

The 7-Step Formula To Bend The Universe To Your Will

Just like how a building is built from the ground, getting the law of attraction to work for you requires some ground work as well. The foundation must be set right before magical things can start happening to you.

Here's a 7-step formula that has allowed me to manifest whatever I want with a 100% certainty that I will receive it, and I'm confident it will work for you too.

Step One: Align Your Chakras

The reason behind why manifestation seems like a "hit or miss" is because one or more of your major chakra energy centres are blocked. When that happens, the energy within you is unable to flow freely, resulting in low energetic vibrations.

If your goal is to manifest your desires with a 100% certainty, you need ALL 7 of your chakra energy centres to be balanced and aligned. This "Alignment Method" is the FASTEST way to get you there.

Step Two: Choose What to Manifest

Why do people set goals? What are goal setting courses for? Many people feel as if they're adrift in the world. They work hard, but don't seem to get anywhere worthwhile. One of the key reasons why they feel this way is because they have not spent enough time thinking

about what they want in life. To put it simply, would you set out on a major journey with no clue of your final destination? Probably not!

The same goes for the law of attraction. You have to be clear about what you want to achieve from it. You have to tell The Universe exactly what you want from Her. If you want a chocolate ice cream, ask for a chocolate ice cream. You do not ask for just an "ice cream" and hope for it to be a chocolate-flavoured one, do you?

Think about a particular area in your life that you are lacking. You may consider areas such as wealth, health, love, career, or family.

Once you have selected the area, be specific with what you ask for.

For example, "I want to have \$100,000 in my bank account by the end of this year."

Step Three: Visualization

This is one of the most crucial steps when it comes to manifestation.

You have to visualize exactly what you want to manifest in your head.

If you are someone who lacks the ability to draw pictures in your head, I would recommend you to do up a vision board.

A vision board, like a dream board, is a collage of visual images or words that reflect the life you wish to live. It is a physical image of your own dream. It is a tool used to help clarify, concentrate and maintain focus on what truly matters to you.

Step Four: Affirmations

The law of attraction says that you must fully believe that your goals will happen, before they can happen. This is where most people fail, because of a five-letter word called "D-O-U-B-T". It is extremely difficult for an adult to believe in something intangible to grant their wishes. Can you imagine a random stranger walking up to you and telling you that you will strike the lottery tonight? You definitely would have thought that he was drunk.

To counter how our brain is programmed to doubt matters that makes no sense, affirmations play an important role. Affirmations, if

repeated over and over again, gives the individual the confidence that it is true. Muhammad Ali said, "I am the greatest" even before the biggest fight of his career – the world title fight against Sonny Liston, and he proceeded to win the title with a 7th-round win over Liston. Do you think he believed that he really is the greatest boxer of all time? You bet!

What kind of affirmations do you need to support your goals in Step Two? Make sure they are related! If your goal is to have \$100,000 in your bank account by the end of this year, look for wealth affirmations.

Step Five: Meditation

Meditation is a crucial component that most people brush off and avoid without even considering. They think it is weird and impossible to put into their daily routine, especially having to just sit there for 10 minutes a day and focus. Sometimes, they avoid it because they are completely clueless about what they are supposed to think about

during meditation. But did you know that there are many forms of meditation specially designed to help people get results faster?

Meditation accelerates the process of putting the individual on the frequency of receiving whatever they asked for from The Universe. Remember I told you about the transmission tower earlier on? In order to receive, you must be on the same frequency as The Universe who is transmitting!

Be sure to include meditation into your daily routine if you are serious about building a relationship with The Universe.

Step Six: Gratitude

There is a key step in the Law of Attraction that people often forget to use. They get so carried away with creating vision boards and practicing meditation that they forget the most important part of the law of attraction - Gratitude.

Gratitude is a powerful law of attraction exercise that raises your vibration and brings you into harmony with the energy of The

Universe. People who regularly practice gratitude by taking time to notice and reflect upon the things they are thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. The best part of all? You can practice gratitude anywhere! It can be as simple as feeling thankful for having a delicious piece of pie for breakfast, or feeling grateful that a particular person is in your life.

Some people may argue that there are not many things in life to be grateful for, but is that really the case? Let us do a simple exercise here. Look at the image below. Do you see the glass half-full or half-empty?



When it comes to gratitude, it is all about perspective. How do you decide to look at even the most trivial things in your life? People usually take things for granted and that results in nothing for them to be thankful for. Waking up in the morning? Oh that's normal. Having the ability to earn money and buy food? Oh that's normal. Having a house to go back to? Oh that's normal.

But if they take a step back and start looking at things they have that many others do not, they will start to appreciate what they have and be grateful for them!

Step Seven: Keep An Open Mind

Once you have tackled all the law of attraction exercises above, it is now time to be open to signs and opportunities. Start paying attention to new people you meet, new investment opportunities, a new gym opening near your area, a random email inviting you to a webinar. These could just be signs from The Universe which you are required to embrace before the magic happens! Leave behind the conservative and skeptical mindset that you always had. It is now time to believe in the impossible.