



Chapters 3 & 4

P. 77 It is impossible to bring more into your life if you are feeling ungrateful about what you have. Why? Because the thoughts and feelings you emit as you feel ungrateful are all negative emotions. Whether it is jealousy, resentment, dissatisfaction, or feelings of “not enough” those feelings cannot bring you what you want. They can only return to you more of what you do not want. Those negative emotions are blocking your own good coming to you. If you want a new car but you are not grateful for the car you have, that will be the dominant frequency you are sending out. Be grateful for what you have now.

ASK BELIEVE RECEIVE

STEP 1:

ASK- Get clear on what you want and ask through a state of gratitude.

P. 78 Be grateful for what you have now. As you begin to think about all the things in your life you are grateful for, you will be amazed at the never-ending thoughts that come back to you of more things to be grateful for. You have to make a start, and then the law of attraction will receive those grateful thoughts and give you more just like them. You will have locked into the frequency of gratitude and all things will be yours.

STEP 2:

BELIEVE- You must believe you will receive what you asked for AND that it is already yours. If you believe you will have it ‘in the future’, it will stay there...in the future and never come to you. Think of it this way - You know when you order something from Amazon (can you tell I love my Amazon Prime :)), you are certain you already own it and will be receiving it. There is no doubt. You ordered it - it’s coming. You don’t think, “Well now, I put my order in through Amazon and sometime in the future it may come.” NO! You ordered it and you know you will be getting it within two days. No doubt. Just belief.

That’s how I wrap my head around the “Believe” portion. I put myself in the FEELING of TRULY knowing and believing it is mine. It’s been ordered and it’s mine.

STEP 3 :

RECEIVE- You must feel good. You must feel good about you and your life. This brings us back to gratitude. If you aren't living in a high frequency now, how can you expect to attract and receive more? Think about wanting to bring good health to your body. If you want to get in shape, tone up and gain energy, how can you do that if you hate the body you are living in?

*P.61 If you feel bad about your body, that is a powerful feeling, and you will continue to attract feeling bad about your body. You will never change your body if you are critical of it and find fault with it, and in fact you will attract more weight to you. Praise and bless every square inch of your body. Think about all the perfect things about You. As you think perfect thoughts, as you feel good about You, you are on the frequency of your perfect weight, and you are summoning perfection. **This is when you will be open and ready to receive.***