

# **Your Dreams Into Reality**

- Dream Desire Manifestation -



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When was the last time you felt really, truly, 100% in control of your life?

For most of us, it doesn't happen too often, especially when we think that our work life, our love life and our happiness depends on external circumstances. When it comes to your health, your dating life, your salary, your gene pool, your 'good luck/bad luck' and even your random job history, how much can you really be in control of?

All of it – and then some.

Do you feel a passionate (or even desperate) need to change your life, make some improvements in your happiness or become aware of your past behavior patterns in order to maximize your overall joy and fulfillment? Then read on. Not only will you learn just what you're currently doing that's not working in your favor, but you'll learn how to develop a new plan of actionable thoughts that will create dream opportunities and scenarios – and in every area of your life!

Read on to discover the very thing you've been missing...

Let's say you're sick of feeling badly about your body but still reach for a midnight helping of cookies. You're tired of getting your heart broken by another failed relationship. Most of all, you're sick and tired of letting things happen to you, as if you're living in default mode.

So, how do you get off the roller coaster and walk steady and happily on the calm ground? By improving your own energy and exuding love rather than fear. By letting the magic of the Universe attract those things in life you want to badly you can taste it – an exciting relationship with Mrs. Right who loves old black and white movies as much as you do, a career as a journalist that you've been dreaming

of since you were a little girl or the ability to have enough money to purchase that house on the coast of Maine.

Mastering your mind is all about the transfer of positive energy (coming from you) so that the Universe can acknowledge and respond (and send more positive stuff back to you!) Got love in your heart? Then spit it out by sending thoughts of love, kindness, compassion, care and support to everything around you. That includes your oh-so-difficult boss who loves to ask you to work on Saturdays, that cab driver who always drives too fast for your comfort, your spouse, children, parents who still love to parent you (even though you're 40+) and your dog who refuses to become potty trained.

While you can't control circumstances, you can control whether you send out thoughts of fear or love as a result of what happens to you. At the root of everything that happens to you, there is only two emotions: fear and love. Experiencing jealousy or the need to control someone? Fear. Putting passion into your latest essay? Love. Applying for an Ivy League college even though you don't have the SAT scores to make it in statistically? Love. Proving insistantly to make your point in an argument until your boyfriend gives in and says, 'I'm sorry honey'? Fear. See how this works? Now, take an opportunity – any opportunity in which you feel happiness, joy, serenity, inner peace or calmness. That's rooted in loving feelings, right? Now begin to consciously think, "I'm sending out love to everyone and everything." The Universe is listening and it's about to send you back lots more love, happiness, inner peace, serenity and joy as a result!

The bad news is unfortunate things happen to good people. The good news? You have total and complete control over how we react to what happens to you. Have you ever heard the expression, "When you point one finger at someone else, you

have three fingers pointing back at you?” In other words, when you blame someone or something else for anything, it’s actually a reflection of you. Take a look around you. What do your love life look like? Do you have a fulfilling, mutually beneficial relationship or a negative, co-dependent one? How is your bank account looking these days? Are you smart with your spending? Do you make enough money to keep you secure and satisfied? If you don’t, it’s time to take a good look into those things in your life that aren’t working the way you’d like. Why? Because everything you want in life is a result of how you think about it.

In other words, master your mind. Then, you’ll master your life.

### **Everything Stems From Positive or Negative Energy**

Everything is energy. Everything in your life and in the world is comprised of energy. Think about that cup of coffee that you’re holding right now. Look at the computer you’re working from. The mouse you use to click that email that needs to be sent to your boss. Your cat that loves to sit on your lap while you watch TV and purr insistently. The stranger you pass on the street. The ATM you rely on to get money anytime you need it. Your swivel chair, the scrambled eggs you cook or picture frames that hang in your living room. It’s all energy, everything and every person.

The only thing to question is what vibrational frequency do you operate on?

Have you ever heard that by simply by playing classical music, your plants can grow better, faster and live longer? The reason behind it is a little known secret about the art of energy: when you play it, they will grow! Since everything is

energy (on a certain vibrational frequency that is) everything else on Earth, in the Universe and beyond is affected by it.

On the same token, if you've ever played loud, aggressive music (death metal for example) you can actually witness plants bending backwards. It's like every molecule of their being is repelled by what Ozzie Osborn has to say! Seriously. When you want your plants to grow, play soft jazz or classical music. When you want to have a stronger bond to your children, speak kindly. When you want to have a healthier body, think positively. Why? When it comes down to it, it's all energy. So make it positive and it'll come back to you, threefold!

Albert Einstein made the theory, 'everything is energy' famous. Remember  $E=mc^2$ ? Ever taken a yoga class? What about Tai Chi? Does running or even stretching make you feel better? That's because all of these various forms of exercise get your body going, moving and shaking and when that happens, you're circulating energy and creating positive energy as a result. Not so sure that everything is in fact, energy? Try this exercise on for size:

Put your hands together, and for about 30 seconds warm them up by rubbing them together in a rapid motion. Do you feel the heat? Now, ever so slowly and by keeping your hands face to face, palm to palm slowly pull them apart. What you'll feel is a pulling sensation. As you pull your hands farther apart, you'll notice less of a 'pull'. That's because you have gone outside of your energy field. If you've ever been affected by someone's unkind words towards you – such as a boss who has let you know he can't stand your latest pitch, then you know how easily you can feel angry, down about your ability to compete with the power players of your company or just downright depressed.

That's *you* being affected by someone else's energy. We all have it: sometimes good, sometimes bad but how you want to feel, the things in life you want to have or just how well you want your day to go is within your control – not in the control of outside circumstances. You control what happens to you by attracting them to you.

Think good thoughts and change your vibrational frequency. Think good thoughts and you'll bring more good to you. That's it. Read on to discover more of the nitty gritty of the law of attraction and how to improve your health, wealth and love life is just a matter of weeks!

Think about all of the minutes, hours and even days you spend thinking negative thoughts. Most of us don't realize how much time we spend thinking angry thoughts about our co-workers, our future, and even strangers on the street. On a conscious level, our mind is on auto-pilot. We compare our average bodies to a leaner, svelte model whose picture we just stared at in Cosmo magazine. We tell our fellow co-worker that we're so happy that he got that promotion at work, although secretly we feel envious that it wasn't us that landed that ideal job. Or, as much as we want to be supportive of our spouse's dream to open up an all-in-one cereal bar (all the milk you can handle!) we just don't see it working as a success. Get this: it doesn't matter if someone asks you your opinion on opening up a cereal bar or a tapas bar. Practice genuine appreciation and happiness for them and their efforts and watch as the Universe gives you more to be appreciative and happy about in your life.

Have you instantly walked into a room and sensed danger? You can't describe what it was that gave you a perturbed feeling, but you couldn't miss the sensation of feeling uneasy, scared and out of sorts. You also proved how right you were



when, moments after leaving that gas station, people were held at gunpoint. That's called energy in motion. Feeling a sense of negativity so strong it was unavoidable is how powerful our own energy and the energy around us is. It may be invisible to the naked eye, but it's there and when we respond to it, we change our life for the better. We can save ourselves from a dangerous situation. We can attract to us our soul mate, our next job opportunity and our next great adventure in life. Or, we can attract the wrong partner, the wrong job, a yet-another adventure that doesn't allow us to stay in alignment with our true path. The choices you make matters, and thanks to the law of attraction you can make a good one.

A good relationship choice. A great career move. An thrilling adventure you'll be telling your friends and family about for years to come.

Affirmations are one of the most powerful tools you have before you, to transform your happiness, how you perceive yourself and your vibrational frequency. Don't quite like your one bedroom apartment or your recently expanding waistline? Change it through affirmations. (They work instantly, so begin them today!)

Was it a line Tom Hanks said in the movie, Forest Gump? "Stupid is as stupid does." If the Universe could speak, they might say something like, "Bad energy out, bad energy in as a result." And we're pretty sure they'd agree with that little known quote from Forest Gump. Want to be less stupid? More brainy? Train your mind with positive thoughts and show the Universe just how positive you can be despite the hurdles you've had to overcome, the adversity you've had the face and the plagues you've had to endure! You got through it, and now it's time to radiate a positive vibe.

Think of a time when you felt down, depressed or angry. You may have had a bad day at work. Maybe your girlfriend broke up with you. Maybe you got a speeding

ticket when you were only driving slightly past the speed limit. You always get the raw deal, you think to yourself. Guess what? Because you thought it and had a ‘victim’ mentality, that’s what the Universe handed you. It was your negative energy that attracted negative events, people, and situations.

**“Exactly where you've been has made possible exactly who you are. Clever you.” ~Mike Dooley**

Do you see everything that happens in your life that is negative as if it was caused by someone else, making them responsible for the down fall in your own life? Do you blame your failing grades on a horrible professor, not being as wealthy as your friends because you were born into a lower socio-economic status or blame Monday morning traffic as to why you’re always showing up late to work? When you are able to control your mind’s thoughts, you can control any outside circumstance. You’ll begin to see life move easily, effortlessly and FOR you, rather than against you.

Now that’s worth fighting for.

### **Transforming the Negative into Positive**

People that have control over their own minds know the secret to true happiness is always redirecting negative thoughts into positive ones. No matter how experienced and successful you are at controlling your mind’s thoughts, you’re also human. No one can stop negative thinking completely, which is why you shouldn’t focus on eradicating negative thoughts altogether, but instead, substituting the negative for the positive.

For example, if you're competitive in your work life and think thoughts like, "I'm not even going to apply for that promotion at work. What's the point? I'll never get it." Well, that's just what you'll end up. No promotion. Ever.

But, if every time that thought pops in your head, you replace it with a positive 'turn around' thought such as, "I'm worthy of this promotion and I am rewarded by a company that values my dedication and hard work." Changing thoughts from negative to positive may at first feel forced, but soon it will become a force of habit and will generate the results you want.

Still not sure how to redirect your negative thoughts into positive ones? Try the following exercise to achieve a transformative state of mind that you've never had before and as a result see life (and everything in your life) as half full!

### **Exercise #1 – Practice Happy Thoughts!**

First things first – if you're really, truly serious about transforming areas of your life that need some fine tuning (your stagnate career, an unhealthy love life, a better relationship with your children or parents) then be warned: in order to have a better life, you **MUST** be willing to leave your old life and old patterns of behavior behind.

Case in point? You must leave your negative thinking and replace it with positive, happy thoughts! Feeling like you're mind has been lurking in muddy waters lately instead of blue seas? Start by just letting your thoughts roam for one minute. Just one minute. Breathe in and out. Don't try to ignore or run away from negative thoughts as they pop up. Since most of us are on automatic pilot, we think many negative thoughts a day, so as they come into your consciousness, accept them and say to yourself, "I acknowledge this thought and release it."

Now this is important. Focus on something positive by literally repeating the opposite of the negative thought you just had. If you thought something about your boss such as “I can’t believe he made me work overtime this week. I’m probably never get acknowledged for the hard work I put into this company,” this is the perfect time to correct your thinking and change your thought patterns. Say to yourself, “I’m glad that I am recognized for the overtime I put in to this company and I know that my boss really appreciates my work ethic. I am rewarded for the work I do constantly.” See how easily the transformation of thoughts can be?

Focus on your positive thought for as long as possible. When another negative thought comes into your head – that fight you got into with your spouse this morning, your obnoxious neighbor who refuses to turn down his stereo, or your two year old who’s most recent tantrum irritates you to your core, replace it with something positive. You will instantly feel better. You’ll be less stressed. You’ll knock out “I woke up on the wrong side of the bed” from your vocabulary. You’ll sleep better, cope better, and even deal with Monday morning gridlock traffic better! You’ll raise your vibrational frequency and attract good into your life. That’s a promise.

### **A Little Energy Lesson on Chakras...**

Chakras are physical and emotional powerhouses. In a nutshell: an unblocked body allows positive, loving energy to flow to the seven chakras which will allow you be more productive at work, find love more easily, de-stress at the drop of a hat, be in tune with your skills and talents while having ambition you never knew you had. Blocked chakras can do the opposite and prevent you from living an easy, flowing life. When your chakras are blocked, you may experience infertility issues when you want nothing more than to become a parent. You may have reoccurring

bronchitis problems or aches and pains that seem to have arrived ‘out of nowhere’. Align your body’s energy points and improve how easily life forms to what you want and need.

Known as chakras, they fulfill the seven main energy points that exist in your body. Every energy point (located on the top of your head, brow, throat, heart, ribcage, abdomen and genital region) is connected to emotional and/or physical issues. For example, if you have always had a strong ‘sixth sense’ and can predict things before they happen or are just very much in tune with people’s emotions and your surroundings, you may have a clear, unblocked third eye chakra. If you have recently experienced reproductive challenges such as being unable to get pregnant or are repetitively experiencing yeast infections, there may not be an adequate flow of energy running to your 2<sup>nd</sup> chakra, known as the Sacral chakra and located in the genital region. The idea behind chakra healing is this: when you are able to release blocked areas of your physical body, you will not only experience renewed energy and feel lighter and happier, but you will be able to get rid of psychological, physical and emotion problems that are creating difficulty in your life.

Your physical body is always affected when you are emotionally ‘out of alignment’ in life. So, those chronic back aches resulted from more than just sleeping in a bad position last night. And that headache you get every Monday morning on your way to work? Perhaps it’s not just a coincidence. Perhaps some aspect of going to work is actually making your body sick. Perhaps you’re filled with so much anxiety about your weekly presentation to the boss that your body manifests that stress in a physical way. So, if you want to get rid of those headaches, get rid of that negative energy that causes it in the first place!

Feeling like these days you got that job by default? Good for you! Don't focus on the negative such as how you just landed that dream job. You're not only attracting more negativity in your life, but you're taking away the joy of the moment from yourself. No matter how random your life may feel at this particular moment in time (the men you choose to be in relationships with, the jobs you've had, the college you chose to get your education through, even that grocery store you frequent) everything is with meaning. You choose that Mr. Right (or perhaps Mr. Nightmare!) for a reason. You keep coming back to that one grocery store for a purpose. But relax. You don't have to decode each and every reason for choosing each and every choice you make. Just ask yourself this: do you want more joy and happiness? Then change your thoughts and as a result, change your life.

So many people make the mistake of living their life on default. They didn't get chosen to be on American Idol, so they'll succumb to their fate and give up on their dreams of being a professional singer. Being a doctor wasn't what you thought it was going to be, so you'll be miserable about the fact that you never will make a living off of doing what you're passionate about. That wife is never giving back to you and only taking everything you got? Oh well. What's the point of divorcing now? Default. Default. You're living in default mode.

### **Think Rich and the Money Will Come**

Mike Dooley knows his stuff. As a famous best-selling author of countless books, he reminds us that being rich starts with the right mindset of acknowledging that you deserve an unlimited abundance. "Usually, it's not thinking about the bucks, that makes one rich, but thinking rich, that makes the bucks." Are you always focused on the lack of money you have in your checking account? Do you

complain that you can't afford this or that? Then that's what you'll always get because your thoughts become things.

Think of it this way: How productive can you really be at work if you are constantly putting yourself down? If you really want to be in a loving relationship with someone you can spend the rest of your life with, how can you do that when you aren't loving and accepting of yourself? If you want to be successful in controlling your life, know that it begins – and ends – with your mind.

Our thoughts come from our subconscious mind. Early on in childhood, we are like a sponge, soaking up ideas about our self-worth, our intelligence, our ability to deserve love, and even how much money we will make. We learn at a very early age how to relate to the world and how we think about ourselves. Our subconscious mind sends thoughts to our conscious mind, and often without us knowing what they are. Are their patterns of not enough money in your life? Then it's time to consider what deep rooted fears you have about money. Not having enough money isn't random in your life. It's because of attitudes you received about money early on in life.

### **Do You Experience Success or Failure? It's All Up To You!**

If you want to live a successful life, it all depends on your thoughts. If you want your life to go in a positive direction, try to think more positive thoughts. If you want your life to go in a negative direction, think negative thoughts.

Do you want to have a great day, even with an ever-growing to-do list? Try waking up in the morning and looking at yourself in the bathroom mirror with a smile stretched across your face. Chances are, you'll not only look better (after all, is a frown that attractive?) but you're more likely to influence others around to

have a great day. People notice happy people. They'll gravitate towards you. You'll be surrounded by other happy people, and pretty soon your entire world and everyone in it will feed off of nothing but positivity. Now you have no choice to be successful.

Even before you get out of bed in the morning, think positive thoughts. Practice thoughts of gratitude, and consequently, you'll attract more gratitude. You have too feet to carry you from place to place. Wow, that's more than many people in the world have! You have healthy children, a car that runs, a job that pays the bills? Lucky you. Focus on feeling grateful, and you'll end up having more money to pay for the things you need, a job that rewards you for your hard work and a loving family that continues to be in good health.

If you want to be successful, you have to have a positive mindset. If you do not have a positive mindset, you will be setting up yourself for failure. Instead of thinking about the reasons why you do not want to go to work, think about the benefits and positive reasons why you should go to work.

## **The Most Powerful Force in the Universe**

Master the law of attraction and master your life. In its most basic sense, it's the notion that like attracts like. As energy, we all put out certain vibes, be it good or bad. What kind of energy are you sending out? If you send out thoughts of "I can't" then the Universe sends back manifestations of that thought. You won't get that job. You won't get that raise. You won't get that girl/guy of your dreams.

The law of attraction is a philosophy that works by attracting things such as experiences and people that we positively attract or, on the other hands, repels



things from us. In the most simple of terms, the law of attraction says that we are responsible for creating everything that exists in our life, and by the same token, it's up to us to change whatever we don't need.

In other words, this means that energy vibrating at one frequency takes on the appearance of a tree. Energy vibrating at another frequency takes the appearance of a person, a car, a blade of grass, or anything else that exists. Do not misunderstand: this is not science fiction or "new age" spiritualism. It is real science being conducted by real scientists in laboratories every single day.

“Thoughts become things, so choose the good ones!” Our thoughts hold energy, and is the greatest power source at our disposal. Don't like the way your morning is going? Well, don't be surprised if it keeps getting worse. It's not the day, per se... it's how you see, feel and perceive the day. It's you.

If you think that you'll never find the love of your life, then you probably won't. You'll only be looking through a fined tune pair of glasses with everyone you met with thoughts of, “Nope. They're not the one.” See? It's you that determines what you want and what you'll get. You may meet someone who has wonderful qualities. They may be kind, generous, and handsome. But since your thoughts dictate what you get, all you'll see is their flaws. The little flaws you see in a person don't matter nearly as much as their big heart, great sense of humor and kind disposition. Change how you perceive the world and the people in it by improving your sight! In other words, get a good thought/bad thought tune-up! Change up your pessimistic thinking for positive affirmations. *I am surrounded by people who appreciate me. I open myself up to new experiences and interesting people. I am good enough to find and sustain a loving partner.*

It's not always easy to fill your mind up with good thoughts, especially if your brain has run on automatic negative thinking for a while now. But you can do it! Forget the hardships of your past. Forget how many break-ups you've endured. Forget where you are in your career as opposed to where your best friend is in hers. This is you and your happiness, and at the end of the day, that's all you have.

The fact that only you are responsible for your life means that you are in total control of your life – that includes the people you surround yourself around, the relationship you have with your parents and children, how much money you make and the overall ratio of good vs. bad things that happen to you. You can do anything you want. You just have to begin taking responsibility for your actions, words and most of all, your thoughts.

For the negative I'm-a-victim people out there: You always have a choice. Repeat this mantra day in and day out: *I have an unlimited amount of opportunities that present themselves to be every day.* Almost immediately, you'll begin to see them open up before your eyes, and realize that they were there all along.

Do you fear the inevitable? Those events that you 'just know' are going to come... getting laid off because your company is downsizing, or getting a cavity because of all the sugar you've been eating lately? Guess what happens? You're ALWAYS right. You end up getting laid off and getting that cavity – often in the very same day! Don't you just have all the luck?

Here's a little secret: These things happen because you attracted them to you with the power of your thoughts.

Do you have the habit of seeing yourself as a victim? If you do, start differentiating between thoughts and reality. Think about whether you are living in

your own mind or if it is an actual reality. Ask yourself if things in this reality are as bad as you see them in your mind.

Positive thinking can shape your reality for the better. It will allow you to feel good about your body, your career, your relationships, your determination to see things through to success. Having higher expectations with a convinced mind will lead to higher results. By thinking positive thoughts, you will also be on the road to shaping a more positive reality. What you see is what you get. It's as simple as that.

## **Turn Obstacles into Opportunity**

If you experience mental frustration, fear, anger, or depression, you're facing mental obstacles that prevent you from living to your highest potential. You may feel as if you are unable to move forward and your energy is drained. You may feel lazy, unmotivated, and abandon the emotional needs of your relationships.

Everyone has experienced wanting to achieve something, but then you talked yourself out of it. You doubted your ability to do a job to your standard. You stopped working out in order to lose ten pounds, because, well... what's the point? You became plagued with fear and insecurity. As a result of all of this, you begin to feel as if you are stuck in your present state and you will not be able to ever achieve what you originally set out to do.

If you are afraid of failure, it's important to examine what failure means to you. Is it making less than \$60,000 a year? Is it dying old and alone? Is it being stuck living in the same town without having seen any other parts of the world? Is it working for a company you're not passionate about?

**Rule #1: There is no such thing as failure.** There is only trial and error. To be a success, you cannot let certain drawbacks discourage you. If you have a negative mindset when you approach a certain situation, you will be more likely to give up before you even realize your potential to succeed.

**Rule #2: You are in control of each and every situation.** Don't blame others. Don't doubt that you may be in the wrong profession just because your proposal for your last client was rejected. Everything is a learning experience, and used the right way, can teach us to work harder, perform better and know more than ever before. And, guess what? Next time you'll be the success you aim to be.

Don't ever allow yourself to become blocked by your own mind. Your mind has the uncanny ability to automatically bring up things in your past, obstacles that in your current reality, no longer exist. You have to step back and take a look at your life to see if these obstacles take place in your life now or if they are something you can let go of.

If you do not control your own mind, it could create monstrous, irrational fears. It can cause self-sabotage, it can stop you from achieving your dreams, and prevent you from finding your soul mate.

A clear vision of what you want will keep you focused on your desired outcome. Have you ever heard of a vision board? It's extremely useful at 're-wiring' your brain to visually see those things you want most. Cut out magazine images of that house, that vacation, that family or career you long to have. Tape them on a board that you can look at every day and with the power of your imagination, focus on what the sensation of having those things feels like. Creating that vision triggers your brain's reticular activation system making you more aware of exactly what you want. Your brain will not stop until you achieve what you want to achieve.

Once you have a clear goal in your mind it will set your subconscious mind to work on looking for opportunities to fulfill that goal. It activates your reticular cortex of the brain and it is called your reticular activation system. The subconscious mind will only act when something specific is given for it to act on.

First discussed in *The Secret* (the best-seller that brought the law of attraction to light for people all over the world), the author talked about using little tricks to help your mind believe you already have the money you desire. So, if you aim to publish a book for example, how can you really believe you possess hundreds of thousands of dollars that until this point, you have only been able to dream about? By creating the image of a check and filling in how much money you would like – as if it is a real blank check to fill in the blanks with. Consider it a gift from the Universe. By thinking rich, you become rich. Do you want to be a millionaire but you only make \$20,000 a year?

No problem. The Universe has you covered and in order to speed up that money you want to attract to you, create the image of a check. Print it out, write your name on it and the amount you would like to receive. Now tape it up on your bathroom mirror, or on your steering wheel. Close your eyes and image what kind of life you'll live – what kind of life you DO live as a millionaire.

### **Jump on Opportunities as They Present Themselves**

As 'magical' as the law of attraction is, you still have to meet the Universe's doings half-way. In other words, if you have practiced feeling and saying your daily affirmations, spent time each day being grateful and focused on positive thoughts every chance you have, you can't magically go from entry level typist to powerhouse CEO without helping the process along.

This means you need to be on the lookout for possible ways the Universe is granting your wish. If you long to be wealthier for example, the Universe can manifest wealth in many different ways: through an unanticipated inheritance, by the opportunity to collaborate with a co-worker on a book to be published, selling your house and making a surplus you didn't expect or winning the jackpot! You could be offered the opportunity to interview for a more advanced position by your boss, but how do you expect to make more money if you refuse to even apply for the position?

No matter how powerful our skills at the law of attraction are, if we don't take advantage of opportunities as they present themselves, they'll pass us by.

You've come this far. Don't give up now. Your dreams are so close to coming true, you can touch them, taste them and pinch them. Whether you want the opportunity to finally move to New York City and become an actor, ache for a bigger network of friends who understand what being a single parent is like and can support you through it or want to finally – finally lose 20 pounds, the opportunity to live out your dreams will present themselves. Be on the lookout for them, practice your daily affirmations and go inwards when you need the answer to something. The Universe is always listening and eager to respond.

## **Every Thought is Connected to Everything Else**

Feeling ready to conquer the world? We thought so! Use the tactics outlined here to become aware of your thought patterns to your advantage! Life is messy, and when those lemons come flying, don't just make lemonade – make lemon pie, lemon chicken and lemon sautéed vegetables! In other words, life is what you make it, and by using your energy to manifest your desired salary, love life and personal aspirations (instead of bringing people down with negativity) you'll

always be in control of the events life hands you. Believe it or not, you control everything you currently have in life. Don't have enough? Then change it through your powerful, positive thoughts and reap an unlimited abundance of prosperous rewards!