

Create Harmony between Your Intention and Attention

One of the topics discussed in James Ray's Science for Success is quantum physics and chaos theory. He says that we don't need to understand all of the details of the laws or the principles, we just need to know how to put them into action. Our principle is to start putting things into action as opposed to trying to understand every aspect of quantum physics.

Quantum physicists are still saying that a lot of ideas are not 100% proven, it's still theoretical in many cases. One of the most powerful and positive laws is the Law of Attraction. If you understand the Law of Attraction, then you begin in rapid form to start pulling great results into your life. Great results bring more great results because you get what you focus on. If you're continually focusing on lack and limitation, obviously you're going to attract that into your life. Like attracts like. That's the Law of Attraction.

You are never, ever going to attract a million dollars in income or you're never, ever going to attract your perfect mate, or you're never, ever going to attract your perfect health and fitness and your beautiful body if you're constantly focusing, you know, on the opposite of that.

My experience with ConsciousOne, and what we've done over the last five years, is that the Law of Attraction has applied so heavily that I am the biggest believer now.

When it comes to getting into action I think most of us are pretty decent. Now, there are always exceptions, but most of us are pretty decent at coming up with our intentions--what our intention is, our vision, our goal. But where we really fall down is where we place our attention on a consistent basis. And the attention is the Law of Attraction.

You can double or triple your results in one year or less in at least one area of life by increasing the harmony between your intention and your attention--the relationship between your intention and your attention. A lot of us are not good at intention, most people I meet are pretty good at it, but your intention is what you choose to create in your life. Where we run into problems with intention is thinking about what we don't want or stating things in the negative versus the affirmative.

Once your intention is okay – I want to become a size 3, or I want to get in a size 34 waist pants, or I want to have a million dollar net worth – whatever it is, you got your intention. Now, you've got to discipline your attention to stay focused upon that consistently and that's really the game, because Law of Attraction will bring to you what you consistently focus on and it's really challenging in today's society, particularly if you have a lot of nay sayers around you. Just don't hang out with people or put yourself in situations that are

About the Author

Scott Martineau has put together a collection of inspirational works by some of today's greatest spiritual minds. He is dedicated to creating a greater quality of life by enriching levels of understanding and inspiration. You can find out more about Scott and these remarkable authors at <http://www.consciousone.com>.

Source: <http://www.tntarticles.com>