

Lab Report Sheet

The Principle: The Dude Abides

The Theory: There is an invisible energy force or field of infinite possibilities. And it's yours for the asking.

The Question: Does the F.P. exist?

The Hypothesis: If there's a 24/7 energy force equally available to everyone, I can access it at any time by simply paying attention. Furthermore, if I ask the force for a blessing, give it a specific time frame, and clear instructions, it'll send me a gift and say, "my pleasure."

Time required: 48 hours

Today's Date: _____ **Time:** _____

Deadline for receiving gift: _____

The Approach: I hate to break it to ya, God, but folks are starting to talk. They're starting to wonder, "Is this guy for real?" I mean, really, like it'd be so much skin off your chin to come down here and call off this crazy hide-and-seek thing you've been playing. I'm giving you exactly 48 hours to make your presence known. I want a thumb's up, a clear sign, something that cannot be written off as coincidence.

Research Notes: _____

*"We now have a science of spirituality that is fully verifiable and objective."
-- Amit Goswami, Ph.D., Retired Theoretical Physicist*

Lab Report Sheet

The Principle: The Volkswagen Jetta Principle

The Theory: You impact the field with your consciousness.

The question: Do I really see only what I expect to see?

The hypothesis: If I decide to look for sunset beige cars and butterflies, I will find them.

Time required: 48 hours

Today's Date: _____ **Time:** _____

The Approach: According to this crazy Pam Grout girl, the world out there reflects what I want to see. She says that it's nothing but my own illusions that keeps me from experiencing peace, joy, and love. So even though I suspect she's cracked, today, I'm going to look for sunset beige cars. Tomorrow, I'll go butterfly watching.

a. Number of sunset beige cars observed _____

b. Number of butterflies observed _____

Research Notes: _____

"Miracles do not happen in contradiction to nature, but only in contradiction to what is KNOWN in nature."

-- St. Augustine

Lab Report Sheet

The Principle: The Alby Einstein Theory

The Theory: You are a field of energy in an even bigger field of energy.

The question: Could it be true that I'm made up of energy?

The hypothesis: If I am energy, I can direct my energy.

Time required: Two hours of experimentation.

Today's Date: _____ **Time:** _____

The Approach: Wahoo, baby! With nothing but my powerful thoughts and energy, I can make these wands rock and roll. Just think what other magic I can undoubtedly do. As a famous president once said, "Bring it on."

Research Notes: _____ -

"To be a true explorer in science—to follow the unprejudiced lead of pure scientific inquiry--is to be unafraid to propose the unthinkable, and to prove friends, colleagues and scientific paradigms wrong."
-- Lynne McTaggart

Lab Report Sheet

The Principle: The Abracadabra Principle

The Theory: Whatever you focus on expands.

The question: Can I pull things out of thin air simply by thinking about them?

The hypothesis: By making the following intention and focusing on its outcome,
I can draw it into my life.

Time required: 48 hours

My intention: _____

The approach: Watch out, Merlin, here I come. Today, flowers. Tomorrow, the
world.

Today's Date: _____ **Time:** _____

Deadline for manifesting: _____

Research Notes: _____

"People think they're thinking, but really just re-arranging prejudices."
-- William James

Lab Report Sheet

The Principle: The Dear Abby Principle

The Theory: Your connection to the field provides accurate and unlimited guidance.

The question: Is it really possible to get ongoing, immediate guidance?

The hypothesis: If I ask for guidance on a specific yes or no question, I will get a clear answer to the following yes or no question:

The question: _____

Time required: 48 hours

Today's Date: _____ **Time:** _____

Deadline for receiving answer: _____

The Approach: Say something like this: Okay Inner Guidance, I need to know the answer to this question. You've got 48 hours. Make it snappy.

Research Notes: _____

"Squint your eyes and look closer..."
---Ani Di Franco

Lab Report Sheet

The Principle: The Superman Principle

The Theory: Your thoughts and consciousness impact matter.

The Question: Is it possible to affect physical matter with my attention?

The Hypothesis: If I focus my attention on a row of green beans seeds, I can make them sprout faster.

Time required: Seven days

Today's Date: _____ **Time:** _____

The approach: I don't mean to be uppity here, but, c'mon. Are you trying to tell me I can turn water into wine? That I can walk on water? For now, I'm going to take it easy and focus on growing green beans. And to remember that it wasn't that long ago that people were hunted down, tortured and burned at the stake for promoting the heretical idea that the Earth revolved around the sun.

Research Notes: _____

_____“

“People need to realize that their thoughts are more primary than their genes, because the environment, which is influenced by our thoughts, controls the genes.”
--Bruce Lipton, Ph.D., cell biologist

Lab Report Sheet

The Principle: The 101 Dalmations Principle

The Theory: You are connected to everyone and everything else in the universe.

The Question: Can I send a message to someone without being in their presence?

The Hypothesis: If during the next two days, I telepathically send a specific message to a specific person, I will get evidence that they received it.

Time required: 48 hours

The approach: Okay, F.P., I'm hearing the melody from the Twilight Zone playing in the background, but I'm willing to suspend judgment this once just to see if this might be one of those mysterious aspects of quantum physics. What say you?

Today's Date: _____ **Time:** _____

Research Notes: _____

"That is at bottom the only courage that is demanded of us: to have courage for the most strange, the most singular and the most inexplicable that we may encounter."

-- Rainer Maria Rilke

Lab Report Sheet

The Principle: The Fish and Loaves Principle

The Theory: The universe is limitless, abundant, and strangely accommodating

The Question: Is my focus on the negative keeping me from seeing reality?

The Hypothesis: If I change my outlook and make a concerted effort to look for goodness, beauty, and abundance, it will show up in spades.

Time required: 48 hours

Today's Date: _____ **Time:** _____

Number of kind, beautiful, good things: _____

The Approach: I've heard the old adage, "What you appreciate appreciates."

So I guess I'll give it a whirl. Who knows? Maybe listing your gratitude is more than just some mumbo-jumbo Pollyanna Oprah thing. Willie Nelson, after all, said that when he started counting his blessings, his whole life turned around. Like Willie, I'm ready to flip that coin over to the probability of peace, bliss and joy. Consequently, I will actively seek goodness with a vengeance.

Research Notes: _____ -

"We have more possibilities available in each moment than we could ever realize."
--Thich naht Hanh