

# She Creates Money

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Module 3 : Chapter 5

Energy Manifestation: I Need to Feel It



ENGLISH



# ENERGY MANIFESTATION STYLE

*"I Need to Feel It to Receive It."*

## WHO IS THIS FOR?

This style is for you if:

- Your **body reacts before your mind understands**
- You feel things deeply - **people, spaces, situations**
- Your **mood directly affects your actions**
- You can't force yourself to do something if it doesn't feel right
- You pick up on **energy shifts instantly**
- You feel expansion or contraction in your body when making decisions
- You've said things like:
  - "I just don't feel good about this"
  - "Something feels off"
  - "This feels aligned"

You move from **state**



## HOW TO KNOW THIS IS YOUR STYLE

Ask yourself:

- Do I feel tight or relaxed before I even think logically?
- Does my body respond instantly to money, decisions, or opportunities?
- Do I avoid things that feel heavy—even if they make sense?
- Do I perform best when I feel good internally?
- Do I struggle to act when I feel anxious, rushed, or pressured?
- If most answers are **yes** → this is your strongest channel

### **TECHNIQUES (How to Actually Use It)**

#### **Technique 1: Emotional Embodiment (Feel Before You Have)**

Most people wait:

“I’ll feel good when I have money.”

That’s backwards.

## How to do it:

- Sit still
- Ask:
  - “If I already had what I want... how would I feel?”
- Pick one feeling:
  - Calm
  - Secure
  - Powerful
  - Relieved
- Sit in that feeling for 2-3 minutes

## Technique 2: Breathwork for Expansion

### How to do it:

- Inhale (4 sec) → expand belly
- Hold (2 sec)
- Exhale (6 sec) → soften body

### Add this layer:

- Inhale: “I can hold more”
- Exhale: “I am safe”

Repeat for 5-7 minutes

### **Technique 3: Money Safety Check (Body Awareness)**

#### **How to do it:**

- Close your eyes
- Say internally:
- “I now have more money than ever before”
- Observe your body:
  - Tight?
  - Open?
  - Neutral?

Don't fix it. Just notice.

Because awareness = entry point to change

### **Technique 4: Regulating Before Action**

#### **How to do it:**

Before any important action, ask:

“Can I stay relaxed while doing this?”

Then:

- Soften your body
- Slow your breath
- Act from that state

## **Technique 5: “Act As If” (State First, Action Second)**

### **How to do it:**

- Ask:
- “How does the version of me who already has this feel?”
- Step into that feeling
- Then act

### **Examples:**

- Send the message calmly
- Speak without urgency
- Decide without pressure

## **Technique 6: Release & Reset Ritual (Deep Work)**

### **How to do it:**

#### **Step 1: Release**

- Write:
  - fears, pressure, patterns around money
- Tear the paper
- Burn or discard it consciously

#### **Step 2: Intention**

- Write new choices:
  - “I feel safe with money”
  - “Money supports me”

#### **Step 3: Embodiment**

- Close eyes
- Feel the new state in your body
- This is nervous system reset.