

Plug In!

Get on the Grid...



Illuminate

Activate

Resonate

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Get on the Grid...

There is a Golden Grid that holds all of the Universal Matter together.

If you tap into this vibrant field of life force energy, you can manifest in a heart beat.

The World is made up of particles and waves. When you see, touch, taste & smell, you are recognizing that which is in a physical state, as a particle.

When you intuit, know, feel, hear & vision, you are working in the realm of the wave.

Getting on the Golden Grid allows you to access that which is still in wave state and anchor it into a particle state, otherwise known as solid matter. We activate the wave and with our focused attention placed on the intention it turns it into a particle or form.

We recognize something as manifest when it appears in the physical state, but that is not necessarily true.

Before you manifest in the physical realm, you must make manifest in the ethereal or spiritual realm.

An idea precedes the physical blueprint... precedes the physical manifestation of the object.

Therefore, it benefits us to reverse engineer the natural process for creating. This includes all the synchronistic moments, meetings and magic that it requires to appear down here in the physical.

By learning the quantum mechanical method (the Golden Grid exercise, we begin to create with an intentional process.

Energy Technology Exercise:

the Golden Grid

1. Close your eyes, take a deep breath and Imagine taking an elevator up to the 5th floor.
2. Step off onto the Golden Grid of luminous horizontal and vertical lines... lock into the grid with your feet.
3. Imagine the Golden Grid running through your body and notice the connection at your heart. (We will call this your heart convergence point) This is simply where one of the horizontal & vertical golden lines connect.
4. First, think about what you want to manifest... bring the thought energy from your root chakra at the base of the spine up to the heart convergence point. You can use some "I Am" affirmations as your thoughts. **Affirm for example:** I Am so grateful for my beautiful husband... these affirmations are stated as if, already, present.
5. Next, imagine the emotions that are present with the thoughtful affirmations. **For example:** Joy, Happiness, Peace or Serenity. Start to move the emotional energy down from your crown chakra to your heart convergence point.
6. Combine the thoughtful affirmations and the emotions at the heart convergence point to create pictures or visions in your minds eye.
7. Lastly, Feel the feelings of already having that which you are creating... become alive with the possibility & probability of the creation. Claim with animation that it is already done... and so it is!