



Zen Oasis

Heal • Guide • Transform

THE ULTIMATE  
INTENTION  
SETTING  
*process*



7 STEPS TO CLARITY,  
ALIGNMENT & MANIFESTATION



DREAM • FOCUS • ALIGN • MANIFEST

# WELCOME TO YOUR Intention-Setting Journey



If you adore the notion of the *limitless possibilities* you can create for yourself in life, then you will love this **7-Step Intention Setting Process**.



Each year (usually on Dec 31st) I spend a few hours using the following 7-step process to map out my **goals, dreams, wishes and desires** for the coming year.



For the last 5 consecutive years I'd say that **over 80% of the things on the list have manifested** or materialised into my reality. I find it really fun to wait six months and then be able to check off certain items or experiences from the list.



I used this exact same process to manifest an **international book deal** within just 10 days of setting the intention on my list.



The secret to this initial start to the manifesting process is that I wrote down **how I wanted to feel** about each item and the experience, the buzz or thrill it would give me and the impact it would have on others.



So here is the **7-step process** I use to get into the **feeling space** with setting intentions no matter what time of year it is...



*...but first, here is a special invocation designed to begin the intention setting process.*



## AS YOU BEGIN...

- ♥ Find a quiet space where you can focus without distractions.
- ♥ Write from your heart and be completely honest with yourself.
- ♥ Stay open to new ideas, possibilities, and opportunities.
- ♥ Trust that every small step you take has the potential to create meaningful change.
- ♥ Most importantly, enjoy the journey of discovering what is truly possible for you.



*“ Your intentions plant the seeds of your future.  
Nurture them with belief, gratitude, and inspired action,  
and watch them grow into the life you are meant to live. ”*



## INVOCATION



DEAR BEAUTIFUL  
*Higher Self,*



I am listening to what you really want to create and now  
calling upon you to flow your intentions through this pen.



**I trust and surrender** the outcome will unfold  
in Divine timing and I believe (with every fibre of my being)  
that I am never given more than I can handle.



In the spirit of **magic, celebration and joy** let us now  
commence this intention writing session and spark off  
the energy that will allow for the manifesting process to begin.



*With All My LOVE...*



SIGN HERE:

DATE:



BREATHE. TRUST. RECEIVE.



*I am open to miracles, alignment  
and infinite possibilities.*





# GIVE YOURSELF

## *Some Space*



Before you begin your intention-setting journey,  
create a calm, supportive space just for you.  
This is your time to slow down, tune in and dream.



### SET ASIDE ABOUT 30 MINUTES

Choose a time when you won't be disturbed.  
This is uninterrupted time dedicated  
to you and your dreams.



### GATHER YOUR TOOLS

You'll need a pen, some paper, a notebook  
OR print out this worksheet to fill in.



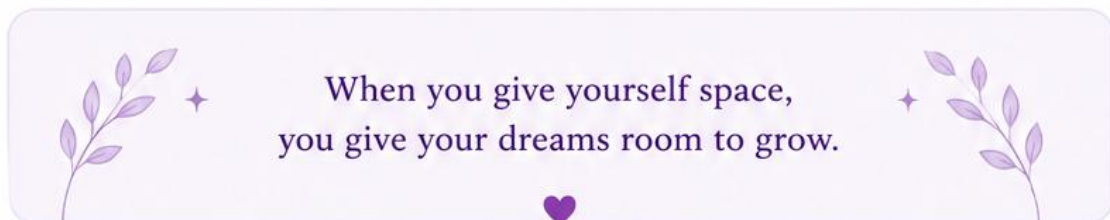
### CREATE A COMFORTING ENVIRONMENT

You might enjoy a cup of tea, some calming music,  
a candle, or anything that helps you relax  
and feel good.



### ALLOW YOURSELF TO DREAM

Let your imagination run wild.  
There are no limits here.  
This is your time to explore what you truly want.



When you give yourself space,  
you give your dreams room to grow.



STEP  
**2**

# ALLOW YOURSELF *to Meditate*



Meditate for **10 minutes** to clear your heart and mind.  
Focus on your breath and allow yourself to fully relax.  
If you have trouble slowing your thoughts, try putting on  
some soft, soothing music to help you drift into a  
**state of surrender.**



## FOCUS ON YOUR BREATH

Inhale deeply... hold gently... exhale slowly.  
Let your breath anchor you in the present moment.



## LET GO OF DISTRACTIONS

Release tension with each exhale.  
Allow your mind to quieten and your heart to open.



## BE PRESENT

There is nothing to achieve right now.  
Just breathe, be and receive.

## ✧ USE THIS INVOCATION ✧



*"May I now be given a clear space within my  
mind/body/spirit complex to connect with  
my heart's truest desires. May I now tune into  
the greater good for my higher self and allow for  
my goals, dreams, wishes and desires to flow onto paper."*



STEP

3

# BEGIN THE *Writing Process*



Now it's time to put your thoughts, dreams and desires onto paper.  
This is where the magic begins!



## FILL IN YOUR WORKSHEET

Print out and complete the 'Goals, Dreams, Wishes and Desires' worksheet in this document and fill in the blanks.



## DREAM WITHOUT LIMITS

Allow your imagination to run wild and dare to dream up the most amazing experiences for yourself.



## EXPAND YOUR VISION

Open your mind and extend your consciousness to welcome new possibilities and adventures you'd truly enjoy.



## GIVE YOURSELF TIME

Take at least 30 minutes to map out your intentions.  
This is an extremely important step in the process!



*Dream. Write. Believe.*  
*You are creating the life you truly want.*



STEP

4

# HOW WOULD *You Feel?*



Beside each thing or experience you list on your worksheet,  
write **how you would feel** when they manifest  
or when you achieve your intention.



## TUNE INTO YOUR EMOTIONS

Close your eyes for a moment and imagine  
it's already yours.  
What emotions come up?



## EXPLORE EVERYTHING

Would you feel freedom? Loved? Powerful?  
Courageous? Sexy? Fierce? Empowered?  
Think beyond the ordinary.



## MAKE IT REAL

Write the emotions in detail. Feel the excitement,  
peace, joy, and gratitude as if it's already happening.



## WRITE IT DOWN

Capture the feeling beside each item on your list.  
This is where the magic deepens.

“

How you would feel is **EVERYTHING**.  
It's the true spark inside of your soul.



STEP  
**5**

# WHAT WOULD *You Love the Most?*



Now it's time to prioritize what matters most to you.  
This helps you focus your energy where it counts.



## 1. RANK YOUR INTENTIONS

Next to each section or intention, write down  
the order of importance on a scale of 1 to 10.

10 = 'need it now'

1 = 'it can wait'



## 2. SET YOUR DESIRE DEADLINE (OPTIONAL)

Place a date next to it if you wish to  
set a desire deadline.



## 3. ENJOY THE PROCESS

This is REALLY fun to look back on  
in a few years from now!



Clarity + Priorities + Deadlines  
= Powerful Manifestation



STEP

6

# CREATE

## *Action Items*



Big dreams begin with small, intentional steps.  
Take **inspired action** to bring your vision to life.



### 1. TAKE ONE SMALL ACTION

Write one thing you could take action on within the next week that would start the ball rolling in the direction of your goals, dreams, wishes and desires.



### 2. SUPPORT YOUR SUBCONSCIOUS MIND

This small step signals your subconscious mind and helps set a clearer path for things to manifest.



### 3. ANY ACTION COUNTS

It could be something simple like:

- "Collect travel brochures"
- "Save \$5 towards my dream home"

Every action, no matter how small, creates momentum.



You don't have to see the whole staircase,  
just take the **first step**.





# TRUST AND SURRENDER *to the Process*



**...Let it go.**



## 1. PUT YOUR LIST AWAY

Put your list away for a while.

You could seal it up in a pretty envelope and place it at the bottom of your jewelry box, OR you could place it in the back of a treasured book you have on your bookshelf.



## 2. RELEASE ATTACHMENT

Trust that the Universe is working behind the scenes. There is a divine timing to everything. Allow the how, when and where to unfold in the highest way for you.



## 3. HOLD THE FEELING

Make sure you hold the essence of the feelings you're trying to create in your heart as you move forward into your life. Live, enjoy and be open to receive.



You've planted the seeds.

*Now trust, surrender and receive.*



# 5x55 MANIFESTATION TECHNIQUE

## WORKSHEET OVERVIEW

By the time you begin completing this worksheet, you'll want to be sure you've reviewed the entire Manifesting Ritual Guide, where I explain in full detail how the ritual works, the history behind it and what you need to be prepared for.

A basic summary is that this ritual is a powerful part of the creation process. It's a manifesting ritual that has been used for thousands of years, from the ancient Egyptians to the teachers of the New Thought Movement in the 1800s. And its purpose is to help you attract your desires into physical reality by honing your vibration and focusing its energy on that which you wish to attract.

The 5x55 Manifestation Technique is a simple 7-step process:

- Step 1:** Deciding What You Want
- Step 2:** Creating an Affirmation of Gratitude
- Step 3:** Writing Your Affirmation 55 times in Pen
- Step 4:** Continuing Step 3 for 5 Consecutive Days
- Step 5:** Trusting and Surrendering to the Outcome
- Step 6:** Hiding Your Ritual
- Step 7:** Follow Your Intuition

It sounds so simple, yet the power can be unfathomable.

The only way to truly understand it is to experience it for yourself (as well as to gain insight on the experiences of others and how it works, by reviewing this Manifesting Ritual Guide.

So go ahead, review this Manifesting Ritual Guide and let us begin!

Love,  
Konchok Yangchen

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Love,  
Konchok Yangchen

# BEFORE CONTINUING FURTHER (PRE-REQUISITES)

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## ✓ Review the Manifesting Ritual Core Content

### Preparation and What You Will Need

You have:

- ☐ This entire worksheet (printed out) or a journal or notebook with a few dozen lined sheets of paper.
- ☐ A pen that is comfortable to write with and won't run out of ink (not a pencil. Your words need a solid commitment and cannot be erased).
- ☐ 20–40 minutes of uninterrupted time.
- ☐ A commitment to doing this process 5 consecutive days in a row.
- ☐ A place to sit comfortably.
- ☐ A glass of water, tea or wine.
- ☐ A sacred space to place this worksheet or your journal once you're done.

### Optional:

Choose some of the following to make this sacred space uniquely your own and one that feels amazing to you.

#### Ideas for you:

- ☐ Inspiring or relaxing music.
- ☐ Scented candles or incense.
- ☐ Fire place
- ☐ Get naked or in a nice robe.
- ☐ Glass of wine, coffee or tea.

#### Your own ideas:

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# AN AGREEMENT WITH YOUR HIGHER-SELF



This is where you create your personal invocation to  
your Higher-Self for committing to this ritual.

Speak from your heart. Be honest, clear and sincere.

Let this be a sacred promise to yourself.

*My Invocation*

Write your agreement or promise here:

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I honor this commitment.

I trust the process.

I choose to believe, receive and allow.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

STEP

1

# STEP 1 – DECIDE WHAT YOU WANT

The very first step to the Ancient Manifesting Ritual is knowing what you want. And specifically, choosing one thing to focus on. Let's figure out exactly what that is for you.



What is the single most burning thing you desire right now?

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Why is it you want this?

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Do you feel excited by the possibility of having this?

☐ Yes

☐ No

\_\_\_\_\_  \_\_\_\_\_



If the answer is **YES**, move on to **STEP 2**.



If the answer is **NO**, go back and explore a new desire.



STEP

2

## STEP 2 – CREATE AN AFFIRMATION OF GRATITUDE



Create 5 different affirmations of gratitude for what you wish to manifest.  
(Examples are provided below for inspiration.)

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### ☆ AFFIRMATION EXAMPLES

- 'I am filled with gratitude for the 7-figure book deal I signed today. Thank you Universe! My creative mission is being fulfilled for the greater good.'
- 'I am so grateful for attracting the love of my life! Thank you Universe!'
- 'I am so grateful for having easily and effortlessly attracted my dream home.'
- 'I am so joyful and excited to have manifested my dream job. Thank you Universe!'



### AFFIRMATION WRITING TIPS

- ☐ Keep the affirmation in the present tense as though you have already manifested that which you desire.
- ☐ Make sure your affirmation is fuelled with positive **FEELING**.



### REMEMBER THESE CONCEPTS

- ☐ Ask and you shall receive
- ☐ BE, DO, HAVE
- ☐ Fake it 'til you make it!
- ☐ Walk the talk
- ☐ Leap of faith
- ☐ Act as if...



✧ Gratitude is the magnet that attracts miracles. ✧



Look at your 5 affirmations and choose your favourite. It should be fuelled with the most amount of feeling from the list above.

\_\_\_\_\_ ♥ \_\_\_\_\_



**Re-write it one more time.**

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**How does it feel?**

If you feel it's a bit long, but that you can get the same amount of feeling into a shorter version, write that version now. (when you're writing this 55 times, you'll be glad you did this!)

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STEP

3

# STEP 3– *Begin Your Ritual*



You will now begin your **55x5** Ancient Manifesting Ritual.



The following pages were created to serve you for **Days 1–5** – through both the writing process of your affirmation, as well as some opening and closing affirmations to declare.



Remember to feel and allow yourself to get carried into a meditative state during the process.

**Write out your 'Affirmation of Gratitude' 55 times.** Relax your hand as you write, and flow with the words. Really feel the gratitude for your desires that have already manifested on the ethereal plain.



Feel empowered by the amazing results that are being attracted to you now and witness the snowball effect starting to take place that you are taking affirmative action towards creating a life you love.



*You are aligned. You are powerful. You are creating your dream life.*





## DAY 3 – MANIFESTING RITUAL

### Before you begin

- I have my pen.
- I have 20–30 minutes of uninterrupted time.
- I am sitting comfortably and ready to begin.
- I feel calm, grateful and focused.

### Begin Your 55 × 5

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## DAY 3 – MANIFESTING RITUAL

### Before you begin

- I have my pen.
- I have 20–30 minutes of uninterrupted time.
- I am sitting comfortably and ready to begin.
- I feel calm, grateful and focused.

### Begin Your 55 × 5

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## DAY 4 – MANIFESTING RITUAL

### Before you begin

- I have my pen.
- I have 20–30 minutes of uninterrupted time.
- I am sitting comfortably and ready to begin.
- I feel calm, grateful and focused.

### Begin Your 55 × 5

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## DAY 5 – MANIFESTING RITUAL

### Before you begin

- I have my pen.
- I have 20–30 minutes of uninterrupted time.
- I am sitting comfortably and ready to begin.
- I feel calm, grateful and focused.

### Begin Your 55 × 5

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## DAY 2 – MANIFESTING RITUAL

### Before you begin

- I have my pen.
- I have 20–30 minutes of uninterrupted time.
- I am sitting comfortably and ready to begin.
- I feel calm, grateful and focused.

### Begin Your 55 × 5

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## DAY 1 – MANIFESTING RITUAL

### Before you begin

- I have my pen.
- I have 20–30 minutes of uninterrupted time.
- I am sitting comfortably.
- I feel calm and grateful.

### Begin Your 55 × 5

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