

# What Could Possibly Be More Powerful Than Positive Thinking? The Answer May Surprise You!



## We Just Can't Help It!

It's January 2016 and it's that time of year when most of us are all revved up and ready for change – we, the hopefuls, dream of stepping up our game in the new months that are about to unfold. It's all quite exciting.

Then a few weeks into the new year – well, you know the story – some of us get disillusioned and stumble off that rickety bandwagon. Our hopes, dreams and willpower get kicked to the curb and we continue with the *same old same old* wondering why every year feels like a sequel to Groundhog Day.

Towards the end of last year, I overheard some folks complaining about people who make new years resolutions and all that 'blah blah blah'...then I saw a quote on Facebook that

made me laugh. I'm paraphrasing here but it went something like, '*I'm not making any new years resolutions 'cause, let's face it, who likes a skinny, rich woman?*'

I even tried to stay away from making resolutions this year but I just couldn't resist the pull...

### **Getting Real...For the Umpteenth Time!**

I'm no stranger to the Law of Attraction and positive thinking and I've applied them to most sections of my life with great success. However, I also have some areas of my life that I've applied them too with little or sporadic success.

What I mean by this is that I can achieve something one month but can't pull it off the next – it wavers (in this specific arena) and then I begin to doubt myself. And I know I'm not the only one experiencing this.

The last months of 2015 had me catching a huge wake up call.

Positive thinking is fantabulosis. But positive *feeling* is the vooma that lights that ignition! Some of you have probably heard of this already. I had. A gazillion times before as a matter of fact. I *know* this and yet I was still deluding myself and avoiding how I was truly feeling about the things I was trying to create.

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### **Introspection and Facing a Hard Reality**

My 'a-ha' moments with regards to manifesting finances come and go and never seem to 'stick'. I have huge epiphanies, things go great and then I trip and fall into a rut.

I took a very serious look at my manifesting behaviors over this past year and was quite shocked to see that I was sliding down a slippery slope of limited thinking – falling back into

an abyss of past experience that was dictating my future.

So I hopped to it and created a new vision board for myself in December. When I stepped back to look at it it made my eyes hurt. It was all over the place! It was so helter-skelter that I felt like crying. Why? It was such a huge reflection of what was going on in my head.

My brains and ambitions at the end of 2015 felt like watery, scrambled eggs.

### **Cracking the Shell**

I took a long, hard, penetrating look at my life and thoughts and realized that all the positive thinking in the world couldn't help me if I felt so 'out of control' on the inside.

I do positively affirm a lot of things when I wake up and even during the day. I try to steer my thoughts to positive outcomes but I was lacking in one thing. I wasn't checking in with myself to see if I was truly **feeling** positive about my situation.

I got real and figured out that even though I have set goals, vision boards, do affirmations – the whole toot – I was not always *feeling* the outcome. There was still a little lack in my gut (your solar plexus doesn't lie!). A little twinge to say, 'you might not (fill in the blank)'.

That made me think further.

How did I feel about manifesting enough money for next months bills?

Exhausted. My brain was jet-lagged. I hadn't really accomplished what I wanted to this year and I felt like I didn't even know what I wanted for next year. It felt overwhelming and it was reflecting in my vision board

### **Their is No Space For Doubt**

I set to work trying to simplify my board. I got it down to the top 10 things I wanted this year. I stood back this time and felt relief wash over me. I could feel the shift within.

It was as though all the straggling thoughts had been filed neatly for me to gaze upon and the feeling was being upgraded.

I had been too chaotic in my thoughts and it was manifesting in my life through my feelings of being out of control. I was even trying to control how I manifested things. My new board reflected what I wanted and I decided to relinquish how I was going to get it.

Within 2 days of me completing the new and upgraded vision for 2016, I manifested one of the things on that board. It involved me bartering one of my paintings for it but, low and behold, the damn thing was working!

Within a week, I had manifested another thing on my board.

*What changed?*

I not only do my affirmations every day now but I make myself *feel* what it's like to be on that holiday in Italy, sipping red wine and I can feel the wind zipping through my hair as I cycle down the main road on my new mountain bike.

Before I thought I had to concentrate on manifesting money to be able to buy things and experiences but I know now that the universe works in mysterious ways.

I've had people give me things that I thought I'd have to buy or spontaneously treat me to dinner or even trade with me for mutually beneficial gain. It's opened my eyes up to new ways of manifesting and has given me a new hope that this year is going to be epic.

All I have to do is feel it. I hope you get to feel your way to all the things you dream about doing and having!

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Her ambition is to help you to connect with your innate gift of creativity and living the life you came here to experience by taking responsibility for your actions and becoming the co-creator of your reality. You can also follow Cherie on [Facebook](#) ([The Art of Empowerment](#)).

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