



369

MANIFESTATION  
JOURNAL

F A L L I N G

*In Love*  
WITH MYSELF AGAIN

This journal belongs to:

# 3-6-9

# Manifestation Method

## Manual

Manifestation is all about using your energy to attract the things you want, whether a raise or a bigger apartment. You can do it anytime, anywhere. You also don't need any tools to manifest – meditating on your desires is one effective technique. But for the 369 manifestation method, you'll need this journal and a pen as it involves repeatedly writing down the specific thing you want to attract.

When it comes to manifesting, the numbers three, six, and nine are attributed to inventor Nikola Tesla, who believed them to be “divine numbers.”

Tesla said, “If you knew the magnificent of the numbers 3, 6 and 9, you have the key to the universe”.

Without moving too far into vortex mathematics, where the inventor excelled, Tesla had a theory that linked the power of 3, 6 and 9. When studying circles (360 degrees, which is  $3 \times 6 = 9$ ), for example, he discovered that no matter how many times you divided one, the outcome would always be a 3, 6 or 9. As a result, he felt these three numbers held great significance in the universe, nature and the human blueprint.

It is said that the number 3 is a direct link to the universe, while the number 6 represents our strength in ourselves and the number 9 helps to release feelings of negativity. The 369 Manifestation Method was created by Law of Attraction guru Karin Yee who combined Tesla's methodology with the workings of Abraham Hicks to maximize your manifesting potential.

Be sure to speak in the present as if your manifestation is already yours.

# 3-6-9

# Manifestation Method

## Manual

How to use the 369 manifestation method:

- STEP 1. DECIDE YOUR MANIFESTATION

First of all, grab your journal and pen. You'll be needing these for the next 33 days.

What could your manifestation be? This all depends on what you'd like to attract into your life. This technique has helped people welcome money, love, house moves, and new jobs – the universe doesn't limit what you'd like to manifest, as long as it is safe for you, others, and the planet.

The key is to use words that amplify the emotion and energy you want to attract.

- STEP 2. JOURNAL 3 TIMES IN THE MORNING

Take your journal every morning as soon as you wake up. Write your manifestation that you have crafted in step 1. After release and move on with your day.

- STEP 3. JOURNAL 6 TIMES IN THE AFTERNOON

The next step is midway through the day, perhaps on your lunch, take out your journal again and write the same manifestation as above 6 times. Again, follow the same process as before, immersing yourself in the energy of how it will feel, visualizing yourself being with your desire.

- STEP 4. WRITE YOUR DESIRE 9 TIMES IN THE EVENING

Finally, before bed take your journal and write your high-vibe manifestation from above, but this time 9 times, following the same method used throughout the day.

Follow the 369 manifestation method for 33 days ( $3 \times 3 = 9$  or  $3+3 = 6$ ) and see what magic occurs.

Be consistent.

# 3-6-9 Manifestation Method

Date:     /     /

## Morning affirmation

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## Afternoon affirmation

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## Evening affirmation

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Speak in the present tense and know that your  
manifestation is yours

# 3-6-9 Manifestation Method

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## Morning affirmation

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Do not obsess over your manifestation.

# 3-6-9 Manifestation Method

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I am filled with gratitude every day.



# 3-6-9 Manifestation Method

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Divine timing will make sure your desires appear when  
you are ready to accept.



# 3-6-9 Manifestation Method

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I am:

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My powers right now as a manifestor are supercharged.

3-6-9

# Manifestation Method

Shadow work questions:

What are my toxic traits?  
How do they impact my daily  
life?

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What makes me jealous?  
Why? What does it tell about  
my own needs?

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Everything is happening for me.

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I will not compare my reality to someone else's.

3-6-9

# Manifestation Method

Shadow work questions:

How do I handle stress?

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Are there any negative emotions or traits that feel normal to me that I express every day?

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I have the power to live my dreams.

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3-6-9

# Manifestation Method

Shadow work questions:

What are the primary aspects of myself I would like to approve?

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Where do I derive my sense of self-worth from?

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Today is a gorgeous day to remember.

# 3-6-9 Manifestation Method

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Better days are coming.

3-6-9

# Manifestation Method

Shadow work questions:

If I could change one thing about myself, what would it be and why?

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Am I overly sensitive to constructive criticism? Why is that?

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# 3-6-9 Manifestation Method

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Good things are coming.

# 3-6-9 Manifestation Method

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## Morning affirmation

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# 3-6-9

## Manifestation Method

### Affirmation list

- I am worthy.
- I am enough.
- I am beautiful inside and out.
- I love and approve of myself.
- I am delighted with who I am.
- I fully approve of who I am.
- I love myself completely.
- I am happy in my own skin and in my own circumstances.
- I am surrounded by love.
- I am treasured for who I really am.
- I am worthy of happiness and love.
- I enjoy my own company
- I am at peace and happy when I'm alone.

# 3-6-9 Manifestation Method

Date:     /     /

## Morning affirmation

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## Evening affirmation

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Trust the process.

# 3-6-9 Manifestation Method

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There is nothing you cannot have. There are no  
limitations.

# 3-6-9 Manifestation Method

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## Morning affirmation

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Have faith in the magic and miracles of life.



# 3-6-9 Manifestation Method

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## Morning affirmation

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I am the creator of my own reality.

# 3-6-9 Manifestation Method

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## Morning affirmation

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Imagination is everything. It is the preview of life's coming attractions.

3-6-9

# Manifestation Method

## Affirmation list

- I have the power to live my dreams.
- I inspire others to be their best self.
- I stand up for what I believe in.
- I am enough. I do enough. I have enough
- I am worthy of love, and fill myself with love first
- I choose to let go of what I cannot control
- I choose to be present in all that I do
- I am worthy of feeling good
- Everything is happening for me
- I am patient and kind to myself with my progress
- My self care is worth making time for
- I trust myself and my intuition

# 3-6-9 Manifestation Method

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Not one single thing has ever been accomplished  
without intention.

# 3-6-9 Manifestation Method

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3-6-9

# Manifestation Method

Shadow work questions:

What is an early childhood memory that has stuck with me into adulthood?

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What gives me enjoyment?

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5. \_\_\_\_\_
6. \_\_\_\_\_

## Evening affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

Always believe something wonderful is about to happen.

# 3-6-9 Manifestation Method

Date:     /     /

## Morning affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Afternoon affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Evening affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

Inhale love. Exhale gratitude.



# 3-6-9 Manifestation Method

Date:     /     /

## Morning affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Afternoon affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Evening affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

Sometimes good things fall apart so better things can  
fall together.

# 3-6-9 Manifestation Method

Date:     /     /

## Morning affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Afternoon affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Evening affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

The thing is not the thing. It's the thing you think about  
the thing.

# 3-6-9 Manifestation Method

Date:     /     /

## Morning affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Afternoon affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Evening affirmation

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

Focus on the good and the good gets better.

# 3-6-9

## Manifestation Method

### Affirmation list

- I love myself for who I am.
- I am relaxed and calm.
- My tension is melting away.
- I am letting go of all my worries and fears.
- I am practicing calmness.
- I am breathing slowly and deeply, filling myself with calmness.
- I deserve a peaceful and loving life.
- I am centered and quiet.
- My thoughts are calming down.
- I am free from my past.
- I have the power to make positive changes.
- I am doing my best and that's enough.
- These negative thoughts are not serving me.

3-6-9

# Manifestation Method

Shadow work questions:

How do I feel about who I am  
as a human?

Why?

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What situations make me feel  
less than or not good enough?

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3-6-9

# Manifestation Method

Gratitude

5 things I am grateful for  
today

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5 things I could do today to be  
a kinder person.

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