

Presenting Articles By Wendy Betterini

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These articles were assembled with the intention of presenting information that will help you with Law of Attraction Techniques and the manifesting process.

A Lot of people are still struggling with this universal law and hopefully these articles will provide you with another insight into how the Law of Attraction and manifesting works, some of the things you need to do and how to do it.

I. Avoid These Law of Attraction Mistakes

When most people first begin working with the Law of Attraction more consciously, they usually start by focusing on the things they want, such as more money, a nicer home, newer car, and so on.

This is a great start! Just by moving your thoughts to a more positive place, you raise your frequency and begin attracting better circumstances.

However, the majority of people also notice after a few months that the results they're experiencing are limited. They may enjoy a bit of increased prosperity, perhaps recognize a great opportunity or two, but overall, the "negative" situations don't seem to be changing and they end up feeling like there's an invisible blockage somewhere that they just can't break through.

Has that been your experience too?

The truth is, working consciously with the Law of Attraction is very SIMPLE to do! But there are also a few common mistakes that can throw a wrench into the process and severely limit the results you get from your efforts.

Take a look at some of these mistakes below and consider whether you might be making them:

1) Not recognizing the importance of emotion

Most people start by improving the quality of their thoughts, which is definitely helpful - but your thoughts don't create anything on their own.

Emotion is needed to infuse your thoughts with powerful energy, which will shift the frequency you send out to the universe.

There are two ways that emotion can cause problems: not focusing enough on emitting strong, positive emotions; and allowing negative emotions to rule your focus.

In order to use the Law of Attraction effectively, you'll need to take firm control over your emotional state as often as possible.

You'll need to avoid getting sucked into "negative" emotions like anger, frustration, cynicism and fear as much as you can. At the same time, you'll need to consciously work on generating more positive emotions, like love, happiness, joy, peacefulness, and excitement.

The good news is that it doesn't matter what you focus on while you do this! You can think about something wonderful that happened a long time ago and relive those pleasant emotions, or you can fantasize about something you want to happen in the future.

While you're doing this, you are altering your emotional frequency and sending a signal to the universe that says, "Send me wonderful and amazing stuff!" The universe picks up your signal and says, "I'm glad you asked; here you go!"

You may be wondering how to avoid those pesky negative emotions like fear, anxiety, frustration and anger. Believe it or not, at the beginning you'll have to do it by sheer force of will. You have to **CHOOSE** not to get sucked into those feelings, and it probably won't be easy right from the get-go.

When you notice you're starting to feel tense or anxious, immediately start thinking about something more pleasant so you can shift your emotional state back to the positive side.

It will take practice and persistence, but over time you'll gain much greater control.

2) Impatience

Another huge stumbling block that people encounter when working with the Law of Attraction is impatience. It's understandable to feel impatient when you're not seeing results, but the problem with impatience is that you infuse it with a sense of urgency or desperation to change your current situation.

And what happens when you communicate urgency and desperation to the universe? The universe sends you more situations to feel urgent and desperate about! Whatever you **FEEL** is what you are "asking" to be given!

In order to overcome this blockage, you'll need to find a way to accept your life as it is right now, and affirm that better things are on the way. One good way to do this is by focusing heavily on gratitude and optimism.

Rather than thinking and feeling, "I'm so sick of this, something has to change quickly!", you would focus more like this, "I'm so grateful for the wonderful things in my life; I've got a lot going for me, and I know that even better things are coming soon!"

Again, this type of mind-set takes practice but eventually becomes a habit.

3) Uncertainty

In order to attract the things you want, you have to **BELIEVE** and **KNOW** in your heart that they are already yours. When you express feelings of doubt, disbelief, and pessimism, you automatically put up walls that block the things you want from entering your life.

The problem that many people experience in the beginning is that they really **DON'T** "know" that the Law of Attraction works. They want to believe it does, but they haven't yet seen the "proof" in their own lives.

So they approach it a little uncertainly, which limits the results they can receive.

One good way to get around this is to use something I call "active faith." Rather than really and truly knowing that the Law of Attraction works, you'll have to **CHOOSE** to know, even if you really don't know yet!

Simply keep affirming to yourself that you "choose to know; choose to believe" that the Law of Attraction works, and that your desires are already on the way.

Do this especially when doubt or uncertainty enters your mind. Suspend all disbelief and simply trust and have faith - and soon enough you'll have the proof you need!

These are just a few of the most common mistakes people make when they get started.

II. Boost Your Attraction Confidence

Do you struggle with a lack of confidence where the Law of Attraction is concerned? It's a common problem that many people have - especially at the beginning when they're just learning how to use their power as conscious creators!

However, a strong level of confidence is crucial simply because your confidence level is a direct reflection of your inner beliefs. Since the Law of Attraction is guided by your beliefs, low confidence means uncertain results!

In order to boost your attraction abilities and create better results, you need to have confidence in three key areas:

1) Self-confidence

Do you believe that you are a powerful creator in your own right? Really? Or do you still see yourself as a victim, at the mercy of both internal and external factors that are out of your control?

Do you often feel overwhelmed or frightened by your circumstances? If so, you don't really believe in your own ability to change them! To turn this around, begin working daily on affirming your own power as a deliberate creator.

Remind yourself that your own thoughts, beliefs and emotions are what attract your circumstances, and you have the power to choose those - **ALWAYS!**

2) Confidence in a loving universe

Do you often feel like the universe is working against you? Do you believe you have "bad luck?" Do you feel like you're being punished for some forgotten karmic debt?

The perception of an angry, judgmental universe (or "God") is something that many of us received when we were growing up.

The problem with this perception is that it keeps us feeling like we have to walk around on eggshells lest we trigger a wrath of punishment and suffering for our transgressions! In order to overcome this limiting perception, begin changing the way you see the universe.

Imagine that the universe is kind, loving and supportive of you and your dreams. Affirm that you've got a host of angels, enlightened beings, or simply a loving God cheering you on, wanting you to be happy.

The more you work at shifting your perception of the universe to one that is loving and kind, the more confidence you will have that you can be, do or have anything you desire.

3) Trust the process

Also important is having confidence that the Law of Attraction really does work. At the beginning of your conscious creation journey, you probably won't believe this. You may **WANT** to believe it, but you won't have a strong level of confidence yet. Once you begin seeing the proof with your own eyes, your confidence level will soar!

In the meantime, one good way to begin building greater confidence and trust in the process is to embrace a bit of "active faith." Simply **CHOOSE** to believe that the Law of Attraction works.

If doubts pop up (and they probably will), simply affirm that you are setting them aside for now and continue to choose to believe anyway. It may take practice, but the more you do this, the more easily you'll start to **TRULY** believe. Confidence is really all about believing. It's about knowing, deep in your heart that you are a powerful creator with the ability to turn your life into anything you desire.

The more you believe it, the more you'll see evidence of it in every area of your life!

III. Planting Seeds of Prosperity

The more you study abundance and prosperity principles, the more you come to realize that your state of mind plays a very large role in your financial wellness. Even a tiny shift in perspective is often enough to change everything - from the inside out!

With this in mind, I'd like to share a little game that can help you feel more prosperous on a regular basis. It's called the "Prosperity Seed Game."

Before I go into the details, let me ask you a question: How do you feel when you accidentally find some money? Whether you stumble across a one-dollar bill lying on the ground or an extra \$10 buried in the bottom of your purse, you likely feel excited and happy about your good fortune, right?

The Prosperity Seed Game can help you feel that way much more often!

Here's how to do it:

- You'll need some money to get started, at least a few dollars but more if you can afford it. If you can, try using larger denominations of cash, like \$5, \$10, \$20 or even bigger. (If you can't swing the bigger bills, it's okay to start with \$1 bills.)

- Now, take those bills (a.k.a. "prosperity seeds") - and PLANT them! Hide one in the glovebox of your car, in your extra purses or wallets, in the pocket of a suit you don't wear too frequently, or in the pockets of your off-season coats and jackets. You want to put them in places you don't see every day so it will be a genuine surprise when you rediscover them!

- Once you've got your "prosperity seeds" planted, do your best to forget about them. Put the whole game out of your mind.

- As often as you can, recite an affirmation like this:
"Money is flowing effortlessly into my life from all directions; thank you!" Really get into the state of **FEELING** very grateful, lucky, abundant and blessed as you say it!

- When you do find some money (whether a bill you planted or money from elsewhere), get excited! Allow yourself to feel like the luckiest person on the planet! Scream with joy, "Woo hoo, money really IS coming to me from all directions, thank you thank you thank you!" The more positive energy you can generate, the better.

- As time goes on and you rediscover more of your "prosperity seeds," make it a point to plant more of them! You can even re-plant the same seeds if you like.

The whole point of this game is to make you **FEEL** prosperous and grateful about the good fortune flowing into your life. According to the Law of Attraction, the more you feel that way the more true it will be!

In fact, you may discover something interesting about this game. Not only will you find the money you've "planted" along the way, but if your experience is anything like mine (and other people I've shared this game with before), you'll also start finding money everywhere else too!

It may start small with a few coins here and there, but before long you're finding bigger denominations and even attracting other forms of abundance into your life from all directions.

If you think you're prosperous, allow yourself to feel prosperous and believe you **ARE** prosperous, guess what you'll be? Prosperous!

IV. The Power of Appreciation Change Your Life With This Easy Technique

Have you ever felt paralyzed by negative feelings before? Perhaps you felt overwhelmed by stress, overcome with anxiety, or filled with frustration about the many things that keep going wrong for you. And the longer you feel that way, it seems like the worse things get in your life, right?

There's a reason for that, and it's called the law of attraction. Your thoughts, feelings and beliefs magnetically keep attracting the essence of what you focus on the most.

If you're focused mostly on stressful circumstances, worries and problems, you can't help but continue that cycle the more you focus on it.

There is an easy way to turn the tide in a more positive direction, however, and it's so simple once you get the hang of it: start appreciating.

Many spiritual teachers encourage a daily focus on gratitude and appreciation, and there is a good reason for that; it makes you feel better, and as you begin to think more positively and feel better, you begin attracting more and more goodness into your life.

There are different ways to start an appreciation practice, but here's how I usually do it:

1) First thing in the morning, start appreciating

The moment I wake up, I start focusing on something to appreciate. I appreciate the comfortable bed I'm lying in. I appreciate the soft pillows that support my head, the warm blankets covering me, the purring cat snuggled up next to me, and so on.

As I get up and start my day, I appreciate the hot water flowing from the shower head, the towel that dries me, the warm clothing I put on, my vehicle for taking me where I want to go - on and on, there are a million things to appreciate in life!

2) During moments of frustration, find something to appreciate

You know those irritating moments during the day where you could easily swing from an okay attitude to a really frustrated, annoyed attitude? Like when you're in a hurry and there's a big traffic jam slowing you down.

Or when you're in the store trying to pick up a few things before you head home and there are long, slow moving lines at every register? Those times are perfect for shifting into an appreciative mindset.

Look around you and choose just one thing that you can appreciate. Focus on the reasons why you appreciate it, and within a few moments more opportunities for appreciation should come to you.

Keep focusing on those, and within a few minutes you should notice that the situation you are in seems to smooth out - traffic begins moving again, checkout lines move more quickly, annoyances fade away.

That's the power of appreciation!

V. Demand Prosperity and Abundance

One major stumbling block many people experience when attempting to attract more prosperity and abundance into their lives is the perception that they must wait for some power greater than themselves to give the go-ahead. It's very common to feel this way!

Years ago, I used to ask for greater abundance all the time (beg for it, actually), and then I'd wait anxiously, growing more and more impatient when it didn't show up. Perhaps you've done that too?

The problem with this activity is that it enhances the perception of **POWERLESSNESS**. When we do this we are holding a belief that "someone" has to approve our request, and we are at the mercy of their decision.

What if I told you it's not true? What if I told you that YOU have the power to **DEMAND** your rightful abundance, right now?

The Law of Attraction takes its cues from YOU! It doesn't think, question or judge. It doesn't wait for you to become "good enough" or more deserving.

It simply delivers what you expect to receive, period. If you're not sure what you've been expecting in recent weeks and months, take a look at your life circumstances.

Are you struggling with financial lack? Feelings of emptiness and frustration? Feelings of powerlessness and hopelessness?

EMBRACE YOUR POWER!

Below you'll find three simple steps to reclaim your inner power and use it to create a more abundant life:

1) Believe you have the power to demand your rightful abundance

The universe responds to your own thoughts, beliefs, emotions and expectations. Whatever you believe and focus on the most is what you're going to get!

If you consistently reinforce the belief that you are powerless and you need to wait for the universe to grant your wishes, you'll be waiting for a long time!

Begin immediately to acknowledge and embrace your own power. You are a magnificent, dynamic creator in your own right! You **DO** have the power to decide your life circumstances - whether involving financial issues or anything else.

How much money do you want to have? What would you consider to be "enough"? Once you've gotten clear on what you want, **DEMAND** that it be so! Get angry. Get powerful! Tell the universe that you're not going to settle for lack anymore and you are calling forth the material resources and abundance that you deserve - **NOW!**

2) Believe you deserve it

Speaking of deserving, you must convince yourself that you deserve to have what you want.

Do you consider yourself to be a good person? Do you believe you deserve to be comfortable and happy? What would you do with your life if you had plenty of money? How many people would you be able to help? Are you willing to give yourself that opportunity?

If you feel any twinges of doubt or uneasiness when you ponder these questions, you probably do not yet have the level of belief in your own worth that will be necessary to receive your rightful abundance.

Begin working on boosting your self-worth each day by speaking kindly to yourself and affirming your value as a person. The more strongly you believe in your own worth, the more easily you'll be able to open up and receive the things you want.

3) Believe that it's already yours

Once you've demanded your abundance, you've got to convince yourself that it's already yours - simply because you choose it to be so!

Imagine that someone told you they would be sending some money to you, and you knew without a doubt it would be arriving shortly. How would you feel? Confident, happy and expectant, right? Feel that way now!

There is great power in holding this mind-set! I call it "active faith." You simply choose to **KNOW** that your intentions will manifest.

It's important to point out that "demanding" abundance and prosperity does not mean you are being greedy, selfish or ungrateful!

Rather than seeing this activity as that of a petulant child, choose instead to see it as an act of confidence and choice by an empowered person.

Know that you do have the power to choose your experiences, and you need not apologize or feel guilty for wanting to live an abundant life. Be grateful and appreciative of what you receive, and you will receive more!

VI. How to Be Proactively Prosperous During Tough Economic Times

Bad news seems to be everywhere you turn nowadays - and this can cause a huge problem from a "conscious creation" standpoint because we continue to create more of what we focus on.

This article is going to share some helpful information about using the Law of Attraction proactively to create a more prosperous future for you and your loved ones.

The Power of Your Thoughts

Anyone who has worked with the Law of Attraction deliberately knows how quickly and pervasively their thoughts can be manifested in their physical surroundings. In fact, sometimes it can happen with frightening speed!

Have you ever said something like this: "I hope nothing goes wrong with this interview"? More often than not, when you say something like that you are communicating a strong message of fear that something **WILL** go wrong, which makes it more likely simply because you are focusing on the possibility.

When it comes to the state of the economy, you cannot afford to allow negative messages and predictions of "doom and gloom" to enter your mind.

The more you focus on the horrible possibilities, the more you are going to start seeing expressions of them showing up in your own life!

The solution is simple: Refuse to focus on the negative. Refuse to dwell on the scary possibilities. Refuse to invest your energy into lack, shortage, fear, or anything else you don't want to create in your own life.

That may seem impossible since you are constantly being bombarded with negative information, but understand that you DO have control over where you place your focus.

You can't stop the media from reporting on disaster - but you can choose to watch something more uplifting or turn off the television.

You can't stop your friends, family and coworkers from discussing it, but you can choose not to participate in the discussion yourself.

Does that seem irresponsible? Pollyanna-ish?

Maybe so, but when it comes right down to it, you can't do anything about what is happening in the world - you can't solve the problems or turn the economy around by yourself.

What you **CAN** do is choose to focus with all of your might on prosperity, plenty, and limitless opportunities to bring more abundance into **YOUR LIFE** - which will allow you to contribute to the economy, create more jobs, and affect other positive change.

(And imagine if many people around the world were doing the same thing; it could definitely begin to turn the tide of hardship into one of promise.)

Being Proactively Prosperous

Being "proactively prosperous" means deliberately choosing to focus on the positive possibilities, rather than the negative.

It means being optimistic that the economy will get better, rather than imagining how bad it can get.

It means envisioning a better future for you and your loved ones, rather than getting swept away by fear.

It means trusting that the universe wants better for you, and being willing to accept greater abundance.

It means **REMEMBERING** that you are a powerful creator in your own right - and acknowledging that you have the ability to change anything in your life that doesn't please you.

And you start by simply turning your thoughts in the direction you **WANT** to go.

Changing your thoughts is a great first step but there is much more you can do, too!

VII. Rampage of Appreciation For the New Year

A "rampage of appreciation" is an exercise designed to move your thoughts in a positive direction to help raise your vibrational frequency.

Since the Law of Attraction responds to your overall mindset and mood, the more you engage in exercises that elevate your emotions in a positive way, the more you will continue to attract wonderful experiences into your life.

Here's a great exercise to do at the end of every year to get some major positive energy flowing and start off the New Year on the right foot. Grab a notebook and pen and write a statement about how you feel regarding the previous year.

Example:

I'm glad this year is almost over because it was so difficult for me.

Now, choose a statement that is a little more positive and focused on appreciation:

I did learn a lot from the experiences, and I value those insights.

Now a little more positive as you focus on what you learned:

I learned that I'm the only one who can control my thoughts.

I learned that it's not even hard to choose better thoughts if I stay self-aware.

I learned that no situation is ever so bad that it can't be improved.

I learned that I can have as many second chances as I want.

I'm so grateful for these insights; they make me feel empowered.

These insights will help me a lot as I start the New Year.

Now start moving into your appreciation statements:

I so much appreciate having a fresh new start.

I appreciate the excitement I feel about the coming new year; it is such an uplifting feeling!

There are so many great things I would like to experience next year.

I appreciate knowing that I **CAN** experience these things.

I appreciate knowing that I can create much better circumstances, starting now.

I appreciate the anticipation I feel for what's coming next!

I love this feeling of being on the brink of some wonderful adventures!

By this time next year I will be amazed by the things I have accomplished.

I plan to create endless experiences of love, joy, and gratitude during the next year.

I plan to create loving, harmonious relationships.

I plan to create abundant, easy income.

I plan to create better health and well-being.

I plan to create plenty of "me time" so I can do things that inspire me.

To create all of these things, all I have to do is align with their essence by adjusting my thoughts.

I appreciate how simple it really is when I stop trying to analyze everything so much.

Just let go, feel good and stay focused on what I want.

Then resources and opportunities can come to me easily.

I am so excited to get started on this new journey!

Note: The statements I used in this example may not apply to you personally, so you'll want to choose your own statements that do apply.

The key is to start from where you are right now (mentally and emotionally) and gradually move to a happier, more appreciative place as you release the past year and eagerly contemplate the coming year.

By the time you finish this exercise you should feel light, free and happy - the perfect mental state from which you can begin attracting those exciting experiences you desire.

Need More Help With Manifesting And The Law Of Attraction

Still struggling to get the Law of Attraction working for you? Visit [LOA Insights](#) today for tons of great articles and information about deliberate creation.

Be sure to subscribe to the Law of Attraction Insights Newsletter - and receive Wendy's guide, "Targeted Attraction: The Power of Focus in Manifestation" FREE!

Learn more about using the power of appreciation to transform your life: <http://www.appreciation101.com>

If you've been struggling to make the Law of Attraction work for you, or if you feel like you've got major blockages between you and the things you want to attract, visit <http://www.LOA-Step-by-Step.com> to learn how to break down the attraction process - Step-by-Step! Also be sure to sign up for Wendy's "Law of Attraction Insights" Weekly Newsletter while you're there!

Want more techniques to help you harness the power of appreciation? Visit <http://www.appreciation101.com> for many more examples of rampages of appreciation and other exercises to help you create your best life.

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