

Looking for Evidence Practice

The "Looking for Evidence" Practice is when you intentionally focus your attention on the things that are going well or the things that you want to manifest in your life. This helps you to see more positive things in your life and attract more of them. It's like looking for evidence that your desires are manifesting, or that good things are happening in your life. When you focus on the positive and look for evidence to support it, you attract more of it into your life.

It is important to focus on positive aspects and look for evidence of what is desired, rather than focusing on negative aspects and looking for evidence of what is not wanted. This practice involves deliberately seeking out positive experiences and evidence of things going well, as well as focusing on past successes and achievements. When you do, you are able to shift your focus and vibration to a more positive and abundant state, which can lead to the manifestation of your desired outcomes. By consistently looking for evidence of what is desired, you can strengthen your belief and expectation that it is already on its way to you, and thereby accelerate the manifestation process.

One important thing to note about the "Looking for Evidence" Practice is that it helps to shift your focus from what you don't have to what you do have, and from what you don't want to what you do want. By focusing on the evidence of what you desire, you start to create a vibrational match for it and attract more of it into your life. This practice can also help to increase your feelings of gratitude and appreciation, which are powerful vibrational states that can help to manifest more of what you desire.

You can put this into practice by intentionally looking for evidence that supports your desires and beliefs, rather than focusing on what is lacking or not working in your life. This can involve noticing and appreciating even small positive things in your day-to-day experiences, such as receiving compliments, meeting kind people, having successful interactions, and accomplishing tasks. You can also keep a gratitude journal to help you focus on the positive aspects of your life and to train your mind to look for evidence that supports your positive beliefs and desires. By consistently focusing on positive evidence, you can strengthen your vibration and attract more positive experiences and outcomes into your life.

When practicing the "Looking for Evidence" technique, you are essentially looking for examples of things in your life that support the idea or belief that you are trying to create. For example, if you are trying to manifest abundance, you would look for evidence of abundance in your life, such as receiving unexpected money, finding a great deal, or having more than enough of what you need. By focusing on these positive experiences, you are reinforcing the belief that abundance is possible and present in your life, which can help attract more of it to you.