



12 DAYS OF *Manifesting*

How to Call in What You Really Want



A *Divinely Intuitive*[™] BUSINESS PROGRAM

12 Days of Manifesting **Get Divinely Clean** **Day #4**

Disclaimer: This transcript has been edited; however, there may be English or grammatical errors since it is spoken English, as opposed to written English. Please ignore the errors (or let us know where they are so we can correct them). ☺ Enjoy the call!

Hello, everyone. This is Rev. Anne Presuel of **Divinely Intuitive Business**. We are here for day 4 of our *12 Days of Manifesting* program.

Today, we're going to talk about getting Divinely clean. We're talking about energetically because there's so much that happen in our world that is outside of us that it gets connected to our energetic field. we get affected by it, traumas that happen we carry them with us, and it is up to us to do the inner work to clean that energetic field on a regular basis so that we can do what we've come to do, so we can be who we've come to be, so that we can let go of the past. We can let go of the things that are telling us, "*We can't,*" "*We're too small,*" "*We're too this,*" "*We're too that.*"

We we've had traumas, if we've grown up in less than desirable, less than healthy environment, which I would guess is probably most everybody. Not everybody comes in with families that are super healthy and especially intuitive, especially people who are in healing profession, most of us have come in intentionally to families that give us the opportunity to really get clean and clear about who we are and what we going to be doing in the world, how we show up. And so, we have shit to heal. We got stuff to deal with.



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And when it comes to believing that we can do something bigger than we know ourselves to be, it can be a challenge. And this is where we have to do the inner work if we want to hold that vision. That's why it takes time, guys, to be able to energetically hold that vision of something that we want. It takes time.

And we're thinking, *"Well, if it didn't happen, I wanted that, I asked for it but it didn't happen,"* that is like saying, *"Well, I wanted a garden. I planted a seed. Why don't I have this incredible garden right now?"*

It is the epitome of, forgive me, spiritual immaturity or manifestation immaturity to think that you're going to turn around and manifest something massive that you want or even something big that you want without having to do this inner work, without getting clear and being able to hold the vision of wanting it and creating it and saying, *"I've got this," "Of course, I can do this," "Yes, I got it,"* without doing the inner work, without doing the energy work, without shifting and changing your beliefs so that you're in alignment with that new vision.

This should really be good news to many of you. Like, *"Oh, that's why it hasn't worked out yet," "Oh, got it. It's not me I'm a failure at manifesting, no."* It's then you realized you had to do this other work to be in alignment.

That's not saying all of you. Some of you are really good. This is what you do. This is where you live. This is your work. And you have manifested things in your life that are just incredible. And now, you want to manifest something else and you're like, *"Why hasn't it happened yet?"* Well, this is why.

Manifesting is two things. It's the energy and this what we're talking about today, but it's also the action. Taking actions to support that vision. And what happens is we get this vision, we get this idea that we want something. *"Oh, I would love to have that home."* And then, we're like, *"Oh, but what it will take is...," "Oh, I don't know. That's a lot. It's a lot to even think about,"*



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“Can I do that?” “It’s too much,” blah, blah, blah. We get stuck in that point and then we don’t move forward. And then we have these desires like, “Oh, you know, I really like that.” We put it on our vision again.

We’re going to talk today about what squeaky clean looks like and why it’s important.

When we have some opportunity to create change, to move into a new space of understanding, a new place of awareness, a new place of consciousness and we are supported so magnificently by the Divine, by the universal planets, for crying out loud, take it. Take advantage of it and celebrate it. It is a good thing.

Getting Divinely clean is all about letting go. It’s all about trusting. It’s all about you stepping into alignment, taking actions that are in alignment.

We’ll get to that part later but right now, we talk about, “How do I release? How do I let go? How do I even become aware that I’m not letting go?” That’s huge. “How do I become aware?”

And I’ll tell you the key. The key to know if you’ve got resistance to your vision or to your guidance or to what you’ve been given is the “Yes but...” “Well, yes, but I’m not sure that that’s true,” “Yes, but I don’t know if I should do that,” “Yes, but I did that in the past and it didn’t work out,” “Yes, but that’s just too much,” “Yes, but I’m not qualified,” “Yes, but I’m too old,” or “I’m too fat,” or “I’m too thin,” or “I’m too...” whatever the fuck it is. “Yes, but.”

Hands down, your secret weapon to realizing you’re in resistance, you got a “Yes, but” going on. Good news is “Yes, buts” can be taken care of with relative ease, with relative gentleness. Often times, the “Yes, buts” are attached to a trauma that happened maybe in our childhood or they are result of cultural training.



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Getting energetically clean is, hands down, the biggest piece of manifesting what you want. Yes, you have to take action. Yes, you have to be connected, Yes, you have blah, blah, blah. All of that. Once you have your vision, you must connect with what is stopping you from taking the actions that you then automatically get that into take. “*Oh, that’s too much.*” “*Who am I?*” “*Who’s going to listen to me?*” “*Yes, but...*,” all of that. That’s your key. Pay attention.

How do you get rid of the “*yes buts?*” How do you clean them up? How do you clear them?

And I’m going to tell you my favorite one, the things that have helped me stepped into where I am. One, hands down, forever and ever, is tapping. Tapping is probably the best thing I’ve discovered to move my energy emotionally quickly so I can then take action. It’s simple, effective, useful, easy. And if you don’t use it on a regular basis, I highly recommend you start using it on a regular basis.

I also love Jin Shin Jyutsu. I don’t know very much about it but the things I do know are fingerholds. And fingerholds that I know are amazing. They work. You just have to hold your finger and breathe.

CAT, the Complete Alignment Technique. This is fast becoming one of my new fave.

Recognizing where you are blocked and then taking the action to clear the block, is essential for creating and manifesting what you want.

Donna Eden is an incredible healer. Her work is amazing. If you follow any of Donna Eden’s work, I would highly recommend using her work to clear your blocks. She healed herself of MS through clearing her energy. She’s incredible.



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Doing intentional energy clearing like past-life regression or future-life progression where you connect with yourself in the future and you get information and it releases feelings and fears of what you do.

Guys, this is not a one-and-done thing. For those of you who think, “*Oh, I tap,*” “*I did a past-life reading,*” “*I did a future-life thing,*” “*Oh, I did that,*” it’s not a one-and-done. It is an ongoing thing because we are ongoing beings and as we get closer to creating what we want, we realized where we’re not in alignment. Let’s get it cleared so we can be done, so we can move past that, so that we can have the abundance that is on the other side of it, because there is abundance for us.

Getting clean is at the heart of manifesting. And if you’re not doing this, you’re probably going to have some challenges in creating what it is you want.

I think that guided visualizations are great in retraining our brain. Or meditations, guided meditations are great in retraining our brain.

I talked about it like getting clean like you’re getting shower. Water is incredibly healing. Water will cleanse your auric field beautifully. In whatever form of water you want to use, it will cleanse it out. But you can’t stay in the water all day long. You got to go take action, right? It’s like, “*What do I need to clear out?*” Because you’ll still be in the water and go, “*I still feel I can’t do it because...*” and then you have to work through the pieces of “*why I can’t do it.*” “*I can’t do it because it’s too big. It’s too much.*”

If you’re a processor outwardly, find someone. Someone you trust, someone you like who can help you, who can be objective, who isn’t only going to be a friend but they can be friend and love you but also will be honest with you.

That’s what manifestation is. Cleaning up your crap.



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Have a beautiful afternoon, a beautiful weekend, everyone.

This transformation, love it up. What are you releasing? *“What am I letting go of? What do want to just release out of my life? I’m so willing to let it go. I release it. And so it is.”*

Go get your Divine ON, everybody.

Big hugs to you all! I’ll see you on Monday.

Bye now!

XOXOXO,

Anne

Rev. Anne Presuel

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