

We are already at step 3 in the LOA process, which is about removing doubt that all you have asked for is, indeed, coming. The easiest way to remove such doubt is by using our imagination to stay focused on our desires. The Secret really focuses primarily just on this step, so it is already familiar to many of you.

When we know what we want (step 1) , when we accept that we are worthy of having it (step 2), then we are ready to expect it to manifest in our lives (step 3).

Because we are "in LOA training" so to speak, most of us need to practice holding on to our visions and sustaining the feelings of them being real for us in order to keep doubt away. Eventually, we will be able to ask for what we want and fully expect it all at the same time, so sure of it coming that we can immediately release it to the universe without having to visualize it more than once.

If you are able to do this already, fantastic! That is the ultimate goal. I know I'm not there yet, and I still have days of doubt. On those days, I have to look at my vision board, review my intention statements, do some scripting, or try some other similar activity in order to get my faith and confidence back.

It is difficult to wait for what we want. It is difficult to remember that as soon as we ask, it is already ours, because we have no physical evidence that this is so! But it is so. We are just waiting for it to arrive. We have to believe it is coming, we have to accept that it is coming, we have to claim it as ours, and we have to expect it!

So here is another activity to help keep the dogs of doubt at bay.

Activity 10: Grant letters

This is a great activity to keep yourself in alignment with your desires once you've decided what it is you'd like to have. You can also use just the first part of this activity as a way to brainstorm what your desires might be.

STEP 1

First, you will write a letter addressed to the universe. You can address this letter to whomever you would like, such as your Universal Granting Committee, God, your Higher Self, the Department of Creative Intelligence, the Divine Fulfillment Center...whatever feels powerful and fun for you.

In this letter you will list your specific desires and ask that they be granted. For each desire, only describe WHAT you want and WHY you want it. You know that the universe will take care of the how, who, where, etc. and that is why you are writing. I suggest that you include at

least one desire for each area of your life, such as wealth, health, relationships, self-development, career, or any other area that is of importance to you.

Here's a sample letter:

Dear Universal Management Team,

I'm writing to you because I have recently realized that I am a powerful co-creator of my own life and am now ready to do some co-creating with you. I know that it is my responsibility to decide what I want and why I want it, and that it is your responsibility to fulfill each desire I have by taking care of the how, who, what, where, and when.

So, I have thought about my wants in great detail and am now ready to request their fulfillment from you. The desires I have that are vitality important to me right now, that I have a very passionate desire to fulfill, are below. I am sure I will have more in the future, but for now, I ask that you grant the desires listed and immediately go about the task of making them happen:

- 1. It is my powerful and passionate desire to fulfill my natural abundant state of being a total money magnet. And so, I intend to achieve an annual income of \$xxx,xxx within one year's time, as of (date). I intend this because I wish to feel the security and relief of knowing that money is plentiful enough for me to maintain the lifestyle I desire, so that I may instead use my energy to focus on my life purpose.*
- 2. I have a powerful and passionate desire to return my body to the perfect form it was meant to be, and so I intend to weigh xxx pounds two months from now, by (date). I intend this because I wish to feel the thrill of buying clothes that make me feel fabulous, and because I want to feel the utter power of knowing I am in the best shape I can be in to live a long and prosperous life!*

I am utterly confident in your divine creative abilities to make these desires a reality in my life, and I am so grateful to you for your partnership in co-creating with me!

I promise to do my part in this co-creative process, which is to stay focused on the what and the why of each of my desires by imagining them as if they are already true on a daily basis. I will remain open to any signs and will take action when needed.

*Sincerely and gratefully,
Name*

STEP 2

Next, you will draft a response letter from the universe, ideally typed, and then mail the letter to your home address. In a few days, when you receive the letter, it will serve to reinforce not only your desires but your belief and trust in the process.

I recommend reading this response letter to yourself often as a way of keeping up your momentum and positive feelings about your desires coming true. You may even choose to write and send yourself follow up letters, if you find this process is one that really clicks for you.

Here's the sample return letter:

Dear Name,

We are delighted that you have chosen to consciously take part in the co-creative process, and that you have asked for your desires to be fulfilled! And of course, we wish to inform you that every one of your requests, as outlined specifically below, have been granted in full by our team.

Our team members are already in action and are working round the clock to manifest your desires! We only ask that you remember to fulfill your part of the co-creative process, which is actually profoundly enjoyable, and that is to simply stay focused on your desires and to feel what it would be like for you to have them manifest. Keep visualizing and staying passionate about your desires! That is all you must do.

Please maintain a copy of this letter as proof of our guarantee that all you have asked for is now yours. It is our humble suggestion that you read this letter often and dwell frequently on the wonders therein that are about to manifest in your life!

Items granted to Name, residing at (address):

- An annual income of \$xxx,xxx is now yours. You will receive this income no later than (date you specified), if not before.*
- You will weigh exactly xxx pounds on the date of (insert date), if not before.*

Congratulations!

*With Utmost Pleasure and Delight,
Your Universal Management Team*