



Daily Alchemy
Create Your Magical Life

NEW
ALCHEMIST'S MANIFESTING
LAB BOOK



www.dailyalchemy.com



WELCOME

to the your alchemist's laboratory. All alchemist's know that they have an inner and outer laboratory. Your inner laboratory is in your thoughts, mind and soul and you take it with you everywhere you go. It's where we will experiment with raising your vibration. Your outer laboratory is the physical world. It's where you take inspired actions and see the results of work in both realms, the physical and non-physical.

OK, lets follow the steps and start manifesting!





EXPERIMENT:

What would I like to create now in my life?

A series of horizontal dotted lines for writing.

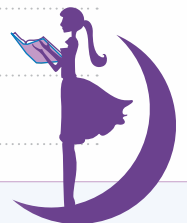




STEP 1:

How am I going to raise my vibration now?

Handwriting practice area with 20 horizontal dotted lines.





STEP 2:

What is already good about my situation as it is now?

Handwriting practice area with 20 horizontal dotted lines.





STEP 3:

How am I can I focus on what I want create?

What techniques will I use? Check off all the items you will use

- ☐ Vision Or Dream Board
- ☐ Pray Rain Journal And/Or Scripting
- ☐ Affirmations Or Mantras
- ☐ Visualizations
- ☐ Being As If
- ☐ Other

What steps did I take to implement my new story?

How do I feel about my new story?

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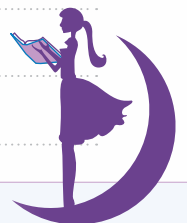
STEP 4:

Have a relaxed about what I am creating?

Do I already feel the feeling of having it? Can I release the desire for it?

What else can I focus on that will bring me joy?

Handwriting practice lines consisting of multiple sets of three horizontal dotted lines.





STEP 5:

What am I grateful for right now? What can I appreciate?

Can I be thankful for what's on the way, too?

Handwriting practice lines consisting of multiple sets of three horizontal lines (top, middle dashed, bottom) for writing.





RESULTS:

What results have I seen from my experiment? How am I feeling?

What changes or manifestations have I noticed?

Lined area for writing results, consisting of 20 horizontal dotted lines.





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Keep Playing with this lab book. You can print it out and use it over and over. If you get stuck or frustrated, listen to the video in this kit labeled: What to do when your experiments don't work. Feel free to go to my Facebook page (link: <https://www.facebook.com/Michelle-DobbinsAuthor>) and post your successes or questions.

I'd love to celebrate with you or help you tweak your experiments for better results.