

“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:**

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.

Agree	Open	Skeptical	Disagree

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

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.

Agree	Open	Skeptical	Disagree

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.

Agree	Open	Skeptical	Disagree

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.***

Agree	Open	Skeptical	Disagree

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.

Agree	Open	Skeptical	Disagree

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.

Willing	Open	Skeptical	Disagree

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.

Willing	Open	Skeptical	Disagree

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.

Agree	Open	Skeptical	Disagree

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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