EXPERIMENT 01

The clay test

THE EXPERIMENT

Pick one small event from today: a message that has not been answered, a closed door, a gray sky. Write three completely different meanings for it, one that hurts, one that is neutral, one that works for you. Then look at the event again. It has not moved. Only the clay in your hands changed.

WHAT I NOTICED

EXPERIMENT 02

Same scene, two positions

THE EXPERIMENT

Describe one circumstance twice: first through your familiar identity, then through the identity you choose. Keep the facts identical. One Observer, two positions. Notice how the meaning changes and different details move into the foreground.

WHAT I NOTICED

EXPERIMENT 03

Run the filter on purpose

THE EXPERIMENT

For 24 hours, live from one decision: Things are working out for me. Record what you naturally encounter and how it belongs to your desire unfolding, including the small, odd or apparently opposite. Track the filter of your mind. Do not search the 3D, the reality in front of you, for signs that the decision worked.

WHAT I NOTICED

EXPERIMENT 04

The inherited rule

THE EXPERIMENT

Pick one rule you picked up about money, people or what someone like you is allowed to expect. Find where you first heard it. Then swap it for a rule that works for you and live on the new one for a day. You are not asking whether the old rule is true. You are asking what it costs, and what the new one shows you.

WHAT I NOTICED

EXPERIMENT 05

Old event, new narrator

THE EXPERIMENT

Choose a memory you can look at calmly. Write the facts, only the facts. Then write the sentence you added afterwards: what it means about you. That sentence is the narrator speaking. Replace the narrator, keep the facts. Read the memory out loud in the new voice.

WHAT I NOTICED

EXPERIMENT 06

One sentence, written once

THE EXPERIMENT

Write one decision about who you are. One sentence, once. Let it direct your perspective as you live the day. When the old voice returns, return to this choice. Record what changed in your interpretation and response. Notice any moment you used the words to demand a change from someone else; bring the direction back to you.

WHAT I NOTICED

EXPERIMENT 07

Catch the trying voice

THE EXPERIMENT

Trying stands in "I am not there yet." Being stands in "I am there." For one day, catch the trying voice three times. Write the sentence it said, then rewrite it from the place where it is already done. Do not fight the trying voice. Just notice which room it speaks from.

WHAT I NOTICED

EXPERIMENT 08

Identity first, effects second

THE EXPERIMENT

Identity gives direction to thoughts, feelings and actions. Start from the version you select, then notice how you respond during an ordinary day. An old feeling can pass through without canceling that choice. Observe yourself rather than waiting for the 3D to approve who you are.

WHAT I NOTICED

EXPERIMENT 09

The shadow and the form

THE EXPERIMENT

Find the scene you keep trying to change: a pattern, a place, a person's behavior. That is the shadow. You cannot change a shadow by punching the wall. Write what form is casting it: who you are being when you walk into that scene. Change the form, then look at the wall.

WHAT I NOTICED

EXPERIMENT 10

Unpack the symbol

THE EXPERIMENT

Your mind compressed an experience into one object: a number, a person, a place. Unpack it. Under the symbol sits a state: safety, freedom, being chosen, ease. The symbol is a permission slip, not a gatekeeper. Find three ways to give yourself that experience today without the symbol, then see what the symbol means afterwards.

WHAT I NOTICED

EXPERIMENT 11

Inside the scene

THE EXPERIMENT

Spend five minutes inside one scene of your wish fulfilled. Do not watch yourself from outside as if on a screen. Look through your own eyes, hear what you hear, feel the chair under you. Notice what feels ordinary there. Then notice this: when you worry, you already build full scenes in the same way. The skill is the same. You only change the script.

WHAT I NOTICED

EXPERIMENT 12

Now, not later

THE EXPERIMENT

Write the future scene your fear is imagining. Find the belief inside it. An image experienced now is not a forecast. Bring this moment under the meaning of your existing decision, then describe how you meet it from there.

WHAT I NOTICED

EXPERIMENT 13

Stop checking

THE EXPERIMENT

Count the moments you inspect the 3D to ask whether your decision worked. Count the search for validation, not practical checks such as reviewing a payment or an appointment. Note what you wanted the 3D to confirm. Then put your attention back into living from the decision you already made.

WHAT I NOTICED

EXPERIMENT 14

The filter folder

THE EXPERIMENT

For seven days, keep a folder of what you naturally encounter and how you interpret it from your chosen identity. Include the delay, the odd conversation and the apparent opposite. Give each a place in your desire unfolding. The folder records your mental filter, not proof that the decision worked. At the end, read it to see the lens in action.

WHAT I NOTICED

EXPERIMENT 15

Be okay either way

THE EXPERIMENT

Take a desire that feels loaded. Write the feared outcome in plain words. Then find a way to care for yourself either way, without denying what matters to you. You are not limited to this one scene: other versions and perspectives are available to select. Say what you could do and who you would still be. This gives attention room to return to your desire, instead of guarding your worth against the scene.

WHAT I NOTICED

EXPERIMENT 16

The other half

THE EXPERIMENT

Everything you see has its opposite there too, and the opposite is exactly why it shows. A "not yet" only exists beside an "already." The next time something looks like the reverse of your decision, write it down, then write its other half. Welcome both. Do not rank the scene by how it looks.

WHAT I NOTICED

EXPERIMENT 17

One dollar, five thousand

THE EXPERIMENT

Write $1. Write $5,000. Write the sentence that comes up beside each: that's easy, that's forbidden, that's not for me. Those sentences are yours. The principle is the same for both numbers: choose who you are, then receive. Pick the identity for whom both are ordinary, and write a day in their life.

WHAT I NOTICED

EXPERIMENT 18

Pay it as an investment

THE EXPERIMENT

Pick one payment you will make this week. Before you make it, name what it buys: warmth, food, access, time, pleasure. Say out loud: I am investing in my experience. Then pay. Notice how the same act feels when it is an investment, not a loss.

WHAT I NOTICED

EXPERIMENT 19

A door I have not looked at

THE EXPERIMENT

Money is claimed in your mind before it arrives. Find the sentence that says it can only come one way. Cross it out. Then spend fifteen minutes with an open question: What could money meet that I have declared impossible? Write what you find. Read the terms of anything you find, then say yes or no.

WHAT I NOTICED

EXPERIMENT 20

The protected frame

THE EXPERIMENT

Draw an imaginary frame around a block of time. Inside it, read each event as part of your chosen experience of abundance. Live, choose and respond from there. Use three hours a day for thirty days, or a shorter block that fits your life. The duration is not a condition for success. Record your attention, interpretations and actions; when an old reading returns, come back to your chosen position.

WHAT I NOTICED

EXPERIMENT 21

The mirror test

THE EXPERIMENT

Choose one conversation coming up. Before you walk in, write what you expect from the person. Then decide who you are going to bring. Walk in as that person. Do not read minds, do not push, do not chase. Own lens only. If you hear a clear no, take it as a no, and let that be part of your self-respect.

WHAT I NOTICED

EXPERIMENT 22

Choose yourself first

THE EXPERIMENT

Before any big decision this week, ask the three questions of the compass. Am I choosing from love for myself? Which truth do I decide to live from? How do I want to live this moment as that person? Then choose. Write what the choice looked like.

WHAT I NOTICED

MY OWN EXPERIMENT

Design your *own*

THE EXPERIMENT

WHAT I NOTICED

MY OWN EXPERIMENT

Design your *own*

THE EXPERIMENT

WHAT I NOTICED