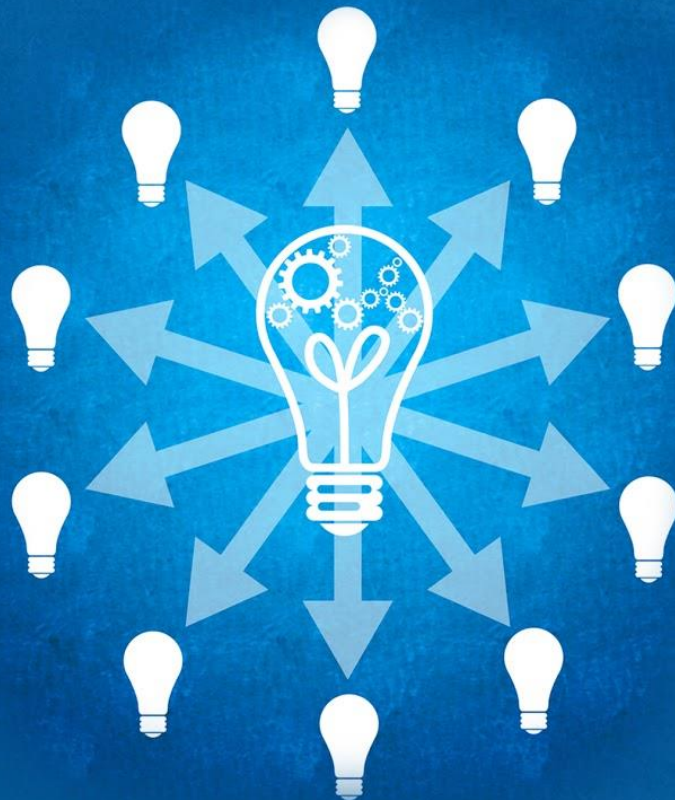


THE ART OF ALIGNMENT

A Simple Step By Step Solution To Stay
On The Frequency Of Your Desire With The
Law Of Attraction



Jason Atkinson

The art of alignment

A simple step by step solution
to stay on the frequency of your desire
with the law of attraction.

By Jason Atkinson

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Introduction

In this book, there is a set of instructions that turns your thoughts into reality.

If you are a sceptic, I urge you to keep an open mind and simply try the exercises for yourself.

This is a practical guide, meaning I outline practical exercises that you can do turn thoughts into reality.

You may have come across the term law of attraction and you may have even practiced it, but if you're reading this. chances are you are not getting the results you are seeking.

Well let me break it all down, my name is Jason Atkinson I am a blogger who runs creationbythought.com and today in this short to the point read I want to break down what the law of attraction is and you how you can start applying in your life today.

You see the way I look at the law of attraction is to see reality as an illusion.

And this is the illusion...

You look at your life, your results. You look at what you have got and what you haven't got, and you use that as a feedback mechanism to tell you about your reality.

You make assumptions on the world based upon what results you get. The assumptions turn into subconscious beliefs and then you go through life seeing evidence of your beliefs until you are convinced that this is who you are, as nothing has changed in the past.

You're using the evidence you see to confirm your identity and your story. And why wouldn't you? The evidence to support your beliefs is all around you. Been unemployed for 3 years?

Obviously getting a job is extremely difficult and your unemployable I mean look at the evidence, right? Stuck at a low salary and just getting by? Clearly, it's difficult to get a good job because the evidence says it is. It's the same with relationships, always end up in a bad relationship? Well you know what they say, ladies, a good man is hard to find!

This is what we all do, we look at the evidence and use it to create our beliefs.

This is what I like to call the illusion of life.

But here is the great illusion.

The story that you tell yourself. Your idea of self and the beliefs you hold actually create a filter and so you only see reality through this specific filter. And so you only get back what you perceive.

It's your beliefs that create your reality, you see whatever you believe about the world shows up! we have a tool in our subconscious mind called the reticular activation system. What this does is filter all the data that your brain receives so you get only the important stuff.

It basically filters your reality so that you only focus on the stuff you deem important. Now, this is a survival mechanism, we didn't always wish for cars and 7 figure mansions. Back when we first started out, in the caveman days we used to get hungry so we would focus on food and the RAS would get to work. It would filter out anything until it found food, shelter anything the caveman wanted.

But we can still use the RAS today! Focus on the color yellow. I can pretty much guarantee you will see yellow today. It's when you want a specific car, or you just bought one and you see it everywhere! I did it once for the *North Face* brand and suddenly everyone was wearing it!. Try it out pick a brand of clothing and focus on it and you will see it.

What you focus on expands.

So every day we go out with one mission! confirm my beliefs. Now, consciously you want a better job I want to be rich! But you see evidence of you not been rich! look at your bank balance, your job, your apartment it's all evidence to support your beliefs.

But when you look at your state of affairs and instead of using it to confirm your beliefs, but instead see it for what it really is, an illusion!

It's just a filter set by the subconscious mind.

If you want to use the law of attraction, then you need to see the illusion for what it is, an illusion.

Starting thinking of who you want to become and become that person. Write down the characteristics of the you who has everything and become that person mentally, think the thoughts of that person you want to become, feel the thoughts of the person you want to become. The language your subconscious understands is emotion.

It can't see the world around us it's just the conscious mind. It's like a blind man is creating your life based on what you're telling him is true! 'I'm really poor I'm stuck in a job I hate, nothing ever goes well for me and I've got bills to pay' the blind man replies 'ok' and would you behold, the evidence appears of your beliefs.

This book is about guiding the blind man to prosperity! Your subconscious mind.

You see when you start thinking with emotion. Your thoughts start turning into beliefs and then the subconscious mind shows you evidence of these beliefs.

Which is how you change thoughts into reality.

When you do the exercises in this book, you will feel like you stepped into a new reality.

Remember throughout this book that life is an illusion based upon the beliefs that you hold about life. Change your thoughts, change your beliefs and change your reality!

Now we go deeper into how thoughts create reality, by looking at the law of vibration.

The science behind the law of attraction.

To understand the law of attraction, you need to understand the law of vibration and for that, you need to understand what reality is made of.

Think back to chemistry class where you were introduced to the world of the atom. I remember drawing these little circles that were the atoms when they were close together, they were solid when they were further away they were liquid and when they were spread out they were gas.

Does this ring any bells?

Anyway, everything is made up of these Subatomic atoms, and the atoms are made of the elements of the periodic table. These are essentially the building blocks of reality.

So now you know about the atom. Let's talk about what they do.

Due to thermal energy, all the atoms start vibrating.

You see all atoms are in constant motion, nothing rests, now depending on the speed of the atoms are going they either appear solid, liquid or gas. That is why when you freeze water it turns into a solid (ice) the vibration of the atoms slow down, bringing the atoms together to form a solid.

So now you now that everything is made of atoms and that they all vibrate let's see where 'like attracts like fits into play'

How does this affect you?

Anything that vibrates has a frequency, its a wave. Think of radio waves, when you tune your radio, you start to get back different radio waves that you hear as a different radio station. The same as a TV. You tune your appliance to a specific frequency that comes back as a set channel or station on the same frequency that you tune into.

So now you know you're made of atoms, and that you vibrate you know you're connecting with things on the same frequency, You know that you're tuned into you.FM!

Like the radio and TV, you connect with things on the same frequency or wavelength. This is why we say we connect with people who on our 'wavelength' or who we are in sync with.

You start attracting things to you that are on your vibrational wavelength, depending on the vibration you are in. You start attracting the ideas, people, resources, and desires that are on the same frequency.

Which is why when you feel lost and hopeless and you're frustrated the solution feels like a million light years away because due to that negative vibration you will only think and see of more things that add to your current emotion.

And like the radio station, we can tune into different frequencies, but not with a tuner, but with emotion. The transmitter and receiver of these frequencies is the subconscious mind.

You see a single thought can't change our reality; we have 70,000 thoughts a day. Most are repeated from the subconscious mind each day.

To change our reality, you must change the vibration your on and for that, you need to have the majority of the 70,000 thoughts supporting what you want to manifest, you must naturally feel good each day.

Good thoughts = good emotion

To get what you want you must naturally expect them without question into your experience so that you are on the same wavelength of that desire. Once you're on the same wavelength, your thoughts, feelings, beliefs, and actions match your desire.

That is where reprogramming the subconscious mind comes in.

You need to focus your attention on what you want in life, visualize and feel like you already have your desire. So that you condition your subconscious mind.

Over time the subconscious mind responds to the new thoughts that your imprinting with emotion, that creates the corresponding vibration that attracts back the thoughts, inspiration and actions steps that are on the same vibration that allows you to achieve your goal.

and that my friends is the law of vibration.

Now let's briefly look at the science behind the law of attraction.

I want to briefly cover the science behind the law of attraction because if you're anything like me you need facts and logic to believe in something, and so I want to discuss the research I did so that you can strengthen your belief in the law of attraction so that you can manifest better results.

So let's delve into the scientific proof of it. As it turned out a few quantum physicists truly believe that we create our reality with our thoughts.

If you have seen the secret, you would have already realized that there was a few Quantum physicist's already on the show. Teachers such as Fred Alan Wolf and John Hagelin.

As well as these, I also found other Quantum physicists and scientists who believe in the law of attraction as well. Such as Bruce Lipton, Travis S Taylor, and Joe Dispenza. Recently I've been following their work or how they have come to understand how our thoughts create our reality.

It turns out in the quantum world all possibilities exist. You see everything is made up of atoms, the atoms are made of electrons and electrons are made of energy. Everything is energy just like the secret said.

Now quantum physicist's have found out that subatomic particles that make-up matter are in all states at once until you observe them. I know crazy, right?

Scientists have even named these phenomena as the Observer effect. This phenomenon was found in a famous experiment in 1901 called the double slit experiment.

Where they wanted to find out if light was a particle or a wave. What they found out was that observing the particles determine the result of the experiment. When observed the particle acted differently.

[You can see a video here](#)

Erwin Schrödinger created a thought experiment to explain how this phenomenon worked. He said that if you place a cat in a box, and put cyanide gas in a sealed vial. (don't worry the cat was unharmed, it was just a thought experiment)

That can only be released with a hammer and if you set the hammer up in such a way that it is only released if a radioactive substance has decayed. The cat would have a 50/50 chance of staying alive in the box because the radioactive substance has a 50/50 chance of decaying and releasing the hammer.

Schrödinger said that unless you observe the cat, that is in the box the cat is both alive and dead at the same time.

When they did the math, it turned out that it was possible that the cat is both alive and dead at the same time due to quantum law. (That all subatomic particles are in all states at once)

Now It may look far-fetched but I'm not one to argue with science,

[to find out more about this thought experiment here](#)

These experiments show that all possibilities exist at the same time and that through the art of observation we cancel all other possibilities, therefore, showing one outcome. Now I don't declare myself as a scientist this is only what I've read and watched but I do find it interesting.

That with quantum physics. The study of matter that makes everything from our bodies to the chair you may be sitting on.

That we can influence the subatomic particles just by observing them.

Therefore, showing that if we stay in an emotional state of already required the reality that we want. we actually collapse the wave function to what we are observing, which is why what we focus on, expands.

I recently bought a course by Bob Doyle and Travis S Taylor called the science behind the secret. Travis S Taylor says that because we are made of energy, our thoughts are energy too and when we have a thought it causes a quantum wave function that directly interacts with the universe since the universe is simply energy.

Therefore, to summarize the science behind the secret. Know that when we observe subatomic particles the building blocks of reality. We influence how they act as shown in the double slit experiment. And that as we are made of energy our emotions and thoughts send out a quantum wave function that directly interacts with the universe.

Therefore, if we align our thoughts with what we want, rather than dwelling on what we don't have. We influence reality in such a way that we attract our desires to us by our thoughts and emotions.

the first sign of manifestation is that you start thinking of similar thoughts, over time you start thinking ideas and solutions to make your desire a reality.

this is where 'brain waves' and the 'Eureka moment' comes from.

Then synchronicity starts to occur, you start to show up at the right place at the right time, you start talking about the things you want to the right people who will aid you on your quest.

don't just take my word for it, try it for self, do the following exercises and see if you too can change thoughts into reality.

7 step solution to manifesting

Now we are getting into the meat and bones of the law of attraction. Now I am going to go over simple exercises you can do that will help you master the law of attraction once and for all.

It's important to realize that your outer world is a direct reflection of your inner world. Due to universal laws such as the law of attraction Once you know this fact it liberates you to live the life that you truly want, that you truly deserve.

We are not meant to settle for a mediocre life where we must go to work, watch tv and go to bed day every day. We are not meant to live in poverty, in suffering and misery we are meant to live a life of an abundance.

Below are seven steps to bring what you want into your life. I highly recommend doing each in order as each one builds on from the last. The first step to manifesting your desires is to get clarity. As Tony Robbins says clarity is power!

Get clear on what you want.

In order to manifest your desires you have got to learn on what you want, For example, if you want more money there is no point in just wishing for money, you have to get clear on the amount you want to earn.

Once you know the specific amount, your mind can start to generate a plan on how to get there.

So how to get clarity.

Identify five desires that you want. E.G more money, a better job, a partner, thriving business, vacations, income per month, etc.

Once you have a rough idea of your five desires you then need to get more specific with each one. For example, for money to need to work out what you need the money for.

So, outline what the money would go on. Is it for a nicer house? To go on more vacations. You need to get specific on the lifestyle you want to live and then google how much this will all cost.

Work out how much would your vacations will be and how much the new mortgage or rent be for your dream home. You want to get a total number of the cost as well as the monthly income you will need to sustain your new lifestyle. If you want to attract a significant other get clear on what kind of partner, you want.

What do they look like?

What is there personality?

What kind of things do they enjoy doing?

Once you have got clear on your desire you want to write it down in a journal. Below I will describe how by using something called scripting.

Become the author of your life

The best way to describe scripting is with a book, a fiction book.

Think of the last fiction book you read, if you're not much of a reader, if you find the time have a quick glance at one, and take notice to what the author writes.

You tend to notice that the author paints a very vivid picture of what is happening.

So that you can see in your mind what is happening with the characters.

The book plays out like a movie in your mind.

The author makes visualizing the scene a breeze, they describe what the character looks like, where they are and what that looks like and what they are doing and how they feel.

Allowing you to know exactly what is happening.

Well, you can do the same with what is called, scripting,

Scripting is where you write your own book and the main character?

You.

You simply write down in the present tense what you are going to do when you have your desires. You describe in vivid detail what you are doing and what is happening.

Let's say you your goal is to make enough money for a brand-new kitchen for example.

You would get a notepad and write down what you would do in your kitchen

For example

I open the door as I feel a sense of excitement at the sight before me. As I open the door, I get a whiff of the new kitchen smell. I look around and take it all in. I instantly see the new white cabinets. My new embedded black cooker. I take note of my new stainless-steel fridge; I take my hand to feel the cool handle and open. I can feel the cold air in the fridge as I see it already stacked with groceries.

As you can see this paints a vivid detail on what's happening and makes visualizing a breeze.

Think back to what I just wrote, and I bet can easily recall the new kitchen.

What I do is buy a journal and I write what my life will look like once I have what I want. I use all my five senses:

- Touch
- Taste
- Smell
- Sight
- Sound

To describe what is happening,

The key is to put it in the present tense, don't put I can't wait for my new kitchen, because that is in the future, or I loved my new kitchen, as that is in the past.

The subconscious mind lives in the present and so should you.

An important note to mention is that you should write your desires down. Sure you could first type up your desires.

But,

There is power in writing when you write your desire in your own handwriting and you read back over it. It seems more real to you.

Plus when your writing your connecting with your creative side, the subconscious mind.

Scripting will embed your desire into your subconscious mind and it will get to work figuring out a way to make it happen.

You will also notice that you will feel happier, putting you in vibrational alignment with your desire.

Have a try, simply grab a journal and write out your perfect life, have a read in the morning and evening.

so when you're reading your desire,

You will be in the creation process, and from this simple exercise, you will start to manifest the words that you write, making you become the author of your life.

So the next step after you identified what you want and you have written it down is to outline why you want it.

Identify your why's

You then need to get clear on why you want it. You use your why's to motivate you and to keep pushing forward until you succeed. Ask yourself, why do you want more money?

It's just paper and coins after all.

Is it to be finally free?

To spend more time with family?

Do you want to build a business to add value to people's lives?

If your desire is to meet someone gets clear on why you want to meet someone and have someone in your life. Ask yourself why you want a new lifestyle? Is it to give you and your family a better life?

To have more memories and live a life of adventure?

These are questions that you need to ask yourself. I highly recommend writing this after you have described your desires.

But this is the important part write it down as if you already have it, for example, I so happy I make \$5000 every month I can care for my family more and live in total comfort. My worries and stress are gone, I feel so happy and fulfilled and can finally do things that continue to bring me joy and happiness.

Get clear on how you feel when you already have it. Once you have done that you want to identify why you deserve it.

When growing up you subconsciously pick up beliefs about yourself and the world around you so that you can make sense of the world. And while this is good for survival, subconscious beliefs can also limit us as well.

Your subconscious beliefs are buried in the subconscious mind and actively shape and filter reality. You see your conscious mind, the mind that you think with can only handle a tiny bit of information at a time or else we would become overwhelmed.

But your subconscious mind can process a lot more, even more than today's sophisticated technology. Your mind is a supercomputer that can handle thousands of processes at any given time.

And so when something comes and fits your idea of reality. You're going to know about it, which is why the following steps are so important.

The next step requires you to outline why you deserve your desires so that you install new beliefs and that you won't self-sabotage yourself later on.

You need to tell yourself why you deserve the desire. Why do you deserve to have more money?

The important thing to realize is that wealth comes to those who add more value to people's lives. So when you have a monetary goal, tell yourself that you deserve it because you will add more value to people's lives and that you will make a difference.

If you want a promotion, say that you deserve it because you will be helping your company and contribute more to your workplace.

If you want to attract a significant other say that you deserve to uplift them and give value to their life. You need to get clear on what you will give in order to get your desire.

If you want to go on that dream vacation or live in that dream house then you need to say that you deserve those things because you give value to people's lives in order to afford those things.

You need to justify to yourself why you deserve your desire so that you can form new beliefs that will support you getting your desire. Once you have done that you're onto step four.

How to communicate with your subconscious mind.

Step four requires you to get your subconscious mind to believe you can have your desire by suggesting to it that you already have it.

Once your subconscious mind believes it already has your desire. You will form new beliefs, that in turn will guide your decisions, your actions, and your results.

You will start to see the world differently and circumstances will begin to change. Your subconscious mind will start to give you inspiration and guidance for you to get your desire creating a self-fulfilling prophecy.

You can do this through auto-suggestion. So there are a number of ways to suggest to your subconscious mind that you already have your desire, You can use vision boards, affirmations, visualization, and meditation. I will go over each one in turn:

How to use Visualization.

This is another word for daydreaming. We all tend to daydream and fantasize about what we want our life to be like and what we worry about and other scenarios.

We can use this time to imagine our desire like we already have it and mix in the emotion of what it would be like to have that desire.

But the most important thing to take away when visualizing, don't just paint a pretty picture, become a director and be the starring role, imagine your desire and interact with your desire, physically touch your desire, if your visualizing your new home, walk around your new home, take in all the rooms, touch the furniture, don't visualize yourself. Look at your desire through your own eyes, as if your already in your new home.

This makes it ten times more real to the subconscious mind.

To help you I recommend a vision board.

A vision board is probably the most common method of using the law of attraction and hearing this is probably nothing new, but I want to share how to use it, you see you have to do more than just look at it from time to time.

You have to put the vision board in a prominent location where you will see it often and when you see the images you got to feel and imagine already having them. You're using your vision board as a prop. Where you look at the vision board, you look at each image and you imagine having that in your life and you feel what you feel when you have your desire.

For example, if you had a picture of a house, every time you look at the image, imagine yourself being transported into your house, imagine the touching the furniture, you walk in the numerous rooms and feel the feelings of already having the house. You want to do this with every image, the vacation the relationship, ever image, transport yourself there and feel the feelings of already having your desire.

I promise you will be amazed at the results. When I first did this, life started to rearrange itself in front of me as if by magic.

That is the power of the subconscious mind.

But don't take my word for it. Try it!

For the vision board, you want to either use a pinboard and print out the images from the internet or you can use magazine clippings, or use [virtual vision boards](#). The idea is to collect images of what you want and then visualize what it be like to have the desire while matching the emotion of that desire.

When you do this repeatedly you start to shift your beliefs to match your desire.

You can even use subliminal audio to strengthen your visualization skills, so you think you could sharpen your visualization skills, [use this](#), to maximize your success.

How to use Affirmations

Affirmations are positive statements that you tell yourself repeatedly. Now the crazy thing is not a lot of people believe in affirmations!

They say it's just words but what people don't realize is that they use affirmations all day long! The 'I can't do that' 'oh I'm going to be late again' 'I need to make more money because I am poor' these are all affirmations!

Everything that you tell yourself is, in fact, an affirmation. You need to repeatedly tell yourself you already have your desire and feel it.

Now the best time to do this is when you are already saying a negative affirmation to yourself.

For example, if you tell yourself

'great I messed up again, I am such a screw up'

Say

'I am succeeding better than I have before as I (remind yourself on one thing you achieved in the last couple of days, no matter how small)

So whatever your circumstance I suggest you just use one affirmation to change your reality 'I already have everything I ever wanted and hoped for' then feel what it is like to have everything. Do this enough times and your subconscious mind will give you results.

but again for best results, pick up a [real subliminal](#) track.

To do affirmations effectively you want to use a thought diary. Where you log your daily thoughts both bad and good so that you can counteract the bad ones. Simply get a notepad and start logging your thoughts for the next two weeks.

Once you have done that you want to write one positive affirmation underneath the negative affirmation, you may have to write down the negative affirmation again so you can write the positive affirmation below.

For the positive affirmation, you want to first choose an uplifting one such as I am succeeding more than ever but then you want to back that affirmation up with evidence of when you had shown this in the past. Such as if you did well in school or in your job or in any other thing you have done that you have succeeded at.

You then want to memorize the positive affirmations and then actively replace your negative affirmation with a positive one as you go, just remember to take your thought diary with you so you can see the counter affirmation.

Keep logging your thoughts and see if there is an improvement. You will also notice a change in how you feel, your inner critic often pulls you down, but with helpful inner dialogue you will start to feel a lot better and you will also be in more alignment with your desire.

Remember

Good thoughts = good emotions = alignment to your desire.

How to use Meditation

To influence your subconscious mind further you should use meditation as this is a great way to get into your subconscious mind and reprogramme it to attract your desire to you.

A great app to use is headspace. What you're doing is quieting your mind, bringing more access between the conscious mind and the subconscious mind.

When you do this, visualize with emotion your desire, what you're wanting, is being planted in the subconscious mind. when you do this daily things begin to change, and I'm speaking from experience.

that relax and rewire your mind at the same time!

Meditation is easier than it looks, you don't have to sit cross-legged and chant. All you need to do is find somewhere quiet and become detached from your thoughts. To do that you have to stay present. And then become emotionally detached from thoughts, so that you are just observing them and from there you can begin to let them go.

When you are in that gap of no thoughts, it is much easier to access the subconscious mind and from there you can begin to implement your desires into the subconscious mind through visualization.

If you do this in conjunction with the vision board then you will find your visualization your desire much more often, impacting the subconscious mind that will change your vibration, your frequency, making that vision a reality.

Of course, they may be work involved, as you may get inspiration for some action to take. But you will know when you get inspired action as you will feel compelled to act.

Step five – join a community.

One of the most famous law of attraction book out there is think and grow rich and in that book. Napoleon Hill talks of being a part of a mastermind group, where you grow with likeminded people and get results faster.

So step five is interacting with like-minded people who will support and guide you. You can be a part of numerous communities of mastermind groups. One for your mindset and one to get your desire.

A community is important so that you're surrounded by positivity, people here can uplift you when you feel down. I have a Facebook group over [here](#) if you want to join my group where I answer questions and create posts that will help you master your inner world.

The second is your desire. Join Facebook groups with people who have the same goal as you, collaborate on ideas that will make it happen. When I joined a mastermind group for blogging, I managed to grow my blog to 10,000 members a month.

Of course, the best communities are those that are built around a course that covers how to get your desire because then you have an instructor who has the results that you hope to achieve. Simply look for recommendations for these type of courses in Facebook groups.

Simply collaborate with individuals in these groups see what progress they have made and what mistakes they made. When you work on your goal with others you will all think of various ideas from different perspectives. And if you all pursue one idea each then you will reach your desire faster rather than pursuing each idea individually.

You can even create your own, find people who want the same thing as you and create a Facebook group. You can even look at blogs and videos on the internet these often have communities that will help you along with your goal.

How to measure your progress.

Now you have got clear on what you want, why you want and why you deserve it. And that you have imprinted the desire into your subconscious by suggesting to it that you already have it.

You should be in a position to take inspired action. When this happens, take action and measure your progress. Be grateful for your wins and write your wins down in a gratitude journal.

Read your wins often.

This will strengthen your belief in attaining the desire to you. This will then motivate you to make more progress and take more action and get bigger results.

again you can do all that with [goals on track](#)

And this is my seven-step process to unlock your desire.

Think every day

‘what can I do today that will bring me closer to my goal’

And act, I used to have a journal where I would log my ideas as well as what I learned from books, videos, and courses, from there I started to build an action plan that would help me succeed and reach my goals.

Every morning create tasks to complete, make it your own personal checklist and at the end of the day reflect on what you have done and what actions you think are required the next day.

If your struggling to think of the next action to take, believe that you already know the answer and your subconscious mind will guide you whether it be a burst of inspiration or even a book that can teach you the way.

keeping in alignment with your desire.

Okay so you have asked for your desires, you have scripted your life and identified why you want it and why you deserve it. You have also successfully communicated with your subconscious through visualization and meditation while making use of affirmations.

You have even begun to find mastermind groups that will help you on your way, from doing all these things you will begin to be in alignment, you will begin to take inspired action while measuring your progress as well as recording your wins which will keep you motivated.

Now comes the reason I titled the book the art of alignment, in order for this to work you need to stay in alignment with your desire. You need to allow that desire to come to you whether it be an idea of what action to take to events happening that are more favorable to you getting your goal.

And in order to stay in alignment, you need to use your emotional compass. I want you to imagine for a second that you're on a boat or a ship and you want to visit an island that is covered in all the riches you can imagine. Now imagine you have no map.

You have no idea where this island is, but you have a compass, not a physical one but an emotional one. Now imagine that when you feel good, the boat turns and heads towards your destination. Imagine when you feel negative about anything, the boat turns again and ahead you can see a storm brewing.

As you can keep in this negative state the boat steers off and goes off at speed to the coming storm. You see the waters start to get choppy and the waves getting higher and higher.

You have no way to steer the ship other than your mind, what you want to do is get to the point where you feel good again, the most powerful way to do this is to appreciate life, all the tiny blessings that you currently have such as a house, a job, health anything that you can appreciate.

Imagine that the ship turns again towards your destination. To the island that holds all the desires, you could ever want. Imagine the waters start to settle.

Doing this visualization whenever you feel bad, is a sure way to bring you back on course to your desire and here is why. The law of vibration and the law of attraction says that like attracts like.

And that we attract things on the same wavelength. Now your vibration is your emotion. When you feel low you're on a low vibration, when you feel good, feel high or you're on cloud nine you're in a high vibration. And from that vibration, you start attracting those things on the same frequency.

Which is why you hear, don't enjoy the destination, enjoy the journey, because the truth is if you don't feel good, you start to lose faith and belief in yourself. Not will the universe stop at nothing to make sure you will never get your goal, but you will give up

in frustration and quit. The destination only comes once you are enjoying the journey and from that, you need to be happy in the moment.

The best way to beat negativity is by mediating frequently, spend ten to twenty minutes daily preferably in the morning observing your thoughts. Become emotionally detached from your thoughts and from practice you will begin to find this exercise a lot easier. A lot of people with depression credit meditation to helping them take back control of their thoughts and go on to live happier lives.

Gratitude is also essential, the best formula for success is having an attitude of gratitude. Below I am going to over some powerful gratitude exercises that I regularly talk about on my blog.

The gratitude rock.

The gratitude rock is one of my favorite ways to keep me in a good mood it's just a simple rock that I found in my garden they are also commonly found around streams parks and things. When you have your rock you want to think of all the things that you appreciate. It really is that simple. The rock is just a simple a prop, a reminder to appreciate the little things as well as appreciating the big things that are just around the corner.

You see what you are doing when you touch the rock and feel gratitude is setting a powerful anchor. So that your mind associates that tiny rock that you have in your hand with the feelings so gratitude so that over time the process becomes automatic.

Think back to Pavlov and his dogs. The dogs would begin to salivate whenever they would hear a bell. Well, that is what you are doing with the gratitude rock. Over time when you feel the rock, you will automatically feel gratitude steering that ship in your mind to that destination.

The gratitude alarm

Inspired by the gratitude experiment which I read in the most powerful goal achievement system in the world book by Mike Pettigrew. (a great read) This process is about setting an alarm every hour or so (mike recommends every 30 minutes) and then using that as a reminder to be grateful. When you hear the alarm immediately touch your gratitude rock and feel gratitude for already having your desire. This will raise your vibration and put you in alignment with your desire.

And that is my very simple method of staying alignment. But there is one more final chapter to cover which will help you keep in alignment with your desire and remove any doubt or worry that comes your way and that is by knowing that the desires you have written down will come into your life because it is your destiny!

knowing your destiny.

Knowing that the desire you want is your destiny is very powerful, this cultivates faith and belief while pushing away all doubt and resistance and, in this chapter, I want to show a very powerful manifesting technique that will install powerful belief within.

And it all comes to knowing your destiny.

Look back at all the stories we have been told throughout history of heroes and even villains who proclaim that what they do will happen because it is their destiny. Look at the most famous people throughout history who proclaimed that what did was their destiny. Good and bad. Knowing your purpose and direction in life and believing that it will happen is very powerful. You give yourself a prophecy and with the power of the mind, it becomes a self-fulfilling prophecy.

Knowing that attracting your desires is your destiny, gives you unstoppable strength in overcoming adversity, when you know that your dream life is your destiny, you will not allow yourself not to be deterred by anything.

When you believe in something so strongly that you truly believe it will be your destiny your subconscious mind uses its power to find a way to make it happen and will filter your reality so that you attract more things that align with your destiny.

To get in this state of mind

Simply try the following exercise below.

Simply find a quiet place and imagine the entire timeline of your life. To the left is your past all the way back to your childhood. You can see images of yourself growing up. Now imagine the timeline goes onto the present and on to your future. Imagine in the future that life continues to get better and better you start to see yourself having your desires. I invite you to step into your timeline, start when you were a baby see yourself growing up and living life up until today and then go and imagine the future, and see yourself accumulating your desires.

Do this daily.

This exercise is very powerful, and I got the inspiration from Paul McKenna's how to be confident meditation cd. My timeline eventually unfolded to the timeline that I was imagining. I was making my destiny with my imagination.

But again, don't take my word for it, try it!

An important thing to note about destiny. Is that you want to make it bigger than yourself, those that talk about their destiny proclaim on the impact they will make on the world and on others.

This will inspire you to pursue those desires because you can see the bigger picture, you can see whole lives you will affect and what difference you will make for example,

I want to transform people's lives I want to motivate and inspire people and help people take ownership of their lives and go to live fulfilling and rewarding lives by harnessing the amazing power that everybody has, the power of their minds.

I see this as my destiny, my purpose in life to help people become happier,

Think of your desires and think about what impact this will have on other people. If you want to start a business think what impact you will give to people. How will help you people, what will you give to the world?

If you want a loving relationship, think of the impact you would have on your future partner, if you want to manifest a new house think of what impact this will have on your family. Use your why's to help you and at the end of everything you have written,

end it with 'and this is my destiny'

And believe it, there is power to your thoughts to your emotions and your beliefs, there is power in faith and belief and when you declare that everything you want and deserve is your destiny then watch as the world opens up and gives you more evidence to prove that this is your destiny.

Go out every day knowing what your destiny is and notice how doubt and negativity goes away and how opportunities start happening to turn your prophecy into a self-fulfilling prophecy!

I really hope you enjoyed my book I know it's a quick read, but I want to keep it condensed and to the point. I hope you can take away a few things that I have taught you, but our paths do not have to end here, in fact in most books they just give you information once and later on you just forget about and move onto the next book.

I want to do something different.

I simply want to give you checklists, worksheets, and accountability to put everything you have learned into action so that you can get more out of this book. Simply click the link below, let me know your email address and I will send you a daily worksheet where I will break all this down into manageable daily steps, so you don't have to feel overwhelmed.

Take part in the art of alignment challenge

- **Get more from your investment by getting daily guidance to make the law of attraction work for you.**
- **Receive a daily email that keeps you in alignment with your desire.**
- **Receive a daily worksheet to work from that will bring you desire to life.**
- **Master the law of attraction once and for all!**

Take part in the art of alignment challenge below.

<http://creationbythought.com/the-art-of-alignment/>

And I wish you all the success in the future.

But before you go make sure if you loved my book to leave an Amazon review, your review helps to get this book in as many hands as possible,

You can leave a review here

Thank you.