

Three Steps to Creation

There are three basic steps to manifesting or creating your reality utilising the law of attraction.

Step One occurs as we live our everyday lives, and a negative experience happens. The negative experience provides us with the contrast we need to help us recognise that this is an experience we don't want, this automatically, tells us what we do want. It's not always easy to know exactly what we want until we experience what we don't want. For example, if someone is angry or mean to us, our automatic desire is for that person to be calm and kind to us, or if we face difficulty because we don't have enough money, love or happiness, this reveals to us we would prefer our lives to be more abundant in money, love and happiness.

Step Two happens after we experience what we don't want and acknowledge our true desire. Your Inner Being (the larger all-knowing part of you) instantly responds to what you want? Your Inner Being holds everything you have ever wanted in a vibrational reality and is ready to bring it to you in the perfect way. This vibrational reality is waiting to become physical reality and manifested into your life, as soon as you follow step three.

Step Three is your only active role in creating what you want. It is your role to align vibrationally with your dreams and desires. In other words, you need to find a way to get happy and feel good, no matter what, to attract what you desire into your life. Your Inner Being will then send you thoughts, feelings, situations and people at the perfect time for you to receive exactly what you want in the perfect way.

So to clarify what these three steps to manifesting anything you want are. Step one is automatic when we come up against what we don't want we ask for what we do want.

Step two is taken care of by our Inner Being, and therefore, we don't need to do anything

Step three requires us to feel good no matter what is happening. This is the essential key to manifesting your dreams and desires.

So we will be concentrating on step three and helping you to align with your dreams and desires so that you will feel good and I promise you that if you can achieve feeling good most of the time you will manifest everything that you want.