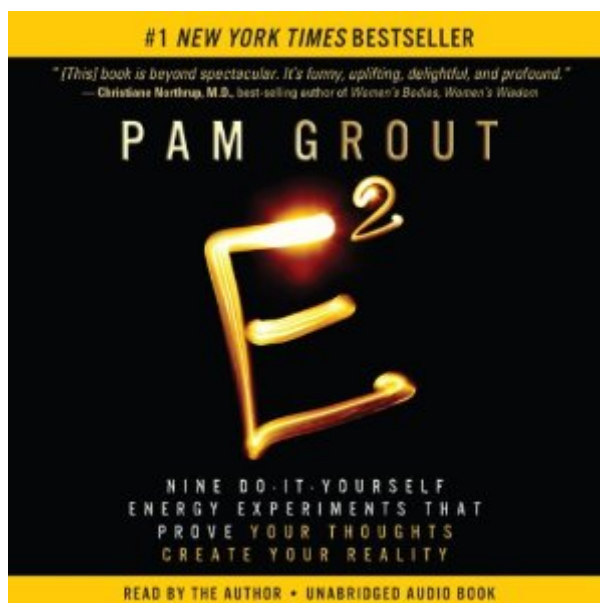


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# E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality



## Synopsis

This audiobook could best be described as a lab manual with simple experiments that prove reality is malleable, consciousness trumps matter, and you shape your life with your mind. Yes, you read that right. It says prove. The nine experiments, each of which can be conducted with absolutely no money and very little time expenditure, demonstrate that spiritual principles are as dependable as gravity, as consistent as Newton's laws of motion. Rather than take it on faith, E-Squared invites you to prove the following principles: There is an invisible energy force or field of infinite possibilities You impact the field and draw from it according to your beliefs and expectations Your connection to the field provides accurate and unlimited guidance The universe is limitless, abundant, and strangely accommodating

## Book Information

Audible Audio Edition

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Whispersync for Voice: Ready

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Best Sellers Rank: #101 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

#129 in Books > Self-Help > Motivational #186 in Books > Self-Help > Personal Transformation

## Customer Reviews

Several months ago I heard an advertisement for this book while listening to Hay House Radio. My immediate response was, "I need that book!" Being the book junkie that I am though, it isn't (currently) in my budget to buy every book that sounds interesting to me. So I looked it up at the library. No copies. Drat! Several weeks later, I spontaneously found myself browsing the Hay House site and came up on their blogger community. That, I now realize, was miracle #1. This community allows bloggers to receive copies of certain books for free in exchange for a review posted to the blogger's website. I signed up for the program and received the book just a few days later. If you're into spirituality, the power of intention, quantum physics, or anything along those lines, you would love this book. It's absolutely perfect for the person who has done extended reading on the topics

(me!) but can't manage to move beyond the feeling of being stuck. Sure you may come up on a little proof of the Universe working in your favor now and then, but it's soon forgotten and sucked into the void of feeling like you have no power over your life. This book provided me with the necessary guidance I needed to truly know that my thoughts have power through 9 cut and dry exercises. The best part is, Ms. Pam Grout writes in a language that is accessible, humorous and the very opposite of boring. The lessons are concise, to the point, and best of all - offer NO ROOM FOR QUESTIONING. At the end of each experiment you KNOW that God heard your plea. When it all boils down to it, what these experiments aim to do is solidify our faith. You either believe or you don't. You can't be wishy washy and that's where most of us get stuck. You also can't send mixed signals...

E Squared by Pam Grout Pam Grout is my new favorite author. I enjoyed reading this book so much that I would love to read and know more from her. E Squared is easy to read, fun, all the ideas are scientifically supported, credible and something that sets this book apart from the others is that Pam gives us experiments to prove that our thoughts really do create our reality. I tried the experiments, and I was blown away by most results I had; this is my experience: Experiment #1 The Dude Abides Principle: I got a ticket to see Eckhart Tolle and Deepak Chopra at the Chopra Center in Carlsbad, California. How cool is that!! Experiment #2 The Volkswagen Jetta: I didn't see any sunset-beige cars, but I saw lots of yellow butterflies while watching Baby Einstein with my kids. Experiment #3 The Alby Einstein: I got rid of all my wire hangers in my last Spring Cleaning, so I couldn't do this experiment. Experiment #4 The Abracadabra: What I learned from this experiment is that you have to be specific when asking for something to manifest. I focused on getting \$ 5,000 but I didn't specify if I wanted them in cash or check, so what I got was a spam e-mail with a picture of lots of bills a huge sign " Win \$ 5,000" in the bottom of the e-mail. Experiment #5 The Dear Abby: I asked God and my Angels for guidance on how to make my business more successful, and what I got at the next morning was a bunch of creative ideas, and something made me yell YES!! Experiment #6 The Super Hero: Haven't started this experiment yet. Experiment #7 The Jenny Craig: I lost 1 pound by just thinking every zip of water would clean my organism.

Gold. 6 out of 5 stars. You know those movies, or concerts, that are just so fab that time disappears and it seems like they only last for ten minutes and you just wish they would never stop? Well this was the book version of that. If I have one criticism it's that it is not long enough. The book? E-squared: Nine Do-It-Yourself Energy Experiments that Prove Your Thoughts Create Your

Reality? The author? Pam Grout: [...] What's it about? In a nutshell.....the law of attraction baby! And yes, I KNOW we have heard so much about this recently, and there are SO many books on the topic that all started to get popular due to that infamous little title The Secret. But if the law of attraction is such an easy concept to master, wouldn't we would all be manifesting millions and have lives of our dreams? well I don't know about you, but for the majority of people, this just isn't happening. Why not? Well, for a start, it's because deep down inside, we really don't believe that it's possible. And this disbelief is preventing what we say we want from forming a place in reality. We put out messages that we want, say, a pony, but then at the same time we are thinking that it's probably not going to happen. And thus the net result is NOTHING. Pam Grout takes this disbelief and helps you shove it to the side for enough time to show you that the law of attraction works. Like, seriously. And in a pretty neat way too. She has a way of taking complicated concepts and explaining them in a humorous, totally easy to understand manner. Works for me, especially with the attention-span of a child with ADD...

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