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Foreword

All people are surrounded by a thought atmosphere. . . Through this force we're either drawing in or forcing back. Like draws in like and...we draw in exactly what we are in mind.

The law of attraction, or what I refer to as resonance manifestation, is the principle by which you draw into your life that which is in vibrational alignment with your awareness; your thoughts, feelings, opinions and attitudes, whether you're mindful of them or not.

This is why the starting point on the road to successfully and deliberately manifesting your desires is to become aware of the thoughts and feelings that are producing your experience and to take responsibility for your reality.

Accepting responsibility for your life without judgment is both empowering and liberating. When you understand that you're source not subject of your existence, you are able to modify it.

Further more, when you realize that you're always backed up by an all-loving, intelligent universe that you're ever united with, you'll be able to allow and engage co-creation where synchronicities and serendipities burst, “hows” are magically taken care of and issues in your life seamlessly woven into a tapestry of dreams come true.

The law of attraction is the power of like attracting like and the means by which you magnetically materialize that which you center your attention upon and are in energetic balance with.

To apply the law of attraction successfully you will be required to become conscious of what's happening inside. You need to be aware of the thoughts, feelings, beliefs and attitudes that are what's creating the boundaries of your experience.

You're a marvelous manifesting machine producing your reality in every moment. It is not possible to not create. The trick is to become aware of how you do so. For this, realizing the nature of reality, the law of attraction and the “greater picture” around manifestation is of value.

The law of attraction is an absolute. It doesn't single out, it simply is. This implies it can work both for and versus you. To draw in what you want into your life you need to line up your heart and mind to the final result of your wishes, the juicy positive ideas and beliefs which palpably resonate and act as a magnet to those very goals.

In my exploration of manifesting and the law of attraction I have identified some key insights that have aided me to understand its nature and workings and engage it entirely in my favor. A few of these are explored here.

Law Of Attraction: An All Important Holistic Guide

Understanding The All Important Big Picture.

Chapter 1:

Imagination

Synopsis

What is now proven was at one time only imagined.



Thoughts

Your imagination is a gateway to the possible and a bridge to your unconscious mind. It's the limitless palate with which you craft your world and a built-in key to manifesting your hopes. Your subconscious mind doesn't recognize the deviation between what is genuine and what is imaginary.

Your imagination is your preview of life's coming attraction.

When envisioning your desire, engage your imagination by using all of your senses. Imagine not only the visualizations, but also the sounds, textures, smells and tastes of your dreams coming true. Even more significantly, think of the feelings of the outcome you look for as these contain the strongest magnetic force for drawing in your desires. How you feel about what you imagine will decide whether you'll successfully draw it in or not.

Feelings are the language that talks to the Divine Matrix (the Universe). Feel as if your goal is completed and your prayer is already responded.

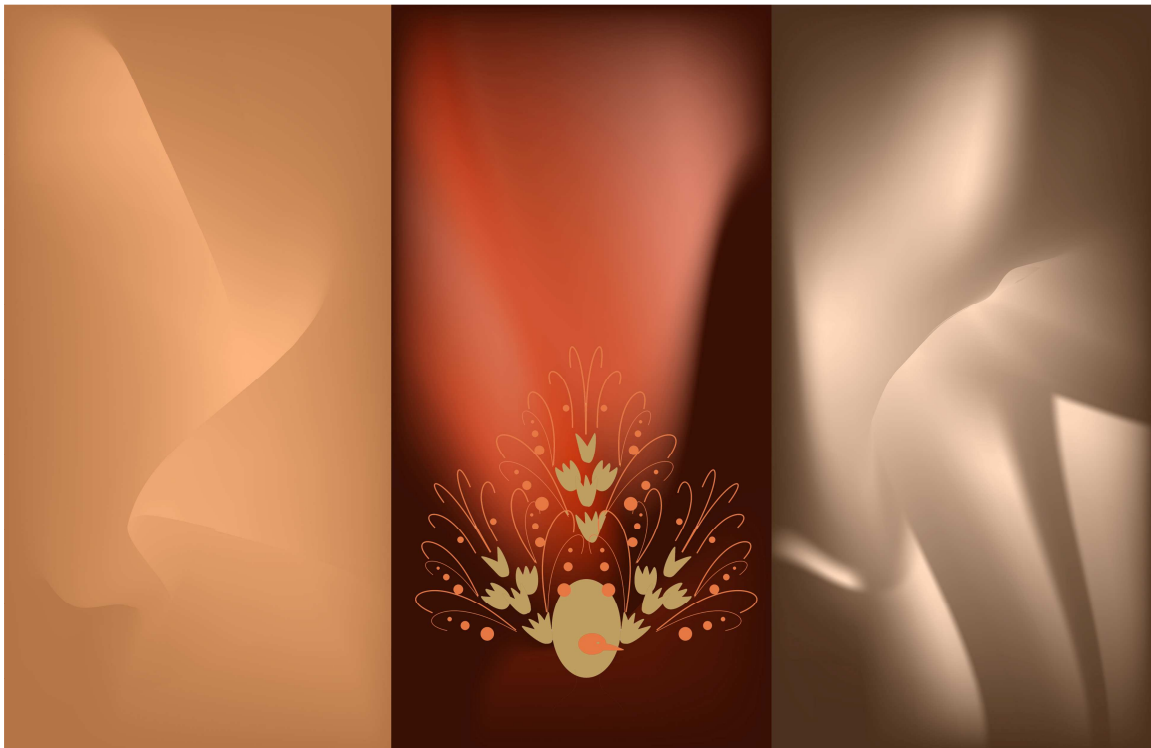
If you envision your dream car but are consumed with feelings of defeat for not having it, doubtfulness about ever manifesting it, guiltiness about deserving it, or jealousy at your friend for already having it, you'll trigger the law of attraction against you instead of for you and re-enforce the absence instead of existence of that car in your life. Your feelings are mighty indicators of what's going on internally and point to beliefs and attitudes that may need changing or adjusting.

Your feelings are integral to successful manifestation. They're the words of your unconscious mind and the energetic conductors that provide shape to your experience, actively drawing in, driving back and producing the substance of life that's your reality.

You are able to begin immediately to feel healthy. You can start to feel prosperous. You can start to feel the love that is circling you, even if its not there and what will happen is the universe will correspond to the nature of your song.

The universe will correspond to the nature of that internal feeling and manifest it because that is the way you feel.

These feelings are conductors that provide shape to your experience, actively drawing in, driving back and producing the substance of life that's your reality.



Chapter 2:

Desire and Manifesting

Synopsis

***Desire is the beginning point of all accomplishment, not a hope,
not a wish, but a great throbbing desire which surpasses
everything.***



Do It Right

Desire breaths life into your dreams and fuels your imagination and anticipation. As you connect with your desire, your imagination, as well as all the favorable thoughts and beliefs about your goal, are lit. To connect with the desire you've got for your goal, merely ask yourself "Why do I wish for this?" As you answer the whys, your passions and emotions flurry and your imagination streams.

Enquiring why also aids you in acquiring clear on the intent behind your goal and how realistic your goal is for you, also what the greater purposes and hoped results of your goal are (what you wish your goal to give you). It can be an uncovering exercise.

Some of the times what we believe we desire can be a product of the consensus, of what other people desire for us, of what we believe we "had better" have, of what our ego believes will satisfy us, or of our rationalizations rather than our heart's desires. If questioning why you desire your goal does not get you jazzed up, you might prefer to question how much you really desire it.

Future Causation

A different tool for adjusting your heart and mind to the final result of your wants is what I call Future Causation. Basically, time and space are an illusion. The future you want already exists. Rather than attempting to guess what that future will be like from your present, go to that bright future and see it for real.

This has been among the most profound methods I've practiced. The insights I've encountered in linking to a wanted future in this way

have passed beyond the boundaries of my present imagination or what I'd have consciously planned. I've been gifted with information and states of being that have been way “outside the box” and have altered me and my reality in the present. This is why I address it as the future causation because it can immediately and radically change your current state of vibration by the force of vibrancy. Connecting to that future produces a bridge to that future and acts as a portal for its manifestation in your world.

Your future is always shaping your present. The good news is you are able to decide the future you wish to influence you and allow it to alter you right now.

Manifesting is a powerful way for engaging future causation and will set the law of attraction in motion to manifest it effortlessly into your life.

Rehearse your future on a regular basis. What sort of conclusions would that future have you make, how would they think, feel and be? What answers would they discover, successes create, challenges defeated and so on?

Apply a 'future view' when reaching conclusions, arranging goals or addressing challenges. What would that future you, the cured, gifted, loving, successful self that you're becoming, believe, feel and be? Tie in to that future and permit it to have voice in your world today in the views, beliefs and actions you decide.

Make the Space

For your desire to land in your reality you are required to produce the space and be prepared for it. What requires to be done on a practical, emotional and mental level for you to be set for this reality? Get ready by thinking ahead and making the necessary steps towards your goal.

What new resources, contacts and skills could you require? What new postures and opinions? Think from your future and behave accordingly.

A different way to make space in your life for your ambitions is to clean out the clutter. This can be done on a physical and virtual level such as cleaning out your closets, organizing your papers and filing, discarding old garments and so forth, but it can also be done on emotional and mental levels. What human, concern, bitterness, wrath or loss are you grasping that could be let go of?

If you're desiring a new relationship for instance, is there an ex-partner you have not quite relinquished yet, or a quality about them or that relationship that in your heart you have not yet given up?

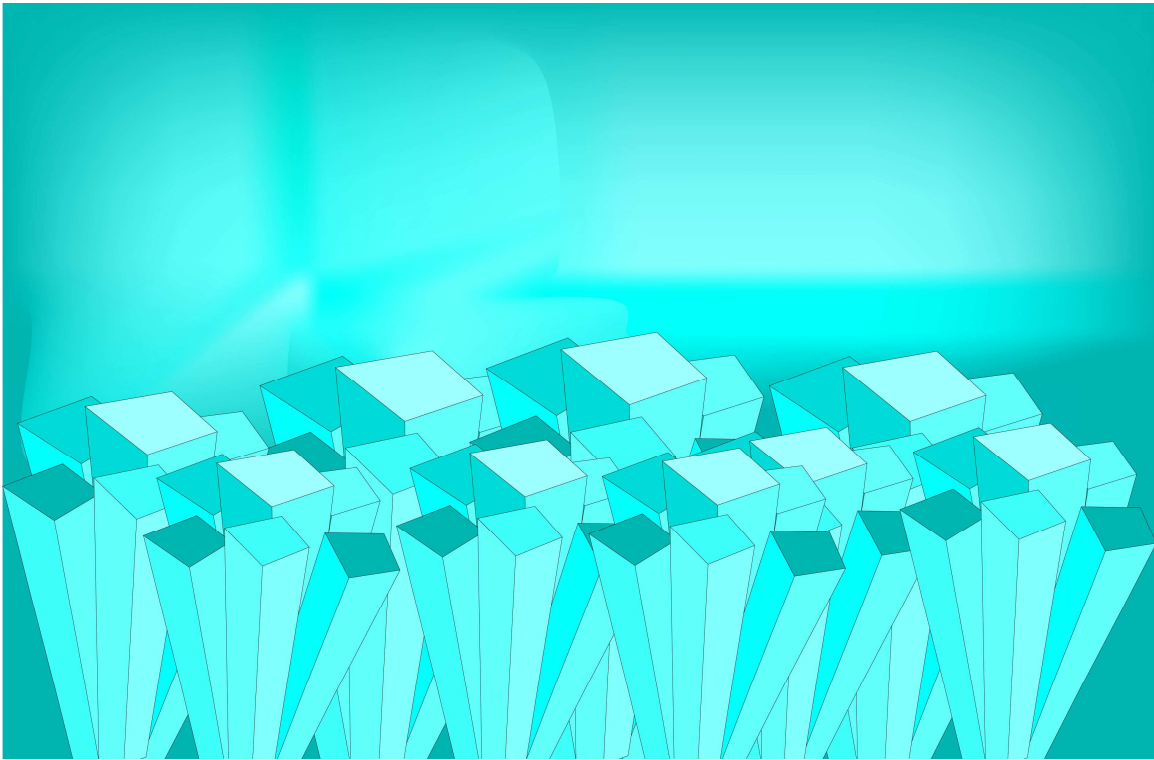
What ever you are grasping from your past is what you are bringing into your present reality.

Chapter 3:

Belief and Deserving

Synopsis

***An opinion is presuming something to be true, to be a reality.
An opinion isn't stimulated, it's produced by choice. An opinion
about a thing's being isn't the same as its existence.***



Perception

To successfully draw in your hopes it's crucial that your feelings are congruent with them. If, for instance, you desire a happy loving relationship but bear negative feelings about the opposite sex, love, or yourself for that matter, you will produce counter results.

Beliefs are constructed during an early age and at other key periods in your life. They can be formed and molded by family, peers, society and media, and a large number you may not even be aware of.

Opinions are not the truth, but merely a perception and toleration of such. What's great about opinions is that you can alter them and pick out the ones that accommodate you and back up your imagination and dreams.

Whatever the mind can conceive and believe, it can accomplish.

A different key element to drawing in and allowing the realities you look for is a sense of worth. If you do not feel that you deserve the truth you want, you'll block its manifestation or undermine it once it arrives. Your sense of worth reflects your level of self-value and is meddled by guilt, dishonor, self-judgment and negative self-concepts.

Self-love and self-forgiveness always increase your sense of worth.

The fact is that you deserve wholly and utterly just by being alive. Once you acknowledge and awaken to your spiritual value, your inherent purity and worth and the true nature of your being, issues of worth are solved.

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