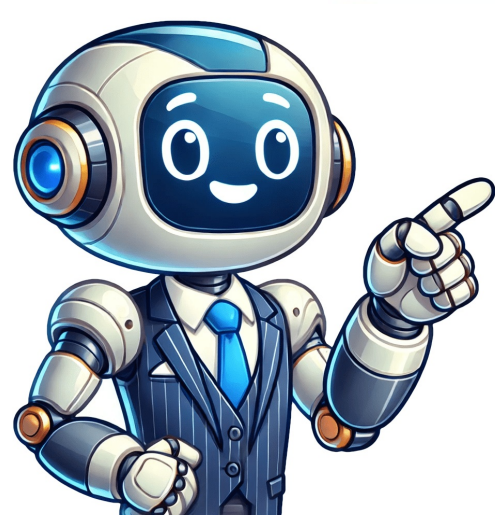


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369 method example

Have you ever felt that there's a secret rhythm or hidden pattern guiding your life's successes and setbacks? Imagine tapping into this rhythm intentionally to transform your dreams into reality. The 369 manifestation method offers exactly this—a beautifully simple yet surprisingly powerful practice rooted in the mystical significance of numbers. Inspired by the visionary Nikola Tesla, who famously claimed, "If you only knew the magnificence of the 3, 6, and 9, then you would hold the key to the universe," this method is rapidly becoming one of the most beloved manifestation techniques today. If you're ready to align with your deepest desires and reach your full potential, exploring the magic of 369 manifestation technique might be your next step toward a life filled with purpose, joy, and abundance. What is 369 Manifestation Method? The 369 manifestation method is a simple yet powerful practice that helps you turn your dreams into reality using positive affirmations. Inspired by the famous inventor Nikola Tesla, who believed the numbers 3, 6, and 9 hold special significance, this method involves writing down your desire clearly three times in the morning, six times during the afternoon, and nine times at night. The idea behind 369 manifest method is that repeatedly focusing your energy and thoughts on a specific goal helps you attract it into your life, making your intentions stronger and clearer to the universe. The 369 manifestation technique leverages the psychological principle of neuroplasticity—the brain's ability to reorganize itself by forming new neural connections. Regularly repeating affirmations through the 369 manifest method helps embed your goals into your subconscious, effectively rewiring your thought patterns. Over time, this process conditions your mind to actively identify opportunities and make choices aligned with your manifested desires. Consistent practice trains your subconscious mind to notice and attract situations that align with your affirmations. This creates a psychological shift, enhancing motivation, confidence, and positive behavior towards achieving your goals. Philosophically, the method revolves around Nikola Tesla's belief that numbers 3, 6, and 9 symbolize fundamental cosmic frequencies. These numbers represent patterns of universal harmony and balance, connecting human consciousness with broader universal energies. According to the law of attraction, consistent repetition at set intervals (3-6-9) amplifies the emotional and vibrational frequency of your intentions. The 369 manifest method's structured practice taps into universal vibrational laws, helping you energetically align with your desired reality. Ultimately, the 369 manifestation code blends cognitive psychology, subconscious programming, and ancient philosophical insights. It provides a practical yet profound way to synchronize your mind, emotions, and energy with your intended outcomes, making manifestation effective and attainable. How to do 369 Manifestation Method Step by Step Follow the step-by-step process of 369 manifestation technique below to effectively maximize your results: Clearly identify exactly what you want to manifest (e.g., a new job, financial abundance, relationship, academic success). Write this desire as a positive, concise affirmation in the present tense. Example: "I am grateful to have received my dream job at my desired company." Begin your day by writing your chosen affirmation three times as soon as you wake up. As you write, visualize the intention already fulfilled, and feel genuine gratitude and happiness. Keep this consistent daily practice, ideally at the same time every morning. Around midday or afternoon, write your affirmation six times. Reinforce your positive emotions and visualization with each repetition. Use this midday practice of 369 manifestation method to stay aligned with your goal throughout the day. Before you go to sleep, write your affirmation nine times. This evening practice helps deeply embed your desires into your subconscious mind as you rest. Feel the affirmation deeply, knowing your manifestation is on its way. Practice this method daily for at least 21-33 days to effectively build subconscious alignment (369 manifestation method how many days - typically 33 days recommended). Maintain a positive mindset, faith, and excitement around your intentions. What happens if you miss a day of 369 manifestation? If you miss a day, don't panic. Simply continue your practice the next day. 369 Manifestation Method Examples Below are some examples of 369 manifestation technique. Affirmation: "I am grateful for receiving K1 lakh effortlessly and abundantly." Morning (3 times): Write the affirmation with gratitude, picturing your bank balance increasing. Afternoon (6 times): Visualize the joy of financial freedom while writing. Night (9 times): Deeply feel the abundance as if the money has already arrived. Affirmation: "I am thankful for getting a fulfilling job offer from [Company Name]." Morning (3 times): Write with confidence, envisioning yourself receiving the job offer. Afternoon (6 times): Imagine yourself working at the new company happily. Night (9 times): Feel genuine excitement and gratitude for your new job. Affirmation: "I am deeply grateful to have a loving, supportive relationship." Morning (3 times): Visualize warm, loving moments shared with your ideal partner. Afternoon (6 times): Feel emotionally connected and open to love. Night (9 times): Hold the feeling of being loved deeply as you write. Affirmation: "I am happily married to my ideal life partner." Morning (3 times): Visualize yourself enjoying daily married life together. Afternoon (6 times): Connect deeply to emotions of love, security, and companionship. Night (9 times): Feel grateful for the presence of your life partner in your life. Affirmation: "I am thankful for passing my exams with excellent marks." Morning (3 times): Envision yourself receiving your results happily. Afternoon (6 times): Feel the pride and relief of successfully completing your exams. Night (9 times): Write with strong belief and confidence in your success. "I am grateful for abundant health and vitality." "I attract positive and supportive friendships into my life." "I am thankful for the promotion at my job and increased salary." "I effortlessly attract positive opportunities every day." 369 Manifestation Journal A 369 manifestation journal is a dedicated notebook specifically designed to support your manifestation practice. It helps you maintain consistency, clarity, and emotional alignment with your intentions, making your manifestation journey more focused and effective. Here's how you can effectively use a 369 manifest journal: Select a journal exclusively for manifestation practice. You can buy a specially designed 369 manifest book or simply choose a notebook that feels special to you. Keep your journal personal and private—this enhances emotional connection. On the first page, write your primary goal clearly and positively. Every day, consistently follow these steps: Morning Practice: Date your journal page. Write your affirmation 3 times clearly. Visualize deeply and feel genuine gratitude as if it already happened. Afternoon Practice: At midday, return to your journal and rewrite your affirmation 6 times. Feel energized and aligned with your goal while writing. Briefly visualize your success again. Night Practice: Before bedtime, write the affirmation 9 times. Embrace deep gratitude, joy, and peace as you write your affirmation. Allow these thoughts to permeate your subconscious as you fall asleep. Regularly jot down notes about how you feel. Track any changes or signs you observe in your life. Use your 369 manifest journal to note how your mindset and feelings evolve throughout the practice. At the end of each week, revisit previous pages. Reflect on your progress, feelings, and any subtle manifestations that may have appeared. This reinforces your belief and faith in the manifestation process. Benefits of 369 Manifestation Journal Consistency: Writing regularly in your journal establishes discipline and consistency in your practice. Clarity: Clearly written affirmations help your subconscious mind deeply internalize your intentions. Tracking Progress: Your journal provides a record of your manifestation journey, helping you reflect on progress, identify patterns, and celebrate milestones. Emotional Connection: Regular journaling keeps you emotionally connected and energetically aligned with your desires, which significantly enhances the effectiveness of the method. 369 Manifestation Journal PDF Free Download If you're new to journaling or looking to start immediately, you can easily find or create a 369 manifestation journal. Printable templates can guide your daily practice and keep you on track until you find your perfect manifestation journal. Best Practices to Make 369 Manifestation Work For your 369 manifestation method to yield positive results, it's crucial that your affirmations are clear, specific, and direct. Write them in the present tense, as though your wish has already been fulfilled. This approach helps your subconscious mind fully accept and internalize the intention, creating a stronger alignment with your desires. Consistency is key to successful manifestation. To see tangible results, diligently follow the method daily, writing your affirmations three times in the morning, six times in the afternoon, and nine times at night. Regular practice strengthens the neural pathways associated with your affirmations, enhancing the overall effectiveness of the manifestation process. Simply writing down affirmations isn't enough; deeply feeling them amplifies their power. Each time you practice the 369 manifestation method, actively engage your emotions—feel sincere gratitude, joy, excitement, or relief as if your desired outcome has already occurred. This emotional alignment significantly accelerates the manifestation process. Visualization complements your affirmations and amplifies their effectiveness. Each time you write down your intention, pause briefly and vividly visualize your desired outcome already manifested. Engage all your senses and imagine the scenario clearly. This practice sends powerful signals to your subconscious mind and helps attract the reality you seek. Gratitude is a powerful enhancer of manifestation. Regularly expressing thankfulness for the things already present in your life cultivates a positive mindset and elevates your energy frequency. By focusing on gratitude, you create fertile ground for your affirmations to take root and manifest quickly and naturally. It's essential to trust the process fully. Allow your manifestations to occur without doubt or anxiety about "when" or "how." Doubting or constant questioning can slow down the manifestation process. Instead, remain calm and confident, knowing your intention is being heard by the universe. Surround yourself with positivity. Reduce exposure to negativity, whether from your environment, social media, or conversations. Maintaining a positive mental environment enhances your energy levels and helps your affirmations align smoothly with your desired outcomes. Take time each week to reflect on your journey. Notice subtle changes, shifts in attitude, and small manifestations that may be occurring. Celebrating these small successes boosts your belief and encourages continued consistency, reinforcing your confidence in the 369 manifestation method. FAQs About 369 Manifestation Method Who invented the 369 manifestation method? The method is inspired by Nikola Tesla's belief in the significance of the numbers 3, 6, and 9, often associated with universal patterns and energy. Does the 369 manifestation method really work? Yes, thousands have shared success stories of manifesting money, jobs, love, and more using this method. Consistency, clear intention, and emotional alignment are key. How many days should I practice the 369 manifestation method? Typically, practitioners recommend doing it consistently for 21 to 33 days for optimal results. What happens if you miss a day of 369 manifestation? If you miss a day, simply continue the next day. Missing occasionally doesn't ruin your manifestation but consistency enhances effectiveness. Can I use the 369 method for manifesting money? Yes, many have successfully used the 369 manifestation method to attract money and financial abundance. How do I choose affirmations for the 369 manifest method? Affirmations should be positive, clear, specific, written in the present tense, and emotionally resonant. Is handwriting necessary or can I type my affirmations? Handwriting is generally recommended because it reinforces your subconscious intention, but digital practice can also work if done mindfully. Can I manifest multiple things at once using the 369 manifestation method? It's more effective to focus on one major intention at a time for clearer alignment, but some successfully manifest multiple related intentions. Can the 369 manifestation method help in love and relationships? Yes, it's widely used and successful in attracting meaningful relationships and enhancing love. Can the 369 manifestation method help in manifesting a new job? Absolutely! Job manifestation is one of the most common and successful applications of this method. Do I need a special journal for 369 manifestation? A dedicated 369 manifestation journal is beneficial, as it enhances emotional connection, clarity, and consistency. Can I practice 369 manifestation method digitally? Yes, digital journaling is possible, provided emotional engagement and visualization remain strong. Should I keep my affirmations private? Generally, yes. Privacy helps maintain your emotional alignment and personal connection to your affirmations. How do I know if my manifestation is working? Look for subtle signs, changes, and synchronicities around your intention—these indicate alignment and progress. Can I manifest academic success with the 369 manifest method? Yes, students commonly use this method to achieve academic goals, such as exam success. Can I manifest health and wellness using the 369 method? Yes, affirmations centered on health, wellness, and healing are effective with the 369 method. Journal PDF credit: This post may include affiliate links to products we think you'll find useful. We may earn a small commission if you buy through these links. Read our affiliate disclosure. So many people I know are obsessed with the 369 manifestation method at the moment. It's been frequently appearing up in my TikTok feed over the past year, and heaps of my friends have been trying it. So what exactly is the 369 manifestation method? In this article, I'm going to answer all your questions. What it is, how to use it and whether it actually works. The 369 method is a form of manifesting. Before we get into the details of the 369 method, it's helpful to understand more about the practice of manifesting.Manifesting has been around for many years. It first became popular as part of a book called 'The Secret,' written by Rhonda Byrne.It's based on the theory of the law of attraction, which says that your thoughts can directly influence your reality. By thinking about your desires in a very deliberate and particular way, you can actually manifest those desires into existence and make them come true. Many influential and trusted personalities have talked about the success they've experienced with manifesting, including Oprah & Deepak Chopra. This obviously doesn't make it true, but it's definitely worth considering and understanding. A common misconception about manifesting is that you just think about whatever you want, and it will come true. Unfortunately, it's not that easy. Manifesting your desire takes focus and discipline. You need to really feel it and believe it, and you also need to take concrete steps in your life to achieve it. When you spend a lot of time thinking about a particular desire, you're also thinking about all the pathways in life you can take to achieve that desire. On a more spiritual level, manifesting is said to take the pure vibration energy of your thoughts and use this energy to attract other things into your life that have the same vibrational energy. So thinking positive thoughts will attract more positive outcomes into your life. The 369 method is a specific variation of manifesting that makes it easier to have focus and discipline when you're manifesting your desires. Instead of just thinking about what you want to manifest, you use a journal to write it down. You do this 3 times in the morning, 6 times in the middle of the day, and 9 times in the evening. While writing down your desire, you focus your mind on what you're trying to manifest to ensure you're increasing the energy vibrations associated with your thoughts. The 369 method gained popularity on TikTok. Thousands of users have posted videos explaining how the technique has helped them gain more wealth, happiness, and even find love!The numbers 3, 6, and 9 have a lot of significance for those who believe in numerology. 3 has significance in its link to the holy trinity and connection to the universe.6 represents inner strength and resilience. 9 represents enlightenment and the banishment of self-doubt and negative thoughts. Probably the most famous fan of 369 was Nikola Tesla, the inventor best known for contributing to our modern understanding of electricity. And yep, that's the same Tesla that Elon Musk named his electric car company after. Tesla was a huge numerology nerd. He believed that 3, 6, and 9 were spiritually powerful 'divine numbers' that could help explain the secrets of the universe. In fact, he was so obsessed, so say that he would even do three laps of a building before entering the front door!Even if you don't put much faith in numerology, it's pretty spooky to see how often the numbers 3, 6, and 9 appear (or don't appear) in mathematics and nature. Okay, now that you understand the history and significance of the 369 manifestation method, how do you actually use it?The first step in manifesting your desires with the 369 method is to choose what you want to manifest!The way you do this is to simply come up with a phrase that encapsulates what you want to happen in your life.There are a few things to keep in mind when you're developing your manifestation phrase:Write your manifestation phrase as though you've already achieved it - this will help increase the energy vibrations and help attract what you want. Describe the positive feelings you'll experience when you achieve your manifestation goal. These will help amplify the positive energy you're trying to attract. Express how grateful you are for achieving your goal. Make your long enough to take 17 seconds to write (I'll explain why this is important in a minute)Every morning, take out your journal (or any piece of paper) and write down your manifestation phrase 3 times. Each time you write it down, focus your concentration on thinking about the phrase as you write. Feel the positive emotions in your words and allow them to resonate and amplify in your mind. Think of this first affirmation as letting the universe know you want something, and you mean business!Your phrase needs to take about 17 seconds to write down, but more importantly, you need to be thinking about your phrase for 17 seconds. Once you're done, it's essential to try and let go and move on with your your day. Harness the power of number 9 to remove doubt from your mind and trust in the process. Many people find it helpful to approach writing their phrase like a form of meditation. If you find your mind wandering onto other things, gently bring your focus back to the words and keep writing. Around lunchtime, repeat the process but this time, write down your phrase 6 times. This longer affirmation is designed to amplify your desire.Remember that each instance of writing your phrase should take 17 seconds, and it's essential to be wholly focused the entire time. Because you've been running around the entire morning living your life, you might find it harder to bring your mind into focus. Just breathe, take your time and consider it a slight pause in life to be enjoyed. After all, you're helping your deepest desires come true!A lot of people benefit from this personal reflection time. The meditative nature of the exercise leaves them feeling energized and ready to tackle the afternoon. The final step of the process is to write down your manifestation phrase 9 times in the evening.Many people choose to make this the last thing they do before going to sleep. Thinking about manifesting your desires is a wonderful final experience for the day before drifting off to sleep. This final affirmation of the day is cementing your desire into the fabric of the universe. So why is it important to think about your manifestation phrase for 17 seconds each time you write it down?According to the non-physical entity Abraham Hicks, it takes 17 seconds for the manifestation process to begin once you think about your desire. In other words, it takes the brain 17 seconds to create the energy of the thought you're currently focusing on and connect it with the energy flowing through the universe. Here are some examples of using the 369 method: Note that every phrase is written as though you've already achieved it and you're grateful for the outcome.I am proud and grateful that I achieved an A+ on my English assignment.I am enjoying my new job as a marketing manager and I'm grateful I get to do a job I love.I am grateful my online business has achieved 1000 orders a month and I'm excited for more success over the next year.I am excited that I've finally met the man of my dreams and I'm looking forward to a happy future with him.I'm looking forward to my dream vacation in Hawaii next year and I'm grateful to be going with my 3 best friends.I am thankful that my sister has recovered from her illness and is happy and healthy.Most people agree that you should practice the 369 method for a total of 33 days. Can you guess why? Again it comes down to the power of the numbers 3, 6, and 9. 3 x 3 = 9 and 3 + 3 = 6.If what you're trying to manifest occurs before the 33 days are up, keep going until the end! Not only is this a good discipline for your future manifestations, but it will also cement the result in your life. You can stop the practice if you don't get what you've been asking for after 33 days. You'll obviously be very disappointed, but it's important not to dwell on it. Just do your best to move on and trust that the universe has heard you and will deliver. Of course, you can always start the process again with fresh eyes and tweak your manifestation phrase to focus more on your goal and how achieving it will make you feel.So many people claim to have changed their lives with the 396 manifestation method that it's pretty hard to dismiss it out of hand.It feels logical that if you spend a lot of time focused on one positive goal or desire, you have a much better chance of making it happen. For example, let's assume you're trying to manifest a new job with a higher salary. If all you do is practice the 369 method, I think we can agree it will never happen. To get a new job, you need to submit your resume and turn up for interviews.But here's the thing. In the process of trying to manifest your goal, you're going to be more focused and more dedicated to making it happen. You'll put more effort into your job applications, and you'll prepare more for interviews. You'll be doing everything else you can to help the flow of energy in the universe move in your direction.And what about if you manifest goal is something more emotional, like a desire to be more grateful or happy? These kinds of manifestation goals are much more closely aligned with the idea that positive thoughts radiate and amplify positive energy.For certain people, practicing 369 manifestations isn't a good idea. If you believe too strongly in the power of manifestation, it might make you feel like you don't have to do any work at all to make your dreams come true. Manifesting your goals needs to go hand in hand with working as hard as possible to achieve them. Believing too much in the power of thoughts becoming a reality can also be damaging for some people suffering from depressive disorders. For example, if you think that no one likes you, it's not healthy to assume this is true just because you thought it. Yes, you can manifest absolutely anything you want. Money, fame, weight loss, getting back together with your ex - it can all be manifested. However, you need to honestly believe in what you want to manifest and understand its purpose in your life. Manifesting also needs to be combined with doing everything you practically can to make your manifestation a reality. Yes, you can manifest as many things as you like simultaneously. However, manifesting even one desire with the 369 method takes a lot of focus, so you need to be very disciplined for this to work.Practitioners also say that the more energy you put into thinking about one manifestation, the better chance it has of coming true. This means that splitting your focus might not be a good idea for beginners. As long as you genuinely believe that you desire something for someone else, you can manifest it for them. Unfortunately, it is possible to manifest negative things into your life. Even when the road ahead looks hard, it's essential to stay positive and get help if you're struggling. There are many cases when your desire could manifest before the 33 days are over. If this happens, experts recommend that you keep going with the practice for the full 33 days. Sadly, there will also be times when your desire doesn't manifest within 33 days. If this happens to you, it's important not to lose hope. Negativity and self-doubt will further destroy your chances of success because your energy will not be aligned with your desire. The most common advice is to revisit your manifestation phrase and make changes. Could you break it down into smaller goals and try to manifest them? Could you reframe your desire in some way to better align with what you truly want? Yes, you can. As long as you follow the 4 steps of the 369 method, you can write down your manifestation phrase any way you want. Many people choose to use a paper journal because it helps them disconnect more from the hustle and bustle of life and focus on their manifestation. Most people seem to agree that manifesting isn't a sin against God as long as you aren't trying to: Manifest something that will hurt yourself.Manifest something that will hurt someone else.Manifest something that will take something positive away from someone else.