



Week 1: Foundation of Shreem Brzee

Goal: Introduce the mantra, set intentions, and establish a solid daily practice.

Day 1: Introduction to Shreem Brzee

Overview of the mantra, its origins, and its purpose. Participants set intentions for what they want to manifest over the next 30 days.

Day 2: Setting Up Your Manifestation Space

Guidance on creating a dedicated space for daily practice, with tips on using crystals, candles, or other sacred objects to amplify energy.

Day 3: Establishing a Ritual

Teach a simple daily ritual that includes chanting Shreem Brzee, visualizing intentions, and connecting with gratitude.

Day 4: The Power of Intention and Focus

Understanding how clear intentions fuel manifestations. Participants refine their goals, focusing on what they truly want.

Day 5: Chanting Techniques

Teach effective ways to chant Shreem Brzee, including number of repetitions, rhythm, and focusing on sound vibrations.

Day 6: Visualization Practice

Introduce guided visualization with Shreem Brzee to create a vivid mental image of desired outcomes.

Day 7: Weekly Reflection & Celebration

Reflect on progress, celebrate small wins, and prepare mentally for Week 2.



Week 2: Aligning with Abundance

Goal: Shift mindset and emotions to align fully with an abundance mentality.

Day 8: Overcoming Limiting Beliefs

Identify and release limiting beliefs about money and abundance through journaling prompts and affirmation practices.

Day 9: Cultivating Gratitude

Practice gratitude for both present abundance and future manifestations to cultivate a high-vibrational mindset.

Day 10: The Art of Receiving

Teach the mindset of receiving, allowing participants to become comfortable with the idea of abundance flowing into their lives.

Day 11: Manifestation Journal Setup

Encourage participants to set up a manifestation journal for tracking experiences, insights, and progress.

Day 12: Shreem Brzee Money Meditation

Guide a specific meditation focused on manifesting financial abundance using the mantra.

Day 13: Affirmations for Wealth Consciousness

Provide a set of Shreem Brzee-inspired affirmations to help participants maintain a wealth consciousness throughout the day.

Day 14: Weekly Reflection & Q&A Session

Participants review progress, with optional Q&A or sharing session in the community group.



Week 3: Deepening the Manifestation Practice

Goal: Expand practice to include energetic and emotional aspects, enhancing the attraction.

Day 15: Visualization for Manifesting Dreams

A deep-dive visualization exercise focused on embodying one's highest vision for success and prosperity.

Day 16: Energy Clearing Techniques

Introduction to energy-clearing practices, such as sage smudging, to remove blockages.

Day 17: Mindset Shift to Financial Freedom

Focus on cultivating a belief system around financial freedom and security through mental exercises.

Day 18: The Power of Giving to Receive

Teach the concept of giving to foster a receiving mindset. Optional exercise: donate or gift something.

Day 19: Emotional Clearing with Shreem Brzee

Guide participants to release negative emotions related to finances, using Shreem Brzee as a focal point for clearing.

Day 20: Group Chanting for Amplification

Organize a group chanting session to amplify energy. If live sessions are possible, this could be done as a virtual gathering.

Day 21: Weekly Reflection & Manifestation Visualization

Reflect on changes in mindset and celebrate new insights or external manifestations.



Week 4: Manifesting with Confidence

Goal: Embody abundance with confidence, celebrate manifestations, and set the tone for continued practice.

Day 22: Integrating Shreem Brzee into Daily Life

Encourage participants to find small ways to integrate Shreem Brzee into daily routines, such as chanting while commuting.

Day 23: Positive Money Habits

Focus on forming practical financial habits aligned with the abundance mindset cultivated over the past weeks.

Day 24: Trusting the Process

Teach the importance of surrendering and trusting that the manifestation will arrive, releasing attachment to outcomes.

Day 25: Raising Vibrations with Joy & Celebration

Emphasize joy as a tool to raise vibration. Practice a fun “joy ritual” to infuse the day with positive energy.

Day 26: Self-Love and Self-Worth

Explore how self-worth influences manifestations, encouraging practices that promote self-empowerment.

Day 27: Manifestation Visualization for Life Goals

Guide participants in visualizing life goals beyond money, such as career, relationships, and spiritual growth.

Day 28: Weekly Reflection & Gratitude Celebration

Participants reflect on their transformations and share gratitude for the journey.

Day 29: Sharing Manifestation Success Stories

Allow participants to share any manifestations or transformations they've experienced, building community motivation.

Day 30: Conclusion and Future Vision Setting

End the challenge with guidance on sustaining the practice, setting future intentions, and celebrating growth.

This structure builds in gradual depth, keeping participants engaged while empowering them to align their mindset, energy, and habits with Shreem Brzee’s abundance principles.