



## An Introduction to Mindful Creation and the Law of Attraction

1. Everything in the Universe is energy. We are energy.
2. We transmit energy. We receive energy.
3. Different energies have different patterns and frequencies, differing waves of vibration.
4. Like energies attract.
5. When you transmit energy on a particular frequency, you are also attracting energy on that frequency.
6. When you are mindful about what you are transmitting, you can be more intentional about what you are attracting. This is called intentional, or mindful, creation.
7. The Universe responds, automatically, to the energy we transmit. Because we have free will, the Universe assumes that if we are giving something our attention, we are doing it by choice. Therefore, we must want more of it. So the Universe brings us more of it.
8. The Universe does not respond to what we say we want. It responds to what we transmit energetically.
9. The Universe does not hear “no” or “not” or “less.” It responds to our frequency. If I say, I do not want more of x, it will bring me more of x, because vibrationally, I am transmitting energy about x. If I feel an abundance of x, it will bring me greater abundance of x. If I feel a lack of x, it will bring me greater lack.
10. Our emotions are a guidance system. They indicate our alignment with our Divine Self, or God/Source, and with our energetic escrow of desires – or our lack of alignment with those desires.
11. Our emotions run along a continuum of the best feelings, like joy and empowerment, to the worst feelings, often depression, helplessness, powerlessness.
12. The better our thoughts feel to us, the more we are achieving alignment. The less good they feel, the more they are indicating we are out of alignment.
13. We can improve our alignment by simply improving the thoughts we think, and improving where we are directing our attention and focus. We need to get happy.
14. If we are feeling happy, we will attract more that makes us happy. If we are feeling less good than we want to feel, we will attract more of that unless we change our point of attraction.
15. The good news is that we have control over what we think and where/how we direct our attention. We have the ability to influence what we co-create with the Universe in our lives. We don't have to create by default. We can create lives that are happy and fulfilling, one thought at a time, and we can begin that mindful process right now!

For more information about this process, visit The Hermaden Institute at [www.hermaden.org](http://www.hermaden.org) or contact Graehme Hall at [kghall@hermaden.org](mailto:kghall@hermaden.org). You can join our email list to receive a monthly e-newsletter. We are also on Facebook: [www.facebook.com/hermaden](http://www.facebook.com/hermaden)