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# The Facts Behind Law Of Attraction

Thoughts and desires determine all goals and their attainment. Some people think them out of reach. This is only because the understanding of the universal law in the law of attraction, escapes them. Simple quantum physics explain we all are parts of the universal energy system.

We are at one with the universe, not separate from it. We can use this energy to get what we want in life by manipulating it with our thoughts. Focusing your thoughts brings your desires into reality, it doesn't matter how big or how small your desires are. As long as you can control your thoughts, you will get what you want.

The same holds true for the negative thoughts you have. If you constantly think about how in debt you are or how lousy your relationships are, you are destined to receive more of the same. It works a lot like the Law of Gravity. It doesn't matter what kind of person you are, if you leap from a roof, you will plummet to the ground. The Law of Attraction works in a similar predictable way.

It makes sense then that you should try to hold positive thoughts in your mind as much as possible and release the negative ones. Focus on what you want in life rather than worrying about how you are going to get it. So if you want to buy a new home, you may think you should focus on attracting money. However, when you think about money you probably worry about where it will come from or believe it will never happen. Those thoughts will come true if you focus on them, so think about your new home instead. Imagine how happy you will be living in it.

Right now, feel your desires being your reality. Think the thoughts and feel the emotions of living in your new home. The energy you send out with these thoughts and feelings will attract the house to you. Always be open about the way the house comes into your life. Do not put any limitations on how you get it.

Don't make the mistake of trying to use the law when you are feeling desperate or in need or you will get more of the same. If money is short and debt is piling high, don't dwell on the feeling of needing money or being broke. Instead, visualize all of your bills paid on time and how good and lighthearted that makes you feel.

Another mistake people run into when working with the Law of Attraction, is that they try to figure out how it will all work out. All you have to do is decide upon the object of your desire, and then hold positive thoughts and feelings about it. The universe will figure out how to go about bringing it to you, often in unexpected ways.

Just don't think that means you can sit back and not take action. The law works through you. The Law of Attraction will give you inspiration and nudges towards the right actions you should take to achieve your dreams.

So if the universe sends you opportunities to make more money, you have to act upon those ideas and seize the opportunities in order to actually make the money you are trying to attract. Of course, you also need good judgment and the ability to determine if something feels right. You should keep an open mind and expect the universe to arrange events and opportunities that will help you.

Gratitude can open the door to many blessings so you should always be thankful for what you already have whether it is your job, kids, home, or health. Reflect upon the fact that these good things came to you as a result of your previous thoughts and the Law of Attraction.

Your life in the present is a direct reflection of the emotions and thoughts you held in the past. Therefore, if your life is not as you want it to be, you need to take control of your thoughts and focus more on positive feelings and thoughts or you will continue to create an unhappy life.

By keeping your thoughts positive, you are creating a better future for yourself. Always remember, the universe will send you experiences that reflect what you are thinking right now.

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