

# Attractive Thinking

*Capitalizing on the power of your thoughts*

By Robin Lee Kennedy

Have you ever had something that you desperately wanted magically fall into place? Or have someone you've been thinking about call you out-of-the-blue? Maybe you've found yourself in just the right place at the perfect moment to capture an amazing opportunity. You may easily dismiss it as serendipity, fate, or random luck, but there is a growing body of evidence that validates the significant role your thoughts play in attracting the circumstances in your life. Our thoughts set up the model of what we attract and our emotions increase the pull. We think and feel, drawing into our experience the people, situations and conditions that harmonize with our dominant thoughts and feelings, whether positive or negative, actively attracting everything that happens to us.

We all know someone who consistently winds up in dead-end relationships or unrewarding jobs. We can see them repeating the identical pattern over and over again, but they believe that it's indiscriminate bad luck. They complain about always getting the short end of the stick and feel frustrated by their inability to have what they want. Blind to the fact that they are unintentionally attracting these situations, they focus on ensuring that it doesn't happen again, and unwittingly create a repeat performance. This is evidence of the Law of Attraction at work.

We've all had bad days, when things seem to go from bad to worse. Maybe you woke up cranky and irritated, sending out negative vibrations. The Law of Attraction responds by matching that vibration with more of the same. The next thing you know you've tripped over the dog, burnt the toast, and acquired a speeding ticket on your way to see a client who is a "no show." You catch yourself saying, "I should have stayed in bed." By contrast, maybe you are excited about closing a big deal, thus sending out a positive vibration. Shortly after, you get another sale and now you're saying, "Wow! I'm on a roll."

Our thoughts are an incredibly powerful form of energy, as proven by doctors in the fields of medicine and quantum physics. Energy vibrates at various frequencies, and vibrations at the same frequency will naturally attract to one another. Consider a tuning fork. If you strike it in the key of D, any instrument in the vicinity will start to vibrate and emit sound, in tune with the fork. The same principle applies to every form of energy vibration. Every thought, mood or feeling causes you to emit either a positive or negative vibration and the universe will seek a match.

So, how can you learn to tap into the immense power of your thoughts and change the tone of your own vibration?

These five steps will help to attract positive energy.

1. Make a list of the things you don't want in your life.
2. Choose a maximum of three specific areas you want to change first.
3. Turn each point into what you do want and write it in the present tense as if you already have it
4. Focus your attention on each point several times each day, imagining that the desired outcome has occurred, feeling the positive feelings that would go along with that achievement.
5. Identify any limiting beliefs and turn them into inspiring new perspectives that align with your intentions.

Research in the early 1900's and fragments of early literature identify Plato, Da Vinci, Galileo, Beethoven, Lincoln, Edison, and Einstein among those who understood their internal power and used it to accomplish great things. Some of the world's most renowned leaders from business to psychology, theology to science, each of them a walking marvel of achievement and success, credit their results to a deliberate focus and visualization on clearly defined goals. Dr. Denis Waitley who trained Olympic athletes and Apollo astronauts to reach new heights in human endeavor, Jack Canfield, the co-author of the Chicken Soup for the Soul series, and Dr. Wayne Dyer are other modern examples of those who achieve greatness through an understanding of their own resonant thinking.

These concepts, originally drawn from alternative belief systems, have now become mainstream. New books, courses and coaching programs become available every day as more and more people are taking control of their destiny in pursuit of a richer life. Put these practices to use in your own life and discover the success that comes from attractive thinking.