

MINDSET MAGIC



Manifestation
KIT



Hello beautiful Soul,
Thank you for choosing

Mindset Magic.

*Your Mini Manifestation Kit was created with
intention, care, and energy*

A 3-Day Ritual to
Release,
Align
& Receive

*Whether this box found you through curiosity, a
gift, or alignment -
you're exactly where you're meant to be.*

*Your energy is your spell
Take a deep breath -*
✧ **Your ritual begins now** ✧

Love,
The Sisters of Mindset Magic

◆ WHAT 'S INSIDE ◆

3 X LAYERED BATH SALT POTIONS

Epsom Salt
Pink Himalayan Salt
Dried Botanicals
(rose, lavender,
rosemary, camomile, Jasmine petals)
Skin-safe colourants
Essential Oil Blend

3 X TEALIGHT CANDLES

AURA MIST

Distilled Water
Essential Oils
Optiphen Plus (preservative)
Exotic ylang ylang
Moonflower
Sandalwood essential oil
Lillie of the valley fragrance oil
Vanilla fragrance oil
Witch hazel (alcohol free)

SAFETY NOTES

Keep away from children + pets
Patch test aura mist if sensitive
Avoid bath salts on broken skin

Do not ingest
Never leave a flame unattended
Store all products in a cool, dry place,

✧ DAY 1 – LET GO ✧

FIRE RITUAL

✧ Prepare Your Space ✧

Create a sacred space by clearing clutter, dimming lights, silencing devices and ensuring that all of your ritual tools are within reach.

Take **3 slow deep breaths** in through your nose & **release your breath** through your mouth feeling **grounded & present**.

This signals to your nervous system:

“I am safe”

FIRE CLEARS - BREATH SOFTENS. LET GO.

1. LIGHT YOUR CANDLE.

Use the flame to visualise a warmth, deep in your stomach.

With each breath in, feel it grow in heat and size. We are building up the energy we want to release.

Name the things you want to let go of, the events, the people, the old version of you... and when you are at full breath, slowly begin to exhale, but keep your candle lit.

Continue with a steady breath, your choice to let go with complete presence, to what no longer serves you.

2. MIST YOUR AURA.

Spray above your head & around your body.

As the scent settles into your energy field, take a deep inhale and imagine the mist dissolving any stagnant or unwanted energy, leaving you surrounded by clear, new space

3. ADD DAY 1 POTION TO WARM WATER

If you don't have a bath, the aromatherapy works just as well in a warm foot or hand soak.

As your body settles notice how light you feel without the heavy emotions, tension, past attachments, and focus on that feeling of freedom and release.

Allow the rich salts to soothe your muscles and draw out physical & energetic stagnation; while the aromatic blend of camomile, rosemary and jasmine absorbs into your aura, leaving your spirit feeling clean, aligned & rejuvenated.

MANTRA:

"I release what no longer serves to me."

4. ✧ **S**EAL THE RITUAL ✧
Seal your practice with a 'Let Go' meditation



✧ DAY 2 – SET YOUR INTENTION ✧

WATER RITUAL

WATER REVEALS WHAT MATTERS.

1. LIGHT YOUR CANDLE.

Focus on the flame, today it represents our clarity and focus. Gaze gently at the flame, allowing its quiet, steady presence to anchor you further in this present moment with balance and grounding.

2. MIST YOUR AURA.

Spray above your head & around your body.

As the scent settles close your eyes and let the aroma transport you, to the future of your dreams. Picture your surroundings, what can you see, or hear and how do you tell this is the future of your dreams?

3. ADD DAY 2 POTION TO WARM WATER

If you don't have a bath, this activity can be done in a big bowl

As you add the salts to warm water, breathe in the lavender, allowing your whole body to soften while the scent wraps around you.

With the clarity of your visualisation in mind, ask yourself what do you need to become that version, let the thought crystallise as you soak.

MANTRA :

"I choose clarity, confidence and calm."

4. BRING YOUR INTENTION TO LIFE

Keep it simple and honest, and use your finger to write your intention in the water, letter by letter. Focus on seeing each letter form, in the fluidity and movement of the water. With every letter you write you are becoming the version of you that already has the life you desire

*Place your hand on your heart
and speak your intention three times.*

Allow your body to fully exhale and reset.

5. ✧ SEAL THE RITUAL ✧

Crystallise your vision with your clarity meditation



✧ DAY 3 - CALL IT IN ✧

AIR RITUAL

**MANIFESTATION IS RECEIVING -
NOT FORCING, BUT ALLOWING IT IN**

1. LIGHT YOUR CANDLE. IGNITE YOUR REALITY

As you light the flame, you activate the energy of receiving. As the wick catches, watch the flame dance. Hold your hands close enough for you to feel the heat, let the warmth be a physical act of receiving ready for the future you are calling in

2. MIST YOUR AURA.

Spray above your head & around your body.
Day 3 is all about embodiment, not just hoping, but knowing with certainty, that what you want already exists, here and now, and you can chose to feel it. Basque in it.

MANTRA:

*“What I call in,
is already moving toward me”*

3. ADD DAY 3 POTION TO WARM WATER

If you don't have a bath, the aromatherapy works just as well in hot water

Sit comfortably and soften your shoulders. Let your hands rest open on your lap, palms facing upward.

Take a slow breath in through your nose, channel the scent of rose into the feeling of pure love, for yourself and the reality you are creating.

Feel the air enter through your nose and begin to harness its power, Feel the momentum in the rhythm of your breath, and let each inhale grow a little more than the one before. Visualise the intention you set, your call is mighty and all obstacles are blown out of your way.

You are the magnet of your desires

With your exhale, silently think:

"It is already mine"

With each inhale, silently think:

"I call it in"

4. ✧ SEAL THE RITUAL ✧

Crystallise your vision with your Day 3 meditation



**NOTE ANY FEELINGS OR THOUGHT THAT ARISE
FROM YOUR PRACTICE**

