

5 Line Technique

I will enjoy deep and peaceful sleep

I enjoy deep and peaceful sleep

I enjoy peaceful sleep

Peaceful Sleep

Sleep

I will observe the activities of the mind

I observe the activities of the mind

I observe the mind

Observe the mind

Observe

I will embrace the energy of forgiveness

I embrace the energy of forgiveness

I embrace forgiveness

Embrace forgiveness

Forgiveness

I will welcome abundance into my life

I welcome abundance into my life

I welcome abundance

Welcome abundance

Abundance

I will allow love to expand in my heart

I allow love to expand in my heart

I allow love in my heart

Allow Love

Love

Create Your Own

1. Write an Intention, using 7 to 10 words, for something that you would like to manifest
2. Turn it into an affirmation, as if the intention you desire is happening now
3. Remove extra words, to form a small sentence.
4. Now choose only 2 or 3 basic words that could be considered as the root of your intention.
5. Focus on just one word now. Think of this not so much as a collection of letters forming a single word, but instead imagine that this word is the representation, the key, to getting in touch with the actual energy of your desire. So, using the examples above, don't merely focus on the word, "love" but instead, feel that you are fully immersed in the energy of love.

Reminders

These 5 lines correspond to the activity of your mind. The long sentence is for when your mind is very busy, scattered, and unfocused. As your mind begins to calm, you move your focus on to the shorter versions of your affirmation. At any time during your practice you may be going up or down the list of 5 sentences as you notice your mind at times is getting busier and other times getting calmer. There is no judgement here. There is no goal to quickly get down to the single word. All of the 5 sentences are helpful and useful, especially when it is in harmony with the current activity level of your mind. None of the 5 sentences are "better" than any of the others.