"The Tipping Method"
Radical Manifestation Worksheet

[Note: It's imperative that you read everything aloud including what you write.]

1. The ‘thing’ I desire to manifest, using the Law of Attraction is . . . *(It must be something tangible, outside of yourself such that you will be able to recognize it when it shows up).*

To be more precise, I am seeing it having the following details, qualities or features - or better:

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I see that I am attracting it to me now by . . . *(Give a time frame.)*

2. The genuine feelings that drive this need are: *(Be honest, authentic and non-judgmental)*

- [ ] longing
- [ ] outrage
- [ ] grief
- [ ] anger
- [ ] love
- [ ] deprivation
- [ ] expectation
- [ ] entitlement
- [ ] hope
- [ ] pride
- [ ] need
- [ ] empathy
- [ ] righteousness
- [ ] fear
- [ ] sadness
- [ ] shame
- [ ] guilt
- [ ] compassion
- [ ] Other _______________________

3. I love myself for feeling this lack and acknowledge that as a human being I am entitled to my feelings, no matter what they are.

4. The reason(s) I am wanting to attract/create this ‘thing’ is/are . . .

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It is approximately

- [ ] % Self Gratification
- [ ] % Self Improvement *(i.e. transformational for me)*
- [ ] % Transpersonal *(as in benefitting others besides myself.)*

5. I now realize that I am already transforming the situation of lack by having stated what I want and why I want it and then trusting my spiritual intelligence to bring it into my experience.

6. As I close my eyes and imagine having this ‘thing’ I am using all my imaginal senses in a much expanded and exaggerated way to have the full sensation of experiencing it being in my presence now. In my imagination . . .

   - What I see is . . .
   - What I hear is . . .
   - What I smell is . . .
   - What I taste is . . .
   - What I feel (touch) is . . .

*(Give voice to these sensations and build a ‘huge’ picture in your mind.)*
7. As I have it now in my imagination as if it were in my presence at this very moment, I strongly feel - flooding through my body - the emotions of... e.g. excitement, gratitude, joyfulness, happiness, etc. *(If you don’t feel it yet, fake it ‘til you make it.)*

8. I pay no attention to any limiting thoughts that may be residing in my subconscious mind which might have in the past prevented me from having this ‘thing’ because I know my ‘real’ self is not limited in any way whatsoever.

9. Judging by my performance in the past, some of the negative beliefs might have been: [ ] I’m not worthy [ ] I don’t deserve [ ] I’m not good enough [ ] I’ll never make it [ ] Who am I to ask for such things? [ ] I’m unlucky [ ] I’m not spiritual enough [ ] There’s not enough to go around.

[ ] Other ________________________________  *I now reject them all — totally.*

In any case, I am now bypassing that part of my mind completely and *am using my spiritual intelligence to activate the Law of Attraction.*

10. I now realize and acknowledge that my limited imagination may not be seeing the real meaning of my intention; and that the outcome I am seeing may not be what my spiritual intelligence and the Universe has in mind for me.

11. I now therefore declare my total trust of the Universe to give me what is for the highest good for all concerned and I redirect the energy of certainty that I have generated so far towards feeling love and gratitude for the Spirit that is within me and within all things.

12. I completely surrender to Spirit now and drop all attachment to having what I asked for show up in any particular way, knowing that it is done and I shall recognize the perfection of it when I see it.

13. I feel myself totally reconnected with my Source and know that I am in the midst of pure abundance. I am open to receive that abundance continually.

Signed: ___________________________  Date: ____________________

*It is Done!*  

This worksheet is a revised version of the original one published in 2006 and the numbering may be different. 

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