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## Do manifestation techniques produce results?

By adopting various manifestation techniques that centre on staying positive and focussing on what you seek, you can turn your dreams and aspirations into reality



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tion to achieve them, manifestation techniques can come handy. Achieving a goal takes time and

Manifestation refers to using one's thoughts, beliefs, or feelings to turn an idea into reality. Manifestation relates mainly to the immense and untapped power of thoughts. Ibn Sina, the Persian polymath, who is considered to be the father of early modern medicine, had said many years ago, "The power of your thoughts can cause you either illness or recovery." The methods of manifestation were not specifically stipulated then but now coaches in the field help individuals to manifest their ideas.

**FROM THOUGHT TO ACTION**  
 When it comes to setting goals and determining a course of ac-



the path and efforts towards achieving them must be realistic and consistent.

The techniques that are usual-

ly used for manifestation are: a vision board, writing in a notebook or on paper, meditating on affirmations, etc. When it comes to a vision board, people usually stick clippings or pictures of what they wish to manifest—it could be a house, a vehicle, or a new job. The writing technique is also commonly used, wherein one writes or affirms their desires. Visualising what you seek and eliminating self-limiting thoughts are important steps in this direction. Expressing gratitude towards all that you have also helps in manifesting your future goals.

### || SURRENDER TO THE UNIVERSE

Manifestation is not a one-time practice. It's something that must be imbibed in one's daily routine. An open mind that is devoid of negative feelings is vital to the

process of manifestation.

Having taken voluntary retirement from a private company, T Surya suddenly found herself feeling a sense of emptiness. Her emotions began oscillating as much as her finances. She decided to seek the help of a guide to manifest her future goals. "That was a confusing time for me and I often found myself thinking negatively. The coach helped me to calm myself and get a control of my emotions and then asked me to jot down what I was really seeking in life. After mulling over this for a while and eliminating unnecessary thoughts, I was able to focus on some key aspects and my goals. I could then zero in on what I really wanted to do. I soon found a part-time job and most things fell into place thereafter," says Surya.

Mumbai-based life coach, Natasha Advani, was dealing with some personal issues, and so decided to give

manifestation a try. She explains, "One must be clear about what one wants to manifest. We have to be the 'vibration' to attract what we want. Without any clarity of vision, it will be futile. More importantly, one has to act and work towards achieving their goals to be successful. You may not see positive results if you choose to stay in your comfort zone." She warns, "Even a single doubt can affect the results. One has to be precise and confident. When you surrender to the universe, the outcome is always better." She highlights the need to inculcate a positive mindset, belief system, and choice of words. She also mentions that many people remain fixated on their negative thoughts which makes it difficult for them to achieve results.

### || STAY POSITIVE

In manifestation, it is not the coach but the person who wishes to

achieve something that is integral to this process. Proponents of this method insist that positive things happen if you garner aspirational thoughts with the aim of turning them into reality.

Mitesh Bawa (name changed on request) was in his last year of engineering when he began thinking of pursuing his further studies abroad. He had heard of the manifestation theory and set up a vision board where he pinned pictures of the universities of his choice. Bawa recalls, "I also began writing in a diary that I cleared the qualifying exams with a good score.

It automatically came to study the admissions were very evident about achieved my It is no secret affirmations call you seek. The positive mindset your goals are So do you people and vision before your technique.

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