



Manifest From the Heart:
Unlocking Your Truth &
Authentic Power

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

Manifest From the Heart: Unlocking Your Truth & Authentic Power

*By Dr. John Souglides Ph.D. – Specialist and Expert in:
Hypnosis, NLP, Holistic Life Coaching, Transpersonal Counselling, Parapsychology, Life
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Introduction:

Welcome to this workbook. This journey is about reconnecting to the deepest truth that lives within you—your heart. The heart is your truth detector, your authentic compass, and the driver of true manifestation. While the mind manipulates reality, the heart magnifies it.

Section 1 – Foundations of Heart-Centered Living

Exercise 1: Truth Check-In

Journal Prompts:

- When was the last time I knew something in my heart before my mind caught up?
- How do I feel when I betray my heart?
- What does “truth” feel like in my body?

[illegible]

Section 2 – Heart vs. Mind in Manifestation

The mind calculates, fears, and controls. The heart aligns, expands, and creates authentically.

Exercise 2: Alignment Audit

Compare mind-driven goals versus heart-driven desires.

Mind-driven Goal

How it Makes Me Feel

Heart-driven Desire

Section 3 – Activating the Heart in Practice

Exercise 3: The Heart-Centered Manifestation Process

1. Breathe into the heart.
2. Ask: What is my truth in this moment?
3. Speak it, write it, embody it.
4. Visualize it expanding outward.

Worksheet Template:

My heart's desire is...

The truth I am embodying is...

Aligned action steps I will take are...

Section 4 – Embodying Your Authentic Self

Exercise 4: Truth Expression

Prompts:

- Where in my life am I silencing my truth?
- What would it feel like to live 100% heart-led?
- What one courageous truth can I express today?

Section 5 – Integration & Action

Exercise 5: Heart Commitment Contract

I choose to manifest from my heart, knowing it magnifies my authentic self into reality.

Signed: _____ Date: _____

Weekly Action Planner

Heart intention for the week:

Aligned actions:

Reflection space:

Closing Inspiration

“Your heart is the driver of true manifestation; the mind is only the passenger.”

“Manifestation from the heart doesn’t just create—it amplifies.”

“Your heart is your truth detector; it never lies about who you really are.”

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