



Be What You Want to Attract

This helps create Peace, Joy, Purpose, Clarity and Integrity.

In my experience, one of the most valuable things that I've learned is, that in order for anything to come **TO** you/me it has to actually come **THROUGH** you/me.

What that means is: If you want loving relationships; **BE LOVING** (honest, kind, respectful and thoughtful), not only to others but also to yourself.

If you want **TRUSTING** relationships, you must not only be trusting but also trustworthy **BEFORE** you can attract it.

I know, you may be saying: *“well, I hate to break it to you but... I've already done that in the past, I have only gotten burned and have been left disappointed.”*

Here's the secret: The most important ingredient is...

To be loving and trustworthy for yourself (that little boy or girl inside) **FIRST**. Start by being kind and patient, listen to what is deep within your heart. Listen to what your body tells you, and don't to put yourself into situations that are painful or unhealthy and expect a different result.

This way when we give to others we are coming from a place of **ABUNDANCE** and giving from your overflow. The truth is Either/Or thinking is coming from a place of scarcity. Many of us were taught to believe it had to be that way, but I am here to show you otherwise. Scarcity is **FEAR** based thinking, making decisions from that space will be bring you to the same results you have experienced before. This work is all exercising and strengthening your **FAITH** in what **IS** possible.

Try not to make excuses or justify for being unloving, unkind, not trustworthy etc., take responsibility for your actions no matter what may have provoked you in the past. From this new space of being, you can better discern whether certain relationships or circumstances are worth continuing or not. This is about your integrity with who you are and what you'd like in your life.

Keeping a tally sheet and worrying about whether others are doing the same is **NOT** our business. These actions will only keep you stuck from finding your own happiness.

When you do this work you will attract the kind of relationships and circumstances you desire by aligning with that energy.

By Dr. Kimarie Machinga Copyright 2015