

SUPERCHARGE YOUR MANIFESTING POWER WITH DOWSING

SETTING GOALS:

Without clear, specific goals, you cannot manifest well. Your vibration won't be laser focused. The following is an exercise to help you focus clearly on your goals so that you can vibrate strongly with them.

1. Write a 'quick and dirty' statement of a goal you have in mind. Don't judge! Just write it down.
2. Now, go back and look at what you wrote. Are you dreaming big and saying what you want, or are you scaling down your goal to meet your fears and worries? Make notes.
3. Go back and re-write the goal, making it the 'whole enchilada', what you would ask for in an ideal world, no holds barred.
4. Does your goal include who, what, where, how, why and when as appropriate? BE DETAILED! About what your goal is. Make changes as needed. Your statement will be long rather than short.
5. Now, read your goal and note what your fears, excuses, negative beliefs and objections are. They are the obstacles you will need to overcome. Write them all down. If necessary, go back and do it again to make sure you get all the key ones.
6. You can dowse to see, on a scale of 0 – 10, how much each one is blocking you from achieving your goal, with 10 being the worst.
7. You can also dowse on a scale of 0 – 10 to see how much in alignment you are subconsciously and consciously with the achievement of this goal in the time frame and manner stated. 8 or higher is good.
8. You can use dowsing to identify the most effective way to clear the obstacles, either by working with a professional or doing it yourself using a method you know.
9. Recognize this is a process. Be patient and measure progress. Stay positive. It will take time, especially for the big goals, but you should be able to see progress over time.
10. If you feel stuck, go back and rethink your goal and see if all the elements make sense to you. Possibly you need to change one.
11. You can always dowse your level of detachment and willingness to trust the Universe to deliver for you.