



DAY.19

Everything that exists today once was only in someone's mind. Is your mind filled with possibilities or with limitations? What we envision we attract in our life.

The law of attraction is not only a very popular (new-age) term, it's a real law. **Laws are consistent.** Like the law of gravity, an apple will fall from the tree, this will work with every object. The same applies to the law of attraction. **We attract things, situations, people, experiences all the time,** based on our subconscious ideas that we have about ourselves, others and the world around us. The law works whether we like it, or not. So every time we complain about traffic, our work, money, or our weight, we vibrate in a 'complaining' mode and we attract more traffic, more reasons to complain about work, money or weight.

The same is true for our dreams. Every time we dream about the perfect house and our health fills with gratitude and light, we come closer to this dream house or being healthy. So why don't we use this knowledge to our advantage and focus our attention on things, habits that are good for us (future self), others and nature?

The limitation that keeps us from having the life and experiences that **we deserve**, is that we grew up believing we have to compromise to a life that is neutral, and not fulfilling. Many of us grew up believing that thriving in life is egoistic, that being okay is a blessing and we shouldn't look for better conditions.

Living a life that it's just 'okay' is a sin. We are allowed to be happy during this lifetime, to experience life to the fullest, and positively impact those around us. Therefore it's **a human need to dare to dream.** Make time this month to invite your dreams, **envision your best self, your daily habits, and your positive ripple effects.**