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# **Law of Manifestation - Re-create Your Own Reality With Your Thoughts and Beliefs**

The Law of Manifestation works ideally in conjunction with the Law of Attraction. Whatever you think about and believe in, the Law of Manifestation can make into a part of your reality. If you use manifestation wisely, you're able to achieve your goals and ambitions and desires using the power of your own thoughts.

Everyone has the power to manifest things in their life. It just takes a solid belief that manifestation can work and a solid focus on what you want to achieve. Once you tap into this natural power to manifest things in your everyday life, you will start to see amazing things happen with your life.

Your own subconscious mind has the same ability to create whatever reality you focus upon the most. Your conscious mind is the part of you that directs your actions and your choices in life. Those choices are often dictated by the thoughts and beliefs you allow to circulate within your conscious mind. However, your subconscious mind hears all of those things and assumes they're all instructions. It takes those thoughts and works on directing your actions to bring about the outcome of those things you focus on the most.

Your mind is an extremely powerful thing. It's not the same as your brain, which is a part of your physical body. Rather, it's the spiritual part of you.

There are people who think that human existence is 95% made up of our physical bodies. Yet our mind is a primary factor in our existence, which controls the actions taken by our bodies.

The law of manifestation is actually a very spiritual process. Your mind focuses intently on particular thoughts which are transferred out into the universe to be manifested back into your daily life. Your body responds to this spiritual process by focusing and preparing to receive the manifested reality. The body and mind must work together to transform thoughts into manifestations of reality.

We were made to believe that we were separate from the universe and that we contained no power. In many religions, people were led to believe the only ones who held the power were 'priests' or 'intermediaries'.

We all have the same power and are a part of one big universe. When we realize this and start to manifest the power that is in our beliefs, intentions and thoughts, we can start to make great things happen in our lives. This has been denied for so long, but more people today are starting to understand and embrace the powers of their mind.

Our reality is manifested ultimately from our thoughts and sincere intentions. If we think of negative things negativity will come into our world. If we focus on the positive, then positive things will come into our world. This means you should focus on the actual end result that you want to see happen. For example, if your goal is to get out of debt you should train your mind on achieving a debt-free state, rather than training it on money.

So, why can't you focus on money? Because the law of manifestation delivers exactly what you ask for in your thoughts. Since you are lacking the money to get out of debt, you will only bring more of that lack into your life by focusing on that negative aspect. Instead, take a positive focus by thinking about how a debt-free life is going to feel. What will you do with yourself, your money, and your life once you escape the debt? That's the focus you want to keep.

Your focused thought and intention in the past is what brought about today's reality. Whatever you focus on today is what you will experience in days to come.

This means that you can start controlling your thoughts and intentions right this second to impact your future. Start focusing on things that will bring you joy, happiness and peace, and you will have those things in days to come.

If you really believe you're capable of manifesting these things into your life, they will come. The Law of Manifestation will always bring what you ask of it.

You can also find this article published on [Law of Manifestation - Re-create Your Own Reality With Your Thoughts and Beliefs](#), and on the tag pages [law of manifestation](#).