

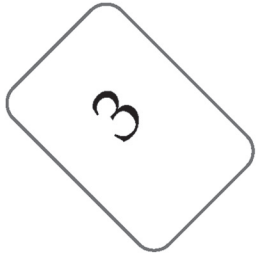
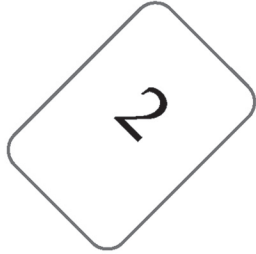
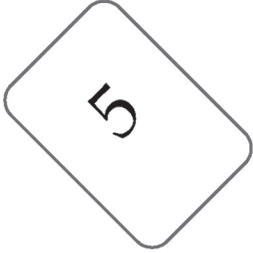
Manifestation Workbook

*A Quick Guide to the Manifestation
Manual and Card Deck by David Spangler*



Compiled by

Margaret Harris



The purpose behind this booklet is to give you a shortened guide to do a Manifestation Spread. It is suggested that before you begin you set time aside to get acquainted with the process by reading the complete Manual. Once you have done that and have a basic idea about the process then use this shortened guide to lead you through the Spread beginning with the Presence Cards and following with the Synchronicity Cards.

You will find a shorter guide for Stages 1 through 6 in this booklet, with a description and questions for each card used in the process. To use the Synchronicity Cards with their descriptions go to the original Manual.

Manifestation Overview:

The Manifestation Deck can have oracular results, and that is not its primary intent. The cards are not masters of your life. They cannot tell you what to do. They can only suggest. The creative decisions are yours. You are the responsible person. You are the one with the creative power to shape your life. The Manifestation Deck is a tool to access that power.

The basic principle is that manifestation works because the universe is structured holistically to promote it. Everything is connected to everything else, at a level of energy if not at a level of matter. There is an impulse towards coherency, wholeness and organization, in short towards synchronicity. It is the operation of this impulse that enables manifestation.

And it is also an art of crafting yourself and the “shape” of your life. Manifestation is not just something you do. It is something you are, as well. It is an expression of your presence.

The purpose of this meditation and attunement is to build a felt sense in you of who you will be when your manifestation succeeds. This is not a process to rush. Plan to take two to three hours to focus and to which you give your full attention. There is a diagram of the spread on the opposite page. It will guide you to the place where each card belongs as you work with the process.

If it would be helpful to you light a candle and invite any unseen allies and helpers to be present with you.

Hold each card in your hand and attune to it. Be aware of how you are feeling. Be aware of your “felt sense.” Make notes of your thoughts and feelings and write them down.

The Six Stages

1. State clearly and succinctly what it is you wish to manifest. Write it down. Rewrite, if needed, so your statement of intent is clear to you.

2. Attune to your personal presence using the four “Hallow Cards,” Standing, Holding, Energizing, and Co-Creating. Each card represents a fundamental capacity that enables us to be who we are. This is the stage at which you invoke and focus your “incarnational chi,” the creative, shaping power that arises from your most essential Self.

Standing: The capacity and power of focus, sovereignty, uniqueness, Self, and will. This card represents your integrity and your capacity to focus energy upon an objective or intention. It represents your power of will and your capacity to initiate a project. Reflect on this integrity and focus and upon the strength that comes from these qualities. Begin to tune in to the felt sense of your individual presence. When you feel you have touched into this felt sense, lay down this card.

Holding: Consider your power to define boundaries and create an inner space in which you can hold your manifestation project. It is a capacity to empower and support yourself development. It is a capacity to discriminate, to set defining boundaries, and to hold a process together, giving it particularity and coherency.

As an expression of love, it is the broadening of the focus of standing allowing one’s unique individuality to support the existence and wellbeing of others as well. It is an understanding that we each

live in this world not only for our own benefit but to hold common spaces in which we all can thrive. Attune to your power to create such a space and to be a contributor to the wholeness of your world. When you feel you have touched into the felt sense of this power as it arises from your sovereignty and uniqueness, lay down this card next to the Standing Card.

Energizing: The capacity and power to be a source, to be generative, to contribute, to offer unique gifts, to supply energy, to empower, and to nourish. It represents the individual's power to be a source of energy, like a sun. Each individual life is like a bowl in which such an inner source can be held and developed. It is the power to give, to share, and to energize. It is the power to contribute.

Tune into this source in yourself to experience a radiance within. Experience your individual capacity to bring mental, emotional, physical, and spiritual energy into your world.

From the power of your sovereignty and your capacity to create open, holding spaces around yourself comes this capacity to be a source that can bring energy and abundance to others. As you attune to this capacity, the felt sense of your creative presence continues to grow. This card is placed next to the Holding card in line with the other two cards.

Co-Creating: The capacity and power to participate with others, to collaborate and cooperate, to share, to create community and connectedness, to co-create.

This is the last of the Hallow Cards. It represents the individual's power to co-create with others, to participate, to build community through a sharing of sovereignty. It is the capacity to build relationships that foster emergence, the appearance of possibilities and manifestations that no one person could have done on his or her own.

Attune to your power to extend yourself cooperatively and co-creatively into the world, laying this final card next to the Energizing Card to complete the foundation of the Halls.

This first stage is one of using the cards to gain a felt sense of your personal creative identity and power, which is the foundation for your manifestation work. It is the attunement to and the focusing of your “incarnational chi” in preparation for the next steps in the process.

3. Attune to the presence of that which you wish to manifest. This stage uses two sets of three cards each. You will lay out the first three cards one by one in a stack. Just as Stage Two is an attunement to your innate individual presence, so in this Stage, you attune to the presence of that which you wish to manifest as a part of your life.

The first three are: Form, Pattern, Heart. These cards are laid down one at a time in a stack two card lengths above the Hallow cards, with Form at the bottom, Pattern in the middle, and Heart on top.

Form: What your manifestation intention looks like. As you lay down this card, think as clearly and fully as possible of the form of that which you wish to manifest. What does your manifestation object look like to you?

Pattern: The relationships and connections your manifestation intention already has. Nothing exists in a vacuum rather in relationship to something else; when you manifest, you manifest these relationships as well.

What is the pattern of connections that you wish to form around you? You may not know specifically what elements form that pattern, yet you likely are manifesting more than a single item or condition. You are manifesting a whole system of interconnections that will enter your life.

Heart: The essence, spirit, or meaning of your manifestation object.

Beyond the form and patterns of your manifestation object, there is an essence: the heart of that which you wish to manifest.

What kind of resonance are you looking for at a deeper level

than just appearance or connections? Can you see deeply enough into yourself, deeply enough into the heart of that which you seek to have a felt sense of what the resonance might be? What really are you looking for? Is there room in your life for all these possible changes?

4. Attune to your Manifestation Presence. This second set of three cards invokes the Manifestation Presence. Consider how the presence of your manifestation objective unites with your own presence and comes alive within you as a new expression of yourself. What relationship do you form with what you are manifesting? What presence, what new embodiment of yourself, emerges from that relationship? This stage uses the following three cards: Compatibility, Nurturing, The New You. These cards are laid down, one at a time, on top of each other.

Compatibility: The connections and congruity you naturally have with your manifestation object or intent, hence the probability or ease with which it can become part of your life. This compatibility is both with your personality level and your everyday life, and also with your higher self, your spiritual values, your integrity and your wholeness.

This card asks you to look at how compatible you are with what you seek to manifest. What natural connections already exist? How congruent is your life with your manifestation image? The higher the compatibility and congruence, the more natural the resonance, the more channels there are already in your life for synchronicity and manifestation to occur. Are you swimming with or against the current in your life to bring this manifestation about? Will success in this manifestation compromise your deeper values, your growth, your spiritual unfoldment and integrity?

Nurturing: What will you do or give to benefit that which you wish to manifest; how will you enable it to fulfill its unique nature?

This card asks you to reflect on what you will bring to the

conditions you seek to manifest. How will you nurture its needs and wellbeing? If the manifestation is seen as a partnership in the making, what are you willing to contribute to your prospective partner? What can you bring to it?

The essence of this card is love. It asks you to see how you can love that which you wish to manifest, because it meets a need in you and is in service to its fulfillment and nature as well.

New You: The image and felt sense of who you will be if your manifestation succeeds and your manifestation object becomes part of your life. This is the essence of your Manifestation Intention.

Consider who you will become when your manifestation succeeds. Who is the new person that will result? What is the felt sense of this “New You”? This is the presence you will be manifesting. You are seeking to take a new step in your life and growth as an individual. You are seeking to take a further step in your incarnation. In a deep and powerful way, you are manifesting yourself.

You can use your powers of imagination, fantasy, daydreaming, visualization, and attunement to put yourself into your future self—the self you will become as a result of your manifestation—and seek to feel deeply what that will be like.

In this process, you will come to a felt sense of your own “New You,” which will be the heart and soul of the Seed Image for your manifestation project.

At this point, you have a stack of six Presence Cards in front of you with the “New You” card on top. This is the Manifestation Presence Stack or simply the Stack.

5. Attune to the Larger Creative Presence of the World around you. This stage is attuning to four Creative Impulses. Here you are blending with the presence of the larger world around you, aligning with the supportive energies represented by these Impulses, so that they can empower your manifestation. This stage is represented by the following four cards: Incarnation, Sacred, Coherency, Synchronicity.

If you think of your Manifestation Presence as a seed, then these Creative Impulses represent the soil in which you plant it. When you align and attune to these qualities and forces, you bring your personal effort into synchronization with the flow of the universe. From such synchronization comes synchronicity.

These four cards are laid out one at a time around the Manifestation Presence Stack in each of the four cardinal directions. Incarnation will be to the north or above the Stack, Sacred to the east or right of the Stack, Coherency to the south or bottom of the Stack, and Synchronicity to the west or left of the Stack.

Incarnation: This card represents the force that enables the unmanifest to become manifest. It represents the Will-to-Be and the Will-to-Become within the cosmos. It is the power of emergence, evolution, and unfoldment. It is the power through which each person becomes a sovereign individual and fulfills the promise that that sovereignty holds. This is the power behind the Standing Card. To ally with the power that this card symbolizes, you must seek to support and serve this Will-to-Be-and-to-Become, both within yourself and within others (both human and non-human) in the world as a whole.

In exploring your resonance with the power of Incarnation, consider ways in which you can be more sensitive and co-creatively active in supporting the growth and unfoldment of the people in your life. This would be one way of being an ally with this power, serving it even as it serves you. With some thought and imagination, you can probably think of other ways as well.

To build support and the resonance with this Creative Impulse you need to act in the world in a way that honors and supports the incarnations of others and of all life that enables you to embody this Creative Impulse and open its energy to all that you do, including your manifestation project.

Sacred: This card represents the impulse towards love and empowerment in the world. It is the force that works to support the wellbeing of all that exists. It suggests the presence that holds all

creation in its being, enabling everything to exist and to prosper. This is the power behind the Holding Card. To ally with what this impulse, you need to discover and implement ways of empowering others and enhancing their wellbeing in appropriate and liberating ways. How can you bring a loving, honoring presence into your world through your own individual thoughts, feelings and actions?

Coherency: This card represents the impulse towards wholeness, integrity, and coherency in the cosmos. The universe is a collection of wholes combining to create greater wholes. Where there is wholeness and coherency, energy flows unobstructed. There is radiance. This is the power behind the Energizing Card.

To ally with this power, you serve the unfoldment and creation of coherency and wholeness in your own life and, as best as you can, in the situations in which you find yourself. What is the felt sense of wholeness in your life? What does it mean to you? How might you promote this in the lives of others? You need to find ways to unobstruct the obstructed (and not be an obstructions yourself), to bring energy and flow to where there is stagnation, and to serve, not destroy, wholeness.

Synchronicity: This card represents the impulse towards connectedness and the power of such connections. It is the impulse to create resonance and harmony. Through a cosmic dance of changing and evolving connection and synchronicity, the wholeness of life is dynamic, never static. It is the power behind the Co-Creativity Card.

For you to ally with this power, you need to honor the connectedness in your own life and find ways to extend it appropriately. You need to be alert to serving the call to synchronicity which you may hear in yourself, the intuition to be somewhere, to do something, to call someone, thereby creating a space for connections to form and synchronicities to manifest. You need to discover how to be part of the great organizing presence of the cosmos through attunement and resonance.

These Creative Impulses are manifestations of love in action: love

that empowers, serves, embodies itself, supports, connects, creates wholeness, and radiates. Love is the ultimate force of resonance and manifestation. Attuning to love through these four Impulses heightens the co-creative link between your individual presence and the great Presence of creation, a link that can only heighten and empower the course of your manifestation.

6. Stepping into the Manifestation, the last stage is Inhabiting. It is represented by a single card of the same name and is about positively embodying your future and also keeping honor and balance with the now.

Here you are entering into and taking on the energy you have invoked by blending the four presences of yourself, your manifestation object, the Manifestation Presence and the Creative Impulses within the world. This card represents what you will do to turn your manifestation process from an inward, reflective, abstract condition into an outer expression of resonance and coherency that can express as synchronicities in your life until your objective is met.

The Inhabiting Card is attuned to and laid out above the topmost Creative Impulse card that of “Incarnation. “

Inhabiting: Your manifestation project is more than just visualized images to inspire positive thinking and a magical, magnetic force of attraction. It is a living presences that you can inhabit. The felt sense of your Manifestation Presences, connected to and energized by your own sovereign creative presence on the one hand and the co-creative Presence of the cosmos on the other, becomes a field of resonate energy. You need to inhabit these fields as you go about your daily life, doing the things you ordinarily do, making your “New You” part of who you are now while still keeping appropriately in touch with your current situation. You need to be open to the steps you can take to enhance the possibility of synchronicity in your life, particularly with respect to your manifestation.

How you do this is up to you, but the more your can do so, the more resonant your life becomes to the potential, emerging reality

of your Manifestation Presence. Using the Synchronicity Deck can help with this.

To continue with the process using the Synchronicity Deck go to the main Manual on to Chapter 6, "Using the Synchronicity Deck," page 41. Alternately you can continue using the following steps.

To use the Synchronicity Deck in conjunction with the Presence Deck, follow these steps:

1. Reflect on the Presence Meditation to layout the Presence Cards as previously described. This will take you back into your own co-creative power and into the felt sense of the presence of your manifestation, the presence of your "New You." Take a moment to fully re-experience this felt sense.

2. Shuffle the Synchronicity Cards. While you do so, attune to the felt sense of your Manifestation Presence, your "New You."

3. When you feel ready, deal out seven cards one at a time to each of seven positions.

4. The first card is played in Position One above the four Hallow cards indicating your own creative presence. It suggests an area in your life, a capacity you possess, or an activity you may perform through which your creative sovereignty and presence may focus at the moment to enhance your manifestation project. If you draw an Attention card here, it affects your entire Manifestation Project. It suggests that there is a problem in how your personal power and presence is connected and attuned to your Manifestation Project. It affects the basic conception of this Project. The problem is suggested by the nature of the Attention Card.

5. The second through fifth cards are played one at a time in Positions Two through Five next to one of the four Creative Impulse cards. They suggest an area in your life, a capacity you possess,

or an activity you may perform to enhance your attunement to or the flow of each of the four Creative Impulses that support your manifestation. Each card is related to and affects the Impulse Card that precedes it.

(NOTE: If you wish a deeper or more complex reading, you may also interpret each of these four Synchronicity cards in terms of the field or relationship created by the two Creative Impulse cards that it lies between. If you wish more randomness or variety, you can deal out the four Creative Impulse cards at random, which will change the field created by two Impulse Cards. Thus the normal fields are Incarnation-Sacred, Sacred-Coherency, Coherency-Synchronicity, and Synchronicity-Incarnation but if you lay the Creative Impulse cards out randomly, you can get different blends, such as Incarnation-Coherency, or Sacred-Synchronicity.)

If you draw an Attention Card here, it affects the particular Creative Impulse (or Impulse field, if you are using the deeper form of interpretation just mentioned) to which it is related. It suggests a problem in how you are aligning with and invoking this particular Impulse.

6. The sixth card is played in Position Six on top of your New You card. It suggests an area in your life, a capacity you possess, or an activity you may perform that will strengthen your sense of or the expression of your “New You,” your Manifestation Presence. If you draw an Attention Card here, it affects your entire Manifestation Project, but specifically how you are conceiving and experiencing your New You.

7. The seventh card is played on Position Seven on top of the Inhabiting card. This suggests an area in your life, a capacity you possess, or an activity you may perform that will enhance your process of Inhabiting and carry your manifestation project forward. If you draw an Attention Card here, it affects your entire Manifestation Project, but in particular it suggests a problem (as indicated by the nature of the Attention Card) with how you inhabit

your Manifestation Presence, how you are bringing it into your life, or the way you are going about concretizing your manifestation.

8. Reflect on each card as you reveal it and on its relationship to the forces represented by the cards in the layout in which it is related.

9. If you draw an Open Card or a Whimsy Card anywhere in your layout, just follow the instructions for that card.

See the main Manifestation Manual for interpretations of the Synchronicity Deck and alternate uses of the Deck.

Interpreting Your Results:

Remember, in all uses of the Synchronicity Deck the cards provide suggestions, not commands or guidance. They are meant to stimulate your intuition. They are not intended to set limits. In interpreting your reading, from the full layout using the Presence Deck to one of the two alternate layouts to just using a single card, pay attention to everything. Let the sense of the whole reading settle into you and see what images or intuitions may arise.

In a layout, two or more cards may contradict each other, or one or more cards may be unclear. Rather than trying to figure it out rationally, think of the reading as a dream through which your subconscious mind is trying to communicate to you in irrational, symbolic, and paradoxical ways. Sit with the cards without trying to interpret them and pay attention to the felt sense that may arise.

If after reflection you find the reading makes no sense, then accept that it makes no sense. There are definitely factors that can block a reading, such as timing, fatigue, your mood, too much emotion coming from urgency or neediness, and so on. The Attention Cards may pick up on this, but maybe not. Not every reading will give you golden insights, but every reading will give you practice. Not getting any insights or information can be as useful as getting a great deal of insight, for a failed reading can often give us clues into our

own process, what we might be doing wrong, what we were hoping for, and so on. If you feel a reading fails, then set the cards aside, wait awhile and try again. In particular, go carefully through the Presence Cards Meditation again to firmly anchor yourself in your felt sense. This process puts you in the mood and greatly increases the chances of a successful reading.

Further Steps

If you would like to explore the possibilities for service and usefulness of this type of approach in your life, please visit our website, www.Lorian.org. There you will find information and exercises for both personal and planetary subtle health. And if you would like to go further and learn how to practice subtle activism or energy hygiene for yourself and with others, we offer regular classes on this and other topics of an incarnational spirituality. You can learn about these classes and programs on our website as well. Please visit us! You will be most welcome.

Correction to Manual

At the bottom of page 12 of the text there is a description of a layout that does not match the pictures of the layouts on page 15, 42, 79, 84 and on the back cover. To be consistent with all of the layout pictures the text should read: "These four cards are laid out one at a time around the Manifestation Presence Stack in each of the four cardinal directions, Incarnation to the north or above the Stack, Sacred to the east or right of the Stack, Coherency to the south or bottom of the Stack, and Synchronicity to the west or left of the of the Stack."

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The Lorian Association is a not-for-profit educational organization. Its work is to help people bring the joy, healing, and blessing of their personal spirituality into their everyday lives. This spirituality unfolds out of their unique lives and relationships to Spirit, by whatever name or in whatever form that Spirit is recognized.

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