

 **The Hidden Reason Your Manifestations Aren't Working.**
Most manifestation methods skip the body and that's where your emotional blocks live.

✨ The **Triple AAA Method™** uses chest tapping to dissolve fear, calm your nervous system, and rewire your brain in just 90 seconds.

When your body aligns with Consciousness, manifestation flows naturally fast, effortless, and true.

The Triple AAA Method™

Awaken •

Acknowledge •

Activate •

A revolutionary approach to manifestation that works with your body's wisdom to dissolve blocks in just 90 seconds.

Awaken

Clear the lens of perception and bring unconscious patterns into the light

Align

Dissolve limiting stories and shift from victim to creator

Activate

Raise your vibrational frequency and manifest from Consciousness

Why Most Manifestation Methods Fail



Fear-Based Creation

Most people try to manifest from fear, lack, or unworthiness—creating more of the same



Hidden Emotional Blocks

Old stories and suppressed emotions distort your creation field without you realizing it



Frustrating Results

The cycle of self-sabotage leaves you thinking "nothing works for me"

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The Essential Shift in Manifestation

External Focus Fails

Most methods focus outside—but manifestation doesn't start there

Internal Clarity First

Success begins by **clearing the lens inside you**

Emotional State Creates

When you shift your emotional state, you naturally shift your reality

Your emotional state is the foundation of all you create. The Triple AAA Method™ transforms this foundation in seconds.

The Secret Sauce: Chest Tapping

This simple physical technique creates profound neurological and energetic shifts:

Signals Safety

Gentle tapping on the chest tells your nervous system it's safe to release stress and old patterns

Integrates Body & Mind

Creates a powerful bridge between your physical body, emotional state, and Consciousness

Raises Vibration

Acts as a shortcut to dissolving low-frequency emotions and accessing higher states

Step 1: **Awareness** (Clear the Lens)



Pause & Notice

Take a conscious breath and notice what you're really feeling beneath the surface



Bring to Light

Allow unconscious patterns and hidden emotions to become visible

Result: You see clearly what's been driving your creation. Without awareness, fear and lack automatically drive what you manifest.

Step 2: **Acknowledge** (Dissolve the Story)

This crucial step breaks the identification with limiting emotions and beliefs:



Name It

"I feel this... but I am not this"



Break Free

Release victim identity and attachment to the story



Choose Again

Open the door to freedom and conscious choice

Result: You shift from victim → creator, taking back your power to choose your experience.

Step 3: **Activate/Alchemize** (Raise Frequency)

This is where the physical practice of chest tapping creates magical transformation:

Tap & Affirm

While gently tapping your chest, affirm: "Even though I feel this (name the emotion), I love and accept myself. I am safe. I am enough."

Emotional Alchemy

Feel low-frequency emotions dissolve as higher states naturally arise

Vibrational Alignment

Your energy field shifts to match the frequency of what you desire to create

Result: You align with the vibration of what you want to manifest.

Step 4: **Returning to Truth** (Consciousness Embodied)



Remember Wholeness

You are not separate from Consciousness



Return to Love

Each return = remembering who you really are



Effortless Creation

You radiate instead of chase

Result: Creation flows naturally as you embody your true nature as Consciousness. Manifestation becomes your natural state of being.

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The Triple AAA Method™ in Action

A complete system for emotional mastery and conscious creation:



Awareness

Clears unconscious blocks and brings patterns into the light



Acknowledge

Dissolves the old story and breaks identification



Activate

Raises vibration through chest tapping and affirmation



Return to Truth

Anchors you as Consciousness in human form

This cycle creates a powerful feedback loop, strengthening your manifestation abilities with each practice.

Practice Together: 90-Second Reset

01

Pause & Notice

Take a deep breath. What emotion or sensation are you feeling right now? Just notice without judgment.

02

Name the Feeling

Say to yourself: "I feel [emotion], but I am not this feeling. It's moving through me."

03

Tap & Affirm

Gently tap your chest while saying: "Even though I feel this, I love and accept myself completely. I am safe. I am enough."

04

Return to Presence

Take another deep breath. Feel yourself as the awareness that witnesses all experiences.

The Transformation You'll Experience

Emotional Freedom

Stress, fear, and guilt dissolve in seconds rather than days or weeks

Reconnection to Love

You access unconditional love as your foundation for creation

Truth-Based Creation

You create from clarity and wholeness, not illusion and separation

Effortless Manifestation

Manifestation becomes natural and flowing, not forced or desperate

The Triple AAA Method™ doesn't just change what you create—it transforms who you are as a creator.

Reclaim Your Power as a Conscious Creator

You are not a victim. You are a creator. You are not separate from Consciousness. You are Consciousness embodied. Every time you practice the Triple AAA Method™ you return to this truth.

In just 90 seconds a day you can shift your state, raise your frequency, and accelerate your manifestations. When you raise your frequency you not only change your life, you also uplift the collective field for all of us.

Your body holds the key to everything you want to create.

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