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# Understanding Why Law Of Attraction Works

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.

However, the law works both ways. If you constantly think negative thoughts, you will bring negative things into your life. So if you dwell on your poverty, debt, or relationship problems, you are sure to get more of the same. The Law of Attraction is precise, just like the Law of Gravity. It doesn't matter if you think good thoughts or bad thoughts, or if you are a good person or bad person. If you jump off a building, you will hit the ground every time. The Law of Attraction works in the same detached but predictable way.

You can see why it is so important then to hold positive thoughts rather than dwelling on negative ones. Try to hold positive thoughts about the things you desire rather than getting hung up on worries about not being able to have them. For example, if you want to buy a new home, focus your thoughts on how wonderful you will feel living in your new home and decorating it. Don't spend your thoughts worrying about where the money will come from or feeling bad you don't already have it. Don't focus on your struggle with money, just think about the good feelings a new home will bring.

Allow yourself to feel the emotions of experiencing living in the house. Feel those emotions feel them right now. These are your desires. You will attract that house when you focus your energy of thoughts and emotions on having your home sweet home. Stay open to the house coming to you in some form or another, whether money is required to have it or not.

A common mistake so many people make is that they approach the law with a sense of lack or need, especially when it comes to money. If money is short and you need to attract it to pay your bills, you can't focus on the lack, worry, need, or desperation. Only think about your bills being paid in full on time and visualize how great this makes you feel.

The biggest mistake you can make is thinking you can work it all out for yourself, when it comes to using the law of attraction. Many people do this, so unfortunately it is common. The good news is all you have to do is determine the details of what you want and then focus on the emotions and thoughts of having it and this law will work for you. You decide what you want and then the universe decides how you get it.

However, that doesn't mean you don't have to do anything. You have to take action to reach your goals but when you work with the Law of Attraction, you will be taking inspired action thanks to the nudges and ideas the universe puts in your path.

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.

It is a good idea to always show gratitude for what you have when you are working with the Law of Attraction. A grateful heart will open the door for more experiences to be grateful for. You can be thankful for your health, job, children, pets, and your home. You should also realize you have these blessings because of your past thoughts and the law at work.

It is your previous thoughts and emotions that have created your reality as you are now experiencing it. You are living the residual influence of your inner world. If you are suffering from unhappiness, change your thoughts and feelings. Think and feel what you want too, and then keep thinking and feeling it as much as possible. Remember, positive drives away negative.

If you want a brighter future, think positive thoughts. Remember, the Law of Attraction is at work right now creating experiences for you based upon what you are thinking at this moment.

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