



The Feeling Board Guide

Feel the Shift!



How Do We Manifest?

Manifestation is happening all around us. We are powerful creators, always shaping our reality—whether we realize it or not. The life you're living right now is a reflection of the thoughts, emotions, and beliefs you've been carrying.

Many of us move through life on autopilot, unaware of the signals we're sending out. It can feel like the world is just happening to us. But both science and ancient spiritual teachings tell us the same thing: the Law of Attraction (LOA) is real—and it's always at work.

We're energetic beings, and like attracts like. Whatever we focus on, positive or negative—we draw into our experience.

What Is the Law of Attraction?

Renowned author Jack Canfield explains it beautifully:

"Simply put, the Law of Attraction says that you will attract into your life whatever you focus on. Whatever you give your energy and attention to will come back to you.

So, if you stay focused on the good and positive things in your life, you will automatically attract more good and positive things into your life. If you are focused upon lack and negativity, then that is what will be attracted into your life."

In other words, your emotions are like radio signals—you receive whatever you're broadcasting.

Exercise:

- What are you attracting into your life?
 - What emotions are you putting out consistently?
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Why Do We Want to Manifest Anything?

At the root of every desire is a feeling we're hoping to experience.

Want to manifest money? Maybe you're actually craving relief, security, freedom, or fun.

Want a partner? You might be longing for love, connection, support.

Want better health? That might mean feeling strong, energized, or vibrant.

But here's the tricky part: when we think about what we want, we often *don't* feel good.

Thinking about money might bring up fear or scarcity. Thoughts of love might trigger loneliness. Health goals might activate frustration or shame. If those are the dominant feelings you associate with your desires, you're sending out a low vibration—and attracting more of the same.

Exercise:

- What do you want to manifest?
 - How do you *actually feel* about each one when you think about it?
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The Four Steps to Manifesting

1. **Know what you want**
2. **See it clearly**
3. **Feel it as if it's already yours**
4. **Let it go**

Sounds simple, right? But many of us get stuck on steps 2–4.

That's because thinking about what we want often triggers subconscious doubts, fears, or limiting beliefs. We start focusing on what we *don't* have—and attract more of it.

Exercise:

- Are you feeling any resistance or negative emotions when you think about your desires?
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Why Vision Boards Haven't Been Working

Vision boards are beautiful and inspiring in theory—but for many people, they trigger the opposite of what they're meant to evoke.

You pin up pictures of a dream home, a soulmate, a thriving business... but instead of feeling excited, you feel anxious. A tightness in your chest. A swirl of doubt in your stomach. You might even avoid looking at your board altogether because it brings up how far away those things feel.

Here's the truth: if a picture evokes feelings of lack, unworthiness, fear, or doubt—then that's the vibration you're sending out. Not the house. Not the partner. Not the success. Just the low frequency wrapped around it.

It's not your fault. Vision boards often ask you to jump emotionally to a place you're not vibrationally ready for yet. And instead of lifting your frequency, they quietly remind you of what you *don't* have.

That's why we shift from visualizing *what* we want to feeling *how* we want to feel.

What Is a Feeling Board?

A **Feeling Board** is a collection of emotions turned visual. It's not about the things—it's about the frequency.

It might include images, colors, symbols, or hand-drawn shapes that evoke the emotions you want to live in: peace, freedom, love, safety, joy, connection, clarity.

Instead of forcing yourself to feel something when looking at a house or a car, you go straight to the *real* reason you want those things—the way they'll make you feel. And you start living in that emotional space *now*.

The more you feel those high-vibe emotions now, the faster your external reality begins to shift.

Vision Board vs. Feeling Board

Vision Board:

- Focuses on physical things or outcomes
- Can unintentionally trigger lack or disbelief
- Often relies on future-based thinking

Feeling Board:

- Focuses on emotions and energetic alignment
 - Accessible right now
 - Helps raise your vibration and attract from a place of ease
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How Do You Make a Feeling Board?

Start by identifying the core feelings behind your desires. If you want to manifest \$200,000/year, ask yourself:

- What would that money bring you emotionally?
- What does stability or freedom *look* or *feel* like to you?

For me, stability looks like standing on solid concrete. Relief feels like a deep breath, my shoulders relaxing. I couldn't find images that captured that, so I drew them. Your mind knows what it means, even if no one else sees it.

Symbols, colors, textures, smells—whatever evokes the *feeling* is fair game. Don't overthink it.

Look at your Feeling Board often—daily, even hourly. It's not about letting go like a vision board. It's about continually tuning in.

That's also why I created the 17-Second Pause—to help you reconnect to your manifesting energy throughout the day. (You can download that on my website too!)

What If I Don't Know What I Want?

That's totally okay. I didn't either.

For years, I didn't have a clear worldly goal. I had been a traveling ESL teacher and part-time healer. I thought I should step fully into healing—but I couldn't feel that as my truth.

I'm a free spirit. The typical life goals—an expensive home, cars, college funds for kids I don't have - didn't resonate. I wasn't even sure what *purpose* meant for me.

But I did know how I wanted to *feel*: clear, purposeful, calm, and secure.

The more I tuned into those feelings, the more clarity I received. My direction started to emerge—not from striving, but from aligning.

"Mind the Gap"

There's always a gap between where you are and where you want to be. The key is not to obsess over the gap—but to find the emotional frequency of the destination *now*.

When I thought about making a certain amount of money, I would feel tension and doubt. But when I focused on what that money would *feel like*—freedom, trust, groundedness—I could breathe easier. And that's what I began attracting.

Ready to Make Your Own?

Exercise:

- Click on the worksheet button on the website
 - Create your own Feeling Board
 - Choose symbols, colors, or images that evoke your desired emotions
 - Revisit it often. Tune in. Let it guide you.
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If you have questions or want to share how your board is working for you, reach out at memanifestevolution@gmail.com. I'd love to hear from you!

Keep raising your frequency. You're already on the path.

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