



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

Pam Grout

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Don't face reality. Create reality! ***E-Squared*** could best be described as a lab manual with simple experiments to prove once and for all that reality is malleable, that consciousness trumps matter, and that you shape your life with your mind. Rather than take it on faith, you are invited to conduct nine 48-hour experiments to prove there really is a positive, loving, totally hip force in the universe. Yes, you read that right. It says *prove*.

The 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. For years, you've been hoping and praying that spiritual principles are true. Now, you can *know*.

E-Squared proves the following: 1. There is an invisible energy force or field of infinite possibilities. 2. You impact the field and draw from it according to your beliefs and expectations. 3. You, too, are a field of energy. 4. Whatever you focus on expands. 5. Your connection to the field provides accurate and unlimited guidance. 6. Your thoughts and consciousness impact matter. 7. Your thoughts and consciousness provide the scaffolding for your physical body. 8. You are connected to everything and everyone else in the universe. 9. The universe is limitless, abundant, and strangely accommodating.

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

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From Reader Review E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality for online ebook

Katrina Miller says

Ms. Grout has written an amazing book on LOA. I have been following this since The Secret came out in 2006. What separates her book from the others are these easy to follow experiments that prove that The Universe is really shaped by our thoughts.

Every single experiment in this book worked for me. Here are my results:

Experiment One: (Results) My boss bought my lunch today. I also had to pick up my brother from his work at Applebee's. His manager wanted him to stay an extra hour, and I guess he felt sorry that I had to wait, so he kept sending me free chips, salsa, drinks, and a side salad.

Experiment Two: (Results) I just happened to look out my kitchen window while cleaning dishes, and saw a sunset yellow VW coming down the road. While at my mother's house, I saw many yellow butterflies while tending her vegetable garden.

Experiment Three: Like Joan Crawford said, "No wire hangers ever!" I don't have any in my house. I'll pick some up next time I'm at work, and try the experiment.

Experiment Four: I decided to manifest something easy, yet difficult at the same time. I wanted to see a red rose. I guess I need to clarify to the Universe that I wanted a physical red rose because that night I turned on the TV to watch Married With Children, and I saw AL wearing a giant red rose in his tuxedo button. I'm still counting that.

Experiment Five: (Results) I really wish to take a vacation to Washington D.C. in October. I asked God if this was a good idea, and if he would help me along the way. That afternoon at work, I'm sitting at my desk, when all of a sudden (literally out of nowhere) my co-worker turns to me and says, "I hate how there are absolutely no good Mexican restaurants in D.C. Being from Texas, this is difficult." I just stared at her in confusion. I never brought up my trip to D.C. It was like she read my mind. That night, I logged into Tumblr, and all that kept showing up on my dashboard were photos of cherry blossoms and Washington D.C.

Experiment Six: (Results) I tried the experiment where I linked my fingers together. I noticed that when I told the truth my fingers stayed firmly linked, and when I lied they broke apart. You have to try the experiment yourself to understand what I'm talking about.

Experiment Seven: (Results) I lost a few pds of water weight by blessing my food, and praying before I ate.

Experiment Eight: (Results) Back to my D.C. trip. I really want to go, so I asked The Universe, "If you really want me to go to D.C., then you will send me an unexpected e-mail from my ex." That night, I sent my ex good vibes, and when I finished, I heard a voice in my head saying, "Check your hotmail tomorrow." Now, I haven't checked my hotmail since last year. I totally forgot I had it. Confident that an email from my ex would be there, I went to sleep. When I awoke the next morning, I logged into my hotmail account, and skipped over 500+ emails. I was getting frustrated because I couldn't see anything from my ex. At the very bottom, I saw an email from April. The subject line looked like spam, but I opened it anyway. I found a letter

from a woman who found my official blog and was writing me for info on my famous cousin. One of the reasons why I wish to visit D.C. is because I happen to be related to quite a famous FBI member, and I want to see his grave and former house. The email I read from the woman stated that she wanted info for a report she is doing in college. I was excited. I may not have gotten an email from my ex, but I got something that tied into my D.C. trip.

Experiment Nine: (Result) As of today, I'm still working on it. I love performing random acts of kindness.

After reading the book, I returned to Amazon to write my review. I'm shocked that a lot of these experiments didn't work on some of these reviewers. One reviewer even stated that the book was difficult and "Over his head." Hardly. The author is hilarious and her explanations on science are extremely easy that a 1st grader could understand them. I highly recommend this book. I'm returning to read it tonight.

(This review is also linked to my Amazon account.)

Travis Healy says

The book "The Secret" deals with The Law of Attraction. The biggest problem with that book is that it doesn't tell you how to activate TLOA with specificity.

Having studied the higher levels of the martial arts for many years, I have been trained in accessing the intangible levels of engagement using the mind and Pam Grout's book E-Squared delivers on "the how" to activate TLOA exceptionally well. The best I've witnessed thus far.

I've read it, applied the exercises and it works. For those interested in Quantum Mechanics, E-Squared is a must to help you get to the next level.

Olwen says

Experiment one: Worked! Asked for a tangible item within the time frame. Got it!

Experiment two: Very funny! Saw more green cars than sunset beige (exactly what I believed would happen). Saw butterflies on the side of a bus going past me, and had a yellow butterfly flutter in front of me as I sat in the winter sunshine - unexpected!

Experiment three: Still learning how to use the dowsing wands....

Experiment 4: whoa baby! Manifested what I wanted to happen within 48 hours, although I had allowed one week. Bring on the next experiment!

Experiment 5: haven't done this one yet.

Experiment 6: Well, I confess I'm not the most adept gardener, but I did the green beans experiment. Half the 'crop' was grown surrounded with symbols of love, and I paid them particular attention. Even 'blessed' their water before watering them. The different was subtle, but there. The six 'neutral' plant pots were straggly; the

six 'loved' pots sprouted and grew in a more healthy fashion.

Experiment 7: Pass, I'm not trying to lose weight.

Experiment 8: More fun! My intention was to make contact with a friend I hadn't seen in a while, and to know she was well. Within 48 hours. Hadn't seen this friend around town in many months. Guess who I see coming out of the supermarket today as I was walking in! This experiment worked.

Experiment 9: acknowledging the abundance all around me: maybe all the experiments leading up to this had already got me started, I realised I'm already doing it and yes, recognising the incredible wealth we all have certainly makes you feel happier. I'm counting my blessings - and giving thanks for this book too.

Sarah Louise Leach says

This should actually be subtitled "The book of moron". Total rubbish, I hope she soon experiments by asking the universe for somebody to slap her for publishing her ridiculous interpretation of quantum mechanics. US self help crap at its worst.

Eva Czmer says

This is an absolutely fantastic book! Unless you have been living in a cave then you have been exposed to the concept that your thoughts create your reality and there are at least a million books out there now devoted to the subject. Yawn. What makes this book different is that Pam Grout has been around the block several times now and has lived her life, she has studied spiritual concepts for several decades and has been using the "experiments" in her own life to achieve results. She writes in a very funny (at times hysterically funny) and totally engaging style. She explains spiritual concepts in a simple, light-hearted, no-nonsense way that even a child can understand. The major part of the book is where she invites the reader to conduct 9 "experiments", each one lasting 48 hours, that will leave no doubt in their mind that yes we do play a huge part in the creation of our life. And yes I have started on the experiments and they do work!

David Marlow says

This book claims that it is new and revolutionary, but hey; in fact it's based on the doctrine of the "New Thought" movement, which began at the end of the nineteenth century. Possibly I have read too many books on quantum physics, metaphysics and the rest. This book does not do it for me. This book focusses on a particular technique to achieve success, finally ending with a related experiment; The outcome 48 hours later we are supposed to experience positive results.

Well I tried the first experiment, nothing, put the book away for a few days, and hey; tried again, nothing, left the first one, went onto the next and zero. But hey; I believe in positive thinking guys; I guess I would go into CBT, the in-put is a simpler formula that re-trains your thought patterns

I can't give this book any more than two stars as I followed the instructions but didn't get the desired results. The writing style was kinda cool; it's quite humorous, the theory is well explained but guess there isn't much in this book that hasn't been said before, over and over again. Sure, the authoress shows us the fun side of her character but just not enough for me to make the contents in any way fresh or invigorating. It sucked for me that we have to have belief on behalf of the experiment to be successful.

Laura Masciarelli says

For the very first time, this book made me wish my blog had a huge following. I think everyone should read E-Squared. Although it's not specifically written for teens, any young adult would love it. In 157 short pages, your mind will be set spinning in a new direction. It will bring you to a place you had never noticed existed. Most importantly, it will open up a whole world of new possibilities.

Yes, your thoughts create your reality-blah, blah, blah. You've heard it over and over without it making a dent in your consciousness. You say you believe it but do you really believe it until you see it? E-Squared brings that phrase to life, with nine fun, easy experiments that prove it. Pam Grout has a breezy, friendly way of writing that reminds you of talking to your next door neighbor. Although the content is monumental, the book is never serious (aka boring).

In one experiment, the reader is supposed to declare the intent to look for green cars in the following 24 hours, to prove that what you think, you create, or, believing is seeing. Pam Grout does warn at some point in the book that God, The Universe, The Source, or whatever you might call it, has a sense of humor. So over the next 24 hours, I looked for green cars, drove all over, went to the mall with a parking lot full of cars, and did not see a single one. I thought that maybe people don't drive green cars anymore. Maybe I should have picked silver—there's plenty of those. Just as my 24 hours was nearly up, I stopped at a light. There was a green car in front of me, one behind me, one waiting in oncoming traffic. There were several in the parking lot of the strip mall to my right. Green cars were passing through the intersection. I started laughing. The light turned green and I turned. In the next half mile to my house, I saw green pickup trucks, more green cars, a green lawn care truck. There must have been thirty, all in the space of a half mile! Some sense of humor!

The next day, in the same experiment, the reader is supposed to look for yellow butterflies. I said, life is too short to waste on this—I went right for the big stuff. Instead, I looked for what is great about my son and sure enough, I saw it in him. Do you see the possibilities? You can look for anything and see it!

This experiment is not a fluke. All the others work and are equally entertaining/open a world of possibilities. I do have to say, I especially liked the Jenny Craig experiment, where you lose weight without changing how you eat or doing ANYTHING!

I now keep a list of the nine experiments on my desk and regularly use about five of them to create my reality and reassure myself that I'm not alone, that there is some force in the universe that connects us all.

I'm not going to do my usual what I liked and did not like about the book because there's nothing I didn't like about it. And, I loved E-Squared and think that if it were mandatory reading in school, the world would transform.

Lani says

I was intrigued by the title and the \$2.51 price. The closet geek in me was excited to try the 9 experiments that would "prove" to me that the law of attraction exists and works for ordinary people.

The first 15% of the book explains how and why the law of attraction works. The author gave examples and stories of wonderful results. I went from being curious to full of anticipation by the time the experiment section made its appearance.

And so began the experiments:

Experiment #1 called "The Dude Abides Principle" is to prove that there is a loving, abundant force in the universe. Some people call this force God, Prana or Energy force. There was mention, believe it or not, of the Star Wars force (as in, "May the force be with you Luke") because it's described as being in you as well as around you. You devote 48 hours to looking for evidence of this all-knowing, all-perfect force. You give this force an ultimatum type request. Basically you are saying "Hey Universe! You have 48 hours to show me you exist. I want a blessing. Some type of wonderful surprise that can't be explained away by coincidence." Then you write down the time you made the request so you can be sure of the 48 hour deadline.

The result:

Nothing happened.

Experiment #2 called "The Volkswagen Jetta Principle" is to prove that YOU impact the field and draw from it according to your beliefs and expectations. This is another 48 hour experiment where you actively look for certain things. In this case it is the color of cars. For the first 24 hours you are to look for a certain color car. I chose the color blue. The second 24 hour period, you make the intention to find yellow butterflies. These don't necessarily have to be the real ones. They could be spotted on a coffee cup, T-Shirt, etc.

The result:

I discovered that 1/10 of the cars I saw were blue. Ummmmmm, good to know I guess.

No Butterflies were spotted.

Experiment #3 called "The Alby Einstein Principle" is to prove how your positive and negative thoughts control your energy. This experiment requires two metal hangers and a straw cut in half.

The result: I didn't try this one.

Experiment #4 called "The Abracadabra Principle" is to prove you can manifest material things from thoughts. This is another 48 hour experiment where you write down three specific things you want to manifest. For this experiment I chose three things that were not too grand as to be unattainable. I also wanted these things to be something I wouldn't be able to consider coincidence.

1. A gold ring I had lost somewhere in my house. (It has been lost for 6 years)
2. A new purse. (This is not something that would normally be purchased or offered to me)
3. A paperback book. (Everyone who knows me, knows I have a kindle and would think twice before offering me an actual physical book, not that it would ever be turned away)

The result:

No gold ring
No new purse
No paperback book

This is where I decided to stop the experiments. While I believe positive thinking is a good thing, I don't think that I was "proven" anything.

Donnaleigh says

Well, this book was a bust for me. I'm over halfway through. The first 3 experiments bombed. While I do believe our thoughts can create our reality, and I do believe positive/negative thought can bring in positive/negative perception of reality, and that confidence can create a more active risk-taker (and therefore a better "accomplisher,") I'm not really jiving with the whole Law of Attraction thing. A lot of this stuff is rehashed from The Secret (which I did not like for many reasons), What the Bleep Do We Know (which I found interesting) and other similar sources. E-Squared has a lot of filler discussion that repeats previous concepts of LOA, then provides a fast experiment to try. There are 9 experiments presented in this fashion.

The first experiment is just a general "expect a gift." You can't define the gift to say what you want to come to you ("that comes later," the author says), but she says it may be as fancy as flowers or money, and could be as simple as a soul-mate smile from a child. The latter was a bit too redundant for me to consider a gift in 48 hours, given it happens for me every day at work and I work with children. Plus she says it has to be out of the ordinary: something you'd "know." I frequently receive surprises in the mail....nothing whatsoever came in my 48 hours. It actually felt like 48 hours of glitches, looking back: patients came in at the wrong time, the internet went down at work so I couldn't help clients research basic resources or collect my emails to find what people needed me to do for them and a lot of extra work was necessary to complete what should have been simple. So it felt rather stirred up. But it was fun to hope.

The second experiment is to pick a color of a car and see how many cars of that color you notice driving around: that you'll notice many, many more just by attending. I already know this to be rather true, as I've experienced this phenomenon of *paying attention* or the law of "interest" (which is all it really is; these are my terms, not the author's) such as when we are interested in buying something. I don't believe this to be the item being magnetized to me. But rather, they were always there, but now I'm paying attention instead of singing to Katy Perry and reading license plates while listening to the traffic report. Readers are asked to write down the large number of a certain color car we see while on this colored-car treasure hunt. The author randomly suggests the color "sunset beige." I did not want to choose the same color, as every car is already beige or dark blue and I felt it would skew the experiment due to the law of averages. So I picked yellow. Bright and hard to miss. Ironically, for this experiment, in a commute of 85 minutes, I saw a mere 3 yellow vehicles. Two of them were a pair of pickup trucks from Pete's Auto Body and Tire driving together. Perhaps

a message to me?

I think I'll shelve this book for a fiction adventure. Oh, well. The cover is pretty and the author has a fun writing style with clever humor that is worth mentioning.

It was fun to wait and hope for a surprise. But instead, I think I'll make my outcomes happen with the law of hard work and clear vision. I love to manifest, but I also love to make it happen rather than hope it will come to me.

Debbie "DJ" says

I really do believe that my thoughts play a big part in my reality. This book however, was nothing more than a rehash of "The Secret." I did try the first experiment, which was unsuccessful. Many my think I was not open enough, or negative thoughts intruded. There is a lot I find fascinating about this world, so much I will never understand. I love the mystery of it all. This book is just not for me.

Heidi The Hippie Reader says

I first experiment REALLY worked for me within the time frame allotted. I was surprised and shocked by how the test fit every parameter I set up for it- literally, my results matched every one of my requirements. This book is exciting and eye opening. I haven't tried all of the other experiments yet, but I'm in the middle of another one of them. You guys have got to try this book...

Michael says

Amazing book!

I will now be sharing it with anyone with an open enough mind to give it a shot. I'm here to tell you that I started reading this book because, even though I was a believer, I still had doubt here and there. So I gave this gem a try, and boy I'm here to tell you that I no longer have any. Every experiment that I attempted worked. The majority of them were proven in less than 48 hours. And those that did surpass that, only took about an extra day or two.

The most fantastic experiment for me was number 8. I thought of someone who had disappeared from my life, someone whom I had absolutely no contact with anymore. I kept believing that they would contact me again, or at least let me know some way that they were on my mind, just as the experiment stated they would. The 48 hours had passed but I didn't give up hope, I kept believing truly that this person would, 'let me know'. Just a day and a half after, weirdly enough, that very person contacted me. I kid you not folks. This stuff works.

Again, I highly recommend this book to anyone who has had any doubt about this whole manifest your thoughts thing.

Also, it is worth noting that I approached this book and every experiment with a 'I truly believe in this stuff and it will work' approach. I believe if this thing is to work, you've got to throw out every thought of not believing it will. I mean, what have you got to lose right?

Natacha Pavlov says

I found out about this book through the Hay House Facebook page, which revealed the e-book was priced for less than \$3.00 for a limited time. Since it's a topic that interests me and seemed like an easy read, I took the plunge. Indeed, it was a quick and pretty fun read, even if I sometimes felt ambivalent about the author's statements about God and/or the 'FP' as she calls it (field of potentiality). It has insightful information—or 'reminders' for those already knowledgeable in the subject—and the 9 exercises are a fun way to explore the topic.

I do note that I personally went into this as a person who doesn't need to be 'proven' the statements in order for me to be convinced that we emanate energy, that there's a higher power, etc. since I already believe/know' these things to be true. Nor am I going to say that just because all the experiments didn't turn out the way I wanted that the information 'isn't true' and/or accurate. There are several factors involved, and I could definitely see how particularly skeptical readers may have a hard time with some of the experiments. That's simply based on the fact that people usually require time to truly enact solid changes that result from previously unexplored concepts. After some time though, if the person really believes in what they're doing, they'll change, and therefore trigger energy changes, which should then make the experiments more 'real' and/or 'logical.'

Once more, I was reminded of the importance of our core intent, and that it's therefore always ideal to send out love whenever doing things. I did feel a bit mixed on experiment #8, because as per other materials I've read, this can sometimes crossover into a kind of manipulation—again, depending on one's intent. There's a big difference between requesting a favor from someone you love through thought and doing the same to someone you might not like, only to see if it works and if you can 'get them to do what you want.' That's obviously not the author's approach, as she simply presents this experiment as one way to explore the fascinating world of thoughts.

But what ultimately resonated most was the way she stressed how the 'FP' has a sense of humor. I've always felt that way about God, and thus couldn't agree more. :)

Myra says

I already have proof that my own thinking affects my personal reality, but I take issue with this type of "magic" thinking. What comes to me does because I focus on it and make it happen, not just believe it will - nothing mystical about it... Just lots of time and practice. There's a distinct line for me between believing something will happen because of positive thinking and making things happen by changing negative thought patterns. As humans, we are capable of amazing things but pretending to be able to access the quantum level is akin to wishes and fairy tales. Just more bleep in this book.

Honoree says

This is THE book to read if you've been wondering how to become a manifesting success story. I've read The Secret, all of the works of Catherine Ponder and Florence Scovel Shinn and I could manifest ... sometimes ... but not every time. Pam put me in the driver's seat and the past few days have been nothing short of miraculous! I noted 7 different amazing happenings in just the first 48 hours. Having fun and looking forward to more. Thanks, Pam!
