

## Where to Start with Law of Attraction - Wendy Betterini

If you're just learning about the Law of Attraction and wondering where to start, or if you're not seeing results and want to start over, I'd like to share a few tips on what I believe to be the best ways to get started:

### 1) **Choosing more positive thoughts.**

Negative thinking is very much a habit, and it's one that has the power to control your life in frightening ways! Before you can change your outer circumstances, you need to learn how to choose better thoughts. Take a moment right now and consider the general direction of your thoughts overall. Do you consistently focus on the negative? Are you stressed much of the time? Do you live in a constant state of anxiety and frustration?

Begin turning that around immediately. You won't be able to change it overnight, but you can gradually adopt a more positive thought habit. When you're about to do something challenging, say aloud, "I know this will be a piece of cake!" Or when you're waiting on some news, affirm over and over that it will work out in your favor. It will take effort on your part to **CHOOSE** more positive expectations, and you probably won't believe the things you're saying - not at first. But if you keep at it daily, little by little you'll notice optimism becoming your new habit.

### 2) **"Flow" positive emotions as often as possible!**

Emotion is absolutely one of the most powerful weapons you have in your arsenal against struggle and lack because **EMOTION IS ENERGY!** Whatever emotions you are feeling at a given moment is exactly the quality of energy you are emitting to the universe. Feel negative emotions, transmit a negative signal. Feel positive emotions, transmit a positive signal. Those signals are what attract your experiences!

To improve the quality of your signal, begin doing what I call "energy sessions" each day. Find a quiet place to sit or lie down, and bring to mind something that you want. Imagine that you already have it and let your emotions rise higher and higher and higher! Feel **WONDERFUL** about this thing you have, and let feelings of joy, happiness, gratitude and contentment flow through your body. Get the feelings as strong as you possibly can, until you're nearly weeping with joy! Believe it or not, just a few minutes of this activity daily can bring about positive changes so quickly it will take your breath away.

### 3) **BE what you're trying to attract.**

Finally, there is another super-duper-powerful technique that can create changes **FAST**. And that is **BEING** the person who already has what you want to attract. Let's use an example: Imagine that you're trying to attract more money into your life. As it stands right now, you're struggling with lots of financial difficulties and focusing on lack a lot, which only attracts more money problems.

In order to turn this around, begin thinking, feeling and acting like a person who has no money problems. How would such a person feel? How would such a person behave day to day? Most likely, that person would be calm, happy, grateful, centered and content. They'd pay their bills calmly and they wouldn't worry about money, ever! They would **FEEL** abundant and blessed. If you begin thinking, feeling and acting that way too, guess what happens? You communicate to the universe that you are abundant and blessed - and the universe says, "Okay!"

The truth is, the Law of Attraction is incredibly EASY to use once you know how! It's just a matter of learning how to think, feel and act differently than you have been used to doing for most of your life. A period of adjustment is absolutely necessary - just like adopting ANY new habit! Don't expect yourself to get it perfect right away. Simply work at improving your thoughts, emotions and expectations a little at a time, moment by moment. You may think that small changes won't create big results, but I assure you they can!

Eventually you'll reach a point where you pause, look back and marvel at how much your life has changed, just because you were willing to take it a step at a time.