



“WOULDN’T IT BE NICE IF...”

Life coach **Carolyne Bennett** teaches us a fun game to help us attract in our Highest Good

Gather your spiritual sisters in a circle and if you can, place some quartz in the middle to energise your space. One by one, say out loud something that you want to manifest and use it to finish the sentence “wouldn’t it be nice if...”, thinking of as many different (but exact) outcomes you wish to experience when it comes to your turn. If you’re struggling to think of something, simply begin aligning with the Universe by saying something like “wouldn’t it be nice if...I believed anything is possible” or “wouldn’t it be nice if...I believed that the Universe has my back and I can do this”. Here are *Soul & Spirit*’s friend Carolyne Bennett’s tips to take the manifestation game to the next level.

Turn that language upside down

“Keep your words positive! Your subconscious mind does not know the difference between what thought is real and what is imagined. The aim of this game is to invoke positive feelings. For example, instead of saying something like ‘Wouldn’t it be nice if I stopped feeling tired all the time’ say ‘Wouldn’t it be nice if I felt energised and upbeat’”.

Make the good even better

“You can play this game alone and even when you’re already feeling good about certain areas of your life and you want to make them even better! It’s not just for when you’re feeling resistant and discouraged, it’s to practise flipping negatives thoughts and feelings into more positive ones”.

Shift into believing

“This game helps you get into the *believing* state and by removing resistance and doubt and being open to the possibility that whatever it is *could happen*. But don’t try to force it; do your best to relax and be childlike and playful for it to be most effective. Have fun!”

Manifested something amazing in your life?

Tell us! If you’ve mastered this game or one of your spiritual sisters has, let us know by writing into soulandspiritmagazine@aceville.co.uk and we could run it next issue.