



2 Powerful Ways to Attract Everything You Desire

Have you ever wondered how some people just seem to get everything they want while others struggle their whole lives? There is a reason for the abundance and lack thereof in your life...

All the good that comes into our lives is based on love (the positive) and all the bad that comes into our life is based on fear (the negative). With that knowledge, how can we use it to attract everything we desire? First, we must have at least a basic understanding of how the Universe works...

A Primer on the Law of Attraction

Quantum Physics has proven that our thoughts and feelings "vibrate" at a specific frequency. Positive thoughts have a much higher and faster vibration, and negative thoughts a much lower vibration. We attract more of what we're thinking and feeling into our lives - whether positive or negative, whether conscious or unconscious. This is a Universal Law. Consciously putting ourselves into that higher vibration is the key to getting what we want in life.

Why Gratitude?

It's a widely accepted fact that gratitude plays a very important role in our lives. Gratitude is the recognition and acknowledgement of all that is good in your life. This can be material things (your house, car, etc.), or non-material things (love, happiness, etc.). The mere act of being and feeling grateful for something in your life puts you into a powerful vibration of love - the most powerful in the Universe. Given that the [Law of Attraction](#) brings you more of what you're vibrating, being grateful is essential to your happiness, health and wealth.

Why Giving?

Another globally recognized fact is that you get back what you give. Want more money - give money. Want more love - give love. Consider the validity of the Golden Rule, "Do unto others as you would have them do unto you." Giving is another vibration of love. Sending that powerful vibration of love outward is what attracts more of the same back to you.

How can Gratitude & Giving Bring Me More of What I Want?

Many people think that they can only be grateful for what they have and spend much time moping and obsessing over what they don't have. When you think in terms of "not having", you get more "not having". Let's take a different approach...

Think about what you want. Experience having what you really want. Feel how you feel having what you want. Now, be grateful for having what you want. Feel how grateful and happy you are to have those things in your life that you truly desire. Doesn't that feel different - better?!

The simple practice of being grateful in advance will bring into your life everything that you want.

Let's talk about how giving plays an important role in receiving. You already know that giving what you want more of brings it back to you in greater and greater quantities. The key here is the "intent" of your giving. Do you give to be of service to others or do you give only to get? Be aware, giving with the intent of getting back is not giving. When you give, do it freely and to benefit the receiver.

Do you recognize how good you feel when you give to others - in time, money, gifts, attention? That powerful vibration that you're putting out brings you back more of the same. Remember to always give before you receive. You wouldn't expect to be paid for work you haven't completed, would you? The same applies to all forms of giving.

So what about the other half of giving - receiving...

Many people are very good at giving but have a difficult time receiving. That's because there's a misconception that to give is good, to receive is selfish. You are entitled to have everything you want in life - it is your birthright. When you refuse to receive, you break down the natural flow of benefit for yourself and the giver. You're essentially pushing away that which you wish for and saying, "No, I changed my mind. I really don't want that." Imagine how the receiver feels when you refuse their gift? How would you feel?

Putting Gratitude and Giving into Practice in 3 Easy Steps:

1. Be grateful NOW for everything you have in your life. If you have a hard time feeling grateful, imagine your home, car, personal possessions, loved ones out of your life. How does that feel? Now feel grateful. Remember to also be grateful for those things that you want in your life, whether they're physically present yet or not. Start every day with [gratitude](#) and watch as more things to be grateful for appear in your life.
2. Give freely on a regular basis. Make it a practice to give 10% of your net income to charities and causes that you believe in. If you can't manage 10%, start with 5% or 2% or even 1% - just start. The giving freely of money to others will bring more of it into your life. Remember also to give freely of love, time, attention and all the other non-physical things that we all want.
3. Be ready to receive. Acknowledge the gifts that come into your life with whole-hearted appreciation. Thus the cycle begins anew.

A Message from Miki Strong, Founder of Mi Hamba

Each and every one of us has the potential to live an extraordinary life. Discovering our **purpose in life** can unlock the door to it being a happy and fulfilling one. Many people ask us how to go about doing just that. They're unhappy, overworked, stressed and want to live their dreams - at the same time they often think it's not possible. At Mi Hamba we excel at showing you how to unlock that door and discover your own potential.

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