

4 Steps to Creating Your Reality

Did you know that if you have 2 piano's in the same room, and you play a note on one piano, it will cause that same note to vibrate on the other piano without ever touching it?

You can create that same kind of vibration in your life, where you radiate a belief that attracts like-minded people. These people can help you manifest the kind of life that you want to live. This is a follow up to my last blog on reality statements, so if you didn't read it, check it out [here](#).

1 Brainstorm all the positive things you want in your life. The job, career or business you want to have, the relationship you want to have, the income, the net worth, what you want to give, and any material things or spiritual accomplishments.

2 Write out your statements in a clear phrase, present tense (very important) and creating a vivid picture of the world you are creating. It isn't good to use the word "want", because that leaves you in a state of wanting something, rather than having it. Instead, say "I will make a million dollars this year" or "I am giving a million a year to help parentless kids in India". Also, adding descriptive details helps you to paint a picture that sinks into your subconscious mind quicker by engaging your emotions.

3 Practice autosuggestion and say the statement out loud 3 times a day with passion and emotion. Create the emotion by remembering a time that was a highly positive, emotional moment in your life and relive that moment while saying your statement. This creates the magnetic force that is the attractor.

4 This should be done every day for at least 60 days to sink

into your conscious mind. Saying it more often is good, and it can also be said in your head instead of out loud.

In [*Think and Grow Rich*](#), [*Napoleon Hill*](#) says on planting a seed in your mind “any idea, plan or purpose may be placed in the mind through repetition of thought. This is why you are asked to write out a statement of your major purpose, or definite chief aim, commit it to memory, and repeat it, in audible words, day after day, until these vibrations of sound have reached your subconscious mind”.

For a much deeper explanation of how to create your reality statement read [*The Answer*](#) or [*The Prosperity Paradigm*](#).

By having the belief and faith around what you want your life to be...you can create it by feeding your subconscious mind the right messages that will set in motion decisions and actions along with attracting to you the resources you need. Most importantly, it will help us get past our biggest obstacle, ourselves!