

Working With The Law Of Attraction

Questions:

1. What unwanted or undesired circumstances do you have in your life that you would like to alter?

Examples: limited finances, challenging relationships, unfulfilling work, etc

2. Take a moment to reflect: what are 10 beliefs you might have that may be creating this reality?

Examples: Money doesn't grow on trees, life is hard, you can't trust others, etc

3. What are 10 new beliefs that you could create to replace these current beliefs?

Examples: I am a magnet for money, I experience my relationships with ease and grace, my life nurtures me, the universe supports me

Turning Beliefs Into Intentions/Affirmations

1. Create an intention/affirmation from these new beliefs.

Example, the affirmation may be: 'I experience life with ease and grace'.

2. See if you can introduce this thought into your consciousness by repeating it to yourself throughout your day. Keep reminding yourself of this affirmation/intention.

3. Notice if any old beliefs want to object to this new affirmation. Just watch/observe the old thoughts without judgement or engagement. Then gently introduce the new thought again.

4. Keep doing this as often as you can remember. This practice can be life-changing and you may find that new things start to manifest in your life even after a few days if engaged in regularly. For those that are really committed, you may even want to repeat this new belief to yourself several hundred times a day.