

# SUGGESTIONS



You'll find yourself going through obvious phases – moments of sensing triumph, moments of sensing defeat – and while these are as predictable and inevitable as changes in the weather, they're equally as unpredictable in precisely how and when one mood will overtake the other.

**The most important factor to remember** and entrain your mind to reference to by default, is The Method – the way of remaining in your back bearing witness to the changing moods and effects they're having on you physically, energetically and emotionally, and how your mind reacts to the shifting tones by producing movies in the forebrain, as opposed to staying in the front, merged with and being lost in it all.

**Second most important thing** is to practice every day as much of the activation sequence as resonates with you (this will become apparent over time so don't rush to edit or truncate the sequence – ideally all the steps will resonate and even inspire you to modify or alter the various aspects to sit more congruently with you). Some days it'll be just going through the motions but that's fine as it sets up the opportunity for days when you'll be enjoying epiphanies – chance favors the prepared mind.

**Third**, that certain aspects of the sequence will resonate more than others at various times. So each day having practiced the whole sequence note which jumped out louder and use that as a shortcut refresher throughout that day and for longer if you're enjoying it – so that whenever beset by more than the comfortable quota of internal jarring you're able to swiftly reframe, reposition and refresh so as not to

waste precious energy nor diminish the thrust of the manifesting process going on (even when you can't seem to feel it or have no 'proof').

**And as a handy hint**, by way of example, as well as advice, the one I'd go for as a fallback is where you see yourself having manifested the changes desired sitting comfortably on that stage spotlight by that powerful beam of white light emitting from the center of the top of your forehead. And this slightly future version of you, smiling with a depth of contentment and completion you've not yet seen or felt in yourself in your present self-version, is beckoning to you to come, come, don't be afraid, it's all waiting for you, all you have to do is stretch out your hand across the ravine and feel the grasp of your future self around your wrist, pulling you into the scene.

Remember don't try to believe it when you're seeing it, as that just wastes energy and impedes the process – don't waste any energy convincing yourself – that's where everyone goes wrong – simply see it – and see it often – sometimes you'll feel it too.

The point is to let yourself be drawn into the new by your new self. All the while, of course, doing so by leaning further and further back inside.

And all the while in the state of having not wanting, therefore not grasping or daring which way things go to shunt you where you're going, nor even if you'll be shunted there at all – delighted merely to already be in receipt of the greatest gift of all, being here.

And beyond just being a powerful visualization technique, you do actually time-travel and will have regularly shot back to help your former self at various crucial junctures – just as you've regularly shot forwards to infuse your future self with the juice of life fresh from the womb whenever required, All you're doing practicing this technique is formalizing it. And after a while the pull on your wrists by your future self will become so palpable you'll hardly ever wobble in your trust again.

Obviously don't just shortcut the entire process into one aspect like this – it would be too limiting for one, because on different days, as I say, you'll have different levels of resonance with different aspects of the sequence – and it's stretching things a bit to rely on any single step in the sequence to provide all the magic required, simply through not providing enough opportunity to focus.

But, provided the foundations are sturdy through daily practice of the full routine, this making friends with the future self in the sense of developing an easy energetic rapport is perhaps the most powerful shortcut of all.