

## The Blue Feather

The blue feather is a manifestation exercise designed to show you that you can create something with your intention. In this exercise you will manifest a blue feather. Why a blue feather? You probably have no predetermined ideas about the value of a feather. Therefore, nothing in your subconscious will stand in the way of its arrival into your life. So how do you create your blue feather?

For a 24 hour period, think to yourself, “Blue feather, blue feather.” This doesn’t have to be a constant thing; only think of it when it comes to mind. It might also help to find a picture of a blue feather and look at it periodically. Within 24-48 hours, you should stumble across a blue feather. Now, this may take the form of an actual bird’s feather you find on the ground, it might be that you see a blue bird outside or a picture of a blue bird or blue feather somewhere. The important thing is not to limit your experience of your blue feather, since it can come to you in a variety of ways.

I learned about this exercise and decided to try it, though I wasn’t very optimistic about it. I found a picture of a blue feather online and made it my desktop image so I could see it every time I was at the computer. Whenever it came to mind, I thought, “Blue feather, blue feather” but I can’t say I did that often. Within about 30 hours, I was outside and happened to look toward the house. There, partially hidden, was an old arrow propped up against the wall and 2 of its feathers were blue. At first, I didn’t consider this my blue feather but then I reminded myself that you don’t always find an actual bird feather so I decided to count it. I then went inside and was looking for a program on my computer and, as I scanned through the programs list, I noticed that the logo for Photoshop is a blue feather.

I wanted to really test this, though, so I decided to create a red feather. I followed the same steps and, the next day, I opened the blinds to the window in my kitchen and I saw a cardinal perched on the fence. I can’t remember the last time I saw a cardinal in the backyard, but there it was...red feathers. I went toward the laundry room and, out of the corner of my eye I saw a fluffy red feather on a cat toy sitting on a shelf. “Ok”, I thought, “That’s two red feathers.” Then I got the idea to do it again. “Let’s do yellow now”. I moved back into the kitchen (this was less than 5 minutes later) and looked

out the window and there sat a yellow finch. Then it occurred to me that the cat toy also has a yellow feather on it. I laughed and said, "Now green!" I looked out the kitchen window a minute or so later and saw another type of finch (one I had never noticed before) and their feathers are more of a greenish-yellow color. I was amazed and though I was content with that experience, something told me to go back to the cat toy. When I did, I picked it up and, underneath, where it was out of sight, was a green feather.

The Blue Feather exercise can be amazing, which is why I recommend it. The only warning I would give is not to try too hard with it. It seems that the harder you try to "make" the feather appear, less likely it is to show up. Relax and don't take it too seriously.