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You Need to Feel it to See it

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In the Law of Attraction, one of the core principles tells us that we need to act as if what we desire has already arrived. *Really?!?!?! I have yet to meet someone who hasn't struggled with that one. All sorts of devil's advocate scenarios usually run through my head, like: If you have a terrible physical disease (like flesh-eating bacteria eating away at your leg), you're supposed to act like it's gone when you're in pain? If you have just suffered a shocking betrayal ending in divorce, you're supposed to act like you have the love of your life when all you're really doing is sitting on the couch downing another pint of ice cream? And the list goes on.*

You're not alone because I have struggled with it. But then a light bulb went off. Even though I am a *Certified Law of Attraction Counselor*, my learning never ends. So I continue to have these light bulb moments. I continue to devour books, DVDs, and training programs on the topic. Although the Law of Attraction can be simple, it is also incredibly complex, especially at the beginning. This is why I became a Law of Attraction Counselor so that I could coach people through the confusion.

So back to my light bulb moment. Many Law of Attraction experts have said that you need to *believe it before you see it* (the opposite of what most people say). And that makes sense because if you have core beliefs out of alignment with what you desire, you are putting up resistance and what you desire cannot arrive. But there is another factor to consider ... you must also *feel it before you see it!* You must feel the emotions of how it will feel to have what you desire. Those feelings put you into emotional alignment to get what you desire.

Again, simple words but not necessarily simple to do, right? Esther Hicks, channeling the non-physical being of Abraham, said it beautifully in one of her recent trainings. Instead of waiting for the thing/person/situation to arrive so that you can enjoy the benefits of the manifestation, ask yourself now why you want this manifestation? When determining why you want it, focus on what emotions you will feel when you have it.

Let's say you want financial abundance (*doesn't everyone?*). What would you feel emotionally if you had financial abundance? Would you feel ease, confidence, security, freedom, zest, joy from giving, and the list can go on. When you really dig down to the core, no one wants financial abundance so that they can buy more stuff. Stuff can be fun, but what we all really want is the feeling of what financial abundance or that stuff brings to us ... maybe it is freedom to do what you want and be who you want, maybe it's security of living in a beautiful house, or the joy of living in a beautiful location. It may mean different things to different people.

Abraham says that if we spend 10-minutes talking about how we feel about the manifestation (which is a way of acting as if it has already arrived), we will create an emotional shift and THAT is the manifestation (the emotional manifestation). When that shift happens, the Law of Attraction MUST bring us the physical part of that emotional manifestation (*unless, of course, we kill it with a negative feeling in the meantime, which pretty much everyone does*).

So, getting back to how can we act as if something has already manifested when it really hasn't? Do this ... Feel it! Visualize it! Daydream it! Spend 10-minutes going through all of the emotions that you will feel once it arrives, and feel them now! *Brilliant!* Because

Source energy runs through each of us at all times (whether we are aligned with it or not), as soon as we spend this time feeling our manifestation, we have emotionally manifested it and aligned with Source. And as long as we continue to feel good, and not let doubt, worry or any other negative emotion disturb that emotional manifestation, the Law of Attraction will bring it to us.

So the bottom line is to do your best to go from one good feeling moment, to another good feeling moment, to another and it will propel you towards the physical manifestation of what you already emotionally manifested.

In summary ... *Don't think your way into manifesting, feel your way to it.*

If you are ready for individual and customized Law of Attraction Coaching, contact me for a 20-minute free consultation to learn how you can really make the Law of Attraction work for you.

All my best,
Allie



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