



How to Use Your Thoughts and Emotions to Empower You

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How would it be to make lasting changes in your life? What about changes that you haven't been able to make and have tried over and over to achieve. Well it's a lot easier than you think.

Have you ever heard of the law of attraction? The Universal Law of Attraction (LOA) is the most powerful force in the universe. The simplest definition of this law is "like attracts like." By changing your thought patterns, including unconscious thoughts, beliefs, and attitudes you can attract like (or similar) things. This basic principle is that whatever your mind can imagine it can create. How does the mind do this? What your mind thinks, sees, believes, and feels is creating a message that is being sent out to connect with people and events that will help create the situation based on your message. For example, if you think it is difficult to make money, then you send out a message and draw you to people and events that make it difficult to make money. It's quite simple, actually. We create what we think and what we think sends out a vibration that attracts people and events that have those same thoughts.

Another great example of this is when you have thought about someone you haven't spoken to in a long time and think to your self I really need to call them. Lo and behold they call you shortly after that thought and find yourself saying, "I was just thinking about you!"

This is the law of attraction at work. To use your emotions and thoughts to empower you and your life will give you long lasting changes and success in all areas of life. Your mind can create wonderful things for you if you just "let go" and use it to send the right messages of the things that you do want in your life. Most people don't know how to do this.

Instead, we go through life never really using or understanding the power of our mind. We are taught that our circumstances dictate how we feel. But is that really true? If we are attracting things in our life, wouldn't it make sense



that the circumstance or the outer is just an image of what we are thinking and feeling on the inside?

“Consciousness is Cause” – Paul Ellsworth

The hardest concept for people to grasp is being sole reason for experiencing whatever they have into their lives. They are totally responsible. Until we wake up we attract things into our life unconsciously and then blame others or buy into that it is just that way. Becoming aware of your own inner power, you can begin to consciously create circumstances and relationships that you want.

You have everything you need already inside of you. You can achieve anything you want.

Get focused.

If you want to achieve your goals, improve your life, enjoy life or discover your true calling you first have to get focused and choose what you want in your life. Create a general plan and write it down. When you do this you are saying what it is you want in your life and declaring what it is you want—you send out a message. It’s a powerful message that supercharges your mind to get moving on achieving those goals.