

Victoria Lorient-Faibish's Daily Manifestation & Healing Ritual

(Sacred Morning Invocation for Reality Shifting, Healing, and Embodied Sovereignty)

1. Quantum Command (Opening)

Spoken aloud or whispered with conviction:

"I am the author of my reality. I call back all energy I've given away. I reclaim my body, my focus, my joy. Today I command a shift into alignment, health, and radiant purpose. So it is."

2. Embodied Future Self Activation

Stand tall. Feel into the version of you who is already healed, powerful, and thriving.

Ask: How does she/he/they walk? Breathe? Speak? Love?

Say:

"I choose to embody the version of me who is already free, vibrant, and grounded in joy. I allow that frequency to rise in me now."

3. Speak to Your Cells (Healing Invocation)

Place hands on the area you're focusing on (e.g., abdomen).

Whisper:

"Every cell in my body is listening. I speak to you with love. You are safe now. You may release all fear, inflammation, tension, and limitation. I invite light, flow, and ease into this space. I declare my abdomen healed, smooth, and vibrant with health. Thank you, thank you, thank you."

4. Elevated Emotion Flooding

Breathe into the feeling of already having your healing.

Let gratitude, joy, freedom rise in your chest.

Say:

"I allow the emotion of fulfillment to flood every cell. I celebrate my healing now. I feel it. I claim it. I anchor it."

5. Inspired Action Prompt

Ask:

"What one small aligned action can I take today to honor my healed self?"

Wait. Listen. When the answer comes, smile and say:

"I commit to this with joy. My actions align with my highest good."

6. Invitation to the Universe.

Pause in stillness. Place your hands on heart and womb. Whisper or

Thank you Universe for your continual support. I invite you in. Walk with me today. Support my choices, my voice, and my light. Help me live from gentleness, not force. I am listening. I am open."

7. Closing Prayer

"Thank you for this day. Thank you for my life. May my energy be protected, my body be loved, and my path be clear. May I serve without depleting. May I heal without efforting. I trust the unfolding. And so it is."

Use this ritual daily to anchor yourself in a new vibration of wholeness.

Keep a copy near your altar, bedside, or mirror. Read aloud with presence and love.

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