

Manifestation Script

Written for coaches and teachers who need a script to read aloud. Ten minutes of structured intention work — naming what you want in the present tense, rehearsing it through the senses, and finding the one action available today. Honest about what the practice does and doesn't do.

10 min · 5 segments

Ten minutes, five segments. Present tense throughout — the grammar is doing the work here, so don't drift into 'will'.

BEFORE YOU RECORD

- Keep every sentence in the present tense. 'You are sitting in that room' works on the nervous system; 'you will one day sit' doesn't. Read it once out loud beforehand and catch the tense slips — there are always a few.
- Never name the thing the listener wants. The script has to hold a promotion, a house, a relationship and a recovery equally well, and the moment you supply a specific it stops fitting anyone.
- Segment five is the part that separates this from wishful thinking, and it's the part readers are most tempted to cut for time. Don't — without it the whole recording is just a nice feeling.
- Do not add claims about the practice causing external events. Rehearsal, clarity and motivation are what this actually does, and they're enough to be worth ten minutes.

01. What this is

1 min 30

[grounded and unmystical — credibility here buys you the rest of the recording]

Hello. This is ten minutes of manifestation work — which is a big word for something fairly simple: getting specific about what you want, rehearsing it until it feels ordinary rather than impossible, and then finding the first thing you can actually do about it.

Worth being straight about what's happening here. Rehearsing something vividly doesn't reach out and change the world. What it does is make the thing concrete enough that you recognise an opportunity when one appears, and motivated enough to take it. That's not nothing — that's most of it.

Sit upright somewhere quiet. Let your eyes close. *[pause for 10 seconds]*

Three slow breaths, letting each out-breath be longer than the in. *[pause for 20 seconds]*

02. Naming it

2 min

[insist on specificity — this segment fails if the listener stays vague]

Bring to mind one thing you want. Not five. One. *[pause for 20 seconds]*

Now make it specific. 'More money' is not specific. A number is. 'A better job' is not specific. A particular kind of work, in a particular kind of room, is. Vague wants are comfortable precisely because you can't tell whether you're getting closer to them. *[pause for 30 seconds]*

Say it to yourself in the present tense, as though it has already happened. Not 'I want this' — 'this is how things are now'. *[pause for 25 seconds]*

03. Being there

3 min

[the sensory core — slow, and leave real gaps after each prompt]

Put yourself inside it. It's an ordinary day, some time after this became true. Where are you? *[pause for 30 seconds]*

Look around properly. What's in the room. What you can hear. What the light is doing. *[pause for 30 seconds]*

Now the part people skip. Notice how boring it is. This isn't the moment it arrived — it's a Tuesday, months later, and it has become the normal shape of your life. *[pause for 35 seconds]*

That ordinariness is the whole exercise. Wanting keeps a thing at a distance. Familiarity brings it close. *[pause for 30 seconds]*

04. How it feels

1 min 30

[quieter — emotion, not narrative]

Find the feeling that comes with it. Not excitement — excitement is what you feel about things you don't have. Look for the quieter one underneath. Steadiness, maybe. Relief. *[pause for 30 seconds]*

Stay with that for a moment. That feeling is available to you in small amounts already, today, without anything having changed. *[pause for 30 seconds]*

05. The one action

2 min

[normal speaking voice — this is the segment that makes the other nine minutes count]

Last part, and it's the one that matters. Ask yourself what one thing you could do about this in the next seven days. *[pause for 30 seconds]*

Small is fine. Send one message. Ask one person. Look up one number. It doesn't have to be brave, it has to be real. *[pause for 25 seconds]*

Fix on that one action, and decide roughly when. *[pause for 20 seconds, then lift the voice]*

Bring your attention back to the room. Move your hands and feet. And when you're ready, open your eyes.

Write the action down before you do anything else. The ten minutes you just spent were rehearsal — the writing down is where it turns into something. Thank you for practising with me.

USAGE

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