

The Law of Attraction's Missing Ingredient

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The Law of Attraction Essentials

Have you ever wondered why at times things happen by just thinking about them?

Applying the law of attraction enables us to understand why this happens. The human body is said to produce very powerful energetic vibrations that tend to determine how we feel emotionally, physically, and energetically.



We are bound to either think more *positively* or *negatively*, the product of these two ways of thinking can manifest via our physical experience. People of ancient times had a deep understanding of this.

Our "thinking" as mentioned prior and from another angle, can be seen as a combination of thoughts and feelings. For instance, if you are constantly paranoid of something bad happening to you, there are more chances that your fear may manifest in one way or another, this is because essentially, you are placing yourself in this frequency of thought. You are placing yourself in harmony with this energetic level of thinking and being.

Also, when we are excited about something we desire, it makes us be much more inline with, and focused on getting it. But the underlying factor is that these thoughts and feelings (the excitement and drive) make us more optimistic and enthusiastic about getting it, this by itself is a form of *manifesting energy*.

So far, all this means is that the law of attraction "doesn't really choose sides for you" for it is WE who we determine if something feels good or bad, it is we who assign a meaning to something. This "universal law" appears to align itself with the consistency of one's emotions and or the energetic signature of our thoughts. For this law to work in your favor then, you have to be aligned with that which you want to create through imagination, emotion, and determination.

It is important to know, that we should always be in gratitude with what and who we are (creative individuals with limitless potential).

Appreciating the positive things in your current experience will help you be and feel more joyfully all the time.

Your ability to manifest something is limited only by your ability to conceive it (whether you believe you can make it happen or not). Any goal that is conceivable is achievable. At times, goals will fail. But this is simply because your "manifesting power and or experience" is not yet aligned with that which you want to create, nor it is conceivable. What we can conceive as far as what we want to manifest in our lives changes with time, knowledge and experience.

Let's say you are a gardener for example, and somehow you imagine how great it would be to create a spaceship. Chances are this is not conceivable to you yet. This is because you don't believe it would be possible because logically, you will think of your situation as not having the training, means, or experience. If you are an engineer, then chances are you can conceive and believe more, that you can create one. But it really all depends on how "charged" your energy is, how strong you believe and are determined to make it happen. But even in this case, you can make just about anything happen no matter your situation.

So, for this reason is that many Law of Attraction practitioners recommend that you begin with smaller things, smaller goals you can conceive manifesting in your current situation. This minimizes the chances of falling into frustration. Going back to the build a spaceship example, manifesting an engineering class is perhaps more conceivable in your current situation as one of the first steps instead of jumping straight to building one. As you gradually work your way up on "manifesting" things in your life, better and bigger things will then become more conceivable to you.

However, the mysterious thing that many experience is that as you "charge" yourself up with wanting to manifest something so strongly that you can almost feel it as if you already have it,

is that as you place focus on it, things in your life will seem to "magically" start falling into place. You will experience meeting the right people, and having the right experiences that will get you there.

It is also of high importance that one keeps in a positive state of being, because from this state of mind, positive creations or manifestations occur.

For one to maintain a positive state of being and use the law of attraction to create a life of experiences we want to experience, one must let go of attachments of the situation no matter the outcome. Sometimes you will fall out of focus and hit bumps on the road. Sometimes you will experience frustration and disappointments, but these are minimized when we detach from expected outcomes. Knowing to see any failures as learning experiences will quickly allow us to get back on track.

Being conscious of and correcting your feelings as far as your own being is concerned, is a healthy way of living in general, since one's feelings act as sort of a GPS (global positioning system). The "universe" will notice, and will facilitate the creator of an experience with the tools to make it happen. This means that we have to be responsible for our own lives, it starts with how we choose to perceive everything and anything in our life's experience, the actions we take and even the ones we don't take.

Our emotions and feelings are the essential components, because it is from these that we react and therefore create and manifest in physicality that which is in the same level of frequency. Be it positive or negative.

Noticing the Law of Attraction

The law of attraction seems like a mysterious thing, but has this ever happened to you?

Your friend buys a car of a make and model you've never seen or heard of, and soon it seems that's all you see on the road?



Or you learn the meaning of a word for the first time, and suddenly it seems everyone, everywhere, is saying it?

If you've experienced this, you've witnessed the law of attraction working on a basic scale.

The car or word you've called into your experience didn't materialize out of nowhere. They were always there, you just weren't attuned to them until you started to focus on them, consciously or subconsciously.

This is in my opinion one of the most basic examples of how the law of attraction works. Whatever you focus on, whatever you attune that fine antenna that is the human brain to, is what you end up manifesting in your life.

And just like focusing on a word or a car brand can almost magically make these things appear out of seemingly nowhere, so can focusing on positive thoughts and opportunities you want to attract whatever you want to manifest into your life.

How to Apply the Law of Attraction

The first step to create positive change in your life is to realize, and truly believe, that everything you want, or could ever want, is already available in ample supply on earth.

You must believe this to your very core if you wish to manifest your dreams into reality.

When you accept this in a subconscious level, incredible things begin to happen in your life.

The subconscious mind is so much more powerful than our conscious mind when it comes to manifesting our dreams.



One of the best ways to train yourself to access this “power” is through meditation. This is because meditation can place you in a neutral state where you can begin to learn to control and master your own thoughts and emotions.

Just a few minutes of quiet reflection every day can quiet the mind and allow you to focus on manifesting positive changes around you. Try to meditate daily, even if just for a few minutes at a time. It will help you to dwell on the positive instead of the negative, and allow the law of attraction to work in your life.

The Missing Ingredient

There is a very simple ingredient that many people miss and is often the reason of why they just can't make the Law of Attraction work for them.

It is because of its simplicity that it gets overlooked. This simple ingredient is ACTION.



Aligning yourself with your positive thoughts, and being in harmony with that which you wish to create is necessary, but if that is all you do and you do not take any action, chances are you will sit and wait with nothing happening. It is at this point that many people start getting frustrated and simply give up.

Know that things happen with motion. Life is movement. Stagnant water for example starts getting smelly and rots certain plants living in it. Moving water oxygenates plants and supports more life because of it.

When you take action, you set things in motion on many levels, as you begin to take some sort of action that has the potential to bring you closer to what you want to manifest, you will start to experience something some describe as "synchronicity."

During this stage, pay close attention, because you will start to see and meet the right people, experiences, and things that will bring about the reality that you want to manifest.

Action is therefore one the single most-missed things when they start putting the Law of Attraction into practice in their lives.

Once again, look at taking action as "movement," remember, if you have standing water, the water becomes stagnant and begins to smell foul and not much happens. If on the other hand, the water is agitated, moved as it does in the ocean or a waterfall, then it gets oxygenated and gives plants and fish life. This analogy is very important to keep in mind.

So don't wait for that awesome experience to manifest in your life, that new car you always wanted to have, or that relationship that will fill the emptiness you may feel currently. When you set things in motion, you'll create the momentum needed to start the manifestation process. **Take action.**