

# Laura Heselton

INTERNATIONAL MEDIUM & INTUITIVE COACH

MANIFESTING....What you might want to look at.

## 5 Tips to Manifesting

1. **Self Awareness:** were your thoughts and emotions in alignment with what you wanted when you tried? Are you clear on what you REALLY WANT? Was there gratitude present? Could you already 'visualise' what you wanted? Could you 'feel' it, as if it already happened? Were you in coherence with your life purpose and life lessons? (To [click here.](#))
2. **Life Purpose and Life Lesson Discovery:** do you know what both of these feel and look like? Are you asking for something that helps you towards both or away? Are you on your path or need a tweak? Do you know what your life lessons are? IE. what you programmed in your unconscious that makes it difficult to be you. If you need help clarifying (before August's retreat) [click here.](#)
3. **Body Talk:** Did you know that it can't lie to you? So, if you're feeling any symptoms at this time or have anything out of balance, "As within, so with out", you can bet it's asking you to go in to hear the messages of wisdom. And believe me, it has 100% to do with the answers to "why is it not working for me?". If you have something to learn, in order to manifest your dreams, there are no spiritual by-passes.
4. **Natural Laws:** like the law of gravity, we also have the Law of Attraction. What were you truly thinking and feeling when you tried manifesting? Were you able to sustain that 'feeling'? Or were there hidden aspects of you that you had no idea existed in your unconscious that had other plans? Did you know this automatic function of the brain?...Have a look at the "5 Second Rule". [Click here.](#)
5. **Your Hard Drive:** is the "5 Second Rule" running the show? How do you sabotage yourself consciously or unconsciously? Do you have a method or strategy in place for permanently erasing or over riding all negative unconscious or conscious blocks or saboteurs? This is 'the' important stuff and only you can do. For removing blocks, [click here.](#)

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Like all of life, everything has a frequency, energy, vibration. You've probably heard all of those three words. Ever look at their definitions and how they affect your process of attracting what you want?

## frequency

the rate at which something occurs over a particular period of time or in a given sample.

## energy

the strength and vitality required for sustained physical or mental activity.

## vibration

a person's emotional state, the atmosphere of a place, or the associations of an object, as communicated to and felt by others.

**To summarize:** frequency/rate, strength and vitality combined with emotional state and how your environment affects you, as communicated and felt by others is how your frequency, energy and vibration goes out in the world and attracts - both positively or negatively. As we know, the 'field' or Law of Attraction, doesn't differentiate. What is your body telling us? What are your communications really putting out there?

**Exercise:** Ask someone you know, love and trust to tell you.

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