The 5 Essential Elements of True Transformation

**Element 5 – The Power & Science of Manifestation**

Further Action Guide

Transformation Intention: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manifestation is a science. It involves many elements and practices. We prepare ourselves by following steps 1-4 of the 5 essential elements.

1. To engage with the manifestation mindset, start with a list of what positive things have come into your life lately:
2. Make a list of where and how to broadcast your transformation intention (You can follow the broadcast amplification Tiers – internal self, external self, external self, external other close, external others community, targeted shares)
3. Get curious about your barriers to receiving and what you can do to change them. List them here: (Note: They always have to do with de-coding opportunities if they come to you in different forms than you were expecting, being aware of yourself and your needs, doing steps 1-4 on true transformation, the ability to say yes, including to things that scare you)

True Transformation Sequential Workshops

If a Ranch guest elects to do the 5 workshops sequentially, they will build each day on the day before to be poised and ready for the experience of a **true transformation.** Yet each individual workshop can stand alone to provide participants with new knowledge, an experiential process and clear homework “exercises” to deepen that element of inner fitness.

A person wearing glasses

Description automatically generated with low confidenceDr. Julie Lopez Bio: Dr Julie’s relatable style inspires transformation of every type through her professional speaking, trainings and writings. She is the founder and CEO of Viva Partnership, a mental health inspired healing service offering virtual and in person coaching across 9 states. She is an award-winning entrepreneur and trauma expert, frequently sought by the media for her expertise in trauma, addictions and how to rework the “invisible” aspects of the human experience. Her book Live Empowered outlines the important role of Implicit Memory in true transformation.