



## **SOUL BOOSTER No. 3 | THE POWER OF THOUGHTS**

You are what you think. Most people don't realize how powerful thoughts are and how each thought has its own unique energy signature. You are Soul, a magnetic energy being – so that when you have a thought – it's immediately lodged in your magnetic field, which is more commonly known as your aura. When that thought remains in this field for any length of time, it often radiates out to be absorbed into the Universe.

You've heard the saying: like attracts like – well it's really more about frequency attracting the same frequency. Everything is made up of energy, which includes you and me. Since we're energy, it's probable that we will tune into and attract the same frequency that we resonate.

So it goes without saying that if you're afraid – you'll attract fear; if you're kind – you'll attract kindness; when you're grateful – you'll attract prosperity. As we think, we begin to feel ... as we feel, we vibrate ... when we vibrate, we start to attract. So just remember ... you'll attract exactly what you're resonating whether negative or positive.

### **This Week's Soul Learning Boost**

NOW is the time to become *more* aware of how and what you're thinking. A great way to do this is to remember to ask yourself: "*How are my thoughts today?*" You might be very surprised that they reflect *exactly* how your day is actually going. It's worth remembering that you're *always* certain to find what you're *thinking* about or ... *looking* for.

### **Affirmations for the Week**

"I AM SOUL"

"I CAN change my thoughts."