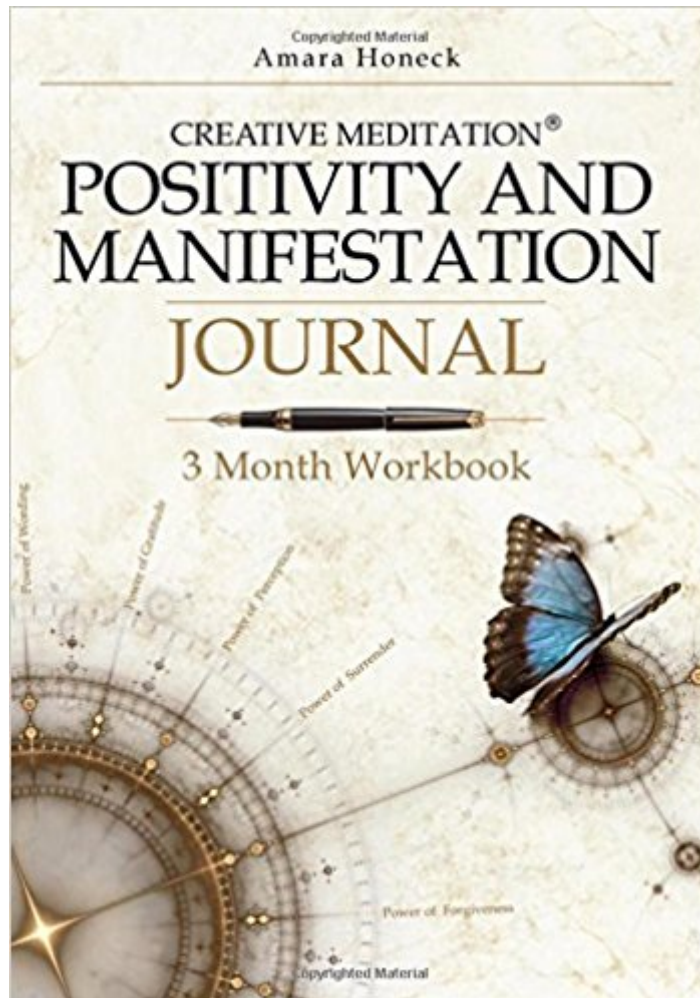


The book was found

# Positivity And Manifestation Journal: 3 Month Workbook



## Synopsis

Traditional journaling has always been a way to record feelings, emotions, let downs, and disappointments. But what if recording negative thoughts, reliving past hurts, and focusing on the negative aspects of a situation were detrimental to your ability to create a better life? Author, shamanic practitioner and counselor, Amara Honeck, has written the Positivity and Manifestation Journal as a companion journal to her book Creative Meditation and Manifestation (CMM): Using Your 21 Innate Powers to Create Your Life to help you shift to a positive mode of thinking while working on manifesting your goals. Manifestation journaling is entirely different from traditional journaling because it teaches you to focus attention on the positive aspects in your life to help empower your soul and co-create the life you desire. Through the CMM practice detailed in her book, users of this journal will tap into their positive, innate Powers of Thought, Emotion, Wording, Gratitude, Perception, and Journaling to train the brain to be more present and aware of daily positive situations, bringing about a powerful shift in thinking and perception. This three month interactive journal offers daily pages to record blessings, goals, inspirational ideas and positive comments, situations, and thoughts. This book also uses drawing and visualization as a creative force to help journalers notice synchronicities and opportunities to take inspired action as outlined in Amara's Creative Meditation and Manifestation book. Its portable size makes it convenient to carry in a briefcase, purse, or backpack for journaling anywhere you go. Tap into your POWER to create the joy and happiness you deserve by engaging daily in positive writing and positive thought to create your beautiful life.

## Book Information

Diary: 192 pages

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Average Customer Review: 4.4 out of 5 stars 6 customer reviews

Best Sellers Rank: #880,302 in Books (See Top 100 in Books) #46 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Graphology #54 in Books > Self-Help > Handwriting Analysis

## Customer Reviews

Amara Honeck is a shamanic practitioner and counselor, having extensively worked within this form of spiritual focus on life enlightenment and problem-solving. Her practice within this discipline includes finding one's own personal spiritual power, soul healing, and dreamwork. She has studied with the Foundation for Shamanic Studies and the internationally-known Monroe Institute, further learning about personal exploration and expanded states of consciousness. She has studied meditation, is a certified Tibetan sound bowl healer, and is a shamanic medium with clairaudient abilities. She shares with clients and readers the understanding between ordinary and non-ordinary reality and how, incorporating her techniques, the two can merge with significant life-changing results.

I purchased the "Positivity and Manifestation " journey as continuation of the journal pages in Ms. Honeck's book , "Creative Meditation and Manifestation" The journal is much like the note pages in the "Creative Meditation and Manifestation", except that the full pages in the journal allows more "writing" room for the thoughts and goal outlines and of course coloring pages . It is a great companion to the "Creative Meditation and Manifestation"!!!!

Update: I finally got to the place where Amara explains the CMM journaling and got super excited about this journal. It will be perfect. There's a lot of pieces, but this lays it out perfectly. I just didn't understand it at first. Works great with the guidebook. The follow-along feel is delivered by the main book, for sure. This fits the bill to continue the creative/manifesting journaling process.-----Another review said this journal includes coloring pages. I do not see any. The book is nicely laid out, but every layout is exactly the same. I was expecting more of a "follow along" feel with the 21 days in the book. Hopefully it will be useful, but not what I was expecting, nor something you couldn't easily replicate yourself if you didn't want to spend the money.

Good book

Completed the 21 day CMM program and are now continuing on, journaling with this as my first manifestation journal.

Fast delivery. Very happy with purchase.

It is good but should have ordered the "Using Your 21 Innate Powers to Create Your Life" book along with it. Hard sometimes to write manifestation downs and would like prompts.

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