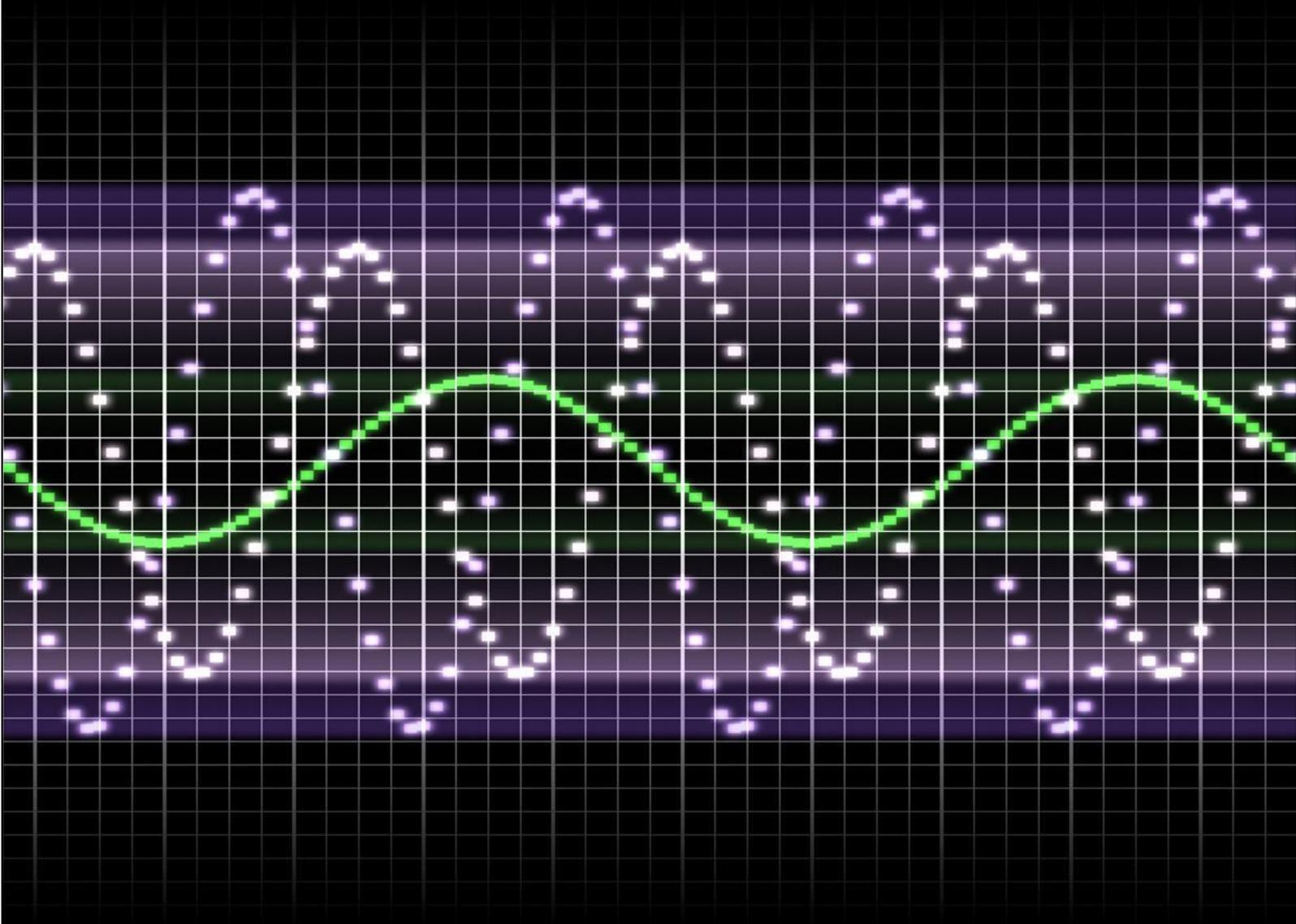


DELIBERATE RECEIVING

How the LAW OF ATTRACTION and the
Process of Reality Creation *really* work



Melody Fletcher



Deliberate Receiving
How the Law of Attraction and the Process of Reality
Creation Really Work

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Introduction

These are exciting times we live in. More and more people are finding that they're frustrated, not really satisfied with their lives, no longer willing to put up with suffering or just not being happy. Many are coming to the realization that there has to be more. If you're reading this, you're probably one of them. And so, like many, you've begun searching for answers.

You've probably heard about the Law of Attraction by now. You may have heard statements such as "Your thoughts create your reality" and "You are the creator of your own reality". And even though you might've intuitively felt some truth in this, depending on where you're at in your life, those statements probably annoyed you. I mean, if you really create your own reality, then why is your life filled with a bunch of stuff you don't want?

You may have been told that if you just think positive thoughts about the things you want, they'll eventually magically appear in your life. Somehow. That probably didn't sit quite right with you either, and so you continue to search.



So, why did I say that these are exciting times? The world is increasingly filled with frustrated individuals searching for answers. Once you understand the Law of Attraction, you'll see that this increased questioning is actually helping to create more answers. So, more and more people are finding those answers and using them to take back their power, live deliberate lives, and find the happiness they truly deserve. It's my sincere hope and intention that you'll find your answers here. If not, keep searching. Because once you do, *everything* begins to make more sense. The world opens up, life becomes good, you feel in control and you begin to really, truly live.

The truth is that you *are* the creator of your own reality and your thoughts *do* have a lot to do with it, but there's so much more to this story. This book has been written in order to clarify what the law of attraction is and help those who are searching for this information to gain a deeper and more complete understanding of these principles.

You don't have to understand the Law of Attraction in order to be using it. It's like the law of gravity that way. You can't help but be subject to it. So, in that sense, you don't have to "learn" to use the



Law of Attraction. It's going to happen whether you know what you're doing or not. But you can learn to understand the creation process and by consciously being aware of it, begin to deliberately determine what kinds of experiences (and yes, material goods) are showing up in your reality.

The Law of Attraction, in a nutshell, states that "Like attracts Like."

But what does that mean, exactly? In order to gain a deeper understanding of the Law of Attraction, we're going to need to lay some groundwork.

Let's start at the beginning.



Chapter 1 - Everything is Energy

Everything is energy. Everything. If you doubt that, look at any object, living thing, *anything*, under a powerful microscope. We're all just atoms bumping around. Our brains are translators, allowing us to perceive the world around us as physical. So we can touch the chair, smell the coffee, taste the chocolate, see the ocean and hear the birds singing. Everything is energy and it's all vibrating at different frequencies. Our brains can translate some of these frequencies so that we can experience them as solid matter.

Sound vibrates at different frequencies. Our human ears can pick up a certain range of those frequencies. Dogs can hear more of them. If a sound vibration is too high or too low, we can't hear it, and aren't even aware of it, unless there happens to be a dog next to us. Light vibrates at different frequencies, too (wavelengths). Some frequencies are visible to us, like a rainbow, and some are not, like X-rays. And while sound waves and light waves are easy for us to understand as pure energy, it may be a little harder to grasp that the same thing applies to physical objects and even living things. But *everything* is energy (the chair, your neighbor, your dog, the



birds, the trees, the rock, the earth, etc.), vibrating at different frequencies. And it's all connected. Scientists are just starting to come to the realization that seemingly unconnected particles react in a manner that suggests that they are different parts of a whole¹.

But there's more. This world that we see, hear, touch, taste and smell, is not all there is. Our physical experience is not all there is. And as we can see with sound and light, it's possible for our physical senses to pick up some of those frequencies, but not others. Just because we can't see or hear something (or touch, taste or smell it), doesn't mean it doesn't exist. We're simply not able to translate it. You can't see a single atom with the naked eye, but they do exist. And if you clump enough atoms together, you can "build" anything you like - a molecule, a tree, a house, or a mountain. Conversely, you can break down any object into molecules, atoms and sub-atomic particles. In the same sense, frequencies that aren't visible to you (or perceivable through your physical senses) do exist and do affect your world. Gather enough of them together, and they begin to form physical objects.

¹ Since neither I nor most of my readers are quantum physicists, I've deliberately kept complex explanations out of this text. However, if you would like to explore this point further, see **The EPR Experiment** on the following page: <http://library.thinkquest.org/3487/qp.html>. The rest of this page also gives an excellent and thorough overview of Quantum Physics in general.



Everything you see around you started off as pure energy, vibrating at different frequencies. The Law of Attraction brought vibrations of the same frequency together, which attracted more vibrations of the same frequency, and so on, until enough energy was gathered to create matter.

So, when we're talking about the Law of Attraction, reality creation and manifesting "stuff", what we're really talking about is the manipulation of energy.

But not every vibration attracts. It has to be "activated" if you will. And that's where we come in. We are powerful creative beings, who have the ability to activate any frequency we like. We are also like magnets, drawing to us all the frequencies we have activated. We really do each create our own reality. Everything you see in your world, everything you experience, truly EVERYTHING you can be aware of, has been drawn to you by YOU.

You have created your reality - all of it - by activating different vibrations. You see, you are creating all the time, every moment of every day. You can't help it. You're a lean, mean creating machine. But you don't know that you're doing it, much less how. The



problem arises, when you don't deliberately choose which vibrations and frequencies to activate. It's like being King Midas², but not realizing that your touch turns everything to gold and then wondering where the heck all that gold came from.

You have immense power. It's about time you remembered how to use it.

² Figure from Greek Mythology. King Midas turned everything he touched into gold, whether he wanted to or not, including his own daughter.



Chapter 2 - How We Create Reality

So, how do we create?

The creation process is actually quite simple. We create by focusing on something. That's it. We focus on something and think about it. I know that sounds way too simple, so let me explain.

Since everything is energy, and everything is vibrating, we can see that our thoughts are also energy and are vibrating at the frequency of what we are thinking about. The Law of Attraction states that like attracts like. Actually, it goes a bit further than that. Like attracts like, exponentially. So, if you have a thought, and you focus on it a bit, the Law of Attraction will bring you more thoughts like it. And they will attract even more thoughts like it. And very quickly, a great deal of energy has been summoned, all vibrating at this frequency. You can't see it or hear it or smell it, because it isn't vibrating at a physical frequency yet, but it's there.

Have you ever noticed that when you begin to think a new thought, it might be a bit difficult, but as you keep on revisiting the idea, it gets easier and easier? That's because the law of attraction is



bringing you more and more thoughts like it. The more you focus on something, the bigger it gets. The more you are "activating" it.

And at that point, at that very instant that you've gathered enough energy, what you focused on has been created. Right then and there. The Universe has delivered it to you.

So, why can't you see it? Because you need to line up with that frequency. And that's where most of us get into trouble. That's the missing step. You are always creating. You're a powerful creating machine. Every second of your existence, you are focusing, drawing energy and creating. But it's what you line up with that shows up in your physical experience.

The Universe has already created everything you've ever wanted. It's all sitting there for you, waiting for you to come into alignment with it, waiting to bring it into the physical. What you see around you, your physical reality, is a direct indication of what you are vibrating, whether you know it or not. Often, we have no idea what kinds of energies we're really putting out there. Thoughts and beliefs have become so entrenched, so familiar, that we're no longer aware of them. But your physical reality will tell you what you're



activating. You may want one thing desperately, but you're often aligning with a different and often opposite frequency which is then showing up in your reality.

Think of it this way: There is a version of you that has everything you've ever wanted. The perfect you, with the perfect body, perfect relationship, perfect house, perfect car and perfect dog. Even the pony you wanted when you were six is there. This version of you is vibrating at a certain frequency. And what you have to do is find that frequency and step into it. That's where all our work is. That's the secret to deliberate creation. It's not really deliberate creation, since you're always creating. It's actually *deliberate receiving*. So, all you have to do is figure out what frequency that perfect version of you is vibrating at and align with it.

But how?

By following your built in feedback system. Our bodies have quite a few such systems in place, to help guide us away from experiences that are not beneficial to us and towards experiences which will serve us better. The nerve endings in your fingertips, for example, will send feedback in the form of pain if you stick your hand in hot



water. The feedback system is telling you "Don't do that, it's not good for you." This feedback system will activate the second you stick your hand in the hot water - the pain will start - and will continue to get louder (i.e. more painful) as long as your hand stays in the hot water. If you listen to the feedback and pull your hand out of the water at the first indication of pain, you can avoid doing serious damage. Maybe your skin is a little red. But if you ignore the pain until it becomes unbearable, you risk getting a severe burn.

This is just one physical feedback system that begins to work the second you're born. You have many, many more. Hunger and thirst for example. The need for rest is another, and so on. But you also have a vibrational feedback system. This system will tell you how beneficial the frequencies you are aligning with are. In other words, how close or far away you are from that perfect YOU, who has everything you've ever wanted. This system gives you feedback in the form of emotions.

It's quite simple really; so simple, that most people don't believe it at first. If you feel good, you're moving in the direction of who you really are (the you that has all the great stuff). If you're feeling bad, not so good, terrible, etc., you're moving away from who you really



are. Easy, right? It is, actually, once you get the hang of it. But as with all really useful skills, it does take a little practice to learn.

Because, there's a problem. Most of us have gotten quite used to not feeling good. Some of us may have never felt truly good. Or, we have been taught that feeling good is bad in some way. The belief that suffering is somehow virtuous is widespread in our present world, for example. And so we often ignore the first indications of feedback.

If you take a frog and drop him in hot boiling water, his feedback system will tell him to jump out so he doesn't die. And he'll pay attention. But if you take a frog and put him in cold water and then gradually heat up that water to boiling, the frog doesn't jump out. He's so used to the temperature at every stage that he can't tell the difference. Even when he's actually burning, he doesn't realize it.³

Many people are living in warm and hot water on a daily basis. They spend so much of their time frustrated, stressed, angry, irritated, depressed, etc. that they don't even realize how badly

³ In the interest of scientific accuracy, I have to point out that this is a widely used metaphor, based on 19th century experiments. The actual conclusion of the experiments has since been disputed by modern scientists. The metaphor, however, is still often used and once of the best ways we have to illustrate the point that changes, even negative ones, can be rendered imperceptible if they happen gradually. For more information, please see http://en.wikipedia.org/wiki/Boiling_frog.



they're feeling. And so, even though their vibrational feedback system is screaming at them to get out of the boiling pot, they don't jump out. They're used to it.

Feeling good is our birthright. We are supposed to feel good. We are supposed to be happy. All of us. And we all know it innately. Everything we do is because we think it will make us feel better. We're always striving for relief from the boiling water, because we know, deep down inside, that something is wrong. Life doesn't have to be filled with the unwanted. Life isn't supposed to be such a struggle. Life isn't supposed to suck.

But our very attention to how much it sucks, our very focus on the unwanted, *keeps lining us up with the unwanted*. The more you notice what you don't want, the more of that you keep creating, lining up with and bringing into your reality. We've trained ourselves to become masters at noticing the unwanted. When was the last time you walked into a room and noticed what was *right*? 99 things out of a hundred could be working perfectly, but our eyes will immediately seek out and find that 1 thing, that one tiny thing that's amiss and then we'll focus exclusively on that. Your entire day could



be ruined by one thing going wrong, even though hundreds or even thousands of other things went right.

Some of us will even deliberately work ourselves into a state of feeling awful, by picking something that really upsets us and continuously focusing on it, complaining about it, blogging about it, watching TV programs about it, and finding others who agree with us on just how horrible this thing is. Then we form a club and sit around making each other feel even more awful. And then we wonder why we keep seeing awful things in our reality.

If you want to change the results you're getting, you have to make a change in your behavior. If you truly want to learn how to finally receive the reality that you've always wanted, use the following action steps to get you started:

1. Decide that you're going to feel good. This seems like a no-brainer, but consider that you may not even be aware of all the feedback you're getting, just like the frog in the hot water. Once you begin to pay attention to how you REALLY feel, you may be surprised with what you've been putting up with all these years. Decide right now that you'll no longer put up with



- not feeling great, not being happy, not having the life you deserve.
2. Start paying attention to how you feel. Again, many "negative"⁴ feelings may have become so familiar to you that it will take a bit of time to uncover them.
 3. When you discover a "negative" emotion, pay attention to what you're focusing on. Do you focus on that a lot? Can you see a correlation between the things you're focusing on, how you feel, and what's showing up in your world?
 4. Begin to deliberately choose something that makes you feel better and begin focusing on that. Start small if you have to, but notice the difference in how you feel and how that feeling grows as you give more attention to the good feeling things.

⁴ I've put "negative" in quotes, because there really are not good or bad emotions. All emotions are simply indicators and as such, are all equally useful.



Chapter 3 - How to Create Deliberately

Now that you have a better understanding of the process of reality creation, we can take a look at how we can more deliberately create the energy that's available for us to line up with.

There are things in our world that please us and things that do not please us; things we like and things we don't like. A huge variety of objects, experiences, thoughts, people; in short, energy clumps of all shapes and sizes exist in our world. And we get to choose which ones we want to activate for ourselves, which ones we want more of in our reality. Remember, when you focus on something, you activate it and the more you focus on that thing, the more of it you're going to experience.

You have the ability to become aware of things that you don't like, things that don't please you. You have to have this ability, otherwise you would not be able to deliberately choose what to create. Seeing both the wanted and the unwanted, the pretty and the ugly, allows you to identify what you do want.



When you want to paint your house, you probably don't call up the hardware store and tell them to send you some cans of red paint. You go to the hardware store and look at paint swatches. You look at a lot of swatches that you don't like, but you don't really pay much attention to them. All they are doing is helping you to eliminate choices. You might see a Yellow swatch and say "Ick. Definitely not yellow or anything even remotely like it." Some colors might be close, which will prompt you to say "Yes, like this green one, but not quite. But definitely something in the green family." And so, you begin to look at all the different green ones, having eliminated all the other colors. You'll look at one green and realize you need to go lighter, another and decide you need something more bluish green. You'll keep eliminating unwanted paint swatches and narrowing down the choices, using the colors and qualities you don't like to help you identify what you do like until you finally end up with the perfect color.

Now, imagine that you went into the hardware store, looked at the first paint swatch and began shouting at the poor teenager working behind the counter, "Gaaa! This is yellow! I HATE yellow! Why would you even show me yellow?! No one should paint their house



yellow! Yellow shouldn't even exist!" And then you'd keep staring at the yellow, getting madder and madder about how awful the yellow was. You'd call up your friends and tell them about the awful yellow and they'd agree with you, even though they hadn't even seen the swatch. That yellow swatch would ruin your whole day.

You wouldn't do that. You'd look at the yellow, realize it wasn't right for you and move on. But we do this *all the time*. Think about the last time a phone call, newspaper story or conversation got you so worked up you could think of nothing else for hours. All you were doing was focusing on the thing you didn't want, instead of using it to help you identify what you did want. You were focusing on that yellow paint swatch.

The key is to *use* those things that you don't like to help you to narrow down and identify the specifics of what you do like. There are many, many things in your environment; some will be absolutely perfect for you, and many will not. Every time you see something you don't like, focus on it BRIEFLY - just long enough to help you figure out what exactly it is about that thing you don't like and what you would like *instead*. "I don't like how in-your-face the prime colors are. I definitely want a pastel." Or, focus on it just long



enough to identify that you don't want *that*. "I don't want to paint my house yellow. I'm not sure what I do want, but definitely not yellow."

Let's say you received bad service in a restaurant. You can get upset, and have a nice long complaining session on the drive home about how bad the service was, how good help is hard to find, how you hope the waitress gets fired and how this is just another indication of how the world in general is going down the tubes. Or, you can realize what it was about the service you didn't like⁵ - it was slow, the waitress wasn't smiling or friendly - and use it to identify what you do want - fast, efficient service from a smiling, happy waitress. Then you could use the same amount of time you would've spent complaining to reminisce about a waitress you've had in the past that was great, why she was so great and how it made your experience amazing. Which feels better? Which do you think is more likely to line you up with good service in the future? Which do you think will put you in a better mood on the drive home?

⁵ And if you want to go a level deeper, you could realize that it was your vibration that lined you up with that bad service in the first place...



Why don't you try the following for the next 30 days? Even if your reality does not change, and it will, at the very least you'll end up feeling a lot better about your world than you probably have in a long time:

For the next 30 days:

1. Every time you walk into a room, identify and notice what's *right*. You can talk or simply think about all the things that you like about the place. Train yourself to make this a new habit.
2. Every time you notice something you don't like, use it deliberately to figure out what you would like instead. Then spend the same amount of time you would've spent dissecting it and complaining about it, talking about what you do like.

Don't be surprised if the above exercises are a bit difficult at first. If you're like most people, you've been trained really well in noticing what's wrong with your world and spending all your time focusing on that. But stick with it and you'll be amazed at how much more positive you'll feel. And as your vibration changes so will your physical reality. It MUST. It's a law.



Chapter 4 - How to Receive Deliberately

If you're practicing the exercises in Chapter 3, focusing on what you do want instead of what you don't want, you're already half way to deliberately receiving the things you want. Because as you focus the majority of your attention on what you actually want, not only do you give more creative power to those things, but you are also lining up with them.

In Chapter 2 we talked about your vibrational feedback system - your emotions. I explained how "negative" emotions are an indicator that you're moving away from the things you want, whereas positive emotions mean that you're moving towards them. As you practice focusing on things that make you feel better and therefore actually do *feel better*, you will naturally be moving closer to those things that you do want. But, when do they actually show up?

In order to manifest something into the physical, in order to deliberately receive it, you must find the frequency of that thing and then step into it.



To find the frequency, focus on those aspects of the thing you want to manifest, that feel good, on a consistent basis, *instead of* focusing on the parts that you don't like. The better you feel about that subject, the closer you are to the frequency you're looking for.

For example, let's say you want a new car. What are your consistent thoughts about the car? What do you spend your time focusing on? Do you think about how great that new car will be? Or are you more aware of the fact that you don't have a new car, and how crappy your old car is? Are you filled with joy every time you see someone driving a new car, or do you feel pangs of jealousy? "Why do they have a new car when I don't?" Do you look forward to having that new car or are you concerned that you might not be able to afford it? What aspects of the new car are you spending your energy on? And how does that feel?

When you think thoughts about the car that feel truly good, you are finding the frequency of the new car. The more joyful you feel when you think about a subject, the clearer you're tuning into that frequency. And once you've found that frequency, all you have to do to receive it is to step into it.



In order to align with or step into a frequency, you'll need to do two things:

First, you must spend more time and energy on that frequency than you do on its opposite. If you deliberately begin to train your thoughts towards good feeling thoughts about the car, and spend MORE TIME on these thoughts than you do thinking bad feeling thoughts, you begin to tip the balance which will shift you into that frequency. The dominant frequency is always the one that manifests. So, if you're sending out vibrations that will bring you the car ("I love my new car") as well as vibrations that will keep the car away ("I hate my crappy, old car"), whatever vibration is most dominant within you will win. You must give more attention to the vibration of what you want, than what you don't want.

Second, you need to feel as though what you want is already part of your experience. When something seems like a big deal, like the manifestation of it would be a huge shift in your life, the physical manifestation of it is usually still far away. But when it seems like the next logical step, like receiving it is the most natural thing in the world, it just shows up.



Have you ever noticed that when you're single, the partners you're looking for are nowhere to be found, but the second you get into a relationship, suddenly lots of eligible hotties appear? Where have they been all this time? As long as you were focused on how single you were, you weren't a vibrational match to the hotties. But as soon as you found a way to let one in and relaxed, as soon as you began offering a vibration of "I have someone", lots of someones started to appear. You became a vibrational match to other potential partners.

You have to become a vibrational match to whatever it is you're looking to manifest. You do this by feeling as though you already have it. Notice, I didn't say that you merely have to act like or think that you already have it. You have to feel it. What you are essentially doing is reverse engineering your vibrational feedback system. If you already have the new car, your feedback system would respond with a matching feeling. But if you respond with the matching feeling, the Law of Attraction has to bring you the car.

If you watch children at play, they are incredibly good at using their imaginations. They don't just sort of pretend to be a space alien, cowboy or fireman, they really get into it. They feel what it's like,



they experience the emotions, the highs, the lows, the excitement of it. This ability to pretend, to really experience something even if it isn't currently in our physical reality, is an innate ability of ours and a crucial part of our power to create. Children do it easily, until we train them out of it by telling them to snap out of it and pay attention to "reality". But you can train yourself to pretend like a child again. You can remember this ability of yours and really get into the feeling place of having what it is you want. This isn't just visualization. This is getting into your old car and smelling that new car smell, feeling the gears shift smoothly as your tires easily handle a windy mountain road, and hearing the roar of the powerful new engine. This is being so immersed in your fantasy of driving the new car that you don't even notice the old one anymore. This is playing pretend on steroids.

Have fun with this. Life is supposed to be fun. Play more. Play pretend. Make it your mission to have as much fun with everything as you possibly can. Think about it. Even if your physical reality would not shift, and again, it **MUST**, wouldn't the added fun you're having be worth it alone? What have you got to lose? Go and play. Make everything into a game. Play until people around you are



wondering what the heck you're always so happy about. And why things are suddenly, easily, effortlessly always working out for you.



Chapter 5 - The Time Buffer

As you practice deliberately manifesting your reality, there will inevitably come a time when you think "I'm doing everything right. Where's my stuff already?" As humans, we are eager to experience all that this physical reality has to offer, so eager in fact, that we often just *can't wait* for our next adventure. We get impatient. We want it all NOW. But would that really be such a great idea?

What if everything you activated manifested immediately? Could you handle it all hitting you at the same time? Remember that you manifest everything you focus on. Are you disciplined enough in your focus to block out all unwanted thoughts? If you're human and alive, the answer is no. You're not. None of us are. But that's ok, we don't have to be. There's a provision in the system, a safety net. It's called TIME.

A time buffer exists for several reasons - all of them desirable.

First, we have a chance to notice what we're focusing on by receiving messages from our feedback system. We can pay attention to how we feel and make adjustments well before what



we've activated manifests. We can refine our vibration, figure out what we don't want and what we really do want and focus more and more specifically on our goals. This way, as long as we are deliberate, we don't have to manifest things that we don't want, even if we're not the most disciplined focusers in the world.

Second, having a time buffer gives the Universe a chance to bring together all the perfect components to manifest our desires in the perfect way. Every time you focus on something sufficiently to create enough momentum, huge amounts of energy are lined up in order to bring that thing to you in the physical. This happens whether you line up with it or not. And that energy is then ready for you to receive. But the Law of Attraction doesn't just drop a brand new Ferrari with a million dollars in cash on the driver's seat into your driveway one morning. It brings you an impulse to go speak to a certain person, to make a phone call, or walk down a street which leads to a chance encounter, which leads to a Ferrari. The Universe brings you your desires in a series of coincidences, meetings, ideas and intuitive insights. A bit of time is very beneficial to allowing those coincidences to line up for you.



The third benefit to the time buffer is that it allows manifestations to come to you more gently. Let's say that you want to manifest a new job. Part of getting a new job is releasing the old one. A gentle way of receiving that new job is to be led to a seemingly chance conversation on a plane one day, which leads to an interview and the offer of a perfect job. You resign from your old job, sign a new contract and celebrate. A less gentle, but faster way to receive that new job is to get a new boss who's a jerk and hates you from day one. He fires you from your old job, but *providing you don't let fear take over* and that you keep on focusing on the new job, you get a call from a headhunter two weeks later, which leads to you signing a new contract. Which option seems like the preferable one? Which do you think would allow you to keep focusing on the positive, instead of getting afraid and focusing on the lack of a job?

If you want to deliberately receive more, you'll have to find a way to make peace with your impatience. When you get impatient, you are actually focusing on the fact that you don't yet have what you want. When you ask "Where is it, already?", your vibration is saying "It's not here." And so, you're actually keeping yourself from what you want. You're sending out a frequency that's the opposite of what



you want. And remember, it's always the dominant frequency which manifests. So, a few seconds of impatience here and there will do little damage providing you're spending more time on focusing on good feeling thoughts (notice that impatience does not feel good). But constantly complaining about how whatever it is that you want isn't here yet, will block you from lining up with its frequency.

Here's a great method to help you overcome impatience: Because of the time buffer, what you see around you, the physical reality you've created, is in response to yesterday's vibration. What you sent out yesterday, came back to you today. What you send out today, will come back to you tomorrow. The time buffer ensures that you don't manifest instantly, so don't expect to. If you're continuously looking for evidence of your manifestations ("where is it!?"), you can't receive them. You're just pushing them away.

If, on the other hand, you accept that today's vibration isn't going to manifest until tomorrow, you stop looking for evidence today. You can focus on playing with the new vibration, having fun with it. And when it feels absolutely natural to you, when it can't help but come into the physical, *go and focus on the next manifestation.*



Remember how the hotties show up as soon as you no longer care if they do? You've moved on to the next thing. Once you are in the place where you truly feel as though you already have what you want, keep yourself from checking if it's really here, and therefore messing up the vibration, by focusing on the next thing and playing with that. You've activated the vibration of what you want. All you really have to do now is get out of the way. And the easiest way to do that is to think about something else.

The next time you find yourself getting impatient, remember that everything is brought to you in perfect time. The Universe is always responding to your vibration. It MUST. It's the Law of Attraction, and it will respond to your dominant vibration *every time*.



Conclusion

You now have the tools you need to deliberately receive your reality. You truly can manifest anything you want, providing you follow the steps outlined in this book.

Let's review the "formula" for deliberate manifestation:

1. Decide that from now on, you're going to feel good. You're no longer going to put up with not being happy.
2. Figure out what you don't want and focus on it BRIEFLY. Use it to help you define what you do want.
3. Spend MORE time focusing on what you do want, than its opposite. The dominant frequency is the one that manifests.
4. Pay attention to how you feel. Your vibrational feedback system tells you how close you are to that version of you who has all the stuff you've ever wanted.
5. Deliberately choose thoughts that feel better. Deliberately notice what's *right*.
6. Play pretend like a child. Really get into the feeling of already having what you want. Have fun with it. Play until people around you wonder what you're always smiling about.



7. Practice the vibration of what you want until it feels natural.

Then, move on to the next manifestation. Trust that it will come in perfect time. Coincidences, ideas and your intuition will guide you to it.

Once you understand how to deliberately manifest your reality, how to deliberately receive EVERYTHING in our physical environment, you can begin to take back your power. We tend to give away all of our control, merely reacting to what's happening around us as if we had no part in it.

"That person made me angry." "That woman hurt my feelings."

"There's nothing I can do about this situation." These are all powerless statements.

You can control what you focus on. You can control your emotions by controlling that focus. You absolutely can feel better. You don't have to simply react to your life. You can be in the center of it, directing the show. Take back your power, little by little. Life doesn't have to happen TO you. You're not just the reed, being bent by the wind. You're also the wind!



You are an infinitely powerful creative being. All you have to do is remember it. If any of this book has resonated with you, if you've felt a gut reaction, a rush of energy, that's YOU, remembering who you really are. Give it a try. What have you got to lose?



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