



Weekly Tip from Dr. Mark

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### *Act Before Thinking*

When I first started working with Law of Attraction and with Intention and with Manifesting, I created a process that had everything to do with how one lives life. **Intentionality for the Rest of Us** is a free ecourse that I still offer. (currently it is under revision; [email](#) for access if you are interested) Much of my in-session work at the time expanded on it. "Get away from worrying about all the details," I would say. "Live your life as you would if you already had what you want, and forget about its pursuit. You'll get it anyway if you do. That, or something better."



Religion and other institutions have always emphasized how we live life. It's not a new idea. Too often though the concept has been taught in a threatening or punitive sort of way. We were told to live in fear. With Law of Attraction, much of the emphasis is on getting "stuff" like Love, Romance, Money, or a new Car. It teaches us that we get whatever matches the vibration that we put out. These things might feel good or they might feel bad. But, in the end, they simply match our vibration. Every time. The emphasis is on changing what we put out. On changing our vibration.

When learning about Law of Attraction, we are often told to change our thinking and to change our feelings. That is correct, for without a shift in thinking and feeling we are unlikely to manifest the life we want. But what we think about, and what we feel, is not the starting point. The part *before* the thinking and feeling seems to have been skipped. How we live life is the real starting place.

How we live life affects how we think in a powerful way. It also affects how we feel. So, we need to back up a step and to take a look at how we are living before we worry too much about our thinking and feeling. We must do the things that will help us to live a life in greater alignment with what we want. Then we can fine tune our thoughts and feelings in whatever ways that still seem necessary. Truth be told though, if our life is congruent with what we want there is usually very little fine tuning of thoughts and feelings required.

I invite you to get up tomorrow morning and to start your day with a short gratitude prayer. Give thanks for what you have. Give thanks for anything that comes to mind. Be sure that you frame your thanks in a way that acknowledges what you do have. Do not give thanks for the absence of something. Instead, think of what has taken its place or what the absence of something allows. Then, throughout the day, stop to notice little things that make you smile. Take daydream breaks to think about enjoyable things. See each as one in a series of refueling stops along your daily journey. Be reminded of your intention to feel good.

If you incorporate this into your daily life, then your thoughts and feelings will largely be good ones. Happiness will gradually become your norm despite moment to moment fluctuations and reactions. It may take a bit of time and persistence, and setting this as your routine may take some practice, but as being happy becomes the norm you will attract more things that support you in being happy. And those things that do not support you will fade into the background.

Have fun with this, and Enjoy the Journey!

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