

The Law of Attraction Unleashed, Part 1: Hacking the Game of Manifestation

Chances are, you've heard about The Law of Attraction: the Universal principle that states that "like attracts like" - as featured in the book and movie *The Secret*. But whether you've been working on this "manifesting" thing for a while, or you're brand new to the concept that we create our own reality, you may be wondering a) if this stuff is even "for real" (after all, you've got a logical brain that tends to question everything - and rightfully so), and b) if this stuff IS legitimate, is there a way you can "hack the system" to speed up the arrival of the awesome things and experiences you've envisioned for yourself and placed on your Dreamboard®?

The answer to both questions is a resounding YES. So buckle your seatbelts - because in this five-part article series, I'm going to take you on a journey through time, space, and your wildest dreams-come-true... and teach you exactly how to use The Law of Attraction and its sister law, The Law of Resonance, to create a life you're totally in love with.

The process of manifestation is something that we're all involved in, 24 hours a day, seven days a week - but the funny thing is, most people have no idea they're even doing it!

To "manifest" something means *to display, show, or demonstrate*. It's a process that starts with forming a vision, thought, or idea in the mental realm, and ends with that thing or result "popping" into your reality, where it can be physically experienced.

We are constantly manifesting both desired and undesired outcomes and events - yet very few of us have an understanding of the inner workings of the process. Luckily, when you get a handle on the "hows" and "whys" of manifestation, amazing new results become available to you, such as happiness, wealth, adventure, and inner peace, to name a few! Your Dreamboarding® efforts become exponentially more powerful, and you are able to create much more of what you want, and much less of what you don't want.

In a nutshell, life gets MUCH easier. and a heck of a lot more fun.

Now, because so much of the manifestation process happens in the invisible realms, it can be hard to know how close you are to "getting your stuff" - let alone if your attempts to manifest something specific are even *working*. But it is possible to feel relatively confident about how things are

progressing with your manifestations - as long as you have a solid understanding of The Laws of the Universe in hand.

"Laws of the Universe?", you say? What on Earth are those? Well, they're essentially sets of rules by which the Universe unfailingly operates. There is some disagreement over how many laws there are (some say there are only seven; others cite 12 main laws, with dozens of lesser "laws"), but the bottom line is that everything and everyone that exists inside the Universe is bound to abide by the laws, and DOES abide by the laws, whether they are aware of them or not.

This may sound kind of restrictive and scary, but in actuality, it's a very good thing that we live in a law-governed Universe, because it allows us to manifest predictably. It gives us parameters that we can work within. As long as we "get" what the laws are all about, are clear on our authentic desires, and can align our thinking, emotions, and actions accordingly, we are literally guaranteed to get what we want when we intentionally manifest. *That's* how powerful these laws are.

The two major Universal Laws that you'll need to understand if you want to become an effective and happy Dreamboarder® are *The Law of Resonance*, and to a lesser extent, *The Law of Attraction*. In this series, I'll start by explaining how misunderstandings about the function of The Law of Attraction can hurt your manifestation efforts, and then I'll get into why The Law of Resonance is the real driving force behind creating what you want in your life, and how you can make the most of its formidable power.

The Law of Attraction (often called the "LOA" for short) is most often summarized with three very simple words: "like attracts like".

We see this law playing out in the form of "birds of a feather flock together", or "good deeds beget other good deeds". This Law states that you receive more of what you "put out there" energetically (and if that sounds vague - don't worry: I'll get into the specifics of how this works a little bit later).

Somehow or other, The Law of Attraction has become the "darling" of all the Universal Laws. Something about the word "attract" has captured the imagination of society - possibly because of its sexual undertones, or possibly because we human beings like to believe we have total control over our lives, and the idea of using our will to "attract" the things that we wish to do, be, and have is oddly delicious: it's a challenge that most of us are all too happy to take on, imagining ourselves as powerful magicians beckoning forth the things we desire out of the ether.

(Which isn't too far off, in a way, but doesn't work exactly the way we think it does.)

Yet while The Law of Attraction plays a vital role in the manifestation process, the truth is that this well-loved Universal Law is more of a supporting character than the star of the show. Which wouldn't be such a bad thing, if it weren't for the fact that when you subscribe to the viewpoint that The Law of Attraction is the be-all, end-all of getting what you want, **it has a sneaky way of sabotaging your manifestation efforts - effectively canceling out all the time and effort you're putting in visualizing, Dreamboarding®, or raising your vibration.**

So what's an eager manifestor to do? In order to truly "hack" the manifestation process, what's called for is a change in perspective - beginning with having a basic understanding of the structure of the universe we live in.

As you may know, everything in this world of ours is made of moving, vibrating energy - even things that appear to be totally immobile, such as a hunk of rock, the building across the street, or the desk you're currently sitting at. Once you zoom in down to the atomic level, we see molecules and atomic particles orbiting around each other (you may remember diagrams depicting this in your science classroom textbooks). And if we zoom in even further, inside those particles, we encounter *subatomic* particles - known as photons and quarks. But the crazy thing is, these subatomic "particles" aren't solid, either! They actually "consist" of whirling fields of electromagnetic energy.

In other words, that there is actually no such thing as solid, non-moving matter. "Everything is energy", mind-boggling as it may seem.

Every object, substance, and even creature is made up of a collection of different energies that have different rates of vibration, which are measured in terms of *frequency*. A frequency or vibration can be "high" or "low", depending on how many times it oscillates (goes up and down) per second. Our reality is literally made up of an endless landscape of these oscillations. We are bathing in - and made up of - a sea of frequencies, vibrating out into infinity. Each of us is made up of a vast range of frequencies, and thus rates of vibration. We are anything but static, and our overall vibration (or "energetic signature"), which is made up of the sum total of all the vibrations "inside" of us, is changing from moment to moment. *This is important to keep in mind, because of the way most people think the Law of Attraction works.*

As I mentioned a minute ago, the basic premise behind The Law of Attraction is that "like attracts like". The popular idea when it comes to The Law of Attraction is that in order for the things you want to show up (manifest) in your life, you need to actively make yourself more energetically "like" the thing or experience that you desire. In other words, this (supposedly) means that 1) you must change something about yourself in order to have any hope of "attracting" the things you desire, and 2) you must somehow make your own overall vibration match the overall vibration of the thing that you desire (so that your vibration is "like" the vibration of what you wish to manifest).

The thinking is that when this happens, the thing or experience that you want will be drawn into your reality, as if you are a magnet whose vibration is a tractor beam pulling the desired item towards you.

It's also popularly believed that the wonderful things you desire (such as big piles of money, a loving romantic relationship, or a publishing deal) are "high frequency" or "high vibration", and that your own overall frequency/vibration must be similarly high in order to attract them. This is why you often hear people who are into The Law of Attraction talking about the benefits of meditation and spending time in nature: the idea is that these activities will "raise your vibration" to a higher level - one that matches the frequency of the stuff you want.

But here's where things get tricky for those of us who are working on manifesting awesome new things and experiences. First of all, given that you can't actually *measure* your vibration, or the vibration of the thing or experience that you want (after all, no one thing has a single, simple rate of vibration, and most of us don't have instruments for measuring that stuff, anyway), it's impossible to know how close your vibrations are, and therefore impossible to reliably "match" the vibrations. So if you subscribe to this theory of how The Law of Attraction works, your only real option is to repeatedly attempt to raise your vibration, trying to get from "where you are" to "where you want to be". And when you don't have much success, this process can start to become a bit of a downer. You might ask yourself, "what does it say about me if I'm working so hard to attract the things I want, and they just don't seem to want to show up? My vibration must be REALLY low! Maybe my frequency is broken!"

The irony is, these scenarios lend themselves to some pretty serious frustration, which is an emotion that actually **LOWERS** your overall vibration - and will in fact prevent you from manifesting what you desire (although not for the reason you might think). Either way, it becomes a catch-22 that you can't seem to get beyond, and at the end of the day, the stuff that you want *still* hasn't shown up. Ugh!

It's irritating, to be sure. But the good news is, *The Law of Attraction doesn't function the way most people think it does* (which is actually a really good thing - I promise!).

The bottom line is that it doesn't actually WORK for you to forcefully "attract" things into your reality. The Law of Attraction principle of "like attracts like" is correct in a general sense, but if you attack your manifestation efforts by straining to raise your vibration, so that you match the vibration of the thing you desire, you will actually DELAY the arrival of the visible part of the manifestation process: otherwise known as the exciting part, when the money, trip, or relationship shows up and you can enjoy it in the here and now.

Because we like the idea of The Law of Attraction so much, we tend to go looking for "proof" that it's the invisible force operating behind the scenes in our human lives. For example, the old adage "birds of a feather flock together" seems to be explainable by the idea of the LOA. And similarly, when we see that people who are generally happy experience good things in their lives, that also appears to be a living, breathing demonstration of the LOA in action.

And it's true that groups of friends generally have similar overall vibrational frequencies, and it's also accurate to say that there is a "match" between the elevated vibrational frequencies of a happy person and the good things that show up in his or her life (money, love, fabulous vacations). But stating that the person and the awesome stuff "got together" because the two vibrations ATTRACTED each other would be a faulty correlation. **Despite outward appearances, these things haven't ATTRACTED each other at all. Instead, they have come into resonance.**

Stay tuned for the next article in the series to learn more about what this means, and why the concept of resonance is the REAL key to realizing all your dreams!

Espavo (thank you for taking your power),
Amanda

The Law of Attraction Unleashed, Part 2: What the Heck is Resonance, and Why Should I Care?

Welcome back!

In the previous article, I introduced you to the basic concept behind manifestation, and debunked a popular myth about The Law of Attraction that may have been messing with your manifestation efforts. If you haven't read that article yet, be sure to click over to check it out. Then come back to this page to continue learning about how you can most effectively realize your goals and dreams - with the help of a handy little thing called *resonance*.

Resonance is a physics-based concept that offers the secret to how you can manifest whatever you desire - far faster than you would be able to if the only Universal Law you knew about was The Law of Attraction.

The word "resonance" means "to resound" and "reverberate" - *to sound out together with a loud sound*. Resonance is what causes many musical instruments to create the music that we can listen to and enjoy. It's also a phenomenon that applies to human beings. We each "resonate" with our own unique energy field, vibrating with a specific pattern of frequencies.

When we read something that feels "right" to us, we will often say "that article really resonated with me". Or, when we meet someone who seems to instantly "get" us, we will say "there was something about her that resonated". These statements describe the phenomenon of resonance at work. When we encounter someone that our energetic field "jives" with (meaning that our energetic field is similar to the other person's energetic field), we actually FEEL the sensation of our vibrations matching. It's a wonderful feeling of attraction, deep connection, and "coming home to yourself". It feels like the most natural thing in the world, which is reassuring, because if resonance is natural, and resonance is the key to manifesting what we desire, it means we're built to be natural epic manifestors!

In a more technical sense (which will be helpful in our discussion of manifestation), resonance is the name for what occurs when one object, vibrating at the same natural frequency of a second object, forces the second object to start vibrating - seemingly spontaneously. When this happens, a loud sound can be heard, where previously there was none.

Here's a quick rundown of an experiment that's often used in physics classrooms to demonstrate the concept of resonance. Imagine that there are two tuning forks that have the same natural frequency (AKA rate of vibration), mounted onto "sound boxes", located just a few feet away from each other.

The first tuning fork is struck, and it starts to vibrate actively, disturbing the air molecules around it and creating sound waves that produce a ringing sound. A moment later, the second tuning fork starts to actively vibrate, and begins making the same sound, even though it hasn't been physically struck. The second tuning fork starts producing sound because its natural frequency matches the natural frequency of the first tuning fork (the one that was struck). Because their frequencies match, there is the possibility of getting a quantifiable result *that can be sensed/perceived: the second tuning fork starts ringing, and what you get is a very loud sound, with the two tuning forks ringing in unison.*

It's like the second tuning fork wakes up and starts vibrating "hello" because it recognizes a family member or friend - someone who shares the same frequency. Suddenly, because the first tuning fork was struck, and because the two tuning forks have the same natural frequency, both forks become aware of each other's presence, when they weren't before. The two tuning forks were always there, just a few feet away from each other, but they didn't recognize that the other was there, because they weren't actively vibrating at the same frequency. They weren't ringing, and were thus undetectable to each other. But as soon as they both started actively vibrating at the same frequency, it's like they became "visible" to each other, and could experience each other in a physical sense. *Resonance* occurred.

So what do you and your goals and dreams have to do with a couple of tuning forks in a physics classroom? Well, in a very real way, YOU are a tuning fork. Your body vibrates at a rate specific to the thoughts, sensations, and emotions that you hold at any one time. And the things and experiences you desire can also be thought of as tuning forks, with their own unique frequencies - *but you and your desired things and experiences are undetectable to each other, because you aren't actively vibrating at the same frequency (making a sound that allows you to "recognize" or "hear" each other, and for resonance to occur).*

Imagine for a moment that you are the first tuning fork, and the thing you desire (let's say, a vacation to Hawaii) is the second tuning fork. And you're both wearing blindfolds, so you can't see each other. You've also got earplugs in your ear: the really high-tech kind that literally block out all sound. So you're both sitting there in total silence, unaware that the other is there. You can only become detectable to each other if you "strike your own tuning fork", which causes the other "tuning fork" (whatever you're trying to manifest) to make the same sound you're making. At that moment, you have officially come into resonance. And it's only once you have come into resonance that you can "detect" each other. The manifestation is complete!

So how do you strike your own tuning fork, putting out a call to all the things you want to do, be, and have? I'll get into the specifics of that in a future article in this series, but for now, let's take a moment to make sure we understand how working with resonance can free you from the damaging results of incorrect interpretations of The Law of Attraction's role in the manifestation process.

Not to put The Law of Attraction down, but resonance is the REAL mechanism by which you manifest things. It's how you can easily match your vibration to the vibration of the things you desire, thereby causing them to appear in your life, for you to enjoy. And if you understand how resonance works in the manifestation process, you understand what you need to do in order to be a successful manifestor. Hint: it's not trying to raise your vibration willfully. It goes much deeper than that - although happily, it's also much more fun!

At the end of the day, while you do get what you want by matching your frequency to the thing you desire, this "matching" can only happen when you're willing to give up the idea that you need to willfully ATTRACT things into your life, or struggle to raise your vibration, and you hop on board the resonance train instead. Believing that you must work to attract something into your life is the wrong way to look at it. And in fact, looking at it this way is what holds you away from successful manifestations.

Here's why you can never achieve resonance with your desires if you're also holding onto the idea that you must "attract" things into your life.

If you think about it, if you're trying to *attract* something into your life, *it stands to reason that you believe you don't already have that thing*. In other words, the thing or experience that you desire is somewhere external to or separate from you, and you're attempting to draw it closer to you, into your life, through sheer "magnetic" force.

This is problematic because the way the Universe works is that **if you perceive, feel, or believe you don't have something (because you think of it as being "over there", and not yet present), and that you must attract it towards you, that "separation" or "lack" is exactly what you'll get more of**. You will literally manifest more of the LACK of whatever you want.

The Universe gives you more of what you perceive, feel, and believe. So if your belief is "that thing is separate from me - it's over there, and I don't have it over here with me yet", then the Universe will respond with "okay - if you say so!" - and that's exactly what you'll get.

That's a bit of an esoteric explanation - so let's look at this in a more scientific way. As mentioned earlier, the common (yet incorrect) Law Of Attraction-based belief is that in order to attract something into your life, you need to willfully raise your frequency/vibration in an attempt to match the "elevated" frequency/vibration of the thing or experience you want to "get". **But the truth of the manifestation process is that you can only have or experience something once you perceive, feel, and believe that you already have it. And this is where resonance comes in.**

Remember the tuning fork analogy from earlier? I described what's happening between the tuning forks as the turning forks "recognizing" each other (coming into resonance with each other) only after the first tuning fork was struck. That word - recognize - is key here. In order for two things to start actively vibrating at the same rate (thereby coming into resonance), the one must first recognize the other, on a vibrational level, which can only happen when the first one is "struck". Only then, after they have "recognized" each other, will they start actively vibrating at the same rate. And when they start actively vibrating at the same rate, they become visible/audible to one another, and can experience being in each others' presence.

The crucial thing to grasp here is that the two tuning forks were always there, mere feet away from each other, but they didn't "know" the other was there. And this is how it is with life and manifestation! Everything that you desire is already here, in the present moment, exactly where you're sitting, standing, or lying down. Whatever it is that you want is literally already here. If you are one tuning fork, and the thing you desire is the other tuning fork, that means that the thing you desire was there all along.

I know this can be hard to wrap your head around, because we are so trained to rely on our physical senses to determine what is "real" and present, but for now, I invite you to simply *entertain* the idea that maybe - just maybe - everything you desire is already here. And in the next article, I'll prove to you that it is! ;)

Espavo (thank you for taking your power),
Amanda

The Law of Attraction Unleashed, Part 3: Everything You Want is Already Here

In [the previous article](#), I introduced the concept of resonance, and explained how it's the true "driving force" behind making the dreams you've put on your vision board (Dreamboard®) a reality. I also suggested that whatever you are wanting to manifest is already waiting for you, just a few feet away from you. Today, we're going to delve into another important piece of the manifestation puzzle that explains how that could possibly be - with the help of another of the Universal Laws: The Law of Divine Oneness.

Like The Law of Attraction, The Law of Divine Oneness is quite simple. It states that everything in the Universe is connected to everything else. And not just connected with invisible links that span continents, countries, and cities: connected to the degree that at an energetic level, we are literally all *one*. Our vibrations are interpenetrating. There are no borders where "you" end and "I" begin. We seem to be separate beings running around on the face of the Earth, but in truth, we are each expressions of the same Divine Intelligence, only *appearing* to be individuated as different people.

What this means is that you are one not only one with other people, but with other THINGS as well. And this includes each of your desires.

When you can truly accept this idea as truth, you will be holding the golden key to rapid manifestation. But on the other hand, if you think about manifestation in terms of the usual (misguided) interpretation of The Law of Attraction, that golden key will be snatched out of your hand faster than you can say "abracadabra". Here's why.

Remember that one of the pitfalls of believing that The Law of Attraction is the main force that powers our manifestation process is that you believe you need to **raise** your vibration in order to match the supposedly "higher" vibration of the thing or experience that you are hoping to manifest. This idea of needing to "raise" your vibration to match something else implies that you are separate from that other thing, and that that other thing is "better" or "higher quality" than you. But from the Law of Oneness, we know that this cannot be true. You and your desire are already one. There is no distance between you - and at a core level, nothing that differentiates you from one another.

This means that there is nothing you need to change about yourself in order to become "worthy" of your desires. In actuality, **you are more than worthy of having your desires, just as you are.** And in fact, *you are already a vibrational match to those desires!* You ARE those desires!

Let's get warm and fuzzy here for a minute. In case no one has told you this recently, you are wonderful. You are amazing. You are an expression of pure Universal energy - a "shard of Source" who decided to come down here to play, learn, and grow on Earth. And what this means is that you and your desire already have matching high-vibrational aspects. You're not some lowly little human who's riddled with faults. I mean, sure, you may have a few things you're working on, but at your center, you are pure love and light. And with this in mind, you can know that you are not "beneath" those things that you desire - whatever they may be.

Knowing this - in your bones - is crucial to manifesting whatever you feel called to be, do, and have. You must feel it down to your very cells. Why? Because the first step in establishing full-blown resonance with the things you want is to understand, on a very deep level, that there is ALREADY a naturally occurring resonance between you and what you've been dreaming of.

Only things that are similar resonate. And similar things can only experience the joy of complete and utter resonance (the last stage of the manifestation process) if they allow themselves to acknowledge their similarities, first.

So just know that there IS a resonance that's already intrinsically there. If there wasn't, you wouldn't have those desires in the first place. All you have to do is "wake up" to your deservingness, acknowledging that the thing or experience that you want is not "better than" you or "above you" in any way, so that you can have the confidence to move on to the next step: "striking your own tuning fork", so that full resonance can be achieved, and you can welcome in whatever it is that you desire.

I'll be explaining my step-by-step method for how to do this in the next article in this series, but first, if you've been following along closely with my tuning fork story, you may be wondering about one important detail. I originally stated that in the experiment in the physics classroom, the two tuning forks had the same "natural frequency", and that it was this shared trait that allowed the second tuning fork to start actively vibrating and making a sound when the first tuning fork was struck. In other words, the two tuning forks were able to "recognize" each other as being present because they had something in common vibrationally. And if, per our example, you are a tuning fork, and the thing you are trying to manifest is a tuning fork, what do you do if your "natural frequency" (which you can't measure, anyway) doesn't match the natural frequency of the thing you desire (which you can't measure, either)?

You rest easy in the knowingness that some part of your frequency matches the frequency of your desires, that's what!

In other words, you must become aware (i.e. **recognize**) that there is already part of your vibration that is a perfect match to part of the vibration of the thing you desire. In doing this, you are perceiving, feeling, and believing the desired thing, result, or experience in your current life, which is the key to coming into resonance. And when you come into resonance, the end-product manifestation suddenly "shows up"!

So in essence, the first step in manifesting using The Law of Resonance is about recognizing that *you already are a vibrational match for everything that you desire*. You and your desire are one, just as you are one with everything in the Universe. The only thing holding what you desire away from you is this lack of awareness or recognition that you are deserving of the desire, you are one with the desire, and the desire is already present.

This can be a tricky point to grasp, because it's the complete opposite of what the vast majority of us are taught to believe. Our education system, the media, and society in general likes to make us feel "not good enough" in every possible way, to encourage us to want to improve ourselves, buy products to make ourselves more "attractive" or "desirable", and spend money on activities that will help to distract us from taking the time to look within and find out how powerful and amazing each of us really is, in all our uniqueness and "imperfection".

But the truth is that you are incredible. There will never be another person like you, who is drawn to the specific things that delight, excite, and tantalize you. You are special, and deserving, and then some. In fact, you are much more *like* your desires than you are *unlike* them! And having the desires that you have isn't wrong, or something you should have to work for for your whole life, in hopes of finally realizing them in your old age, when you have "earned it". You can have your desires TODAY - right now - if you are willing to align yourself with deservingness, self-love, and oneness. Because THAT is the truth of this world.

In closing, I promised you that in this article, I would prove to you that everything you desire is already present in your life. I've now given you the somewhat airy-fairy "spiritual" explanation (you are already "one" with what you desire, and your vibrations are already a match), but in the next article, I'm going to appease your rational mind - and teach you specifically what to do, in a practical sense, in order to jumpstart the resonance process!

Espavo (thank you for taking your power),
Amanda

The Law of Attraction Unleashed, Part 4: The Three-Part Energetic Formula for Making All Your Dreams Come True

Thanks to the previous article in this series, we now know that in a spiritual sense, we are already "one" with our desires. We are already a vibrational match for the things we want to do, be, and have (the things we've added to our Dreamboards®, or that we focus on in our creative visualizations), and those things are just waiting for us to "wake up and smell the coffee" and recognize them - so that they can wave "hello" and we can actually believe they're there, "see" them, and most importantly, enjoy them!

That's all well and good, but it's hard to imagine how understanding or believing this kinda-abstract idea could be enough to result in you actually getting your "stuff". And the truth is, it's *not* enough. You need to get your left brain on board, and take ACTION in order to ground this idea into reality and make it work for you. So, is there anything proactive we can do to come into resonance with our desires? There sure is - and there are very concrete ways for you to actively do this. Luckily, you have a set of very effective tools - your mind, body, and heart - to help.

We now know that in order to come into resonance with what you desire, which must happen in order for you to physically experience those desires as being manifested in your reality, you first need to actually recognize that thing as already existing in your world. But what exactly is involved in "recognizing" something that's... well... *not there yet*? Well, it's easier than you think - and you don't have to try to pull a once-over on your logical brain, either. The process of recognition has three parts. You need to PERCEIVE, FEEL, AND BELIEVE it. These three modes of recognition correlate to those "tools" I just mentioned - your mind, body, and soul (heart).

But before I explain the stuff about mind, body, and soul/heart, I need to share something else pertinent with you about how the process of manifestation really works.

We've talked about how most people who don't understand The Law of Oneness think they need to put in some kind of work to "attract" what it is that they want, from someplace far away and impossible to see. The assumption there is that we are the ones who want things, and that the things we want are either indifferent to us, or are maybe even actively trying to stay "over where they are", far away from us. Not such a happy outlook, is it? It makes you think maybe you don't deserve what you want, or that it's wrong to try to get it. It makes you feel like the cards are kind of "stacked against you".

Well, this is yet another misunderstanding about the way the manifestation process functions. The truth is, the things and experiences that you desire are actually trying to get to *you!*

To illustrate this point, let's go back to the tuning fork analogy one more time. Both you (the first tuning fork) and the thing you desire (the second tuning fork) are sitting there just a few feet away from each other, with blindfolds on and earplugs in, wishing you could find that other tuning fork that has the same "home frequency": a true kindred spirit that you can really resonate with. But because you can't see or hear, you can't sense that the other is there. You're lonely. The other tuning fork is lonely. You just KNOW, deep down inside, that there must be someone out there for you. The perfect person (or should I say, "the perfect fork") who will make you feel complete.

Well, the other tuning fork is thinking the same thing. It hopes that someone out there will recognize it for who it is... someone who shares the same qualities. Someone who's "on the same wavelength", if you will. And guess what? Because you and the other tuning fork have some vibrational qualities in common, why shouldn't that person be YOU?

Silly metaphors aside, what I'm trying to say here is, who's to say that it's just YOU who's looking for the thing you desire? Perhaps the thing you desire is looking for you, too. It's just as plausible, really. And it's strangely reassuring. So keep this in mind, and you'll find that it really helps your manifestation process. It's good to think about fulfilling your desires as a process that is also healthy for whatever that desire is - whether it's a mate who truly understands you (whom you will care for deeply in return), the money to open up a flower shop (through which you will bring joy to an entire neighborhood), or a healthy, vibrant body (which will allow you to run around in the park with your kids).

As the great Sufi mystic Rumi said, "What you seek is seeking you". What this means is that in a very real way, *you are meant to have your desires* - because you realizing those desires will benefit the world in some way. Just remember that next time you're questioning whether you "deserve" to _____, or if you're "good enough" to _____. If you have a desire for something, it's because it's in line with your life purpose. You desire it because it is meant for you - and whatever you desire is just as excited to show up in your life as you are to "attract" it into yours. :)

Ok then - now that we've got that little sermon out of the way, let's take a look at how you can *perceive, feel, and believe* that what you desire is already present in your life. The first thing you need to do here is to be willing to think a little bit "sideways" - meaning to open your mind to a new way of perceiving.

As you've probably noticed as a result of living here on the planet for 20, 30, or 40 or more years, human beings are very materially focused. We don't think anything is real until we see it "in the flesh". We have a tendency to say things like "I'll believe it when I see it".

But the fact is, we live in a world where what is actually visible to us makes up only a tiny percentage of what is "out there". Our eyes can literally only detect a sliver of what is actually "out there" (eight percent of the electromagnetic spectrum, to be precise). Think about gamma rays, radio waves, or infrared rays. We know they exist, and yet we cannot see them with the human eye. Similarly, there are plenty of sounds we can't hear with our ears, but that we know are real (because dogs, dolphins, or bats can hear them).

The point here is that we put way too much emphasis on the fact that only things we can see, hear, and touch are "real". And that's a shame, because when it comes to manifestation, the vast majority of the "process" happens completely invisibly. **The moment when the thing or experience you've been dreaming of actually becomes something that you can physically interact with is the very last stage of the process - making up about 1% of the whole journey of "coming into resonance" that began with you first having the thought that you might like to have X, or experience Y.** Keeping this in mind will be helpful as you move into the phase of perceiving, feeling, and believing that I will cover shortly.

Humans also tend to be kind of "all or nothing" about our desires. We want what we want when we want it, and we want it exactly the way we want it, too. It's very natural to think this way, but with manifestation, if you want to be successful at achieving your desires, you'll need to soften your outlook a little bit.

It's okay to daydream about specific details of what you want - such as the texture of the finishes in that new kitchen you've been lusting after, or the exact shade of green that you envision shimmering in the eyes of your future beloved. These details allow you to get excited about what you are manifesting. But you must be willing to accept that the Universe works in energetic generalities. Sometimes what it will deliver to you as a result of your *perceive-feel-believe* process of coming into resonance will look different from what you envisioned - but it will always be just as "good", if not markedly better!

Yes, the manifestation process is predictable (after all, it operates according to hard-and-fast Universal Law), but let's face it - we also live in a mysterious world of miracles and magic. There is a force much greater than you involved here, and it makes realizing your dreams much more fun if you leave room for the Universe to surprise you.

The main takeaway here is that when it comes to manifestation, you need to be flexible. It's very important that you detach from the specifics of what you want, as well as the specifics of how the thing or experience that you want will come to you, and when. If you can keep that straight in your head and heart, you're ready to proceed with the process of *perceiving, feeling, and believing*. This is what is going to put you in resonance with your desires, allowing them to become things you can physically interact with.

The gist of this process is that you need to **1)** look for all the ways in which your desire is already present in your life (**perceive - with the mind**), **2)** with your emotions and in your body, vividly experience the sensations associated with already having your desire (**feel - with the body**), and **3)** bask in the fact that you can already perceive and feel the thing you desire, even when you don't yet have the exact "end result" you want, leading you to understand that in a very real way, the thing or experience you want is ALREADY HERE (**believe - with the heart**).

Or, put another way, in order to come into resonance with something that you desire, you must 1) look for proof that the thing already exists in your life (perceive), 2) create the sensory and emotional experience of *already having* what it is that you desire (feel), and 3) understand that the thing or experience you desire is seeking YOU, and that because you are able to perceive and feel it currently, even in some small way, you are well on your way to coming into total resonance with it (believe).

There are many different tools and strategies that you can use to fully perceive, feel, and believe in order to come into resonance with whatever you want to manifest. One very powerful way to enter into a state of perceiving, feeling, and believing is to create a vision board (Dreamboard®), and look at it regularly. But as you gaze at the different images on your Dreamboard®, don't stop at the visual (perceiving) stage. First, consciously recognize that the fact that the images on your vision board are representative of the fact that your desires are actually "here" and "real". They may only be pictures, but they're real representations of what you desire, aren't they? Take a moment to ponder and feel the significance of that.

Next, while still looking at your vision board, pick an image that you want to work with and gaze directly at it. You now want to imagine what it would be like to be experience the thing in the picture in the present moment, engaging as many of your five senses as possible. FEEL the thing or experience as though you are currently interacting with it "in the flesh". "Dream it alive" in vivid technicolour, so that it's just as "real" as it would be if you were actually accepting that Emmy award, or snuggling up to your loving partner, or walking down that gorgeous tropical beach. Smell the sea

air. Feel the sand between your toes and the salty mist on your face. Hear the sound of the waves. Taste the pina colada you're drinking. Allow the sensations to build to a crescendo of pleasure, and feel the unique vibration that this combination of input from all your senses creates in your body.

As you hold the energy of the sensory input, tune into your emotions. Let the utter joy, peace, electricity, or exhilaration you are experiencing in your imagined scene build to its own crescendo as well.

As you do this, the feelings you experience in your body and the pronounced positive emotions that are welling up in you are the signal that you are literally coming into resonance with whatever it is that you desire. In a very real way, you will be able to feel your body vibrating at a different rate than it usually does. This experience (which you are in complete control of, and which you can recreate any time) is the physical manifestation of resonance. When you are vibrating in this new state, you have just "struck" your own tuning fork. You are sending out a homing call that allows your desire to "hear" you, and thus become "activated" (start actively vibrating) in a "hello" response. When this process of resonance happens, you are well on your way to the moment when the real, physical thing or experience will "pop" into your world "for real". *And the only other thing you have to do is believe, with your entire being, that your desire is on its way to you.*

The belief piece is key, because if you don't believe in the process that you are engaging in, you will sabotage the process of coming into resonance. You are in charge of the speed of your manifestation process, and if you believe that nothing is happening when you engage in the perceiving and feeling process, and that it couldn't possibly work, and that this whole resonance thing is a sham, then once again, the Universe will mirror back to you exactly what you put out energetically/vibrationally. The Universe really is a lot like a genie that will say "as you wish".

If you don't believe that perceiving and feeling the thing or experience that you desire is what's going to bring it to you, you won't allow yourself to build to that crescendo of sensation and emotion and feel good about it - which will stop the process of coming into resonance with what you desire. So as weird as doing this may sound, don't forget how important it is to *believe* in the process.

Luckily, the "belief" piece shouldn't be too much of a stretch, because if you're willing to use that "sideways" style of thinking that I mentioned a minute ago, the thing you desire **is** already here. After all, you just had a very real experience with it, didn't you?! You noticed that your desire is already showing up in some way in your reality (even if only in the form of a picture on your vision board), and then you were able to experience it in your mind and body, with the same magnitude and

pleasure factor as you would if you were actually physically enjoying it. Remember: we humans have a funny way of putting emphasis on the physical/material - but who's to say that what you just experienced isn't just as "real"? After all, science tells us that brain lights up in exactly the same way whether you are physically experiencing something, or just imagining it. That has to count for something, right?

The bottom line is that belief in the process doesn't have to come from blind faith. It can come from a new perspective, or a deeper understanding - which you are now the proud owner of!

Ok - so you've got the basics down... and they'll go a long way towards making your dreams a reality. But those are just the basics! Be sure to tune into the next article to learn a fun and easy method for turning yourself into a Resonance Machine - and manifesting your desires more quickly than you ever dreamed possible.

Espavo (thank you for taking your power),
Amanda

The Law of Attraction Unleashed, Part 5: Gratitude 2.0: The Secret Sauce for Rapid Manifestations

Ok - so you've got the basics of the the *perceiving*, *feeling*, and *believing* elements down - and you also understand that you are deeply deserving of realizing all your desires. Now, you may be wondering - is there anything else I can do to turbocharge the manifestation process? There absolutely is, and that extra "fuel" is called gratitude.

You've probably heard others talk about the importance of gratitude before - but I'm going to explain exactly how and why it works, and how you can apply it to your everyday life in a way that is most effective for delivering you the things you want to do, be, and have.

Most people talk about gratitude being great because it puts you into a high vibrational state that allows you to "attract" the things you desire. You know better than that, though - because you read my previous articles, and you have the inside scoop on how The Law of Attraction actually works - right? ;)

Now, gratitude is definitely a high-vibrational emotion. If you could measure the changes in your overall frequency when you are in a state of gratitude, you'd see that it goes up. That's because gratitude is basically an expression of pure love, which is the highest-frequency (highest-vibration) emotion there is.

Have you ever looked at a loved one (whether that's your partner, your child, your dog, or your cat), and felt a surge of love and appreciation that he or she is in your life? Maybe you even felt a tear come to your eye in that moment. THAT is gratitude, and you can feel its presence in your body (usually in the heart area) in a very obvious way.

In fact, speaking of the heart, scientists at the HeartMath Institute (where they study the function of the heart in the human emotional response) have been able to prove that there are some very obvious changes in the heart's rhythm that occur when someone consciously switches into "gratitude mode". When this happens, the patterns recorded on a chart recording the heart's activity become much more smooth and orderly. This happens more with gratitude than with any other positive emotion that test subjects were asked to conjure up!

Most of us tend to feel gratitude spontaneously, but infrequently. And trying to force yourself to feel grateful doesn't work very well. Much like trying to force yourself to raise your vibration, it tends to feel like an obligation, which actually puts you in a LOWER vibrational state, where it's harder to

remember that you are deserving of your desires, and already one with them... and thus harder to come into resonance. Nope - what I'm going to suggest to you is that you try out a different kind of gratitude, which is a lot more fun - AND a lot more powerful. I call it "Active Gratitude", and it's a whole new way of approaching your day-to-day life: one that feels amazing and gets you big-time results with your manifestations, because it effortlessly puts you into resonance with the things you desire.

So, how does Active Gratitude Work? Well, the crux of it is that you go about your day continually looking for evidence that the Universe is conspiring on your behalf, and allow yourself to get excited about that fact.

If that sounds too easy, that's because it really is amazingly simple - but I promise you... it WORKS.

To practice Active Gratitude, I want you to think of yourself as a "manifestation detective" who is constantly on the lookout for all the ways in which the things you desire are already here. Like a little kid who's hunting for Easter eggs, the idea is to playfully and innocently look for signs that your desires already exist in your surroundings, as you go about your day, and then feel giggly and appreciative about it. (That's where the gratitude piece comes in).

This applies whether what's manifesting in your life is a watered-down version of your true desire, or a different expression of the desire, or a seemingly random coincidence that somehow refers back to the desire. For example, if you're waiting at the bus stop, you'll keep an ear open to listen to the conversations around you. If you hear someone say something that references one of your desires, that's one point. If you're browsing through magazines in a store, and you notice that one of the covers has a story about the region of Italy you've been wanting to visit, that's another point. If you've been thinking that you might like to get back into freelance work, and somebody you haven't heard from in five years reaches out to you "out of the blue" to ask if you'd be interested in a project, that's a third point.

The idea is that you want to be playfully "on the lookout" for all the ways that your desires are showing up in your current world - no matter how trivial or unrelated to you they may seem - and then you want to allow yourself to feel the deliciousness of the way the Universe is winking at you in the form of these synchronicities that are showing up.

You want to approach this like a neverending game. Luckily, it's one that you'll never get tired of, because the more you look, the more you notice, and the more you notice, the faster your desires

will show up, fully materialized. Each synchronicity is a sign that you are coming more and more into resonance with what you desire.

The Active Gratitude approach feeds nicely back into your Perceive-Feel-Believe feedback loop that you want to stay connected with, too. For example, let's say you want to manifest a trip to Hawaii, and you start noticing ads for Hawaiian vacations everywhere. Notice and allow yourself to be delighted by this. Appreciate it as a sign that what you desire IS already present in your life, which takes care of the "perceive" part of our 3-part formula. Then FEEL the reality of your desire being fulfilled, using all five of your senses. Let the sensations wash over you and become more and more powerful. And finally, send out a heartfelt "thank you" to the Universe, because you know and BELIEVE, with all your being, that everything you have dreamed of is not only coming to you - it is **already here**.

There truly are no coincidences in this world. If you can appreciate every hint of your desire that you encounter, and see it as being *every bit as valid and real* as the full physical appearance of the "end result" that you want to manifest, you will come into resonance with the "real deal" faster than you ever thought possible. Lean into life's magic. It's all here for YOU, and you were born to do this!

Espavo (thank you for taking your power),
Amanda