Content- Law of Attraction

1.

SUBJECT: Relax!

If you’re having trouble attracting what you want into your life, it may be time to relax!

And the best place to start relaxation is in your mind. If you’re anything like me, those worries and stresses keep flit around in your brain all day long. What’s worse is when they flit around all night!

I’ve found that one way to stop those anxious thoughts is to meditate. I quiet my mind in meditation for five or ten minutes every day.

I do this in the morning over my morning coffee. It’s a great way to start the day! But you can do it anywhere any time.

Just take five or ten minutes, breathe deeply, and repeat a word or phrase each time you dispel that deep breath. Each time I release a deep breathe, I alternate between saying the words “peace” and “calm.”

Within ten minutes, I’m ready to start my day with an attitude of peace and calm. It works every time!