

Morning & Night Manifestation Meditation

Inspired by Wayne Dyer • The Ancient Sound of Creation • Using Kubera Murdra

This guide introduces you to a simple yet powerful manifestation meditation rooted in an ancient tradition taught by Wayne Dyer. It uses the primordial **sound of creation** to activate abundance, align your energy, and open your field to receive.

✨ The Ancient Sound of Creation

Wayne Dyer often taught that the universe was created through **sound**—a vibrational frequency that forms, shapes, and aligns energy.

This meditation uses that sound intentionally to tune your consciousness to the vibration of **receiving**.

Traditionally, this sound is chanted as a soft, elongated tone that vibrates through the chest and solar plexus, opening the channel for abundance and inner stillness.

You will receive the link to the guided meditation separately.

How to Use the “AH” Sound in Your Manifestation Practice

This meditation works by opening and clearing your central energy channel — from the **root chakra** all the way up to the **third eye** — allowing your intentions to rise, amplify, and be projected into the quantum field.

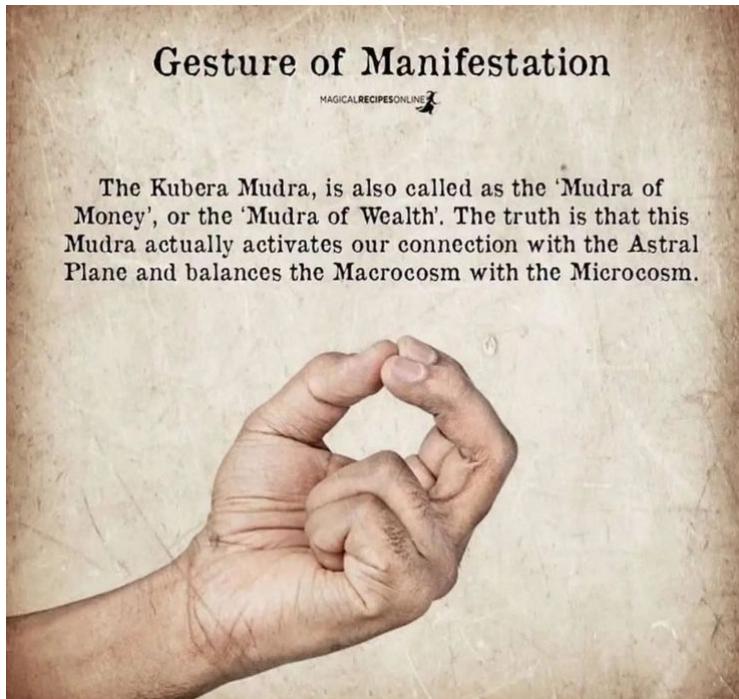
Here's how to do it:

1. **Sit upright** in a comfortable position and bring your hands into your chosen mudra. (Hold this mudra for the full 20 minutes.)
2. **Close your eyes** and begin breathing slowly and intentionally.
3. As you **inhale**, imagine drawing energy upward from the base of your spine, moving through each chakra — root, sacral, solar plexus, heart, throat, and finally rising into the third eye.
4. While you inhale and move the energy upward, **think about what you want to manifest**. You may speak it silently in your mind or say it out loud. Let your intention rise with the breath.

5. At the peak of your inhale, when the energy reaches the third eye, **project your intention outward** into the universe by releasing a long, steady sound:
AHHHHHHHHH...
6. Feel the vibration leaving through the center of your forehead — as if you are sending your desire directly into the field of creation.
7. Continue this cycle for **20 minutes**:
 - Inhale your intention up the channel
 - Hold your mudra
 - Release the intention as sound
 - Let the vibration expand beyond you

As you chant **AH**, you activate the ancient sound of creation — the frequency Wayne Dyer taught to align your consciousness with the divine, the infinite, and the source energy that responds to vibration.

Kubera Mudra



This is the Mudra I hold during this practice. Kubera is known in ancient tradition as the **Lord of Wealth**, representing not just money but expansion, flow, and spiritual prosperity.

This meditation uses the same universal creative sound that aligns with Kubera's energetic frequency of:

- Abundance
- Growth
- Flow
- Expansion
- Opportunity
- Infinite supply

🌟 I do not use a guided meditation for this. I play a nice frequency in the background while I practice, but if you would like to get the hang of it. Here is a copy of Wayne Dyer explaining and practicing this meditation.

https://d1yei2z3i6k35z.cloudfront.net/4112603/6908a0112a123_MorningandEveningMeditationsforManifestingAHHOMMeditationonWayneDyer.mp3

🌟 Ready to Go Deeper? Your Next Step in Manifestation Begins Here

If this meditation opened something inside you — trust that. The vibration you feel is your spirit remembering who you are.

You don't have to walk this path alone.

✨ 1. Learn to Manifest & Heal from the Inside Out

Unlock your full spiritual power with **Spirit Ascension**, my signature course designed to help you heal your energy, reprogram your subconscious, and manifest from your highest self.

✨ 2. Work With Me as Your Mentor

If you desire accelerated transformation, deep energetic recalibration, and personal guidance, you can **work with me privately**. This is for the soul who is ready for rapid expansion and aligned manifestation.

✨ 3. Join the Energy Upgrade Membership

For ongoing support, weekly coaching, and monthly energetic alignment, join the **Energy Upgrade** community — a space for consistent growth, frequency elevation, and real-life manifestation breakthroughs.