

# FAQ

FREQUENTLY ASKED  
QUESTIONS

**To clarify all your doubts  
on the law of attraction.**

# How do I believe in my visualization?

Do you eat apple because you're hungry, or do you feel hungry because you want to eat apple?

Hunger is the cause, and eating an apple happens as an effect of that cause. For something to happen, there must be a cause.

You don't create a belief by wanting to create a belief. When you practice visualization and affirmations, those practices will consequentially create a belief FOR you. You don't have to do anything besides practice!

The more engaged you're with your visualization, the more powerfully you attract the object of your visualization.

# How do I stay positive in a negative environment/situations/world?

Just a one word answer and the only answer to this question: Yoga.

Yoga will help you see the situations for what they are. People often tend to project themselves onto the world. The images of their minds and how they feel about it is all that matters for them. This happens because people have not become aware of their own mental projection. They see their mental projections as the ultimate truth because their mind/awareness is vibrating at a rapid rate.

If you can see their mental projections for what they are, and you see what YOU truly are, nothing in the world will ever touch you.

The meaning of yoga is to unite or become one. And there are many practices you can implement in your morning routine which include pranayama (breathwork), yogasana (yogic poses), dhyana (absorption of mind onto an object), and more.

# How do I retrieve my power to attract again?

You've never lost the power to attract things. It's either that you're doing it consciously or unconsciously. So, if you feel like you've moved to a state where you've nurtured the belief that you can't manifest, you can move back to affirming that you can, and start again, with attracting small and believable things.

Attraction is always happening so also be aware of your thoughts throughout the day. And also maintain a daily diary to track your state of mind.

Follow what's said here, and you'll start to understand how you think and therefore, change how you think consciously.

# **Is visualizing once enough or do I have to do it every day?**

You just have to visualize what you want once, and remember the feeling you had when you were visualizing. If you've made your visualization memorable, you don't need to visualize again. All you have to do is live the feeling that you had when visualizing.

Our thoughts work on 4 level, which I've covered in depth in my other books: articulate thought, inarticulate thoughts, mental states (or vrittis), and life energies.

If you can actively control your life energies, you can control your destiny. This control will only come as your awareness/attention becomes more and more still or sensitive.

# What if I manifest something I don't want?

Sometimes, we get lost in our thoughts and forget that we mustn't think about the things that we don't want to manifest into our lives.

It's simple to tackle such zone outs, think of them as opportunities to learn about yourself, as they represent your inarticulate desires that haven't found expression.

Once you realize them, you're able to create thoughts that cancel them out and move you closer to the way you want to be.