

The Secret to Attracting Everything You Want

The Law of Attraction is Always At Work When you struggle, or feel negative emotions, the law of attraction continues to bring to you experiences and situations that offer more struggle and negativity. You are constantly manifesting what you focus on. Change Your Vibration You need to consciously connect to a higher vibrational level and get out of the low energy frequency of struggle and [negativity](#). Here are some practical ways for you to begin to attract the things you consciously want to attract into your life: Change your vibrational level by consciously choosing a different thought or emotion when you feel yourself slipping into struggle or frustration. Positive thinking is something we have to practice. When a negative thought slips in, or you feel yourself judging a situation or person, immediately replace it with a lighter, positive thought. Practice positive thinking by using affirmations. Consistent thinking patterns can change when you use conscious action to change them. Avoid using substances that offer low energy vibrations. Alcohol and artificial drugs keep you in a weakened energy state. When you are in a low energy state, the law of attraction will attract to you others who are in a low energy state. You cannot begin manifesting your desires when you are in a low energy frequency. Negativity Blocks You From Creating Abundance Pay attention to the music you listen to. Loud music with harsh lyrics lowers your vibration. It makes it difficult to connect to your Authentic Self. Listen to music that has the vibrational energy of the things you want to attract. And stop watching television! This is a huge energy drain and lowers your vibration. Television programs, especially news programs, offer [low-energy](#) and despair. Have you ever wanted to run a marathon or jump start your day after watching television? Of course not. It lowers your energy and vibration. And since I'm advocating turning off your television set, let me go one step further and ask you to quit reading the newspaper. Yes, I want you to consciously disconnect. When you don't know what's going on, you are able to disconnect from the negativity and despair. In a matter of days, you will notice you feel lighter and more able to concentrate on manifesting what you want in your life if you quit reading the newspaper and quit being bombarded with bad news. Manifesting Depends on an Attitude of Gratitude Check out your environment. The energy of your space, where you live, work, and spend time...it affects your ability to attract and create. If you don't believe me, I encourage you to explore the Chinese art of Feng Shui. You will discover that you can take action to increase the energy level of your home or workplace, and it will help you in manifesting your desires. The same is true of the people you spend time with. If you want to attract into your life wealth and spiritual riches, spend time with others who want to attract the same, or who already have those things. Practice an attitude of gratitude. Be grateful for the gifts you already have in your life. You will be successful in manifesting your desires, and attract into your life the things you truly want, when you create from a feeling of gratitude. The law of attraction will bring you more of what you appreciate, so be appreciative! And practice random acts of kindness, seeking nothing in return. Only your ego needs acknowledgement. Acts of kindness raise your energy and puts you in a higher vibrational match with your desires. Remember that each thought has a vibration. Your thoughts will either attract your desires to you, or weaken your ability to create. Increase your vibrations so that you can attract anything you want into your life.

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