

Mirror of my soul



When:

Do you feel the same situation keeps happening to you over and over? Are you experiencing bad luck in the same area of your life?

Why:

As confronting as it may sound you may be attracting what you are radiating - of course, subconsciously. No one in their clear mind would voluntarily try to attract misfortune. However, we all hold onto some thoughts and beliefs that draw things towards us like a magnet.

How:

- Take note of the situation you are experiencing.
 - Write down if anything similar happened to you before in different variations
 - Write down what you believe about yourself that could fuel this reality
 - Once you find these beliefs, confront them, question them and find evidence to the contrary
 - In a meditation address these beliefs and release them one by one like balloons flying far far away from you
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