

THE 5 BUILDING BLOCKS OF POSITIVE ENERGY CREATION

Words can be used to successfully apply the Law of Attraction to get the things you DO want. Absolutely everything has a vibration, including your thoughts and feelings. When exactly do you experience emotions or feelings? Absolutely all the time... (unless you're an experienced meditator and even that is questionable).

Even if you aren't aware of what you're feeling, even if you aren't noticing it, even if you've tried to become unemotional and stoic on the exterior, in every moment of every day, you're still experiencing emotions or feelings. These feelings are important because you can use them to guide your energy (make the Law of Attraction work FOR you)

I first learned about the Law of Attraction from my Mom and my Abuelita (grandmother), but they didn't call it by any name. It's just the way they lived. Their lives have been magical and full of all kinds of abundance.

I didn't listen to them for a long time. I rolled my eyes at them and their "ridiculous optimism and luck". And sometimes, you know, you just can't listen to Mom... you've got to learn things in your own time.

Now I understand what they've been trying to tell me and I know it has absolutely nothing to do with luck. I realized why I had been attracting what I had into my life. For me, it was most evident in the kinds of relationships I was having. It seemed like I was having the same types of relationships over and over and over and over again. Have you ever felt that way?

Same relationships...

Same clients...

Same opportunities...

Same ideas...

I didn't understand why, if I thought I was trying to be kind and loving and generous and caring and, my goodness, I would still get the same type of results

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in my life. I thought to myself, "If I'm trying to be a positive person, how can I attract negative things?"

Many people can relate to that. My Mom and Grandmother would tell me: "If you don't feel good while you're saying positive things, you're just lying to yourself. It really doesn't matter what you're saying on the outside if you don't feel good on the inside."

For example, if you're trying positive thinking/ affirmations saying things like, "My business is going really well - I'm breaking through to the next level", but you're not excited about your growth, the clients you have right now and your profits are not growing as much as you'd like (and you're feeling bad about that), the positive thinking is NOT going to work.

If there is something you want to do, you see other entrepreneurs doing but you're focusing on the lack, scarcity, fear and maybe even listening to other people saying how "hard" it is, your path will be more difficult because your energy (your vibrations) are not in alignment with what you want to create.

You're actually sending out energy that is the SAME energy as what you've created. That energy will bring you more of the same.

So, how to change this so you attract more of the ideas, opportunities, clients that you do want?

Learn to use the 5 building blocks of energy creation.

The words you speak and think can cause negative energy/vibrations. The great thing is **words are tools you can use to actively guide your emotions** and send the energy/vibrations you want to send out deliberately, the positive attractive ones.

I could use words right now to affect the way I feel and the way you feel. You could use words right now to affect your own feelings and those of the people around you. But while the words you use are very important, even more vital to understand is this - it's all about how those words you use make **you feel**.

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Different words will bring out different feelings in each person. You just have to be aware of how those words make you **FEEL** to begin to use the Law of Attraction effectively!

Let's do an exercise that will help you see the connection between words you use and what you are attracting into your business. Draw or imagine five boxes placed one on top of another on a piece of paper. Box One is on the bottom and we go up from there.



Although I have a figure showing this, it's a good idea to get out the paper and really do this exercise. This will help illustrate how words are related to creating your reality and how they affect your energy / vibration / results.

In the first box write WORD. In the second box write, THOUGHTS, which really are groups of words that can evoke and induce a feeling or emotion.

If you consciously use your words to make up the types of thoughts that bring up certain feelings or emotions, there's either negative or positive energy / vibrations being created from your feelings / emotions.

The fourth box is your VIBRATION. For the Law of Attraction, that's what it's checking, boomeranging back and matching you with all the time.

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This shows that words create positive or negative thoughts, which create positive or negative feelings and emotions. These all form the foundation to create your energy / vibration, which is also either positive or negative.

The fifth and final box contains the ACTIONS that you're likely to take based on the words and thoughts you speak to yourself, creating positive or negative FEELINGS and EMOTIONS that create your vibration / energetic state (and the Law of Attraction will boomerang those matching vibrations back to you).

Those feelings and emotions will support and inspire the ACTIONS you decide to take and the RESULTS you'll create.

If you have a negative result in some area of your life, based on this exercise, where did that come from? If you back up one box at a time, you can see clearly how those results were built. A negative result came from your actions and negative vibrations / energetic state. That negative vibration came from negative feelings or emotions. The negative feeling or emotion came directly from your thoughts. They came directly from the words you chose to use.

This sounds so simple, doesn't it? It can be... If you are aware of it, this can absolutely change your life! You have to be aware of your habits of word and thought. Then you can create new, more positive, **habits of word and thought**. You can decide more often to take inspired action, and to ACT on it rather than just think about it when you get an inspired thought. It's important to realize that the same words will not affect everyone in the same way. It's all about being aware of how the words you are using make **YOU** feel.

It's not even about how you THINK they should make you feel! Self-awareness is everything and something that can be cultivated.

Next time you find yourself feeling discouraged, negative, pessimistic... remember THAT is what you are sending out/ creating which will bring you more results of that same level of energy. Begin to consciously choose words and thoughts that are more hopeful, optimistic, grateful and appreciative. Decide to take inspired action when you get the great ideas and you see opportunities open in front of

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you. At first, it can seem difficult to consciously guide your words, thoughts, feelings and actions, but it's a habit that can be shifted and changed for incredible results in your business (and life).

Try experimenting with this and when you find evidence that the Universe / Source / God is always looking out for your well-being. Celebrate and appreciate because it feels good to do that – and it will bring you more of the same.

With love and appreciation,

Maritza