

A10: Thought-fusion experiments

In session, we did a couple of experiments to test whether our thoughts can control or affect reality. To really appreciate this concept, it is important to test the theory with your own experiments outside of the session.

In the space below, plan a small experiment that you can use to test the impact of your thoughts on reality. For example, you could spend one minute thinking about someone you care about becoming ill, then see if it happens. You could deliberately have a thought of something bad happening, and see if it then happens. Then note down your observations.

My experiment will be:

The result of my experiment was [Did you affect reality just by thinking? How did it feel? What did you learn?]:
