

## ATTRACTING MORE POSITIVE THOUGHT FORMS TO CREATE THE REALITY YOU WANT

*The “Law of Attraction” states “like unto itself is drawn” i.e. a person attracts everything (good and bad) into his/her own life due to their emotional state of mind. Is the Law of Attraction real? If it is, how does this work?*

So the first important thing is that there is no bad, all good. All wanting causes expansion, this is how you and your universe continually evolves and expands. You say it is good when it matches what you are now wanting and you say it is bad when it is not what you are now wanting. But the bad offers experience and opportunity to understand better what is wanted, because from the bad experience you know what you don't want. **It is important that you always choose thoughts on the joy that you will feel when the wanted thing has manifested – feel the joy in the now moment for your thought form because only when it has enough momentum will it manifest.** You must not choose to make a thought form from the fear of a bad experience. The like attracts like, it's true, your thought forms bring everything into your life. Important: **all** experience is good for the inner being, all wanting creates growth for your inner being and for your environment – wanting is thought form that has momentum.

Your inner being has experience of all thought in all moments that you are thinking of something. This energy flows to the inner being from the person. The inner being is also constantly flowing energy to the person. (The moment the inner being stops the flow of energy to the person, what you call death happens.) **Many people say ‘Aargh that person is bringing unwanted things into my life.’ This is untrue. No other person can manifest in anyone's life, only the person for itself. All experiences come from the person's own thought forms.**

You do not understand this. You think that thought forms must be about that wanted thing. It doesn't matter. **A person might have five big things that are not wanted – ‘aargh’ and one wanted – ‘ooh’. If the person chooses to think about the wanted thing, he's happy. No problem. The ‘ooh’ vibration makes the thought form have big momentum, so the four things must change to wanted things, because they don't fit the person's happy vibration.**

Equally, if you have 9 thoughts that are of wanted things and one of an unwanted thing, if you continue to focus on the one unwanted thing, as people often do, then the vibrations of the wanted things will start to change to the less wanted.

Here is a visual example. **If you taste something bad (aargh), you spit it out or swallow quickly to get rid of it. It's important not to think about it. If you taste something good (ooh), you should deliberately choose to chew this for many moments, to make it last. You remember the good tasting, and when it's gone you should think for many moments of memory of good taste. This makes thought form momentum. When an unwanted thing happens, don't think of it or focus on it, just think of an ‘ooh’ taste. It doesn't matter what you're thinking about, only that it's ‘ooh’ not ‘aargh’.**

The inner being helps. It flows sudden emotions to help the person notice something. Like for example if a woman's inner being would like her to have a baby, she will start to see many babies. Another woman might only notice the pretty coat of the baby's mother if she herself has big wanting of a warm coat for herself and not to have a baby, so she doesn't notice the baby.

*How long must we think positive thoughts most of each day instead of negative thoughts before we start to attract/manifest the things that we wish for?*

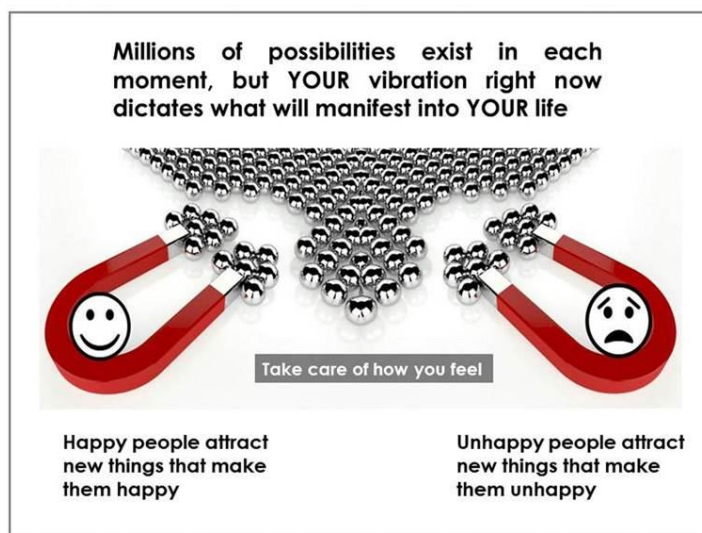
This isn't the right question. It's not a question of time, only momentum. The amount of momentum in the thought form governs how quickly the thing wanted manifests. Inner beings understand this very well and always choose to be happy, then they have what is wanted, and no energy is wasted. People might know the theory but often choose to think about the 'aarghs' - a big waste of time as it brings the not wanted into their experience. Also people often think "it hasn't come yet, it'll never come, I can't make this attraction thing work for me". They are right because their negative thought form makes it possible for only unwanted to manifest, wanted can only manifest in positive thought forms.

### **Exercise in focusing on the wanted**

Each night before sleeping, think of 5 things that have happened that day that you have liked. Do it regularly and soon you will be thinking of 10 things that day that you have liked. To do it before you sleep is important as it means you go into sleep in a positive vibration.

When you have become practised at this you will notice that you are feeling happier most of the time and that your mood is less often swayed into negativity by things that you dislike. It usually takes daily practice for more than a month to change the negative habits of a lifetime, be patient.

When you are happier most of the time you can change the focus slightly and think each night of 5 things that **you** have done that day that you are happy about. This is important for you to learn to appreciate yourself, this changes your core vibration to one of consistent happiness where you will attract more that will make you happy.



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Robert Hughes

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