

# A GIFT FROM THE SAN ANTONIO PROFESSIONAL COACHES



*This month's technique*

## Catalyzing The Law of Attraction

*Manifest what you most desire!*

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Simply put the Law of Attraction is, "like attracts like." You get back according to what you send out. This means that your thoughts, feelings, beliefs, and actions significantly impact your destiny. This is not magic. Rather, it is based on the sound principles of physics and this is how it works. Everything in the universe vibrates. Despite what our eyes would lead us to believe, nothing stands still. The speed of the movement (vibration) determines whether something will be visible.

**Visible:** Slow moving vibration = matter (what you can see with your eyes)

**Not Visible:** Fast moving vibrations = light, sound, thoughts, feelings (what you cannot see with your eyes)

You vibrate and the various parts of you vibrate at different rates. Your physical body, your thoughts, your emotions and your actions all have their own vibrations, and they are constantly shifting and changing according to what is going on with you. You are a magnet and are already attracting into your life people, things, and situations that mirror your current thoughts, beliefs, feelings, and actions. *So you will continually attract what you repetitively put your attention on:*

- ◆ What you want
- ◆ What you don't want
- ◆ What you fear
- ◆ What you love
- ◆ What you hate

So the law of attraction is currently operating in your life. You are already a powerful attracter. While you may not like what you have attracted so far, the great news is you have the power to change your circumstances, in-part by changing your thoughts. This is where you can empower the Law of Attraction to work for you and here is a simple way to do it.

**Step One - Decide what you want to manifest.** This could be something in the material world, a new career, improving your relationships, changing something about yourself, etc. Get a clear image of what it is and write down a simple statement that is written in the present tense, as if it were happening now (i.e. I have plenty of money to do everything I want. I have a healthy, fit, energetic body.)

**Step Two - Visualize what you want.** Make sure you are feeling positive feelings flowing through your body before you begin this visualization. At least five times per week, close your eyes and use all of your senses, bringing to mind what you want to manifest: See images, hear sounds, think thoughts, and most important feel positive feelings. Emotions are the catalyzing energy of the Law of Attraction

**Step Three - Monitor your thoughts.** Keep your thinking directed toward what you want. When thoughts arise that are contrary to your manifestation project, replace them with thoughts that are supportive.

This is how the Law of Attraction works, yet you cannot expect visualization on its own to bring to you what you want. You must take action immediately. Your visualizations will attract to you resources, ideas, people and situations that will greatly support you in bringing into your life what you most want. And, you must be in action.

While the Law of Attraction is very powerful and reliable, it is not all there is to know about manifesting. If you are interested in reliably and sustainably manifesting, this will require shifting your limiting beliefs and befriending your emotions. It requires learning how to expand your energy and your consciousness, and develop skills and habits that support ongoing manifestation. If you'd like more information, please go to the resource page of my website and read the 12 free articles on Manifesting. [www.ChrisLucerne.com](http://www.ChrisLucerne.com). I wish you the very best with bringing into your life what you most desire.