

Laura Lavigne's  
**Dancing with Life's  
MAGIC**

**Pre Step: Declare the five Essences of the Form you are manifesting.**

*Step One:*

Find the Essence in your life *as it is today*

*Step Two:*

Amp it up and Apply Gratitude (spiritual Kegels)

*Step Three:*

Create and Send your invitation (pre-validate your "Affirmations") / use as mantra

*Step Four:*

Trust (as in restaurant)

*Step Five:*

Observe, be Selective and (again) Apply Gratitude

*Step Six:*

Take Calm, Steady and Daily Actions.

"Pray while you move your feet"

Peek Behind Doors

*Step Seven:*

Recognize the Essence when it comes to you