

# **9 STEPS TO MANIFESTING MAGIC WITH NESSA'S AFFIRMATION ART**

*Nessa Lovell*

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# INTRODUCTION

Did you know that you can use your Affirmation Prints, Energy Imprint or Nessa Lovell Original artworks as a tool for manifestation and creating transformation and inner peace?

They say the mind works in mysterious ways, but there are a number of hacks you can use to change your inner stories – and as they change, so do your outer life experiences.

The tips found in this book are a great practice to follow to remind yourself daily of your worth, and to start reprogramming old beliefs. To fast track this process, I highly recommend working 1:1 with a practitioner that can assist you to uncover limiting beliefs that might be hiding from you. The Soul Creator Initiation might be a good fit, and you can find details at the end of the book.

Remember – if you feel resistance or nothing seems to be shifting after a few months, then there is likely a program that cancels out your affirmations – so its time to do some deeper inner work with a practitioner that can guide you. If you feel you would like to work with me, you will find my contact details at the end of the book.

Happy manifesting.

*Nessa Lovell xxx*

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## THE DAILY PRACTICE

When you create an easy to follow, time efficient and pleasant daily practice habit, you will start to build your manifesting muscle – and this will help to program in your new beliefs. When we add in some additional tools (smell, emotion, colour, sound), it will work on a much deeper level. Take 2-5 minutes each morning to follow this practice, and see what happens. I would suggest also keeping a journal or some notes as to how you are feeling before you start, and during the process. This way, you can see when shifts happen, because they can be subtle at the time, but obvious later on.

Take a moment to look at your print or artwork, and read the intention (or create your own).

Apply a drop of your companion oil (I'll explain more about this in a few pages) to your left palm, and rub clockwise three times with your right palm (this activates the oil). Cup your hands and inhale, or apply over the area of the body you are drawn to, staying away from delicate or sensitive areas.

Imagine how you will feel when this intention comes true. FEEL it in your body. Is it excitement? Freedom? Joy? Emotion is the key here, and a very important component of the practice. If you are struggling to imagine the feeling, then what might it look like if it was a movie scene? See yourself in the movie.

An optional step is to play some music – I like finding Solfeggio Frequencies that match up with the affirmation (music for abundance or healing for example).

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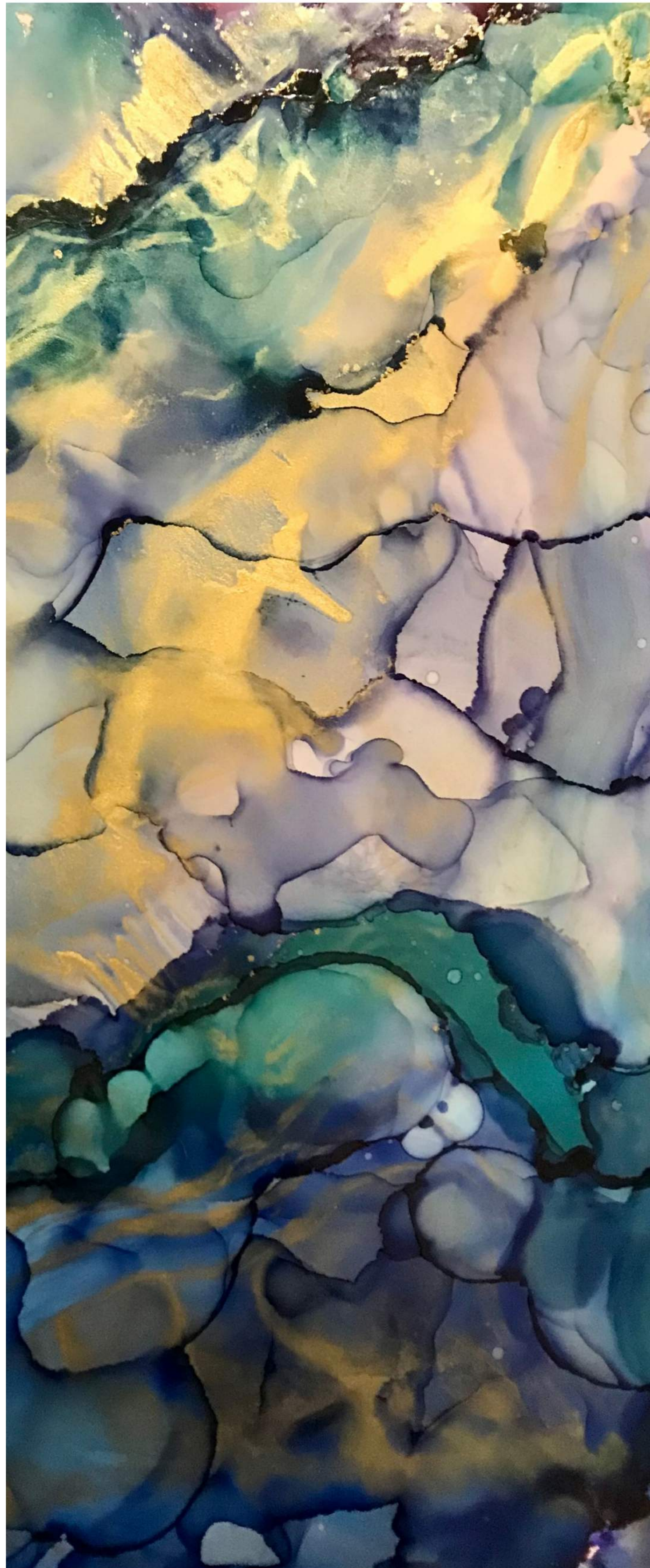
**BE CLEAR,  
BE SPECIFIC,  
BE CONSISTENT**

What is it that you want to create? The first step is always being specific with your intention. Using the affirmation or intention on your print or painting is the obvious answer here, but there are some other ways you can approach this.

Use the affirmation/intention to narrow down on EXACTLY what you want, and add that to your daily practice. For example, the affirmation 'I love money, and money loves me.', could be followed with 'I easily earn \$10k per month, now.' The affirmation is designed to help clear the way so that the more specific desires stick.

Many of us have had the experience of affirmations that don't work. This is because there is an underlying program or belief that is cancelling it out. For example, I tried to manifest more money for years, and it always came in and straight back out again. I discovered a belief that said 'Money causes arguments, asking for what I want causes arguments, therefore asking for money is BAD.' I worked for free for YEARS, thinking I was just being a nice person, or struggled to raise my prices, or spent the money fast.

Find the old beliefs, clear the old beliefs – and you will create your desires much sooner. Sometimes the daily practice is enough for the old beliefs to make themselves clear, so make sure you commit to doing it daily. Once or twice here and there is unlikely to shift anything.



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## USE YOUR OILS

Did you know the sense of smell works directly on the amygdala, our seat of memory and emotions? This is why smelling lavender might suddenly remind you of your grandma, or certain smells can trigger negative memories. When we use a high-quality essential oil, not only do we get the therapeutic benefits from using that oil, but it can also help unlock old beliefs, or program in new ones.

Use your Abundance oil daily with your affirmation for example, and then anytime you smell that oil or something that smells similar (like cinnamon), it will remind you of your affirmation.

Each print or Energy Imprint has a companion oil or oils listed. If your original piece doesn't have one, then pick an oil that relates to what you want your affirmation to be.

The essential oils I use are from Young Living – their quality is amazing, and the blends are powerful. I've been using them for over 15 years now and have had many incredible experiences with my oils.

Want to buy some? You can set up your own account here [www.nessalovell.com/start](http://www.nessalovell.com/start), and order whenever you like. Send me an email when you've set up your account, and I'll add you to some Facebook groups so you can learn more about your oils. If you know someone who is a Brand Partner, you can sign up and be supported through them if you prefer.

My suggestion is to start with a Premium Starter Bundle and join on Essential Rewards - you can then order a specific blend or each month until you have all the ones you want. Not sure? Send me an email and we will find what works for you. Details are on the last page.



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**FEEL THE EMOTION,  
SEE THE MOVIE**

Our emotions and our imagination are incredibly powerful. Can you imagine what it's like to feel sad? Angry? Now remember a happy memory that made you feel wonderful. Where did you feel those emotions in your body? It's important to note here that we CAN imagine emotions, because all you have to do is think of an old memory associated with that feeling, and you can be experiencing it in the blink of an eye. This is why so many people get stuck in trauma responses or old belief patterns, because every time they think of a nasty experience, they are back in that moment, reinforcing the feeling. We, however, want to use positive emotions to program in positive new beliefs.

If life has been hard for you lately, and you find it hard to muster up any good emotions, then start small. Can you remember a moment when you laughed or felt peaceful? Maybe go somewhere pretty and listen to the birdsong. Start there.

The more we can feel the emotion in our body, the better this will work. Imagine you've just won the lotto for instance, or heard some amazing news. Would you be jumping up and down and squealing? Feel the energy of that, the excitement, the joy.

If you can combine this with seeing yourself in a movie scene about this affirmation coming true, that can help too. In what way do you look different? How are you dressed? What are you doing? If you can't see yourself but can get an impression of what that might look like, then go with that.



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## **FORGIVE YOURSELF**

When we start doing this work, we can also start to become aware of all the ways we have tripped ourselves over, sabotaged our success or damaged relationships in the past. I know it can be tough, and you might want to beat yourself up over it – but that won't help.

Understand that everything you did in the past was a direct result of negative belief systems and programming at work. It doesn't necessarily excuse the behaviour, but it allows you to realise that it was likely a reaction triggered by a trauma response. It is hard to be logical and rational when we are in fight or flight mode.

Know that blame, guilt or shame will just keep you stuck. Blaming yourself or someone else gives away your power, so learn to let it go. Ruining your own life will not help others, or make them feel better. What is done is done, all we can do now is move forward.

Not sure how to do the forgiving? Try looking up tapping or Ho'oponopono on YouTube, or find a practitioner who works with hypnotherapy, NLP, PSH, Belief Coding, EFT, Kinesiology or other reprogramming modalities.

I use a number of techniques when I work with my clients through the Soul Creator Initiation, depending on what they need. Beginning and closing with Soul Map and Energy Imprint artworks, we dive deep into those old stories and then do the work needed to release the emotional charge around them. We then create new beliefs to attract new opportunities and ways of being.

Want to know more? Send me an email.



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## COLOUR MAGIC

Colour is known to have a subconscious effect on people – this is why it is used in marketing world wide to impact consumer choices. Each colour is associated with a number of different emotions, parts of the body, personality traits or concepts. Red, for example is a colour that we associate with both passion and anger, but it also relates to our needs – food, shelter, community, sex. This is why it is also used in food marketing – because it can stimulate hunger. We can use colour to help us shift emotions too.

Are there any colours that you don't like? Chances are, they may be related to the old beliefs you are trying to reprogram – if you are a nurturer who over-gives all the time, and puts yourself last constantly – then orange and yellow may make you uncomfortable.

Download my Colour Meanings PDF for some insight into why you are drawn to or repelled by certain colours.

Try wearing the colours that make you uncomfortable (preferably with white to prevent the colour becoming muddied). Start with small amounts, like a bit of orange on a scarf for example, and gradually add a little more. Or find some objects in those colours and put them in your space.

You can also try eating (natural) foods of that colour, or visualising breathing that colour in. You can also use my Chakra or Affirmation Prints to meditate with.



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## MEDITATE WITH YOUR ARTWORK

The paintings I create all have a message for you if you are willing to listen. Take some time to quiet your mind, and allow your eyes to wander over the artwork or print. I would suggest doing this as part of your daily practice, but you can also do this part separately when you are having a cuppa or before you go to bed at night.

What emotions or sensations do you feel when you look at the artwork?

What thoughts arise when you look at it?

Are there any areas you are drawn to, and how do they make you feel?

Ask if there is a message for you, and observe what comes up. Sometimes the message is a thought, sometimes a feeling, or sometimes you won't notice anything right away. It may take a while of working with your artwork before you receive anything, or it might change daily. Listen to your intuition.



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## DO THE PRACTICE, THEN LET IT GO

Often when we want something really badly, we can obsess over it, and try to force it to happen. When it comes to manifesting, we need to respect that it doesn't always happen straight away.

The more desperate we are, the less likely that it will happen at all, or it will happen weirdly and in a way that we weren't expecting.

Commit to your daily practice, but don't obsess over it. Allow it to become a habit.

Remember the mantra 'this or something better', because if we are too focused on 'ONLY this house' for example, we might miss the opportunity of a better one, or get the house we want with a nasty neighbour or expensive renovations to boot.

Ask, and then give it to the Universe. Imagine you are giving your affirmation wings every day when you do your practice, and let it go to fly off and create opportunities for you.


You can also try using some other practices - like writing your affirmation on a piece of paper and burning, tearing it up or burying it. As you destroy the paper, you imagine the wish becoming one with the Universe. Or, create a sigil from the affirmation and carve it onto a candle. As the candle burns down, it is released to the Universe.

Just remember - put it out there in which ever way you choose, and then let it go.



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## THE SOUL CREATOR INITIATION

Do you still feel like you need a little extra help?  
I have a very special program that I have created  
for spiritual women in business who are over their  
internal BS and ready to make \$4k+ per month  
with ease and grace.

This completely unique and transformational  
healing journey weaves together intuitively  
channeled artworks with empowering shadow  
work sessions to claim back your power and be  
free to create abundance with soul.

Not only do you end up with 2 of my artworks to  
use in your manifestation practice, but I also  
guide you through identifying and releasing those  
old stories that are preventing you from creating  
the life you really want.

Our sessions are spread out over the space of 4  
months to allow you to integrate each shift and  
see the results, gradually peeling back layers and  
building new foundations.

This is an incredibly powerful journey that is  
unique to me, and as it is a 1:1 offering there are  
only limited places available. If you would like  
more information or would like to apply to be  
lead through the Soul Creator Initiation, you can  
contact me on the details on the next page.



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Email now to schedule a  
**FREE Discovery Call** with  
Nessa to see how she can  
work with you.

A Discovery Call is the perfect  
opportunity to discuss your  
current needs with Nessa and  
see what options may work  
best for you.

**EMAIL NOW!**

**Nessa Lovell**

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