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MANIFEST
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FIND YOUR TRUE LOVE IN 30 DAYS



ROBIN REED

MANIFEST YOUR MAN

FIND YOUR TRUE LOVE IN 30 DAYS

ROBIN AUSTIN REED



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Manifest Your Man - Find Your True Love in 30 Days.

Robin Austin Reed

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This material is general dating advice only and is not intended to be a substitute for professional medical or psychological advice. This book is for entertainment purposes only. This book contains sexually explicit material and is not intended for persons under the age of eighteen (18).

This book is dedicated to women that are ready experience a quality relationship with a good man.

We do exist.

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PROLOGUE



***"INTENTIONS COMPRESSED INTO WORDS ENFOLD MAGICAL
POWER."***

~DEEPAK CHOPRA



"A GOOD INTENTION CLOTHES ITSELF WITH SUDDEN POWER."

~RALPH WALDO EMERSON



"OUR INTENTION CREATES OUR REALITY."

~WAYNE DYER

CHAPTER 1

BEFORE YOU BEGIN - SETUP YOUR ONLINE PROFILE

MANIFEST YOUR MAN IN 30 DAYS



Welcome to Manifest Your Man - Find Your True Love in 30 Days!

It's completely possible to turn around your dating life almost effortlessly, but before we get too far along, I need you to do something for me before we begin.

This book includes access to a **FREE** online course with fifteen videos and growing, a Facebook Group, and multiple downloads.

Before you begin, please go right now to **THIS LINK** (RobinAustinReed.com/ManifestYourMan) and create your free profile.

I'll be referencing all these videos as we work through the book and you'll need to stop, watch, and download certain handouts to keep up with the material.

This is 100% complimentary and your information will not be shared with anyone.

I'm looking forward to you *Manifesting Your Man*.

~Robin

Course:

RobinAustinReed.com/ManifestYourMan

CHAPTER 2

BEFORE YOU BEGIN - JOIN THE FACEBOOK GROUP



Facebook Group: Click this link or go to
[https://www.facebook.com/
groups/manifestyourmangroup/](https://www.facebook.com/groups/manifestyourmangroup/)

SECTION ONE: A STRONG FOUNDATION



INTRODUCTION / SETTING YOUR INTENTION



Enjoyable relationships begins with the power of intention.

I'm so proud and honored you've made the decision to read this book. You are in for a powerful journey.

During the next 30 days, we will discuss what it means to BE the amazing woman that good men want.

Here is the outline of what you'll read:

SECTION 1: SETTING UP A GOOD FOUNDATION

In this section, you'll set your intention for the kind of man you want to be with and really get your energy right to have a good start and a strong finish.

SECTION 2: THE INNER WOMAN

We all have baggage from the past. In this module, we'll discuss

your ideas of men, what's working and what's not. You'll find this section to be very healing, and even therapeutic if you haven't done any soul work.

SECTION 3: DATING AND COURTING

This is where it gets fun! Dating can be a truly enjoyable experience if you have the right mindset and understand what you're here to do. When dating right, you'll attract amazing men that can turn into friends and enrich your life in wonderful ways, supporting your femininity and bringing the gift of masculinity in your life in healthy ways.

SECTION 4: UNDERSTANDING MEN

The misconceptions of men are huge! We're often thought of (even called) as simple when nothing could be further from the truth. Men, especially men that have done their soul work, are amazingly conscious, awake and aware of their own life and have a LOT to offer the world...and a good woman. In this book, I'll give you the real and raw, behind-the-scenes viewpoints of what good men want, how we live and what we're looking for in women.

I'm so glad you're here! Don't be nervous, I'm only an email away and will guide you through the entire experience.

Looking forward to your journey.

Much love,

~Robin

CHAPTER 3

GET YOUR ENERGY MOVING



Ever carried around energy that just didn't serve you? You're feeling upset or unsupported and have negative feelings inside you causing distress. The boss yelled at you, your friend didn't follow through, and there you are rehearsing the entire scenario in your head with nagging inner dialogue.

Before you know it, the energy from one scenario is now carried into other events and you find yourself perpetuating a downhill slide.

THERE IS HOPE AND THE CYCLE CAN BE STOPPED.

I'm discussing this here because tension is going to rise as we move through this course. I'm going to give you some "tough love" and probably say a few things that you may not agree with or don't support where you are in your life.

I get it. And for this course to stay true, we must deal with the issues, change our viewpoints, and there will be times where you'll have to back entirely away and clear your energy.

So, here's a guided, seated meditation you can do to release the old and place yourself in a state of ushering in the new. Don't get caught up in the techniques or if you're "doing it right", just jump into this simple breathing exercise to let go. You don't have to touch your fingers together or sit in crazy positions; you can even do this seated at your desk at the office. Just do it until you feel release (tears are normal).

By the way, I got this practice from an amazing energy worker that showed me how to ground myself to create confidence and a sense of empowerment (Thank you Renee!).

Ready...here we go.

1. Sit comfortably, legs uncrossed
2. Drop a grounding cord (from the bottom of your spine) as big as a hollowed-out tree trunk and broader than your body and aura.
3. Add a Teflon coating inside the cord so that all the energy that is not yours slips down this cord with grace and ease (if you'd like, you can give it a bright or neutral color).
4. At the top of the grounding cord, see a switch (like a light switch) Turn this switch on, you have officially set

- your grounding cord on release. Energy, that is not yours, will go down your grounding cord.
5. Next, place your focus on the bottom of your feet and see earth tone colors coming in through the bottom of your feet (your feet chakras). Watch that beautiful, crisp earth color swirling around your feet, ankles traveling up your calves, knees, thighs and butt, making its way towards your first chakra, washing and cleansing as it goes.
 6. Once the earth energy reaches your first chakra, have 70% of break off and go down your grounding cord. The remaining 30% can swish and swirl around your chakra. Do this loop for a few minutes ... running your earth energy.
 7. Place your focus on the cosmos (several feet above your head). See a color. Make it fresh energy, calling in this beautiful cosmic energy from an area of the cosmos that hasn't been tapped into and have that beautiful energy come in through your crown chakra. Watch it as it makes its way down through your crown washing and cleansing as it goes ... the head, back of the eyes, ears, neck.
 8. Continue watching this cosmic energy travel down your back channels ... washing and cleansing as it makes its way down your back (there are two channels, whatever that means to you will be fine).
 9. Watch that cosmic energy travel down to your first chakra meeting up with the earth energy with 70% of the combined earth and cosmic mixture going down your grounding cord. Keep this loop going for a few minutes.
 10. The remaining 30% earth and cosmic combination will travel up your front channel (one channel) washing and

cleansing all your chakras as it travels towards your shoulders.

11. At your shoulders, have 5% of the combined earth and cosmic energy go down your right arm and another 5% go down your left arm (your arms are your creative channels, clearing them of blocks is like creating a concerto)
12. When you're ready, continue traveling up the chakras with the combined earth and cosmic energy dusting off and spinning the remaining chakras (sixth and seventh). Eventually spouting out of your crown chakra like a waterfall, washing off each layer of your aura (seven layers that coincide with the chakras)
13. Are there rips and tears on the aura that need mending? Dark spots? Whatever doesn't belong there will wash off with grace and ease. You can even place a color onto each layer of the aura. (Remember, the top layer is what others see.)
14. Finish off with a golden sun. Call in a sun, watch it fill it up with your essence, that's all the energy you left elsewhere throughout your day, week, year, lifetime. When it's nice and full, crack it open (like an egg) over your crown chakra and let your essence seep into your body. There's plenty of room for "you" as you had already rid yourself of all the other energy that wasn't yours (via the ground cord).



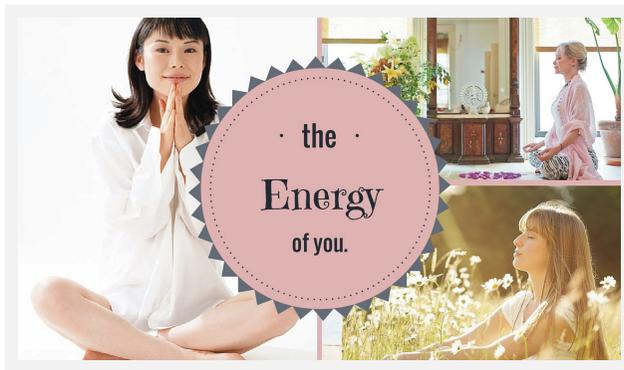
If you're feeling cranky, it's likely some energy that's not yours has gotten inside of you. Follow the steps above. Place roses around you (called a catcher's mitt) Check in with the roses. If they look wilted, change them as often as you need.

Those are the basics to running your energy. Enjoy!

When you find yourself holding onto old stuff, frustrated after a date, not forgiving others or...angry at Robin because of something he said in this program, do this practice.

Love you girl. You're doing great!

~Robin



VIDEO #1 - GET YOUR ENERGY RIGHT

MANIFEST YOUR MAN



log into your course account at:
www.RobinAustinReed.com/ManifestYourMan

Watch this video titled
Get Your Energy Right

