

*Manifest Your Heart's and Soul's Desires with  
Vibrational Alignment Coaching by  
Ife Damon*



## **Feelings Manifestation Statement**

This process will help you **instantly** manifest the feelings that you desire to experience. Every emotion that you are desiring to experience is a part of who you truly are, even if they have been lying dormant your entire life. As you awaken these feelings, you will increase your vibrational alignment with experiences that will accompany more good feelings. The more you read this statement, the more you will remember who YOU are!

**Directions** (see example below):

1. Once you know what feelings you want to experience, write "I AM" and the desired feeling on the provided lines for each feeling.
2. Read the entire statement daily.
  - a. Be sure to take a moment and really FEEL each I AM statement and know that these feelings are your true nature; it's who you really are!
3. Imagine yourself in situations feeling these emotions.
4. Feel gratitude for aligning with these feelings.

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## **Feelings Manifestation Statement (Example)**

The feelings that I desire to experience ALWAYS reside within me. By awakening, allowing, and aligning with these emotions, I am able to instantly manifest my truest and deepest desires!

*I AM Joy. I AM Peace. I AM Happy. I AM Free. I AM Fulfilled.*

*I AM Peace of mind. I AM Safe. I AM Secure. I AM Confident.*

*I AM Attractive. I AM Knowing. I AM Creative. I AM Powerful.*

*I AM Optimistic. I AM Love. I AM Success. I AM Compassion.*

*I AM Excitement. I AM Worthy. I AM Enough. I AM Appreciation.*

The Source of All That Is is constantly recreating itself to remind me of who I truly am. I am always worthy of experiencing these experiences and even more than I can imagine!!!

