



VITA™ ELYSIAN MANIFESTATION GUIDE

FOR MEN & WOMEN

**In this guide, I'm going to teach you how to
do a "VITA™ Elysian Manifestation."**

V I T A™

a vital and integrated
Tantric approach

E L Y S I A N

a blissful state

M A N I F E S T A T I O N

the process of bringing into
existence, to make real

**VITA™ Elysian Manifestation is how
you make your desired outcomes real by
entering a blissful state.**

At the end of this guide, you'll learn the "VITA Elysian Manifestation Ritual," which will allow you to powerfully turn your visions into reality.

Successful manifestation requires 3 pieces:

A clear vision

A high energy state

A "yes" from your unconscious mind

**In this guide, you'll walk through each step so
you can create the most empowered intentions
for the year ahead!**

**And, because we do things pleasure-style, you just
know it will involve some sexy rituals to amplify the
experience (and just to make it more fun!).**

A CLEAR VISION

Please take a moment to brainstorm at least
20 desires that you have for 2024.

Think of the following categories:

Relationship

Career

Self-care

Finances

Sexuality

Adventure

Health

Spirituality

Play

Community

Celebration

Goals

Fashion

Fitness

Family

Travel

My Top 20 Desires

FOR 2024

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Now, consider the mindset you want to hold in order for these desires to come true. A mindset is an overall way in which you approach life.

A mindset can be something like:

Gratitude

Positivity

All my dreams coming true

I am magnetic to everything I desire

Relentlessness

Surrender

Celebration

Peace

These are the 3 most important mindsets for me to hold in 2024:

1

2

3

Now, you're going to prepare a manifestation with a clear vision. First, take your most important desire from the list above.

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Write your top desire here:

(Example: I want to feel connected in my true love partnership)

Now, I invite you to close your eyes and bring yourself to December 31st, 2024. You have achieved that desire. And, you've spent 2024 embodying your top 3 mindsets and your top 3 feelings. This means you've kept the top 3 mindsets throughout all your days and you've chosen to feel your 3 most desired feelings throughout the entire year. You didn't wait to have the connection in your true love partnership, you chose the mindset and the feelings either way.

Envision yourself on December 31st, 2024, having lived that way all year long and having this top desire realized.

This feeling state allows you to make the vision real. Because your brain can't tell the difference between a visualization and reality, the more detail you can envision from having this desire realized, the more real it becomes to your brain. As you visualize this, you will also be signaling to your nervous system that it is safe to have your desire.

With your eyes closed, notice the following:

What I see:

What I hear:

What I touch:

What I smell:

What I taste:

Now, open your eyes and write down the following:

What do you see around you?

What are you wearing? What location are you in? Who, if anyone, are you with? What is happening around you?

What do you hear?

What are you saying? What are other people saying? Is music playing? Can you hear sounds from the environment?

What do you touch?

Perhaps you are touching your own skin or clothing. Or, maybe who do you touch? Perhaps a pet. Are you holding something significant, like a child or an award?

What do you smell?

Is there perfume, incense, the scent of someone's skin? Maybe you smell nature around you or salt in the air?

What do you taste?

Perhaps someone's lips or food, or, just the taste of your own mouth as you are in a happy state.

Now, consider the ways that you most want to feel in 2024. Instead of waiting to fulfill our goals in order to feel how we want to feel, it's super important that we choose to feel our best *now*.

Feeling states can be things like:

Happiness	Vibrant
I am proud of myself	Radiant
I am a success	Powerful
Joy	Creative
Sexy	Abundant
Magnetic	Free
Playful	

These are the 3 most important feeling states for me in 2024:

1

2

3



Congratulations!

You now have the first
necessary piece of your
manifestation, a clear vision!

Now, onto the 2nd necessary component for
a successful manifestation...

A HIGH ENERGY STATE



One of the key components of a successful manifestation is to be in a high energy state when you call in the manifestation.

One of the most important keys to unlocking your manifesting powers is to be grateful for whatever you have.

Think about an entitled toddler throwing a fit and demanding that you buy them a toy: how likely are you to give it to them?

Now, think about that same toddler saying, "I love you and I'm so grateful for everything you've done for me. It would delight me to have this toy to play with."

Now how likely are you to give it to them?

When we work with the Universal Mother, a true state of gratitude goes a long way. (Not to mention, it just feels so much better.)

**Take a moment to reflect on your past year, all of 2023.
What are you grateful for right now in your life and from
the past year?**

**Write down 20 gratitudes below and, as you write them, invite
yourself to deeply feel the experience of gratitude within you.**

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Now, here is a key for you: most manifestation guides will only take you up until *this point*.

If you stopped here and revisited your mindsets, emotions and desires while also remembering to be grateful every single day, you'd be well on your way to having a much more powerful year.

But here, we like to supercharge things by using the power of pleasure and energy to get on the manifestation expressway.

Now, I'm going to share with you an incredibly powerful ritual you can do to supercharge your manifestation capacity!

This ritual involves pleasure and activating your body with breathwork, so that as you meditate, you enter an even higher energy state and invite the power of your subconscious mind to say "yes" to that which you desire.

If you do this ritual, you will have completed all 3 keys of a successful manifestation:

A CLEAR VISION

A HIGH ENERGY
STATE

A "YES" FROM YOUR
UNCONSCIOUS MIND

15-MINUTE

VITA™ ELYSIAN MANIFESTATION

RITUAL



1

Sit for a moment in meditation

2

State this intention out loud: "May this manifestation become realized in alignment with the highest good of all beings." This ensures that whatever you create is in the highest good for all beings involved.

3

Put on a 15-minute long playlist. You can find my recommended Spotify playlist [HERE](#).

4

Visualize your manifestation from above. Imagine it's December 31st, 2024. Visualize what you see, hear, touch, smell and taste. Feel that you've been living with your 3 key mindsets and feelings all year.

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Say to yourself as you have this visualization, "It is safe, it is safe, it is safe." Truly feel that you can have this manifestation and it will be safe.

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Start to deepen your breath. Take a long, slow inhale and a deep, slow exhale. This deeper breathing will slow down your mind and help you drop into a relaxed state in your body. Continue this deep breathing for 2 minutes.

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Now, you'll continue breathing like this as you bring in the experience of pleasure. You can either fully self-pleasure or you can sensually touch your body. The important piece of this is that you feel pleasure throughout your whole body. This can look like gentle touching on your neck, belly and skin. It can also be full self-pleasure. If you're self-pleasuring, instead of pushing yourself to climax, just focus on feeling as much pleasure as you can through your whole nervous system. Continue this for 3 minutes.

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Now, in this state of high energy and with your full body activated from pleasure, you're going to begin envisioning your manifestation. Remember to see it, touch it, hear it, taste it and smell it.

9

As you're experiencing this vision, continue to breathe deeply and notice the feeling of pleasure. In this state, you're imprinting 3 very important things into your nervous system.

A

That it is safe to have your vision.

B

That it is highly pleasurable to have your vision (your nervous system will seek that which it knows to be pleasurable).

C

That you have opened your unconscious mind with the breathwork and come into your body.

Now, it's not just your conscious mind that will be a "yes" to this manifestation, but your body will also be a "yes," where your powerful unconscious mind is held. Hold your vision for 3 full minutes. This can be slightly challenging, but if you get distracted, just gently return to presence, remember your vision and keep going!

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Outloud, exclaim 7 "yes's" to empower your vision.

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At the end of this ritual, lie in silence.

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Seal the manifestation with 10 gratitudes that you feel from your life in this very moment.



Your pleasure manifestation is now complete!!!

This is an extraordinarily powerful process and you can do it with any of your desires. We were meant to be co-creators with this magical Universe. Enjoy using the powers of your desire, your body, your vision and your pleasure to dance through your sacred life.

Love, Layla