

# Feel & Farm Cheat Sheet

---

You have found your specific word for how you will be after the thing you want has manifested. This word is the roadmap for your unconscious mind and the Universe to create the outcome you want.

Use Feel & Farm starting now to stop micromanaging how the Universe delivers what you want or something even better.

Feel & Farm lets you step into your rich life NOW, without waiting for some future event.

Your specific word is like a seed that you get to plant over and over as a way of farming for the rich life you desire.

**Write down your word so you easily remember to Farm for it:**

---

## Do this over and over

Feel & Farm can be done in a few pleasurable breaths over and over during the day. Each time you Feel & Farm it retrains your nervous system for ease and presence (and your specific word).

When life feels hard, it does not mean that it didn't work or that you have done anything wrong. It just means you're a person, having a life experience.

You don't need to raise your vibration. You don't need to have more faith. You can simply feel WHATEVER you're feeling. As you acknowledge, accept, and simply be with both positive and so-called negative feelings, it creates space for you to Farm.

Feel & Farm allows you to bask in the journey *now* so you can enjoy the thing you want to manifest when it arrives.

## 1. Feel

Notice and acknowledge what you're feeling now:

- Drop into the support beneath you
- Notice sensation in the body (It's ok if you have to guess at first. It's impossible to do this wrong if you choose to play along.)
- Imagine sensation as a color, shape and edges, size, movement, sound. This helps you turn off inner dialogue and story about the sensation and simply notice it.
- Expand your awareness: Allow yourself to become aware of ALL the space in front of, behind, above, below and to the sides of the feeling and around your body. Notice sounds, sights, sensations you hadn't noticed before.

## 2. Farm

As you're noticing spacious awareness... without trying to change or fix anything, ask any one of these questions from a place of curiosity:

*[word] = the word you wrote above*

- How would [word] be [verb]ing right now?
- What would [word] be paying attention to right now?
- What does [word] know about this?
- When I am [word], what's the next smallest step?
- As I'm feeling [word], what's the next smallest step?

# Hypnosis for Manifesting 3×5 Cards

For easy reference, you can cut out both cards, then glue them to the front and back of a 3×5 index card, or print them on cardstock.

Print at 100% (actual size) so each card measures 5 × 3 inches.

## CARD 1

### Feel, Find, Farm: Do one time for each thing you want to manifest

- 1. FEEL:** Notice a sensation / feeling / mood / state you're feeling right now. Positive or "negative". Exhale into support. Expand your awareness to the space around you.
- 2. FIND:** Ask, "When I've made all the right choices and taken all the right actions and I already have the thing I want to manifest, how will I be as a person?" (A state, not a status.) This is your "word."
- 3. FARM:** Ask, "When I'm being "word" what's the next smallest step I can do while staying in this state?"

## CARD 2

### Feel & Farm: Repeat multiple times per day in just a few enjoyable breaths

- 1. FEEL:** Acknowledge and fully feel whatever you're feeling right now. Positive or "negative." Exhale into support. Expand your awareness to the space around you.
  - 2. FARM:** Ask, "When I'm being "word" what's the next smallest step I can take while staying in this state?"
- Alternate questions:** What would [word] be paying attention to right now? What does [word] know about this?