

# Summon the Universe



Don't leave life to chance, says energy healer **Marisa Russo**. Instead, set a clear intention to create the life you want.

Applying universal laws can change our lives to embrace empowerment and freedom. These laws have been in existence and practised for centuries by many ancient cultures and spiritual leaders. In centuries past, knowledge of universal laws was kept secret by powerful and influential people. Today we have free access to this powerful knowledge.

The universe is very fair. It responds and delivers what it registers as a match to our state of being, our vibration. This vibration may be different to what we are asking for in our lives. We can monitor the vibration we are emitting by assessing the state of our relationships, health, finances and other factors. These creations are an indicator of our belief systems that reside in our subconscious minds.

We can achieve shifts in our vibration through our thoughts and feelings. Our attractions operate within the sphere of universal laws, so we produce wanted and unwanted outcomes in everyday life. What we think and feel really does affect our future.

In today's times, people are more likely to make judgements on how they feel rather than relying on logic or reasoning. Since we all have a connection to the

universe energetically, our agenda and intentions are more transparent to those who live by universal laws.

The law of attraction suggests that we create our own reality. What we focus on and what we feel is what we draw into our lives. What we believe is literally created. It may seem a little simplistic, yet it is a fundamental principle underlying how we create the lives we really want.

The law of attraction can be simplified by comparing it to tuning in to our favourite radio station. The radio signal gets fainter the more we turn the dial away from the program. Or it gets stronger the closer we turn the dial towards the program. Tuning into the vibrations of the things we want is one of the keys to the law of attraction.

Many successful people achieve what they want by creating a movie in their mind of how they want their life to be. They feel the emotion of having their desired outcome. They visualise what it would look like. They engage all their senses in the process.

As an energy healer, I have come to realise that the negative energies or negative experiences a person encounters arise from negative vibrations within them. These emotions may consist of feelings

of guilt, low self worth, resentment, anger, jealousy or disempowerment, or any emotion that is not constructive to progression. These lower vibrations act as a magnet for negativity to attach itself.

For example, I see negative patterns with clients when they disempower themselves through feeling guilty about a person or situation. This opens them up to being vulnerable allowing the other person to deflect their negative emotions on them. Often this exchange is done unintentionally or unconsciously. Regardless of how it occurs, the negative impact is the same. When this negative exchange happens, the recipient may feel drained of energy, depressed, low self worth or even encounter bad luck or increased negative experiences.

'You have attracted everything into your life.'

If you have someone directing negative energy toward you, instead of feeling drained and depressed, take a deep breath and ask yourself what you want and how you want to feel. This process alone will shift your state into feeling more empowered. It alters the flow of energy and intention around the problem. The focus becomes one of positivity and progression.

Even though problems and illnesses exist, focusing on the negative aspect only matches your vibration with that energy. To focus on the negative draws more of it to you. Give yourself permission to move forward. The solution is to visualise life without the condition or stress. Keep the image of being in a

state of freedom and joy. This is an empowering way to assist yourself and others when you feel you have no control over a situation.

Another method to clear negativity when the law of attraction is not working for you is to clear negative karma. Karma, in essence, means what we give out comes back to us. Karma bridges other lifetimes and can often solve unexplained situations or conditions of which people cannot make sense. Giving thanks for everything and forgiving others, making sense of why something occurred will really assist with freeing your negative energy and creating positive attractions. The ho'oponopono statements, based on an ancient Hawaiian practice of "making it right" through forgiveness, can be used for negativity you feel is present in your life. When this occurs, repeat the following statements: "I am sorry. Please forgive me. I love you. Thank you."

Understanding universal laws will give you the power to create the life you want. You will be able to attract people and opportunities to enhance your growth. Take ownership and acknowledge that you have created your own circumstances. You have attracted everything into your life.

You can improve your creative processes and build a life with positive relationships and be a blessing to others. Live your life, giving to others exactly as you want to receive from others.

Don't leave life to chance, as that will be the message you send to the universe. Be proactive in creating your life. Use your intention, have a plan around your desires and aspirations. Many blessings to you. ●

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