

3 6 9 MANIFESTATION RESTATION RESTATION

TRUEMINDFULNESS.ORG

Introduction

What is the 369 Manifestation Method?

Put simply, the 369 Manifestation Method is the process of

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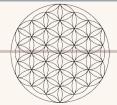
What to expect from this journal



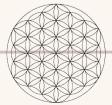
How To Use This Workbook

STEP 1:

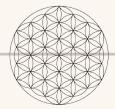
The first thing you must do is create your manifestation mantra.



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STEP 2:

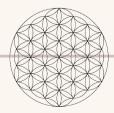


DAY 1

Morning Mantras:

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Midday Mantras:



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