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Focusing on what you want, Getting what you want, & Celebrating what you've got

When referring to 'what you want' this is not just in relation to material items, it also refers to how you want to feel (e.g., do you choose pessimism or optimism), who you want to be, how you see the world—these are some of the choices you get to make in your day-to-day life. As you begin to consciously focus on what it is you want, you'll notice some of it will start to show up in your life—you'll start to get the things you want, you'll feel better more of the time. When this happens, when you get something you want, whether that be the dream job, car, house, relationship, how does it feel? (Take a moment to close your eyes and feel into how the manifestation of your want/desire feels in your body). How long does that feeling last? Say you got your dream car, do you feel joy every time you drive the car, every time you see it (even years after receiving it)? Are you still able to acknowledge the initial joy of manifestation, or do you soon move on from one desire to the next? Maybe a year down the track the next model of car comes out and you want the new one, you don't want your 'old' one anymore. If this is the case, you have forgotten the whole process that led up to the manifestation. It was never about the car or the 'thing', it was about the process of setting your focus, creating an intention, and then watching the world bring it to you, that is what brings in fulfilment—not the sense-perceivable things, but the movement of energy that brings it to you.

In the physical world there will always be something newer and shinier, and you will never find the final destination to your desires because you will always want something new (that is the very nature of desire). But if you can appreciate the joy in the process of creation, and revel in the mystifying ways of the universe, then you can step into a joyful play. It is not a serious task to try and bring something to you, but rather it is a fun experiment that has no pressure and no dependency on the outcome.

Sometimes when we focus on the Law of Attraction and think about it with much intensity and eagerness, we forget about the foundation, we forget about what it is that fuels the Law of Attraction—joy. Every opportunity is a chance to experience unwavering joy. So perhaps as we ponder how to apply the LoA in our lives, and question what steps to take next, bring it back to the ever-present joy that lives in that moment and the answers will find their way to you.

All we have ever truly wanted is to feel in alignment with our surroundings. We enjoy feeling uplifted, in love, free, peaceful. And we have access to these qualities at any given time, regardless of our external environment. So, to get what you truly want, you must acknowledge its presence in your life, where you are right now. In doing so you send out an invitation to bring in more of these qualities, and associated with this can be the material dreams and desires you have created for yourself.

Practice discovering your alignment, your good feeling place, where you are in your life right now. Enjoy the processes you are exploring and trust that they will guide you in the direction towards your pleasures.

YOU ARE SUPPORTED

if you make the decision to wholeheartedly follow your true passion
the universe will support you.
i guarantee it.

Once you have practiced your alignment and developed a conscious relationship between yourself and your energetic field, you will start to become aware of the intentions within each unfolding. What once may have seemed like a synchronicity is now your very own work of intentional creation. In these

moments, when you are in the physical presence of your manifestations, you are called to celebrate your creations wholeheartedly. Really acknowledge the achievements, embrace and revel in the joy of it. In doing so you are confirming your intentionality, you are confirming your desires—what you want more of. This is the act of communication between you and the universe—you are stating what it is you wish to sense in your physical life experience. *Celebration is the practice of directing your attention to things that feel positive, joyous, light, and playful—it is the dance of honouring life.*

The Law of Attraction is not just about manifesting what you want, it is about understanding the nature of existence and exploring how to play with all that is alive. It is about appreciating everything that already is (in your life) right now—your eyes that see, your hands that touch, the air you breathe—and knowing that everything is a miracle. In doing so everything else that comes is a bonus, is an amplification of the ever-present joy that you have already rooted yourself into. There is no haste or greed, simply enjoying what is and trusting the inevitable unfolding of what will be. This is part of the celebration—to be in awe of everything that already is, and to know of all that will come. I don't refer to 'know' as in the specific physical manifestations, but rather a deeper, more general, 'knowing' (which is affirmed by your current state of being). If you feel pessimistic about what is to come, you are creating a future of pessimism. If you feel optimistic, you create optimism. You have the power to create intentions for how you would like to exist in the world. Will you re-affirm all your limitations, all the things that don't work for you, or will you move beyond what keeps you stuck, and into a place of expansiveness and freedom from perceptual limitation?

If you find yourself feeling flat, or uninspired, make the decision that you want to feel invigorated and inspired. You may not feel the shift right away, but the pathway will begin to show itself, and you will inevitably find yourself there. You are gifted focus, choice, and freewill—use it!

YOU ARE ALLOWED TO CHANGE

just because you have been doing something for a long time
does not mean you have to keep doing it.

you choose your directions.
choose wisely.

Helpful Resources:

YouTube: Abraham Hicks ~ Celebrate the Presence of What You Want

https://www.youtube.com/watch?v=ZmboEWL06mg&ab_channel=FeelGood

YouTube: Abraham Hicks ~ Declare and Celebrate Your Manifestation and Then, Bam! Here it is

https://www.youtube.com/watch?v=8vTH8PuUwuo&ab_channel=AbrahamHicksCommunity

Book: Ask and it is Given – Esther and Jerry Hicks

Authors/Teachers:

- Eckhart Tolle
- Abraham Hicks
- J. Krishnamurti
- Dr Joe Dispenza
- Gregg Braden
- Dr Bruce Lipton
- Dr Wayne Dyer