

Hypnosis for Manifesting Guidebook

Everything you need to guide yourself, your 1:1 clients,
and group experiences.

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How to Use Hypnosis for Manifesting

This is the whole process for manifesting anything you want, from something small to something life changing.

You Find your word only once for each thing you want to manifest. After that, you simply Feel and Farm, over and over, until it shows up.

When you're ready to manifest something new, come back to Feel, Find, Farm again.

HINT

If it's hard to choose which thing you want to manifest first, just playfully choose the one that seems the most fun. When you focus on just one thing to manifest at a time, that one thing creates a domino effect to manifest a rich life of ongoing Feeling and Farming. (Which creates a life better than you could've imagined.)

1. Feel

Notice and acknowledge what you're feeling now:

- Exhale into the support of the surface 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. Find your specific word

Choose one thing you'd be delighted to manifest.

Imagine a photograph of yourself already having it. Notice how you are being as a person in that photo. That's your word.

This word is the roadmap your unconscious mind and the Universe use to create the outcome you want. You only Find it once for this particular thing.

How to double-check your photograph: If your photo shows the process of manifesting (winning the lottery), fast forward to that process being over, and you're now living a life having already manifested it (taking a bubble bath in the dream house you now own).

Your word is a state, not a status. It describes how you're being, not what you have.

Yes: Free, Settled, Radiant, Cherished, Light, Vital

No: Rich, Married, Thin, Successful. Ask yourself how you'd be being if you had that, and let that word surface instead.

Write your word down so you remember it:

3. Farm

Once you're feeling your word, ask yourself one of these:

- 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?

You don't need all five. Just pick whichever one resonates today.

Good news! Everything you want to manifest, you want because of how it will make you feel once you have it. You've just proven that you can feel it now. The only thing for you to do between now and when it (or something even better) shows up are the "Find and Farm" steps.

Have Lori Guide You Through The Steps

Sometimes it's easier to have someone guide you through it than to try to guide yourself. Press play, and I'll guide you through one step at a time.

FEEL · FIND · FARM

Do this once for each thing you want to manifest

No need to repeat the "Find" step.

[Listen in a new tab](#)

FEEL & FARM · 2.5 MINUTES

Do this over and over, day after day

It's not a chore, it's a pleasurable reset that trains your nervous system to step out of struggle and self-blame that says you should feel anything different from what you're actually feeling right now.

You can listen to the audio to be guided through, or you can do it by yourself in just a few seconds.

[Listen in a new tab](#)

You can bookmark this page to receive guidance anytime. Each time I guide you, it becomes easier to do it on your own in even less time.

Scripts to Use With Your Clients

MY GIFT TO YOU

These scripts are my gift to you. Use them exactly as they are, change them to fit your own voice, record your own audios for your clients, or adapt them to guide a live session. You do not need to ask permission.

Feel, Find, Farm Walkthrough

Do this once for each thing you want to manifest

Welcome

Welcome, my friend. I'm Lori Hammond, and I want to acknowledge my teacher, John Overdurf, and his Beyond Goals training that influenced some of this Feel, Find, Farm process. As we begin this pleasurable experience, I want to let you know about two things that do not matter.

Thing number one: it does not matter how deep of a trance you go into. In fact, you might not feel like you're in a trance at all. But if you simply follow along, you will be amazed at the beautiful outcome you experience.

Thing two: I cannot and will not try to make you do anything. Everything I invite you to do during this recording is one hundred percent your choice. And if I ask you to do something like imagine a color or imagine an outcome, it's totally okay to just pretend you're doing it, to make it up, rather than expecting it to just happen for you. It might just happen for you. But if it doesn't, just know that if you play along, you are doing it right.

Choose One Thing

So now I would like to ask you, what change would you be most delighted to manifest today? And it does not matter which thing you pick, because you can always come back to this. And by just focusing on one thing at a time, it allows your unconscious mind to align many things in your life in a way that is even more brilliant than you might have expected.

And if you need to pause the recording now or at any time during this exercise, feel free to do so, knowing that pausing and coming back will enhance this experience even more.

| Process vs Outcome

So in a moment, I'm going to ask you to think about an outcome. Think about what life looks and feels like after you have already manifested the thing. So a process is something that is happening on the way that you want to manifest. Or it could be something that shows you how you are going to manifest it.

For example, if a person wants to quit smoking, they might imagine throwing away the pack of cigarettes as part of the process or how they think they're going to quit. Yet if a person goes into the outcome, they can imagine themselves potentially having their morning coffee on the porch, breathing deeply and just feeling so good that they no longer think about those cigarettes.

If a person is wanting physical healing or pain relief, they might imagine going to the doctor and the doctor saying it's healed. That is how they think they want to manifest it. And that's none of our business. So instead, that person would go to after the healing had already happened, or after they were already comfortable in their body. And imagine perhaps gardening all afternoon with their body feeling comfortable and just knowing that they are healthy.

| 1. Feel

Okay, now that you have chosen one thing you would like to manifest today, we are going to drop into the first step, which is to Feel. So what I would like you to do, even if you're just pretending to do it, is to just close your eyes. If you're comfortable doing so, bring your hands to your heart and just be here now. Nowhere to go. Nothing to do except just to relax into this moment.

And I invite you just to begin to notice the exhale, and with each exhale, imagine yourself just dropping down even more into the support of the surface beneath you. Where attention goes, energy flows. So as you simply focus on a relaxed exhale, you can also focus on where your body is resting on the surface beneath you.

And I invite you to relax the jaw so that the bottom teeth are slightly separate from the top teeth. I invite you to relax your tongue in your mouth, and especially let the back of the tongue relax down. If you're not sure how to do it, just pretend you know how. And then once more, just exhale into the support of the surface beneath you. The support of this beautiful moment.

And now, in this moment, I invite you to scan your body from the top of your head all the way down to the soles of your feet, and just notice sensation. Let your focus go to one spot in the body where you can feel something. It doesn't matter what you choose. It might be a tight chest. It might be an itchy finger. It might be the sensation of your right pinky toe inside your sock. Just choose one sensation and know that it doesn't matter which one you choose.

And as you focus on this sensation, I invite you to just notice this spot in the body with your full attention. And it's really important to do this without telling a story about it, without trying to figure out why it's there or make it go away. You're simply noticing without words.

Sometimes it can be really helpful to imagine the sensation as a color. If that doesn't resonate, it's okay. You might just think of a color as you're focusing on that sensation. And just notice the shape of the sensation. Notice the size. Again, feeling free to pause this audio at any time if you need extra time. Notice the borders around it. Notice if it happens to be moving in any way or if it's still. And just curiously, notice if it happens to be making a sound.

And as you continue to focus on sensation without a story about the sensation, I invite you now to bring in the inhale, just to focus on breathing in and creating space. Notice all the space around that sensation. Notice all the space around your body. You can keep your eyes closed or open as you just simply become aware of all the space in front of you. The space behind you. All the space to the right and the left. The space above you. You can even think about the space all the way to the sky, all the way to the horizon in every direction. And if you'd like, you can even imagine beyond that, the space all the way out into the universe. Infinite space.

Exhaling into the support of this moment. Inhaling an awareness of space. Exhaling into an awareness of grounded presence in this moment. And from this space, I invite you to come back to that physical sensation and just notice what you notice now.

| 2. Find

And then from this noticing, I invite you to imagine that you were looking at a photo of a moment after you already have the thing you want to manifest. If you're not a visual person, this works perfectly because you can just imagine that scene in another way. This is a photo that answers the question: Having made all the right decisions and taken all the right actions, after you have already manifested this, how are you being as a person?

Now remember, this is where that process versus outcome comes in. You are going to a time after it has already manifested and you are enjoying your life already having it. And this question, how are you being as a person, is key. Because the answer to how is a state such as calm, joyful, relaxed, at ease. Just notice your word. You might be surprised by the word that comes.

And now I invite you just to say that word to yourself, either out loud or in your mind. Allow yourself to just relax down into the sensation of that word, to breathe space that lets that word and everything that it means become even bigger. I invite you to just allow yourself to experience that word in the body now. And remember, it is one hundred percent okay if you are just pretending to do it. Perhaps by matching your facial expressions and your body language to the facial expression and body language you have when you are being that word.

| The Check

And I'm curious now that you are being this word in this moment, do you still want to manifest that thing? Perhaps the answer is yes. Perhaps the answer is no. Either one is better. There's nothing to fix. It's just a gentle noticing. Because, my friend, the reason we want to manifest the thing we want to manifest is because of how we think it will make us feel. And what you are realizing right now is that you get to feel this now, in this beautiful moment.

| 3. Farm

And so as you are feeling this, even if you're just pretending to feel it, I'm going to guide you into the Farm step, which is: as you feel this, what is the very next smallest step that is so small you can continue feeling this while you do it? Now, the way you can know if you've chosen the right next smallest step is if you can imagine taking it while staying in this beautiful energy, while keeping in the state of this word. If you think about doing that step and it feels heavy or stressful, then you've chosen either the wrong step or too big a step. So I invite you to make it smaller. It could be as small as just breathe.

So I'll ask again, as you feel this word that you have chosen, what is the very next smallest step? And now I invite you to mentally rehearse doing it. Think about where you'll be, when you will be, and imagine yourself doing that small step while feeling this word the whole time.

Every time you let yourself move into feeling this, you are farming. You are planting seeds for the thing you want to manifest, and you are showing yourself it is okay to start enjoying the heck out of life now. And as you enjoy life now, it primes you for the thing you want to manifest, and it preps you so that when you manifest it, you can accept it and recognize it and keep it. And if you happened to realize that you don't care about manifesting that thing and you just wanted the feeling, that's okay too. Because as you continue to farm for life, it lets you manifest something that's even more amazing than you could have come up with, with your conscious mind.

| Future Pace

And so now I invite you just to think about one moment in the future. It could be an hour from now. A day from now. One moment in the very near future when you will Farm for your word by asking, as I feel this, what's the next smallest step? Or you might ask, what does my word know about this situation? Or what would my word be paying attention to right now? For example, what would peace be paying attention to right now? And that immediately acts as self-hypnosis that brings you back into the present moment enjoyment of this moment.

So just notice the next time you're going to ask yourself one of these Farm questions that has to do with how your word would think about this. Just notice where you are the next time you're going to do this, what you're doing, and mentally rehearse asking this question. And I just want to speak directly to your unconscious mind and ask that you would just make it easy and automatic and enjoyable to remember to continue to feel whatever you feel, to go into the body and breathe in space as a way to acknowledge and accept and love whatever is present in this present moment, and then to Farm for life by asking, how would my word think about this when I feel my word? What is my next smallest step?

| Coming Back

And now, my friend, in a moment. Not yet, but in a moment, I'm going to invite you to open your eyes. And when you do, you can write down your word and put it someplace where you will remember it often. You can even write it down in a few different places, because this word is your key to manifesting what you want, or something even better. And even more importantly, it lets you enjoy the heck out of life by feeling the feeling you'll get by manifesting it now.

So I will count from one to five. And when I say the number five, you can open your eyes and write down your word, because

ONE can always come back

TWO this present moment awareness of feeling

THREE times more of your word than be-

FOUR. With eyes open on

FIVE.

Welcome back, my friend. I encourage you to grab a pen and paper and write down your word. And again, you might want to write it in a few places and tuck it into places where you'll see it throughout the day. Moving forward, I invite you to use the Feel & Farm audio on the same page where you found this audio. That audio is only two minutes long, and you can use it any time you want throughout the day. Each time you use it, it will make it easier and more automatic for you to do it yourself on your own in even less time. And savor every moment and every feeling between now and then.

Feel & Farm Walkthrough

Do this over and over, day after day

Welcome, my friend, as you experience this short, enjoyable exercise. Remember, if you pretend you're doing it right, you will be amazed at the outcome.

1. Feel

So first I invite you to simply feel whatever you are feeling now, perhaps by saying, "I'm feeling..." and then inserting what you're feeling now. Because as you simply acknowledge what you're feeling, you can begin to exhale. And just notice the support of the surface beneath you. And as you are noticing support, as you are focusing on the exhale, allowing your jaw to relax, your tongue to relax, simply notice sensation in the body. It's okay to guess. It's impossible to do this wrong if you play along. And so just focus on one sensation in the body. Perhaps imagining it as a color, a shape, a size, a movement, a sound. Pausing this audio if you need a little extra time. The point is just to simply notice sensation without any words or story or thoughts about it.

And now begin to inhale space. Notice all the space around your body. Perhaps even imagining space all the way up to the clouds, all the way out to the horizon. If your eyes are closed, you can open them and just become aware of all the space.

2. Farm

And from this place of spacious awareness, I'm curious, how would your word be thinking about this right now? What would your word be paying attention to? And when you're ready, you can do a little happy dance and come back to this moment and continue moving through life farming for your word by asking these fun questions. Each time you do this, it gets easier and more enjoyable.

One-to-One Session Cheat Sheet

Every client who comes to see you is there to manifest something: freedom from cigarettes, a calm mind, a comfortable body, a thriving business. This protocol works for just about anyone who walks through your door.

Remind your client of the value of playing along, even when they're unsure it's working or unsure they're doing it right. Playing along works just as well, or even better.

1. Choose One Thing

"Which change would you be most delighted to notice first?"

Let your client know it doesn't matter what they pick. Choosing one thing allows change to radiate through every area of life. Even something small works beautifully. And there's no wrong choice, because they can repeat this process anytime.

2. Feel: Somatic Intention Setting

- 1 Drop into the support beneath you
- 2 Choose one sensation
- 3 Story off, VAK on: color, shape and edges, size, movement, sound
- 4 Space: beyond the feeling, all around the body, out to the infinite universe

3. Find the Word

After Somatic Intention Setting, guide them to their photograph.

Process vs. outcome. A process answer describes a step on the way there or how they get it. An outcome answer describes life after they already have it.

Choose the photo:

"Imagine a photograph of you when you already have this. Where are you? What time of day is it? Who's with you? What are your 3 B's?"

Their answer	What it is	What you do
Describes a step on the way there or tells how they get it	Process	Ask the clarifying question below
Describes life after they already have it.	Outcome	Move straight to stepping in

PROCESS ANSWERS ONLY

Use this step when their photo described a process. Move straight to Step In when it already described an outcome.

“And when you already have this (process), what happens next?”

Keep asking until the answer indicates how they will be after they have already manifested the thing they want, not how they will manifest the thing they want.

Step in:

“Step into the photo now, seeing what you see, hearing what you hear, feeling what you feel when you have this.”

The magic question:

“Having made all the right decisions and taken all the right actions, when you already have this, how are you being as a person?”

Encourage them to give their first unconscious answer rather than trying to find the answer consciously.

Their specific [word]: Their answer to the magic question should be a “state” word. (See Client Examples on [page 16](#).) This [word] becomes what they Farm for from now on.

4. The Check

“Now that you have [word], do you still want the goal?”

If they say	Then
Yes	Move to Farm with this goal, letting [word] lead.
No	Celebrate. They've found what they truly wanted, which is the feeling. Invite them to choose a new photograph, or simply bask in [word] and move to Farm from there.

5. Farm

"As you feel [word], what's the very next smallest step?"

Make sure the next smallest step can be completed while they keep feeling [word]. If the step pulls them out of [word], ask them to make it smaller or choose a different step.

6. Future Pace

"Choose one small moment when you'll Farm with [word] by asking, 'When I feel [word] my next smallest step?' Where are you? What are you doing?"

That one moment is the tiny domino. The habit falls into place from there.

7. Give the client the Feel & Farm Cheat Sheet

Hand them the Feel & Farm Cheat Sheet so they can consciously and unconsciously continue on the roadmap they created in the session, even when they are in low or difficult moments. The Cheat Sheet carries their own space to write [word], plus these questions to Farm with going forward:

- 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?

They don't use all the questions each time, just whichever one resonates most.

[Click here](#) to print it and give it to in-person clients, or share [this link](#) with your Zoom clients.

Client Examples

Process vs Outcome

The practitioner never suggests the word. It surfaces on its own during Somatic Intention Setting. These examples give you a feel for a *process* answer versus an *outcome* answer.

Client goal	Process they often picture	Outcome snapshot	Word that might surface
Weight release	The scale showing a number	Hiking with the grandkids, laughing, jeans fitting easily	Light
Freedom from smoking	Throwing away the pack	Morning coffee on the porch, breathing deeply	Free
Business and money	Landing the big client	Closing the laptop Friday, calendar full, heading to dinner	Settled
Love	Matching on an app	Sunday breakfast together, feeling adored	Cherished
Healing and pain	The doctor saying "it's gone"	Gardening all afternoon, body comfortable	Vital
Confidence	Getting through the talk	Walking off stage glowing, people smiling	Radiant
Getting the new house	Signing the paperwork	Waking up in the morning and feeling what it's like to already live here.	Ease

Living it going forward:

By going to the outcome, they show the Universe and their brilliant unconscious mind what they want to manifest. The roadmap is now set. They don't have to find their word again, and they don't have to try to figure out how to make it happen.

What's left is simple. When doubt or difficulty show up, and it will, that's okay. They don't try to raise their vibration or have faith. They just acknowledge what they're feeling now. They allow themselves to fully feel it through Somatic Intention Setting. Then they Farm for their specific word by asking a Farm question.

One-to-One At a Glance

1. Choose One Thing

"Which change would you be most delighted to notice first?"

2. Feel: Somatic Intention Setting

Drop into the support beneath you > choose one sensation > story off, VAK on > expand into space.

3. Find the Word

"Having made all the right decisions and taken all the right actions, when you already have this, how are you being as a person?"

4. The Check

"Now that you have [word], do you still want the goal?"

5. Farm

"As you feel [word], what's the very next smallest step?"

6. Future Pace

"Choose one small moment when you'll Farm with [word] by asking, 'When I feel [word], my next smallest step?' Where are you? What are you doing?"

7. Teach the client the Feel & Farm over and over

I recommend giving them the Feel & Farm Cheat Sheet so it's easy for them to remember the simple steps. [Click here](#) to print it and give it to in-person clients, or share [this link](#) with your Zoom clients.

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?

Group Session Cheat Sheet

Group session · Feel · Find · Farm: At a Glance

1. Choose One Thing

"Which change would you be most delighted to manifest today?"

2. Explain Process vs Outcome

"A process is a step on the way there. An outcome is what life looks like and feels like after you already have it." Give 2–3 examples.

3. Feel: Somatic Intention Setting

Drop into the support beneath you > choose one sensation > story off, VAK on > expand into space.

4. Find the Word

Photo, then double-check: "Is this a photo of a moment after you already have the thing you want to manifest?" Step in. Magic question: "Having made all the right decisions and taken all the right actions, when you already have this, how are you being as a person?" Word stays private for now.

5. The Check

"Now that you have [word], do you still want the goal?" Silent. Either answer is good, there's nothing to fix.

6. Farm

"As you feel [word], what's the very next smallest step that is so small you can continue feeling [word] while you do it?" Have them mentally rehearse it.

7. Future Pace

"Choose one small moment when you'll Farm with your word... Where are you? What are you doing?" Ask this just before they open their eyes.

8. Share the Word

Eyes open. Zoom: type the word, then everyone hits send together on a count of three. In person: raise hands, or call it out in a smaller group.

9. Give Participants the Feel & Farm Cheat Sheet

Hand out the Feel & Farm Cheat Sheet so they can keep using it on their own. On Zoom, share [this link](#) to give the Cheat Sheet to everyone in your session.