

The Core Truth about Attraction and Manifestation

by Barbara Rose, Ph.D.

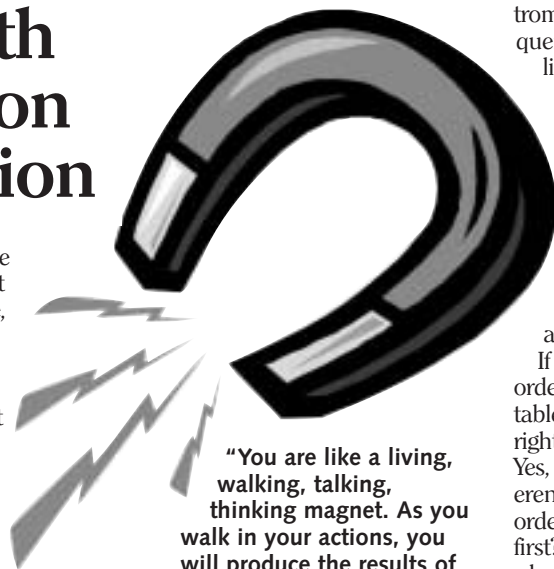
When you get excited about something, you emit a very high frequency energy that attracts other energy of a similar frequency. This frequency may be in the form of a song, so you literally attract the thoughts or the melody of the thoughts to produce a song. Or you may picture your dream mate.

When you are very clear about what you desire, you will attract into the reality of your life nearly the exact image of your vision. In other words, when you get so excited, the energy of your soul, which surrounds your

body, emits a frequency. It attracts a like frequency and thus draws to you exactly what you were looking for.

Let's say that you are like a living, walking, talking, thinking magnet. As you walk in your actions, you will produce the results of your actions. This is known as cause-and-effect. As you think, you will produce similar thoughts in others or attract the like thoughts of others. You may attract, say, a person who has information that you need to achieve a certain goal. So like attracts like.

As you speak, the power in your words acts like a megaphone, telling this universe exactly what to bring to you. Your speech is like a bugle



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call. "I'll never be able to pay my bills on time; my phone will be shut off," you say. Guess what happens? You will hear, "This line has been temporarily disconnected." But if you said, "Oh, I know I will have the money to pay my phone bill." Then what happens is that somehow you manage to pay your bill.

But here is the key, the absolute key. When you say, "I have the money for the phone bill," but in your deepest belief you hear the disconnection notification when your best friend calls, the universe brings you exactly what matches the energy contained within your deepest beliefs.

Your body consists of elec-

tromagnetic impulses that carry certain frequencies of energy, and this energy attracts like energy to it on all levels of existence.

Happy begets happy. Worry begets worry. Fear begets more fear, and thus more reason to fear. It is a vicious cycle.

But — and here is the best part of all — you can instantaneously change every direction to the direction of your deepest wishes, your greatest desires, your grandest preferences, your highest expectations, and your truest delight. At any moment, you can change course.

If you go to a restaurant and place an order, and then the waiter goes around the table taking other orders, don't you have the right to change your preference at any time? Yes, you do. And when you change your preference, don't you expect to receive what you ordered last as opposed to what you ordered first? Yes, of course. And don't you think that when the waiter gives your order to the kitchen, you will get exactly what you desired, requested, and expect? Yes, you will.

So this universe is your kitchen, and I am your waiter. If God were like man, would he beg the waiter when placing an order? Would he say: "Oh, please give me what I want. Please. I'll give you anything. I'll do anything. Please show me a sign. I am begging you!" Would God do this if he were man sitting in a

restaurant placing a food order? Why do you beg? Simply ask. Ask and ye shall receive!

If God was like man, he would say: "I would really love such and such," and he would say: "Because I love it, I ask for it. And I know if I ask for it I can simply look out for it and expect it to appear, because as soon as I ask or even feel I want it, the order has been placed." It is already on its way.

It has taken so many, many years for you to believe that you could manifest whatever you could conceive. And now that society is more open about this, more willing to believe that each of us is a part of a far greater whole, perhaps there will be no need for arguments or debates.

Simply live the message. Live and experience joy in the results of the message.

Barbara Rose, Ph.D. is the bestselling author of nine books and an internationally recognized expert in personal transformation, relationships, consciousness and spiritual awakening. Dr. Rose is known for providing life changing answers, quick practical coaching and deep spiritual wisdom to people worldwide. Her highly acclaimed work transforms the lives of millions across the globe. You can visit her website at www.borntoinspire.com

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