

Chat it's fate

Psychic  
class

# Make it HAPPEN!

Law of Attraction coach **Carolynne Bennett** explains how to turn your dreams into reality

Take this class to:

- Learn about manifesting
- Attract the things you want and need into your life
- Become more positive, upbeat and optimistic!



**T**he Law of Attraction is one of the most powerful spiritual laws in the universe and has become increasingly recognised over the years. It works on the principle that like attracts like and what you think about will come about.

Does it really work? Well, lots of spiritual practitioners believe that it does – and one of them is Law of Attraction coach Carolynne Bennett, who has worked with many clients, helping them turn their lives around and heal themselves emotionally and spiritually.

The good news is that you can transform your life, too. Here, Carolynne explains how you can overcome problems and self-doubt and get on with achieving your dreams. Try it for yourself today!

## WHAT IS MANIFESTING?

**M**anifesting is about learning to align your thoughts and feelings, and create visualisations that match up with what you want to experience.

We all manifest – be it positive or negative – but often don't realise we're doing it! We may be pondering whether a lover will reply to our message or worrying about paying bills. Each thought has its own energetic frequency and acts like a magnet which attracts experiences to us.

When we think and visualise we are calibrating energetically to the frequency of our thoughts. A low frequency will manifest what we don't want, a high frequency will manifest what we do.

### The three guiding principles:

Before you even start manifesting, there are three important principles that you need to follow:

- Manifesting has to be for the highest good of all. It's not about obtaining something you want at someone else's expense. Sometimes we want something so badly, we lose sight of this, but we each have to take responsibility for what we're manifesting.
- It's your responsibility to use your manifesting powers well

- and certainly not to control or manipulate others. Ensure you're using those powers in alignment with love, not with fear or to satisfy one's ego.
- Make sure you're coming from a powerful foundation so that you manifest what you do want, not what you don't. Don't manifest from a low vibration.



## RESET YOUR VIBRATION

In order to turn those dreams into reality, and start attracting what you need into your life, it's important to reset your vibration. You can do this by:

- **Taking responsibility.** It's easy to slip into victim mode and blame our lives and circumstances on everything and everyone else.

It's also easy to blame others for our failures. In order to become a powerful manifestor, it's important to cultivate the mindset of believing that you will succeed.

This will also help you see the world differently – instead of asking yourself 'Why is this happening to me?' you can ask 'Why is this happening for me?'

- **Staying positive.** If you moan and complain, you are creating

a self-fulfilling prophecy that will actually invite more into your life to moan and complain about! It's important that you train yourself to stop and change the subject, whenever you catch yourself slipping into glass-half-empty mode.

- **Cultivating an attitude of gratitude.** To quote Genevieve Davies, the author of *Becoming Magic* (which is a useful book to have in your magical library), 'A person who notices a lot of good in their life, has a lot of good in their life'. Be thankful for what you've got instead of focusing on what you haven't.



## START YOUR MANIFESTING JOURNEY

Once you've reset your vibration, you're ready to start manifesting!

- Be clear in your mind about what you want. If you're not entirely sure what that is, start by writing down what you don't want and then swap it for its opposite. 'I don't want to feel sad' would be swapped for 'I want to be happy'.

- Bring yourself out of a 'state of want', and into a place where you believe you've already received

whatever you it is that you are manifesting! From a Law of Attraction perspective, if you are in a state of want, you will always remain there and will never be in a place to receive.

- Introduce affirmations, for example: 'I am rich', 'I am happy', 'I am healthy'. This encourages you to behave as if what you're manifesting is already your reality, as the subconscious mind doesn't know the difference between what is real and what isn't. Affirmations are short positive statements, affirming what it is that you want to experience out of life using positive, present tense language.

- If when setting affirmations, you feel like there is a disconnect between them and the truth, you can use a bridging statement, such as 'I am willing to believe that it is possible for me to be rich/strong/loved'.

- Visualise your future. The mind is a powerful tool and believes every picture we show it. If you're imagining yourself lying on a beach in the Maldives, you're engaging all of your senses and so you start to believe you are there.

- From a Law of Attraction perspective, opportunity then starts to present itself as a result – enter serendipity! If you struggle to visualise, you can create a physical visualisation by taking a pile of magazines and creating picture boards of what you want in your life using positive words and photos. Keep this in a visible space in the home so it can constantly remind you of what you're manifesting.

## Become a co-creator with the universe

The Law of Attraction requires you to take action. We have to take the physical steps to help achieve what we're manifesting.

For example, finding a new relationship may necessitate you finding new social circles or downloading a dating app in order to receive an opportunity.

If limiting belief patterns are preventing you from taking action, you may wish to work with a coach or mentor to do some energy 'clearing', which will enable you to truly move forward and become a master manifestor!

To find out more about Carolynne and learn how to work with the Law of Attraction, visit her website [carolunnebennett.com](http://carolunnebennett.com).

