

to mastering manifestation with Erica Krysta

Night of the New Moon.

(You have three days from the new moon to harness its energy)

- ^{1 –} Cleanse your space.
- \mathcal{Z} -Create a sacred space.
- 3 Meditate.
- 4 Write your list of what you want to manifest.

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Recite your list **3**x's in the morning, **6**x's in the after noon, **9**x's in the evening every day.

Meditating after reciting your list is highly recommended.

Rewrite your list on days indicated on the calendar.

You can write your lists at anytime of the day. It is recommended to write first thing in the morning when your energies are renewed and your mind is clear.





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