

Step 2 in the Law of Attraction process is knowing that you are worthy of all you desire. This can be a tough one, especially if you are one of those "grass is always greener over there" folks. One of the biggest barriers in manifesting your desires is not feeling deserving of them. Here are 2 deceptively simple activities that will:

A) Help you overcome feelings of envy

B) Help you feel more worthy of your dreams and goals.

Happy Manifesting!

-Melody

Activity 1: That's just like me!

Do you ever suffer from envy, jealousy, feelings of longing or low self-worth when you see somebody else having something you don't have? Well, welcome to being human!

But I hope you realize by now that whatever someone else has, you can also have. You can be, do, or have anything. You only need to believe that you are deserving of it and capable of it.

If you resent others for what they have, you prevent yourself from ever having it. This is very important to understand, because all of your work will be for naught if you don't wrap your mind around this: If you resent others for what they have, you prevent yourself from ever having it.

When we resent others for what they have, we are sending out a very strong message to the universe that we DON'T have it. We do this because our emotions are in the negative: we are consumed by longing and lack and what the universe hears is, "I don't deserve to have those things myself, so please don't ever send them my way."

This little activity is incredibly powerful for turning these emotions around. It will help you change your message to, "I see that person having those things, and I think it's really great! I think I'd also like some of that, please!"

Here's all you have to do:

Every time you find yourself envying someone else, say to yourself, "That's just like me! That's exactly who I am!"

Your ego will hate this reaction and will try to convince you that you are lying, but keep at it. Eventually, your feelings of envy will switch to feelings of empowerment and connection.

When you stop envying, you'll know that you really GET that this is an abundant universe. You get that there is enough for everyone and so comparison, therefore, really becomes completely ridiculous.

By doing this activity consistently, you change your message to the universe from a "No!" to a "Yes!"

ACTIVITY 2: THE JUDGMENT JAR

Are you one of those people who has an opinion about everything and everybody? Do you find yourself frequently complaining about things or criticizing others—or worse, criticizing yourself? Well you're not alone. It's a modern epidemic and it is killing dreams.

Whatever you focus on becomes your reality, whether you are focused on something good or on something bad. If you are constantly judgmental or critical about certain events or people or behaviors, the universe will just keep putting more of those things into your life, because by focusing on them you are asking for them.

The first step in ridding yourself of this destructive habit is to make yourself aware of when you are thinking judgmental, critical thoughts—about others or about yourself. To do this, you need a judgment jar. Get yourself a jar, any jar will do. Make a label for it that says Judgment Jar. Next you will need some scrap paper, probably a lot of it at first!

Now. Every time you find yourself thinking a thought that is judgmental, critical, or negative in any way, about someone else, something else, or about yourself, write that thought on a scrap of paper and deposit it into your jar. As you do so, say to yourself, "I remove this negative thought from my ego-driven mind. I now choose to think as a higher being."

When your jar becomes full, take out all the thoughts and rid yourself of them. You can burn them, recycle them, bury them, or float them out to sea, but let them go! When you do so, say to yourself, "I am now free of judgment and criticism. I now know that variety is necessary in life. It is wonderful that each of us has so many options to choose from!"

I considered myself a fairly positive person until I tested out this exercise. My

judgment jar was nearly full by the end of the first day! After one month, I reduced the number of items in my jar to just 4.