

How You Manifest Abundance (or Don't)

The Most Famous Experiment in Quantum Physics Tells You Exactly How You are Manifesting Abundance (or Not)

An old and time-tested experiment holds the key to how you create your reality. The most famous quantum physics experiment, in fact Nobel prize winning physicist Richard Feynman called it "the only thing you need to know about quantum physics", explains the law of attraction in precise and vivid detail. I'm referring to the double-split experiment.

How the Double Split Experiment Works

The double-split experiment continues to challenge physicists today. You'll soon see why it holds such mystery and beauty for them and also teaches us all we need to know about the very real science of manifesting abundance.

The double-split experiment goes like this: an electron cannon is set up in a stimulus free chamber and aimed at a wall with two slits in it. Behind that wall is another wall to record the electrons' final landing spots after they pass through the slits. The cannon fires electrons at the first wall like a machine gun fires bullets - rapidly and one at a time.

If a machine gun really were fired at a wall with two slits, we would expect that the bullets would produce a pattern of bullet holes on the second wall corresponding to the diameters of the two slits on the first wall. And we are right to expect the same results from the electron cannon, but that is not what happens in the double-slit experiment. Instead the electrons make impressions *all over* the second wall; the electrons form wave patterns.

Sure, some of the electrons in the double-slit experiment hit the first wall and are absorbed by it. But most of the electrons make it through one of the two slits and land on the second wall. They should form two roughly rectangular patterns (a slightly larger outline of each slit) on that second wall. But they don't - the electrons form waves on the second wall.

How could the electrons, shot out of a cannon in a stimulus-free environment towards two slits in a wall, land all over the second wall in wave patterns? Physicists continue the experiment by arranging a photon emitter to fire a photon at each electron as it travels toward the two slits. And this changes the results of the double-slit experiment.

When a photon collides with each electron before passing through one of the two slits, the electrons make it through one of the two slits and land on the second wall in the pattern we expected the first time. Forming two roughly rectangular patterns (a slightly larger outline of each slit), the electrons behave as we logically expect.

Why the Double-Slit Experiment is the Key to Manifesting Abundance

Here is the startling, beautiful, and somewhat eerie conclusion of the double-slit experiment (which has been re-created countless times): The electrons exist as both a wave and a particle simultaneously before they are interacted with. In the stimulus-free environment the electrons are both a wave and a particle at the same time.

If that didn't at least make you pause, than you might not have understood what you just read. Keep in mind that electrons are the basic building blocks of all matter. This means that the stuff which forms every material object in our universe has no pre-existing state; matter is nothing and everything, all at once, until it is observed.

Electrons are Everything and Nothing without Us

Electrons exist in a state of pure potential until they are interacted with. You cannot say that electrons are particles that sometimes become waves, nor vice versa. Electrons are everything and nothing, wave and particle, at the same time until you, or something else, observes them or interacts with them.

And it is not only observation that creates the form which electrons take. The double-slit experimentation actually shows us that the *expectation* the observer holds creates the form the electrons take. Through your observation and, more

importantly, *your expectations*, you are creating the form matter takes. You've always intuitively known that your expectations create your reality - now you have scientific proof!

You are, literally, creating your reality. You are deliberately attracting and you are manifesting - you couldn't stop it if you tried. The double-slit experiment proves this beyond a shadow of a doubt; you manifest abundance when you expect to manifest abundance.

By the way, if you want to see the double-slit experiment demonstrated, go to [this website](#) to view a cool illustration of it.

Why You Manifest Abundance (or Don't)

A Discovery by Candice Pert, Ph.D. Tells You Exactly Why You are Manifesting Abundance (or Not)

In the early 1990's, Dr. Candice Pert made an amazing discovery that tells you exactly why you manifest abundance. Or why you don't, as the case may be. You are about to learn just why you are attracting the reality you've been experiencing.

You Have an Emotional Telegraph Machine in Your Head

While Dr. Pert was the chief molecular biologist for the National Institutes of Health she discovered that your thoughts are real, physical things. Your thoughts aren't fluffy, ethereal stuff; they are tangible objects. Your thoughts become molecules the instant you think them and, as a deliberate attractor, you need to know how those molecules interact with your body.

Every time you have a thought, your hypothalamus (a "control center" near the base of your brain) transforms that thought into millions of neuropeptides (amino acids) which represent the dominant emotion associated with that thought. Your thought becomes a molecular messenger of emotion! And then your bloodstream is flooded with these neuropeptides.

When in your bloodstream, these neuropeptides, into which your thought transformed, actually insert themselves into your cells. Each neuropeptide interlocks with a special receptacle (made just for it) on your cell's membrane - just like a lock fitting into a keyhole. And then that amino acid is absorbed by your cell.

Your Cells Love Neuropeptides

Over time, Dr. Pert found, your cells develop more and more special receptacles for the neuropeptides to which they are most exposed. And over time your cells create a self-fulfilling emotional prophecy for you. Your cells begin to crave the neuropeptides to which they are most exposed (and have built all the receptacles for) and they "tell" your hypothalamus to produce them.

In fact, Dr. Pert found your cells love neuropeptides so much that they cover their membranes with nothing but receptacles for them. Actually shutting down other vital functions, your cells become nothing but vessels for these neuropeptides. They become like a crack addict, who abandons family, jobs, friends, and personal wellbeing as she chases the drug.

Your Cells Are Like Emotional "Crack Addicts"

The only way, however, that your hypothalamus can produce the neuropeptides craved by your cells is for your brain to experience the emotions which will create them. And the only way your brain can experience the emotions necessary to create those neuropeptides is for it to create a reality which will elicit those emotions.

Your body has, literally, become physically addicted to certain emotional states. And, having nothing to do with whether those emotional states feel good or bad, your cells now need them like an addict needs drugs.

So if you've spent years thinking, "People don't like me," "I'm useless," "I can't do that," or "I'm not very smart," you've physically addicted your body, on a cellular level, to the neuropeptides which represent shame, guilt, unworthiness, and/or self-doubt. And the same goes for any emotion you've dominantly exposed to

your cells. Your cells have become addicted to those neuropeptides and are asking for them all day, every day.

And since you already know that "reality" is completely subjective based on the expectations of the observer (make sure you read my first article on this site), I'm sure you can see how easy it is for you to create a reality that causes those emotions your cells are craving. You can create any reality you choose (the double-slit experiment shows you this) and your cells are dictating what reality you will see.

Your cells are calling the shots, forcing your brain to see and experience a world which will produce lust, envy, unworthiness, gratitude, love, abundance or any other myriad emotion. All to feed their physical craving for certain neuropeptides!

How AND Why You Manifest Abundance (or Don't) - Putting It All Together

Quantum Physics Spells it All Out for You

This article will provide some of the finishing touches to your understanding of the science of manifesting abundance. Unlike the previous two articles, there is not one single experiment or scientist referenced here. Instead I will be culling together various facts we've learned about our universe during the second scientific revolution we call quantum physics.

Although some of what you're about to read sounds like new age philosophy or mysticism, make no mistake - this is all real, "hard", verifiable science. If you'd like to read about the scientists and experiments from which this article is derived, purchase "Who's Afraid of Schrodinger's Cat" from my list of Amazon books below.

Manifesting Abundance is Nothing More than Ordering the Soup of the Day

Every material object in our universe is formed from the quantum field. The quantum field is what physicists have named the measurable quantum "soup" from which we (and everything else in our physical world) are manifested. The quantum field is an invisible field which represents all possibilities. It is everything

and nothing - all at once - and holds the potential to manifest anything and everything.

Every material object in our universe is pretty much comprised of the same four basic elements - hydrogen, oxygen, nitrogen, and carbon. The only reason there are different material objects (i.e. your arm is different from a candle) is that those four basic elements are combined differently and are vibrating differently.

It is important for you two understand, based upon the previous two paragraphs, that it is just as simple for the universe (or the quantum field) to manifest a human being as it is a pebble. To the universe/quantum field there is no difference! It is just as simple for the universe to manifest a thousand dollar bill as it is for the universe to manifest a penny.

(As an aside, perhaps it is more accurate to say: it is just as much a **miracle** for the universe to produce a pebble as it is for the universe to manifest a human being!)

Ever Been Told You Have a Magnetic Personality? Well Now You Have

Here's another thing you need to know about the material world. Everything in the universe is simply vibrating energy. For example, did you know that inside of you, right now, is enough energy to power a large city for years? Material objects in our universe have no real substance; we (and everything else in the physical world) are just globs of vibrating energy.

And that vibrating energy is electromagnetic. Which means the energy is a magnet - attracting other like energy vibrations and, in turn, being attracted by other like energy vibrations. Material objects in our physical world are constantly on the move, flying toward other like energy vibrations as they are attracted to them.

And guess what? Your thoughts are some of the *strongest energy vibrations in the universe*. You already know, from my article about neuropeptides, that your thoughts are material objects. They actually manifest as tangible, physical things. But now you also know that they are energy vibrations - and among the most

powerfully magnetic vibrations known!

Lynn Grabhorn uses an analogy of a tuning fork. Imagine that your thoughts are a tuning fork. And the universe is the humongous Louisiana Superdome, with every seat containing a tuning fork. If you ring your tuning fork, every tuning fork in the Superdome, tuned to a like pitch, will begin to ring. That is how your thoughts operate in our universe!

Except your thoughts don't just resonate with like energy vibrations, they also magnetically pull like energy vibrations to you. Your thoughts are giant super-magnets which manifest anything at all out of the limitless potential of the quantum field. Since the quantum field can effortlessly manifest anything at all, your thoughts give the quantum field the command for what to manifest.

How to Take Control and Manifest Abundance

I know what you're thinking: "If it's that simple, how can I learn to manifest the abundance I desire?" If you want to learn to give the quantum field different commands, if you want to manifest different things in your world, I cannot recommend a teacher more highly than [James Arthur Ray](#). That is, until I finish my book of course.

Forget the How and the Why...For Just One Moment...and Read This First!

You Won't Manifest Abundance Without this Vital Key

In addition to the many things you're learning about quantum physics and the law of attraction which are helping you manifest greater abundance, there is one more vital part of your equation.

Patience.

I want you to make sure you have *patience with yourself* during your process of manifesting abundance.

You're going to find that some areas are easier for you to manifest abundance in than others. Some things will simply come to you more quickly. But I want you to know that you shouldn't expect overnight results; you probably won't win the Powerball lottery tomorrow just because you're applying these principles.

Why You Don't Hit the Lottery the Day After You Learn How to Manifest Abundance

Manifesting abundance at the level of your dreams often takes time. This is normal and to be expected. As [James Arthur Ray](#) has said, you don't go back to a pregnant woman every couple weeks saying, "Come on! Where's that baby? Is it really coming?" No. You know that baby is coming. And you know it takes nine months too.

I want you to have that same level of patience with manifesting your desires.

Here's why you need patience:

- 0. You know that your emotions are your manifesting "thermometers", telling you whether you're having good or bad thoughts (feeling good equals good thoughts/feeling bad equals bad thoughts)
- 0.
- 0. You know that your thoughts are vibrating, electromagnetic energy which are attracting like-vibrating energy to you
- 0.
- 0. Your thoughts are created by your beliefs and paradigms. Your beliefs and paradigms are your habitual thoughts - you've thought this way about certain subjects for so long that you have a habit. Such as, "I don't deserve more money than I have right now," or, conversely, "The universe wants me to live in abundance and I deserve it."
- 0.
- 0. Your beliefs and paradigms take time to change. You've often spent a lifetime creating these mental habits, don't expect to replace them overnight.
- 0.

You can actively pursue feel-good thoughts, which will manifest abundance by attracting like-vibrating energy to you. You can use your emotions to let you know whether you're having feel-good thoughts or not. And over time you **will** build new beliefs and paradigms!

Re-read that last sentence and notice I wrote "over time" not "overnight"!

If your beliefs and paradigms about a certain topic are far removed from your desires, greater patience will be required for manifesting abundance. For example, let's say that on a conscious level you desire a great relationship, but on a subconscious level you have a belief that you are not lovable or are unworthy. In this instance, you've undoubtedly been manifesting unsatisfying relationships.

Even with *focused efforts* to change your beliefs and paradigms, in that example it would probably take you some time to manifest relationship abundance.

Expect Driftwood in the River and the Rumble of Snow on the Mountain

But the good news is that, with even the *slightest positive shift* of your thoughts, you will start to see and experience different things. With your first new, more positive thoughts you will begin to see and experience things more aligned with your desires. Perhaps not exactly matching your desires, but pretty darn close!

This is what some manifesters refer to as "driftwood." Driftwood is a metaphor for small signs and indications of the much larger manifestations that are, right now, headed downstream to you. These are very exciting and should be celebrated.

So if, for example, you desire to manifest greater financial abundance, you should look for driftwood first. Celebrate finding a nickel in the parking lot! Whoop it up when you get an extra twenty dollars on your paycheck!

Is this the level of financial abundance you truly desire? No! But it's driftwood; it's a sign of things to come. And being appreciative of it will help the larger items come to you *all the more quickly*.

Picture a snowball rolling down a mountain. Manifesting abundance is like that! It often starts small, but it sure is **big** by the time it gets to the bottom!

I Promise, You Will Give Birth Eventually

Just remember: when it comes to manifesting abundance in any area of your life, have patience with yourself. Continue to concentrate on feeling good, change your thoughts as you need to, and look for the first small signs of your desires manifesting. Appreciate those first initial appearances, don't expect to hit your desire's bull's-eye overnight, and let your snowball roll!

How to Make Sense of these Four Articles

And How to Get a Jump-Start on Manifesting Abundance

You've read the first four articles. You're ready to start manifesting abundance. But what do the double-slit experiment, neuropeptides, your magnetic thoughts, and patience have to do with manifesting abundance?

- 0.
- 0. From the first article: reality is completely subjective and based on the expectation of the observer. You create the reality you expect!
- 0.
- 0. From the second article: The "subjectiveness" of your reality is governed by the emotional states to which you've addicted your cells. You create the reality your cells crave!
- 0.
- 0. From the third article: begin to use your feelings as your barometer for your thoughts. It really is this simple: bad feelings equal negative thoughts, while good feelings equal positive thoughts.
- 0.
- 0. From the fourth article: if you want to change your reality and manifest greater abundance your beliefs must change. Then your thoughts will change. Then your emotions will change. Then your cells will ask for different neuropeptides and you will become a positive self-fulfilling prophecy!

- 0.
- 0. If you want a jumpstart toward changing your beliefs *start with [Lynn Grabhorn!](#)*
Believe me, Lynn's process for changing beliefs *works!*
- 0.

Manifesting Abundance - The Gameplan

This Formula is Tried and True...and It Works for Me Every Day!

You want to manifest abundance. Here's how it's done; it's simple (but not easy).
You're going to do **so well at this!**

- 0.
- 0. Know what you desire.
- 0.
- 0. Conjure the good feelings you'll experience when you have attained your
desire. (So your hypothalamus can flood your bloodstream with those
wonderful feelings)
- 0.
- 0. Be happy, hold those good feelings, and allow the desire to manifest in your
life!
- 0.
- 0. This might all sound too darn simple, but one of two things will always, always
happen when you follow these steps:
- 0.
- 0.
- 0. You'll get what you desire (althought perhaps not instantly).
- 0.
- 0. You'll realize you didn't really need your desire after all (because you
already have the good feelings you were counting on your desire
giving to you).
- 0.
- 0.
- 0. And either of those two outcomes is pretty darn fantastic, isn't it?
- 0.

0. When you're really ready to *take the kid gloves off*, until I have my book finished, you must start with [Bob Doyle](#). Bob is the real deal - 100% reliable, trustworthy, and *delivers the goods*! Bob and [James Arthur Ray](#) are my two favorite teachers of manifesting abundance (until my own book is finished, of course).

Follow Along with Me As I Manifest Abundance

You're Not Alone in this Process; Allow Me to Join You!

If you're interested in seeing whether I "walk the talk" and/or having a partner in your process of [deliberate attraction](#), read my regularly updated blog. And make lots of comments so I know you're out there manifesting abundance just like me!

My blog recounts my very real journey from financial ruin to manifesting abundance. Read the posts in order (from first to last) as I describe how I finally learned to [use the law of attraction](#).

Among the historical, life-accounting posts you'll find *interesting* and *vital* tips and hints about manifesting abundance.

And stay with me on this blog, into the future, as I become an even greater master of [deliberate attraction](#)! We'll *do it together*!

Hungry for More Science Behind Manifesting Abundance?

More Proof that Quantum Physics Shows Us How the Law of Attraction Works

Here are some more things we've learned from the new scientific revolution called quantum physics. You can glean everything in this article yourself if you desire - from "Who's Afraid of Schrodinger's Cat?", as seen on my list of Amazon resources below.

You know that matter is simply vibrating energy. You know that your expectation

of that vibrating energy manifests its form. You know that your thoughts are things - they are vibrating energy too (and some of the most powerful vibrations in the universe). And you know that like vibrations are attracted to (more powerful) like vibrations.

But did you know that all matter is completely insubstantial? Matter is as substantial as smoke. You can't even touch it, actually.

An Atom Goes to Church and Becomes a Ghost

Everything is made of atoms. So, to see how substantial matter is, let's blow an atom up to the size of a huge cathedral.

The nucleus of an atom is 99% of the mass of an atom. And in our metaphor, the nucleus of an atom is the size of a *fruit fly* in that cathedral.

That's right! 99% of an atom is empty space.

This, of course, means that 99% of you is empty space. 99% of your table is empty space. 99% of your cat is empty space. I think you get the idea; anything in the universe is 99% **empty space!**

You really can't actually touch anything! There's nothing to touch! And even if there was anything to touch, your hand couldn't touch it because *your hand is 99% empty space too!*

Why Does It Feel Like You are Touching Things?

The magnetic forces of the atoms making up the different things in our universe repel each other when they come in direct contact. What feels like "touch" is actually the sensation of electromagnetic repulsion as you come within one angstrom (that's one ten-billionth of a meter) of the atoms making up the other material object.

Have you ever had anyone tell you that you're repulsive? Now you can say, "Of course I am!"

You're not actually sitting in your chair; you're floating one ten-billionth of a meter above the atoms which make up your chair. And you're not actually touching your computer mouse; your hand is coming within one ten-billionth of a meter from the atoms which make that mouse.

Good thing you're able to deliberately create. Thank goodness your expectations create the material universe. Otherwise you'd fall right through the floor of your sixth floor apartment!

Manifest Abundance by Giving Value to the Universe

Why "Action" Need Not be a "Four-Letter-Word" to Manifestors

Most people, when asked what they want to manifest, will name "more money" as one of the top desires. I don't see why it should be any different; money makes life easier in many ways. As Johnny Carson was fond of saying, "Money won't buy happiness, but it will let you look for it in more places."

Many people learn about the law of attraction, realize they desire more money, and sit on their couch and meditate about allowing money. Then they do what they have always done with their lives and wonder why the money isn't showing up. Some, unfortunately, conclude that the law of attraction is a sham because of this.

The "Four-Letter-Word" of Manifesting

Let's take a moment to talk about what may sound like a dirty word to new deliberate attractors: action. It can be disappointing to hear that word, especially after seeing movies like "The Secret" and learning that your thoughts are the most important thing. Many people have been led to believe, because of the hype used to package and sell law of attraction courses, that action will no longer be necessary.

Nothing could be further from the truth. But the action necessary for you to

deliberately attract money, love, relationships, jobs, homes, etc. may not be what you imagine.

It is true that your thoughts are the most important things. And it is also true that how you feel about what you do will always trump what you do. But there is another aspect to deliberate attraction that you must understand before you can have more money, relationships, jobs, homes, etc.

The universe flows back to you what you put out. This is why action is important. And should not be a "dirty word" to deliberate attractors.

More Quantum Physics of Manifesting

There is nothing mystical about this concept, it is just as scientific as anything else related to the law of attraction. If you could put on special "quantum glasses," you would see that the universe in which we live is nothing but a big field of vibrating energy made of, mostly, nitrogen, carbon, hydrogen, and oxygen. Sort of like those scenes in the movie, The Matrix, where the main character suddenly sees the world as a computer program.

Never seen The Matrix? Okay. Think of the universe, then, as a giant soup made of, mostly, nitrogen, carbon, hydrogen, and oxygen.

From this soup, literally, anything can be formed - a thimble, a human being, a thousand dollar bill, a table, a starfish, etc. All that needs to happen for this soup to manifest as anything we can imagine is for the nitrogen, carbon, hydrogen, and oxygen to combine and vibrate in a way unique to that particular thing. All the "things" in the universe are the same stuff; they're just energy which is combined and vibrating differently.

In other words, the things you desire are all around you already. They exist, in potential, within that quantum soup. And it's up to you to unlock them, to release them from potential to reality. That is what deliberate attraction means.

You don't actually have to create money, all you have to do is release it from its state of potential. That's great news, right? Except, for some people, the money

they desire might as well be locked up in Fort Knox!

The Quantum Physics of Action

This is why it can be so frustrating to sit on your couch and meditate, yet no money appears. Your money remains in a state of potentiality. And that can make you feel like deliberate attraction is just another new age scam!

Have you ever felt that frustrated? Of course you have. And here's where action comes to your rescue!

Here's the big secret: the quantum soup always manifests as things which equate to the value of what you're flowing out. You must flow value to receive value. You must give immense value in order to receive large amounts of money from the universe.

Money is, after all, nothing more than energy flowing back to you from the universe. Money is manifest from the quantum soup just like everything else, it is vibrating energy made of the same stuff everything else is. Money is a form of love and appreciation, the amount of which you receive equates to the value you are contributing!

But, how can that be, you're asking. When weapons manufacturers are lighting their cigars with hundred dollar bills while school teachers are clipping coupons to make ends meet? Well here is another secret: the value of what you are contributing is subjective.

You get to decide the value of what you're contributing. And if, in fact, you can really believe that sitting on your couch and meditating is equitable to the millions you desire than the universe will deliver that to you. The universe has no choice in the matter and no value judgments are ever made - the law of attraction is the law!

How to Add More Value, So You Can Manifest More

For most of us, sitting on the couch and meditating to receive millions from the

universe is never going to be something we can really, truly believe. You can wish all you want, but you're still undoubtedly going to "know" that you're not doing anything worth millions. Like it or not, that's just not how the world operates for 99% of us.

But the good news is there are some beliefs we can actively change. You can consciously start to unlearn limiting beliefs like: "money is scarce", "I'll never have money", "wanting more money is bad", or "I have to work very hard for money". You can also start actively appreciating the things you're already doing and begin to feel they have more value.

So you don't necessarily have to start doing anything new to take the action necessary to deliberately attract greater abundance from the universe. Changing your beliefs and feelings about the things you desire (understanding that the things you desire are good and it's okay to desire them) and also the things you are already doing (cultivating greater appreciation for the value of your current actions) will change your manifestations for the better immediately. Perhaps not overnight, but certainly over time, your manifestations will come closer and closer to matching your desires.

And if you want to speed up the process of manifesting your desires you can always take new actions. A good way to create new actions which will add immense value to the universe is to ask yourself, "How can I love this person or these people? How can I help and appreciate him or them?" Remember, no matter what you do, most important is you must believe you are adding immense value to the universe!

And there are plenty of ways to add value to the universe. Volunteer at a charity. Help people by sharing your knowledge on the Internet (there are oodles of free venues to do that). Contribute to an on-line forum community and help people there. Get a new job which asks more from you and requires more responsibility. Start a support group. The possibilities are endless.

You don't have to know in advance how the universe will flow the value back to you. Just trust that it will and remain open to it! If you're giving value, you will always find it given back to you. That is the law of attraction in action!