

What is the Law of Attraction?

The Law of Attraction is usually described as a "universal law" (like gravity is also a universal law) that delivers into your life whatever you focus on the most. A negative focus will attract mostly negative experiences, while a positive focus will attract mostly positive experiences.

Sounds simple enough, right? Think positive, get positive. Think negative, get negative. But there's a little more to it than that.

Current knowledge about the Law of Attraction reveals a clear connection between our thoughts, emotions, beliefs, expectations, and the world around us.

Basically, here's how it works:

$$\text{Thoughts} + \text{Emotions} + \text{Beliefs} + \text{Expectations} = \text{Reality}$$

Let's break down each of these components to better understand how they work together.

Thoughts

Your thoughts provide the general structure for your reality. You perceive your surroundings and gear your emotions according to your thoughts. When you think positively, you usually "feel" positively.

In other words, positive thoughts make you feel good, and negative thoughts make you feel bad.

One common misconception is that your thoughts create your reality. Your thoughts actually don't create anything by themselves.

Can you imagine if you "created" everything you thought about? Your nightmares would all come true, as well as every fear and worry you've ever had! No thank you!

In actuality, your thoughts need to be infused with emotion in order to be formed in physical reality.

Emotions

Your emotions could accurately be described as the "fuel" that gives life to your thoughts. When you hold a specific thought or idea in your mind and generate strong emotions for or about it – you bring it into your life!

Emotions are the driving force behind your ability to create your reality.

If you take nothing else away from reading this page, the MOST important thing I want you to understand is the absolute raw power that your emotions hold!

This is why negative thoughts can be so destructive. When you focus on negative things and emit negative emotions about them – you attract them! Likewise, when you think positive thoughts and emit positive emotions about them – you attract them!

Beliefs and Expectations

Your beliefs and expectations act as gatekeepers for your reality. No matter how hard you try to think and feel positively, a limiting belief or negative expectation has the power to BLOCK what you're trying to attract. It doesn't matter how many affirmations you recite, or how strongly you visualize yourself having something you want – if you hold limiting beliefs about it, your subconscious mind will NOT allow you to have it! You either don't believe it's possible or don't believe you deserve it, so it will not be possible for you.

If you think you may have limiting beliefs that are blocking the things you're trying to attract, fear not! We're going to go through a very simple, step-by-step process for not only attracting what you want, but also transforming any limiting beliefs that may be blocking it.

Before we do, however, it's important to understand that the Law of Attraction actually has a scientific basis. Knowing this should help you to believe more strongly that it really IS real – it's not "all in your head"!

The Science Behind the Law of Attraction

Many people today are under the impression that the Law of Attraction is a New Age, "airy-fairy" concept akin to wishful thinking. Maybe you fall into that category too? When you consider the scientific principles behind the Law of Attraction, it becomes clear that it's far from being a fantasy.

Recent scientific discoveries in quantum physics are absolutely mind-boggling in their implications!

1) There is a living field of energy that connects everything in the universe. We once believed we were all separate entities, but scientists are discovering that everything in our universe (including us) is formed from the same "stuff." This is important to understand because it means that there is no "separateness" between you and the things you want! You and they come from the same field of energy. For that matter, so do you and the things you don't want.

2) The presence of human DNA visibly alters the behavior of photons (light particles that make up our universe). This sounds like something from the Twilight Zone, but it was a real experiment. Scientists used a special tube from which they extracted all air (creating a vacuum). The only things left in the vacuum were photons, which were scattered in random fashion throughout the tube. They then inserted a sample of human DNA into the tube, and watched in amazement as the photons began rearranging themselves into intelligent patterns!

What does this mean? At this point, it appears that we have the power to ALTER the energy that composes our world. Photons actually react to the presence of human DNA. Even more astounding: when the scientists removed the DNA from the tube, they expected the photons to fall back into a random pattern, but they did NOT. They remained in the same pattern

apparently triggered by the DNA. This seems to point to the possibility that we can permanently alter our world – not just for a few moments here and there.

3) Finally, another experiment revealed that our emotions have a direct effect on our DNA. Scientists took samples of DNA from volunteers, and then moved the DNA samples to a different room in the same building. The volunteers were then shown video clips designed to trigger strong emotions, while their DNA samples were measured for electrical reactions. As the subjects experienced strong emotions, their DNA samples emitted electrical impulses. Later, the experiments were expanded to distances of hundreds of miles between the volunteers and their DNA samples – and the result was the SAME.

Even more impressive is that the reactions of the DNA took place simultaneously – there was no time delay between a person emitting emotional responses and the reaction from the DNA, no matter how far removed they were from each other.

(**Note:** I have shared only a brief overview of these scientific experiments. If you want to learn more about the science behind the Law of Attraction, I highly recommend reading *The Divine Matrix* by Gregg Braden. He explains each experiment and its potential implications in much more detail.)

So, what do these experiments mean in relation to the Law of Attraction?

Let me be clear about one thing: you do not have to understand how all the scientific stuff works in order to use the Law of Attraction effectively in your everyday life. Just know that it does appear to have scientific basis, and researchers are continuously discovering more and more about our power to affect the world around us through our thoughts and emotions.

We're still not clear on exactly how it all works together because we don't yet have the equipment necessary to measure on a very small scale. However, quantum exploration is revealing startling new insights and as our technology improves so will the discoveries we make about the world around us (and within us!). Still, what scientists have discovered so far is impressive enough in my eyes. It's enough to give us a solid foundation for changing the way we see reality.

Now that you understand the scientific starting point, let's go through the step-by-step process for attracting what you want.

Step One: Asking for What You Want

You may have heard that "ASKING" the universe for what you want is the first step in attracting it. True enough, but what does it mean to "ask"? Is it as simple as speaking your desire aloud? Traditionally when we ask for something, we say, "Please may I have . . . ?" But the universe works slightly differently than that.

Believe it or not, "asking" the universe for something is as simple as getting very clear about what you want.

Once you conceive a clear desire, you have already asked for it. Remember, you are interconnected with the universe through a field of energy – that "stuff" that composes

everything and everyone. In the very moment you conceive a desire, the universe receives your request.

The tricky part is getting clear about exactly what your desires are. What DO you want? Do you already have a clear desire?

Before you answer, understand that I'm not asking what you don't want. Were you going to say something like, "I don't want to struggle anymore. I don't want to be broke anymore. I don't want to be sick anymore."?

Those are things you DON'T want. What DO you want?

Most often you'll want the opposite of what you don't want. If you don't want to be sick anymore, that means you WANT to be healthy and strong. If you don't want to be broke anymore, that means you WANT to have plenty of money. And so on.

That's easy enough. But also important is to avoid settling for something you think you can have, rather than what you REALLY want. This can be tricky because your limiting beliefs might make you think you want one thing, when in actuality you want something else.

For example, you might say you want an easy job that pays well, but deep inside you're yearning for total financial independence. If you don't believe that total financial independence is possible for you, you will find yourself settling for the next best thing. Another example: You might think you want a job teaching music, but deep inside you long to be a famous musician. In both of these examples, you hold a belief that what you want isn't possible, so you're settling for the next best thing.

You don't have to settle with the Law of Attraction!

In fact, settling will cause big problems because you won't emit strong enough energy toward what you want (because it's not really what you want), and you won't attract it. Even if you do manage to attract it, you won't feel satisfied because it's not what you truly want.

Is there something you've been wanting but haven't been willing to believe you can have it? Have you been settling for what you think you can get, instead? Let me tell you a little secret:

You are never given a dream without also being given the power to make it come true!

I wish I could take credit for that little gem, but it's actually a quote by Richard Bach – one that holds immense wisdom. Think about that statement for a moment.

Why do you think you have the dreams you do? So you can live out your life feeling unfulfilled and dissatisfied? No! It's because you DO have the power to make them come true. But first you have to be willing to believe you can.

Are you feeling a little clearer about what you really want now? If not, take a few minutes right now to jot down some ideas. Just focus on your initial desires; don't worry about long-term goals for now. If you could bring ANYTHING into your life right now, what would it be?

Where would you be living? What type of work would you do? What would your relationships look like? What would your body look like? Think about what you would create in all areas of your life, from health to money, friendships to career, and everything in between. Write it down in as much detail as you can.

(You don't have to attract all of this at once, by the way; you'll start with one thing and then focus on the other stuff later.)

Now, once you have conceived your desire(s), you don't really have to do anything at all to "ask" for them. Remember, just conceiving the desire IS asking!

However, some people like to make asking more of a tangible process by either verbalizing their desires, creating a "vision board," writing intentions, scripting or other techniques.

If you feel inspired to do any of those things, go right ahead! We'll be covering these techniques in more detail in a later chapter.

Also important is understanding WHY you want something. What will it do for you to have this thing you want? What qualities or benefits will it bring to you and your life? What ESSENCE of this thing do you want to experience?

Asking these questions is a great way to further clarify your desires and be sure you're not settling for something that you don't really want.

Step Two: Believing It's Already Yours

Once you've asked for what you want, it's time to start examining your beliefs.

How do you know if you have limiting beliefs? For me the easiest way to tell has been to pay close attention to how I FEEL when I think about the things I want.

Limiting beliefs always create sensations of doubt, fear or anxiety.

Bring to mind something you want right now, something that you haven't been able to attract into your life. Maybe it's more money, a better job, the love of your life, better health, or anything else.

Do you really believe it's possible for you to have it? Do you really believe you deserve it? Examine your feelings about it, and you'll likely discover a belief that it can't (or won't) happen, or a low level of self-worth that is blocking you from accepting it.

There are other types of limiting beliefs too, like believing that it will be really hard to make something happen, or believing that other things have to take place before your desire can manifest.

Remember, your beliefs and expectations WILL block what you want from appearing in your life if you don't believe it's possible, or if you don't believe you deserve it.

What is a belief, anyway?

Our beliefs are formed from conclusions we draw about the world around us. Let's look at an example:

Imagine that you are a young child of 8 years old, and you are about to participate in your first basketball game with some neighborhood kids. You're nervous, but you see other kids playing well so you figure you probably can too. The game commences and you're managing to hold your own, when suddenly the ball gets tossed to you and you see a clear shot to the basket. You lob the ball down the court, and . . . it misses the basket by several feet. Your teammates are upset and begin shouting at you, telling you that "you suck" at basketball. Of course, you feel terrible about letting them down, and embarrassed about your lack of skills on the court.

What you do next will determine whether a limiting belief is formed or not. Do you make a solemn vow to never play basketball again because you believe you really do "suck"? Or do you hold your chin high and try again?

Drawing a conclusion that you're bad at basketball (or anything else) will create a limiting belief. Not only will you avoid playing basketball or any sports activities from that point on, you may also harbor negative beliefs about your ability to do anything well in the future!

Limiting beliefs usually get started when someone utters a negative comment to or about you. If your parents or other authority figures in your life continuously told you that you were slow, learning challenged, klutzy, or unlucky, you probably began to believe them at some point – and you may believe them still!

It's also easy to form limiting beliefs on your own through negative thought patterns. Even if no one ever told you that you "suck" or that you'd never be successful in life, you may have formed similar conclusions based on your past "failures". If you tried something once and didn't do well at it, you may have told yourself, "Forget it, you're a lost cause," even if nothing could be further from the truth! (It's amazing how hard we can be on ourselves at times, isn't it?)

However, as dire as this all sounds, there is a little seed of good news contained within. Just as you can form limiting beliefs about your abilities, you can also form empowering beliefs to take their place and go on to do anything you desire!

A belief is nothing more than a choice to see something as your TRUTH.

That's right; you can CHOOSE your TRUTH. You don't have to live your life hindered by limiting or negative beliefs – you can change them at any time!

Take a look at the list of desires you wrote during the last segment, and choose one thing from that list. As an example, let's say that one of the items on your list is to attract \$10,000.00 so you can pay off debt.

Do you really believe it is possible for you to attract \$10,000.00? Do you believe you deserve that sum of money? What feelings come up when you think about it?

If you feel nervous, tense, anxious or fearful – you don't really believe you can have it.

Bingo! You just identified a limiting belief. If you really believed you could have it, you'd feel calm and confident about it, right? Instead, your mind starts working along these lines, "Wow, that's a lot of money. It would take me months to earn that kind of money! How am I going to get it? I can't see any possible way; it's hopeless!"

Notice that some of the thoughts above are focused on the "how" – don't worry about those because we're going to delve into them more completely in a later segment. For now, just focus on the disbelief and doubt expressed.

Once you've identified a limiting belief, there is an easy way to change it with a little game I call, "Why It's Possible." When you've got a limiting belief, your mind is busy reciting all the reasons why your desire is not possible. If you shift your focus to why it IS possible, you can transform the limiting belief.

Here's how to do it:

Take a sheet of paper and draw a line down the center of it. At the top of the page over the left column write, "Why It's Not Possible." At the top of the page over the right column write, "Why It IS Possible."

First, come up with as many reasons as you can why your desire isn't possible and write them in the left column. This should be easy, since you've probably got a lot of negative beliefs regarding this goal.

Now, it's time to turn those limiting beliefs around! In the right column, write down some ideas about why it IS possible to attract \$10,000.00.

Why It's Not Possible	Why It IS Possible
<ul style="list-style-type: none">- I earn little money at my job.- I have no other prospects for getting more money.- I'm up to my ears in debt so I can't take a loan.- No one will help me.- I doubt I could get a better paying job.- I don't have time for a second job.	<ul style="list-style-type: none">- Money can come to me in many different ways.- I might get offered a better job that pays more.- I could stumble upon a great opportunity.- I could start my own business on the side.- The universe has resources I couldn't even begin to guess at.- Other people have received unexpected sums of money before, so I can too.

You get the idea. However, make sure the items you list under "Why It IS Possible" are actually believable to YOU. If you don't really believe them, this exercise won't work. You have to be willing to believe that there are endless ways for the universe to deliver your desire – even if you have no clue how it will all come about.

Then, once you have that list of reasons why your desire is possible, cut the paper in half and throw away the left column! Rip it up, burn it, put it down the garbage disposal, do whatever you want to destroy it, but affirm that those obstacles no longer exist in your life.

Instead, every time you find yourself feeling panicky or doubtful about the thing you want to attract, re-read your list of reasons why it's possible. Affirm again that it really IS possible. The more you do this, the more you'll really begin to believe it.

You can also use this same process to address issues of low self-worth. Do you really believe you deserve to be happy, healthy and wealthy? If not, make two more lists: one for the reasons why you don't deserve the things you want, and one for the reasons why you do. Then destroy the list of reasons why you don't deserve them, and keep the list of reasons why you do.

Low self-worth is a limiting belief, but it also carries heavy emotional undertones that may need to be transformed. Each time you or someone else delivered a negative message to your subconscious mind in the past, it triggered an emotional response which helped cement it in your reality.

One way to turn it around is to use positive self-talk combined with positive emotions.

As you review your list of reasons why you deserve good things in your life, say things like this to yourself:

"I'm a good person."

"I have a lot going for me."

"I'm talented and successful."

"Abundance is my birthright."

"I deserve to be happy and healthy."

"I love myself."

"Other people love me too."

While you are saying these things to yourself, use a tone that you would use for someone you truly love and care about. Infuse plenty of love, compassion and tenderness into your tone and your subconscious mind will be much more receptive to the messages. Over time, they will soak in and replace the negative messages.

How do your expectations fit into all of this?

The Power of Expectations

Your expectations are closely tied in with your beliefs, but they are more about your day to day experiences in a general sense. If you're in the habit of thinking negatively, you probably have negative expectations.

For example, you may be extremely pessimistic and always expect things to go wrong. As a result, they probably usually do.

If you believe you will always struggle and fail, you will expect to struggle and fail, so you WILL struggle and fail. Your subconscious mind won't allow anything else because that is your TRUTH.

If, on the other hand, you believe you are successful and resourceful, you will expect to succeed – and you'll usually find circumstances easing up to allow a different outcome.

As you begin to improve your thinking and feeling habits day to day, you'll notice your expectations shifting to match them. In the meantime, you can help the process along by consciously choosing a positive outcome in all situations.

When you catch yourself saying things like, "This will never work" or "I don't know why I bother trying" or "It's just impossible" – stop yourself and turn it around to something more positive. "This is going to be great!" or "I'm going to make this work for me" or "I know this is possible" or "I intend that somehow this situation turns out in a very positive way".

In time, you'll end up doing this automatically, but at the beginning you may have to keep a close watch on the things you catch yourself thinking and saying.

Your emotions can also serve as great clues here! If you find yourself feeling badly for no apparent reason, it's a sure sign that something is happening with your thoughts, beliefs or expectations.

When this happens, turn your attention inward for a few moments and ask questions to figure out what's happening:

"Why do I feel badly right now?"

"What triggered these feelings?"

"Am I experiencing doubt or disbelief about something?"

"Am I expecting a negative outcome? Why?"

Then simply work through any issues that may be blocking your higher good.

Changing your limiting beliefs and negative expectations may seem very challenging at the beginning, but you'll find that the process begins to snowball after awhile. Remember that the results are cumulative! Keep working on it every day and in no time you should find the process taking on a life of its own and it gets much easier to keep the momentum going.

Step Three: Letting Go

You now know that the Law of Attraction is activated by your thoughts, feelings, beliefs and expectations. You know how to get clear about what you want, ask for it, and strengthen your belief that it's possible and you deserve to have it.

Now comes one of the biggest challenges: **LET GO OF IT.**

That's easier said than done, but once you understand the importance of this step you'll find it within you to do whatever it takes.

By the way, is this the first time you're hearing about this step? Many texts on the Law of Attraction talk about 3 steps: Ask, Believe, Receive. Where did this extra step come from?

Letting go has always been part of the process, and it's mentioned occasionally in other books and audios, but I feel that it's SO VITALLY IMPORTANT to the process that it should be a step all its own. I'll explain exactly why it's so important, but first let's go over what it means to let go.

Letting go means detaching from any attempts to control the process or timing of your manifestation.

Here's what most of us are used to doing: We decide we want something, set a goal to achieve it, rack our brains to figure out a way to get it, and then do everything in our power to make it happen. Even more importantly, we remain emotionally attached to getting this thing we want, so if it doesn't show up right away we get more and more impatient and frustrated.

A very big problem occurs when you do this with the Law of Attraction: You interfere with the process and delay the arrival of what you want. By not letting go, you are in essence trying to force something into being, rather than allowing the universe to work on your behalf.

It's not that taking action is such a bad thing, but our forced actions send a message of distrust to the universe. It's kind of like saying, "I don't believe that you'll help me, so I'm going to try and do it all myself."

So the universe says, "Okay, fine. Let me know how it works out for you."

By the way, there's nothing wrong with doing it all yourself, but then that wouldn't be working with the Law of Attraction, would it? :-) It would just be you taking action on your own. Been there, done that, and bought the T-shirt.

If you want the Law of Attraction to work on your behalf, you **MUST LET GO AND STEP OUT OF THE WAY.**

That means two things:

1) First, it means not trying to figure out how to get what you want. It means asking for what you want and then letting the universe bring it to you. Sometimes the universe will nudge you to take a specific action, in which case you should definitely do it. But if you don't feel a nudge to take a specific action, you don't have to force anything by coming up with action steps yourself. Don't worry about "how" your desire will manifest. Just know that it will.

2) Second, letting go means detaching emotionally. If you feel any kind of desperate need, fear, anxiety or attachment to this thing you want, you will infuse those emotions into the creation process. Instead of saying, "I am open to receive this thing," you'll be saying, "I don't have what I need; I need this thing, please hurry!" As you know, the Law of Attraction responds to your emotional frequency, so it will reflect back whatever emotional quality you put out there. In this case, you'll simply receive more lack and neediness.

Letting go means knowing that your desires are being formed and delivered, but you're still okay without them. There's a big element of acceptance involved here. Acceptance of the process, the timing, and your circumstances as they are right now.

Simply trust, let go, and let the magic happen!

Step Four: Receiving Your Manifestation

Now that you've asked for what you want, you're working on your beliefs, and you're letting go – it's time to receive! Sounds great, right? But hold on a minute.

"Receiving" in relation to the Law of Attraction may not be the same thing you're thinking about. You're probably thinking of receiving as the moment when your desire is delivered into your life in physical form, but that's the very last piece of the puzzle.

First, you need to put yourself into a state of receptiveness, or **ALLOWING**.

The word "allowing" brings to mind visions of openness and non-resistance – and it is indeed such a state. But it goes even deeper than that.

Allowing means thinking, feeling and acting as if you already have what you want.

It means undergoing a complete inner shift so that you now live FROM the perspective of a person who has what they want. This is a difficult state to describe, so let's look at a couple of examples:

- Imagine that you're trying to attract more money into your life. You get a clear idea of exactly how much money you want, you ask for it by creating a vision board or writing out your desire in full detail. You work on your beliefs, gradually convincing yourself that it's possible for you to receive it and that you deserve it. But when you're not spending your time on these activities, you're obsessing about lack, worrying about how you're going to pay the bills and feeling frustrated because more money isn't showing up in your life yet. Are you in a state of allowing when you do these things? **No!**

Here's another example:

- You decide you are ready for a meaningful relationship and you want to attract your soul mate. You go through all of the steps described above, but then spend most of your time complaining to your friends that there are no decent men (or women) out there. You talk about how lonely you are, how it's impossible to meet potential partners without going to clubs, and so on. Are you allowing? **No!**

The more you focus on what you **DON'T WANT**, the more of it you're going to attract! Every time you complain, get frustrated or invest emotionally into situations you don't want, you are cementing them more firmly in your reality.

So, are you supposed to just ignore the things in your life that you're not happy with? Generally, yes. Or, if you can't ignore them completely, at least avoid becoming upset and emotionally entangled with them.

Of course, there are certain things you just can't ignore – nor should you try. For example, let's say you receive an unexpected bill in the mail and you don't have the money to pay it. Hiding it in a drawer and ignoring it probably isn't a good idea. In that type of situation, definitely do what you can to come up with the money and handle it the best you can. However, while you're handling it you should be sure not to switch into a lack focus by getting upset or angry. Stay calm and do what needs to be done, then place your focus back on allowing more money into your life.

I know you must be thinking that I'm out of my mind for suggesting this! You probably think it's impossible to control your emotional state like this, but I assure you it's very possible. It does take practice however, so don't be surprised if you sway back and forth at first. Just keep making an effort to invest emotionally ONLY in the things you want to create more of. It gets easier the more you do it.

Physical Action and the Law of Attraction

Another part of allowing is knowing whether you need to take action or not. As I wrote earlier, sometimes you will feel a nudge to take a specific action, and sometimes you won't.

There are a lot of mixed views about the concept of action. Some people feel like it's always necessary, and others feel that it can be good but isn't always necessary. I fall into the latter group.

Here's what I can tell you from my own experience. There have been times when I took action and great things happened because of it. There have also been times when I didn't lift a finger and great things happened still.

One thing I like about action is that it can help you feel more proactive. Rather than waiting idly for something you want, you can empower yourself to begin moving toward it by taking one or more simple action steps.

HOWEVER – (and this is a BIG "however") the action steps you take should be enjoyable, not difficult or forced. Don't take action because you feel you have to, or because you can't see any other way for your desires to be realized. Give the universe a little more credit than that! Let it work on your behalf, and if you feel that there are things you can do to help the process along, go for it.

How Can I Tell When I'm Being Nudged with an "Inspired Action"?

This is one question I get from a lot of people. How can you tell when the universe is inspiring you to take action?

I'll be honest; it's not always easy to tell. Sometimes you might confuse inspired action with wishful thinking, or fear-based thoughts that your desire won't manifest unless you do something.

However, most often inspired action is something that you'll WANT to do. It's something that gets you all fired up and excited, something that seems very easy and quick to accomplish. Usually an inspired action appears in the form of an unexpected opportunity, and you have to act quickly to take advantage of it.

Compare that to racking your brain and forcing yourself to take action on something difficult and drawn out, and you'll see the differences between the two.

One thing I do encourage you to do is start developing your intuition right away because it's a powerful tool you can use to discern inspired actions that the universe sends your way! There are a few ways to strengthen your intuition, but here are some simple guidelines to get you started:

1) Begin spending time in daily meditation (or just "sitting quietly"). The quieter, clearer and calmer your mind is and the more relaxed your body is, the more easily you'll be able to notice nudges from your intuition.

Have you ever had a "gut feeling" about something? Or just "known" something even though you had no real way of knowing? Those are intuitive insights! They're often so subtle that you can miss them if you're not paying attention. Sitting quietly on a regular basis is one sure way to get in touch with these insights.

2) Begin paying closer attention to the way you feel several times throughout the day. Intuitive insights can often appear as errant emotions like anxiety, fear, wariness, and dread – even if you can't see a clear reason for feeling that way.

Or, your insights may show up as actual bodily signals like tension in your shoulders or forehead, tightness or queasiness in your abdomen, cold chills, or any number of other sensations.

3) When you do notice a feeling or bodily sensation that seems out of place, explore it further. Ask questions like, "Why am I feeling wary right now? Am I about to make a decision that will have negative consequences? Is my intuition telling me to hold back? If so, why?"

4) Finally, you also want to pay attention to the more positive signals your intuition can send! Like when you encounter a great opportunity and your intuition is screaming, "YES, go for it! This will be fantastic!" Most often you'll feel that as a strong sense of excitement and enthusiasm.

Working with your intuition can often seem confusing at first, but the more you do it the easier it gets. It's just a matter of remembering to "listen in" and learning to decipher the signals you're getting.

Progress, Not Perfection

I want to stress one final thing: you do NOT have to be perfect at staying in a state of allowing 100% of the time in order for your desire to manifest.

As I said, it can be difficult to avoid investing emotionally in the things you don't want, and no one expects you to become an emotionless robot.

Here's a little secret: as long as you can place yourself into a state of allowing more often than you are in a state of resistance, you're ahead of the game!

Let's face it; we are emotional creatures. It's perfectly normal for our emotions to be triggered by outside influences. It's going to happen occasionally no matter how good you get at controlling your emotional state.

However, as long as you spend as much time as you can focused on what you want rather than what you don't want, a few little blips here and there are not going to make a big difference.

The key is to develop a strong self-awareness so that you can quickly bring yourself back into alignment when you realize you're focusing on the wrong end of the emotional spectrum.

No matter what, keep in mind that it takes a lot of practice and patience to truly master the deliberate use of the Law of Attraction. But the more you work with the principles, the more progress you should see.