

Using the Law of Attraction

"We don't attract what we want, we attract who we are." – Wayne Dyer

The key with manifesting what you desire is to understand that you can spend all day trying to attract things but if you do not resonate with them (i.e. vibrate at the same frequency) then you can't attract them. It is not just about wanting and putting an intention out into the universe, it is about having such a strong desire for something that you actually shift your energy/focus to pulling that desire into being.

MANIFEST WHAT YOU DESIRE

Step One:

Get clear on your INTENTION (what it is that you want)

Step Two:

Take your desire and write it in the sentence below. This should be somewhere visible that you will see multiple times a day (I use my bathroom mirror): ***Why is it so easy for me to attract more money?***

When we pose our intention as a question and focus on easily obtaining it, we create the vibration of already having it.

Step Three:

Close your eyes and visualize already having what you want. Use all of your senses to imagine already having this. Then, write down all of the feelings associated with having it. (ie. Peace, happiness, love)

Step Four:

Practice incorporating those feelings into your day. A.k.a. practice vibrating at the frequency of that of which you want.

Step Five:

Pay ATTENTION to the inspired action you get from the universe. Maybe you are drawn to take a class, or you keep seeing the same thing pop up, or have a reoccurring thought. Follow your intuition and gut instincts.

Step Six:

Let go of any TENSION, or expectation of outcome as to how or what you will receive. Allow and trust that the universe will deliver what you desire ('this or something better' as I always say) in the best and most unexpected of ways.