

The Law of Attraction...

- When you hold a thought without contradicting it you attract another, and as you hold that without contradicting it you attract another, and another, and another, and so on
- Those thoughts build and build and build and build....
....and you see things happen on the physical level
- What is most powerful is pure (not-contradicted) thought than repetition or intensity
- Your emotions are your guidance
- The process of manifesting is lining up your thoughts to your desires. Your desires already exist on the level of thought and spirit, you just haven't seen them yet. By the 'work' that you do - and it is never 'work', it is meant to be about creation and fun – you are bringing them into your physical reality
- Inherent in every desire are the mechanics for the attainment of it, just like in every seed there are the mechanics for a tree (or trees!)
- The way to using it is through your thoughts and emotions

Softening & Focusing...

- Using 'generality' to soften
- Using specificity to focus

The Bigger Picture often not talked about...

- There is more spiritual (/non-physical) around you than the physical you see
- Your thoughts and your feelings are your way to the spiritual, using the spiritual to create in the physical
- The physical is a reflection of the non-physical/spiritual
- If you were 'God' ...
- Expansion (and growth) are constant

Knowing when your goals are close...

- Vibrational familiarity

Questions

Manifesting & Law of Attraction 101

from <http://www.manifestingandlawofattraction.com/loa/2008/01/manifesting-law.html>

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1. You're allowed to want what you want, your desires are the universe's too, it manifests THROUGH you
2. Every desire has the mechanics ('How') of it's fulfillment, just like in every seed there is a tree, the mechanics are in the how
3. The Law of Attraction is the most powerful law in the universe, many other laws are corollaries from it
4. When you launch a desire, your job is to get up to speed with it, by lining up to it vibrationally
5. You line up to a desire by lining your beliefs (thoughts, emotions etc) up with it
6. When you are lined up the universe will orchestrate the synchronicities and the 'How' for the attainment of what you want
7. Focus on the energy flow than the goal. Use your goals and desires to flow energy. Want them. Want them very much. But not so much that you pinch the energy flow (i.e. be allowing, be detached)
8. Allowing is when you are not resisting, your thoughts are lined up and allowing what you want than resisting or thinking about something contradictory to what you want
9. If you focus on what-is you'll get more of the same
10. Use your imagination and creativity to think of scenarios of what you want
11. It need only take a thought to start in the direction of what you want. You don't have to be fully blown vibrationally lined up immediately. You just need to take a thought...
12. ...holding a thought for at least 17 seconds, without contradicting it, will attract another thought. Holding for 34 seconds will attract another thought. 51 seconds, another thought...
13. ...once you have been focusing on something, without contradicting it, the momentum is in the that direction, and you will attract thoughts faster and faster, and you will feel this emotionally too...an improvement in feeling, depending on where you were on the vibrational scale
14. Once there is a momentum, you will vibrationally attract what you are a match to, it will manifest on a physical level
15. Manifesting can be in the form of ideas and inspiration you get, synchronicities, being at the right time/right place, etc. The universe has an infinite number of ways, via the path of least resistance, in bringing you and your manifestation together.
16. It has more possibilities than you could contemplate, and more ways of having things find their way to you than you could imagine
17. Your job is not to figure out the how, your job is to line up with what you want, the universe will bring what you want to you via the path of least resistance

18. The more you allow, the less 'attached' you are to it, the more ways/quickly it can come to you
19. When you do manifesting processes or visualising, see it as a game or process rather than 'work'. If you see it as 'work' (unless it feels good), it too will have a vibration. You want to have the best feeling vibration you can, whether that be about what you want and/or the process you are using



20. Sometimes people get focused on the manifesting process than the goal itself, the goal is the energy flow of what you want. They think the manifesting will solve anything and everything. It can. But 'needing' or 'relying' on it too implies a vibration of desperation, not one of faith and purity in the goal that you're wanting
21. Whilst you are learning or 'getting better at' manifesting (isn't everyone), remember to play, it doesn't matter how good or how 'bad' you are at it, your attention is on the 'playing'
22. Be passionate about being passionate, that's the intention of your goals remember, what energy they flow for you
23. The universe loves you unconditionally. It loves you so unconditionally that you don't have to believe it loves you and it will still love you
24. You are inherently free in this universe. You are free to think what you like and thus are free to set your vibrational tone to what you like
25. It's always about the Now. Anything you think about the present and future are all perceptions FROM THE NOW
26. Any emotion or anything you work with, get it to how you feel about it in the Now, that's where the leverage is, rather than 'I felt x' about it, why are you mentioning it Now? Why does it come up Now? What is the emotion at Now?
27. When you think of your goals and you feel uncomfortable (you can replace that word with any negative emotion) it's because there is discord between your desire and your belief, they are vibrationally apart at that moment
28. One way to deal with discord when thinking of your goals is to 'soften'. So rather than thinking of the £1million you will have, start with a concept that money goes where attention goes – i.e. something general which you know you are ok with believing now, and when that feels comfortable/familiar, build it up to something else, and so on to the goal....
29. Take steps, getting familiar each step of the way, make the emotional journey to the goal
30. The Emotional journey has more leverage and power than the Action journey
31. The Emotional journey is made by thinking/feeling FROM your goals, being familiar with what you want
32. Ensure your observations (your day to day thoughts/feelings) are in alignment with your goals. Visualising money and being disappointed at the bill coming

- through your door is not necessarily being aligned. Being grateful you have utilities and knowing there is a flow of money available is better
33. Upstream and downstream are relative statements. They are relative based on where you are vibrationally. Something downstream from one perspective (from one emotion on the emotional/vibrational scale) is upstream from another
 34. Don't impose your beliefs on another. For someone who is angry it may be what they need to deal with fear or sadness and move up the vibrational scale (anger is more empowering, action oriented, fear and sadness are more passive and disempowered). But when people tell them they shouldn't be angry they get knocked back down to fear or sadness
 35. Your greatest challenges are your greatest teachers. There is great desire and value within contrast and resistance. Contrast gives you the colours on your palette. It does not have to be 'negative' necessarily, contrast means variety. When there is variety and choices, preferences are born from them, and from your preferences you have your desires which you line up to
 36. Resistance implies something is important to you. If you didn't care about something on some level why would you have resistance about it...
 37. You can imagine anything you like. Again, there is total freedom
 38. The processes and games are there to get you to think in certain directions and to line up your vibration
 39. You communicate with the rest of the universe (which is a vibrational universe) through your vibration. When you say words to someone they will mean one thing as compared to another when your vibration is different



40. Strong desire manifests your goals more quickly, 'allowing' strong desire is very attractive
41. Appreciation is the closest vibration to You
42. You can start with appreciating anything (even this article! Lol), and as you focus on the appreciation another thought will come along that matches, it, and another, and another, and so on....
43. Asking yourself 'Why' you want something can soften it, the reasons and the motivation and the feel good soften any resistance to it and Allow
44. There is no destiny and fate other than your beliefs about it, which lead you to offer or not offer a vibration about certain things. For example, if you believe something is your destiny your vibration will be stronger about it, if you believe it's not meant to be you may not offer a vibration about it, and perhaps instead on other things
45. You need 51% momentum towards your goal to continue in that direction, keeping your attention on that, without contradiction, will continue it

46. The universe is inherently positive. Even at it being neutral, it still offers you a choice (to be positive or negative), which suggests even 'neutral' is oriented towards the positive
47. If you're feeling negative emotions and not able to 'feel good' or 'feel better', work on feeling 'less bad' and so on and go from there
48. Energy flows when you are expansive with your thoughts, that's what you use your imagination for. The processes and games are structures to use to enable this, but you don't 'need' anything other than your imagination and creativity and an attitude to play, everything can come from that
49. If there is discord to a goal, consider thinking a thought that is vibrationally close to where you are. If you do not find it easy to appreciate something, start with appreciating something you know you can and build from there
50. Practice the vibration of what you want so it feels familiar, so it's the next logical step. Make this your dominant vibration on the subject
51. The key thing is your attention and your focus (i.e. your vibration). If you do not believe something is easy or possible, start by just 'playing' with the thoughts of it being possible, use frames such as 'What if...' and 'Wouldn't it be nice if....' amongst others, and as you play with those thoughts they'll become more familiar and more believable
52. Manifesting \$10 and \$10k or more are just as easy, just like a castle and a button. Whether you have your beliefs to believe that is up to you, it starts with entertaining the possibility that it IS
53. Writing is a good focuser of energy, you see your words, listen to your self talk, and feel the writing of the words, it involves your neurology
54. Lining up is about closing the gap between your desires and beliefs
55. It's not about 'working hard' or 'pushing it'. Realising the stream is infinite, and you start one thought at a time, know the momentum quickens easily and naturally so long as you don't contradict it. 'Working hard' or 'Pushing it' can imply resistance, in 'needing' to do that, but they can also imply high desire too
56. So it's not about 'pushing' to manifest faster or speed up manifesting, it's about lining up and allowing the Stream, the Stream is infinite, it's as fast as you allow it to go, but how much are you allowing...
57. Write out your thoughts on a subject, then note down which ones feel what (what emotions) and which feel better. And focus on those for a while (at least 17 seconds), and as you let them affect your vibration see what other thoughts come up now from this new vibrational range. This is a good way of having a connection with your thoughts, and being sensitive to them in how they feel
58. Always be working towards better feeling thoughts...
59. ...and they will lead to more



60. Dealing with clutter is another way of reducing resistance
61. Being general and 'vague' in statements initially can be a good way to soften what you want (less resistance), and then get more and more specific, there is power in the specificity
62. It's not necessarily about the precise goal you are visualising or thinking of, thinking of it that gets you in the vibrational frequency of it and you being open to attracting it or something even better
63. Everything you experience is a vibrational match
64. To let go of something, take your attention away from it. Something only lingers if your attention is on it (or a vibrational match to thoughts like it) on some level
65. Energy flows where attention goes
66. If you believe in God, the Universe, or whatever, have communication about what you want. Whether you believe in that divinity or the one within you does not matter, so long as you are having your vibration on the things you want so you allow them into your life
67. All possibilities and parallel realities are available
68. You change parallel realities by your thoughts and intention (vibration)
69. It's about probabilities, as you change your vibration to something you are enabling the probabilities of it happening
70. When you focus on the positive aspects of something or someone you attract either more people of the same, or you draw those positive aspects from the people already around you
71. It's not about money, it's about alignment. I was talking to someone last night about the Jaguar and he went onto the conversation of money. I told him everything is about lining up the energy to what you want, it will knock down the door to get to you, whether you have millions to your name or pennies
72. Think about what you want. Write 20 things that you like about it (you can extend this to 50 or 100 things or more). You are creating a positive vibration to what you want
73. Remember to milk your thoughts. So don't just think of what you want, but think of it in a way that feels really good. If you think of what you want and there's not much emotion to it, it suggests not a lot of desire (or resistance). Find aspects about it you really like. Think of it in different ways. Think how you can extend this to feel even better about it. Perhaps tweak the goal so it feels better, or find the aspects within it that drive you wild
74. Follow your joy....
75. ..you are tapping into the big picture that way. You may think you have a rational/logical plan, but following your joy (which is your connection to infinite intelligence) is telling the shortest route to where you want to be. It knows what lies ahead and to avoid the dead ends and where the short cuts are
76. It's okay to follow your joy
77. Everything is about perspective. The only reason you feel (negative) emotions about something is because of the perspective, and you're not seeing all the other perspectives yet

- 78. It's easier to change your perspective than reality
- 79. Changing your perspective will change your reality



- 80. Make a list of the things you're not complete on, whether it be with other people, things you haven't finished or things you said you'd do. You don't have to complete them, just get at peace with them. Incomplete things can act as resistance
- 81. 'Willingness' implies allowing. Not being willing to do something suggests an aspect of resistance possibly
- 82. Attaining your goals is about summoning the energy (from your desires, the stronger the desire the stronger the summoning) and allowing (closing the gap between desires and beliefs)
- 83. You can bridge or chain to what you want. So if you want to think something but it feels further away, you can create intermediate thoughts to think and bridge and chain to it, and practice it
- 84. Create scenarios and frames for yourself to play games. If you want more money imagine having a £100 or £1000 (or \$;)) in your wallet and practice spending it. Or imagine an unlimited credit card. Or imagine having whichever car keys you like in your pocket. The idea is to practice experiencing having what you want, whether it be purchasing something that you want or doing something that you want, EXPERIENCE the FEELings, and practice them. It doesn't matter what you have or what amount (adjust the amount if it is financial so it feels best, keep increasing it for example), the most important thing are the feelings you experience.
- 85. It's never about achieving a goal, because from that goal will be a vantage point for more goals, it's a never-ending expansion, a never-ending journey, that's what life is about and the eternal expansion of the universe. So you'll never 'have it', it's about *being* it and *having* it, the process of it. (The *doing* will be a consequence of those)
- 86. You can find photos and pictures of what you want and put them up on walls, on the desktop on your computer, bank statements, cheques (i.e. of amounts you want to have in your bank or receive) etc
- 87. The universe is abundant, it has more than enough (and even more still) for every single person on this planet and more, many times over, infinitely. In fact it is the ASKING and receiving that causes the expansion in the universe. It's not a case of how much of the pie can I get (scarcity), but how my intentions make the pie bigger (for everyone) and thus we have more in the process too (abundance)
- 88. The universe can be as abundant or as scarce as you let it be, which inherently implies it is abundant

89. What you experience in life is a REFLECTION of your thoughts. Don't work on the reflection with your actions, work on your thoughts and your intention, there is greater leverage in working on it from there
90. The situations and circumstances in your life do not matter, what you offer vibrationally does, as one will follow the other
91. Setting a time or deadline on goals is a way of focusing the energy, i.e. for some people the goal can appear more real (which can mean feel better), but don't use time to beat yourself up or have resistance about it, your manifestation of your goal is based on your vibration to it, not that you impose a time limit on it. There is no time in the universe's concept, it works on the level of vibration. You would only use time if it helps you lining up your vibration (and feeling good)
92. Just as the universe is a system orchestrating itself, so is your body, with every cell responding to your vibration. When you set your vibrational tone, every cell responds to it
93. The universe is holographic, every element contains the larger whole within it
94. Affirmations work when they impact your vibration. You can keep reaching for 'better feeling' affirmations. When you reach a certain level you may want to strive further so your thoughts and you, and the feelings you flow, are always expanding. When you expand, you open up vibrational frequencies to think/feel from, enabling you to expand further
95. When you are lined up and feeling good people will love being around you, because you are also enabling their connection too
96. You cannot create in another's reality and nor them in yours, but you can be affected in your creation by having your attention on them than on your own inner guidance and connection
97. You have more power and influence in your connection than millions, including world leaders, in their disconnection and trying to create through action
98. Unconditional love is just that, no conditions, no strings. With it you are allowing them (others)/it (goals) to be who they are, and there is no resistance
99. Your body is not a vessel for your spirit, your spirit is a vessel for your body ;)
100. Abundance is not just money, abundance is much more than that. If you think of it only as money you limit the ways abundance can get to you
101. You already have everything you desire. It's all around you, you just have to let it in