

Law of Attraction - The Bigger Picture: Manifesting, Miracles and Co-Creation!

This report constitutes the 'Foundations' section of the
Miracle Mind Manifesting Program

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To manifest is to bring into form. It is the physical realization of your thoughts, feelings, beliefs, attitudes, choices and decisions. You are manifesting all of the time whether you are conscious of it or not.

The concept of reality creation is by no means new. The wisest of mystics, quantum physicists and expert manifestors alike all share an understanding of the nature of reality and a belief that we are source, not subject, of our world.

Everything is energy! When you break matter down to the sub-atomic level it is not the solid stuff you believe it to be. As quantum physics now proves, your physical world is comprised of wavelengths of energy that respond directly to our thoughts.

Your world is not separate from you; what's more, it is malleable. Reality is a vibrating field of consciousness, an interconnected web of light, a sea of energy and infinite possibility sourced in love. When you learn to harness and direct this energy there are no limits to what you can create.

"You live in a vibrational universe - everything is vibration from thought to thing.

Science and spirituality both agree that what appears to be empty space is actually a field of unlimited consciousness and potential."

- James Arthur Ray

Your thoughts and feelings are the tools with which you craft your world quite literally. You have within you all the resources you need to create the life of your dreams right now!

Quantum physics reveals the nature of reality at a fundamental level, and how your thoughts not only influence but create your experience. Nothing exists until it is observed. It is your thoughts that determine the existence of matter from the infinite field of wavelengths possibility.

"Not only do you create the way you look at things, you create the things you look at!"

- *Lazaris*

Discoveries therein can add foundation to your meta-physical understandings and explorations. If this area interests you, books like 'The Field' by Lynne McTaggart and 'The Holographic Universe' by Michael Talbot are insightful, and the film 'What The Bleep Do We Know' is a fun and easy-to-digest introduction into the quantum mechanics of reality.

'The Secret' is a documentary movie that is also a wonderful exploration into the nature and workings of reality with a particular emphasis on the law of attraction. It's a high energy documentary and a great 'vibrational booster' in and of itself!

The Law of Attraction

"Every person is surrounded by a thought atmosphere. . . Through this power we are either attracting or repelling. Like attracts like and...we attract just what we are in mind."

- *Ernest Holmes*

The law of attraction, or what I call resonance manifestation, is the principle by which you attract into your life that which is in vibrational alignment with your consciousness; your thoughts, feelings, beliefs and attitudes, whether you are aware of them or not.

This is why the first step on the road to successfully and deliberately manifesting your desires is to become conscious of the thoughts and feelings that are creating your experience and to take responsibility for your reality.

Taking responsibility for your life without judgment is both empowering and liberating. When you understand that you are source not subject of your world, you can change it.

What's more, when you understand that you are ever supported by an all-loving, intelligent universe that you are ever connected to, you can allow and engage co-creation where synchronicities and serendipities abound, 'hows' are magically taken care of and events in your life seamlessly woven into a tapestry of dreams come true.

The law of attraction is the power of like attracts like and the means by which you magnetically materialise that which you focus upon and are in energetic alignment with.

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

You are a miraculous manifesting machine creating your reality in every moment. You can't not create. The key is to become conscious of how you do so. For this, understanding the nature of reality, the law of attraction and the 'bigger picture' around manifestation is key.

The law of attraction is an absolute. It does not discriminate, it simply is. This means it can work both for and against you. To attract what you want into your life you need to align our heart and mind to the outcome of your desire, the juicy positive thoughts and feelings which palpably resonate and act as a magnet to those very goals.

In my exploration of manifesting and the law of attraction I've discovered some key insights that have helped me understand its nature and workings and engage it fully in my favour. Some of these are explored below and others covered in the additional sections of this program.

Imagination

"What is now proved was once only imagined."

-William Blake

Your imagination is a gateway to the possible and a bridge to your unconscious mind. It is the boundless palate with which you craft your world and an integral key to manifesting your desires. Your subconscious mind does not know the difference between what is real and what is imagined.

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

- Albert Einstein

When visualizing your desire, engage your imagination by activating all of your senses. Imagine not just the visual images, but the sounds, smells, textures and tastes of your dreams come true. Even more importantly, imagine the feelings of the outcome you seek as these hold the most powerful magnetic force for attracting your desires. How you feel about what you imagine will determine whether you will successfully attract it or not.

"Feeling is the language that speaks to the Divine Matrix (the Universe). Feel as though your goal is accomplished and your prayer is already answered"

- *Gregg Braden*

If you visualize your dream car yet are filled with feelings of frustration for not having it, or doubt about ever manifesting it, or jealousy at your friend for already having it, you will activate the law of attraction against you rather than for you and re-enforce the absence rather than existence of that car in your life. Your feelings are powerful indicators of what's going on internally and point to beliefs and attitudes that may need changing or aligning.

Your feelings are integral to successful manifestation. They are the language of your unconscious mind and the energetic conductors that give shape to your experience, actively attracting, repelling and creating the substance of life that is your reality.

"You can begin right now to feel healthy. You can begin to feel prosperous. You can begin to feel the love that's surrounding 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 inner feeling and manifest it because that's the way you feel".

- *Michael Beckwith*

Creating a 'Vision Template' from your goal (or 'Synergy Template' with combined goals) is one way to harness your imagination effectively for the creation of your desires. This is explored in the **Vision Sheets** section of the **Miracle Mind Manifesting Program (MMMP)** and is implemented in the **Manifesting Blueprint Meditation** listened to as part of your **Daily Program** to encode your unconscious with your success blueprint.

Fire Your Desire

"Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything."

- *Napoleon Hill*

Desire breaths life into your dreams and fuels your imagination and expectation. When you get in touch with your desire, your imagination, along with all the positive thoughts and feelings about your goal, are ignited. To get in

touch with the desire you have for your goal, simply ask yourself 'why do I want this?', as you answer the whys, your passions and emotions stir and your imagination flows.

Asking why also assists you in getting clear on the intent behind your goal and how true your goal is for you, as well as what the higher purposes and desired outcomes of your goal are (what you wish your goal to give you).

Future Causation

Another tool for aligning your heart and mind to the outcome of your desires is what I call Future Causation. Essentially, time and space are an illusion. The future you desire already exists. Instead of trying to imagine what that future will be like from your present, travel to that bright future and experience it for real. This has been one of the most profound techniques I have used. The insights I have received in connecting to a desired future in this way have gone beyond the limits of my present imagination or what I would have consciously contrived. I have been gifted with information and states of being that have been way 'outside the box' and have changed me and my reality in the present. This is why I call it Future Causation for it can instantly and radically shift your current state of vibration by the power of resonance. Connecting to that future creates a bridge to that future and acts as a portal for its manifestation in your world.

Your future is always influencing your present. The good news is you can choose the future you wish to influence you and allow it to change you right now.

The **Manifesting Blueprint Audio Meditation** is a powerful means for engaging Future Causation and will align your vibration to your optimum future and set the law of attraction in motion to manifest it effortlessly into your life.

Mike Dooley, author of Notes from the Universe neatly puts it when he says, "Dwelling *from* not *upon* the space you want to inherit, is the fastest way to change absolutely everything."

Practise stepping into your future on a regular basis. What kind of decisions would that future you make, how would they think, feel and be? What solutions would they find, successes create, challenges overcome and so forth?

Hold a 'future perspective' when making decisions, setting goals or dealing with challenges. What would that future you, the healed, empowered, loving, successful self that you are becoming, think, feel and be? Connect to that future and allow it to have voice in your world today in the thoughts, feelings and actions you choose.

Create the Space

For your dream to 'land' in your reality you need to create the space and be ready for it. What needs to be done on a practical, emotional and mental level for you to be ready for this reality? Get prepared by thinking ahead and taking the necessary steps towards your goal.

What new resources, contacts and skills might you need? What new attitudes and beliefs? Think from your future and act accordingly. This will mark and lay testimony to your belief, expectation and commitment. Creating action lists is explored in part 1 of the **Daily Program** section of the **Miracle Mind Manifesting Program (MMMP)**.

Another way to create space in your life for your dreams to land is to clear out the clutter. This can be done on a physical and practical level such as clearing out your cupboards, organising your papers and filing, throwing out old clothes etc, but it can also be done on emotional and mental levels. What person, fear, resentment, belief, past

hurt, anger or loss are you holding on to that could be let go of?

If you are wanting a new relationship for example, is there an ex-partner you haven't quite let go of yet, or a quality about them or that relationship that in your fondness you have not yet relinquished?

What ever you're holding onto from your past is what you are blocking from showing up in your present reality. Nature abhors a vacuum. When you let go, you allow the very qualities you were holding on to reappear in your life again yet at an even higher level. With letting go, you can only win!

Belief and Deserving

"A belief is assuming something to be true, to be a fact. A belief is not caused, it is created by choice. A belief about a thing's existence is not the same as its existence."

- *Bruce Di Marsico*

To successfully attract your desires it is essential that your beliefs are congruent with them. If, for example, you want a happy loving relationship but hold negative beliefs about the opposite sex, love, or yourself for that matter, you'll create counter results. Beliefs are formed during childhood and at other key times in your life. They can be shaped and influenced by family, peers, society and media, and a great many you may not even be conscious of.

The **Belief Buster** section of the **MMMP** explores how to identify limiting beliefs and create new beliefs aligned to

your goals. The **Belief Buster Audio Meditation** enables you to install these new empowering beliefs in your subconscious mind which then show up in your life in the experiences and situations you attract.

Beliefs are not the truth, just a perception and acceptance of such. What's great about beliefs is that you can change them and choose the ones that suit you and support your visions and dreams.

"Whatever the mind can conceive and believe,
it can achieve."

- *Napoleon Hill*

Another key ingredient to attracting and allowing the realities you seek is a sense of deserving. If you don't feel that you deserve the reality you desire, you will block its manifestation or sabotage it when it arrives. Your sense of deserving reflects your level of self-value and is tampered by guilt, shame, self-judgment and negative self-concepts.

Self-love and self-forgiveness (explored in the **Vibrational Manifesting Guide** section of the **MMMP**) always increase your sense of deserving. The truth is that you deserve totally and utterly just by being alive. When you recognize and awaken to your spiritual value, your inherent innocence and worth and the true nature of your being, issues of deserving are resolved.

Stepping Stones & Opportunity

Sometimes what first shows up in your reality is a stepping stone that will take you to your goal rather than the goal itself. It may not look like what you were expecting or anticipating but can be just what's necessary to bridge the

gap to your dreams and take you to where we want to be. For this reason, openness and humility is important.

A stepping stone may be a person, challenge, insight or learning. It may be a healing or an event that will help you strengthen your character or resolve. It may be an opportunity for love, joy or happiness that will increase our emotional vibration in a way that is necessary for you to attract what you desire.

It may even be a crisis of sorts from which you will learn and grow. What may seem like a crisis at the time, a loss of a job or relationship for example, may indeed bring gifts that ultimately serve the destiny, success and triumph you desire and have chosen. The gifts of these situations or scenarios may not be clear at the time of crisis but further down the line become apparent as you look back and review the situation with hindsight.

Trust in the bigger unfolding picture. The universe knows the most elegant and rewarding path to your dreams.

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.

- Napoleon Hill

When you work with the law of attraction opportunities will come, so it's important to make yourself available for them, recognize them when they arise and act on them. Every experience, every event, every connection can have meaning and significance and serve as a stepping stone to take you to your goals. The universe will orchestrate all elements of your life towards the symphony of your success if you are open and allow.

Making yourself available for opportunity can mean stepping outside your current comfort zone, communicating and sharing yourself, enquiring, asking for help, sowing seeds, getting out there, looking for resources and being proactive towards your goals. The more rods you place into the stream of life, the more fish can come your way.

Being open to and acting on the opportunities that arise is to essentially 'receive' the universe's resources that will bridge the gap between where you are and where you want to be. This is an important step in maximizing the law of attraction. It will enable you to take leaps and bounds towards your success, or rather, for your success to take leaps and bounds towards you.

When it comes to acting on opportunity, use discernment and listen to your feelings and intuition and the internal dial of your senses. I've found that unless something feels 'off' it has always served as an opportunity. Sometimes that opportunity didn't reveal itself until weeks, months or even years later. There can be a gift in every circumstance you experience. What's more, each opportunity can lead to a myriad of other opportunities and be a well-spring of further resources.

The Grace of Co-creation

"The universe will start to rearrange itself to make it happen for youIf you turn it over to the universe you will be surprised and dazzled by what is delivered to you. This is where magic and miracles happen".

- Joe Vitale

You have free will and can sculpt your world in accordance with your desires. You both consciously and unconsciously create the world around you, yet you are not alone in the process. You are a co-creator with the source of life, whatever name you hold for such, that ever conspires in your favour and will perform any amount of miracles and magic for the attainment of your desires.

How do you engage co-creation? By asking and allowing, by choosing and receiving, by being open to and trusting in its workings. Seed your intentions with your desire (your desire is the way you 'ask' the universe for what you want) and be open and willing to receive their fruits in your world. It's not a tough job, though it does involve being clear - clear about what you want, clear in your belief that you can achieve it and clear in knowing that you deserve it (which, of course, you always do). You are the only one who can stand in your way. The universe always says yes.

Your reality is a reflection and extension of the entirety of your mind, a hologram of your consciousness. It is also a platform and gateway with which the universe can communicate with you via signs, signals and 'whispers' in your day to day life that serve as pointers and nudges to guide and assist you on your path.

The more you recognise that you are eternally connected to an all-loving infinitely abundant source, the more you will allow in the gifts and synchronicities that require only a willingness and openness to receive. I devote a whole chapter of my forthcoming book *Miracle Mind* to receiving. It is so often the missing ingredient to success. Any blocks to receiving are blocks to the realities you desire. Practise receiving in all areas of your life, whether it's compliments, gifts, the experience of another, the beauty of nature. When you appreciate something and are grateful for it you allow it in, you receive it.

Receiving creates a gateway through which the universe can bring gifts into your life. It enables the magic of co-creation and the serendipitous possibilities beyond the limits of your imaginings. The more you allow yourself to receive, the more elegant, swift and bountiful your attraction becomes.

Receiving is often regarded as something you do in response to a gift, yet developing the willingness and ability to receive in and of itself creates those very gifts appearing in your reality. As the saying goes, when the receiver is ready the gift appears. The universe is an oasis of dreams come true. All you desire is yours to receive.

Practice receiving in your day to day life. Notice when someone pays you a complement and observe how you react. Do you let it in? Or do you try to deflect, deny or resist it?

When you receive good news, a success or the manifestation of something you desire, acknowledge it, for you have received.

Get in touch with what it feels like to receive. Cultivate it, practice it. Get acquainted and familiarize yourself with the energy of receiving. Affirm your openness and willingness to receive.

Receiving is one of the most powerful and elegant tools of manifestation. By allowing yourself to receive you can allow in the love, miracles and successes the universe wishes to bestow upon you every step of your journey.

Be aware of any negative beliefs you may have around receiving. Perhaps you believe receiving is selfish, feel you do not deserve to receive, or if you are a man feel that receiving is something only for women. Perhaps you feel

receiving would put you in a vulnerable position and hence fear it, or you fear losing a sense of control.

Acknowledge and be grateful for the love and goodness in your reality and in your gratitude you will open to receive it at a whole new level as well as invite more of the same into your life. As you open to receive the gifts and bounty that are already in your life, you will become more open to receive new gifts, love and successes in your life. This is explored more in the '**Gratitude and Appreciation**' section of the **Vibrational Manifesting Guide**.

Honoring Your Emotions

A potential problem some people encounter when they begin to explore the law of attraction is a fear of their negative emotions and the corresponding negative consequences they may attract. Because of this they attempt to control, deny or repress their feelings, yet this simply doesn't work. This is the number 1 myth of the law of attraction. What we resist persists. It is what we acknowledge and accept that we can naturally let go of and release. What we deny does not go away, and will inevitably leak into our world in the circumstances, people and events we attract. Repressed emotions distort our energy, and cloud the filters with which we create our world.

There are numerous techniques nowadays for releasing and transmuting emotions. Everything from the Emotional Freedom Technique, Sedona, NLP, writing them down, meditation and more (you receive a link for a free Emotional Freedom Technique Manual and free trial of 'Instant Revolution' for transforming negative emotions in the **Vibrational Manifesting Guide**).

External resources such as music, beauty and exercise and internal resources - your beliefs, choices, focus and imagination - can all be utilised.

Forgiveness of self and others is an incredibly powerful way to release and transform whole clusters of emotion. It is the ultimate mind-body-soul detox and can liberate you from toxic emotions and draining attachments. Appreciation and gratitude are also very effective in shifting your emotional resonance and disengaging low vibrational states.

Feeling your feelings is a fast way to release them. This doesn't mean indulging in them or giving them undue attention if they do not serve you, more it enables them to move through you and be expressed. It takes more energy to stuff emotions down than to experience them. Acknowledging, accepting and feeling an emotion will enable its release.

Your feelings are powerful indicators of what's going on inside. Listen to what they are telling you about yourself, your life and your world and any corresponding thoughts and beliefs you may hold.

Desire versus Need

There is a difference between desire, and need or desperation. Need and desperation are synonymous with feelings of lack and the absence of what you want, hence will repel your desired goal and perpetuate your not having it.

Desire, however, is a positive generating emotion. It fuels your imagination, expectation and all the positive feelings associated with your goal so integral to successfully attracting it. Be passionate about your outcome yet remain light-hearted and unattached to ensure you don't become needy or dependent on it.

One way to dissipate and release feelings of neediness, urgency or desperation is to trust. Trust in the positive

outcome in your goal. Trust in the love and grace of the universe and the power of your heart and mind. Trust that you are on a co-creative journey, that there is a bigger picture, and that there is love, help and guidance available for you in every moment. Trust that the universe wants you to have what you desire as much as you do. Trust that you are loved more than you know and that the universe loves you more than you love yourself.

It doesn't need to be a struggle and you can have what you desire with belief, deserving, positive expectation and a willingness to receive.

Trust that if you 'let go' of something, be that a person, thing or outcome, if it is for your best it will come back to you. If you desire it and are in energetic alignment with it, you will manifest it.

It is holding on, neediness and attachment that ironically push the very things you want away. You may notice this dynamic in relationships. It's the same with all things. If you let go of something and it is for your best it will be there. Relax, trust, loosen your grip, relinquish control and release your dreams and visions into the world. Trust, believe, open to receive and expect their materialization in your world.

Focus

What you give attention to grows. The energy of your thoughts, feelings, imagination and desire feeds your experience. Anytime you are focussed on what you don't want you are giving it attention and magnifying it in your life. Words like 'don't', 'not' and 'no' may indicate where you are focussing on what you don't want rather than what you do.

Feed your dreams not your fears. Feed your successes not your failures. Your thoughts, feelings and the focus with

which you apply them are directional. They are heading somewhere. If they feel good, so will be your destination.

If you are going through a particularly challenging time, or there is an area of your life that is causing a high level of fear, worry or anxiety, or other negative feelings (anger, guilt, and so on...) as well as working to release these feelings (explored more in the **Vibrational Manifesting Guide** and **Blocks & Resistance** sections of the **MMMP**), there is a technique you can use to help keep your focus away from what you don't want and aligned to what you do, as well as higher, positive vibrations.

For this, at the beginning of each day, pick either a) a goal/dream you wish to create and manifest however large or small, or b) a person you greatly admire and wish to embrace/develop more of their qualities of.

This will act as your 'focus anchor' for the day. Every time your focus begins to sway in the direction of negative thoughts, fear, worry or pessimism, immediately switch your attention to your 'focus anchor'. Use the same one you have chosen at the beginning of the day throughout your day. Experience how it elevates your state instantly.

This can be a fun way to gain greater conscious awareness and control of your thoughts and feelings and energise your goals in the process. You can choose a different focus anchor at the start of each day.

For enhancing focus you might also like to practise the following exercise. Try staring at a fixed point ahead of you for a period of time without distraction (you might like to draw a dot on a piece of paper and stick it to the wall, or use an existing focal point).

You can start with a 30 second goal of keeping your focus entirely on this point. Try to keep your mind clear and still in

the process and place all your attention on the focal point. You can then increase the length of time you keep your focus fixed on one point (say 1 minute, then 1 and a half minutes, and so on). This is a great exercise for enhancing focus, stilling the mind and being present and 'in the now' (the benefits of which are explored more in '**In the Now – Being Present**' in the **Vibrational Manifesting Guide** of the **MMMP**). You can then take this exercise into all daily routines and practise being fully present in your activities.

Another way to keep your focus aligned to what you want is to acknowledge and celebrate your successes. Keep a success journal and note every event and circumstance that is a positive movement towards your goal, including internal qualitative experiences such as how happy, grateful or good you're feeling. Also, record the synchronicities and serendipities that show up and any insights and 'signs' that feel like co-creative nudges and guidance on your path. Acknowledging your progress increases your focus on the results you desire and builds your belief and expectation. Treat yourself for triumphs and achievements.

Hindering Hows

When pondering your preferences, visioning your dreams, or accessing our heart's desires, don't get trapped into wondering how you're going to get there. Asking yourself 'how' breeds doubt and limits your imagination and the vistas of your horizons. Let the universe work out the hows for you. From its vantage point of boundless possibilities this is a fun and easy task. Your job is to recognise the opportunities, rejoice in the gifts that come your way, celebrate your successes and gratefully relish how delightful and magical your journey is.

Persistence

Engaging the law of attraction is about harnessing the power of your mind and emotions. It involves creating a new approach to your life and the way you think and feel for the attainment of your desires. This may take practise. If you don't manifest immediate results and your goal does not materialize instantly before your eyes, don't give up. Work at refining your tools of attraction; your thoughts, feelings, beliefs and attitudes, your imagination, desire, and connection to your bright future and true self. You will notice results in your reality. Celebrate these along with the signs, signals and synchronicities that present themselves. Be open to opportunities that come your way and act on them.

Your dreams, like seeds germinating, will route and sprout when given the sunlight, water and nourishment of your heart and mind. Be persistent. Aligning your vibration to the future you desire may involve changing gears and stages of growth, as well as letting go of what may stand in your way.

Your True Self

Perhaps the fastest way to raise your vibration and maximise the law of attraction in your favour is to connect to the truth of who you are. You are a spiritual being born of love. When you connect to your true self beyond your personality, you discover the magnificence of your being and your inherent beauty, innocence and worth. Your negative self-concepts and beliefs fall away as you experience the love of who you are (explored more in the '**Love and Acceptance**' section of the **Vibrational Manifesting Guide**).

You are inherently lovable and have always and will always be loved by the source of creation, what ever name you hold for such. You are born of love. The essence of who you are is love itself. The Universe/God/Source loves you more than

you are able to fully know. It loves you more than you love yourself. It loves you totally and utterly. It loves you unconditionally. There are no bounds to that love.

You are loved beyond measure. There is nothing you can do to lose that love, and nothing you need do to win it, for you are loved completely.

The more you connect to this truth, the more effortless your successes become, for you realise there is no separation between you and the love of Source and anything you desire can be yours by choice. When you connect to your Higher Self, you experience your value in such a way that you become an irresistible magnet to the realities you desire.

Meditation is a powerful means for connecting to your Higher Self and allows a gateway for accessing the higher levels of consciousness and the love and wisdom available to you. This is explored in the '**Spiritual Connection**' section of the **Vibrational Manifesting Guide** with specific tips on how to connect to your Higher Self in meditation for healing, love and insight.

Essentially anything that brings you happiness, joy, love and laughter is worth making a priority. The happier you are, the more connected you are to your true self and the more elegantly you will attract your desires in all areas of your life. When you make happiness your priority you'll find you will also attract the successes you seek in other areas as these naturally equate with your happiness and exist within its field of resonance.

"You don't have to destroy every cloud to see the sky. All you have to do is keep remembering you are the sky"

- *Bartholomew*

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