

Energy Experiments & Manifestation



Dowsing Rods



Get or create a set of dowsing rods. You can order them online, or make them yourself. Take a wire coat hanger and cut it so that it can be bent in the shape as seen above. Then use a straw to on each handle so the rods move freely in your hands.

Hold them in your hands like the picture below and focus all of your energy on your thoughts and feelings. If your thoughts and feelings are negative, they rods will cross in front of you. If your thoughts and feelings are positive they will open widely in front of you.



Sway Test

You might need a partner for this activity to observe which way your body sways.

Stand up straight and relax your shoulders. Close your eyes. State something that is true about you, like "My name is..." Notice which way your body sways. Do this a few times with a few different true facts.

Then say something that is NOT true about you. Notice the difference in the way that your body sways. Now you know which way your body sways to truths and which way your body sways to things that are false.

Now state something that you're not sure if you believe or not, like "I will be very wealthy some day".

If this is something that you desire, but do not currently believe that about yourself, then you know this is a great place to begin on re-programming your thoughts!



Rice Experiment

Place cooked rice into 3 separate jars. Label 1 with positive words like "Love, Happy, Joy, Peace". Label 1 with negative words like "Hate, Anger, Fear, Greed". Leave one with no label.

Put covers on each jar and place them in different parts of the room with the same temperature and lighting conditions.

Speak to the "Love" and "Hate" jars each day with what is written on them. For example, you will say kind things to the love jar and hateful things to the hate jar.

Do this daily and observe what occurs.



Focus Wheel

Draw a circle with spokes around it, to look like a wheel or a clock.


In the center of the circle, write something that you would like to manifest. In each section, write a statement that is true and believable about your center statement. So if in the center, you wrote "I would like to manifest \$3000", a true statement might be "I know what it's like to have money coming in", "I like the feeling of having money coming in", "I love to have more money so that I can share it with those I love".

Once you've finished this process, Read the wheel each day. As you're reading it, feel what it would be like to have the outcome in the center. Spend a few minutes doing this each day.



Check from the Universe

Print yourself a blank check from the Universe.
Write the amount you would like to manifest. Keep
it in a place where you will see it all the time like in
your wallet, on your wall, on your mirror.



NIVERSAL BANK (UN)LIMITED
Your Wish is My Command

DATE _____



REMITTANCE ADVICE -- Feel Good

PAY _____

TO THE ORDER OF _____

THE UNIVERSE
DRAWER: ACCOUNT: UNLIMITED ABUNDANCE

SIGNED: _____

NOT
NEGOTIABLE
You must believe
and be grateful to receive

This is not an instrument subject to Article 3 of the UCC
⑈ 843 732738 843 ⑈ 843 732738 843

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Vision Board

Create a vision board of the kind of life that you would like to manifest for yourself. Keep it in a prominent place where you will see it frequently.

You can print images off line, draw them or cut from magazines.

