



Your thinking determines your future

A guide to improve your live on earth

Remark on this translation of “Your thinking determines your future”

This translation of my online coaching “Dein Denken bestimmt deine Zukunft” has been made with the artificial intelligence Translator “DeepL” (<https://www.deepl.com/translator>). After going thru the coarse translation process, I carefully reviewed it entirely and improved some parts. I had never planned to publish this writing in any other language, but I have been asked frequently for an English translation of my texts. Up until now I did not have it and unfortunately already printed items cannot be processed easily with AI translators. But I decided to translate and publish this small booklet with the help of the smart “DeepL” Technology. I would like to mention that English is not my native language, but I hold my seminars in fairly the same language, with the same grammatical and syntactical errors. What you find here is different than my speaking in English lectures. I hope my colleague, the artificial intelligence DeepL and I have done well enough to be understandable.

Your thinking determines your future

Part 1 of 5

"One journey from a thousand Miles starts with a first step".



You know this saying for sure. Exactly this first Step you have done yet!

Most probably you have already made some footsteps. Maybe even without it to notice. But after all, you came to this text. In the following post I'll provide information, that may change your attitude to life completely. So, take some time to absorb this contribution. The results, that you can achieve with it will be worth it. But maybe you also know after the first few lines, what it's about. Read on anyway, because I have structured the information into 5 parts, which I reveal part by part. So be careful with

hasty conclusions, because they could deprive you of your success.

Let's start with the question: **"Why are you reading this now?"**

Maybe you say: "I came across it by chance" or "I've found it on the Internet", searched for articles about positive life" or "someone gave me this page recommended." These are all logical reasons, which may be true, but the logical explanations have nothing to do with the matter. That you are reading these lines now means nothing less than that you care about it. Therefore, you're looking for something. And if we are very honest, then we all search only, when there is something in our own lives with which we are not satisfied.

That may have to do with anything: with the profession or with interpersonal contacts or your personal relationships. It could also affect something invisible, your inner peace, your well-being or the question of the meaning of your life. From the search, you hope to gain knowledge about how to change the "Something" of the dissatisfaction into satisfaction. Once you get this life-changing knowledge, understood and internalized, you will be able to reach your goal. One by one at a time! Effortlessly and quickly. But as long as you don't yet know how the events should come into your life, you won't be able to consciously bring about the desired.

Our consciousness is the most powerful instrument to fulfill your wishes. Everyone in mankind has a consciousness, so why don't so many people then fulfill their wishes or even worse, turn it into the opposite? The reason for this, roots in our thinking. Thinking is the most commonly known part of our consciousness. It is that critic who whispers to us: this is not how it works, this is forbidden, that is physically not possible, that is immoral, only this way is right and so on and so forth.

Thinking is essential for our life in this world and it is necessary, but it is also the prison in which we brought in ourselves. For the most part, we are not to blame, because we grew up in this world and

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we took over what good people meant to us. We took on what parents, teachers and friends have us taught and shown. All the learned information, whether unconscious and consciously, are contained in our consciousness and the form what we call personality. The thinking, our mind or the "mind", as it is also often called, is our own point of attention within this network of information. So what we think is what we're focusing our out attention on right now. What we focus on our what gets our attention is what interests us in the most right now. It is very important that you understand the following truths:

- 1. If you think the same as before and behave the same way as before, you will also receive the known results in the future.**
- 2. What you concentrate on receives a part of your life energy and urges realization.**
- 3. Your life reality represents the exact image of your consciousness.**

Ok, this is strong tobacco, admittedly. But it is true, even if you can't grasp the full implications of it yet. Your future is determined by your present thinking. If you want to have another future, then you must change the subjects of your thinking. But with that we are already in the middle of the topic:

The power of your concentrated attention!

Your attitude to life is determined to a large extent by what you to draw attention to. Concentration determines what feelings you experience and what you perceive of the reality of the world. In the following it influences then your choices and your actions. Have you ever thought about watching or listening to thinking? Just ask yourself again and again:

"What do I think about most of the time? What do I concentrate on?"

If you do this for a while, you will find that most of the time you think something you don't want, or it's some kind of solving a problem. Well, you can't seriously expect that you'll be able to receive what you want if you concentrate on its opposite. You steer because your energy is always focused on what you have your predominant thoughts on. In these cases, you are referring to what you "don't want" or the problem.

An example:

You feel restless, nervous and stressed. You supposedly have no idea where that comes from. But when you observe your thoughts, you are rolling a problem or dealing with a fear-producing situation, a traumatic memory or something else that creates that tension and stress. So, you know very well where that comes from. How do you want to feel calm and balanced when you have such thoughts? That is simply not possible!

The solution is simple: If you feel like this, then concentrate on something positive, something beautiful. Listen to music, go dancing and distract yourself, but stop concentrating on the undesirable. Such thoughts do not produce anything good. If you think that something like this is not easy, then realize that you are not now. Your thinking is then in the future or in the past and not in the present. As long as you live in the "here and now", you cannot have negative feelings. These sensations arise when you focus on something that could happen. You then project a possible future.

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This imagined future can be in two minutes or two years. The same applies to warming up memories from the past. Everything you have experienced in the past is gone forever in this form. Only your thinking makes it revive again and again. For your momentary feeling, however, a point in time is irrelevant. So, pay conscious attention to your thoughts! Observe them. However, observing does not mean evaluating and judging, but to take note of them neutrally. Neutral in this case means to reduce them to their information content and not to give them the power to awaken feelings in you. Only the feelings are the power that helps the ideas of your mind to appear in the world. Sometimes there are thoughts that are difficult to endure. But here, too, observing closely helps:

What does this thought mean?

What information does it carry?

What does it have to do with me?

Do I have to deal with him now?

As a rule, thoughts of such observation elude and disappear. You become calmer and begin to feel more comfortable again. Don't let your thoughts circle uncontrolled in the past and don't project your worries into the future.

Yesterday and tomorrow are the least important days of your life!

Remember that every time you deal with bad experiences of the past or fears of the future, you are issuing an invitation to the future to manifest this thinking in your future experience. You can start observing your thinking right now. As soon as you can control your thinking yourself, you will be able to predict your own future better and better, because then you will know what awaits you. Therefore, always concentrate on what you want!

And now you can practice observing your thinking.

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Have you watched your thoughts? Now do you know what you've been thinking about most of the time? Was it what you wanted or what you didn't want?

If you've mostly focused your thoughts on what you didn't want, you don't need to be a genius to predict your future. You can read them in the next sentence: You will continue to receive what you do not want. But I think you would never have read the last sentence if

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you weren't convinced of the truth in this text. So, we see further: Becoming aware of your thoughts is a big step for you. Most people on earth don't know what they are thinking. In their ignorance, they simply react to the products of their thoughts. But observing what you are mentally occupied with most of the time is a key to the life you wish for. But observing your own thinking is not the only key you need to live better. In order to obtain the missing keys, it is important to deal with the following hurdles:

1. the fear of change

Whichever way you choose, at some point you come to the point where you have to decide. You must do something different. That doesn't necessarily have to be something great, but you have to leave your usual comfort zone. Your mind will not like such a decision at all. After all, it is part of your survival mechanism, whose main task is to bring you through worldly life safe and sound. He therefore classifies changes as threatening. So, if you want to have a change, then you must bypass this survival mechanism. Only if you succeed, will you succeed.

2. impatience

We are being drilled today by the media and advertisers so that we can have everything immediately. We therefore want to experience results in us immediately! We want everything at once and are surprised when nothing happens. Don't be stupid and remember that everything in the world needs its time. The seed needs its time to germinate and grow. The plant needs its time to bear fruit. Even the airplane needs time to get from point A to point B. It is so immensely simple and natural - and yet we often don't allow ourselves this time of prosperity. With the information from a single seminar, a single book, or a single week of practice, we mean that we can change EVERYTHING. We only give ourselves one chance. If it doesn't bring results right away, we lose courage and tick off the whole thing as bullshit. Don't make that mistake. Like everything in creation, you need your time of growth. Do not fall for the illusionary view of your mind that it can achieve everything immediately. This is not the case and there is a good reason for this: You would be scared to death if there would not be time between your thoughts and their manifestations. Remember, for it is for your protection!

Short-term results are of course possible and do occur. But I'm sure you don't want to have that experience, because most of them are now in psychiatric care. With your increasing clarity, the time between mental imagination and worldly manifestation naturally becomes shorter, but it remains long enough to tune our energy to our desires. If we don't give ourselves this ripening time, we may not achieve our goals at all.

3. attempt and task

Every time you just try something, you've already lost, because we can't "try" anything. We do it or we don't do it. That's it. An attempt is an action in which you have considered the possibility of failure. So, the outcome of the action is arbitrary and not geared to the success you want. Since you do not necessarily expect success, you give up too early and do not deliver the emotional power that would have been necessary to achieve your goal. The result: The goal is not reached. Just stop your attempts and start acting when you feel the inner conviction that you will be successful. The key to success lies in the practical application of your emotions to a result. Only this changes your life,

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because your life is the manifested trace of your existence through creation and consists only of successes! Now you will surely contradict: "How then, only successes?"

Yes, only successes, because life knows only the manifestation of a mental form in the world. The evaluation about whether this form is good, evil, positive or negative leaves it to you. You have the possibility and the intelligence to stop this nonsense or to continue to fool yourself. Life has no excuses because it is always the way it is right now. There is nothing else.

5. concentrating on the "what and how" instead of the why

You will fail in the realization of your plans if you concentrate on what you should do now, instead of thinking about why you want to achieve this goal. Before you begin to act, find at least twenty reasons why you want to achieve exactly that goal. Write these reasons down and ask each one why they are a reason for you. This builds your motivation and the reason for your actions. As soon as the why is strong enough, that is, as soon as you are convinced of the advantages of your desired action, it is a strong motivation to reach your goal. The danger of giving up prematurely is reduced to a minimum. Always be aware of why you are pursuing a particular goal or desire. Know the reasons for your acting in your sleep! Forget what you must do in detail. These things will come to you by themselves over time. If you don't know why you went this way, then go to the list of reasons and check them again. Perhaps there have been changes in your desires that require changes in the way. But be careful, frequent changes lead to detours, even to abandonment. It is usually better to achieve a goal once it has been set, even if it is difficult, than to accept alternatives that arise. These distractions can cause you to lose heart in the face of their diversity and not get what you want in your heart.

You must be enthusiastic about your goal and willing to draw your heart's desire into your life under all circumstances - and you must continue until you have reached your goal. With consistency in action and concentration and attention to your mental activities, you are already able to create a fantastic future for yourself!

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We're still on the basics: Listening to yourself think is one of the most important skills we need to develop. Aligning all thoughts with the goal we want is an exercise without which we will not be able to achieve the goal we have set. The necessary compass is a great motivation to remain on the way to the desired goal, even despite resistance and counterforces. We have addressed all this so far. So that you can now make noticeable progress, you should consider the following in the future with all your thinking and doing:

1. decide WHAT you want

That's how you define an intention and make a commitment. It is a great help to write down this intention. As you write, you will notice if you really want to. If you really want something, you will get it! Always start with only one intention and work on that one intention first. Always concentrate on a positive result.

Never say, "I want this and NOT that.

For example, if you say, "I don't want debts anymore", you can be almost 100% sure that you will have debts in your life. Instead, say, "I want more money in my life." But also be absolutely clear about why you want more money - or whatever your goal may be. Always and Anytime. If you don't have an answer to the "why" question, nothing will happen. People don't achieve their goals because they don't have a clear idea of why they want something specific.

They have never thought about it.

The WHY is much more important than the HOW! We had already discussed that the WHY provides the motivation that leads you to your goal. Thinking about HOW to reach your goal only makes it complicated. You don't have to waste energy on HOW! So always concentrate on the WHY and your unconscious will choose the right "how" for you. Your unconscious must be fully convinced that you are serious about your desire. It is not about what others ask of you. It is not about what you "should" do or what "one" must do. It is about your innermost desires. As soon as your unconscious realizes that you are not behind this, it will ignore your wish. You can't fool yourself and knowingly wish something you don't want! The danger is then great that you give up on the first obstacle that gets in your way. There are saboteurs in you who tell you all sorts of logical reasons why you should let it stay. But if you know why you want to achieve something, an attack on your motivation will not throw you off track so easily.

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For example, if you say, "I don't want any debts anymore", you can almost you're going to be in debt in your life. Legend "I want more money in my life." But be also very clear about why you want more money - or whatever may be your goal. Always and anytime. If you don't have an answer to the "Why" question, nothing will happen. People don't reach their goals because they don't have a clear idea of what the "why" question is. If they don't know why they want something special? They never thought about it.

Again, because it's so important: **The WHY is much more important than the HOW!** We had already discussed that the Why provides the motivation that will lead you to your destination. Thinking about HOW you will achieve your goal only makes it complicated. You don't have to waste energy on HOW! Therefore, concentrate always on the WHY and your unconscious will choose the right "How" for you. Your unconscious mind must be fully convinced that it is with you that is serious about your wish. It is not about what others ask of you. Not about what you "should" do or what "one" must do. It is about your innermost desires. As soon as your unconscious notices that you yourself are not it

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will ignore your wish. You can't do something to yourself as well as you can't knowingly wish you something you don't want!

The Danger is then great that the first obstacle that gets in your way will force you to give up. There are saboteurs within you who persuade you of all sorts of logical reasons, why you'd better leave it alone. But if you know why you should do something a stop on your motivation will not get you so easily out of the Throw the lane.

2. promise yourself to carry on until you reach your goal.

You cannot make this promise often enough. Basically, you can only fail in one way: By giving up. Do not give your inner critic the chance to wear you down with doubts. Don't make hasty judgments about information you receive. Whether a method is good or not can only be decided after you have used it for a while. If other people have achieved positive results with a method, this will also be possible for you. Don't let the saboteur fool you: "It doesn't work for me". The universal laws work for everyone. Whether a person is good or bad does not matter to the law of gravity: if he jumps from a wall, he arrives on the ground.

3. Don't judge your results too quickly.

Impatience is your worst enemy. You then compare yourself with others. Some people get their results very quickly, but only because they were ready. They had already focused their energy on the desired result - whether they were aware of it or not. Don't compare yourself to others and accept the time it takes. Maybe you are already preordained, and it will go faster if you give up your ideas of duration. Do not assume weeks, days or even hours. Every improvement is a success. As long as you make progress, it's good. Even if they are only very small steps. The main thing is that you concentrate on what you want. Then it is impossible that it does not happen.

4. observe your progress from the starting point.

Most people measure their progress against an inner ideal. Do not do that. You can never reach an ideal. If you try, you will always feel frustrated and dissatisfied. It is much better and more realistic to remember the initial state and then see what you have already achieved. So, you can see your progress and be happy about it.

5. always concentrate on the next step.

You can only act now. Neither yesterday, nor tomorrow, next week or next year! Always look at what you can do now. It is understandable that you want to catch up a lot at the beginning and so you tend to do too much. But that only puts you under pressure. Over time you will learn that you can achieve much more with less stress. Pay attention to your intuition. It will signal to you when it is time to start acting and when the time has come to REASONATE acting! Just as exhalation does not last forever, a period of action also has its beginning and its end. Also do not try to take three steps at once or the 5th step before the third one. This only ends with you stumbling.

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6. Use your knowledge!

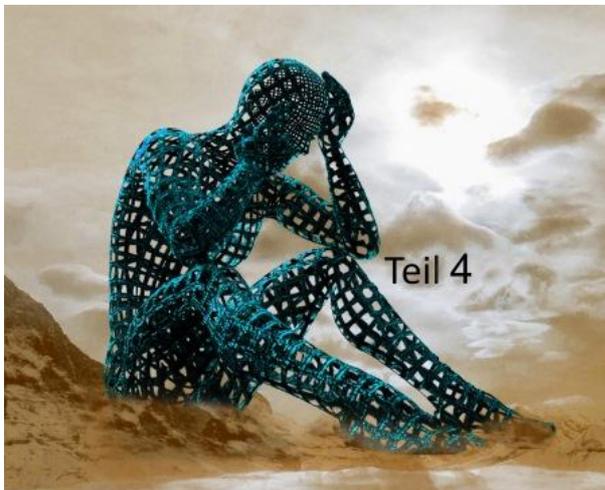
Maybe you know people who devour one book after another, who can enumerate all techniques and are a kind of walking self-help libraries. For these people, information is a drug. But it doesn't help them in their own lives. They devour information and do not digest it. So, they only consume and are not able to implement the information they have recorded. You must not regard information as entertainment that will pass the time. Basically, there is no such information. If information is available, it also has a meaning, a sense and purpose for you. Don't deceive yourself about it, even if I won't go into it at this point. More information is not better and will not change your life for the better! It is not enough to know - you must also apply your knowledge! So, more information cannot be the answer. Only acting based on the information that has been absorbed, processed and correctly recognized leads to the goal.

Of course, you may gain new insights from every new text, book, course or lecture, but they only become effective when you apply them in your life. So, apply your knowledge until you have reached your goal or your wish has come true. Use the information you have just read consistently, and failure will no longer be an option for you in the future. Then you are ready for the next step.

Now, the foundations have been laid. Take another few minutes and work through the last 3 parts again. Believe me, it is for your own good!

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Well, did you work through the last three parts again?

If not, do it now. Remember that when you walk, you can take just one step at a time. Unless you want to fall on your nose. But that would be a great pity for you if you didn't put this information into practice. So far you have experienced how your thinking affects your future. You may still find it difficult to accept this fact. So, let's see why this is so! If you observe what is going on in your life, you may not recognize the connections between your

thinking and the events. You bring the two factors: thinking - event not together. You do not discover the connection.

Why?

Most people believe that something or someone else or chance, and not themselves, is responsible for something that happened. But nothing happens by chance and who should this "someone else"

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be by the way? Who or what should be responsible that we renounce what we want? Many will now list the psychological reasons:

- Our parents?
- Our upbringing?
- Our cultural environment?
- Society?
- The state?
- Fate ...?
- God and devil?

I tell you: No external factors are responsible for you not having what you want, neither the stories from the past nor the conditions in the present. No matter how much it looks like it is. If we get to the bottom of this we will find that we experience what we experience because we are in a deep dream without our knowledge. It's a kind of hypnotic trance that I like to call world psychosis.

We are all involved in it. Actually, nobody has to be put into a hypnotic trance, because we are already in it. All that must be done is to change or dissolve the trance state. Now, in this moment when you are reading these lines, you are in this trance. Don't take this the wrong way. I mean that completely without arrogance, because I am now, by writing it, also in this dream. A dream in a dream of a dream in which there are writers and readers. Sender of information and receiver. Just as it creates our dual consciousness for us. If we believe in this dream in which we find ourselves, we remain in this state of trance. When we wake up from it, we are in another trance state again. Live in it for a while and wake up from it again. This goes on and on until our development is complete. None of these dreams last forever and all change without ceasing. The trance state of most people prevents them from understanding the real laws of life. They learn all their lives all kinds of things, but not how to keep their lives the way they really want them to be. Many people think they know how life works, but all you must do is look and discover reality.

All our dreams of human life have been poisoned. Over the centuries various "drugs" have spread in this dream and changed it. We are now in a "wrong" dream state and it is difficult to convince ourselves that this is the case. One of the causes is - our thinking! What happens to each of us, we have thought or feared before. We believe certain things because we have experienced these things in our dream. But the dream is poisoned and so things are poisoned, also our thinking is poisoned. The poison works because we have no reference to our trance. Creating this reference is the most urgent task. Nowadays we can see one of those "talk shows" on TV every day where people talk about a certain topic. Maybe this topic is called: "I was cheated," or "I am a mobbing victim" or "My family doesn't love me" or "My illness was treated wrongly" etc.

What do all these topics have in common?

They're victims!

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Each of these people feels like a victim and gains in the 3 minutes television screen presence, attention from a million audience. (Lots of energy!) But they only harm themselves by supplying this great energy. All the terrible things these people report may well have happened, but since these people put a lot of emotional energy into these events again and again, they recall what they want to avoid: These events. It is therefore very likely that the same thing will happen to them again and again. Then they ask themselves, "Why does this always happen to me?" Run to the next talk show and in the three minutes on the screen recharge their stories with the energy of millions of "compassionate" beings. A wise man said a long time ago: "Forgive them because they don't know what they are doing!"

So, if we see ourselves as victims of circumstances, we create more and more of the same thing. Exactly that, then, serves us as an excuse for why we could not have another situation. "Others" may be able to overcome such a fate - but I? No, it's not my fault!"

Well, I hope you won't deny that there are universal laws that work the same for everyone, always and everywhere. They seem to apply regardless of whether you believe in them or not. Besides the well-known laws of nature, there are many laws that most of us do not know or are aware of. And because we do not know these laws, we do not observe them. The consequence of this is the lack of health, wealth and prosperity, the lack of success and loneliness in the middle of the community, because a loving partnership simply does not want to come into being.

The Resonance Law

I would now like to deal with the most important and powerful of these largely unknown laws, because it determines what you experience. It is the law of resonance or the law of attraction. This law is often dismissed as spiritual spinning and yet it has a lasting effect on your experience and the results you achieve. The law of resonance decides whether you live full of fear in a threatening situation, whether your living environment burdens you, sucks you out and you constantly feel exhausted. It determines whether you are constantly worried about the future, which floats as a threatening disaster in the morning, or whether you spend your days happy, joyful and confident.

It is therefore not foolish to deal with this law, since it seems to steer the topics that we so often miss in our lives. If you do not understand and observe the resonance law, you will live in constant uncertainty and observe how everything develops more or less chaotically. You will continue to spend your life responding to any circumstances or people and floating around like a cork on the water. As long as you do not observe the law of resonance, you will always react and never enter the role of active "creation", of "causing".

Very few people are ready to wake up and leave their dream. They think in the given ways and do not question the logic with which things happen, feelings arise and moods form. They remain in the "matrix" and under no circumstances want to take responsibility for their lives. But this only leads to a state of inner despair and powerlessness. A "hopeful" life develops in which the unbearable life situation in the present is masked by a projection of better times in the future.

You can decide today to leave this part of the sad majority and become who you are: a free being who is here to complete a fulfilled life. But for this it is demanding to understand and apply the law

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of resonance. For the sake of simplicity, we assume that this law has existed since the beginning of time. It is not a "physical" law, but it is easy to understand through the physical effect of resonance. Many "enlightened and modern" people abandon this principle. But they are not doing themselves any favors. This is not "reality", they claim and forget that reality is only what they perceive through their beliefs. I have repeatedly mentioned in my books that for centuries mankind believed that the earth was a disc and then a certain scholar named Copernicus came along and turned the medieval view of the world upside down.

Assuming something wrong doesn't make it any more accurate.

What counts are the results that we achieve if we live by this way of thinking. Therefore, make the existence of the Law of Resonance your belief so that you can apply it in your reality. Don't let the doubters and know-it-alls get you down, who are only interested in keeping you in their ranks so as not to feel their own misery. Put the law of resonance first in your thinking and observe your world through its rules. Then you will be amazed!

The law of resonance is based on dressing the same and the same. In physics this is a proven fact. Energy attracts its equals. Mass attracts mass, that's what we call gravitation and even if we don't understand it yet, it's proven. Otherwise the planets would not revolve around the sun and we humans would take off from the earth's surface and disappear into the eternal universe. Why is that so? Because everything in the universe consists of energy. Everything consists of energy, also our thoughts are energy. Your body consists of energy and all things you know. If you do not believe that, write to me, because I am curious whether I can still learn something.

So, what do you consist of?

Please don't start yet: "from flesh and blood, cells, molecules, atoms etc.", because what is that other than matter? Matter itself is energy and energy is movement. Vibration. Sound. You can turn that around and around as you like: We consist of energy. Quantum physics undoubtedly confirmed these decades ago. But let us leave aside these philosophical considerations, because they are not important for everyday life. However, there is something important you need to know about energy: Every form of energy is vibration and therefore has resonance properties. Put simply, this means energy is magnetic! (Physicists may forgive me for that!) Each one of us is a "magnetic" sound, which sounds very complex into the universe. Because of our "magnetic" properties we attract all the time the things that fit our sound, that are tuned to it and react harmoniously to it. All day long, we send our conscious and unconscious thoughts and feelings out into the universe without even realizing it.

This "magnetic" sound consists of different frequencies = vibrations. These frequencies determine our "magnetic" properties and thus determine which other energies we draw to ourselves. The key to an essential change in our lives lies in the change of the frequencies of our energy, with which we attract our desires. If these frequencies are focused on negatives, worries and problems, what do you think they will attract? If they are tuned to beautiful, harmonious and successful things, they will attract just that. It is so simple, so logical!

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Maybe now you nod your head and agree with me or your poisoned mind writhes and doesn't want to accept this concept. Perhaps you also think that it is very far-fetched after all. Anyway, it doesn't matter what you think about it. It is an ancient law that applies to everyone equally. And you know what: It is your own decision to get to know, understand and apply it or not. Just think it over in peace and make friends with it.

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Part 5 of 5



Now it gets exciting, because it's time in this last part to unravel the mystery of what can turn your life around. You will experience what the central key to a fulfilled future is and how you can create the life you have always dreamed of. Let's continue right away:

We already talked in the fourth part about the fact that we humans are a special kind of magnet made of vibrational energy that attracts other people, circumstances and conditions.

How can you use this insight to change your life for the better?

It is quite simple: if you learn how to change your "personal magnet", you will draw everything corresponding to the change into your life. You would forever be independent of external circumstances and other people when it comes to achieving your goals. With this you would have actively applied the central key in your life.

So, you only need to bring your mental vibrations into harmony with your desire, to create what you wish for. This is how it works, and this is how you should memorize the principle. Of course, this is not so easy and needs explanation, otherwise we had done everything already long ago! But make it clear to yourself that wanting something alone is not enough. It is not even enough to consciously believe that you will receive it. We do not have some things because we have saboteurs in us who have been controlling our lives for decades. These saboteurs are vibration dampers that can change our "sound" in such a way that it seems as if everything and everyone has conspired against us. We don't succeed, somehow everything goes wrong, and we reduce our power to pure survival. It is impossible to think of a positive way of life at all.

Eliminating these saboteurs is so important because their presence determines what we can and cannot draw into our lives. These "opposing", i.e. sabotaging thoughts change our magnetic attraction (the resonance frequency) in the wrong direction. Then our vibrational energy works against us. If you understand how this principle works, you will easily understand why "positive"

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thinking cannot work. You will need to practice "real" thinking in order to successfully change your life reality.

What is right thinking?

You can be so positive - as long as your "magnetic sound", i.e. the sum of all your frequencies produces the wrong resonances, you will continue to attract what you do not want. Whether you are a "good-hearted" or "optimistic" person, an angel or a devil, a saint or a criminal, doesn't matter at all. For it is not primarily your thoughts that draw the circumstances into your life, but your feelings. It is your feelings that make up your overall mood. The universe reacts to your mood, to how you are "tuned". However, your mental attitude is not generated by your thoughts, but only by your feelings! They activate the energy and thus create things and circumstances that you want to experience. Energy itself is pure vibration. Energy can be distinguished by its frequency and because it is so simple, high energies vibrate with a high frequency and low energies with a low frequency. Each energy has a vibration equivalent, a resonance, in the universe. Therefore, it is so important to become aware of one's own energy and adjust or align it. If you manage to bring your inner mood into harmonious resonance with your desires, you will only experience situations that are beneficial, beautiful and joyful for you.

Let's have a look at this in a practical example that is probably relevant to all of us: **money**.

No matter how much you already have, a little more should certainly be welcome. Now please look at the energy you send out in financial matters. On what frequency do you vibrate in this area? Maybe you will say: "I want to earn more". Fine and good, but deep in your unconscious you may be carrying a strong energy that is exactly the opposite:

"I'd like to be rich, but how could that be?" or "To have financial security would be great, but I can be lucky if I can maintain my status quo." or "Money is scarce everywhere and I don't see any way out how that should change." or "With my debts and monthly burdens, I only see the possibility of strictly saving - or winning the lottery." or "With my debts and monthly burdens, I only see the possibility of strictly saving - or winning the lottery." or "With my debts and monthly burdens, I can only see the possibility of strictly saving - or winning the lottery." or "With my debts and monthly burdens, I can only see the possibility of winning the lottery." or "With my debts and monthly burdens, I can only see the possibility of saving - or winning the lottery." or "I can only see the possibility of winning" or "on the lottery.

All these thoughts take place on a level you don't normally notice. But because you've read them now, some of them may be present and others I didn't write down may be present.

What can you do if you think that unconsciously?

On the one hand you want to earn more, on the other hand an energy sabotages you by unconsciously running counter to you. The result is logical: Nothing happens. No extra cent in your pocket. Such sabotaging inner attitudes are widely ramified individual belief systems and value structures. You must change them and bring your mind, your "day-consciousness", in line with them. As soon as you succeed in this, the knot bursts and both your unconscious system and your conscious system then ride on the same track. Now you will achieve everything you set out to, for nothing is

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equal to this double force. This does not mean that you will have to work harder or try harder to fulfill your wishes. Because also this view is only a belief system. As long as you believe that the big ones eat the small ones and that you have to fight for your share of the cake, you will behave accordingly. You always behave according to your inner attitudes - whether you believe it or not. Everyone does that.

**When you concentrate on what was, you attract more of what was.
When you focus on what is present, you attract more of what is present.**

So, if there are things going on in your life that you don't like at all and you cry about it at every opportunity, you attract more of those things or circumstances to yourself. As long as you resist something you don't want, you give that something more power. You can't focus your attention on something you don't want, and then think that something you don't want will disappear from your life. The universe gives you what you focus on. In this case, it's what you don't want.

The universe knows no boundaries and therefore no evaluations. Only our attitudes and our human energy systems are limited. For the universe, the formed expression of the creation process, it does not matter whether you believe in poverty or wealth, in happiness and misfortune, disease or health, or whether you accept the concept of success and failure. You have the free choice to adapt your values and beliefs to the universe or to continue cooking your own soup. The universe only reacts with a resonance to your energy so that everything remains in harmony and balance. The universe does not change by itself.

You are the action and the universe provides the reaction.

When you send out a vibration of despair, you get even more despair. It is so simple: if you are a sound of love, peace and confidence, you get it back on a universal scale. Decide for yourself!

However, most people still create their circumstances automatically. They are on autopilot and are not aware of the underlying mechanisms. They simply don't know how to proceed to attract something. If it doesn't work as they think it will, they blame others. Everything and everyone are then to blame for the fact that they are so badly off. Only they themselves are completely innocent. On the surface, this is often the case. How could one also assume that they themselves are the cause of their own misfortune? Do not tap into this trap! It is up to everyone to change his "sound" in such a way that he is in "harmony" with what he wants, in resonance. In order to create what you want, you must change your mood so that it resonates in harmony with your desire.

Oops! Change the frequency of your thoughts?

What does this mean in practice?

Well, you know the difference between your moods. Sometimes you are happy and in a good mood and then again dejected or sad. Sometimes with certain life themes even without any hope. So you know what I mean by vibrational frequency. The higher your frequency is, the better your mood is.

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This information should be enough for you to understand what mood you are in if you want to live a good life.

Your mood doesn't just refer to your thoughts, feeling plays a much more important role. If you feel pleasant and beautiful feelings - with each topic - then also the suitable thoughts adjust themselves to it. That is the most important thing in this creation process. So do not lose yourself in the dark depths of your fears and anxieties but become aware that you have just plunged into low frequencies. Accept this and then do something that you know will bring you "up" again, into the higher frequencies. Do something that you enjoy, that pleases you, that you love - and then concentrate again on what you have chosen for your future.

Maybe that sounds too easy now. Don't let your mind fool you. That it can't be that way is his own belief and thus his own limitation. Getting rid of these limitations and focusing on the "right" thing is what matters.

In the meantime, this should even seem "logical" to you, because I have reminded you of a quality that is innate to you and to all people: to attract the things to which you draw your attention. The only problem is the "mechanism" that most people use for realization. So that it no longer runs unconsciously and automatically with you today, make it clear to yourself that everything you have ever learned, everything you have taken in from parents, teachers and friends, in school, on journeys or otherwise, influences what you concentrate on. It is the reason why we humans first focus our attention on what we do not want. This reason is rooted in our past experiences. We have all lived through negative experiences in life, been oppressed, cheated, denigrated and exploited, lost money, house, farm and/or partner. From this our mind concludes logically that one must be on guard in the world and in life and should trust nothing and nobody. Who wants to go through a negative experience again?

So, we are polarized on the undesirable and our autopilot uses an avoidance strategy to steer us through life. The unconscious has no criteria to distinguish whether you have a mood because you want it that way or because you don't want it. It only knows your mood, your sound and the related thoughts and feelings. It cannot distinguish between "you consciously" and "you unconsciously". For the part that is unconscious in you - and that is the rest of the universe and more - each of your moods is a call to creation. The universe has no boundaries and therefore it knows no "not". The universe is an infinitely extended "AND". It reacts to you when you are busy with something. No matter whether you want it or not. From the fact that you are occupied with something, it follows that you will probably have it or want to be. After Aladin and his magic lamp: "Your wish is my command". And the djinn always serves you what you have your spiritual energy focused on.

A whole chandelier of knowledge should open to you now, because this is the key with which you can pacify your eternally nagging mind: Concentrate on what makes you feel good and refrain from anything that diminishes that feeling. This is the only and best compass for a fulfilled life.

But now it is the case that we are all already applying the Resonance Law, even if we are still mostly unconscious. Have you actually realized that we humans consciously cannot conjure up any negative events? We consciously cannot harm ourselves, neither physically nor mentally. We cannot knowingly wish we were ill or consciously get involved in misfortune. This is forbidden by the

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doctrine of self-preservation in our being. This doctrine is an irrevocable rule for the mind and the reason why we cannot swallow hot coals and duck when something quickly comes flying at us.

Everything negatives that happens in your life you create unconsciously.

The only way to change that is to give up the concept of unconsciousness. If we live unconsciously, we send out thoughts and feelings of the kind: I don't want to experience this and that because I have had such a bad experience before. The autopilot cannot act differently with his avoidance strategy. But by doing this he directs our energy in the wrong direction. We already know what is happening. We are thus forced to react to life instead of actively shaping it. Make yourself aware of where the energy is going and all the things that are not for your good will fall away by themselves. As soon as you consciously think and feel, you have the freedom to direct your energy where you want it to go. The continuous repetition of the past ends this way and you will enjoy a completely different life.

As a conscious person you know what is going on in every moment of your life. Since you are aware of this, you also know how to behave. You no longer need to worry about the methodology. If you know what you are concentrating on most of the time, you are also completely clear about what is going to happen in your life. You just have to wait until it happens. The results show up in the world and everyone else is a witness to what is going on inside you.

If you now still say: "My money is not enough back and front", then at the same moment you know what financial future awaits you. Your money will also be scarce in the future because you draw your attention to this lack. You get the corresponding resonance: lack of money. So that you can bring about another situation, concentrate on what you want to attract:

"I would like to see regular income in large amounts from various sources that flow to me without my help. From now on I concentrate on this condition and how I can improve it. I send my energy to those who can help me. I now ask my unconscious to consciously draw my attention to opportunities for lucrative and ethical sources of income. I am ready for this experience and want it to happen immediately. Thank you!

Do you feel the difference?

Already now that you are reading this? Be ready to let your thinking and feeling go in a more positive direction and miracles will happen. Instead of going through life and constantly radiating dull vibrations that attract only the undesirable, you are now sending out a light vibrational energy that resonates with what you want and desire through your feeling of well-being. In addition, you have deliberately and consciously told your unconscious what you want. So be it then:

Your wish is my command! There is no alternative.

The law of attraction is a universal principle. We don't know where this principle comes from, but it works with mathematical accuracy! Once you understand how it works, it will attract the circumstances you desire. You can start to rethink immediately. Why wait even longer? Now is now.

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Immediately! The law of resonance works, no matter where you are, time doesn't matter either. Use the resonance effects for yourself! You also owe the fact that you have read this text up to here to the law of attraction. Someone who has no affinity to this knowledge would not have had the motivation to read up here. There are no coincidences in the universe. Get rid of the belief in coincidences. Perhaps your mind still rejects this statement today, but you will come to this realization yourself as soon as you work with resonances.

Allow me one final question:

Isn't what you are experiencing right now an exact reflection of what you have constantly thought and felt deep down inside?

If you agree, it is no coincidence. For coincidences are only the excuses of your mind about its own failure. Your whole life is an exact reflection of the vibrations you send out. Every person thus attracts his circumstances of life according to his frequencies. This also applies to the energy systems of groups of people, peoples and nations. There are no exceptions. This system always works. Since it is perfect, you can use it for anything your heart desires. It is not limited to money - as in the example. It is applicable to everything: Relationships, travel, health, jobs, mental development ... just everything there is. A gift from "Everything what is"!

It's best to start right away. It's high time you got the status you deserve. Create a life that goes beyond the usual scheme, don't care about "logic" and "realism" and follow your sense of well-being. It is controlled by your heart and intuition. Remember, however, that knowledge or information alone does nothing. This text will not help you either if you leave it at that while reading. If you don't act actively and live your familiar everyday life again, you may have got the right information. But nothing more. So do yourself a favor and put what you have read into practice. With full intent!

love everything

Hans Rosegger

You can receive direct support for your efforts at www.schwingkreisradio.com. It is a German-language Internet radio that broadcasts guided meditations every 90 minutes every day of the year. The meditations are simultaneously taken part by many people all over the world. Thus a resonance unique for each Meditation develops from the parallel activity of the brains involved. This resonance is a "field of consciousness" that we do not yet fully understand. Progressive scientists assume that this field of consciousness affects the zero point field on a quantum level. Traditional names for the zero point field are: Akasha Chronicle or Eternal Memory. Changes of the oscillation conditions in the zero point field result in direct changes of the experienced reality. Participating in the resonant circuit is very easy: go to www.schwingkreisradio.com, choose a meditation in the program and listen to it at an undisturbed place.

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