



Source: ACAST 'Living Your Star Light' Healing Course, 2020

Practice: Conscious Manifestation in Vertical / Constant Time (modified for publication on www.acast.me)

This practice engages our 4th dimensional consciousness and the principle of collapsing linear time to speed up the manifestations of our desires.

4. Procedure

- 4.1 Think of something you wish to manifest e.g. recovery from an illness, an enriching job, a loving relationship, an ideal house or location of stay, a fun holiday, a pay-rise etc (mentally label it as 'the gift')
- 4.2 Mentally project coherent joyous or other uplifting emotional vibrations from the heart and the mind outward to the empty space all around you ("the 4D void")
- 4.3 Release 'the gift' as a thought into the void and let it spiral up and out through the vertical-time column (rationale: to overlay and infuse the thought with the 4D higher consciousness or energy potential) as you continue to feel into the joy vibration
- 4.4 Whenever you feel ready, visualise or sense the gift descending from the spiral and drops into your heart chakra in the here and now (present time)
- 4.5 Bring up the feeling of gratitude and give thanks for the future event that is made manifested