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Anxiety Treatment Affirmations: Powerful Daily Affirmation to Help You Stop Worrying Using the Law of Attraction, Self-Hypnosis and Guided Meditation

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Law of Attraction and The Power of Your Own Belief
You've probably heard about the concept of the half-full or half-empty glass and how easy it is to spot an optimistic or pessimistic person using that concept. Notice, however, that whether the person is an optimist or a pessimist he's effectively distorting reality based on his disposition. Basically this means that the optimist will only see water and the pessimist will only see emptiness, but in a sense, they're both correct.

The law of attraction works pretty much the same way; your beliefs have the power to distort reality, and when you have a negative disposition, you're bound to attract negative events in your life. Notice how a lot of negative people are stuck in a cycle wherein they can't maintain a positive disposition anymore because of all the bad events that keep happening to them, but the reason why all the bad events keep happening to them is that they fail to maintain a positive disposition.

The law of attraction is based on the idea that everything in the universe has a "polarity", meaning that everything, from the food you eat, to the people you talk to, to the things you say, to the things you think, contains an either positive or negative kind of energy. Notice that being with people who complain or rant a lot tends to make you feel bad even though you're not exactly experiencing what they're going through – that's the law of attraction working its magic. When you focus on negative stuff, then more negative stuff will happen to you. On the other hand, when you focus on positive stuff, then more positive stuff will happen to you.

Fortunately, there is a way to manipulate the law of attraction and make it work for you: by changing your beliefs using the power of positive affirmation. Positive affirmations give you a fresh pair of eyes to see the world and therefore give you courage to achieve a lot of things you never knew were possible.

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