

THE
THINK BIG
DREAM BIG

55X5

MANIFESTATION
COURSE

Hello I am Rachael and I am so thrilled to share The Think Big Dream Big 55X5 Manifestation Course with you! I've used this process personally for several years to create some amazing things in my life. Things such specific amounts of money, winnings, cars, trips & vacations along with many other things. This has never failed me and always manifests the things I seek in divine timing.

This course is an extremely popular manifesting lesson. Currently it's all in PDF format that can be read on your computer. The only thing required from you is a pad, pen and your desire.

My greatest wish for you is that you manifest all that you seek and enjoy the journey in the process. Hold the Vision and Trust the Process. And don't forget to Think Big & Dream Big!

Have you ever heard the phrase “5X55 Manifestation Technique”? So, simply put, this Manifestation course is a technique that you use and that I have used many, many times to bring into existence the substance of what you want to manifest into your life. With the techniques in this course, you write down in form of a sentence what you really want 55 times for 5 days straight. There are so many ways of taking advantage of this powerful technique, in this course I will show you how you can use it to attract positive things to your life. I will show you the best ways to optimize this course and how to manifest your desires with this 55X5 Manifestation Course.

Course Overview

Step 1: Deciding What You Want to Manifest

Step 2: Creating an Affirmation of Gratitude

Step 3: Writing Your Affirmation 55 times in Blue Pen

Step 4: Continuing Step 3 for 5 Consecutive Days

Step 5: Let Go, Trusting and Surrendering to the Outcome

Step 6: Follow Your Intuition & Act on Discernment & Nudges

Before Beginning

Be sure to have a journal or notebook with a few dozen sheets of paper.



A blue pen that is comfortable to write with and won't run out of ink (not a pencil.

Your words need a solid commitment and cannot be erased). Blue is to imprint the mind and subconscious.



20-40 minutes of uninterrupted time.



A commitment to doing this process 5 consecutive days in a row.



A place to sit comfortably.



A glass of water, tea or wine. You can also add meditation music and candles.



A sacred space to place this worksheet or your journal once you're done.

Step 1: Deciding What You Want to Manifest

**The very first step to this course is
Knowing exactly what you want to manifest.
And specifically, choosing one thing to focus on
at a time. What is the single most burning thing
you desire right now? Let's Get crystal clear on
what you want and why?**

Here is an example:

If you were to write a list of all the reasons you want \$100,000.00 then what would be on your list?

I encourage you to get clear on:

- 1. What you will use this money for**
- 2. As well as how you will feel when you have this in your life.**
- 3. How imagining this wish fulfilled makes you feel.**

Come up with one sentence that sums up what you want to manifest. Be specific and always talk in a form where you **ALREADY have it.**

Here are some of my fav. Examples:

- I have financial freedom because I have started my own business.**
- I attract love everywhere and am now in a healthy, loving and happy relationship.**
- My business is a resounding success and making me \$2500 per week.**
- I have move into my dream home at (address).**
- Miracles manifest every day in wondrous ways and luck follows me in everything I do.**
- My prayers are always answered I now have (thing you desire).**
- I make (x amount of money) a month and am**

now financially stable.

- I work at (dream job)

You also have to let go of wanting control as to how this shows up.

Simply put, this is where you let go of any attachment to outcome. This is when you allow everything you've written to be optimized by Source to be vibrational match with your resonance. This or something better.

So what's the point of writing what you want to manifest in the first place? It's a way to keep the mind engaged and send your desires to your subconscious mind which is 300 times stronger than your conscious mind as you declare your desires plus it can be a very helpful way to bring clarity to what you're really wanting to manifest

and then open up to the infinite ways this can
take on form.

To the degree that any part of you is wanting
control, it will keep getting in the way of
allowing your divine Source Self to optimize the
form in which your preferences show up in your
life.

**STEP 2 – CREATE AN
AFFIRMATION OF
GRATITUDE**

**Create 5 different affirmations of gratitude for
what you wish to manifest.**

Affirmation Examples

**I am filled with gratitude for the 7-figure
recording deal I signed today.**

I am so grateful for attracting the love of my life!

**I am so happy and grateful for having
effortlessly attracted my dream home.**

**I am so joyful and excited to have manifested my
dream job.**

Affirmation Writing Tips



Keep the affirmation in the present tense as though you have already Manifested that which you desire.



Make sure your affirmation is fueled with positive FEELING.

Ask & YOU Shall Receive.

**Step 3: Writing Your Affirmation 55 times in Blue
Pen**

**Step 4: Continuing Step 3 for 5 Consecutive
Days**

Before you begin:



I have my pen.



**I have 20-30 minutes of dedicated and
uninterrupted time**



I am sitting comfortably and am ready to begin.



**I am surrendered, grateful and feel great about
this process.**

Begin Your 55 x 5 Process

**Now that you have your sentence you write this
down 55 times for 5 days straight. Make it a
ritual - light some incense, candles, use your
crystals, and meditate before or after. Whatever
feels right and fits in your schedule!**

**You can say every sentence out loud while
writing or visualize yourself having it and in
what form. Feel what you'd feel like when you**

HAVE it.

Step 5: Let Go, Trusting and Surrendering to the Outcome

Step 6: Follow Your Intuition & Act on Discernment & Nudges

Give thanks at the end of your list and/or be specific in which time period it's going to manifest. For example:

Love and gratitude, thank you, thank you, thank you!!!! Starting NOW.

Follow nudges and being led to act on things to help your desire manifest. Sometimes there is the mistaken thought that things always happens out of thin air sometimes you will be required to act on intuition or a feeling that is leading you help things manifest for your highest good.

Tip: fully TRUST that this is going to happen for you. Doubts and fears will only stagnate the process.

May all you seek to desire finds you in the physical.

Happy Manifesting!