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The Wonderful Process Of Law Of Attraction

Many times, we struggle through life needlessly simply because we do not understand how the Law of Attraction operates in our lives. This universal law is based upon the belief derived from quantum physics that proves the entire universe is made from energy and we live in the midst of it.

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.

It will work no matter what, just like the law of gravity. It does not matter what type of person you are, if you jump off the bridge, you are going to fall down. The law of attraction works at giving you what you think and feel the most. Whether you put in negative or positive thoughts and feelings, this is what you get back out. It is a cycle, whether in relationships, debt, poverty and other things. Focusing on things you do not want only attracts more to you.

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.

How will you feel when you are living in your nice, new home? Will you feel proud, happy, and safe? Experience those emotions now. Stay focused on those good feelings and you will attract your dream home to you. You may do it by coming into money or a totally different method could open up for you.

Individuals who are overwhelmed with negative energy often approach this law. They feel nervous, anxious and deprived in some way. For instance, some may worry desperately about being in debt and paying bills and then want to attract money. Their thoughts and feelings are full of negativity because of a lack of funding. This needing only creates more. Whereas, focusing thoughts and feelings on already having the bills paid and not being in debt will make it a reality. Right now, visualize yourself, feel and think about what it is like to be debt free with no desperate need of money.

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.

That sounds simple enough, what goes up, comes down and what goes out, cycles around. However, you will have to be watchful and listen to the universe when it inspires you to take action. Taking action when you are using the law of attraction and being aware of ideas and nudges along the way is essential.

If you want to make more money, the universe will send you inspiration and opportunities for earning more income. You have to act upon those ideas in order to benefit from them. But you should use good common sense as well. Think about how an idea makes you feel and be open to the idea the universe sent it to you to help you reach your goal.

Gratitude is important when working with the Law of Attraction so you draw more experiences towards you to be thankful for. It might be your kids, home, health, or job. You have attracted your blessings to you as a result of your previous thoughts through 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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