

# “The Tipping Method” Radical Manifestation Worksheet

*[NB: It's imperative that you give voice to everything on the worksheet 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 of 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 that 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:	Unwilling

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:	Unwilling

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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