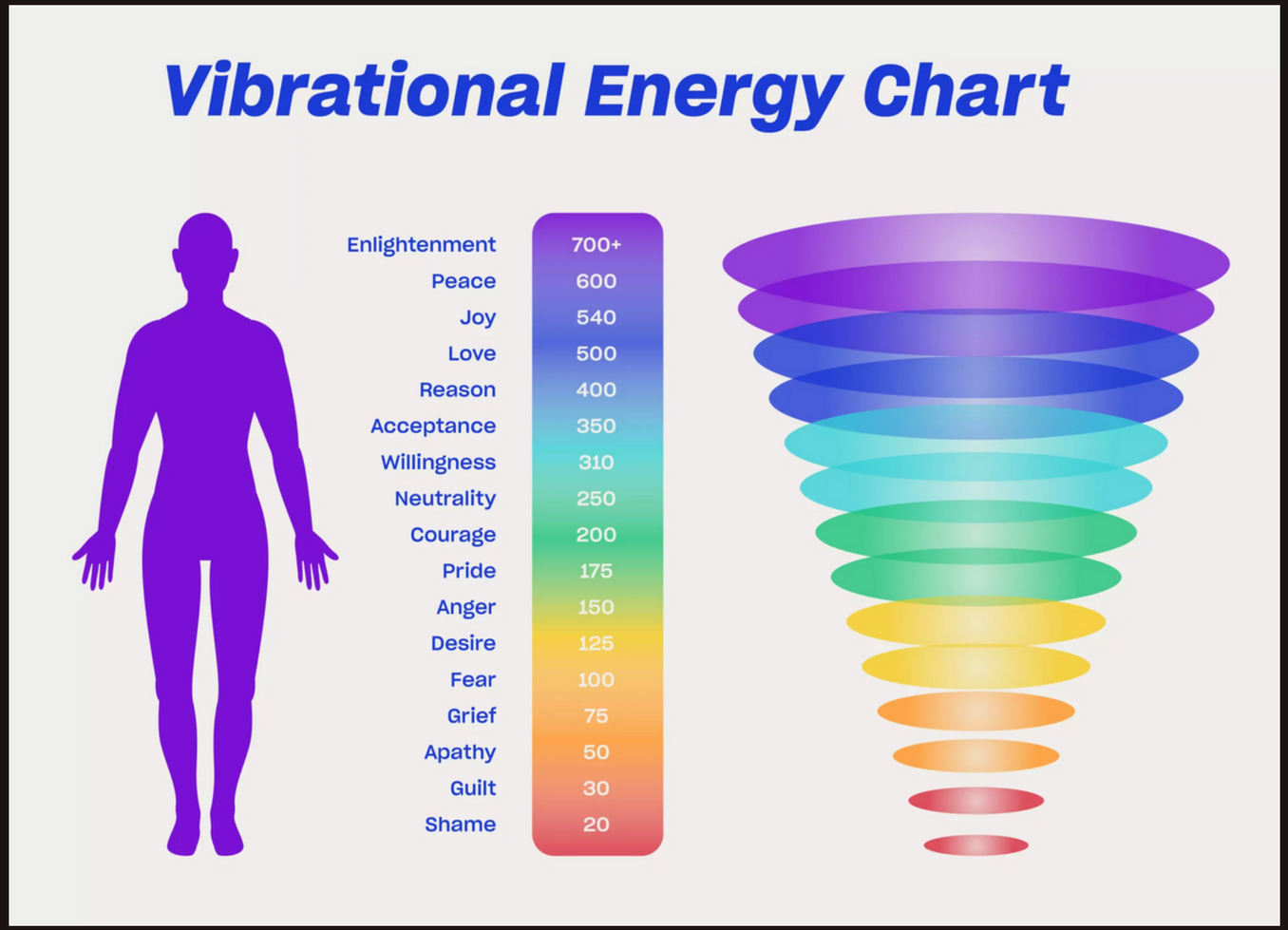
YOUR MINDSET

STEP 1

Since we're born, our feelings and reactions start shaping.

Our minds pick up on protective habits, tucked away deep inside us.

THIS IS A CHART OF EMOTIONAL VIBRATION

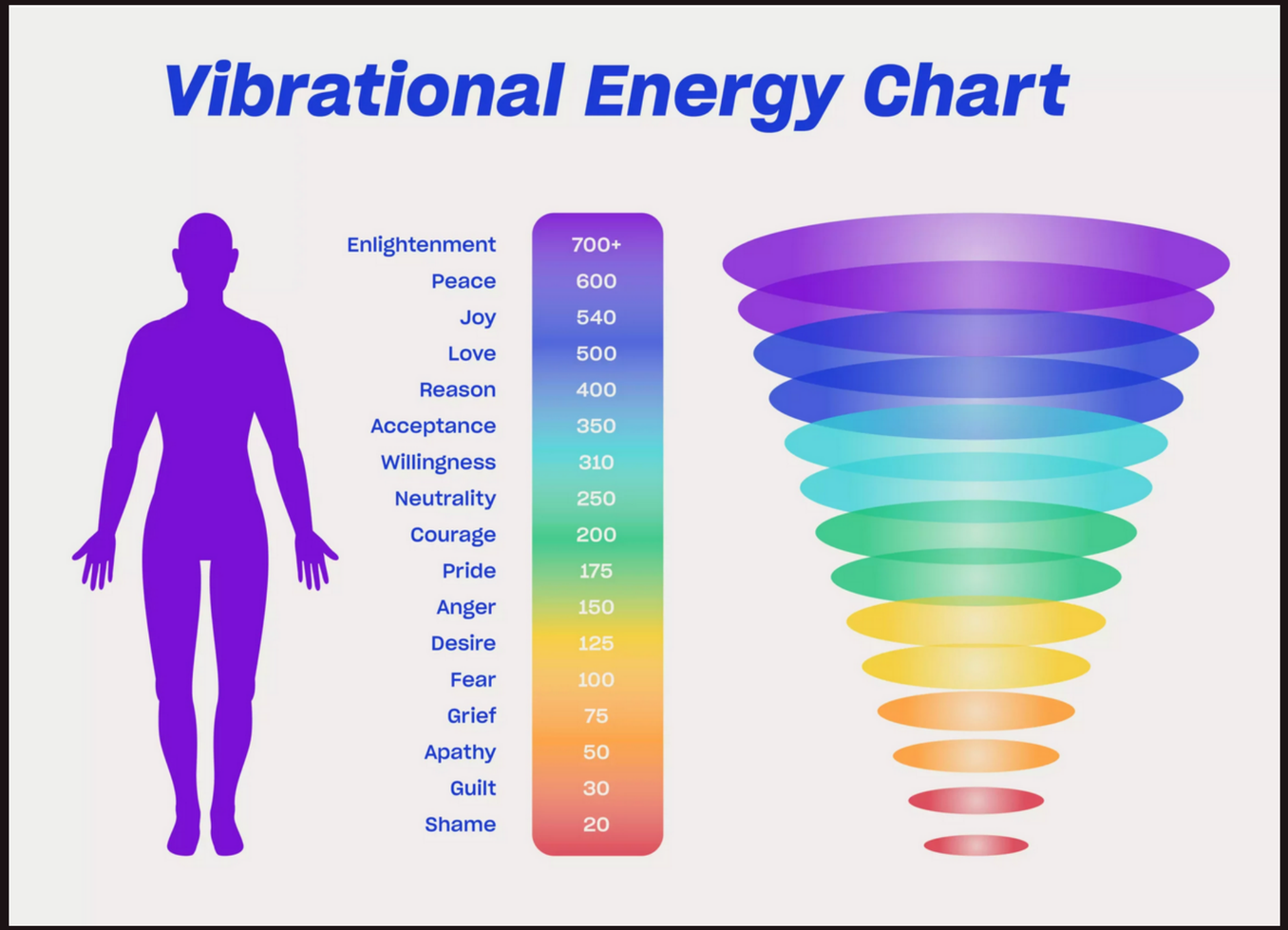


YOUR MINDSET

STEP 1

As we go through life, our responses become automatic, **often leaning toward negativity.** It's like we're on autopilot.

In our society, we're not really taught how to handle each life experience, learn from it, and let go of the bad feelings. **This can create emotional roadblocks that affect our choices and stop us from enjoying things we could.**



YOUR MINDSET

STEP 1

Here are some factors that CAN TAKE AWAY your resourceful state:

- Excessive Time on Social Media
- Negative and Toxic Relationships
- Chronic Stress and Overwhelm
- Lack of Physical Activity and Exercise
- Unhealthy Eating Habits
- Procrastination and Self-Doubt
- Constant Multitasking and Distractions
- Negative Self-Talk
- Overworking Without Adequate Rest and Relaxation
- Consuming Negative News

On the other hand, here are practices that CAN HELP MAINTAIN your resourceful state:

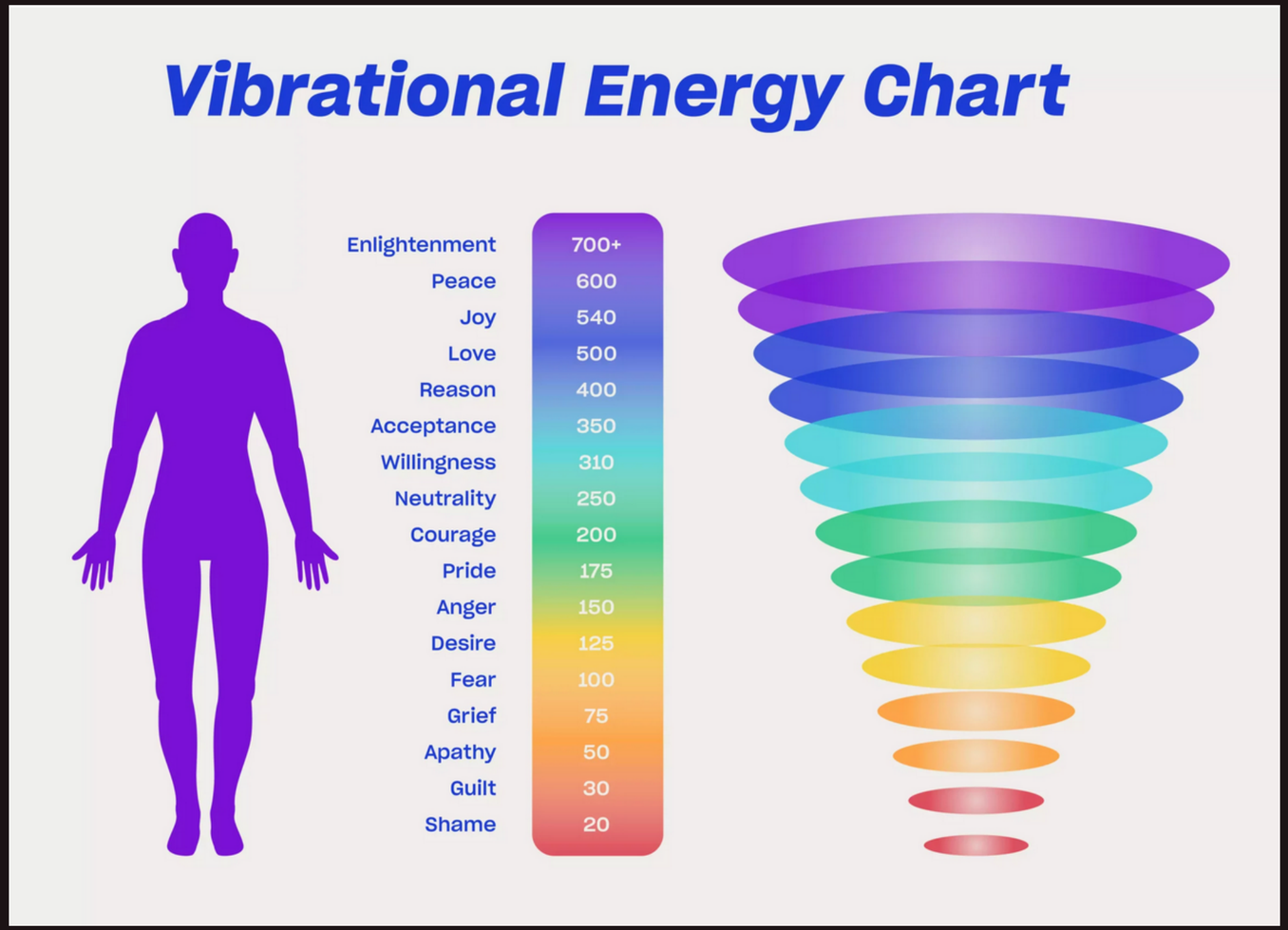
- Regular Meditation and Mindfulness Practices
- Engaging in Creative and Expressive Activities
- Physical Exercise and Movement
- Maintaining Healthy and Supportive Relationships
- Practicing Gratitude and Positive Affirmations
- Setting Clear Goals and Priorities
- Adequate Sleep and Proper Rest
- Spending Time in Nature or Green Spaces
- Continuous Learning and Personal Development
- Participating in Activities that Bring Joy and Fulfillment

YOUR MINDSET

STEP 1

When you're making your vision board or thinking about your dreams, **aim for the higher levels on this chart.**

If you're not in a good state right now, **it's not the right time to make your vision board!** Wait until you feel calm, grateful, and resourceful.



PREPARATION

STEP 2



Before you start creating your vision board, it's crucial to set the right environment.

Ensure that you're in a resourceful state and won't be interrupted. **Put your phone away and create a serene atmosphere.** You might want to light some candles and play your favorite music.



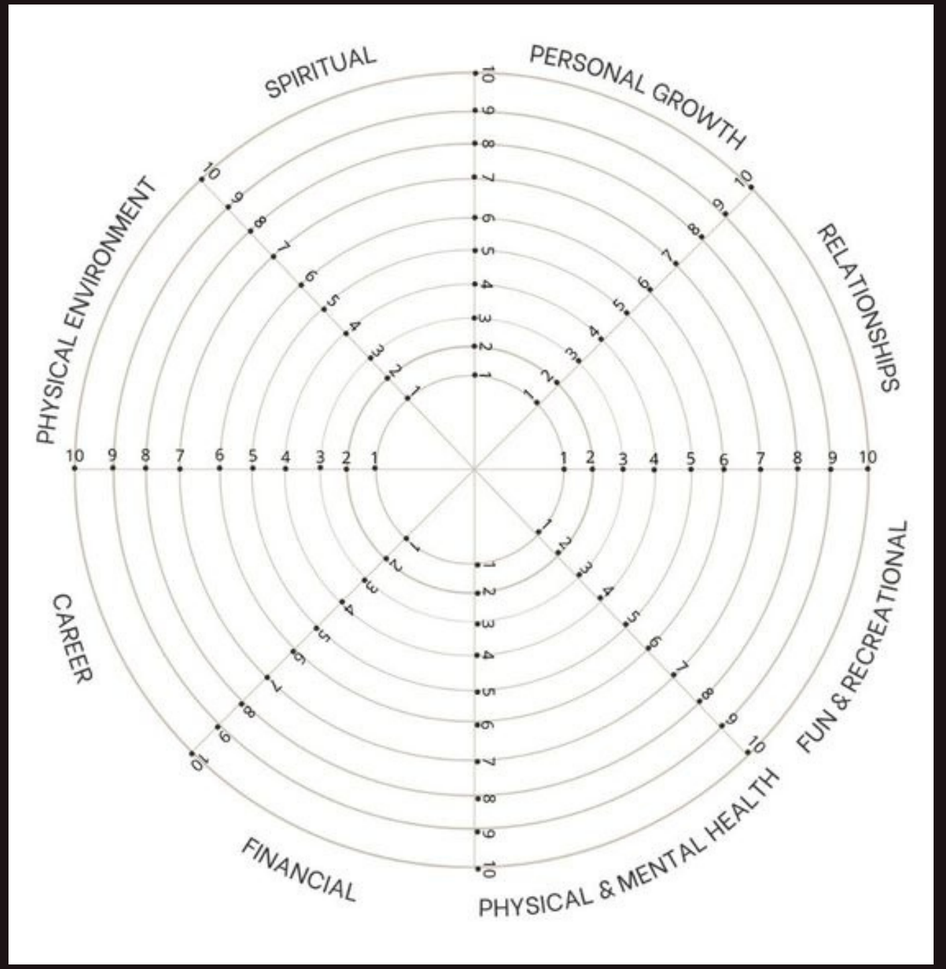
ARE YOU READY?

PREPARATION *TASK 1:*

Evaluate your life at this moment.

USE THE CIRCLE OF LIFE.

Rate yourself in each area on a **scale from 1 to 10 by shading the corresponding segment.**



PREPARATION *TASK 2:*

Before you start working on your goals, I want you to use this gift!

It's a guided visualization meditation to help you not limit yourself when thinking about your dreams.

QR kods

MEDITATION

This meditation will assist you in shedding your limitations and envisioning how you truly want your life to be.

Scientifically, meditation has been shown to elevate your vibrational frequency, aligning you more closely with the energy of your desires. It sharpens intuition, aiding in recognizing opportunities aligned with your goals.

Additionally, meditation assists in overcoming inner resistance or limiting beliefs, clearing the path for abundant opportunities. By making meditation a consistent practice, you empower yourself to transform aspirations into tangible reality.

PREPARATION *TASK 3:*



Now, after your meditation, **write down 10 goals in each category of the Circle of Life.**

Make sure your goals are precise and stated in the present tense.



REMEMBER, THE KEY IS TO GUARANTEE THAT YOUR GOALS:

- Come from a place of authenticity and resonate with your heart.
- Ignite inspiration and stir excitement within you.
- Reflect on your genuine desires, not just what others expect of you.
- Provide motivation; for instance, "nurturing my body with wholesome, natural foods" is more empowering than just "avoiding sugar."
- Don't overwhelm or induce stress.
- They should be clear and specific. Instead of vague goals like "find love" or "have more money," be specific, such as "waking up with inner joy and peace every morning" or "earning xxx$ in xxx (time) doing xxx".

HERE ARE SOME IDEAS OF HOW YOU CAN PHRASE YOUR GOALS:

- My weight is... and I feel healthy and energetic.
- I am the founder of "..." company
- I am a happy wife / a happy husband, my relationship is based on trust and respect.
- I eat healthy and high-quality food, prepared for me by a personal chef every day.
- I am invited to private parties in the field of ...
- I have beautiful, well-groomed hair.
- Every day, I am driven to work by a private chauffeur.
- I have a car..., which I drive to work every day.
- I have a luxury apartment...
- I have a healthy, strong body.
- I travel three times a month and stay in the most expensive hotels.
- I have wealthy clients, and my advice is worth...
- My song is in the top 10 on Spotify.
- My teeth are straight and healthy.
- They invited me to film in America.
- I visit all European countries.
- I have breakfast at "..." cafe with ...
- A designer transformed my apartment to satisfy all my desires.
- I have a stylist, I look attractive and stylish every day.
- I create value with my service; my business is popular worldwide.
- I closed a deal for XXX$
- I got pregnant easily and without difficulty.
- I spend time with people who support me.
- I am on the cover of a magazine.
- My film is highly rated, it is shown worldwide.
- My consultation is worth...
- My YouTube channel has... subscribers.
- I ran a half marathon (in the city).
- I go skydiving in Dubai.
- I got pregnant easily and without difficulty.
- I spend time with people who support me.
- I am on the cover of a magazine.
- My film is highly rated, it is shown worldwide.
- My consultation is worth...
- My YouTube channel has... subscribers.
- I ran a half marathon (in the city).
- I am going to Bali.
- All my TikTok videos are popular.
- I see the Northern Lights surrounded by friends.
- I made a video for my song, it is currently being shown on TikTok.
- I mastered a new profession and have a steady flow of clients.
- My course has 3000 participants.
- I am on the list of the richest people in Forbes magazine.
- My man brings me flowers every day.
- I am surrounded by wealthy and successful people.
- I wrote my book, which was bought by... people.
- I have a photoshoot with the world's best photographers.
- I was invited to the premiere of a world-famous film.
- My investments bring me... every month.
- My income is... per month.
- My stories on Instagram are viewed... times.
- Every weekend I visit a spa.
- I attract male attention and can interest someone.
- I train 20 times a month.
- I have my own massage therapist who comes to my home.
- I am the owner of expensive paintings.
- I have my own house by the sea, where I spend weekends.

REMEMBER - BE AS SPECIFIC AS YOU CAN!

UNDERSTAND YOUR WHY *TASK 4:*

“Because I want to” **is not good enough.** You have to have this deeply personal answer to why you want this dream to come true.

Often, your "why" is more crucial than your "how".



Here are the questions that will help you to better understand your “why”.

ANSWER THESE QUESTIONS FOR EACH OF YOUR GOALS:

- Why am I willing to do everything to achieve it?
- Who and what will motivate me to achieve it?
- What will I gain by achieving it?
- What will it give me?
- What will happen if I don't achieve it?
- What will it cost me?
- What will I lose if I don't achieve it?

LETS START CREATING YOUR VISION BOARD!

TASK 5:

*Get a big, spacious sheet of paper (and when I say big, **I mean BIG!**). Gather your favorite journals, or head to Pinterest for inspiration and print out the images that resonate with your goals.*

ORGANIZE THESE IMAGES INTO SPECIFIC CATEGORIES:

1. **Health** (looks, well-being, physical health)
2. **Wealth** (finances, fame, materialistic goods)
3. **Family** (kids, partner, quality time)
4. **Love & Relationships** (intimacy, communication, trust)
5. **Friends & Community** (supporting relationships, social engagement)
6. **Personal Growth** (reading, meditating, journaling)
7. **Spirituality** (inner peace, mindfulness, connection)
8. **Business & Career** (success, investments, fulfillment)
9. **Hobbies** (passion, creativity, relaxation)
10. **Lifestyle** (travels, free time activities, balanced living)

LET'S START CREATING YOUR VISION BOARD!

TASK 5:

P.S. While you can certainly create a digital vision board using platforms like Pinterest, Canva, or other software, I highly recommend going for a physical version.

It's a more interactive and meaningful experience, allowing for a deeper connection with your aspirations.

BLOCK NR.1

HEALTH

LET'S BEGIN WITH YOU!

Imagine your best self, from head to toe. Picture healthy hair, glowing skin, strong nails, and a body full of vitality.

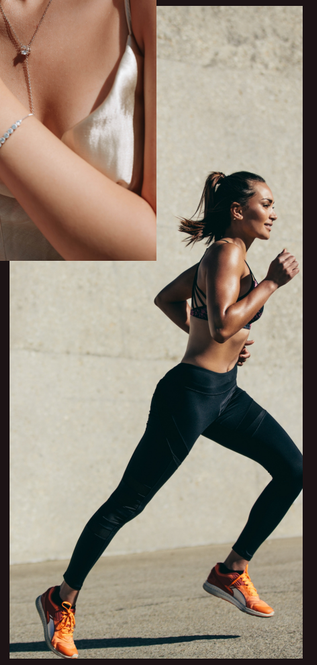




Consider the energy you give off - **is it happiness, peace, confidence, or a mix?** Think about how you want to present yourself to the world, in front of the mirror, and to those around you.



This section is also about **how you take care of yourself.** What nourishing foods do you enjoy that keep you feeling good? What activities keep you moving and agile?

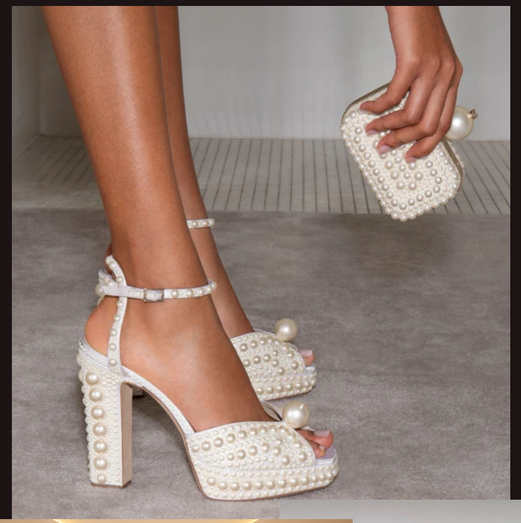




Take time for those **small self-care practices** that make you feel worthy and cherished, and choose pictures that represent your health and well-being the best!

BLOCK NR.2

WEALTH



In this section, it's your chance to lay out all your material desires!

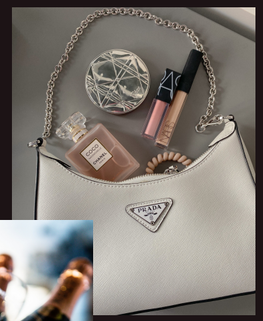
Here, we're talking about money, abundance, financial freedom, and all those material things that bring you joy..







Begin with your dreams of material success - picture your dream house, car, wardrobe, accessories, and more. **Don't hold back -** it's perfectly okay to desire and appreciate financial well-being.









Once again, be very specific!

When selecting images, infuse them with the energy and feeling that you already possess all these treasures.

And remember, **don't shy away from recognition and fame**. It's absolutely acceptable to desire visibility and popularity in the pursuit of what you love, and in the value you provide



BLOCK NR.3

FAMILY



Consider how you spend quality time together and the atmosphere you create within your family.



Imagine your perfect family.

Use images to depict your relationships with your partner, kids, parents, and relatives.





Remember, **your vision is yours alone;** don't let societal norms dictate what feels right for you.



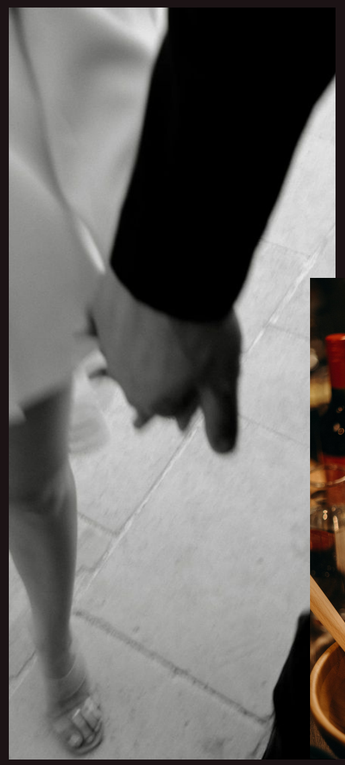


It's important to note that the perfect family looks different for everyone. Perhaps you envision a large extended family, or maybe you don't wish to have children or get married - **and that's perfectly fine!**

BLOCK NR.4

LOVE & RELATIONSHIPS







Reflect on your love life and how you cultivate intimacy, trust, and connection with your partner.

Consider how you spend quality time together, the types of dates you enjoy, and the depth of your communication.

Even if you're currently single, envision your ideal relationship. What qualities and attributes would your perfect partner possess? **Imagine the kind of connection you'd share.**

And always remember, if you're content being single at this moment, **that's completely normal.**



Embrace what feels right for you!

BLOCK NR.5

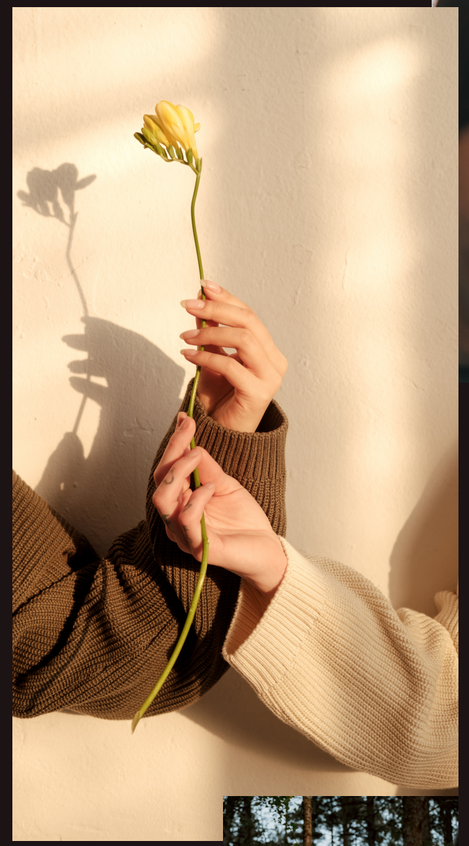
FRIENDS & COMMUNITY



Have you ever heard the saying,

"You're the average of the five people you spend the most time with"?

It's crucial to cultivate a positive and supportive social circle. Surround yourself with individuals **who inspire and uplift you**, rather than bring toxicity into your life.





Choose images that portray your ideal social circle, showcasing the moments you spend together with your friends, building memories, and supporting one another.



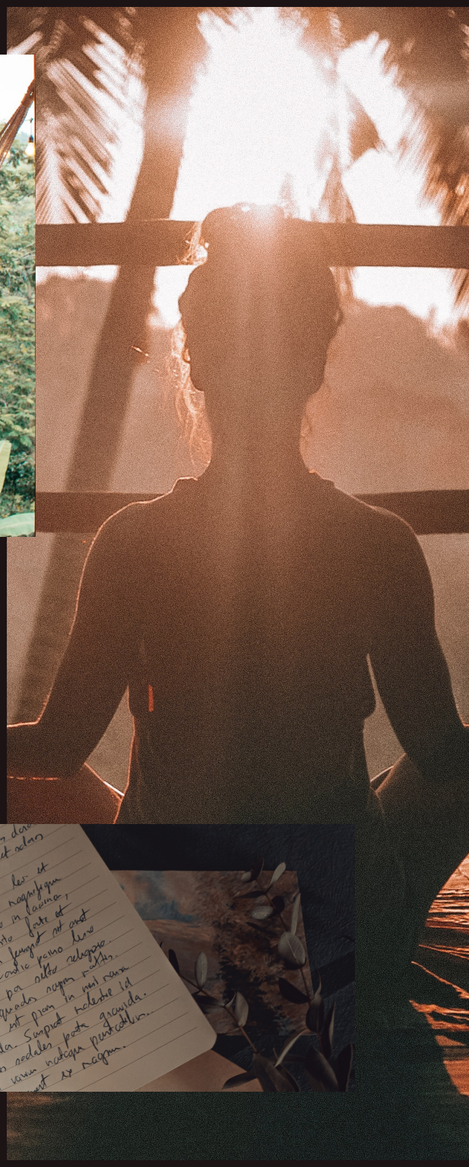


BLOCK NR.6

PERSONAL GROWTH









Dedicating time to personal development **is essential.**

This can include activities like reading, meditation, journaling, and acquiring new skills.



Consider how these practices enrich your life.

- What books inspire you?
- How does meditation center your mind?
- What do you learn about yourself through journaling?
- Which new skills would you like to master?

BLOCK NR.7
SPIRITUALITY



This block is all about nurturing your spiritual connection, **whatever that may mean for you.**

It could be serene natural scenes, symbols of your faith, or representations of inner peace through meditation or prayer.

Select images that resonate with your personal understanding of spirituality.

Include pictures of places or practices that hold significance for you - whether it's a sacred space, a ritual, or a symbol of your beliefs.



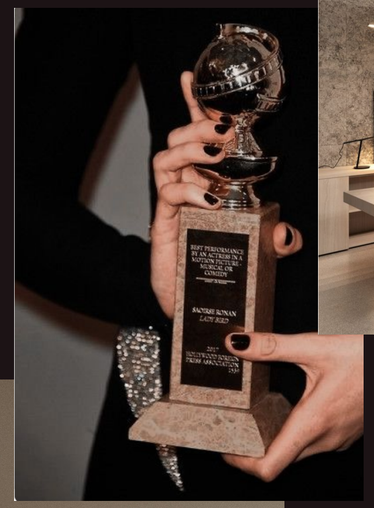


Choose images that speak to your soul.



BLOCK NR.8

BUSINESS & CAREER







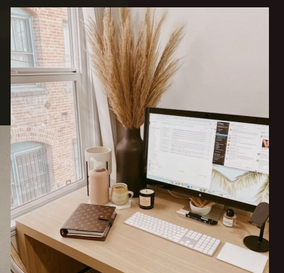


This section is dedicated to **visualizing your professional journey**, whether it involves advancing in your current career, launching your own venture, or excelling in your chosen field.

Select images that embody your dream job.

Envision the role, the workspace, **and the sense of achievement** it provides.





Maybe you want to build your own business? What does your office space look like? Picture the layout, the decor, and the atmosphere that fuels your motivation. What are you wearing to your job? **Imagine yourself dressed for success.**

Visualize wise financial decisions and opportunities for growth.

BLOCK NR.9

HOBBIES



What do you enjoy doing for fun? What gives you a surge of energy and purpose? Perhaps there's a new skill you're eager to acquire. **Imagine the process** and the time you'll invest in honing it.

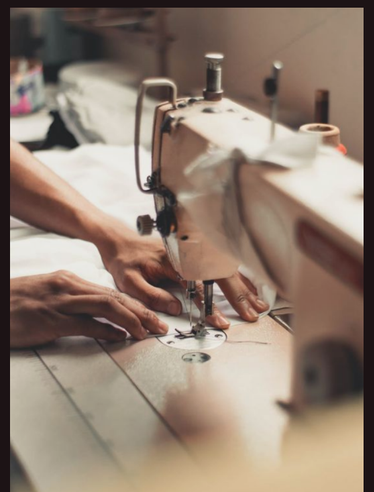
Choose pictures that represent your hobbies best.



This section is all about **nurturing your passions and interests** because you must fill your own cup before you can pour into others.







Consider the activities that bring you joy and fulfillment.

It could be dancing, playing music, creating art, cooking, engaging in sports, or any other unique and extraordinary pursuit **that resonates with you.**

This block is a celebration of the things that make you truly happy!

BLOCK NR.10

LIFESTYLE

In this section, it's your chance to paint a vivid picture of **your dream lifestyle**, incorporating all that hasn't been covered yet - from exotic travels to rejuvenating treatments, fine dining experiences, and various activities that bring you joy.

Imagine your dream vacations, exploring new cultures and landscapes.









Envision the relaxing spa treatments and the charming restaurants and culinary experiences.

Consider the balance you achieve in your life.

This block is your canvas to craft the lifestyle you desire, **filled with experiences and moments** that enrich your soul.

IMPORTANT NOTE!

Your dreams should be a reflection of **YOUR AUTHENTIC DESIRES**, not what society dictates.

It's perfectly acceptable if you don't aspire to get married, have children, start a business, or drive the latest car. Your vision board should **EXCLUSIVELY REPRESENT** what holds true significance to **YOU.**

Your dreams should align with your values and resonate deeply within you, free from external pressures or societal expectations.

STEP 3

START USING YOUR VISION BOARD!







Creating the vision board is just the beginning. Now, it's time to put it into action.

Remember, it's not just about the board itself, but the daily practice that will bring your dreams to life.

TASK 1:

Find a **visible spot** for your vision board, somewhere you'll see it **EVERY DAY.**

TASK 2:

Each day, look at your board and imagine that you've already achieved everything on it. Remember the emotional vibration chart? **Make sure you're at the higher levels** whenever you focus on your dreams.

TASK 3:

Read your written goals daily. **Express gratitude** as if you've already accomplished them.

STEP 3

START USING YOUR VISION BOARD!

TASK 3:

One of the most powerful states you can be in is that of **GRATITUDE.** It is a self-programming process that helps to embed your vision deep into your subconscious.

“Gratitude is an attitude that hooks us up to our source of supply. And the more grateful you are, the closer you become to your maker, to the architect of the Universe, to the spiritual core of your being.” -Bob Proctor

Each day, take a moment to express gratitude for having achieved your goals, as if they're already a reality. **Feel the emotions associated with this accomplishment.**

GRATITUDE IS THE KEY

TASK 3:

As an additional exercise, consider keeping a **gratitude journal.** Write down **TEN things** you're grateful for every day.

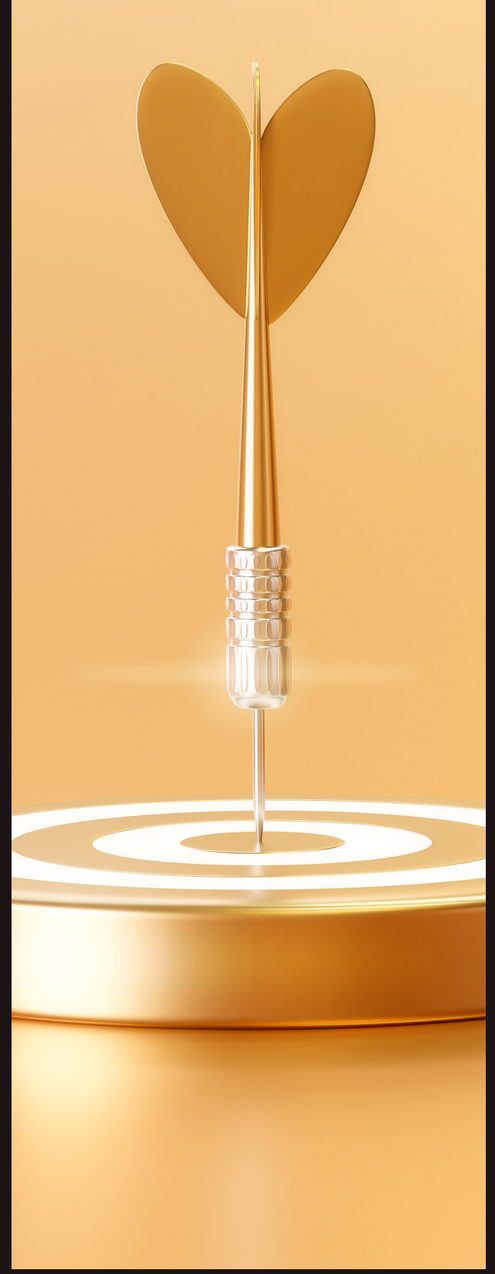
Additionally, reflect on these questions:

- **What is my intention for today?** Set a clear intention for the day, aligning it with your larger goals.
- **How am I feeling today?** Take note of your emotions and use them as a guide in your journey.
- **What should I let go of today to make my intention come true?** Identify any limiting beliefs or habits that may hinder your progress and release them.
- **How will I feel when I achieve it?** Imagine the emotions and sensations you'll experience once you've reached your goal. This visualization can be a powerful motivator.



By incorporating these practices, you're actively reinforcing your commitment to your vision and programming your subconscious for success.

Remember, consistency in these practices is key.



TASK 4:

IDENTIFY YOUR THREE MOST IMPORTANT GOALS FOR NOW.
DIRECT YOUR ENERGY TOWARDS THEM,

for where focus goes, energy flows.

This is not just a saying, but a principle rooted in neuroscience.
When you focus your attention on a specific goal, **your brain activates a network of neurons related to that goal.** This heightened neural activity increases the likelihood of noticing opportunities and taking actions aligned with your objectives.

Moreover, sustained focus on a goal stimulates the release of neurotransmitters like dopamine, which are associated with motivation and reward. **This creates a positive feedback loop**, reinforcing your determination to pursue and achieve your chosen goals.

By consciously directing your attention and energy towards your three most important goals, you are harnessing the power of your brain's neural networks and motivational systems, **increasing the probability of success.**

TASK 5:

Set reminders on your phone to revisit your goals throughout the day, especially those three vital ones. ***Re-immerse yourself in "the state," look at your board, and vividly visualize.***





TASK 6:

Take actions aligned with your vision. For instance, if you're dreaming of a Chanel bag, visit the store, touch it, feel it, and express gratitude as if you already possess it.

Example from my life:

I desired a Porsche. I manifested an invitation to Porsche's 75th-anniversary celebration, where I sat inside and even drove one. The experience was exhilarating and solidified my belief in the manifesting process.

Upon returning home, my husband and I decided to take further steps towards our dream. We visited a Porsche showroom. At first, we felt a bit out of place. The second time, we felt more comfortable but still a bit unsure. The third time, we brought our kids, and they had a blast exploring the cars. By the fourth visit, it felt like we belonged. This shows that taking steps toward your dreams speeds up their manifestation.



TASK 7:

Visualize every day.

Your mind sees no difference between truth and lies. *Let's do this very simple task – further on I've given a situation that you must visualize very clearly. Begin here.*

You're sitting in your kitchen and all of a sudden you remember that there's a lemon in your fridge. You get up, stretch a bit, go to the fridge, open it, and there's a big, yellow, juicy lemon looking at you. You take it out of the fridge, go to the table, take a knife, and a cutting board, put the juicy lemon on the board, and cut it in half. You feel its aroma, see its yellow zest, and you feel its cool juice splash on your arm a bit. You take this yellow lemon in your hand, feel its refreshing aroma even more, open your mouth, and squeeze the juice right in your mouth. *What are you feeling right now? Do you feel more saliva in your mouth?*

You just tricked your mind. It believed that you'd squeezed an actual lemon in your mouth. Would you do that in reality? Maybe. But your mind believed that you had really put a lemon in your mouth. Do you see how well visualization works? **If you think you can do something, you most surely can! And if you think you can't – this also is true.** Your mind works with the help of your subconsciousness. If your subconsciousness thinks you don't want something, you will not get it.



TASK 8:
Meditate!

Use the guided meditation daily to vividly envision your dreams.

YOU CAN ACCESS IT HERE:

QR kods

Remember, consistency is key. **Keep working on your vision every day,** and watch your dreams become reality!



STEP 4

GET INSPIRED

It's incredibly important to draw inspiration from the people around you!

- Cultivating meaningful partnerships with world-renowned brands.
- Speaking at the CLO Mindvalley event in both Dubai and Tallinn.







NOW, ALLOW ME TO SHARE MY OWN STORY OF TRANSFORMATION AND ACHIEVEMENT IN THE PAST YEAR:

- Collaborating with successful clients worldwide.
.
- Maintaining a productive work schedule of up to 20 hours per week.
- Stepping onto various international stages multiple times.











STEP 4

GET INSPIRED

It's incredibly important to draw inspiration from the people around you!



- Sharing a stage with Dr. Shefali, a renowned figure in personal development.
- Initiating the collaborative writing of a new book with my husband, focusing on relationships.

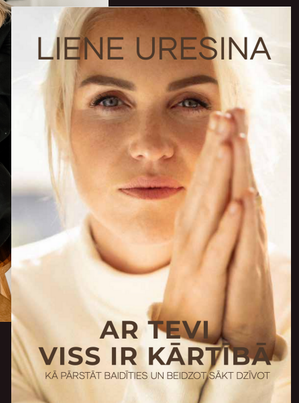


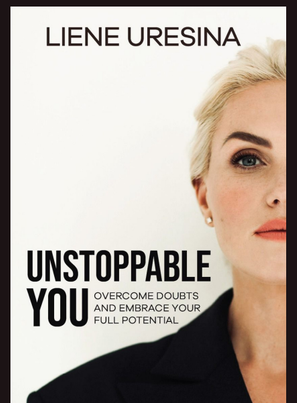
- Extending a warm welcome to Marisa Peer as a special guest in Latvia.





- Publishing a book that has become a bestseller in the country.





- Translating my book into English and recording an audio version.
- Building a global network of accomplished and inspiring friends.
- Regularly embarking on travels with my family and children.



Moreover, there are **numerous successful entrepreneurs and celebrities** who have openly acknowledged the efficacy of manifestation techniques, including:



Beyoncé - Beyoncé is known to use vision boards to set and manifest her goals. She believes in the power of visualization to bring her dreams to life.



Tony Robbins - Tony Robbins is a well-known motivational speaker and coach who emphasizes the importance of setting clear intentions and visualizing your desired outcomes.

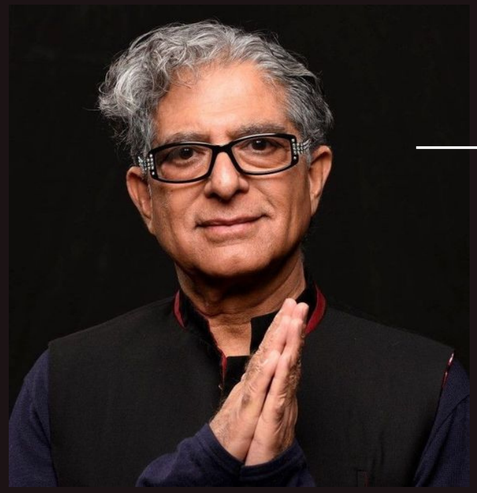


Will Smith - Will Smith has spoken about his use of visualization and positive affirmations to manifest success in his career and personal life.

Oprah Winfrey - Oprah practices daily affirmations and vision boarding. She believes in setting clear intentions for what she wants to achieve.



Deepak Chopra - Deepak Chopra, a renowned author and spiritual leader, is a strong advocate for manifestation and the law of attraction. He emphasizes the power of intention-setting, mindfulness, and aligning with the energy of abundance to create the life you desire



Their stories serve as powerful examples of how the principles of manifestation can lead to extraordinary achievements.

MAKE YOUR DREAMS COME TRUE

This is the summary of your tasks:

BEFORE MAKING A VISION BOARD:

- Ensure your environment is peaceful and quiet.
- Evaluate your current life using The Circle of Life.
- Use guided meditation.
- Write down 10 goals in each category. Ensure your goals are precise and stated in the present tense.
- Understand Your Why.
- Get a BIG piece of paper and your favorite journals or get inspiration from Pinterest.

MAKE YOUR DREAMS COME TRUE

This is the summary of your tasks:

WHILE MAKING YOUR VISION BOARD:

Select pictures that resonate best with you within these categories:

- Health
- Wealth
- Family
- Love & Relationships
- Friends & Community
- Personal Growth
- Spirituality
- Business & Career
- Hobbies
- Lifestyle

MAKE YOUR DREAMS COME TRUE

This is the summary of your tasks:

AFTER CREATING YOUR VISION BOARD:

- Find a visible spot for your vision board, somewhere you'll see it every day.
- Each day, look at your board and imagine that you've already achieved everything on it.
- Read your written goals daily. Express gratitude as if you've already accomplished them.
- Write down 10 things you are grateful for every day and take time to journal every day to answer these questions:
    - *What is my intention for today?*
    - *How am I feeling today?*
    - *What should I let go of today to make my intention come true?*
    - *How will I feel when I achieve it?*

MAKE YOUR DREAMS COME TRUE

This is the summary of your tasks:

AFTER CREATING YOUR VISION BOARD:

- Identify your three most important goals for now. Direct your energy towards them.
- Set reminders on your phone to revisit your goals throughout the day, especially those three vital ones.
- Take actions aligned with your vision.
- Visualize every day.
- Use guided meditation.
- Get inspired by me, celebrities, or your friends!

IMPORTANT NOTES!

- This tool will help you gain clarity and understand your dreams. HOWEVER, it's not a magic wand that will do everything for you. **You will still need to show up every day and work on your goals.**
- Be in a resourceful state and **maintain high energetic vibration** levels whenever you think about your dreams or look at your vision board.
- **Make your goals specific and clear**, and state them in the present tense.
- Remember, your vision is yours alone; don't let societal norms dictate what feels right for you
- Your dreams should be a **reflection of your authentic desires**, not what society dictates. It's perfectly acceptable if you don't aspire to get married, have children, start a business, or drive the latest car. Your vision board should exclusively **represent what holds true significance to you.**
- Remember that you will have to work on your dreams daily. This is not magic - this is science. **Where focus goes, energy flows.**