Content - Law of Attraction

20.

SUBJECT: Create a New Reality while You Sleep.

Believe it or not, you can start to manifest your desires while you sleep.

As you fall asleep at night, talk to the Universe focusing on becoming “one” with your desire. It’s there for the taking in your dream, so focus on becoming a part of it.

Create a mantra: “I am healthy.” Or I am financially independent.”

Do not say, “But I am not those things.” Instead, focus on creating those things as you sleep. Chances are you’ll dream about them, even if you don’t remember the dreams when you wake up.

As you practice creating this new reality in your dreams, you’ll find that you become more comfortable with it. It will become a part of your waking day.

You’ll start to cultivate a new awareness of a new reality, one you’ve created in your dreams.