DAILY TEACHINGS DAY 36

“The law of attraction is impersonal. It operates just like a photocopying machine. The law is photocopying what you are thinking and feeling in every moment, and then sending an exact photocopy back to you – which becomes your life. That makes your ability to change your entire world so very easy.

To change the outside world all you have to do is change the way you think and feel, and the law of attraction will photocopy the change.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 37

“To change our lives, at some point we have to decide that, rather than suffer anymore, we are going to live in happiness. And the only way we can do that is to make the decision to look for things to appreciate, no matter what.

As we begin to focus on the good anf the brighter side of things, the law of attraction responds by sending back to us the exact photocopy of our new thoughts. And the good things to appear. And then more good things, and then more….”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 38

“We are all entirely free to choose whatever we want. The power is in your hands now, and you are the one who chooses how to use that power in your own life. You can choose: To have a happier life today, or put it off until tomorrow. What feels better? You choose.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 39

“It is so important that you are grateful for everything in your life. Many people focus on the one thing they want and then forget to be grateful for all the things they have. Without gratitude you cannot achieve anything through the law of attraction, because if you are not emanating gratitude from your being, then by default you are emanating ungratefulness. Be proactive and use the frequency of your being to receive what you want.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 40

A vision board is a tool to help you create the image in your mind of what you want. As you look at the vision board you are imprinting the picture of your desire in your mind. As you focus on your vision board it stimulates your senses and evokes a positive feeling within you. Then you have the two elements of creation – your mind and your feelings – working in full force.

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 41

“Einstein told us that time is just an illusion. When you understand and accept that there is no time, you can see that whatever you want in the future already exists. That is why when you write, imagine, or speak of your desire, you should use the present tense. Radiate your desire in your mind, heart, and body, and see it as here NOW.

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 42

“No one is more cherished in tis world than someone who lightens the burden of another.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 43

“You have been using the Secret all of your life – there is no time when you haven’t ben using it. Yiu are using it whether you bring things you want or things you don’t want. Every person, event, and circumstance – in every single day – comes to you through the law of attraction.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 44

“The key to visualization is to keep the picture moving in yur mind, and yourself moving in the picture. If you keep the picture moving like a movie, you can master visualization really quickly. If the picture is static it is a lot harder to hold the picture in your mind.

Keep your visualization busy with lots of movement, and your mind will become so captivated it will not be able to think of anything else.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 45

“When you are beginning to create intentionally, it is often better to focus on one thing at a time. With practice you will have great power to harness your energy, and then you will be able to focus on many things at the one time.

Imagine your mind as a magnifying glass with the sun shining through it. As you hild the magnifying glass steady in one place, you will create a fire. There is no difference between a magnifying glass and the sun, and your mind and the Universe.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 46

If you are just beginning to use the principles of the Secret, my advice to you is to focus on working on the frequency of your being first. Ask for what you want, and then WORK on the inside of you. WORK on lifting the frequency of your being through your thoughts and feelings.

Tunde your frequency to be in harmony with the Universe. The frequency of the Universe is a frequency of ure goodness!”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 47

“If you want to attract more money, make lists of the things you will buy with the money. Surround yourself with pictures of the things you would like and always feel the feelings of having those things now. Imagine sharing those things with the ones you love and imagine their happiness. Now you’re creating!”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 48

“There is no force of hate. Hate is simply the absence of love, just as darkness is the absence of light. Poverty is the absence of abundance, sickness is the absence of health, and sadness is the absence of joy. All negativity is simply the absence of something positive.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 49

“The aim of life is self-development. To realize one’s nature perfectly – that is what each of us is here for” – Oscar Wilde

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 50

“Take a moment to think about all that nature gives to you every single day so that you can live. And yet nature never asks for anything in return. That is true giving.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 51

“There is no doubt that when using the law of attraction for the good of everyone. You are connecting yourself to great power. However, the law is also available to you individually so that you may live your life to the fullest. When you live your life to the fullest you have so such more to give others. Your pain and misery does not help the world. But your joy and your life lived fully uplifts the world.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 52

“If you are visualizing all of the time and nothing is happening, it means that you are overriding your intention in some other powerful way that you are not aware of. What are you thinking? What words are you speaking? What actions are you taking? If you’re not sure, ask the law of attraction to show you where you are overriding your intention, and it will be shown to you clearly.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 53

“If you want to attract appreciation for what you do, then move through your life appreciating and complimenting others. If you find fault with another, then you just brought others finding gault with you. If you judge another, then you just brought judgement to you. And if you appreciate others, you will bring appreciation to you. You have to make the quality dominant in you first, before you can attract it in your outside world.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 54

“The entire world and every single detail in your day are all showing you the frequency within you. The evidence of your frequency is speaking to you in every moment through the people that you experience, the circumstances, and the events. Life is mirroring back to you what you are holding inside you.”

Gratitude and Love

Adina x

DAILY TEACHINGS DAY 55

“Anybody who thinks negative thoughts about someone else has those negative thoughts return to them multiplied. It doesn’t matter how many people are thinking negatively about someone; if that person is in joy those thoughts can never reach them, because they are on a different frequency. Instead, all the negative thoughts will multiply and return to the people who were thinking them. No-one else can bring negativity into your lives through their thoughts, unless we allow our frequency to lower to the same negative frequency as theirs.”

Gratitude and Love

Adina x