

## **Momentum: Why we keep repeating patterns of thought or beliefs.**

What is momentum in regards to the law of attraction and creating your reality? Momentum is the law of attraction in action. Momentum is your habits of thought around a particular topic and is continually built up by thinking thoughts over and over again. What seems like a deep rooted belief that you cannot get rid of is simply a thought that you have kept thinking and so has a lot of momentum to it. Our beliefs aren't facts they are just practiced thoughts with momentum which have made them appear to be real.

For example most people have a particular momentum either positive or negative around money. You have built up this momentum over the years of your life and it probably started in your childhood in regards to what your parents thought about money. Then you have built on that by continually thinking about money in the way that you do.

The more that you believe a particular thing the more that it will prove itself through the law of attraction to manifest into your life. So when you have particularly strong negative momentum around a particular topic it continues to move in the same direction until you stop it.

If you can stop negative momentum before it builds up too strongly then you can change its direction. For example, imagine a spherical boulder perched at the top of a hill, and you could easily push it to start it rolling down the hill, but before it had moved very far you decided you wanted to stop it. At this point you could step out in front of it and stop it with very little effort. But once it gets going and building up speed you definitely don't want to be at the bottom of the hill trying to stop that boulder. And the same is true for you when you start thinking something that doesn't feel good, before it has built up momentum and speed, you need to get out in front of it and change the subject to focus on things that do feel good.

What can you do when the momentum on a certain thought or belief gets going strongly? You can start by using your self-hypnosis technique, this will quiet your chattering mind and thereby stop the negative momentum. Then you can use your Personal Power Affirmation to build up positive momentum and allow the law of attraction to bring you the things you want. Also in the same way after you have slept, when you wake up you can start again with a different more positive momentum.

Once you have stopped the momentum with your self-hypnosis technique and use your Personal Power Affirmation when you are in hypnosis. This will help you to create a new positive momentum and new empowering beliefs. You can also start to

look for different more positive general thoughts like “things are always working out for me” or “things are getting better and better” and choose thoughts that feel good to you.

If you are like me then you have tried many ways and many techniques to change your thinking and your beliefs. I realised that the biggest obstacle to creating whatever I desired was my subconscious limiting beliefs, but no matter how hard I tried with my conscious mind these subconscious limiting beliefs wouldn’t budge. It wasn’t until I discovered self-hypnosis that things really began to change for me. Knowing that the law of attraction is always working in my life I knew that changing my negative thinking and limiting beliefs was the only way that I would get a different outcome in my experience.

It has been scientifically proven that self-hypnosis is one of the most effective tools in changing your subconscious limiting beliefs and improving your life. You don’t need to find the cause of your limiting beliefs or work at fixing your negative thinking you just need to replace them with new positive thoughts and empowering beliefs.

Usually when you try to take on something head on its like trying to stop the boulder once it is rolling down the hill, all you get is a great big headache or worse. So trying to fix a problem, which is typically what we have been trained to do, is a never ending process, you will never get to the bottom of it because the law of attraction just keeps attracting more and more about the problem. The solution is to stop talking about the problem stop focusing on it or thinking you can fix it, get off the subject, focus on something else and build up positive momentum in the direction that you want to go.

Momentum is always working in your life it just depends which way it is going it is either positive or negative. And it’s up to you which way you’re Momentum goes. When you are aligned and you feel good, momentum will always bring you more good feelings which feel wonderful. When you aren’t aligned, momentum doesn’t feel good but it does create desire for better things and better feelings which is why our lives are always getting better. So don’t be hard on yourself if you find you have negative momentum happening on a thought or a belief.