10 TIPS TO GET WHAT YOU WANT ...FAST!

HOW TO GET OUT OF YOUR OWN WAY AND MANIFEST YOUR DESIRES

BY SUE ELLIOTT

If you've been wanting something for a long time and you're wondering why it hasn't shown up in your life yet, odds are you're blocking its manifestation. Obviously, you're not alone in doing this. We all do it in one area of our lives or another. So, to break through the barriers and speed up the manifestation process for all of us, we've tapped the wisdom of 12 amazing Law of Attraction experts.
FEEL AS IF YOU’VE ALREADY GOT WHAT YOU WANT

When most people think about something they want to manifest, whether it's a relationship or a new car, they tend to focus on the lack of it. Or, if they do imagine what it would be like to have what they want, they imagine having it in the future.

If you want to speed up your manifestations, instead, imagine what it would be like to have what you want right now. Feel it in your life. How do you feel when you have it? Do you feel sexy, passionate, successful, graceful, generous, kind, happy? The key is to get into that feeling place.

"Feeling is the language that speaks to (the Universe)," says Gregg Braden, author of The Divine Matrix. "Feel as though your goal is accomplished and your prayer is already answered."

ALIGN, THEN ACT

You know that the Law of Attraction says like energy attracts like energy. So if you're feeling frustrated and you take action—like calling customer service right after you discover a big mistake that was supposed to have been fixed already—then you're sure to attract more frustration. That's the energy wavelength you're vibrating on, which makes you a perfect vibrational match for other people who..."
are feeling frustrated and for other experiences that will leave you feeling frustrated.

If you want to get what you desire more quickly, it’s important to bring yourself back into alignment (i.e., back into a good-feeling place) before you take action. Let go of the frustration or the anger or the guilt or the irritation. Spend a minute or an hour or however long it takes to bring yourself back into a centered or peaceful place, or at least a hopeful place. Better yet, get happy. Then act.

“People sometimes say, ‘Think before you speak,’” Abraham and Esther and Jerry Hicks say in *The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships.* “A wise intention, but we would take it further. We would suggest, ‘Think—and then evaluate the value of that thought by noticing how it feels, and do that often enough that you know, without question, that you are in alignment—then speak, then act, then interact.’”

**3 QUIT SAYING “YEAH, BUT”**

“We all know someone who consistently does the ‘Yeah, but...’ thing. They complain about something in their life, and when solutions are offered, they tell you why each one won’t work,” says Jeanna Gabellini, co-author of *Life Lessons for Mastering the Law of Attraction* with Jack Canfield, Mark Victor Hansen, and Eva Gregory. “Of course, it’s easy to see when someone else is committed to being stuck in the ‘Yeah, but...’ but what about when it’s you?! It’s very easy to miss the signs that you, too, are more committed to your suffering than moving forward to win. In fact, you get used to your pain and it becomes quite normal.”

Whenever you’ve got a case of the “Yeah, but,” you’re busy arguing for your limitations. For instance, have you ever had a conversation like this:

**YOU:** “I really want that promotion at work. I’m ready to step up.”

**YOUR FRIEND:** “Have you thought about telling your boss that you’re interested?”

**YOU:** “Yeah, but he doesn’t take me seriously, and he never promotes anyone from my department, and he likes the good old boys better than me, and...”

Talk about slowing down the manifestation process!

So, how do you break the “Yeah, but” habit? The first step is easy: Stop listing every reason why something is not possible. “If you stop with the excuses and get your focus off of ‘what-is,’ you will have a different perception,” says Gabellini.

**5 TRUST YOUR GUT**

“The next time you’re in a difficult decision, rather than searching for information, ask your body for help. The sensations of your body will tell you what your mind is thinking,” Gehman says in *Freedom, and F*.

When you trust your gut, you might feel your heart racing in your chest, or your stomach churns, or someplace else. It always knows. It’s always right.

**6 THINKING THINGS CAN’T BE DONE**

Do you find yourself saying, “I can’t do that” to yourself? Do you definitely believe it?

“What happens when you have a worry?” asks Gabellini.

“Basically, there is something missing in your thinking. Those thoughts must include things, someone, or something constructive and positive to counteract the worry. Aın’t that the truth?”

“Now, let’s say you were fantastic at math. You get a test, you sit down, and you think, ‘I can’t do this; why would it happen to me?’”

When your mind races wild—I lost it! Why not let me count to five in a good way.

**8 MAKE YOUR CURRENT Những THINGS A BIT BETTER**

Do you want to be a bit better, not necessarily in a major way? What do you want, you can’t afford to have to live in the current reality at this moment. What you are about it, it’s not possible.
will have a different experience,” Gabellini says. “Things will shift fast.”

5 TRUST YOUR GUT
“The next time you need to make a decision, rather than trying to understand it intellectually, pay attention to the sensations of comfort or discomfort in your body, and go with your intuitive feelings,” Deepak Chopra says in Power, Freedom, and Grace.

When you check in with your body, you might feel a yes or a no sensation in your gut, in your throat, in your chest, or someplace else. Listen to your body. It always knows.

6 THINK OF REASONS THINGS CAN GO RIGHT
Do you find yourself worrying? That’s definitely delaying your manifestations.

“What happens when someone worries?” asks Mike Dooley, author of Manifesting Change: It Couldn’t Be Easier. “Basically, they think of 100 reasons why something might go wrong. And all of those thoughts then struggle to become things, sometimes overriding their more constructive thoughts. It’s like a train wreck. Ain’t pretty. But that’s the power of worry.

“Now, let’s say you want something fantastic to manifest in your life... Have you sat down yet and listed 100 reasons why it might come to you easily, fast, and harmoniously? I think you should.”

When you worry, your imagination runs wild—but not in a productive way. Why not let your imagination run wild in a good way instead?

8 MAKE PEACE WITH YOUR CURRENT REALITY
Do you want to be thinner? Wealthier? in a better relationship? Whatever you want, you cannot get it by resisting your current reality. When you stop and think about it, it’s no surprise that you can’t manifest a thin body that you love by hating your body in its current condition. Love and hate obviously are very different energetic vibrations.

In Expand This Moment, John Selby says, “We worship success and advancement—and we judge the present moment itself as not good enough. But is this true? Aren’t we capable of enjoying life just as it is right now? Must we make things better before we can ease up and enjoy ourselves?”

As Selby so clearly knows, the answer to that last question is a resounding no—that is, if you really do want to manifest your desires. If you want to attract a body you love, a job you love, a balance in your checking account that you love, and more, then it’s time to stop hating your current situation. It’s time to accept what is—or, better yet, love what is—so you can become a vibrational match to everything you desire. And you know the best part? You’ll actually enjoy your life a whole lot more in the process!

7 STOP WAITING FOR THE OTHER SHOE TO DROP
“Nothing is too good to be true. Nothing is too wonderful to happen. Nothing is too good to last,” says Catherine Ponder, whose first prosperity book, The Dynamic Laws of Prosperity, was published back in 1962. In other words, it’s time to stop waiting for the other shoe to drop. Go ahead and enjoy the good that’s already in your life.

Enjoying the good you have will attract more good. Worrying about losing what you’ve got—or wondering if it’s real—or fearing that it won’t last—pushes away whatever good you’ve got, plus it blocks more good from coming to you.

9 FOCUS ON WHAT AND WHY, NOT HOW
Most of us spend a lot of time and energy trying to figure out how we can get what we want. But that’s not only wasted effort, it’s counterproductive. Focusing on the how usually slows down our manifestations dramatically.

Typically, we don’t know the how. If we already knew how to make millions of dollars flow into our bank account every year—or how to attract the love of our life—or how to get rid of our migraine headaches—we already would have taken those steps. But since we don’t yet know how, we wind up feeling doubtful, Or fearful. Or disappointed. Or even stupid or unworthy. Naturally, those feelings are not going to speed up the manifestation of anything we do want.

So, what’s the quickest way to get out of your own way? Stop focusing on how you’re going to get what you want and focus instead on what you want and why you want it. Trust and believe it’s coming, then let the Universe handle the rest.

Jack Canfield, author of the Chicken Soup for the Soul books, says in the movie The Secret, “Our job is not to figure out the how. The how will show up out of the commitment and belief in the what.” When you focus on the how, you’re micromanaging the Universe!

10 ACT WHEN THE INSPIRATION STRIKES
When you get a good idea, do you add it to your zillion-page to-do list and figure you’ll act on it later?

In The Secret, Joe Vitale, author of The Attractor Factor, urges you to do just the opposite: “The Universe likes speed,” he says, “Don’t delay. Don’t second guess. Don’t doubt. When the opportunity is there, when the impulse is there, when the intuitive nudge from within is there, act.” The Universe will show you—it will literally inspire within you—the perfect steps to take to manifest your desires. It will deliver the how part of the manifestation equation. All you have to do is take each step when the inspiration arrives.