**What You Think Is What You Get: The Law of Attraction**  
 by Madisyn Taylor

You don’t have to know how it will come into your life, just lay the groundwork, follow leads and prepare for its arrival.  
  
The law of attraction is surprisingly simple: Like attracts like. It becomes a bit more complicated when it comes to training our minds to think in ways that will bring what we desire into our lives. The term “self-fulfilling prophecy” describes the same law. This well-known term explains that we create the circumstances our mind dwells upon, whether positive or negative. So our goal is to practice consistent presence of mind to make sure our thoughts are always directed toward the positive and that which we want to create.  
  
A key to the process is the word “frequency.” This is true for two reasons: 1) The frequency you use when you passionately dwell upon or revisit a thought, dream, desire or goal provides the energy your musings need for creation; and 2) just like a radio station broadcasts on a certain frequency, like the radio you must be “tuned in” to receive it. This means preparing for the arrival of your dream on every possible level—material, physical, and spiritual. You don’t have to know how it will come into your life, just trust that it will. Your job is to lay the groundwork, follow any leads you can find, and prepare for its arrival. This can mean cleaning out your garage to make space for a new car, taking a tour of a model home to get the feel of it in order to feed your fantasies, or thinking of what you want in a mate and then living up to that list yourself.   
  
Just like with any skill, the law of attraction must be practiced. We must decide what makes us feel abundant, and use our imagination to create the feeling. It isn’t enough to just want something; you must use the power of your thoughts to attract it. A series of choices is what brings us everything in our lives right now, every moment. When we know the direction we want our choices to take us, it is as if we’ve placed an order with the universe. Then we can await its arrival with joyful anticipation. If we find ways to experience our dreams right now, we make creating joy a treasure hunt in which the seeking is just as much fun as the finding. 