

*The author shares his teachings on how to live a life that turns goals and dreams into reality. Backed by science and author experiences on manifesting, he shows how to connect with nature and become more positive, focused, and self aware.*

**The Power of Positive Manifestation:  
How Positive Thoughts and Actions Can Bring Your Dreams to Life**  
By James W. Rouse Jr

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# THE POWER OF POSITIVE MANIFESTATION



HOW POSITIVE THOUGHTS AND ACTIONS  
CAN BRING YOUR DREAMS TO LIFE

**JAMES W. ROUSE JR.**

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## **CHAPTER 2: Channeling Energy**

What is energy? In physics, energy is simply the force that causes things to move. It's the ability or capacity to produce an effect. Although it may exist in various forms, all forms of energy are associated with motion. Even if something is not currently moving, it has the capacity to move.

Albert Einstein famously noted that energy can be neither created nor destroyed but only changed from one form to another.<sup>2</sup> This is the basic concept of the law of conservation of energy.

Sometimes a person's energy is negative, which can hinder manifestation. For instance, there was a time while living in California when I had much anger and confusion in my life. The anger management class I was taking wasn't working. A friend introduced me to this man who studied under the 14<sup>th</sup> Dalai Lama in India. He told me his name was Ottma Das.

Ironically, I had just been thrown out of anger management class and was desperate to find any way to help me calm down. Society had put so much negativity in my heart and soul. I needed to channel that energy into something positive.

### **Lessons With Ottma**

My first lesson with Ottma involved a pillow and a rock. He had a pillow and a flat rock on the ground outside. He asked me to sit down. When I sat down, he asked me why I chose the pillow. "The pillow is soft," I said. Ottma told me to sit on that pillow until he returned. Hours went by and the pillow began to feel as hard as the flat rock that I did not choose.

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<sup>2</sup> Energy, Encyclopaedia Britannica, Updated September 22, 2023, <https://www.britannica.com/science/energy>

When he finally returned, he asked, “How does that pillow feel now?” I replied, “The pillow was as hard as that rock.” That day I learned that what appears to be soft and comfortable in life can become hard and rough under certain circumstances.

Later, Ottma asked me to carry his duffel bag to his hotel room. Little did I know that his hotel room was five blocks away. As I walked and talked with him, all the while carrying this luggage, I noticed that the weight of the bag became heavier and heavier as we neared the hotel until I had to stop and set it down.

Ottma asked, “Why did I stop and set down the bag?” I replied, “At first it wasn’t that heavy, but as we walked it became heavier.”

“That shows you, my son,” said Ottma “that what seems to be light and airy can become heavy as lead.”

### **Questioning Everything**

I found myself questioning everything he had me do. For instance, Ottma took me to an art gallery, and we gazed upon the art.

He asked me, “What do you see in this painting?”

“I see a house, a barn, a fence, and people outside moving around,” I replied.

“No, No. What was the artist thinking when he painted this piece of art? What was he feeling when he painted these broad strokes,” Ottma asked me?

I studied this painting again, but I could not answer him.

“You must allow your third eye to see and speak,” Ottma then told me. This meant to not just look at the surface perspective, but instead look nine times before speaking, keeping your mind objective and clear.



The lesson here is how society can make you dogmatic in your views, and you should be more open and aware. If you are always open to current ideas and viewpoints, after a while you will be able to quickly analyze things without thought.

### **Direct Your Energies**

Overthinking is the bane of our existence. Stay fluid in thought and don't get stuck on any one concept. No matter what happens, continue to direct your energies in a positive way.

Remember that energy deals with motion or the ability for motion. It's a powerful force that produces an effect. What that effect is depends on your thoughts and actions. Keep your energies moving in the direction you want them to go. Stagnation is not an option in manifestation.

Here you will learn how to obtain, maintain, and channel that positive energy into tangible and reachable goals. That's when things start to happen in your favor. Let the magic begin.

## **Manifestation Products and Classes**

To help achieve your manifestation dreams, step into my online or physical space for a wide range of quality stones, including those for grounding and protection, connecting with your subconscious, and astral travel. Plus, you'll find jewelry, incense, smudges and grounding sprays, scented oils, books, pendulums, tarot, runes, and soon....both web-based and live classes.

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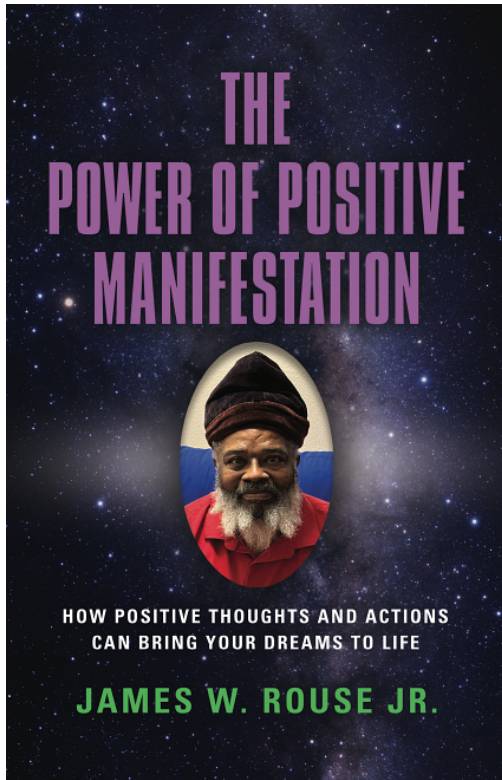
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