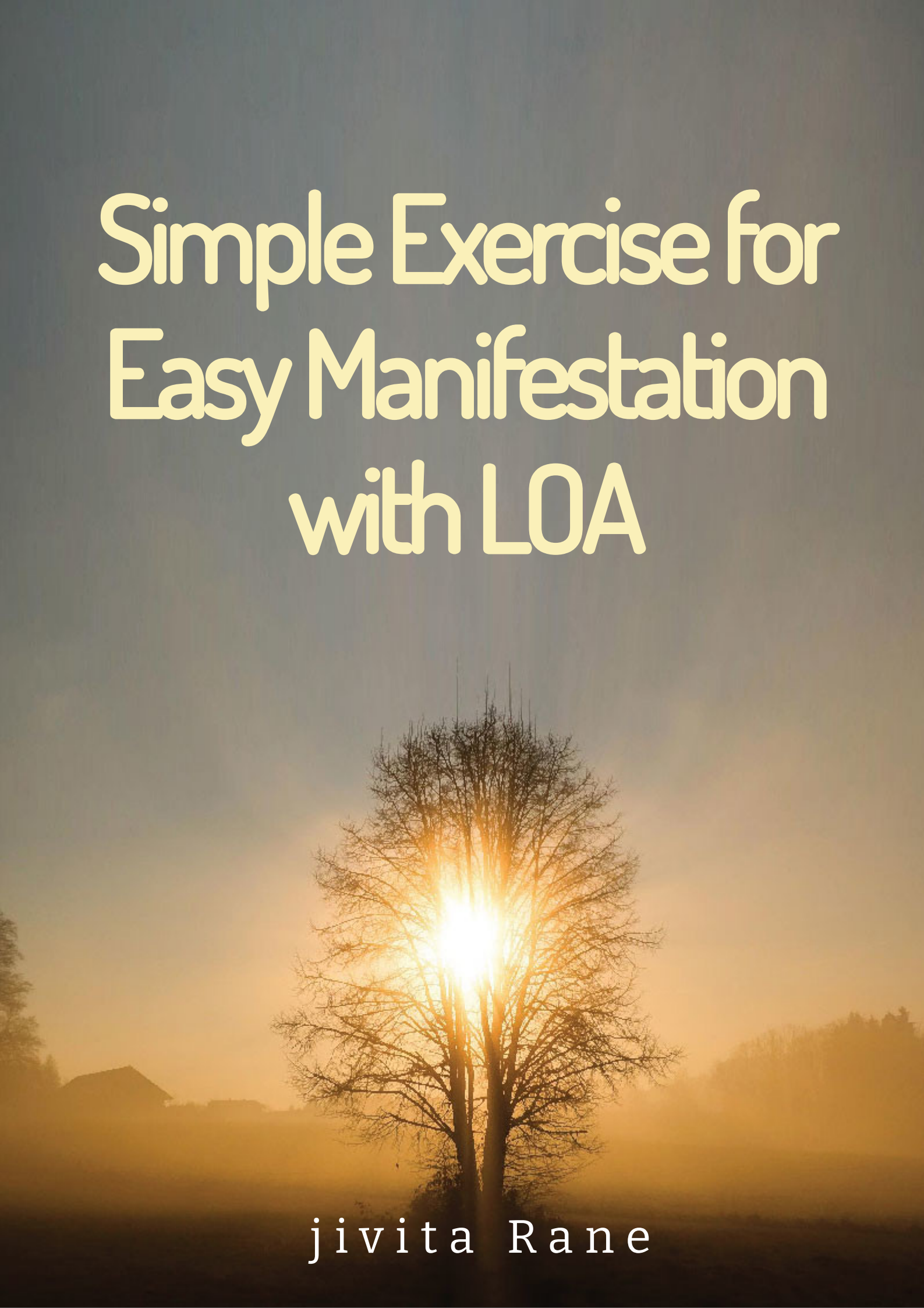


# Simple Exercise for Easy Manifestation with LOA



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# Simple Exercise for Easily Manifesting Your Dreams Using the Law of Attraction

**Time:** 10-15 minutes per day.

**Materials:** A notebook or journal, a pen, a quiet and comfortable space.

## Steps

### 1. Setting Clear Intentions

- Sit in a quiet space with your notebook.
- Write down what you want to achieve or manifest. Be as specific as possible.
- Describe it in the present tense, as if it's already happening.

### 2. Visualizing and Affirmations

- Close your eyes and spend a few minutes visualizing your goal. Imagine it in detail – how it looks, feels, and what changes it brings to your life.
- Create a positive affirmation related to your goal. For example, if your goal is to find a new job, your affirmation could be, "I am successfully employed in my dream job".
- Write or Repeat this affirmation 10 times silently or aloud.

### 3. Taking Inspired Action

- Reflect on any steps or actions you can take towards your goal. Write these down.
- Commit to at least one small action daily that aligns with your goal. It could be as simple as researching, making a phone call, or updating your resume.

## 4. Gratitude and Positive Mindset

- Write down three things you are grateful for in your life right now.
- Expressing gratitude shifts your focus to the abundance already present in your life, fostering a positive mindset.

## 5. Letting Go of Resistance

- Identify any doubts or negative beliefs you have about achieving your goal.
- Write them down, then next to each, write a positive counter-statement. For example, if your doubt is "I'm not qualified enough," your counter-statement could be "I am skilled and capable of learning".

## Daily Practice

Commit to this exercise daily. The consistent practice is key to aligning your thoughts and actions with your desires, thus utilizing the Law of Attraction effectively.

Remember, the key to this exercise is belief and consistency. The more sincerely and regularly you practice, the more you align with your intentions and open up to the possibilities of achieving your dreams.

# Law of Attraction



The Law of Attraction is the belief that positive or negative thoughts can attract positive or negative experiences into a person's life. It suggests that by focusing on positive thoughts and emotions, one can attract positive outcomes and opportunities. To use the Law of Attraction, one must define their desires clearly, visualize them as if they have already been achieved, and maintain a positive mindset. It is important to take inspired action towards these desires and trust in the universe to manifest them.