

Focus on the part you desire

When we have defined our desires in life and what we want to achieve, it is important that we can envision it, and most importantly, feel the sensation of being there. We must tap into that "reality" and consciously decide to enjoy the feeling of being there and practice immersing ourselves in the "role" and thinking and feeling what it's like to be there. What we think about when we are there. What we spend our time on when we are there. Who we are with when we are there. And what we do.

The more you dedicate time to embodying the role/feeling/energy, and the more often you do it, the more you vibrate at the frequency of already being there. And the world ALWAYS mirrors what you vibrate. You are a broadcaster. What you send out, you always get back.

That's why it's so important not to spend time talking, solving, thinking, and fixing problems, or worrying. Because then you ALWAYS get more of the same in return.

I find that the biggest reason people don't attract what they want is that they don't prioritize their inner work. That they don't define a clear story and feelings of what they want. That they cannot immerse themselves in the role of being there. That they cannot feel the sensation. And they don't prioritize practicing it.

If you only intellectually understand this, but don't do your inner work, you won't attract what you want. Because the world can't mirror it as long as you don't emit those vibrations. It's not enough to be in your head; you must involve your body and heart.

Your old habits, your old/current programming, and your ego will do everything to hold you back from doing this work. Your ego doesn't like change. **So here, you need to use your willpower, which is one of your mental & divine abilities. You need to take the leadership role and control your ego - and you do that by being conscious of prioritizing your inner work. You do that by scheduling it, or prioritizing it above your job, family, and friends. You do that by "deciding" that you will do it!**

Once you are so committed and practice every day, you cannot avoid starting to change your feelings. You will start vibrating at a different frequency, and you will begin to see a change in what you attract into your life on a daily basis.

Once you begin to experience physical "evidence" that you are experiencing new results, events, and occurrences, or connecting with new people, you become aware that it works and become hungry to try more and more.

It's important that we focus on what we want and how it feels, and NOT HOW we get there. Every time we start to think about that, we can stop ourselves and say "Ohee no," it's not my task, it's the universe's and my higher self. My task is to create a feeling/vibration of being there. The universe's task is to serve my desire to me and figure out how everything gets synchronized.

Our brain and our physical mind only knows what we are experiencing right now and have experienced in the past. It's only our higher self that knows the plan ahead. **So we must create space and *trust* for that.**

It's a beautiful collaboration we haven't learned. We've mostly "only" learned to listen to the ego, the brain, and the physical part. Our higher self is like a higher part that can fly up and forward and see what's going to happen ahead. Our physical part can only see "what is" right in front of you and see the past.

We always have a choice!

There are always 2 ends in everything we think about, in every event. We can only give our creator focus to one of the ends at each moment. We cannot focus on both ends at once.

We can either think about the positive end. The end of possibilities. Always look at the good in every person. Always focus on the part you want more of, rather than what you don't want, or on the problem, or focus on the bad side of a person.

It is OUR task to train this!

We have been programmed to look at the "bad end," which creates low vibrations. And when we vibrate low, we attract correspondingly.

But we can change it RIGHT NOW, when we have the insight and the tools to create change.

So it is OUR task to train this every day. It is a BIG part of our inner work.

To be conscious all the time of what is going on inside us. What we think and feel = what we vibrate.

A good way to train this is by:

- **Being alone**
- **Meditating, or just being still. Take long walks in nature.**
- **Set an alarm, for example, 5 times during the day, and every time the alarm rings, stop and notice what you are thinking, feeling, and vibrating.**