369 MANIFESTATION

ABOUT

The practice of manifestation is based on the belief that your thoughts can actually create your reality. While there are many different ways to go about practicing manifestation, one popular technique is the 369 Manifestation Method.

The 369 Manifestation Method a manifestation technique designed to help you attract what you want into your life by using the power of intention and focused repetition. By clearly identifying your desire from a place of gratitude and through repetition of your phrase throughout the day, the 369 Manifestation Method helps prime the mind and heart so that these blessings can enter your life.

HOW THE METHOD WORKS

Choose Your Affirmation

To practice the 369 manifestation method, you start by clearly defining what you want to manifest. Beyond identifying what you want to manifest, you want to **write your phrase in the present tense as if it is already done, with gratitude that what you want is already here**. For example, if you wanted a new job you might write, "I am so thankful for a new job that fulfills my passion and increases my wealth." The key is that you have a clear and concise affirmation that represents your goal or desire. This should be something meaningful and positive that resonates with you deeply.

Follow The Ritual

Once you have your affirmation, your statement on what you want to manifest, you'll want to follow the **ritual of writing out your affirmation three times in the morning, six times in the afternoon and nine times at night**. The repetition and focus help to align your thoughts with your desired outcome and prime the body, heart and mind for manifestation. It's believed that 17 seconds of thought is what ignites manifestation and your phrase, in writing it out one time, should do just that- and writing it out multiple times throughout the day, only serves to reinforce the focus.

3 The number three connects us to the Universe. Writing your affirmation three times in the morning, serves to reconnect you to your higher consciousness.

6 The number six represents the strength we have inside of ourselves. Writing your affirmation six times in the afternoon, reminds you of how powerful you are.

9 The number nine helps us move on from the past and release any self-doubt we have. Writing your affirmation nine times at night, clears the path forward.

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DATE: S M T W T F S

MORNING

AFTERNOON

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EVENING