

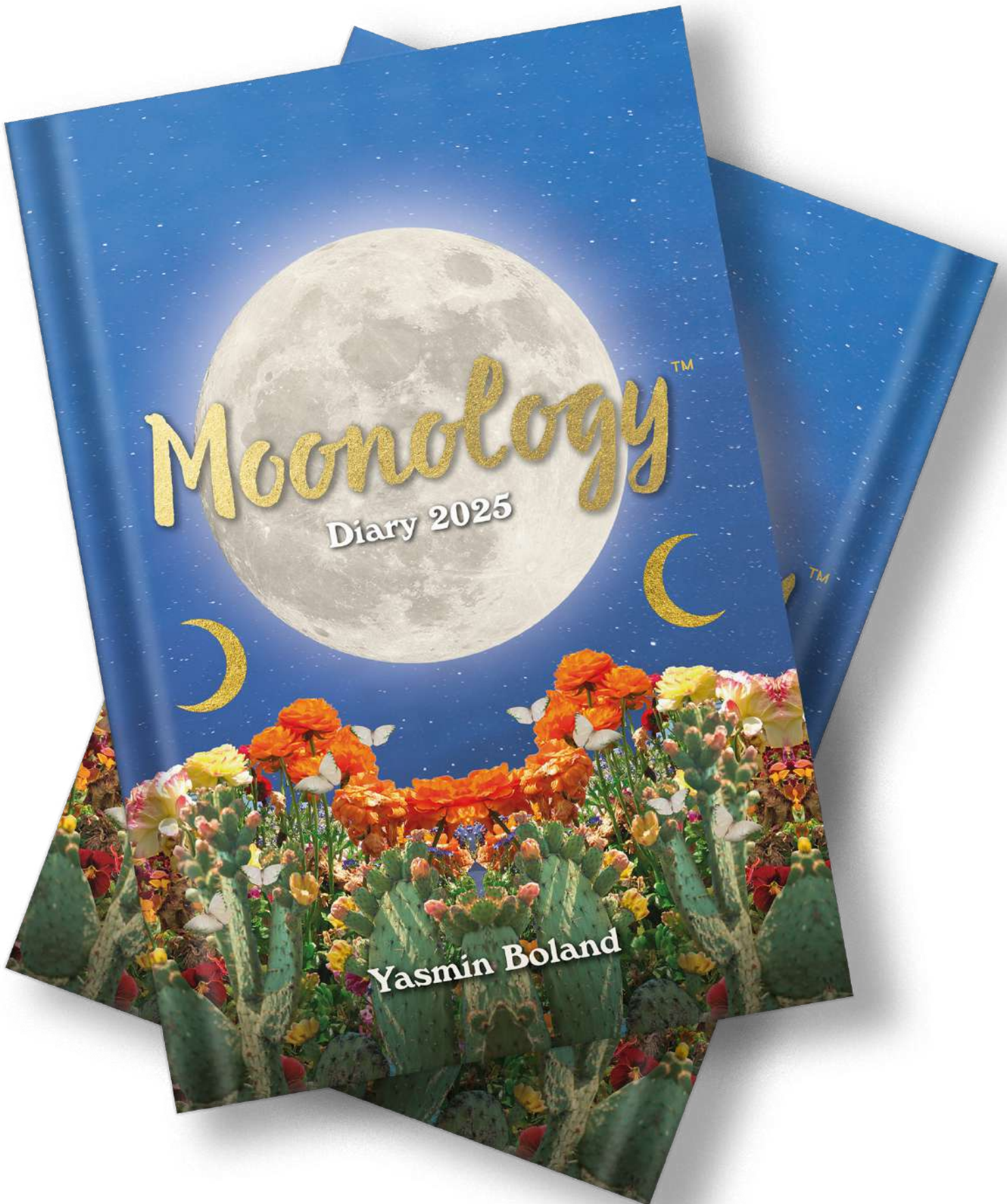


# FAST MANIFESTING

Accelerate Your Manifesting Powers Using The Magical Lunar Cycle



Sponsored by the Moonology Diary 2025





This guide offers you 3 super-quick and super-impactful rituals to align with the **Moon's energy**, even on your busiest days...

Do You Want To Learn **How To Manifest Better FAST...?**

The Best Way To Do That Is  
By Applying '**Fast Manifesting**' In Your Life





**This works for:**

- Manifesting more cash
- Manifesting a happier love life
  - Manifesting a new job
- Manifesting selling your home
- Manifesting buying a new home
- Manifesting anything else you can believe in

If you have a dream you want to make real without wasting precious time and energy on manifesting methods which just don't work then then...

### **Here's the thing...**

- The most important thing in manifesting is raising your vibration and the Moon's energies are super high vibration
- The Moon offers us the ultimate manifesting framework - set intentions at New Moon and release it to the Divine at Full Moon
- We are all manifesting 24/7 anyway so better to be manifesting for our Highest Good!

### **But we are all so busy, right?**

Yes!

However, there is a mistaken belief that engaging in meaningful Moon-led practises or rituals requires hours of your time.

People think that for a technique to work, it has to be elaborate and therefore time-consuming.

But the truth is, even the simplest of methods can hold immense power, especially when done with intention and focus. Which is what is being discussed here.

It's all about getting your head in the manifesting zone preferably once a day but even just at New and Full Moon...

It's all about working with the Moon and manifesting in a way that raises your vibration so you can't HELP but start to manifest - it's about GOLD-STANDARD manifesting!



For hundreds of year, the info that I'm called 'Fast Manifesting' was a very closely guarded secret, shared only between people who thought each other sufficiently 'spiritually enlightened' or somehow 'magical'.

This close-minded attitude wasn't really their fault. It grew out of the fact that at one point in history, if you taught or practised this kind of thing, you could literally be killed for it; burned at the stake, hanged or drowned!

So people were super careful about who they shared it with.

But all that has changed and we can all come out of the manifesting closet now. The methods in this guide will help you become an manifesting expert, sending out your desires confidently, 24/7 without even trying.

More than anything, they are Moon-based methods which raise your vibration.

But there is a catch - you can't just read this PDF and set it aside and expect everything to fall into your lap.





## **You have to actually do it!**

People know about making New Moon wishes and doing Full Moon forgiveness but this is the icing on the manifesting cake...

The basic ideas behind the methods in this guide:

- **Reprogram your subconscious mind using quick and effective methods that can be done during a morning routine or a brief break in your day.**
- **Cultivate a habit of gratitude with Moon-aligned practices that only take a few minutes. The simple gratitude technique can be seamlessly integrated into your morning or evening routines, boosting your well-being and attracting positivity.**
- **Release and renew with breathwork - there are rapid techniques for releasing negative energies and renewing your spirit on a daily basis, aligned with the phases of the Moon. These practices can be a quick yet potent part of your morning or nighttime routines.**



## Lunar Alignment:

Each Fast Manifesting method is designed to resonate with the specific energy of the current moon phase, ensuring that you are in harmony with the natural lunar cycle.

Whether it's the New Moon, Full Moon, or the quarters in between, find a ritual that suits the specific lunar energy and your time constraints.



These quick rituals prove that even a few focused minutes can significantly impact your spiritual practice, enhancing your connection to the lunar energies.

Embrace Moon Magic in Your Daily Life...

The aim of Fast Manifesting is that you no longer have to choose between your schedule and your spiritual practice!

These methods offer a practical, effective way to integrate the magic of the Moon into your everyday life, ensuring that even on the busiest days, you stay connected to the celestial rhythms.

So here we go... we're off to the Moon!

## **1. LUNAR-LED AFFIRMATIONS**

Lunar Affirmations: Supercharging Your Subconscious with the Moon's Power

As you might know, affirmations are a powerful tool in shaping our reality. When done correctly, they have the potential to reprogram our subconscious, replace limiting beliefs with empowering ones, and create positive changes in our lives.

But what if you could amplify this power even further? That's where Lunar Affirmations come into play, blending the potent practice of affirmations with the dynamic energies of the Moon's phases.

The Moon's cycle is a natural rhythm that influences the ebb and flow of ener-

gy in our world. Each phase of the Moon – from the New to the Full, the Waxing to the Waning – carries specific energies and symbolic meanings. By aligning your affirmations with these phases, you tap into a deeper, cosmic rhythm that magnifies the impact of your words.

In this Lunar Affirmations section, we explore how to harness the unique energies of each Moon phase to reinforce your affirmations.

Whether it's planting seeds of new beginnings under the New Moon, celebrating achievements and expressing gratitude during the Full Moon, or releasing and letting go during the Waning Moon, these practices help to align your intentions with the universe's natural cycles.

This approach to affirmations goes beyond mere repetition of positive statements. It's about syncing your deepest intentions with the lunar energy, creating a powerful synergy that resonates with your subconscious. Prepare to experience a profound shift in your affirmation practice, as you align your words with the rhythmic dance of the Moon, transforming your aspirations into your reality.

These affirmations are designed to resonate with the energy of each lunar phase, helping to set a positive and intentional tone for the day. Repeating them during your morning routine can help align your mindset with the current Moon phase, enhancing your connection to its energies.

Wait. Is this just mumbo-jumbo?

No!



In their book, *Words Can Change Your Brain*, neuroscientist, Dr. Andrew Newberg, and communications expert, Mark Robert Waldman, stated, “a single word has the power to influence the expression of genes that regulate physical and emotional stress.”<sup>1</sup>

According to an article published by Psych Central, *Self-Sabotage: Why You Hold Yourself Back*, timely affirmations empower you to shift the internal narrative. Furthermore, by engaging in more positive self-talk, “...you can begin to stop self-sabotaging and work towards the life you deserve.”<sup>1</sup>

One study examined whether replacing negative thoughts with positive ones and imagining positive outcomes could control Generalized Anxiety Disorder (GAD). The researchers concluded that replacing worrisome thinking with “different forms of positive ideation”<sup>1</sup> might be an effective way to conquer worry.

## 1. MORNING INTENTION AFFIRMATION

- **Ritual:** Start the day with a positive affirmation aligned with the current Moon phase. For example, during a New Moon, affirm intentions for new beginnings; during a Full Moon, affirmations for completion or gratitude.

- **Time Commitment:** 1-2 minutes

- **Process:** While preparing for the day (like during a morning shower or while getting dressed), repeat the affirmation three times to set a positive tone and intention for the day.



**AFFIRMATIONS FOR THE NEW MOON PHASE  
(New Beginnings)**

“I welcome new opportunities and beginnings into my life with open arms and an open heart.”

“Today marks the start of a new chapter filled with growth, joy, and abundance.”

“I am open to the new paths that unfold before me and embrace them with courage and hope.”





**DURING THE WAXING MOON PHASE**  
**(Growth and Building)**

“I am growing stronger and more focused with each passing day, moving closer to my goals.”

“Every step I take is leading me towards greater success and fulfilment.”

“I trust in my ability to build the life I desire, one step at a time.”



## FULL MOON AFFIRMATIONS (Completion and Gratitude)

“I am grateful for the abundance in my life and celebrate the completion of my goals.”

“I reflect on my achievements with gratitude and pride, ready for the next cycle of growth.”

“As I gaze upon the full moon, I am filled with thankfulness for the journey and the lessons learned.”





**DURING THE WANING MOON PHASE  
(Release and Letting Go)**

“I release what no longer serves me, making space for new blessings and happiness.”

“I let go of past worries and fears, embracing peace and calm in my heart.”

“As the moon wanes, so do my doubts and fears, leaving clarity and strength in their place.”

## Unsure of the Moon Phases?

So, you're ready to embrace the empowering practice of lunar affirmations, but there's a catch — you're not exactly sure what Moon phase we're in. No worries, that's exactly what [the Moonology Diary](#) is here for! It has the Moon phase for every day of the year!

The Moonology Diary is more than just a diary; it's a comprehensive guide to the lunar year, meticulously detailing each phase of the Moon. It's perfect for those moments when you want to align your affirmations with the lunar energies but need a bit of guidance on the current phase.

Whether it's a New Moon, Full Moon, First Quarter, or Last Quarter, the diary provides not only the dates but also insightful interpretations of what each phase means for you.

Get your hands on [the Moonology Diary](#) and never miss aligning your affirmations with the Moon's energy again.

With this diary by your side, you can confidently engage in your affirmation practice, knowing you're in perfect sync with the Moon's cycle. It's your essential companion for making the most out of every Moon phase, ensuring your affirmations are as potent and timely as possible.





## 2. LUNAR BREATHWORK

Elevating Your Practice with Moon Phases and Intentions

Breathwork is a profound practice, renowned for its ability to calm the mind, rejuvenate the body, and uplift the spirit.

***“In two recently published studies, we explored several different techniques and found that a breathing exercise was most effective for both immediate and long-term stress reduction.”*** – [Harvard Business Review](#)

When we do breathwork, we move out of fight or flight mode and into alignment. Remember, we are all manifesting 24/7 so either we are manifesting more of what we want or less of it. When you're stressed, well, since the Law of Attraction states that like unto itself is drawn, you will attract more stress.

So use breathwork to calm down – even if you're not deliberately manifesting at that point, when you're less stressed you will feel better and when you feel better you attract more things to feel good about.

***“Daily deep breathing exercise (DBE) can lower resting blood pressure (BP) and reduce stress and anxiety.”*** – [Russo et al., 2017; Zaccaro et al., 2018; Yau and Loke, 2021](#)

And now, take it to the next level!

When you align this powerful technique of breathwork with the phases of the Moon and your personal intentions, it moves to a whole new level of potency.

This is the essence of Lunar Breathwork — a practice that intertwines the ancient wisdom of breath control with the rhythmic cycle of the Moon.

The Moon's phases are not just markers of time; they are symbols of growth, transformation, release, and renewal.

By aligning your breathwork with these phases, you create a harmony between your inner world and the Moon. This enhances your intentions, whether you're seeking to initiate new projects at the New Moon, bring things to fruition during the Full Moon, or release and reflect during the Waning phases.

In this Lunar Breathwork section, you'll discover exercises tailored to each significant phase of the Moon. These practices are designed not only to align with the specific energies of these phases but also to resonate with your personal intentions. Whether you're a seasoned practitioner or new to the world of breathwork and moon magic, these exercises will guide you in creating a deeply personal and spiritually enriching practice.

Prepare to embark on a journey that combines the ancient art of breathwork with the timeless cycle of the Moon, enhancing the power of your intentions and deepening your connection to the cosmos.

Each exercise is tailored to the unique energies of these moon phases, helping to deepen your lunar practice and enhance your connection to the moon's rhythm. They are designed to be both simple and profound, making them accessible for anyone regardless of their experience with breathwork.

Here are four breathwork exercises specifically designed to align with the different energies of the New Moon, Full Moon, First Quarter Moon, and Last Quarter Moon:



## 1. New Moon Breathwork: Intention and New Beginnings

**Focus:** Setting intentions and embracing new beginnings.

### **Instructions:**

Sit comfortably, close your eyes, and focus on what you wish to manifest or initiate. Inhale deeply and slowly, visualizing drawing in the energy of new possibilities and beginnings. Hold your breath for a moment, allowing your intentions to solidify. Exhale gently, visualizing any obstacles or doubts being released. Repeat this cycle for 3-5 minutes, focusing on the fresh energy of the New Moon.

## 2. Full Moon Breathwork: Release and Gratitude

**Focus:** Releasing what no longer serves you and embracing gratitude.

### **Instructions:**

In a relaxed position, think of things you are grateful for and aspects you wish to release. Inhale deeply, imagining the Full Moon's light bringing clarity and fullness. Hold your breath briefly, basking in the feeling of completeness. Exhale slowly, releasing any negativity, stress, or unnecessary burdens. Continue this process, aligning with the releasing energy of the Full Moon.





### 3. First Quarter Moon Breathwork: Decision-Making and Action

**Focus:** Enhancing decision-making and taking action.

**Instructions:** Sit with a straight spine, reflecting on decisions or actions you need to take. Inhale sharply and decisively, filling your lungs with air and determination. Pause briefly, contemplating your chosen path or action. Exhale forcefully, visualizing yourself moving forward and overcoming challenges. Repeat for several minutes, embodying the dynamic energy of the First Quarter Moon.

### 4. Last Quarter Moon Breathwork: Reflection and Letting Go

**Focus:** Reflecting on the past cycle and preparing to let go.

**Instructions:** Find a comfortable position, reflecting on the past lunar cycle. Inhale slowly, drawing in lessons and experiences from the cycle. Hold your breath, pondering the wisdom gained. Exhale gradually, releasing what you no longer need from the cycle. Continue this reflective breathing, aligning with the contemplative energy of the Last Quarter Moon.

Enhance Your Lunar Breathwork with the  
[Moonology Diary 2025](#)

Embarking on these lunar breathwork exercises is a wonderful way to align your energy with the rhythms of the Moon. However, to truly maximize the benefits of these practices, it's essential to synchronize them with the correct lunar phase. This is where (again!) the [Moonology Diary 2025](#) comes into play.

As a companion to these exercises, my Sunday Times best-selling Moonology Diary serves as your personal guide through the lunar year. It offers detailed insights into each phase of the Moon, helping you understand not just when each phase occurs but also its unique energies and potential impacts on your life. Whether you're setting intentions during the New Moon, releasing and reflecting at the Full Moon, taking decisive action during the First Quarter, or letting go in the Last Quarter, the diary provides you with the knowledge and timing to align your practices effectively.

Refer to [Moonology Diary 2025](#) for precise Moon phase dates and additional lunar wisdom.

By consulting the diary, you ensure that your lunar breathwork is not only a practice of mindfulness but also a deeply attuned ritual that harmonizes with the celestial dance of the Moon. Let the [Moonology Diary 2025](#) be your guide to a more connected and empowered lunar journey!



### 3. MOON GAZING GRATITUDE

#### **Enhancing the Law of Attraction with Gratitude Moon Gazing...**

In the journey of creating our dream life, one of the most powerful tools at our disposal is the practice of gratitude. Gratitude is more than just saying 'thank you'; it's a profound way to acknowledge the abundance in our lives, shifting our focus from what we lack to what we have. This shift is crucial because, according to the law of attraction, like attracts like. The more gratitude we express, the more we open ourselves to receive abundance in various forms.

#### **But don't take my word for it!**

Research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. In fact, studies have found that a single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depressive symptoms - [Mental Health First Aid](#)

In a study to evaluate the impact of a 6-week gratitude practise for people with moderate depression and anxiety... it was found that a gratitude practise can:

**Reduce depression.**

It can also...

**Lessen anxiety // Support heart health  
// Relieve stress // Improve sleep**



A review of 70 studies that include responses from more than 26,000 people found an association between higher levels of gratitude and lower levels of depression

[Click here for more info](#)

So grateful is good!

But what if we could amplify this practice even further?

This is where the magic of the Moon comes in.

The Moon, with Her gentle glow and steady presence, has always been a symbol of reflection, change, and renewal.

By combining gratitude practice with Moon gazing, we have not just an easy framework and a simple to follow timetable, we also create a powerful ritual that not only enhances our sense of thankfulness but also aligns us more closely with the energies of our planet.

Moon gazing while practicing gratitude allows us to tap into the lunar energy, a force that symbolizes the cyclical nature of life and the continuous flow of blessings.

Remember, the Sun is yang and male and the Moon is yin and female. Moonlight is a combination of the two. So it's strong and soft and yin and yang.

## 9 Reported Benefits of Moon Gazing

1. Enhances Intuition
2. Helps Connect with Nature
3. Increases Creativity
4. Helps In Faster Manifestation
5. Promotes Relaxation and Reduces Stress
6. Balances Emotions
7. Enhances Psychic Abilities
8. Develops Spiritual Awareness
9. Cultivates Gratitude

[Click here for more info](#)

[Research](#) from 2016 suggests that looking up at celestial bodies such as the moon can even prompt:

- feelings of awe
- oneness with the universe
- [a deeper sense of the greater meaning of existence](#)

And who doesn't want all that?

As we gaze at the Moon and express gratitude, we are doing more than just contemplating its beauty; we are connecting our practice to a larger, cosmic rhythm. This connection deepens our sense of gratitude, making it more profound and more resonant.

The practice of Gratitude Moon Gazing is a simple yet powerful way to utilize the law of attraction. It helps us align our energies with the universe, drawing in more of what we are grateful for. As we stand under the night sky, looking up at the Moon and expressing our thanks, we are not only acknowledging the gifts we have received but also opening our hearts to the infinite possibilities that the universe holds.

In this ritual, the Moon serves as a reminder of the constant presence of abundance and the ever-present opportunity for renewal and growth. Each phase of the Moon offers a different perspective, a different energy, and a unique opportunity to reflect on and attract the various blessings in our lives. By engaging in this practice regularly, we strengthen our ability to attract what we desire, creating a life that reflects the abundance and positivity we have cultivated within.

The Gratitude Moon Gaze ritual is a simple yet profound practice that combines the serene beauty of the night sky with the powerful act of gratitude. Here's an expanded description:

## Gratitude Moon Gaze Ritual

**Overview.** This ritual is designed to foster a deep sense of thankfulness, using the presence of the Moon as a backdrop for reflection. It's a moment to pause, appreciate, and acknowledge the blessings in your life, with the Moon as your witness.

**Time Commitment.** 1-2 minutes. This ritual is short enough to fit into any schedule, yet long enough to create a meaningful moment of connection and reflection!



## **Process.**

**Find the Moon:** Begin by locating the Moon in the night sky. This can be done outdoors or by looking through a window. The goal is to have a clear view of the Moon, but if it's not visible, simply knowing it's there and visualizing it can be just as powerful.

**Breathe and Centre:** Take a deep breath to centre yourself. Feel the night air and the presence of the Moon. Allow yourself to become grounded in the moment, feeling a connection to the world around you.

**Speak Your Gratitude:** Think of three things in your life for which you are deeply grateful. These can range from significant life events to simple daily pleasures. Speak these out loud softly, or say them in your mind if you prefer. As you articulate each one, envision sending this gratitude towards the Moon.

**Moon's Reflection:** After you've acknowledged your three points of gratitude, take a moment to observe the Moon. Notice its phase, its brightness, and its beauty. Reflect on how it's a constant presence in the ever-changing night sky, just as there are constant sources of gratitude in your life, even during times of change or challenge.

**Closing the Ritual:** Conclude by taking another deep breath, feeling a renewed sense of peace and contentment. Thank the Moon for its silent companionship and for being a witness to your gratitude.

**Regular Practice:** Consider making this a regular practice, perhaps nightly or during specific phases of the Moon. Over time, this ritual can deepen your sense of gratitude and strengthen your connection to the lunar energy.

## Benefits

**Enhances Mindfulness:** This ritual helps in cultivating mindfulness and presence, encouraging you to pause and be in the moment.

**Promotes Positivity:** Regularly acknowledging what you're grateful for can shift your focus from what's lacking to what's abundant in your life, promoting a positive mindset.

**Deepens Connection with Nature:** Engaging with the Moon fosters a deeper connection with the natural world and the universe.

This expanded Gratitude Moon Gaze ritual is an invitation to blend lunar admiration with the practice of gratitude, creating a tranquil yet powerful experience that enriches both your inner and outer worlds.

And all in all, like all 3 of these practises, **it raises your vibration** and when you raise your vibration you become a better manifestor! It's really as simple as that!

And now one last reminder about how the Moonology Diary can help with this ... if you will permit me!

As you engage in the practice of expressing gratitude under the moonlight, the Moonology Diary serves as a valuable resource. It helps you understand the specific energies and symbolism of each lunar phase, and of the overall astrological energies, allowing you to align your gratitude practice more closely with the Moon's and planets' cycle.

Whether it's the introspective energy of the New Moon or the celebratory vibe of

the Full Moon, the diary enriches your experience by revealing how each phase can influence and amplify your feelings of thankfulness.

With the Moonology Diary, you can even schedule your Moon Gazing Gratitude sessions to coincide with significant lunar and planetary events, making your practice even more powerful. It's not just about gazing at the Moon; it's about connecting with its energy in the most meaningful way possible.

So there you have it...

**Let's recap:**

- **The most important thing in manifesting is raising your vibration**
- **All 3 practises in here will raise your vibration**
- **You can do one or all of these techniques**
- **The Moon offers us the ultimate manifesting framework - set intentions at New Moon and release it to the Divine at Full Moon**
- **Magical women and some enlightened me did this for millennia**
- **Once you get your vibrations aligned, you become a more powerful manifestor**
- **We are all manifesting 24/7 anyway so better to be manifesting for our Highest Good with the Moon as our guide!**

**Moonology works.** Moonology allows us to tap into the natural cycles and align our energies with our desires. There is reason Moonology magic has been practised for millennia. It works for every race, religion and creed. The Moon is free to all - we just have to look up!

And if you're ready to tune into the Moon to boost your manifesting in the year ahead, the Moonology Diary as been designed to help you do EXACTLY that!





Manifest Magic With The Moon

