

Hello Lovely!

Whatever is happening in your life you are attracting it!
Good, bad or otherwise. Good to know or hard to hear?

I think good to know! How exciting, you can turn this around!

IDENTIFYING why you are attracting things in your life is the key.

I've enclosed a list of 'why am I attracting this' clues for you to work out on your own.

Take the list, sit down quietly by yourself and read the clues.

- Think of your 'issue'.
- Read the clues
- Identify which one resonates with you. There might be more than one.
- Write things down if this helps.
- Sit with your revelation. This will start an energy shift
- Get excited about the revelation! This will start another shift.
- Make a decision to make a CHANGE now/today or make the decision to change over 3 weeks. This will be the biggest shift!
- Start doing some energy work. Meditation, being present while walking i.e. looking at scenery using your senses, get outdoors, do more of what you love love love doing!

If you need help with identifying and making shifts, I am always here to help!

Good luck!

Take care,
Denise x

Why am I attracting it?

Is it

1. An issue that is in yourself that's being REFLECTED for you to deal with, i.e. you are not being supported but are you supporting yourself?

OR

2. An issue and there is a BENEFIT. How are you benefitting from the situations or other peoples behaviour (this could be a subconscious benefit)

OR

3. Are you being your TRUE SELF or not? When you are your true self the world is effortless

OR

4. Is it a SIGN from the universe i.e. telling you to make a change now, remove yourself from this situation or change your behaviour.

OR

5. Is there a LESSON here that you're just not getting?