



5 TIPS

TO BOOST YOUR ATTRACTION POWER

BY ANNA GARCIA

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Have you ever wondered why two people can take the same actions, yet yield completely different results?

That's because there are greater factors taking place than you can physically see. Even though reality looks solid, it's not.

Life is made up of building blocks of ENERGY.
It's made up of VIBRATION.

Everything is ENERGY. Every person, animal, thing, thought, feeling, place and so forth is energy.

You influence your energy by your choice of THOUGHTS, or how you choose to perceive life.

The frequency from which you VIBRATE dictates what you will attract in life.

What's managing this energy? The Law of Attraction.

THE LAW OF ATTRACTION

The Law of Attraction is not some magic you apply in a situation (although sometimes it can feel like it).

It is a universal manager who is silently working in the background ALWAYS.

You don't apply the Law of Attraction. It is applying YOU. It silently matches the same frequencies together.



THE LIFE YOU WANT ALREADY EXISTS

In addition to the Law of Attraction, understand there are different parallel versions of your life right now with little variations. It all exists in the energy field.

There are versions of you fully succeeding; versions of you miserable; versions of every possibility with incremental variations.

The version Law of Attraction matches you with depends on one thing - your FREQUENCY.

Have you noticed that people with a happier positive attitude to life tend to attract more opportunities?

People who complain a lot tend to have more to complain about. Those who feel rich attract more wealth, while those who worry about money tend to have more money problems.

The ENERGY you radiate returns to you. Boosting your attraction power is all about raising your energy.

THIS IS THE GAME OF LIFE

Life is not about waiting for the world to be perfect so you can feel good. It's about standing in an imperfect world and shifting your perception so that you TUNE into the best in life.

It's about RAISING your frequency so that you attract more of what you want in life. You can do this - no matter where you're standing.

Life reflects your dominant THINKING. Use this guide to shift your THOUGHTS and raise your vibration so you can attract your preferred reality.

1

TIP 1: CIRCULATE THE ENERGY

MOVE.

If your life is stagnant, it means your energy is stagnant.

Life is changing billions of times a second, but you are choosing the same coordinate over and over again.

ENERGY LIKES TO MOVE.

This means, get rid of old things you are holding onto. Declutter for a fresh mind.

When your mind is filled with the old, your higher self who is trying to send you NEW ideas is not able to get through.

If you usually walk on the left path, walk right. Go to a new place you've never been to before.

Wear something different. Move your body. Dance. Participate in sport, or any activity that gives you joy. Get outdoors. Look up at the stars. There is a whole world out there outside of your devices and social media.

This fresh new energy will shake the dense energy and kickstart new energy.

The mind likes to stick to what is familiar. It likes the same old thoughts and the same old habits. However, this leads to the same old life.

Loosen its grip. What you are doing in this step is LETTING GO of old energy and ALLOWING in NEW energy to boost your positive attraction. This paves the way for the next steps.

2

TIP 2: STOP FIGHTING EXISTING REALITY - INSTEAD RAISE YOUR FREQUENCY

The life you desire ALREADY exists. It exists as a parallel version in the energy field of all that is.

What most of us do when we don't like reality is we fight EXISTING reality. This only adds more energy to the reality we don't prefer - it makes it BIGGER.

Calm yourself. Know that the reality you prefer already exists.

Your job is not to fight reality, rather raise your VIBRATION so that Law of Attraction can match you up with the reality you prefer.

One wonderful way to do this is through IMAGINATION. As Einstein says, "Logic will get you from A to B. Imagination will take you everywhere."

You may not be able to have \$1 million dollars today, however you can feel what it FEELS like through imagination. It's your passport to endless possibilities.

This is how I was able to heal my body, travel around the world, buy properties, cars, etc... starting with limited resources.

There are infinite versions of your life right now with infinite variations. Your work is to withdraw your attention from current reality you don't like and to fire up your imagination so that your vibration shifts to the version of life you prefer.

This was your soul's intention when you came here.

You have the most powerful mind, made in the image of Universal Infinite Intelligence. It's the finest feat of engineering - like a Ferrari.

Many don't know they have this powerful ability, so they mis-create with it. When you don't know how to drive, you crash the Ferrari.

How many times do you flash nightmares to yourself of what can go wrong? This is creating accidents in your life because now you are telling the Universe to match you up with a parallel version of life where things get worse.

Imagination is the projector in your mind which allows you to play with possibilities. When you hold an image steady in your mind, without cancelling it, the Universe has a blueprint to work by.

This is why Abraham Hicks says the most productive thing you can do is take 15 minutes a day to IMAGINE the life you prefer.

I lay on my bed, gently close my eyes and tell myself, "The reality I prefer already exists right now. What does it look like? What does it feel like?"

Use all your senses. Enjoy the experience. You aren't just daydreaming. You're tuning into an existing reality. Savour it. Be satisfied. Then when you open your eyes, LET IT GO. This step is important.

The Universe has your order, so go about your day as usual and look out for any guidance, intuitive nudges, or ideas you receive to act on. Remember, you're raising your frequency so you can tune into higher Source communicating. It will guide you with what action to take.

3

TIP 3: TURN FEAR INTO LOVE

Do you know that everything you desire is seeking YOU? As Rumi says, "What you SEEK is SEEKING you."

The version of life you want, wants to be matched with you.

You may say, "If that's the case where's my stuff? Where's my house, cars and money? This life isn't what I asked for."

The question is not so much, 'Where's my stuff?' Rather, it's what do you BELIEVE which is blocking it?

There's only one obstacle blocking the flow of everything you desire - CONTRADICTIONARY BELIEFS. That is, any BELIEF which opposes your desire.

These beliefs are usually rooted in FEAR.

They start as one-off thoughts. With repetition they turn into BELIEFS ingrained in the consciousness of every cell of your being.

A belief is simply a thought repeated so much it now becomes automatic. You may not be aware of them; however, you will experience the effects of them.

For example, you may want to purchase a house, but the words you heard growing up repeatedly were, 'We can't afford it'.

It deflates your power, literally blocking what you want.

What can you do? Follow these steps.

1. Be AWARE

The first step to transmuting a limiting belief is AWARENESS. I find the best way to catch them is to notice when your emotions dip.

The moment you feel bad, STOP and ask yourself, 'What was I just thinking that made me feel bad?' Write it down, or say it to yourself. You will discover a fear-based belief.

For example, you may want to share a gift with the world, or try out a business idea. The fear-based thought will say, 'What if you fail? What if everyone laughs at you? You can't do that - you aren't as good as others. Give up now.'

2. Speak to the FEAR with LOVE.

Fighting a negative thought makes it grow bigger. Instead, acknowledge it.

Bashar says to send it love and allow it to exist elsewhere in the Universe, just not as an active part of your life. The fear based thought will start to loosen its grip on you.

Shaman Durek addresses his fears by saying, "I hear you are saying..." So, I like to do a combination of these approaches in the following way:

"Fear... I hear you are saying that I will fail and I'm not as good as others. I acknowledge you and send you love. I'm letting you know that I'm a Universal being and by divine right I am allowed to expand my dreams..."

Now understand the fear won't completely disappear. It will keep popping up. Each time you do this process it becomes weaker and weaker.

3. Replace it with an **EMPOWERING** thought.

Finally, you can add an empowering, or better feeling thought at the end. 'Every successful person started where I am,' or 'I can share what I know. If it only helps one person in the world, it's worth it.'

This seals the deal. This is how you transmute energy.

I've tried fighting my thoughts over the years - even to the point of cursing it and getting angry at myself for not being more spiritual. This is the process that has worked for me because it is a path of less resistance.

Follow these steps as you go about your day. Notice any moment you don't feel good and repeat the process.



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TIP 4: FEED YOUR MIND

You've heard that saying, 'You ARE what you eat.' This applies more so when it comes to ENERGY.

What kind of ENERGY are you feeding your mind?
What thoughts do you entertain during the day?
What do you read, watch, listen to and talk about at social events? What's your input?

If you pour low quality, or the wrong type of fuel in the Ferrari of your mind, you will not operate optimally.

Another way of putting it is this.

Imagine two lawyers in a court room. One is FOR your dream. The other is AGAINST your dream. Each pleads their side of the case with evidence.

Likewise, you have two voices in your mind – the voice from your higher unlimited self and the voice from your limited physical self.

Initially you only had one voice – your higher infinite self. You're a light being who entered physical form to have an experience on earth.

The only problem was, while focused on physical life, you picked up fear-based beliefs. This created a second voice within you.

Your limited voice tells you all the reasons why you will fail and why it's not possible. Your unlimited voice is a quiet voice whispering encouraging words to go for your dreams. It gives you glimpses of a possible new reality.

In the courtroom of your mind, the evidence is biased against you. Your limited voice shows you a whole stack of real evidence why you can't live your dreams.

Once you begin manifesting, your evidence builds up. However, in the beginning you are often relying mostly on faith.

This is why you want to support the lawyer that is FOR your dream. You want to build up evidence FOR your case.

Inspiring content offers an infinite perspective of your life, reveals the true nature of reality and the mind and builds your connection with Source. It supports your unlimited view. It strengthens your belief in your unlimited self.

Go read inspiring books, listen to podcasts, watch videos, attend seminars – anything that uplifts, or raises your vibration.

Reading about somebody who overcame adversity, or followed a dream when every obstacle was in their way may be the very thing that gives you the leading edge.

Choose this over aimless scrolling on social media or watching the news, or entertainment which instils fear.

Your unlimited mind grows stronger when it is fed. Build your case FOR your dreams. Convince the jury in your mind to vote in favour of you.

TIP 5: HAVE MORE FUN.

5

Don't take life so seriously. When you're too serious about life you suffocate energy flow. You make the energy dense so you attract dense energy.

Remember, Law of Attraction is responding to your vibration.

Everything you want vibrates at lighter energy.

"You can't just have fun, how is this productive?" You probably heard this from adults growing up. It's time to be open to another way of thinking.

You came into this world to have an enjoyable experience in life. When you were a baby, you were delighted with something as simple as putting your foot in your mouth. You had fun playing as a child.

Then somewhere along the way, you were conditioned to believe that life was hard. You were told to grow up, be serious, be responsible because life was meant to be a struggle.

So Law of Attraction gave you evidence it was a struggle. Then you said, "See! See! This is proof that life is a struggle." Thus, the cycle continued till one day you questioned if there was another way?

Whatever you believe to be true for you will be proven to you by the Law of Attraction.

Life is NOT meant to be a struggle. It's meant to be a thrilling adventure. It is meant to be an opportunity to summon energy through you in the form of emotions so you can feel the zest of life.

The easiest way to change your point of attraction is to start introducing more fun in your life. Before you say 'fun' is not practical, let me share with you this example.

I had a very business-driven lady contact me because she purchased a café. She always succeeded in everything she did but six months in, she rang me feeling down.

She worked hard, but had no customers, was struggling, losing money, arguing with staff and wondered if it was really meant to be. I directed her by reminding her to set her eyes on her original vision and just have fun.

The next time I visited her café, it had a steady stream of customers. I asked her what happened. She explained that after our conversation she decided to change her attitude. She introduced more fun into her business and it started a 180-degree turn.

First a steady stream of customers started flowing in. Then the leading competitor shut down overnight. Soon people started fighting over seats at her café and making bookings for their birthdays.

She hired a rock star chef and had bloggers coming to her café giving great reviews. It was quite miraculous. She still took action, but it was with a lighter energy.

Having fun will ensure you stay within the 'effortless' vibration. A vibration of FUN is magnetic. Aren't you drawn to fun people? It is the most allowing state for the Universe to bring you what you want.

Uptight-ness blocks the flow of well-being. Abraham Hicks says blood naturally flows through an arm but if you have a rope tied around it, it cannot flow. Your job is to untie the rope.

Rather than managing every single thought you have, it is far easier to raise your vibration by loosening up. Have MORE FUN.



**BONUS
TIP**

BONIUS TIP

This information I am giving you is not new.
The wiser, infinite part of you ALREADY knows this.

You are like a person experiencing temporary amnesia.
You are slowly remembering who you are by putting the pieces of the puzzle together.

Your life on earth is a journey of REMEMBERING you are INFINITE.

Listen to your soul - your God-self, Universal self, higher self, inner being, Source consciousness - whatever you want to call it - it is speaking to you.

That's why this tip is the most important tip that will enable all the other tips to work for you.

Quiet your mind that keeps chattering.
Sit still and breathe.

This allows space for your wiser self to speak to you. It allows the Universe to communicate with you and guide you.

It knows the best path to get you to where you want to go. The chatter and distractions interfere with the messages. Make yourself available to listen.

WANT MORE?

I hope you enjoyed '5 Tips to Boost Your Attraction Power'.

If you would like a free 30-minute discovery call with me, visit my website www.annagarcialifecoach.com or contact me at info@annagarcialifecoach.com

Anna xx



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