

Deliberate Receiving: Finally, the Universe Makes Some Freakin' Sense!

by

Melody Fletcher

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DELIBERATE RECEIVING

*Finally, the Universe
makes some freakin' sense!*



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Synopsis

A practical guide to deliberately manifesting your dream life, from a high-vibing channel who doesn't believe that spirituality or personal development have to be so damn serious all the time! *Deliberate Receiving: Finally, the Universe Makes Some Freakin' Sense!* is a hilarious, fun, but deeply practical guide for anyone who was inspired and excited by the promise of *The Secret*, but felt that it fell flat when it came to the actual details of how to manifest your desires in real life. Outrageously fun, infinitely logical and full of practical, applicable wisdom, Melody's humorous, no-BS style is paired with an astounding ability to bring through higher guidance that will help you make seismic shifts in your understanding of what has been holding you back. This book guides you through a step-by-step approach to figuring out what you truly want, why you don't have it yet and exactly what you need to do to get it. It will leave you uplifted and empowered to deliberately receive more abundance, fun and passion in your life.

Sort review

About the Author Melody Fletcher empowers her readers to change their lives by reminding them that they are WAY more powerful than they've been led to believe, and that they do, indeed, create (and receive!) their own reality. Melody believes that pretty much everything most people have been taught about the world is bullshit, and she's not afraid to say so! The way she works with her coaching clients is actually a form of channeling - but she doesn't go into trance and there is no other entity speaking through her. She connects to her higher self to bring through wisdom that will help you shift at a breakneck speed - so if you're ready for change then you had better fasten your seatbelt! Originally from the US, she has dual-citizenship in America and Germany - which she likes to think makes her kind of like a super-organized cheerleader. melodyfletcher.com --This text refers to an out of print or unavailable edition of this title.

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What people say about this book

Brandon A. Olivares, "The Principles Are Universal. I was a bit conflicted about this book at first. I've read a lot of law of attraction authors in the past. I've studied it myself extensively. As I read Melody's book, I realized that most of her material came from the teachings of Abraham-Hicks. At first that caused me to distrust her a bit. I'm familiar enough with Abraham's teachings, and have my own opinions of it. But I prefer when someone's teachings spring directly from their own experiences. But, despite the above, she really does make things simple. And I love her style. Her cheerfulness is contagious. Here's honestly the best quote of the book, from chapter 12: "Detach from the idea of holding on to stuff, focus on the essence of what you want, and allow the manifestations to morph continuously to mirror that back to you." If you could just put that into practice immediately, you wouldn't need any other teachings. Law of attraction really isn't complicated, in theory anyway. The only thing that makes it complicated is the interference of our own limiting beliefs. LOA is all about holding the state of that which you want to see in the world. The rest is just releasing resistance. Melody provides some great techniques in this book to release resistance. There are many other techniques as well. One of my favorites is The Work of Byron Katie. I've used that extensively in my own life. The other part I quite enjoyed was her description of precursors, and not to settle until the outward manifestation is a direct reflection of what you want to see in the world, and of the inner state you're holding. I noticed a lot of precursors in my own life, which in a way is promising, as it means that better and better manifestations are on the way. In short, I'd recommend the book. But while reading it, remember the basics:

- It's all about the state. Find the state of what you want, and the rest will follow.
- Make sure whatever you're focusing on makes you feel good, or better than you were feeling.
- Don't be afraid of your limiting beliefs. Face them, confront them, question them, and your manifestations will come that much faster.

Other recommended books that discuss these same principles:

Becoming Magic: A Course in Manifesting an Exceptional Life (Book 1)

(and the other two books in the series)

Dollars Flow To Me Easily"

Andy M., "Don't miss Melody's unique approach. Don't let the jovial cowgirl tone fool you. This is a very wise book. If you read books on this topic all the time and still feel frustrated and confused, give this one a shot. Books like these make bold claims, but this one may very well live up to them. What makes this book unique is that Melody approaches it from the standpoint of teaching you a whole system, not just individual tools: a metaphor she uses is teaching you how to build a whole house, not just how to use a hammer. If you understand the whole process, she says, you'll know exactly *which* tools to use, when, and how. In my opinion, other books lead to mixed results because they mainly focus on tools, but not complete systems. I'm sure every book on this topic promises to succeed where The Secret failed, but this one really does offer something special. This book is worth it for the chapters on the spectrum of emotions alone. I expected this to be a re-hashing of the continuum from the Abraham books, but it is not. It is a very nuanced and easy-to-understand explanation of how emotional and energetic states progress. It incorporates behaviors and belief systems that go along with each stage. I also find her discussions of power and empowerment to be consistent with mental health literature that I have used, edited, and worked with. Memories constantly flashed through my mind as I read this book: each dynamic and principle she talked about brought up all kinds of examples from my own life. I feel like I'm gaining very valuable insight into my own patterns, and that made this book an exciting and satisfying read. I'll end with a handful of what I think are some of the most useful insights:—Not every tool is appropriate for every situation. This is why things like affirmations and visualizing can, at best, do nothing, and at worst, make you feel like crap.—Feeling your feelings, letting them out in a healthy way, and not denying or repressing them is a critical part of raising your vibration. Many people are stuck because they're afraid to feel, when it's the fear of feeling that creates the blockage.—People hang on to painful beliefs because they're the least painful option they believe they have access to. As bad as they may feel, they seem like the best option.—We don't want the literal physical stuff we visualize: we want the emotional/energetic state that those things represent to us. The feeling state is the *what* whereas the stuff is just one version of many possible *hows*. I expect great things from this book, and plan to update my review accordingly. I think Melody has a unique gift and reading her book felt genuinely empowering."

kirsty, "The best such book i have read to date!. I do read a few of these self help sort of books and have found this to be one of the most 'real' and relatable books so far. She talks in a language you can understand using examples and ways of getting things across making it all understandable and applicable. One of the best books like this I have come across, its not fluffy and has practical reasons why and how to do something, not just telling you to do it. I even got my boyfriend to have a read and now when one of us is having an issue, the other will often quote something from the book to instigate relevant thought and action changes, truly a great read, worth every penny."

Aidan Lavery, "Excellent Read. Melody has a certain unique style. It is a style that is direct, to the point and completely devoid of BS. Frequently Melody writes as if she is speaking to you. She also writes very well and the narrative flows easily. However to truly appreciate what Melody is saying will require some effort and thought on the behalf of the reader. However people who are attracted to this book are likely to be those willing to put in such inner work to facilitate their evolution. To me the main point that I grasped was that the LOA merely reflects back your vibration 24 x 7 and your experience of life is an accurate reflection of your vibration. Your vibration is influenced by your core beliefs, hidden beliefs, your past experiences, memories, emotions and your habitual thoughts. All of these things contribute to your vibration and I think of vibration as being interchangeable with the word feeling. Your vibration is an accurate reflection of how you feel. So, for example, if you want a new car and you use visualisation techniques and affirmations to feel positive about receiving a new car, but if you have a core belief of scarcity then your overall vibration regarding the new car will be a mixture of these feelings. And core beliefs can be very dominant. People with a core belief of scarcity may have difficulty attracting new cars into their experience despite the use of tools such as visualisation techniques and affirmations as they are not aware of their overall vibration. So for anyone to use the LOA to deliberately create their experience they need to be consciously aware of their overall vibration. Melody also provides much good advice within the book on how beliefs and feelings can be changed and hence the consequent vibration. Another important point that I grasped when reading the book (and indeed her excellent blog on her website <http://www.deliberateblog.com/>) is that the things we want, e.g. a new car are really about our wants from an emotional point of view, they are not really about 'stuff'. What we want is always underpinned by the emotions and feelings that the stuff represents to us. What we want is really about us and not the 'stuff'. So what for example does a new car represent to someone emotionally? It will always be entirely unique to each person but for example it may represent an outward manifestation of financial success that in turn will give the feeling of security of self-satisfaction of being as good as one's peers etc. So if a person can emit a vibration that affirms their security and self-worth where that positive vibration is not contradicted by other beliefs, thoughts and feelings then the LOA will bring into that person's experience events and feelings that increase their security and self-worth and maybe even a new car. For anyone interested in learning about how to use the LOA in a conscious manner, then this book is an excellent place to start (as is the above web site)."

Mazmataz, "Grounded, practical and, well...this stuff really works!. I'm just about to buy my third copy of this awesome book. The first one I gave away to a friend who I thought would benefit and then I realised that I didn't actually want to be without it, so I bought another one. And I've just bought another as a Christmas gift for a friend who has started asking me more and more about this LOA thing that she knows I'm into. ;-)) If you're new to the concept of manifesting and LOA, and can easily be put off by all of the 'hippy-dippy' 'woo woo' stuff, then this book is for you. Melody describes universal energy as a kind of technology that you just need to know how to

operate before you start using it. And this is like a Haynes' manual to the universe. Also, just because you now know how to drive the car, doesn't mean that you drive it perfectly every time, so brushing up on the basics is always useful. This is why I've held onto this book for so long, and why I always refer back to Melody's older blog posts. It's very easy to get caught up in life and forgot the basics, which really do work! Cannot recommend enough if you are even remotely interested in these topics!"

P Parkinson, "Expand your life. A law of attraction book of about 255 pages. It is divided in 2 parts 1 - introduction of the basics and 2 - how to manage your energy. If you know the law of attraction, you are not learning anything new. It just explains it in a different way that might inspire you more. Melody Fletcher introduces herself and tells you about her life. She stops blaming others and accept responsible for her life. She started making changes on an energetic level instead of through action. She raises herself to a very high vibration level. Her life now is full of joy, awesomeness, love and adventure. In Part 2 she explains how to get from where you are now to where you want to be. You understand your emotions and use it to release resistance. If you are a believer it gives you another way to look at things."

starlawinter, "I would recommend buying this book first. Finally a book that speaks to me. I would recommend buying this book first. A lot of other books on loa, miss out important information. It's not just about thoughts, emotions are key. Always look at your emotions. What you think means nothing if you emotions don't mirror that. This book helps you to understand them, what to do about negative emotions, and how they can be beneficial. I refer back to this book often, if I find myself off track."

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