



A Manifestation Experiment

Ask yourself one question: "What is one thing I would like to create in my life in the next 6 months?"

Synthesize this dream down into a couple of words. For example, "happy vibrance".

Sit somewhere comfortable and quiet, and follow this 6–10 minute process to help your manifest your big dream.

Say your dream words out loud every 15 seconds for 2–3 minutes. In between, think about anything you like that brings a smile to your face.

Next, imagine how you will feel when you create your dream. How do you feel inside? Bring this feeling into your body every 15 seconds for 2–3 minutes. In between, relax and let the feeling go.

Finally, turn your dream words into an "I am" statement. For example: "**I am happy vibrance**". Every 15 seconds for 2–3 minutes invoke the feeling from step 2 as you repeat (in your mind) your statement.

Do these 3 steps every day for 21 days.