

She Creates Money

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Module 3 : Chapter 4
Your Audio Manifestation System



ENGLISH



AUDIO MANIFESTATION STYLE

"I Need to Hear It. I Need to Say It."

WHO IS THIS FOR?

This style is for you if:

- You constantly **talk to yourself in your head**
- You replay conversations or imagine what you should have said
- You process clarity by **speaking things out**
- You enjoy **podcasts, audiobooks, voice notes**
- You remember what you **hear more than what you read**
- You feel more confident after **rehearsing out loud**
- You naturally motivate or coach yourself internally

You think in **dialogue.**



HOW TO KNOW THIS IS YOUR STYLE

Ask yourself honestly:

- Do I rehearse conversations before they happen?
- Do I replay past conversations in my head?
- Do I feel clearer after speaking (not just thinking)?
- Do I prefer listening over reading?
- Does my **tone of self-talk affect my mood instantly?**
- If most answers are **yes** → this is your strongest channel.

TECHNIQUES (HOW TO ACTUALLY USE IT)

Technique 1: Spoken Affirmations (With Conviction)

This is **training your voice to lead.**

How to do it:

- Pick **3 affirmations only**
- Say them **out loud**
- Use **emotion + certainty** (not flat tone)
- Repeat **3 times daily**
- Continue for **at least 3–6 months**

Example:

- “I receive money easily.”
- “This is my price.”
- “Money comes to me consistently.”

TECHNIQUE 2: VOICE NOTE PROGRAMMING

Your voice → your most trusted input.

How to do it:

- Record your affirmations in your own voice
- Speak naturally (not robotic)
- Listen:
 - While walking
 - Before sleeping
 - During low-energy moments

Repetition + familiarity = acceptance

TECHNIQUE 3: LOOP LISTENING (PASSIVE PROGRAMMING)

How to do it:

- Play affirmations or empowering audio on loop
- Use during:
 - Driving
 - Cooking
 - Resting
 - Before sleep

Bonus:

- Listen to **uplifting music** (not draining content)
- Choose audio that matches the reality you want

TECHNIQUE 4: CONSCIOUS INNER DIALOGUE

How to do it:

- Catch negative loops
- Replace with intentional statements

Instead of:

- “What if I mess this up?”

Shift to:

- “I handle this clearly.”



TECHNIQUE 5: CHANTING / REPETITION PRACTICE

Ancient. Simple. Powerful.

How to do it:

- Choose one line:
 - “I receive 10x what I spend”
- Repeat:
 - 21 times (minimum)
 - 108 times (deep work)
 -

Why it works:

- Rhythm reduces resistance
- Repetition builds belief

TECHNIQUE 6: REAL-LIFE APPLICATION

Bring it into daily life:

- **Before meetings:** rehearse your words
- **Before pricing:** say it out loud
- **Before decisions:** speak clarity