

# Picture It Real: Neville's Manifestation Snapshot Ritual

## Nightly SATS Ritual Outline

1. Relax into bed and begin deep breathing.
2. Choose one desire to manifest.
3. Create a vivid scene that implies it is already fulfilled.
4. Enter the scene in first person - see, hear, and feel from within.
5. Allow gratitude or joy to rise within you.
6. Repeat nightly until the scene feels natural and real.

## Picture-Taking Log

| Date | Scene | Emotion | Sleep | Result |
|------|-------|---------|-------|--------|
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## Neville-Inspired Journal Prompts

- What is the story I am telling myself right now?
- What scene would prove my wish is fulfilled?
- What would I feel if it were already true?

*Mantra: "I AM the author of my world."*