



## RESEARCH ARTICLE

# EXPLORING MANIFESTATION THEORY AND ITS CONNECTION WITH PSYCHOLOGY: ANALYSIS OF RESULTS OF YOGA PRANA VIDYA (YPV) MODEL OF INTENTIONAL MANIFESTATION THROUGH CASE STUDIES

\*<sup>1</sup>Manjusha Mahajan, <sup>2</sup>Pradnya Mahajan, <sup>3</sup>Jayachander Reddy, N.  
and <sup>4</sup>Venkata Satyanarayana Nanduri

<sup>1</sup>YPV level 1 trainer & Associate certified YPV Healer, Mumbai, India; <sup>2</sup>YPV level 2 & 3 trainer & Certified YPV Healer, Mumbai, India; <sup>3</sup>Founder, Yoga Prana Vidya System, Sri Ramana Trust, Thally-635118, Tamil Nadu; <sup>4</sup>Consultant, Research & Publications, YPV Ashram, Thally-635118, Tamil Nadu, India

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### ABSTRACT

**Introduction:** It is argued that there is science behind the idea of manifestation—that is, turning an idea into a real thing. Modern science of psychology has not accepted manifestation since it has not been investigated scientifically gathering adequate evidence. Yoga Prana Vidya System uses a set of rules, guidelines and practices of manifestation which have been applied successfully with desired results. This paper presents multiple cases showing evidence of successful manifestation results. **Method:** This study uses multiple case study method by collecting data on 35 cases of attempted manifestation and analysing the results. **Results:** Analysis of the 35 cases of sample data show that 32 cases achieved successful results of manifestation using Yoga Prana Vidya techniques, on goals related to employment and promotion, financial gains, health, relationship/marriage prospects, valuables lost and found, business related issues etc. There were 3 cases of unsuccessful manifestation results, in which cases the subjects did not adequately or properly practice the suggested YPV techniques. These results indicate 91.42% success rate achieved in the 35 cases of sample analysed. **Conclusions:** Sustained efforts to apply YPV manifestation techniques and methodology have greatly increased the probability of success rate in achieving manifestation of desired goals. It has demonstrated the power of this technique, and how one can manifest with the right know-how and intention. This article has shown the way on how intentional manifestation with proven techniques can be a powerful tool to bring in what one wants into life. At a wider scale the techniques can be used by an aligned Group/s to transform the world to address all the causes and bring Peace on earth!.

## INTRODUCTION

**The phenomenon of Manifestation:** Manifestation is the concept that a person can actualize their desires by using the power of their subconscious beliefs, and there are numerous entities that implies this to be a real ability humans possess. Literature shows that Manifestation has not been scientifically investigated, though several eminent practitioners have written on this topic with successful results. Shaun Holmes' research aimed to develop a stance on whether manifestation is a real phenomenon [1]. The concept of manifestation seems intriguing at first. The idea of manifestation - the idea that a person can actualize their desires by working through their subconscious beliefs- casts doubts at first. This research is an attempt to clarify doubts by determining whether there is sufficient evidence that proves the validity of manifestation. An interesting document that motivated researchers to investigate manifestation phenomenon, was the CIA (USA government) Gateway Document [2].

This document discusses the “Gateway Process,” which is a CIA-designed training system used to teach a person how to channel the energy waves that comprise their consciousness towards specific purposes. This process is based on the theory that if a person can focus enough to bring coherence to the frequencies and amplitudes of their left-brain waves and right-brain waves, then they potentially can move their consciousness beyond their body and into the external universe. The basis for the Gateway Process' validity is in part based on a few theories about the universe's structure, and how everything within it is made up of energy. The reason the CIA spent the time and resources developing this process was initially to solve issues of national security; for example, they used a person trained in the Gateway Process to look at the inside of a potential enemy sea craft. It was incredibly interesting that a government agency, such as CIA (USA) spent time and resources on developing a process for manifestation. According to McDonnell (1983), they had high levels of success in using it [2]. Therefore, it will be interesting to search and find more details and theories regarding the scientific basis for manifestation. Through this study, we aim

\*Corresponding author: Manjusha Mahajan

<sup>1</sup>YPV level 1 trainer & Associate certified YPV Healer, Mumbai, India

to gather information on some manifestation techniques that people use and the logical reasoning behind why they are successful. This report gives an overview of the theories, some experimental evidence and the techniques of manifestation followed in the Yoga Prana Vidya System which uses purification techniques, positive affirmations, generating and sustaining entitlement, clear goal setting with target date and manifesting goals properly.

**An overview of psychology theories:** One of the key psychological theories behind positive affirmations is *self-affirmation theory* by Steele, (1988). There are empirical studies based on the idea that we can maintain our sense of self-integrity by telling ourselves (or affirming) what we believe in positive ways [3]. The development of self-affirmation theory has led to neuroscientific research aimed at investigating whether we can see any changes in the brain when we self-affirm in positive ways [4]. There is MRI evidence suggesting that certain neural pathways are increased when people practice self-affirmation tasks (Cascio et al. (2016). If you want to be super specific, the ventromedial prefrontal cortex—involved in positive valuation and self-related information processing—becomes more active when we consider our personal values (Falk et al., 2015; Cascio et al., 2016). The results of a study by Falk and colleagues [6] suggest that when we choose to practice positive affirmations, we are better able to view “otherwise-threatening information as more self-relevant and valuable” (2015: 1979). This can have several benefits because it relates to how we process information about ourselves. In one experimental study on participants of YPV Arhat Yoga Intensive Program where they measured the impact of Constancy Affirmation (of the YPV System) on their BMI, energy and stress levels, brain wave activity and heart rate variability, the study showed representation of a desired state, or, in other words, our mental idea of how we would like things to turn out (Fishbach & Ferguson 2007; Kruglanski, 1996). This desired end state of a goal can be clearly defined (e.g., stepping on the surface of Mars), or it can be more abstract and represent a state that is never fully completed (e.g., eating healthy). Underlying all these goals, though, is motivation, or the psychological driving force that enables action in the pursuit of that goal [9].

**Manifest what matters to us:**

**When deciding what to manifest, ask a few self- reflection questions:**

- Will this make me happy and fulfilled?
- Does it feel right for me? (Or is there something or someone influencing me?)
- Will this do any harm to myself or others?

By asking these questions one can choose the right things to manifest—things that one will be more likely to believe in, things on having positive expectations about, and things that make you feel more positive. As a result, one can be more likely to manifest them.

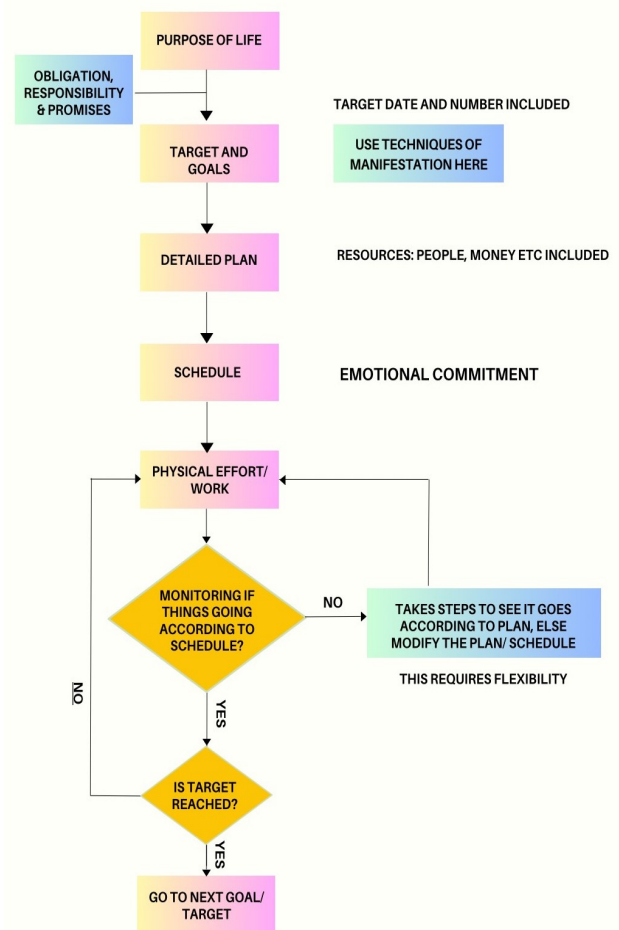
**Visualize manifestation to generate positive emotions:** Visualizing what one desires, can help one feel positive emotions related to it more strongly. And those emotions can help us believe in oneself more [10] This contrasts with law-of-attraction style manifestation which suggests that belief alone is enough to bring about manifestation. Ultimately, the

science suggests that our beliefs bring about behaviours (and corresponding responses from others) that lead to the outcomes we desire.

**Manifestation model in YPV:** Yoga prana Vidya (YPV) System has a well-established methodology of manifestation protocols and techniques underpinned by a set of rules and guidelines governing all aspects of materialization or manifestation, as taught in the YPV Manifestation workshop along with handout and audio materials. One can achieve one’s own specific targets and goals and help others to achieve their targets and fulfil their responsibility towards family and society. It is aimed at manifesting our greatness for which we are born to help transform our own environment and at wider scale entire earth and bring Peace on earth. It is very important to note that manifesting great things requires one to generate and sustain entitlement by various ways. This aspect has been ignored by many. All important aspects of manifestation are as listed below:

- Purification and strengthening
- Generating entitlement and sustaining the entitlement
- Clarity of thought and intention with certainty
- Working towards the target and physical effort
- Balancing life

Figure 1 shows the process flow diagram of manifestation as practiced in YPV, which takes into consideration the set rules and guidelines.



**Fig. 1. YPV model of manifestation (Source: Workshop user handout)**

Table 1. Data of Male sample

S.No.	Age	Matter Related to	Desire/Goal vs. past failures and obstacles	Successful result achieved through manifestation techniques from start to achieving desired Goal
1	55	Office Work	Repeated failures in the past to achieve filing of all tax returns on or before the due date, facing many obstacles and late filings.	Manifested his desired goal within 2 weeks
2	29	Competitive exam	Had been failing to perform in competitive exam successfully in Bank career.	Manifested within 1 month
3	29	Payment of office dues	Fee reimbursement of Rs.1.5 lakhs in office was getting rejected by boss causing a deadlock with uncertainty.	Manifested within 3 weeks, through the same boss.
4	23	CA Group 1 Exam	Exam Fear, Anxiety and worry, fell sick, failed in earlier attempt	Manifested in 1-1/2 months
5	24	Job/unemployment	Sent out many applications in job hunt. No replies	Got offers within 3 days, job of his choice in 1 week and joined in two weeks.
6	26	Job promotion	Was trying for a promotion with hike in his salary, when his company thought promotion was due after 8 months.	Manifested promotion with pay hike in two months
7	40	finance	Someone owed him Rs.2 lakhs over past 2 years, promising to pay but not performing, causing worry and stress.	Some amount received within 4 days, and commitments to pay balance in 2 months.
8	70	Business property issue	Sold business property to a politician, that ended up with disputes and threats in fulfilling condition of sale.	Within 5 days the issue got resolved amicably.
9	18	Travel during May 2020 lockdown, from Kota to Mumbai	Restrictions of travel, difficulties in getting valid documentation, risk of infecting in travel.	Within 4 days manifested valid documents, resolved all issues smoothly, reached home safely
10	57	Office related Old documents lost & found	Client's xerox copies of documents kept for safe custody were not traceable even after thorough search for two months.	Within a day of using manifestation technique, the documents were found.
11	30	Divorce suit with likely payment of alimony.	He was already in debt due to financial help to wife's family with borrowed money. He could not afford alimony if demanded	Within 3 months, divorce was settled amicably without demanding alimony
12	12	Chess tournament	This boy's career 1 <sup>st</sup> option was to win chess tournaments. Facing difficulties in winning chess tournaments at district, state and also national levels.	Within 15 days, started winning, improved performance by 80%, improved ranks at district, state and Central levels.

Table 2. Data of female sample

S.No.	Age	Matter related to	Desire/Goal Vs. past failures and obstacles	Result achieved through manifestation efforts, from start to actualisation of Goal/desire (months, Weeks)
1	27	Property	Her attempts to acquire a 2bhk flat in the past 2 years were unsuccessful	Her desire manifested and fulfilled in all respects in 1-1/2 months
2	29	CA Inter Exam	During the past 7 years she was not able to clear her exams.	She cleared the exam within 3 months of practicing manifestation techniques
3	22	Admission to LLM	The college where she was seeking admission closed further intake.	Within 5 days, the college re-opened admission window and admitted her.
4	29	Lost and found	Important documents were not traceable, despite multiple attempts of search	Documents traced within 2 hours of manifestation attempt.
5	50	Lost and found	Gold bangles were not traceable, despite searching for several times	Item lost was found within 1 hour of manifestation attempt.
6	22	Overseas Travel for leisure	intended to travel overseas first time with her friends, while her family was reluctant as she was unmarried.	Within 2 months her dream came true. Family agreed without any reservations.
7	28	Health	Had to undertake important business trip during 2 <sup>nd</sup> wave of COVID 19, while tested positive	Within 15 days tested negative and travel manifested.
8	44	Property	To buy a flat in Mumbai within budget, had been trying for 4 years without success	Within 4 months of applying manifestation techniques, she could buy 1Bhk flat satisfying in all respects
9	29	Expensive device	Needed for professional grade Video recording, funds unavailable.	Within 7 days, her desire manifested with same type of device she needed.
10	23	Renting student accommodation	Was in urgent need to rent a suitable house within budget, meeting requirements.	Within a week of manifestation exercise, she found accommodation meeting her requirements.

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11	27	Relationship and marriage	Broken relationship, unable to move forward with marriage as per family pressure.	Within a month, she found a new person to marry, that resulted in a happy marriage.
12	27	Strained Marriage proposal	Her arranged marriage proposal got into impasse, due to misunderstandings between families	Within 6 months, their wedding manifested, as the differences were resolved amicably.
13	27	Marriage alliance	Her Manglik issue created a stalemate in marriage efforts	Within 15 days of starting manifestation techniques, she was gifted with a right match and wedding ensued.
14	29	Winning new business clients	It was extremely difficult to win clients for new business. She Had just 1 month to meet the target	Within 6 days, 30 clients approached her and within 20 days 70 more joined her clientele
15	29	Job changes	Uncertainty of income growth	Within 15 days she gained 20% higher income and continued to remain stable
16	44	Departmental Exam	Failing in this tough exam had risk of losing the job	Within 1 month, she cleared the exam in first-class with distinction.
17	29	Research Paper	She was intending to write and publish for a long time, but could not materialise it.	Within 20 days she was able to start the process, and manifested publication of 2 papers within 2 months
18	29	Promotion	She was deserving to be promoted but seniors thought it was too early.	Promotion manifested 6 months before target date.
19	29	Promotion	Her promotion was held up due to several obstacles	Promotion manifested within 1-1/2 months
20	18	College admission	Lost one academic year, as she could not get admission to college of her choice.	Admission manifested in top ranked Government Law college

**Table 3. Sample unsuccessful attempts of manifestation**

S.no	Age/ Gender	Matter related to	Desire/Goal Vs. obstacles	Outcome
1	20/Male	Lost and not found	Lost his laptop bag in Bus	Searched thoroughly, lodged police complaint, and took legal steps to recover. But was unsuccessful.
2	25-29 /female	Marriage	Marriage proposals were not conclusive	Not yet materialised even after 4 years of efforts
3	30/male	Salary raise	Was promised but not yet performed by his employer	Even after 5 years, it did not manifest

**Manifestation protocols practiced in YPV system:** The following are the protocols and techniques followed by trainers and trained healers in manifestation, to achieve the success.

- 1 Techniques for purification and strengthening as provided in the workshop:
  - Blue triangle technique for removing the obstacles, especially inner obstacles
  - Erasing technique using Will aspect and Divine Energy
  - Metta meditation or Planetary Peace Meditation (PPM)
  - Pranayama (Rhythmic Yogic Breathing)
  - Affirmation on manifestation along with rooting and strengthening exercise
- 2 Writing the wish with clarity.

It is a particular way in which the wish is to be written, with right choice of words, simplified and very specific for each wish and towards end-objective. The written statement includes specific target date or earlier, within specific budget or less or with specific income or more depending on the wish. Also, it is accompanied with a statement for proper manifestation of wish in order to save one from any unwanted desires and wrong manifestations.

3. Additionally, blessings are given that help in accelerating the Manifestation of the goals. This is one of the techniques to channelise energy. It is similar to the blessings that we give on special occasions to the married couple on the day of their marriage, blessing someone on their birthdays and blessing for good health etc. In manifesting wishes, this technique is used to channelise energy to our wishes in order to energise the wish and also to neutralise any negative thought force or obstacle coming in the way of manifesting this wish within the target date. It is usually practised after meditations or Rhythmic Yogic Breathing. Regular meditators can do it more easily and frequently. Regular channelling meditation like Planetary Peace Meditation (PPM), Metta Meditation or Great Invocation are to be practiced regularly for greater success. Steps for blessings are: (here we are more aware of the energy centres for better channelling of energy, like in PPM)

- We raise our hands near our heart chakra, which is in the centre of our chest.
- Our palms facing outwards
- Armpits slightly open- to enable the smooth flow of energy
- Simultaneously concentrating on our crown centre( which is on our crown) and heart centre
- Then blessings are done by individual or group as per the requirement of the wish or target.

4. Tithing (Donations including charity and giving out of Gratitude) and Service) will further generate entitlement towards manifestation. Many times, some targets are not achieved due to lack of sufficient entitlement. Apart from the above-mentioned protocols and techniques followed by trainers and trained healers to achieve success in manifestations, the clients who approach for manifesting their wish are guided to practice all the components of YPV sadhana App available freely for all. It was observed that when the clients practiced the suggested practices diligently, the time required to manifest their wishes was less as compared to others who were not regular in practicing these suggested practices. The combined efforts of the techniques practiced by the healers and the clients have proven to manifest their appraisals, marriages, travels, good health, resolving property issues, and many others which were unresolved or in dispute for a long time.

**Case studies:** For purposes of this study, a sample of 32 (12 males, 20 females) documented cases of successful manifestation attempts have been compiled. Males age ranged from 12 to 70 years. Females age ranged from 18 to 50 years. Table 1 shows the manifestation goals achieved by 12 male sample subjects, Table 2 shows the manifestation goals achieved by 20 females and the time span from beginning of the process to the result of actualisation. It is observed that there were 3 unsuccessful manifestation instances reported, as stated in Table 3 showing two male sample and one female sample. Detailed examination of these unsuccessful cases revealed that the concerned subjects did not apply the manifestation techniques adequately, properly, and whole heartedly with strong intentions, because of which the results were negative.

## DISCUSSION

It is observed that several approaches to manifestation in practice were founded and led by some pioneers such as, Bob Proctor, Napoleon Hill, T. Harv Eker, authors like Jerry and Esther Hicks and many others who have espoused the secrets of manifestation. However, there have been no scientifically conducted studies to gather evidence on this phenomenon, and modern psychology is yet to accept manifestation to take it into its fold. Two important additional matters to be noted is to generate and sustain entitlement in various ways and the safety that what needs to be manifested is proper. These are given adequate emphasis in the YPV for Manifestation methodologies. This paper presents evidence gathered from 32 cases by YPV healers who helped the subjects by right guidance and by practicing YPV manifestation techniques with full dedication and achieving successful results. There were 3 cases of unsuccessful results and reasons for not achieving desired goals have been found to be lack of persistence in proper practice of manifestation techniques as guided, and lack of whole hearted attempts. These results indicate 91.42% success rate achieved in this sample of cases, which would otherwise have resulted in much lower probability of success, if it had been a situation of not using YPV manifestation techniques.

## CONCLUSION

The authors conclude that sustained efforts in the application of YPV manifestation techniques and methodology have

greatly increased the probability of success rate in achieving manifestation of desired goals properly. This study attempted to answer the question, does manifestation work? Yes, with high probability it does. It is a great way of bringing into life what people want, whether that is related to money, a new house, a new job, relationship / marriage prospects or something else. It can be easy to undervalue the power of this natural law on grounds of lack of scientific evidence, but it is amazing what one can manifest with the right know-how and intention. Intentional manifestation can be a powerful method to bring what one wants into life properly, and we hope this article has shown that way. At a wider scale the techniques can be used by an aligned Group/s to transform the earth to address all the causes and bring Peace on earth!

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