When doing the figure of eight, it is important to say the words you choose not just think them. Keep saying them until you feel the truth of what you are creating. That is the ‘do chi’ moment, the moment you have opened up the portals to the universe, to all that is, to the limitless availability to whatever you are creating in your life. It’s no good saying something that your mind cannot believe. So start with some way of saying what it is you want to create in a simple form, and as you do the figure of eight repeatedly the words change into a clearer form that is acceptable to your mind. The words will change of their own accord. This is all part of the process of the figure of eight...

The only true way to manifest

YOUR SUBCONSCIOUS MIND ACCEPTS
Once your subconscious mind accepts your words and you really believe them deep inside, you will find you are smiling from within with a feeling of, 'it really will happen,' and a feeling of deep happiness. You won’t be able to contain the smile that emerges.

HOW LONG AND HOW OFTEN?
Do the figure of eight for as long as you need to, it may take 10 minutes or 30 minutes, or more. Do it until you reach the point of knowing that what you are asking for you deserve. Carry on once you reach that point for however long you choose.
THE IMPORTANCE OF THE FIGURE 8

The figure of eight is important to the universal mind, by this I mean spirit. I was told by them that it represents infinity, and the point where the two circles cross is the connection point, the point at which we are connected with limitless power. This can only be used for the good and the progress of humans and their lives.

*We are able, through this method, to create anything that will improve our lives.* What stops that process is the strong doubts that sometimes invade our thinking, because they have been a pattern we may have formed unwittingly.

I NEED TO ASK FOR MORE THAN ONE THING

If you need to create more than one thing into your life, then do separate figures of eight, making sure before you start asking a subsequent request, that you really believe you deserve what you are asking for in the first figure of eight, and then move on.

You can do the figure of eight as often as you wish, just so long as each time, you are convinced of the outcome.

*And don’t forget, be specific when you ask!*