

The Ultimate Power
For the Manifestation
Of All Your Wishes

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Introduction

The single most valuable skill that a human being can possess is the ability to make their will come to pass. The gaining of this skill is not an incredibly complex one however its achieving is something that only a few have ever managed to accomplish.

In this manual I will describe a body method of training that is able to accomplish this very goal. At the very least this method has been able to achieve this goal for many thousands of people throughout the history of human kind.

If you put your will to practicing this you will see results in a very short time, however if you truly persevere you will find that this method is able to bring you all the wishes that you have ever dreamed of and more.

Whether for healing or for the creation of any of your other dreams and wishes, what you are learning in this manual is the art of manifestation.

This is the method through which you will learn to create the reality of your will.

The basic principles of manifestation are commonly taught as:

1. Know exactly what you want.
2. Ask the universe for it.
3. Feel, behave and know as if the object of your desire is on its way.
4. Be open to receive it and let go of the attachment to the outcome.

Now reading about and understanding these principles at the intellectual level is one thing.

It is the *application* of those principles that makes the effect real in the world.

This manual will teach you exactly how to experience these principles in your body and mind and in this way experience the effect and application of these principles in the real world.

This is how the real manifestation of your dreams and wishes can take place directly in your life.

Throughout this manual there will not be much discussion of the above 4 principles. Instead I will be focusing on teaching you the practical application. At the end of this manual however we will again look over these 4 principles and I will show you how each and every part of the method that you have learned has completely and absolutely incorporated these principles into practice.

You will see that it is this application of the principles that will bring you the manifestation of your dreams and wishes.

Developing the Ultimate Mind Power

This is a practice for developing the highest level of mind power achievable by human kind. With this power all your wishes may come to pass.

First will be described the theory of the method, then the practice itself and lastly the applications of using this power.

The practice itself combines a body and mind method. It utilizes a type of standing meditation that trains the mind and body to become coordinated, to draw on the energy of the Earth and to use this energy to create the legs into a conduit and forge for transmitting power for healing and manifestation. At the same time the mind and body is trained to release all blockages downward with the flow of gravity into the Earth.

Note that this method works whether you believe in the idea of Earth energy or not. What is important is not whether you believe but that you are able to bring in the qualities of Earth.

What are the qualities of Earth?

These qualities are the feelings of heaviness and solidity.

If you are inclined to visualization then you may if you wish visualize this energy as a golden or brown mist, however if visualization is not your strength then you will concentrate on the feeling of solidity in your legs.

In any case it is the feeling of the Earth that creates the strongest potential and power for healing and manifestation so even if you are visualizing ensure that you are also feeling the solidity and heaviness in your legs.

The advantage of this body method training is that everyone can do it.

Many people find that pure mental training alone is too difficult or elusive.

If you tell a person to concentrate on the breath for one minute they'll find that after 20 seconds their mind has already drifted away.

On the other hand if you tell a person to stand still for one minute this task is far easier and achievable by almost anyone as long as they have two working legs.

Given this massive advantage people will find that they are able to achieve working results with the body/mind method. This is not to say that the mind methods (such as visualization) do not work. They do in fact work very well when they are applied correctly however it is the rare person who achieves the skill to apply the mind methods correctly.

The body method on the other hand is relatively easier to achieve by anyone and the other advantage is that the body method must as a side effect produce some training in the mind method also. This means that by the time a person has achieved a reasonable level of skill in the body method, (say after 3-4 months of training) their mind skills will also have dramatically improved.

This is how and why yoga masters and martial arts masters progress from a very physical art and then eventually refine it towards a more mental or Spiritual one.

The body provides a very easy way of controlling the mind through various poses, breathing and so forth. The body gets trained yes, but in time the

mind strength becomes very articulated and coordinated. This is where the mental and Spiritual power comes from.

Mind training alone for the beginner can be so ethereal as to not develop enough power. This lack of power in the mind is the single reason for all unachieved goals by all people on this Earth.

If only a person had the power of mind then they would achieve almost all their wishes in some way or form.

The body method trains this power of mind. If practiced for a year it will increase the power of the mind beyond what you thought was possible.

Furthermore, it is simple to grasp and practice.

So what is this power of mind?

In one word it is sincerity.

But what is sincerity?

Allow me to give you an example.

In meditation how many people truly focus with one hundred percent each and every time they sit down to practice?

The answer is that very few people do.

Most people will apply a certain amount of focus but if they are honest they will admit that they are not applying their full focus.

This can be said for most tasks that a person applies themselves to and this is the reason that so many ideas never become real.

If a person develops sincerity then they will follow through on everything that they believe has worth and they will keep at it no matter how many times they fail.

How many people can truly say that they will persevere through failure after failure?

The answer is very few people will do so – and the reason for this is a lack of sincerity.

Now most people probably believe that they are sincere in the sense that they have “good intentions” but sincerity is more than just “good intentions.”

Sincerity means following through on every single good intention that you have. Sincerity means following through to *completion* on every good intention, desire and value that you have.

This means that you if say that you’re going to get up every day to train then you’re going to do it.

It means if you say that you’re going to meditate with one hundred percent effort every time that you do it.

It means that if you say that you’re going to think empowering thoughts from now on, that you do it.

Sincerity means making congruent your values and your actions.

It means that if you know something is the right thing to do that you will do it. It means not compromising your values just because you do not have the will to carry through, but rather to rise your will to the occasion, to conquer the day – everyday.

Sincerity allows for mistakes and failures – what it does not allow for is lack of effort.

Really when it comes down to it sincerity needs to be trained just like anything else.

This is why Army boot camp seeks to break down recruits. It's training them to have the sincerity to give it their all even when they're past breaking point. This is training the mind to understand that it can go beyond what it thought were its limits.

This develops an incredibly potent type of mental power and it's this mental power that you use to achieve all of your wishes in life.

The good news is that anyone can develop this type of power. It does not matter if you are currently weak willed or lacking in sincerity in yourself. This training makes a person who is weak minded into a person that is strong minded.

Having a strong mind is the greatest acquirement that anyone can have.

This body method develops sincerity by requiring you to hold your body in a certain position for extended periods of time.

Mind power is developed during this time and this mind power is then used to channel Earth energy through the body.

It is important to note at this stage that this method is not about acquiring energy or storing energy like in some practices. From my experience the storing of energy can result in more emotional problems and energetic imbalances than its worth. Furthermore, storing and hoarding energy does not bring such incredible results.

What you will be learning to do is to transfer energy through the body.

In other words, energy isn't going to be stored or locked in the body but instead will be passed *through* the body.

Note that if you don't like the word "energy" then just substitute this word with "tension."

So tension is not going to be stored in the body but instead it will be passed *through* the body.

As far as body training goes they are the same thing but doesn't the last statement already reveal something to you?

Excess tension in the body is scientifically proven to be detrimental to the health not just physically but mentally. People literally die from excess tension.

So gaining the power to release tension in the body at will is also the power to release stress and emotional illnesses at will.

The ramifications of this are profound.

When the body is relaxed it can transmit force or energy through the body.

Where as when the body is tense forces will get stuck in the tense spots.

Think of this like a hose. If the hose has blockages in it then water running through the hose will build up pressure in those areas. If the water can't get through then eventually something is going to blow. If the hose is clear and open then water will run easily through it – this is what you want your body to be like.

Another thing that you're going to hear repeated a few times is that the body method relaxation is not just being limp or like cooked spaghetti.

This would be like the structure of the hose collapsing on itself. If the hose is collapsed no water at all can get through.

What you are going to be learning to do is to keep a specific posture while relaxing *inside* the form of this posture. So just like a hose has a shape and structure that allows water to run through it, your body is going to keep the shape of this posture and let the forces move *through* it.

As far as generating the power and energy for manifestation of your wishes, your body is going to become like a conduit for transmitting greater and greater amounts of *concentrated* power.

Most people when they attempt manifestation have the relative power of a mosquito beating against fly screen door. There is just not enough concentrated power and even when there is it only lasts for minutes if not seconds at a time.

The other mistake is that people attempt to store or hoard energy in themselves hoping that this will somehow bring about their wishes. Not only does this affirm their fear of lack (which in itself is detrimental to their manifestation power), it actually blocks the flow of energy through them.

Think about this for a moment. Imagine that hose again and imagine that it is blocked at one end. How much water can that hose contain before it simply won't take in anymore?

Now imagine that the hose is open and water is able to run through it freely. No matter how much water is running through the hose the flow will just get more powerful and concentrated.

This is exactly what we want to do with the manifestation of our wishes. We don't want to block the flow, we want it to run free and we want to increase and concentrate it.

Now most explanations of manifestation just don't explain how to do this well enough but I am going to do just that. In later sections you will learn in detail exactly how to increase the flow of your manifestation power and to let it flow freely allowing you to create all that you wish and value.

Next we're going to get on with the practice and then after that I'll go into detail on how to use this practice for things like healing emotional illnesses and manifestation of your wishes.

Points to Remember:

1. Remember that the body is the way that the mind connects to the physical world. Through the senses of the body the mind experiences the physical reality.

So if you want to make the principles of manifestation occur not just in the mental world but in the physical world the key is the application of the principles in the body.

2. The application of Earth energy is in plain English the application of gravity on the body. Gravity acts on the body in such a way that the body is continually being drawn towards the Earth. By utilizing this power of gravity on the body you are creating an open flow of energy in the body. At the same time because the mind experiences physical reality through the body the mind is also experiencing energy flow. This energy flow is a critical ingredient for both manifestation and healing.

The Body Method for Developing Ultimate Mind Power

Now I will describe how to practice the body method. Note that it is important to read carefully my description of the practice and to feel it out in your own body. Illustrations would not do this practice justice. The power does not come from how your posture *looks*, the power comes from how your body *feels* inside.

Read the descriptions carefully and then start *feeling* your own body.

The posture is described like so:

The body is standing with the knees slightly bent, feet parallel and shoulder width apart.

Relax the feet and allow them to feel released and open into the ground or floor. The toes should splay out as you relax your feet into the floor.

Feel the weight of your foot evenly distributed over the floor. There should not be too much weight on the heel or too much weight on the ball of the foot.

Now moving your attention upward relax the ankles. Feel as if the ankles are relaxing into the feet. So now the entire foot and ankle of both legs are relaxed and there is a feeling of the soft tissue of the body sinking downwards with gravity.

Now do the same with the calves. Relax the calves and shins and feel them relax into the ankles and then into the feet. So now the entire calve, shin, ankle and foot of both legs is relaxed.

Follow this pattern methodically and move upwards relaxing the knees, thighs and hips.

Do not skip over any areas. Do not cheat yourself.

This is opening your conduits for transmitting power. If you skip over any areas then you are only cheating yourself.

Remember that the goal is to relax but to keep the same basic physical structure/shape.

You are keeping the external structure of the hose and relaxing the inside of the hose.

When you reach your lower back relax it and let it slouch just 2 inches or so. Your pelvis should then naturally relax under and the “S” shape in your spine will naturally straighten a little.

This should not be forced or held with tension but rather it is a feeling of relaxing the lower back such that the spine becomes relatively straight.

This allows for force or energy to transmit up and down your spine.

Compare this to hammering a stake into the ground.

If the stake is bent in the middle then the force of a hammer will just bend the stake more at this point.

If on the other hand the stake is straight the force will transmit it directly into the ground.

This is the same principle for the spine.

Ensure that the stomach is also relaxed, then relax your chest, upper back and sides.

There should now be the feeling that your entire torso is relaxed into the hips and from there into the legs and feet. All the force and weight from here is being transmitted directly into the ground.

Moving the attention to the neck ensure that the neck is straight such that the entire spine is on one line from the tail bone to the top of the head.

The head should be suspended from above as if it is held lightly by a magnetic force.

Relax the face, the head and neck. Take your time relaxing each part of the body and gaining the feeling that all force and weight is dropping downwards with gravity through the body and into the Earth.

Note that complete and deep release of tension can take time for the body and mind to master. You are developing a kind of faith. This is a faith in the body and mind that the Earth can support it.

Now your entire body is relaxed and there is the feeling that all internal weight is dropping downwards with gravity.

Using the mind you are to now visualize a brown Earth energy or mist being drawn into the legs on the inhale and compressed into the legs on the exhale.

For the first 5 minutes or so let your hips rise a few inches as you inhale the Earth energy and then on the exhale sink as low as you can, keeping your back and neck straight and relaxed and compressing the energy into the legs.

If you don't wish to or are unable to visualize then just imagine the feeling of Earth, heavy and solid permeating your legs and compressing into them.

Synchronize your hands with your inhale and exhale as you rising and sinking. How you hold your hands and arms is not so important. They can be palms up or palms down. Just keep them relaxed. What is important is that you feel as if your hands are helping to pull energy up into the legs as you inhale and rise and that as you exhale and sink that you are feeling like you are pushing energy down and compressing the energy into the legs with the hands.

The hand movements are actually supplementary to the exercise and are used only to further connect the mind with the body. This will also help to improve your focus.

After 5 or 10 minutes don't let the hips rise anymore, but instead just keep the legs bent as low as you can go and keep the feeling or visualization of inhaling and compressing Earth energy into the legs.

This section is essentially to connect your body and mind in such a way that it gets used to compressing energy through the rising and sinking of the legs on the inhale and exhale.

Remember that the reason that the body method is so effective for manifestation is because it applies the principles of manifestation by coordinating the body and mind.

So by getting used to drawing energy and compressing energy into the legs you're setting up a program where manifestation energy is both intensifying and flowing through you.

At this stage you are only using Earth energy or gravity. This is utilized by connecting to the feeling of heaviness and solidity in your legs. This heaviness is the effect of gravity on your body – without gravity you would feel weightless.

Later after your body has tuned into using the force of gravity to create a powerful energy flow you will utilize this flow to fuel your manifestations towards the goals of whatever you wish for.

After 5 or 10 minutes or so once your mind and body has warmed up to this programming you can stop rising and just stay down with the knees bent.

You'll still be drawing and compressing energy in the same way but you just won't be moving the legs anymore.

Keep the hand movements going so as to keep the connection between body and mind and to increase your focus.

If you concentrate on synchronizing the movements such that the hands feel like they are drawing energy up into the legs and then as the hands push down they are compressing energy into the legs it will increase the mind and body connection and the potency of this exercise.

Remember you only need to compress down to the level of the hips or even the top of the thighs. It's not really a problem if you compress lower but keeping the level around your hips means there's more energy in your legs. This lets the energy remain compressed temporarily until the weight of your upper body relaxing down with gravity pushes it out.

The overall effect is like turning up the pressure on a hose. The flow of energy becomes greater and therefore more potent, effective and accelerated.

This building of Earth force is built into the legs over a time of anywhere between 15 minutes to 60 minutes or more.

Tension may inevitably build in the legs and the body however using the mind you are to relax and release this tension downwards with gravity through the soles of the feet.

Work such that the entire upper body, neck and head is relaxed while maintaining a straight back and neck.

Let all the weight above the hips sit on the legs such that all the weight and force is going into and through the legs.

Your legs should feel solid at this stage and may also feel as if they are burning.

Stay in this position.

Do not cheat yourself.

In the first few months (at least) if you feel burning or trembling in the legs this is a good sign. This is your body getting used to releasing force downwards with gravity.

Every moment that you stay here you are building your mind power. You are building your sincerity. You are building your capacity for transmitting manifestation power.

Remember that when you feel tension or energy rise you are to let it go and to let it naturally drop with gravity back towards the Earth.

While you are holding this posture, be aware of the body from the soles of the feet to the tip of the head.

Ensure that you have released the tension within all the soft tissue of the body.

It should feel as if the body is being supported by the skeletal bones of the body and the Earth alone.

Note: If you are incapacitated in the legs for some reason you may practice the body method sitting down.

Feel for whatever part of your body is touching the ground or floor.

This is your connection to the Earth.

You'll want to draw energy into at least half your body from this point of connection. Then compress it and let everything inside the body relax down with the flow of gravity.

You may also wish to use this method if you are ill and for some reason do not wish to stand however for the most part if you are well and have the use of your legs then the power gained will be substantially more. By utilizing the legs as the compression "chamber" the entire upper body can then be utilized as the weight which then relaxes downward creating the compression and increasing the flow of energy.

Essentially you should use as much of the body as possible. So if you have the use of your legs then use them and if you have the use of your torso then use it. If you can't for some reason then don't worry about it, but as a rule the more that you can use the more power, flow and compression you are bringing to your manifestation.

Points To Remember

1. Stand with the feet parallel and shoulder width apart.
2. Bend the knees, relax the lower back allowing the pelvis to relax under so that the buttocks do not stick out and the spine becomes straighter.
3. Keep the spine straight and hold the head as if suspended lightly from above.
4. Maintain this form while relaxing all the soft tissue of the body.
5. The hands and arms are either relaxed by the sides or coordinating the movement of drawing Earth energy into the legs.
6. On the inhale Earth energy is drawn into the legs. Either visualize or use the kinesthetic imagination to feel the feeling of solidity and heaviness in your legs. If you have difficulty feeling this at first don't worry – after standing for 20 minutes or more you will feel it. If there is ever any doubt over whether you feel this energy of solidity and heaviness in your legs just

stand longer. Keep the knees bent as much as possible, the weight distributed evenly over the sole and the heel of the foot. There is not a single person who will not feel solidity and heaviness in their legs after 1 hour of standing. When you become practiced at doing this you will feel the solidity within seconds. This is an indication that your body is open and that energy is able to flow easily and smoothly through it. If it is difficult to feel the feeling of solidity and heaviness at first it is because your body is not open yet so the energy can not flow easily. The solution is to stand longer.

7. On the exhale Earth energy is compressed into the legs. Compress energy such that the both legs feel “full” in their entirety. Let the entire leg from the sole of the foot to the top of the thigh feel compressed and full of energy. This energy will naturally release downwards. You do not need to push it out of the legs.

8. Be aware of the entire body and release tension downwards with gravity so that the entire weight of the body feels like it is resting on the soles of the feet.

Illustrations of basic movement.



Starting posture.



Draw energy or feeling of heaviness and solidity upward into the legs.



Compress energy into the legs.

Note: if there is any knee pain straighten your legs such that the bent knees do not go past the toes. Ensure also that the back is straight and that the weight is evenly distributed on the entire soles of the feet. If the weight is too much on the ball of the foot this will put force into the knee.

Maintain the posture, not with tension but by relaxing and sinking the body into the posture. There will be tension in the legs at the beginning however minimize tension in the upper body and neck as much as possible.

What you are doing is essentially learning to make your body hollow like a hose. You are releasing tension and blockages using gravity and the mind as your tools for doing so.

This part has introduced you to the building of mind power, how to release blockages from the body and how to connect to Earth energy.

Note that it is not the body actually becoming the Earth (or bringing Earth into the body) of course, but it is as deep a connection of each part of the body; the skin, the muscles, the bones and blood with the Earth as you can become without being actually being Earth.

This connection happens through imagining that your legs are one with the Earth energy. So what is happening is that your legs are learning to do the job that they are actually meant to do which is to hold the rest of the body up and to be the release channel for all the tension that you are holding in your upper body.

There's no need for all this tension in the upper body, but it hasn't been able to go anywhere because the legs haven't been doing their job.

When the legs and feet are open they are able to transmit force which means that the Earth is able to support the weight of the body.

This is what it actually means to be grounded. It is to have a connection through the whole body to the ground (Earth).

If there is tension then there is a disconnection and that part of the body is no longer connected to the ground. Furthermore, the body is the mind's way of interacting with physical reality so if the body is disconnected from the ground then the mind is too.

This has many ramifications magnetically because the body and the mind recharge from their connection with the Earth. The less connected you are the less energy you get from the earth which can cause all types of illness both physical and emotional.

In the body disconnection means tension and like the example of the blocked hose this tension becomes a magnet for any force so this is where you will get body problems.

The most persistent force on this Earth is gravity so between the weight of your body and gravity the areas of tension are building up force and eventually they're going to cause problems like back pain, neck pain, knee pain and so forth.

Emotionally when people get stressed they breathe higher, they tense up certain areas of the chest, the shoulders and neck. This is keeping energy up in the higher parts of the body.

Energy needs to flow, it needs be able to transmit through the body.

This is why the concept of storing energy is detrimental. People don't need to store more energy, they are already storing massive amounts of energy and this is the problem.

Bodies and minds need to be open and clear. Energy needs to flow through freely, not get stuck, held and tense.

By opening up the body such that it becomes a transmitter for force not a vessel for storing force the body and mind won't become blocked with stagnating energy. Energy needs to circulate and move and by keeping the body and mind open this way energy can remain fresh and vital.

This is what is happening when you train the body method that has been described.

Now when you release tension and allow it to flow downwards with gravity all these emotional problems begin to resolve themselves.

Why do they resolve?

Because the body is rebalancing itself.

It is becoming naturally aligned with the Earth and with gravity.

Instead of holding all these areas of the body up and tense which stores emotional energy in the body, you are releasing it downwards with gravity.

It becomes energy released and energy flowing through you rather than trying to store more energy. People with emotional illness already have energy stored in them. People who suffer from depression are suffering from stagnant energy which is energy that is stored in them. The same goes for anxiety or any emotional illness.

The way to mend all of these illnesses is to open up the body, shake out the dust and cobwebs and let the energy move.

When you allow energy and tension to drop downwards with gravity you are opening the body and allowing it to be the transmitter of energy and force.

Now most people think that relaxing is to just lie down and relax the muscles and yes this is a form of relaxation, but why doesn't it get rid of emotional stresses and blockages?

Well it is like getting a hose and lying it down. The hose may be lying down on the outside but on the inside those blockages can still be there.

When you lie down and relax this way you are not placing stress on the internal structure of the body. You are not creating enough of a downward flow to open and release tension from the inside of the body.

On the other hand when you stand up for long periods of time you rapidly become aware of any places that have blockages and you are also utilizing the power of gravity to exert a downward force. This allows the blockages to also drop downwards and be released.

Now while you are practicing how are you aware of these blockages?

Because they feel tense! You can feel muscles aching, you hear your mind trying to coax you to sit down and be done with this! You can feel your emotions complaining!

These are all blockages. They are all held and stored energy in the body.

These are all messages from the body that are clearly telling you where to drop energy downwards – where to release.

You cannot get much clearer a message than pain, tension, thoughts and emotions.

Immediately when you stand in the body method you force your body and mind to confront these blockages. This is like taking the hose and putting water through it, it is forced to confront the blockages.

If you just lie down and try to relax it is like lying the hose down without any water running through it. The blockages are not met with any type of force that will remove them.

When you stand in the body method the power of gravity is like water running through the hose.

The longer that you stand the greater the flow of water you are running through. *So long practice sessions increase your transmission of manifestation power.*

Now what you have that the hose does not have is the mind.

The mind is what you use to relax parts of the body and to let the tension flow downwards with gravity.

If you just stand mindlessly then there may be a little release but if you really want results then you must engage the mind to scan the body and release blockages and tension wherever you should find them.

In the beginning you will probably find that some muscles refuse to relax no matter how much you try. This is why it is so valuable to stand for long periods of time because after a while the muscles will have no choice but to relax – they just can't hold the tensions anymore!

By now you may be seeing what else this body method is developing...

It is developing the coordination between the mind and the body.

It is developing the power of the mind to command that body to do its will.

You notice how in the beginning the mind will ask a certain part of the the body to relax and yet the body does nothing?

This is because the mind is not coordinated enough with the body. It does not have enough command over the body yet.

By continually training this coordination and connection, the mind gets stronger and eventually the body will relax immediately when the mind commands it.

This type of mind power is invaluable and precious because it is developing a mind that can command reality to move to its will.

Beginning first with a mind that is almost impotent in its ability to control the body to one that commands absolute power, well when this mind is applied to all other tasks it is a force to be reckoned with.

This is your power and it is yours to command however it does not come from any other fashion other than training it.

Anyone can achieve this level of mind if they have the determination and even if one lacks determination this too can be achieved through practice.

The ability to manifest great things in life come from the acquisition of mind power.

Eventually the coordination of the body and mind becomes as precise as that of a master surgeon holding a scalpel.

If mental stress or emotional illness arises you feel it but you do not store it or hold it. Just release it downwards with gravity into the Earth. You create a flow of power and then you use this flow of power to fuel your manifestations (more on this later).

All stress whether the stress of physical tension or the stress of emotional issues live in the body but are born of the mind. They are all born from the grasping and storing of energy.

When the mind becomes strong and coordinated enough to control the body then the body will release the stress and use it for something worthwhile other than causing you problems.

Body method training gives the mind this strength and coordination.

Now remember that everyone can achieve this power but not everyone will.

There are many people who are waiting for someone else to come up with the magic pill or the magic wand that will mean that they do not need to do any work at all.

The irony is that even if someone does invent a magic pill or magic wand these people will still lack the single most important ingredient:

Sincerity.

There is no pill for sincerity for sincerity means doing what you need to do even when the chips are down and everything looks like it is going wrong. It means doing what you need to do even when you feel weak and disillusioned.

Develop sincerity and you are developing mind power and with this power nothing will stop you because the only thing that could have stopped you was yourself all along.

Learn to master yourself and nothing else will ever master or control you.

Learn to master yourself and you will wield the ultimate power – the power to manifest your greatest wishes.

Next we will discuss two of the main applications of this power - healing and manifestation.

Healing Emotional Illnesses and Stress

As I have discussed I prefer the physical body method because pure mind methods will not be strong for most people in the beginning. They will in fact be so weak as to encourage people to give up before they have truly gained anything of worth.

The body method gives you constant markers of progression in such clear and obvious ways that anyone of any intelligence is able to use it.

In the beginning in particular you will know when you have lapsed in your mental concentration because you will have built up tension in the body again, sat down or moved the body to relieve the pain.

The first application of power is learning to calm your emotions and your mind.

Calmness is mandatory for clear power because when the mind is agitated the body is agitated and so your connection with the Earth becomes

disconnected. Tension arises in the body and becomes blocked and the mind loses its clarity because it becomes affected by this emotion.

Particularly if you want to achieve manifestation power then you need to be clear in your mind and body.

Emotional energy can be used to power your manifestations however you want to be in charge of when and how and not the other way around.

In other words, if you are the one that is able to control your emotions then this is valuable however if emotions control you then this is not good and will almost always be detrimental and counterproductive for your manifestation power.

For instance imagine you are working to manifest a particular goal and you are projecting a clear manifestation of this goal. All of a sudden an emotion arises and you cannot control it and it has already clouded your manifestation. The result is that your manifestation does not come to pass.

This would be like driving a car along a street and trying to go straight but having a hand that keeps coming out and pushing your steering wheel in another direction. As a result you keep going in circles.

Having a calm emotional state enhances an open body state which means that energy at the physical level or at the subtle levels can flow freely without stagnation or sudden outbursts of thought or emotion. The manifestation can then broadcast clearly.

A calm mind allows your power to be concentrated like a laser. Your manifestations becomes powerful, accurate and clear.

Calmness allows you to think and act clearly because there are not opposing forces jumbling up your focus. Calmness allows your manifestation power to reach its target clearly and cleanly every time without distortion.

This type of calmness is being trained throughout the body method.

Let's say that you've been standing for 20 minutes or so and then your mind keeps sending thoughts like "what you are you doing this for?" and "this is

stupid, why not stop and go and get a beer. That would be much more enjoyable!”

If you have control and can keep calm and release these energies, thoughts and emotions downward with gravity then you will be fine. However if a strong thought or emotion arises and the next thing you know you are sitting on the couch drinking a beer, then you will know that your emotions and thoughts have controlled and overpowered you.

So this body training teaches you to maintain a steady, strong and calm mind and body even in the midst of intensity. This is developing a type of mind power that becomes highly potent at producing manifestation ability.

Imagining what you want to manifest is the easy part, keeping the broadcast clear and strong and free of distortion is the hard part.

Most people are so held up with limiting beliefs and blockages that completely distort and hinder their manifestation power, that there is little chance that any of this power is able to reach its targets cleanly and clearly.

This is what happens when people get hung up on storing energy in their bodies, they are quite literally and deliberately creating blockages in their body.

Achieving clarity and clear transmission power happens as you learn to relax and release tension and blockages more and more.

Your level of relaxation will become subtler and subtler. You will begin to notice that for every emotion that's experienced in the mind there is also a corresponding sensation in the body. The body sensation arises because of the mind and its thoughts and emotions. So when the mind directs the body to release and relax the physical sensation downward with the flow of gravity, the emotion releases and the blockage isn't held in place anymore.

Physical tension is felt at a more obvious and gross level where as mental and emotional tension is felt at a subtler or more “energetic” level, but really all of this is just different levels of feeling in the body.

Really you don't need to be concerned with whether something is physical tension or emotional tension or whatever. The important thing is to just

notice what you notice and if you notice tension then release it downwards with gravity. That's all there is to it. If you think that you should be feeling something that you obviously don't feel then there's no use worrying about it – just concentrate of what you *do* feel.

Even when you're starting off you should find that if you are seriously focusing on letting tension drop downwards with gravity, that you're feeling moderate stress disappear within 10 minutes or so.

Most patterns of stress, depression and anxiety have more to do with allowing these blockages and stagnations of energy to persist. People will literally keep focusing on them in the body, basically affirming them to remain stuck there.

So whenever you feel stress, depression or anxiety arise just stand up, bend the knees and proceed to drop tension downwards with gravity. Keep that downward flow happening like your entire body is a water fall. It's actually a natural thing to let energy and tension flow downwards – after all gravity is natural and it is present all the time. The only thing that holds tension upwards and stuck is your own mind. Be aware of your own mind, be aware

of your own body, be aware of tension in the body and drop it downwards.

Easy.

Now some people will say that they don't know how they are feeling but they just know that they don't feel so good. Let's just say that however you feel simply follow the same prescription – stand up, bend the knees and proceed to drop tension downwards with gravity.

Compare this to the analogy of the hose again. It doesn't matter if that hose is running clear water or green water or brown water. All that matters is that that water is allowed to run through that hose. So don't get caught up in what you're feeling or whether you should be feeling something else, or whether you're feeling the right thing or the wrong thing. This is all like getting caught up in the color of the water. Just focus on letting the water run through the hose.

Whatever you feel, let it drop downwards with gravity.

As you can see this is a really easy method to use once you've done it. In fact this is so easy you can even teach kids to do it. Well guess what? In

some countries, omitting the more metaphysical parts are already teaching variations of this method in schools and have successfully combated ADHD, depression and anxiety in long term sufferers where traditional psychotherapy and drugs have not helped.

In the beginning I want to emphasize that you should stand up as much as possible. Later you'll find that you can do it seated – you just drop all tension in the upper body so that it moves downwards onto the chair that you're sitting on.

Eventually you'll find that your mind is so powerful that you can just drop tension, stress and emotional issues no matter where you are and what posture you happen to be in. This is because your mind has fully mastered your body. It is in full command and coordination of the body.

Points To Remember

1. Healing emotional blocks and issues comes through releasing tension and energy downward with the flow of gravity.
2. Do not worry about what you cannot feel in your body. Just release any tension and rigidity that you *do* feel. By releasing all tension that you *do* feel you are creating a flow that will assist in removing the subtler blocks of tension and emotional blocks that you don't feel.

This works much like turning on a hose. The flow of water will clean out any of the smaller blocks. Just by using the body method you are utilizing the power of gravity. Gravity creates the flow that will clear the blocks out of your body.

Grounding

Grounding is talked about in relationship to many things. To some it means staying connected to “reality.” To others it means spending time in nature, while to others it is a ritual that takes place before performing meditations, healings or other metaphysical practices.

What you need to know is that this body method covers all of these.

When people are disconnected from reality all it means is that energy and emotion is caught up and blocked in certain areas of the body, generally the upper body and head. This is a disconnection from the Earth or ground. All forces whether the forces of gravity or the forces of thought and emotion get caught up in that blockage, and so this person appears as if they are somewhere else because their mind keeps playing back whatever emotion or thought is caught in that blockage.

It's kind of like a record playing getting caught in a scratch in the record.

When you release that blockage by letting the tension drop downwards with gravity the connection with the Earth clears up and there you have it – the person becomes “grounded.”

Spending time in nature is the same. The majority of people live in cities and cities are literally insulated from the Earth by concrete, electrical signals, buildings and so forth.

Not only are people insulated from the Earth but the air is insulated from the Earth too.

Air in nature has an open exchange with the Earth and so the air that you breathe is more connected with the Earth. It also has not been mixed in with other things like pollution.

So getting out to nature you do literally have a closer connection to the Earth without other things like concrete, electro magnetic frequencies and pollution getting in the way. Of course when you practice the body method in nature your connection becomes multiplied many times.

The thing is though that most people live in cities for good reasons. They work or they have family there. So how can they get grounding? How can they get this Earth connection?

The answer should be obvious by now: by practicing the body method of course!

The grounding that is talked about for meditation or metaphysical practices relates to the nature of the mind during these practices.

Some meditations and metaphysical practices push the mind into planes of existence that are “far out” relative to the physical reality. In short the mind is connecting to densities of reality that are subtler than the very dense and solid, tangible reality of the Earth.

This can leave the mind feeling disorientated, but it can also make the mind and the body (because the mind also lives in the body) feel as if it has less power or grounding. By connecting the body to the Earth through the body method, the mind will find that it reconnects to a great source of power – the Earth. This will make the mind feel more solid, grounded and in the “here and now.”

Have you ever tried running on loose sand? If so you will have noticed that the sand does not provide a firm footing. It is difficult to generate usable power. This is what it can be like when you meditate or practice healing without maintaining a connection to the Earth. You literally lose the foundation through which your power is able to create a firm footing.

Remember the solidity and power that you felt when you practiced the body method? This tangible power can be brought to meditation, healing and metaphysical practice in such a way that your power is able to reach its potential without any distortion or disorientation.

Imagine trying to jump as high as you can when your feet are treading water. Now imagine jumping as high as you can when your feet are on solid ground. This latter example is what your power is like when it is grounded. The former example is what it is like when your power is ungrounded.

As long as you have that strong connection to the Earth you have the ability to transmit power and it is the transmission of power that renders it potent and available for manifestation.

So always remember that the power of the mind is only one point of your power. The other point comes from your connection with the Earth.

Through using these two points you are able to compress or triangulate your power such that it will affect a third point – your wishes, manifestations, healings and meditations.

Furthermore, if you are a healer then you may already have realized the importance of grounding. Healers often take on some of the issues of their patients and without a source to ground these energies they will become ill or imbalanced.

What the body method provides is a continuous link to that protective and powerful energy that is the Earth. By providing this continual downward flow of energy all issues will be transmitted into the Earth leaving the healer balanced and unharmed.

By now some of you may be asking: With all of this downward energy how does energy come back into the body? The answer is that when energy sinks downward, the body is open and so there is also a reciprocal rising energy.

Through continuously sinking and dropping tension and energy, energy will simultaneously rise from the Earth. However because the body and mind is dropping rigid and held tension, the energy that arises will be soft, flowing and vital.

This means that the energy that rises is able to move and instead of becoming stagnant it will revitalize your body and mind. So the body method actually opens a circuit that continually drops stagnant energy and refills with fresh and vital energy. The rising energy does not need to be connected to consciously in practice – it will happen automatically as you release energy and tension downward.

There is a moral here and that is that one does not need to hoard energy in order to have a lot of energy. By releasing energy, energy will return in its purer state. Furthermore, energy will return in greater amounts because the body and mind is open and available. A body and mind that hoards is not open, they are in fact rigid and so they will not be able to accommodate larger amounts of energy and nor will they be able to transmit energy for healing or manifestation.

This leads us to understand that it is not just the amount of energy that we have that is important – it is how the energy is used.

Points To Remember

1. Keep your body and mind grounded by ensuring that the flow from the Earth through your body remains connected. The easiest way to do this is to release all tension downwards within the body with the flow of gravity using the Body Method.
2. Grounding gives your manifestations power.
3. Grounding protects you from becoming drained when performing healing work.

Manifestation

Manifestation is the creating of the reality of your will.

In other words, manifestation is the ability to create what you want.

What are the important factors in achieving manifestation power?

The answer is the strength and clarity of your mind. These attributes also come from the training of sincerity.

Strength and clarity of your mind enhance the accuracy of your creation and the speed at which it is created.

If you lack in strength and clarity then your manifestation will be off, distorted or weak.

You may either manifest something slightly or vastly different or it may take a long time, perhaps many years to bring this manifestation about.

If your mind is too weak then the manifestation will be weak. It may in fact only exist in the imagination and never move past this level to the level of physical reality.

Powerful manifestation requires strength and clarity and this is what the body method trains your mind for - strength and clarity.

In the beginning you are drawing in Earth energy and you are using it to build your legs as conduits and transmitters for force and power.

You are also learning to release all tension downwards with gravity.

You are also training your will and psyche.

Each of these factors is training the mind power for strength and clarity.

Now what is clarity really? It is the articulation of your will.

What is strength? It is the ability to carry forth your will.

Articulation is in simple terms the mind telling the body to do something and the body obeying.

Strength is persistence and determination of action and mind. It is the ability to follow through continually until you achieve your goal.

Strength is important but without articulation there be no skill. It is like throwing power into the air without any guidance of how it should affect the world.

Articulation without strength is like having the ability to clearly affect the body, but only for 2 seconds before becoming tired and discouraged.

When you have both strength and articulation you can affect reality and you can sustain this process indefinitely.

Take this example: If someone can drive well for 30 seconds this does not mean that they will be able to be a racing car driver. They must be able to drive well indefinitely and then will they increase their chances.

The same goes for someone who wants to be a writer. If one wants to write they must train to write well all the time not just for minutes at a time.

Manifestation is in simple terms the ability to bring to pass that which you wish.

This is broken down into 2 basic factors:

The first is to clear the mind and body of blockages that would stop the manifestation coming to pass.

The second is to bring the “energy” of the manifestation into your reality here and now.

By now it will be very clear that the first of these factors is accomplished easily through the body method. This is in fact where most people have problems. They simply do not know how to release blockages effectively and hence these blockages prevent any further progress with their manifestations.

The second factor, bringing in the “energy” of the manifestation just means achieving the mental and the bodily state of the manifestation that you wish to create. This is actually easier to accomplish than it might sound.

In the body method you have already learned to bring Earth energy into the legs. You have also practiced releasing tension downwards with gravity.

Each of these is an example of how to achieve a mental and bodily state of energy. In this case, Earth energy.

You use the energy of the Earth in the form of mental visualizations and feelings to build the connection between your body and mind and the Earth. This creates a feeling where you are *knowing* or *being* the Earth. It is this *being* or *knowing* that achieves the mental and the bodily state of the manifestation that you wish to create. As you can see this is actually very simple.

At the same time you are building the body into a transmitter. A transmitter is basically like a hose. It moves energy *through* it. Note the emphasis on

the word *through*. The aim is not to store energy but to let the energy move through you.

The legs power the manifestation. The body method trains the legs to transmit force downwards into the Earth but also to draw the power of your manifestation energy upwards (instead of Earth energy). The upper body is constantly releasing tension and energy which flows downward with gravity and compresses the energy into the legs. The energy is not stored here however, it is allowed to release with everything else. So what you are actually doing is creating a flow of manifestation energy that is reciprocating in and out of your body.

Your body is becoming like a hose that is simply letting the energy of your manifestation flow through it continuously.

And where is your mind during all this?

The mind is coordinating the body, it is controlling the entire process. So as the body becomes a conduit for this flow of manifestation energy the mind is

also becoming permeated with this flow. As a result, who you are, body and mind, is *being* the flow of the manifestation.

Simple right?

The body method also utilizes the principle of *compression* to make your flow of manifestation energy even more powerful and effective.

Let's look more into how compression works.

By releasing all tension downward and through the legs into the Earth you are using the energy and weight of the upper body to fuel the manifestation of the lower body.

The weight and energy of the upper body becomes like the water pushing force through the hose. In the case of the body this is like raw energy compressing into the legs.

The upper body and chakras remains clear, which is usually where manifestations become blocked.

At the lower end, the feet are connected to the Earth and the energy of the manifestation becomes compressed and “pressurized” in the legs.

Where the basic body method compresses Earth energy into the legs, the body method for manifestation compresses whatever energy you wish to manifest into the legs.

This energy is compressed and condensed and continually released back into the Earth with gravity. The result is a powerful flow of manifestation continually building energy and continually being released to flow and reciprocate through you.

The body through this training becomes like a powerful hose that is capable of bringing in larger amounts of energy. However because the energy is not stored to become stagnant it is able to become more powerful and concentrated and so flows continually through you attracting and bringing to you the subject of your manifestation.

There is a continual flow of fresh energy moving through and it is this continually growing flow of energy that powers and vitalizes your manifestations. Instead of your manifestations becoming blocked, stagnant and weak, they become strong, flowing and powerful.

This type of body method manifestation creates, concentrates and transmits the specific frequencies of energy that generates your wish.

The more of this energy that flows through you, the more powerful and accurate your manifestation. So by practicing the body method manifestation for even half an hour you are creating an incredibly potent energy flow of your wish. Furthermore, this energy is not diffuse but highly concentrated through the consistent compression of the energy through the legs, the force of the upper body constantly releasing downwards and the Earth force rising upwards. These three points triangulate to compress this energy and make it focused, concentrated and powerful.

By now it will be completely clear that it is not storing energy that creates clear and accurate manifestation but having more energy flowing through you.

The more energy that can flow through you, the more energy that can flow *to* you.

Remember, that if you are storing energy then you will reach a maximum potential and the energy will become stagnant very quickly. If you are letting energy flow through you then there is no limit.

As long as you are releasing tension and energy downwards naturally with the flow of gravity you are opening your body and mind to the maximum flow of energy.

Abundance of whatever it is you wish will flow to you with no bounds.

Furthermore, storing energy assumes a lack and a need to hoard. This is a fear that in itself creates massive problems for the manifestation. Fear of lack transmits the energy that you will not have the flow of your wishes come to you and so they will not come to you.

Manifestation becomes powerful by concentrated intent and flow of energy.

The compression of energy into the legs concentrates and pressurizes your intent. It is not stored here but is released continuously as gravity allow is to flow away.

The longer and more intense your practice session the more concentrated the manifestation is going to be when it releases.

You've got your upper body pushing from the top, you've got the Earth immovable below and between, your legs are like the bellows drawing and compressing the manifestation energy.

This is a guaranteed winning formula for manifestation.

Now some say that when wishing to manifest something, for example money, that instead of building the energy of money one should build the energy of what it feels like to be rich.

I say use both. When you have a lot of money then you are rich. When you feel rich then you have a lot of money.

So instead of drawing Earth energy into the legs imagine yourself drawing money into the legs and compressing it into the legs. Also draw in the feeling of being rich. Draw it all in and compress it all in and allow it all to release and flow. It is all one and same. One continuous, reciprocal flow of energy.

Always keep the upper body relaxed and the tension dropping downwards. The downward dropping energy will help to add power and fuel the manifestation that is happening in your legs.

Think of the legs as being your manifestation cauldron.

Draw the manifestation up into your legs. Literally imagine yourself drawing money into your legs and then compress downwards.

Compress money and the feeling of being rich into your legs while simultaneously allowing the continual release of tension in the entire body and even in the legs release all energy downwards.

This may seem like a contradiction at first however remember the analogy of the hose.

Drawing and compressing energy into the legs is like increasing the pressure of the water. The pressure increases however the water is still allowed to flow out the nozzle. You do not need to do anything to the water or the hose to let the water flow out. All that is required is that the hose is free of obstacles.

In the same way, energy is drawn into the legs and compressed into the legs and then just by allowing all tension to drop downwards the energy will naturally flow out – just like water.

This maintains an open and free flowing conduit of energy throughout your whole body, your mind and the Earth. Energy is constantly moving out of you and back into you. There is a constant reciprocal flow of energy.

Likewise, money moves into you and it also moves out of you. Do not seek to hoard money. Money is no good if it just stays on you, it needs to move, it needs to flow.

Now money is only one example of what you may wish to manifest. You may in fact draw and compress all types of energy into your legs as long as you release tension continually at the same time.

Be the conduit for energy. Be the transmitter of energy. You are not putting energy into a particular place – you are letting energy flow through you.

You are being like a hose that is turned on continuously as opposed to a hose that is turned off or a hose that is full of water but blocked at both ends.

Manifestation is about allowing the types of energy that you want to flow through you. It is about broadening the spectrum of energies that can flow through you.

Want more money? Flow the energy of money through you.

Want more friends? Flow the energy of friends through you.

Want more love? Flow the energy of love through you.

Manifestation works for anything. Let's say you want bigger shoulder muscles. Do the same thing:

Draw in the energy of having shoulder bigger muscles. Draw in what they'd feel and look like.

Compress this energy into the legs.

The legs are your canvas. This is where you create and concentrate your dreams.

Then you allow the energy to naturally release with all tension from your body.

Don't get caught up in whether you think you're drawing the right type or the wrong type of energy into your legs. Just focus on drawing in the energy of everything that you associate with your wish into your legs.

So if you want more money then imagine yourself drawing in the energy of money, how it feels, what it looks like, how it would feel to own, how it would feel to be rich and so forth.

If you want more friends, then imagine yourself drawing in the energy of friends, what they are like, what their personality feels like, what it feels like for you to be around them, how you feel when you have more friends and so on.

If you want to manifest a holiday to Fiji then imagine yourself drawing in Fiji. Draw in the type of holiday you'd want, the weather, the people, the hotel – literally everything!

You see you're programming your mind and physiology so that it is tuned into Fiji or having or more friends or being wealthy. This energy is flowing through you. It feels alive and potent. This is telling your reality that this is what is natural for you – this is how your reality is.

The more your mind and physiology *knows* that this is how your reality is, the more your reality will shift to reflect that knowing.

It really doesn't matter whether you're manifesting material objects, emotional states or experiences because all of these things start with energy.

The more concentrated that energy is and the more freedom that energy has to move, the more effective and accurate your manifestation will be.

Remember always to release, to keep the circulation of energy going. Never allow yourself to have any stagnant energy. Stagnation always leads to dysfunction of the mind and/or the body.

Be open and free. Let money come to you but also do not be tight fisted about letting it go. This way you become even more open to it and furthermore you will enjoy what it can do for you – this is after all the true purpose of money.

Let friends come to you but also do not be controlling about letting them be free. This way you will attract even more of them.

Even the manifestation of material things is not about storing or hoarding of those things. It is about becoming a free flowing conduit for that which you wish.

Someone who hoards money out of fear and does not spend it is not truly wealthy because their reality does not reflect the true value of money.

Money is energy to be used – it needs to flow in order to experience the true value and purpose of it, otherwise it is just numbers on a bank account.

If you get hung up on hoarding things then these things control you and not the other way around. This will always lead to unhappiness and will block your manifestation power.

Manifestation does not fear for lack just in the same way that you release tension downwards and you do not fear that you cannot get it back if you so wish.

If you wish, it is there. If you do not wish then it is gone. This is how manifestation works.

The body method very clearly teaches to reciprocate and constantly cycle a fresh flow of energy through the body and mind. If you follow this in all your practices, manifestation, healing and so forth, you will always be expanding your ultimate power.

Points To Remember

1. Manifestation is the flowing of the energy of your wish into your body and mind. This flow is turned on through the use of the body method.
2. When all blocks are released this will mean that you have the maximum flow of manifestation energy moving through you. The more manifestation flow you have moving through you the more effective and accurate your manifestations will be. The release of blocks happens through the body method when you allow all tension, energy, emotion and thought to be released downward with the flow of gravity. Remember: The key to this is to just release everything *inside your body posture* down. If in doubt release it down!
3. For manifestation, use the body method and instead of drawing in and compressing Earth energy draw in and compress the energy of that which you wish to manifest.

4. Draw the energy, imagination, idea or visualization of that which you wish to manifest into the legs(up to the level of the hips) on the inhale and compress this energy down into the legs on the exhale. While you are doing this ensure to continually release tension downwards with the flow of gravity.
5. Do not attempt to store the energy in the legs(or in any other part of the body for that matter) while compressing. By training the body to continually release you are training the body and mind to increase the flow of this energy in yourself. Remember that you are not trying to store energy you are training to increase your flow of it.
6. Remember that the single mistake that most people will make is to attempt to store this energy in the legs as they compress. It is not a problem if energy remains in the legs for a period of time while you practice – as long as you continue to consciously release tension downwards with gravity the energy will flow down however there should be no conscious or deliberate holding of energy or tension in the legs. Your focus is always to release and relax downwards.

Note: While some may think to compress and store energy and then release it at the end, this is actually counter productive to the training of increasing flow. The single factor that determines accurate and effective manifestation is to increase your flow of energy. Remember that flow means movement, release and recirculation and this can only happen if you let energy go and do not attempt to store it.

When you release energy and tension downwards with the flow of gravity there will always be a natural rising of energy to re-circulate the flow.

Storing energy during compression trains the body and mind to hold on and it also trains the body and mind to *not* flow.

Remember the hose: Adding the energy of manifestation is like adding an ingredient into the water but you still do not block on end of the water – the water should always be allowed to flow. Just because the pressure of the hose increases doesn't mean that the end of the hose is blocked either. There should always be a downward flow.

Recap of the Principles of Manifestation

Now let us look at the principles of manifestation again and understand how the body method has covered them all.

The principles of manifestation are:

1. Know exactly what you want.
2. Ask the universe for it.
3. Feel, behave and know as if the object of your desire is on its way.
(These are commonly taught as visualization, affirmations or meditation).
4. Be open to receive it and let go of the attachment to the outcome.

Principle 1 – Know exactly what you want.

This principle should be the easiest for anyone to master and in the beginning you'll probably have no problem thinking up things that you want to manifest.

For long term, deeper goals however, it is a fact that many people simply do not know what they want. They know the little things they want such as a new car, more money or better health, but they may not know the deeper passions that would inspire and drive them. For this I would suggest using the body method and drawing in the energy of clarity and knowing.

Pretend that you are a professor in knowing exactly what you want. That you are drawing in the highest wisdom. Even if you don't know exactly what this is it doesn't matter! This is what you are **creating**, this is what you are drawing in. By drawing in whatever you would imagine knowing, clarity and wisdom to feel like, even if it's just a vague impression, you are building your energy flow and ***therefore your connection to these qualities of mind.***

The more you do this the more that you will manifest that very quality of knowing and clarity in your mind and before you know it you **will** know your deepest goals and aspirations.

This is the beauty of manifestation. It builds the reality of your dreams and wishes in increments. Bit by bit and day by day the empire of your dreams and wishes comes into being.

Work with causes and you shall get the effect.

Work with building clarity and wisdom and compressing this and allowing it to flow through the legs.

This is the cause.

The effect shall be clarity and wisdom in yourself. This is a knowing of what it is that is truly important. If you keep building with this type of energy flow then you will find one day soon that you just know what it is that you want. You will know what is of the highest importance in your life.

Principle 2 - Ask the universe for it.

Most people ask with the intellectual brain or through verbal affirmations. These generally do not work so well. As you can see from the body method drawing in the energy of that which you want, using the compression, letting the energy flow through you and reciprocate through you **is** “asking the universe.” It is however not **just** asking - you are actually **taking the action** yourself. You are part of the universe and you are **being** the universe and drawing this reality in the form of energy **through** you. This is not an intangible or half hearted request or affirmation - you are literally flowing and gushing with this energy.

This counteracts one of the biggest problems in manifestation which is that of stagnation. Often people will attempt to manifest through visualization, affirmation or meditations that lock the energy in the body creating an obstacle to energy flow – one of the most important aspects of successful manifestation. The body method literally guarantees this energy flow

because it utilizes the power of gravity and relaxation to make sure that it happens.

Principle 3 - Feel, behave and know as if the object of your desire is on its way.

This is what you are actively experiencing through the process of drawing in the energy of that you wish, compressing it and letting gravity flow and reciprocate this energy through your body.

You are feeling it. Your body is behaving in congruence with your wish because the energy is circulating, compressing and flowing in your body.

You are not only feeling and knowing that this energy is on its way, ***you are feeling the energy of it flowing through you now.***

Actually feeling this energy flowing through your body is what calibrates your mind for this reality. Remember that the mind experiences physical reality through the body. So when the body feels this energy flowing through it, the mind is experiencing it also. This is mind and body connection and this connection is calibrated and flowing towards the manifestation of your dreams and wishes.

The more tuned your body and mind becomes to the energy of your manifestation the stronger and more powerful the attraction will become in your physical reality. ***You will literally be pulling to you the experiences, wishes and dreams that are flowing through you.***

Principle 4 - Be open to receive it and let go of the attachment to the outcome.

This is what is happening when you let the energy flow through you like water through a hose. A hose that is open and flowing is not attached to the water that is flowing out of it. If it were, the water would not be able to leave the hose! In the same way ***you*** cannot be attached to the outcome when you are open to the flow of gravity and allowing the energy to flow

downward with it. This *is* what it means to be *open to receiving and letting go of attachment to the outcome*.

Through practicing the body method this becomes for you not just an intangible concept or idea but an actual feeling that you are experiencing.

This makes it real.

When you are not open then you will *feel* it because you will feel tense like you are holding yourself up against gravity. The constant downward pressure of gravity is constantly coaxing you to be more and more open. The body method gives the concept of openness a real *meaning* because you're actually experiencing it. This is openness that you can touch and feel.

This openness means that you can receive but not only can you receive – you *are* receiving!

Each time the energy of your wish flows through you, you *are* receiving.

Each time the energy of your wish flows through you, you *are* letting go of the outcome.

So when you are practicing the body method you are in a very concrete and tangible way actually experiencing being open to receiving your wish and letting go of attachment.

As you can see the body method applies and incorporates each of the manifestation principles perfectly. Where the manifestation principles are like the theoretic science – the body method is the application of that science.

As long as you are practicing the body method correctly you are applying the manifestation principles with power and precision. The complete and absolute manifestation of your dreams and desires is assured.

Conclusion

All of the abilities gained come from the mind strength developed from the body method. Practice this well and you will gain the mind power to achieve all your dreams. If there are problems in your manifestation or healing then return to the basic body method and see what you are doing wrong there. Any problems in your manifestations or healings will always be because you are doing something wrong in the basic body method.

Use this power well and always with sincere and good intentions and good will for greater power and greater fortune will always come back to you.

I have already explained the power of sincerity. Self respect is another force that provides your manifestations with great power.

Self respect comes from having sincerity. You may achieve a certain level of mind power without self respect however without this you may never achieve the highest peaks of manifestation power.

The reason for this is because self respect means that you trust in yourself.

It means that you trust and believe that the power and the reasons for developing your power are honorable to your own code of values.

If you do not have self respect then it means that deep down you do not trust and believe in your reasons for developing this power and so of course there will be a part of you holding back.

You cannot lie to this part and you cannot cheat or pretend - because it is you. It will always know the truth.

Note that this is not a discussion about some external morality of right or wrong. It is quite simply an explanation of the technical reasons for why self respect is important.

If you do not respect the reason for developing your power then you are impeding your flow of power.

This extends further to respecting the practice of the body method itself. If you do not respect the method then of course you will not develop it to a high level.

All master artists, athletes, musicians, scientists and business people achieve a high level of excellence because they respect what they are doing. This allows their mind and body to have *congruency*. This means that all parts of this person are striving towards this goal. There are no or at the very least a minimum of internal conflicts holding them back and so they are able to channel close to 100% of their efforts towards the manifestation of their goals.

So you must respect the art that you are practicing.

This is an attitude of gratitude and it is this underestimated attribute that will ensure that your flow of power remains open.

This is also why it is important that students respect their teachers. This is not to say that the teacher is better than the student – not at all. Respecting the teacher really means that the student has gratitude toward the teaching

that is being passed from one hand to another. It is a mutual respect and appreciation for the art itself.

It is only when the student respects the teacher that the student can be completely open to the teaching itself. This does not only work one way. The teacher too must have respect and appreciation for the student because the student is now also carrying this art. If the teacher becomes arrogant and closed then they too will close themselves to the flow of power.

Many beginners believe that this aspect of respect is superfluous and can be overlooked. This is a grave mistake and will unfortunately mean that these practitioners will be massively hindering their progress.

Personal morality is also important. This does not mean following an external code of morality but it means doing what *you* believe to be right.

Whenever you do not do what you know deep down to be right then you hold resistance in yourself and this resistance is an obstacle to the flow of power.

The more congruent you are with what you know to be right for yourself, the stronger your will, psyche and power will become. The less congruent you are with what you know to be right for yourself the less power and flow you will have.

The reason for this is simple. When you act, think or behave in a way that you know deep down to be wrong how do you know this to be wrong?

You know it to be wrong because at some level it is harming you, whether this be harming your own energy, emotion or character. Furthermore, it may be harming others also. It may be harming their energy, their integrity, respect, their physical person or their emotion.

This always creates deep blocks in the energy flow of power.

Live in such a way that you are able to respect what you do, the effort that you put into life, your words, actions and thoughts. When you do so you will find that your flow of energy becomes streamlined and powerful.

When you are sincere with yourself your power for manifestation becomes unleashed because your body and mind can now *trust* itself. The more that

your mind and body can *trust* itself, the more it will trust itself to wield power.

The body method can take you all the way to the top of your field. It develops trusts because it forces you to face yourself as tension and stress arises. Your sincerity is built each time you release tension downwards with the flow of gravity instead of holding onto it or running away from it.

Tension is stress and you are here facing it head on and releasing it instead of holding onto it out of fear. This is demonstrating to yourself that you can trust yourself. So this is a very intensive training of self-trust.

This is power in itself however you are also developing other powers, the power of mind and body coordination, the power of utilizing gravity and the power of working with energy.

Each of these powers becomes greater and enhanced the more that your mind and body knows that it can trust in itself. As the mind and body realizes that it *is* sincere it will give the command to release more power because it knows that it is capable of handling it.

And this is how it is possible for the greatest power available to human kind to only become available for those that would use it not for harm but only for good.

With sincerity in yourself, all your power will be unleashed.

May all good things flow to you.

