

How to Ensure That the Law of Attraction Works to Your Advantage

There's a lot of talk these days about the law of attraction. Even so, I keep meeting people who have never heard of it even though some of them have been using this law to their advantage for a long time. Possibly this is because they know it subconsciously but they are not consciously aware of it and have no idea how it works. Given the way the world is now, with talk of recession all around us, this is a good time now to find out about the Law of Attraction and why it is people believe in it.

What It Is

The Law of Attraction could probably be thought of as a universal law which affects everyone of us no matter who we are, where we live, our ethnicity, our religion, our gender, our physical abilities or any other circumstances. This means that it's not possible for anyone to prevent the Law of Attraction applying to you.

Simply put the Law of Attraction restates the principle of like attracting like, but it isn't restricted to attracting someone with a similar personality or likes and dislikes. Rather it is about energy patterns attracting similar energy patterns. In other words, you get back the same energy you are sending out. Some people, mistakenly, feel the Law of Attraction is only about positive thinking. This is a 'mistake' because, for one thing, this law works the opposite way too. If your aura is negative, you'll just as easily attract negative energy and, therefore, negative events and circumstances will occur in your life.

How to Use The Law of Attraction

However, the law of attraction involves much more than positive thinking, which most of us tend to reduce to sayings like, 'My glass is half full'. In other words, positive thinking implies an outlook that is satisfied with life in general, but is rather about passive acceptance. To benefit from the Law of Attraction you should be very specific about what you want in your life rather than just accepting what comes along. In addition to this some gurus would say that you should learn to visualize precisely what you want, and express your ownership as if it were already true. Although it's a bit back to front the next thing to do is get ready to actually receive it.

On top of all of all of this you must be 100%-plus convinced that you deserve whatever it is you want and that it is already yours. Those who feel they have done everything they should but still haven't benefited have probably held on to a doubt, even a tiny one, about their worthiness to receive. This may be something they are not even aware of at a conscious level but even this is enough to prevent delivery.

Mind Power

Saying goodbye to your doubts can be tough, especially if you don't know you have them or what they are. Even those of us who are good at using the Law of Attraction to their advantage

find they have to be very committed to the process and work hard at not hesitating or doubting for a single moment.

For this reason we need techniques to help us know what we want, believe that we are worthy of it, and be certain that it will come to us. Then we need to practice, every day. You could begin right now by seeing in your mind's eye the thing you want most at this moment; imagine what your life is like now you have it; daily practice like this will make your mind stronger, and will show you what the Law of Attraction can do for you.

Rose Mary Jane is a qualified Life Coach who believes passionately that we all have amazing potential. She wants this year to be the best you've ever had. Read her articles to see how you can achieve this, in part at least, by writing out your goals and changing the way you think.

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