



Couples Corner – August 2007

Getting what you wish for

Yesterday I gave a workshop about attracting your dreams and needs. We call it manifesting – turning a thought, a wish a need into reality. I thought I would share this with you as young couples with children always have a long wish list! This process works on the basis that what you give out you get back – the energy vibration pattern of your thought attracts to it the object of your thought.

Step one: Make sure you are clear about your intentions. It's important that you send a focused vision – no good if you are asking for a red sofa and your partner a blue one. In this case just put out there for a sofa! Sending out mixed messages is one of the main reasons manifesting fails.

Step two: Close your eyes and visualise yourself achieving your goal, either living it or using it depending on your need. Back this up by drawing it.

Step three: Start an action plan for how you are in practical terms planning to meet your goal. If it's a business open a bank account, create a logo and open a bank account. If you need money at least buy some lottery tickets!

Step four: Keep yourself determined – all the most successful people in the world just never give up. Remember you have free will and that allows you to have choices. You choose to manifest this dream. Make your own affirmation to say over and over I am attracting to me Don't say 'I want' as this is a negative state.

Step five: ask for help from the spiritual realms – ask angels to help you – that's what they are there for – to help us when we are in need. You will be surprised how often this works. Then relax and see what happens! Make sure you seize any opportunities that come your way.

Best of luck – lots of love Anne

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Love is the key



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