

THE  
LITTLE  
BOOK OF  
COMFORT

BlessingManifesting

# Hi there you lovely you!

I made this little booklet for those days when you're grumpy, when you're sad, when you're feeling lost and you just don't know what to do to make yourself feel better. The most important thing you can do when you're in a funk is allow yourself to feel whatever it is that you are feeling.



Feel angry, feel sad, feel hurt... The second most important thing you can do is create a plan to deal with it. Feel and accept those feelings and then allow yourself to feel comfort, love, and joy.

Feeling better is a journey, it's a process, it doesn't always happen quickly and that's alright. This is my way of inviting you into my little sacred space, making you a cup of tea, and sitting with you as we talk and share. I'm here to provide a little bit of comfort, to let you know that you aren't alone, and to let you know that it gets better.

Everything is going to be okay.

It's always darkest before the dawn.

I have a favorite quote that I want to share with you:

Everything will be okay in the end.  
If it's not okay, then it's not the end.

This is a love letter just for you.

You are allowed to be sad.

You are loved.



I want you to remember that first and foremost. No matter what is happening, despite what is going on, you are loved.

You are loved completely.

Look in the mirror and know that. I wrote this letter for myself during a dark time and I wanted to share it with you. Imagine it is your wise-woman saying these words to you:

"When you feel like you have no one, you have me. I'll never leave you, I'll never stop loving you. You know so much, you feel so much, and you ARE so much. You have so many talents. You are full of magic, you are amazing. You mean so much to so many people. I adore you endlessly. So it's okay to cry and to be upset.

I love you.


It's okay to make mistakes.

I love you.

It's okay not to be perfect.

I still love you.

I love you beyond all reason, nothing will ever take that away. So remember that. Remember that you are



loved beyond all comprehension. No matter what has happened, you'll be alright. I promise, I swear to you, the sadness won't last forever. It's impossible for things not to get better for you eventually. You just have to hold tight to that and ride the storms through.

This is a sacred promise.

You know what else?

No matter what has happened, I know you tried your best and I am proud of you. I'm proud of you every day for all that you do.

Will you remember something else for me? Promise me?  
Pinky-swear even?


Don't wrap yourself up in misery. Don't wallow if you can help it, it won't make anything better.


So cry, scream, journal it all out, and then allow yourself to heal.

Remember that I love you, love you more than there are stars in the sky, love you more than grains of sand on the beach, love you more than drops of water in the ocean. It's okay. You are okay. Cross my heart.

In this moment, you are perfection.

So let's take care of you, yeah? Wrap you lovingly in my arms. Give you kisses. You are okay. I love you."





You are your own soother, comforter, solace, and friend. You know exactly what you need, no one else knows you as well as you know yourself. Let your inner-self, your wise-woman, be a comfort to you.

Allow yourself to look within and find the tools that will allow you to cope and to deal with how you are feeling. There are so many resources out there for you to help you deal with hard times.


Talk to your friends. Meditate. Journal. Blog. Reach out for help. Take a nap. Go outside. Take a warm bubble bath. Read your favorite book. Watch your favorite show or movie. Buy your favorite chocolate. Eat something that makes you feel good. Clean your living space. Listen to happy music.

Do what you can to stop your feelings from escalating. Relax and let yourself feel better, not worse.

“I’m here. I love you. I don’t care if you need to stay up crying all night long, I will stay with you. If you need the medication again, go ahead and take it - I will love you through that, as well. If you don’t need the medication, I will love you, too. There’s nothing you can ever do to lose my love. I will protect you until you die, and after your death I will still protect you. I am stronger than Depression and I am braver than Loneliness and nothing will ever exhaust me.”

- Elizabeth Gilbert





Here are some blog posts I want you to read. There is deep wisdom to be found here.

## You are Enough

I want to share with you something that I've learned in the last year or so of this wonderful inner journey I've been on.


*I am enough.*


At times it really didn't feel that way and sometimes it still doesn't. I didn't feel like I was letting go *enough*, or getting over my depression *enough*, or being happy *enough* or doing *enough* to fix all of my issues. When you start beating yourself up for all of the things that you **are not**, you miss the great joy of seeing the things that you are.

Beautiful. Magical. Amazing things. Regardless of where you've been, or where you are going... right now... you are "enough".

I believe that we all have the potential to be great and amazing and fabulous and every little thing that we imagine, but that doesn't have to happen *right now*. Sometimes it *can't* happen right now and that's absolutely no reason to feel like we are failing in some way.

Even if you feel like you used to be *so much more* than what you are now, know that you are enough. Know that your experiences have brought you so much growth. Believe that you will find your radiance again.





If you look at that person that you so badly want to be and you fear that you will never get there and never achieve that greatness, know that it happens one step at a time. Just keep moving in the right direction, even if you occasionally lose your way.

You are enough. Let those words sink into your skin. Believe them, feel them, know them. You are enough.

Change Your Thoughts

*"It is only a thought, and a thought can be changed."*


My first time reading that I was like "Really? I can seriously change those?"


It sounds silly now, but at the time that statement just boggled my mind. I was used to being a creature of emotion and upset-thinking, controlled by said emotions and thoughts. If I was angry I was angry until it went away. I didn't make it go away, it left on its own time, when it was ready.

(Usually after a fair bit of yelling, screaming, and crying on my part.)

There was also that horrible domino effect. You know the one... where you have that one angry/sad/anxious thought and the thought changes, gets bigger, brings its friends along and before you know it, there's an out-of-control pity party going on and you wish you weren't invited. That kind of thought-changing I was well acquainted with.

That I could take that thought and throw it out the door to be replaced with something good and nourishing? Well, it is possible.



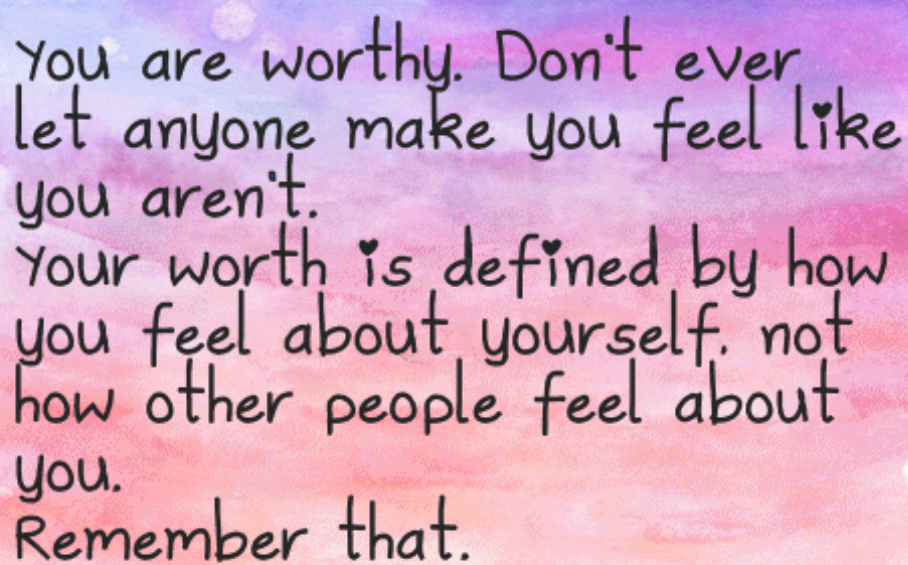


I've learned that now. It's not always easy, it takes time and practice, but it is doable. I was talking to a friend about how frustrating it was that whenever I have a negative, unpleasant, thought I can't automatically turn it around. I learned something very wise through that conversation.

All you have to do is want it badly enough and keep trying. Change doesn't happen overnight. Something else that I have learned is that you aren't obligated to just feel one emotion at once. Just because you are sad doesn't mean that you can't feel happiness.

Emotions are meant to be felt and they can be felt more than one at a time.

Honor your emotions but don't let your thoughts run away with you. You are in control.



You are worthy. Don't ever let anyone make you feel like you aren't.  
Your worth is defined by how you feel about yourself, not how other people feel about you.  
Remember that.



## Self Soothing

You've probably heard of self-soothing in relation to babies. The concept is that babies need to learn how to relax on their own enough to fall asleep without being held or rocked. Which usually involves a lot of crying on their part.

My sweetheart,  
I want you to know that you are an amazing person. I know that you have days when you feel like you aren't. When you question why people love you. Please don't. Realize that there are so many things to love about you. Don't ever question your beauty or your worth. And on the days that you do, I'll be here to remind you why you are special and so worthy of love.

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Love, me

Regardless of which side you fall into on that debate, self-soothing is something that all adults need to learn. When you are having those upset and anxious moments, you need to know how to calm yourself down. You'd be surprised at how many people just don't know how to do this in a constructive way. They get overwhelmed with negative emotions and they turn to destructive ways to cope, like lashing out, drugs and alcohol, or deep depression.

You need to discover how to self-soothe. When you are getting overwhelmed the easiest way to figure out which way to self-soothe is best for you is to go through the five senses.

### Touch

This is the one that actually works best for me. Touch is a great way to immediately ground yourself and bring you back into the present, into the moment. What works best for me is lovingly touching my cheek, ya know, caressing, it works every time to settle me down. So does soothingly running my fingers through my hair. You can also use other kinds of touch therapy like



touching soft things like blankets or petting a furry animal. Wrapping yourself in a warm blanket is also uber helpful!

### Smell

Now I'm a huge fan of aromatherapy, so if you have any interest in that kind of thing you should start experimenting with lavender and chamomile, two of my favorite calming scents. Put them in a diffuser or rub the oil on your chest. Make yourself a cup of tea and take a deep whiff of the steam. Run yourself a bubble bath with yummy smelly bath stuffs. Go outside and enjoy the many earthy scents of nature.

### Sight

Surround yourself with things that please you. Choose soothing colors like blues, greens, and purples, or any other colors that give you that peaceful vibe. Dim the lights or surround yourself with a few candles. Go to a garden or to the woods, or surround yourself with things that are nice to look at. Read a book or watch a good movie.


### Taste

Eat something good or good for you. Eat slowly and savor every moment. Make it an experience instead of eating your feelings. Drink something special, hot cocoa, tea, sparkling cider, anything that's a little out of the everyday but makes you happy.

### Sound

Listen to music, preferably the calming soothing kind instead of the angry rage-y kind. Nature sounds are also a great addition when you need to calm down, especially if you can't make your way to a beach or a rainforest or a rainy day.

You are simply beautiful.





# Boundaries

It is okay to have boundaries.

It is okay to tell people "no". It is okay to stand up for yourself and speak out when someone is not treating you the way you deserve to be treated.

Sometimes in life we come across people who push our boundaries, or make us wish that we had boundaries to begin with. You know the ones, the ones that we allow to put us down because we don't want to be confrontational or cause problems.

The ones that say or do things that rub us the wrong way and make us feel uncomfortable.

Who take from us without giving back and make us feel used.


We all know someone like that. You might let it go, you might make excuses, even justify it and blame yourself, but there's something that you ought to know:


No one has the right to make you feel uncomfortable in your own skin.

No one has the right to put you down.

No one has the right to make you doubt yourself or believe that you are not filled to the brim with greatness and potential ready to spill over.

So don't give your consent. Don't brush it off and allow it to be okay, because you are worth more than that.





I know it and you should too.

If you don't have boundaries make them. Put your foot down, put your fences up, and let people know that you do have boundaries, that your sense of self and your self-esteem are off-limits.

It's worth it. It is worth it to be surrounded by people who support you or at least keep their negativity to themselves.

You know who you are.

You know what gifts are hiding within you so surround yourself with those who will nurture that and not try to take it away from you.

You deserve the best, you deserve people in your life who support you. Who light you up and set you aglow and allow you to see your own radiance.

There is a thin line between giving of yourself and giving up yourself. Don't give up yourself, don't let people take precious things from you, your love, your time, your body, if they truly aren't deserving of that gift. Respect yourself always.

Your **value** does not decrease  
based on someone's  
inability to see your **worth**

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## Acknowledge Your Feelings

I used to think that if you refused to acknowledge those "bad" emotions then they would just go away. It doesn't work like that. A lot of the things we feel that we don't want to feel, hurt, jealousy, anger, create wounds inside of us and slapping a band-aid of happiness over them doesn't make them go away. We have to feel it, we have to acknowledge it, work through it, and come out the other side, healed and whole.

Inadequacy and self-criticism are issues that I feel very close to. I have experienced them, I have learned from them, and I have sent them on their unmerry little way.

This is what I have to say both to myself and to you:

I believe in you. I believe in you so much.


Don't let the little voices named Not-Good-Enough and Why-Try? into your head and if you invite them in, don't let them stay long. They're silly little voices and they just want to cause mischief.


Believe in yourself like I believe in you. I know that you can do it. I know that there is so much limitless potential just waiting quietly inside of you.

Do you hear that? *Limitless.*

Think of all of the things you could do if you just acknowledged that all of that was inside of you right now.

Don't worry about what anyone else thinks. This is for you. This





is your path and you were meant to be on it. Let go of the doubt, it has no place. Believe in yourself and the world will begin to believe in you too. You shine, infinitely.

This is something I wrote a few months ago: "Today is one of those days where I am just bubbling over with anxiety. I hate for it to be quiet. I hate for there to be a microsecond of silence. Right now, while I write, I am also watching TV on my computer. The moment the show ends, and there's that stretch of silence, I panic until there's sound again. The sound chases away the thoughts, you know? It gives me something else to concentrate on."

I have to face the silence eventually.

I have a message for you and for me:

It will be okay.

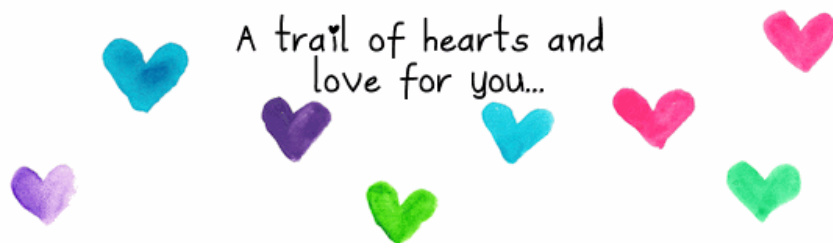
Take a deep breath.

If you aren't ready to deal with it today. That's okay.

Realize that it will get better. Maybe not today.

Maybe not even tomorrow.

But it will get better. I promise. I cross my heart.






# Self Care


Now I want to share with you some ways to practice self-care. Self Care is those things that you do for yourself to make you feel good. It can be all sorts of different things, physical things, mental things, even spiritual things. It's all about what makes you feel good.

Be gentle with yourself and relax that tense body of yours. You know what is best for you and what will most help you unwind and let go so come up with your own self care plan! How many times have you been in a slightly bad mood and completely ignored it? You feel it progressing, getting worse, getting angrier, and before you know it, you just explode and your whole day is ruined. Or perhaps you wake up feeling sad and you push yourself too much that day and by the end you're berating yourself, feeling worthless, or questioning why you even exist.

If you would have taken the time to journal or talk to a friend, you could cut the escalation off before it starts. If you had decided that a hot bath, and a nap, was what you needed, you could've felt better. If you'd worked up to courage to ask someone for a hug, just so you didn't feel so alone, you might have realized you aren't.

What you do for your emotional self care is different for everyone. Going for a jog might help me work through my anger but it might do nothing for you. That's cool, just find something that does work. What you need to do is make a list of activities you can do when you feel angry, jealous, or when you feel depression coming on. Separate the activities by how much






time they require. Maybe you wake up on a work-day and don't have time to take a long walk, call a friend, or write three pages in your journal. Sometimes taking a deep breath, holding a crystal, or having a quick, hot, shower, is all you can do to stay afloat. That's okay. Do what you can do.

Come up with a plan for what works for you. Always, always, be gentle and compassionate with yourself. Being angry or resentful towards yourself just makes things worse. Feelings are not the enemies.


## **My favorite self care: Baths**

I'm going to let you in on a little secret. I freakin' love taking baths. Yeah, yeah, showers are fast, convenient, and can do wonders when you're trying to wake up. But baths... hot water, candle light, essential oils, soothing music... Can you say h-e-a-v-e-n? Oooo and bubbles!!! This is my number one way to unwind, de-stress, relax, and soothe my soul. No matter what ails me, a bath will make it better. There are so many ways to make your blissful bath specifically yours.

**Lighting Candles**, candles, candles! There is something so relaxing about the soft light, the dancing, flickering, shadows, it creates a wonderful ambiance. Taking a bath in the complete darkness can also be such an amazing healing experience. (Be sure to be careful getting in and out of the tub, falling defeats the purpose of relaxing!). I've taken a bath in darkness while chanting or singing songs. Healing in the Mother's Womb |








tell ya!

**Scents** Smelly things! I am a big fan of smelly things, especially if the smelliness is lavender. There is no scent that I love more. Usually, I will light calming incense and then I put a few drops of lavender or chamomile essential oil into my bath. Instant relaxation.

**Music** The song Sacred Pleasure by Shawna Carol is perfect for that "womb" feeling on warm water wrapping around you. Some of my other favorite bath-time songs are Ong Namō by Snatam Kaur, Baba Hanuman by Krishna Das and Dancing Shiva by Sacred Earth. But really, whatever songs and music relax you are good.

**Bath Products** You can use bubble bath, bath salts, bath powders, bath oils, and whatever else tickles your fancy.

You can even make your own bath powder, all you need is 1/2 cup of baking soda and 1/2 cup of cornstarch and then an essential oil to scent it (optional) to add to your bath water to soften the skin. Body wash can double as bubble bath in a pinch, Epsom Salt is also good for soaking, especially if you have aches. If you have a cold and are congested (or let's admit, snotty from crying) adding Echinacea or Eucalyptus to your bath can help de-congest you





# Your Self Care Plan

Make a list of things you can do when you're feeling out of control or sad and want to be taken care of.



## Being "lazy" is AWESOME

Yes, I spoke the blasphemous "L" word. Lazy, lazy, lazy, say it with me: LAZY. What we mean when we say lazy - usually means resting, and resting is OKAY.

If you are like me, then the thought of doing nothing for a whole day, or even just an afternoon, fills you with "But I have this to do... and this... and this..." The only time I actually spend any significant amount of time relaxing in bed is when I am in the depths of depression. Which tells me that it's one of the ways I heal. One of the ways I get in touch with *me*. It's one of my medicine tools. But that doesn't mean that it can't be done any dang time. Because it can! It's good to have quiet time, to get in touch with ourselves without a ton of distractions and things to do.

So here's what I want you to do. Pick a day, or if you insist a morning/afternoon/evening where you don't have much to do and plan those things for some other time. They can wait. Get into your comfiest pajamas (if they are a bit tattered and mismatched you get extra points) and then relax, be lazy. Listen to music, play computer games (World of Warcraft and Sims3 are my go-to lazy day activities, and of course the trashy romance novel). If you have children and it's the weekend then all of you can stay in your pajamas, reading, watching cartoons, playing board games, eating pizza! Connecting! Stay in bed allowing yourself to doze, spend time painting or writing without worrying about time constraints, order delivery or takeout food, or live on sandwiches for the day! Do what requires the least amount of effort and don't worry about the other stuff. A little procrastination is a good thing!

## Mirror. mirror

I want to share with you a very powerful practice of self love. I first learned about it in Louise L. Hay's *You Can Heal Your Life*.

One of my favorite exercises in this book is *The Mirror*. You take a mirror, look into it, looking at your reflection and you say "I love and accept you exactly as you are."

When you're done reading this, go stand in a front of a mirror. If you don't have a big mirror a little one will work, even a compact mirror will do, or a picture of yourself! Look into the mirror, look yourself in the eye. Can you do this? If you feel uncomfortable at first it's okay, it will get easier. Now say those three little words, you know the ones, "I love you".

How does that feel?

Good? Awkward? Silly? It's okay, it's a good start, and if you've done it before then keep doing it! It's a great practice. It's a great self-love routine.

I would do this before I went to bed as a little daily ritual. After a while, I wasn't just saying that I loved myself. I was telling myself how beautiful I was, praising myself for that awesome thing I accomplished that day, how wonderfully silly I was, how wonderful, how beautiful, how rock-your-socks-off amazing. It is now a daily dialogue of all the things that I love about myself. It's my cheerleading time. My *Dominee-is-awesome* time. I think we all need that. We all need that rush of positivity, especially on our sad days. So get that mirror, look at the reflection there, and realize how beautiful, sexy, and sacred you are.

## Let yourself fall.

I absolutely adore meditation, especially guided meditation. Guided meditation is where you listen to a track of someone telling you what to imagine. It is calming and peaceful and has done wonders for me. One of my favorite meditations is called The Cliff by The Meditation Society of Australia and it's totally free to sign up and get access to some really great meditations. Google it!


The Cliff starts out with imagining yourself standing on the edge of a cliff, looking out over the ocean as the sun begins to rise. You step forward, until just one foot is balancing on the cliff and then you lean forward and fall.

You let yourself fall.

One of the most valuable lessons I've learned in life is to just let go and trust in God/Universe/Divine/Great Spirit/Inner Self. Everything will work out exactly as it is supposed to. Everything will be okay. It is so scary to think of letting go of control, but sometimes you have to.

You have to let yourself fall and hope that as you reach the water, wings sprout from your back and you begin to soar. There was a time when I was having lots of anxiety problems. I would wake up and literally be shaking with anxiety over facing the day. This stopped when I allowed myself to let go and trust that everything would be okay.

No more holding on. No holding on to anger, or jealousy, or insecurity.



It's terrifying to let yourself fall, but to know that everything is going to work out in the end is comforting.

It's all about having faith and you just have to have faith that sometimes it is alright to fall. Take comfort in falling. In moments of panic I close my eyes and do a quick visualization.

I picture myself standing on the edge of a cliff over the ocean. The sun is rising over the ocean, the colors are blossoming over the sky, reflected in the ocean waters and then I step forward and I fall. I feel the wind rushing over every part of me and I feel this brilliant sense of freedom.


Sometimes I sprout wings at the last moment and start flying over the ocean, other times I slowly sink deep, deep, deep, into the water, where it is safe and warm and I can just be for a few moments.

It is okay to fall.

Know that something is there to catch you and to break your fall.



You are safe. You are loved. You are okay.



# Embrace Being Vulnerable


vul·ner·a·ble [vuhl-ner-uh-buhl] adjective 1. Capable of or susceptible to being wounded or hurt, as by a weapon: a vulnerable part of the body. 2. Open to moral attack, criticism, temptation.

There was a time when I was feeling very vulnerable. It seemed like there were so many things coming together and so much I was letting go of. Old wounds that had been ripped open and were now truly healing.

I felt like I was being strong. Fragile was always a word I could easily identify with. However, I discovered that I had to be strong for myself. I became someone I could rely on to make myself feel better. Sometimes I didn't feel very strong. I felt raw, and open, and it was a scary feeling. Vulnerability had something to teach me.

It has something to teach all of us. It makes us feel awkward and it pushes us out of our comfort zone, but it is there for a reason. It is there to be felt and experienced. You could get upset, you could ignore it, but instead, try studying it.

I asked myself, "What has vulnerability taught me today?" It told me that I care. That I have a big open heart. In the past I was so afraid to tell people that I loved them, I was too afraid to show emotion and vulnerability and I realize that I have changed in that way. Now I can say love, and feel love easily. Instead of being so controlling about how I feel about others and how they feel about me I am open and I allow it to just flow.



That is vulnerability isn't it? Yet at the same time, I credit it as a way I have been strong.

Vulnerability leads to strength. It is strength. It does not equal weakness, it does not mean that we aren't strong. We are made to feel, we are made to be broken every once and awhile.

It is okay.

I was pushing myself to greatness. I was putting my feelings and experiences out for the world to read. I was being brave and I wouldn't be who I am if that didn't make me feel exposed. I was being honest with the people in my life and I no longer had anything to hide behind. I was realizing who I am and who I am meant to be and that woman was naked and vulnerable and didn't quite know where she fit in yet. Her world is turning upside down... but everything was okay. She was okay.

We get growing pains no matter what age we are, we feel vulnerable, we feel unprotected, but at the end of the day, we have someone, we have someone strong to rely on, and that person is inside of ourselves.

That person is you.

"I understand now that the vulnerability I've always felt is the greatest strength a person can have. You can't experience life without feeling life. What I've learned is that being vulnerable to somebody you love is not a weakness, it's a strength." --

Elisabeth Shue

Be brave, be strong, be vulnerable.







# Protect Your Emotions

Have you ever cried while watching a movie? Or when your favorite character in a novel dies? Have you ever been around someone that was sad and you felt those emotions yourself? That's empathy.


Empathy is the ability to recognize and feel the emotions that are being experienced by someone else. You are able to understand, be aware of, and be sensitive to, the feelings and thoughts of others. Compassion and empathy are often intertwined. Empathy is a really great quality to have. It allows you to connect with other people and form bonds and relationships, it helps you to be a good listener, and a wonderful healer. Empathy can also be a lot of other things.


Frustrating. Confusing. Overwhelming. Hurtful.

I'm naturally a very sensitive person and empathy often goes hand-in-hand with that. I pick up moods and feelings very easily and this can be very problematic at times. My good moods drop significantly when being around people who aren't happy. I feel another's hurt and pain so clearly sometimes that it becomes my own. I've learned a few things in my journey to deal with it.

## Shielding

There are a ton of ways to shield yourself. Shielding is making a mental bubble or shield around yourself and not allowing the things that you don't want in, get in. This is great for the workplace, especially if you work with a lot of negative and grouchy people. All you need to do is picture some sort of shield





or bubble around yourself. Repelling all of the yuckies and keeping you safe and protected from the negative juju.

### **Check out**


I pride myself on being an excellent listener but sometimes in a conversation all you can do is check out and revert to a polite smile and a head nod as opposed to letting what they sink in and bother you. It's also an excellent idea to use your imagination if you able. When you are in those tense family situations, or in an unhappy environmental, get thee to thy mental happy place! Transport your mind to some place calm and happy.

### **Self Awareness**

Become aware of what your feelings are and how that is separate for what you are feeling for someone else. It can be hard to distinguish between them sometimes, especially when it's someone close to you. Ask yourself "What am I feeling?" then look at what you need to feel better. If the answer to what you need to feel better is about someone else then chances are it's time to step back into yourself.

### **Put Yourself First**

Always remember that you were put on this earth to live your life first. You can't live your life for your spouse, your children, or your friends. Of course they are a big part of it and you make sacrifices for them, and that's wonderful, but make sure that you are allowing yourself to have a life for you as well. Do not get so caught up in meeting other people's needs that you forget your own!



I love you.

So how are you feeling now my darling? Deep breaths okay? If meditation is your thing you should check out my [Top 5 Favorite Meditations](#) there are some absolutely great resources.



The number one thing that I want you to know while you are going through a hard time is that it will get better.

If you need someone to listen or to vent to feel free to shoot me an email at [Dominee@BlessingManifesting.com](mailto:Dominee@BlessingManifesting.com) I might not have any advice, it might take me awhile to respond, but sometimes it helps to just get it out. To put your story out into the world. And that's okay.

Whatever you need to do to feel better, do it. Talk to your friends, listen to music, spend a day inside relaxing, do what you need to do to take care of yourself.

Thank you so much for downloading this little eBook and supporting Blessing Manifesting. If you have any questions or comments (or testimonials I can put on my website) please feel free to email me at [Dominee@blessingmanifesting.com](mailto:Dominee@blessingmanifesting.com)

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