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Activating the Law of Attraction by Harnessing Your Most Powerful Emotion by Jane Thomson

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Few things are more popular now in the world of self improvement than the Law of Attraction. To the lazy, it sounds like a great way to bring about all the wonderful things in life - wealth, love, the perfect body etc without having to work for them.

Serious success minded individuals know better of course. By correct use of the Law of Attraction followed up with appropriate action, you really can create amazing changes in your life.

Visualization and affirmations are two ways to activate the law. Take a dream that you've had for years, but never for a moment believed could become reality. It could be anything, from learning how to sing, to writing your first book, or launching your new business.

You probably know the steps: Create your perfect success picture and hold it in your mind at all times. You may have done it all to the best of your ability before and not succeeded. How could this be? Has the law of attraction failed you? Not at all.

Think back to the last time you tried to bring about a change. For example, imagine you were going to learn to sing. You've never done it before. All of your life, people told you were tone deaf. They said hurtful things like "Don't quit your day job. You can't carry a tune in a hand basket."

Perhaps you laughed with them, but you felt hurt anyway. It always was your ultimate dream. Now that you know about the law of attraction, youâ€™re going to bring it into reality. You create your perfect success picture. You imagine how it feels to sing the notes. You visualize the look on others faces as they listen to you in awe. By the books, youâ€™re doing everything right.

But how do you feel? Do you feel 100% confident that you're going to reach your dream? Or do you feel like something is wrong?

If you have even a hint of worry or dread that you won't reach your objective, you won't reach it. That is how the law truly works. You attract more and more of what you feel, not what you say.

What can you do?

Before you create your picture and before you say a single affirmation, you need to get into a powerful feeling that all is well in your universe. One way to do that is to focus on a picture that gives you a blissful feeling of contentedness before you even think of your goal.

Imagine a perfect but believable scenario that puts you into that state of mind. You can imagine cradling a small baby who looks up at you and smiles. Or you may imagine a kitten sitting on your lap purring loudly as you pet it. Whatever you picture, try to conjure up a feeling of perfect love and contentedness where no inner conflict can arise.

Once you've reached this powerful state, you can start visualizing your goal without any negative emotion getting in your way.

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