

## The Mystery And Science Behind The Law Of Attraction

Instead, try your best to focus on what you already have rather than what you lack. One mantra Kaiser uses for this is "Abundance flows through me so I can happily give." When working with the law of attraction in your professional life, it's important to get specific about what you want. This means living in alignment with your goals and taking the necessary steps to bring them to life. This principle suggests that empty space cannot truly exist, and always needs to be filled by something. As such, it's important to make space for positive change in your life by clearing out negativity.

Like decluttering your desk or bedroom, your mind needs to be decluttered, too, so you have room to attract new things that better serve you. "We are all like magnets, both reflecting and attracting what we hold in our thoughts," explains spiritual author Shannon Kaiser. That's why it's so important [law of Attraction](#) you to become more intentional about the thoughts you offer to the universe. The clearer and more focused you are about what you really want, the easier it will be for you to attract those things into your life. It's easy to feel small and insignificant when staring up at the stars at night.

Working with the law of attraction to manifest your dreams may sound straightforward, but it actually involves careful intention, action, and a degree of surrender. Here are the basics on what the law of attraction is, what it isn't, and how you can use it to achieve your goals. If so, be sure to grab my free guide on how to Activate the Law of Attraction and harness the power of effortless success.

If you can recall a fearful thought and feel the fear, you can also recall a beautiful experience and feel good. This infinite and intelligent mind is the entity our ancestors referred to as infinite consciousness. It's believed that we, being part of the infinite and powerful consciousness, have the ability to influence matter and fulfill our desires. This revelation is proved by various research studies conducted on prayer, which is a powerful tool for manifestation. In one study, women who had been prayed for had nearly twice the rate of pregnancy as those who were not prayed for.

"I do believe you can manifest your desires while experiencing low moods and negativity, because we all experience these feelings. Rather than avoiding or repressing emotions, this process involves tackling them head-on. For some, it serves as a healthy way to handle the lows while practicing the law of attraction.

That means more abundance, more creation power, and, most importantly, more of what you really desire. This is something that comes from within, so don't forget that harmoniously aligning yourself with the Universe opens up your highest manifesting power. Visualize. Once you have a clear intention and feel grateful, start visualizing the outcome. Visualization should be so realistic that you should feel like the event is being lived by you in that moment itself and you feel the emotional and mental intensity of its occurrence.