

DON'T CHASE ATTRACT.



PART 2

The Law of Attraction like
you've never seen it before

TABLE OF CONTENTS

Chapter 1: Letting Go ≠ Giving Up

Chapter 2: Your Shadow is Blocking the Bag

Chapter 3: The Waiting Room Is Sacred AF

Chapter 4: Vision Boards That Actually Work

Chapter 5: Manifesting From Your Core, Not Your Ego

Chapter 6: Energy Leaks and How to Plug Them

Chapter 7: Inspired Action > Desperate Hustle

Chapter 8: Emotional Alchemy 101

Chapter 9: What To Do When Nothing's Showing Up

Chapter 10: Rewrite Your Reality. Daily.

Chapter 1: Letting Go ≠ Giving Up

You ever try to manifest something and feel like the more you focus on it, the further it gets? Like the universe is playing tag and every time you reach out—*poof*, it disappears? Yeah. That's what happens when you chase because here's the truth: **what you chase, runs.**

The energy of chasing says, "I don't have it yet. I need it. I'm not whole without it." And the universe, being the perfect mirror that it is, just echoes that vibe right back. "Oh? You don't have it? Bet. Here's more of that."

So now you're stuck in this weird cosmic game where your desire is repelled by your neediness. And that shit gets frustrating, fast. But letting go? That's a whole different frequency. Letting go says, "I trust. I know it's already mine. I don't need to grip it to prove it's real." Letting go is not giving up. It's giving **in** to the flow.

The Detachment Paradox

People get it twisted. They think detachment means not caring. Like you gotta shrug your shoulders and pretend you don't want it anymore. That's not it. True detachment is emotional neutrality with energetic certainty. It's knowing something is coming without needing to check the mailbox every five minutes. It's believing in your dream so deeply that you don't need evidence for it today. You don't give up the desire. You give up the obsession. You stop worshipping the outcome and start vibing with the **version of you who already has it.**

Nina's Story: The Email That Didn't Come

Nina had been applying for her dream job. She visualized it. Scripted it. Lit candles. She did all the things and nothing. Every day, she opened her inbox, hoping. Begging. Needing. Obsessing. Every day the silence grew louder until she broke down. Let it out. She finally said, "Fuck it. If it's meant for me, I trust it will come. If not, something better will."

She closed her laptop. She went for a walk. She danced in her room like the offer was already signed and two days later? The email came. Same inbox. Different energy.

Key Takeaways:

- Detachment is trust in disguise
- You can desire something deeply without needing it desperately
- Letting go is you telling the universe: "I'm aligned. Bring it when you're ready. I'll be over here, vibing."

Affirmation: "I let go of what I can't control, and trust that what's meant for me is already on its way."

Journal Prompt: Where am I gripping too tight in my manifesting practice? What would happen if I trusted a little more and obsessed a little less?

Chapter 2: Your Shadow is Blocking the Bag

Let's get real. You can't fake high vibes while dragging around suppressed trauma like emotional luggage at baggage claim. This is where most people mess up. They try to manifest the dream life while still running from the version of themselves that's unhealed and that version? It's still sending out a signal and the universe is still listening.

What Is Shadow Work?

Your "shadow" is the part of you that holds all the pain, shame, fear, rage, rejection, and truth you never gave yourself permission to feel. It's not evil. It's not weak. It's just *unseen* and what you don't face, you keep manifesting from.

Manifesting With Muddy Water

Think of manifesting like pouring crystal-clear energy into the world. But if your inner world is full of guilt, self-hate, bitterness, or wounds you never healed from? That pure energy gets mixed with shadow residue. So yeah, maybe you manifest something, but it's distorted AF. The money comes but disappears. The relationship feels good at first then turns toxic. The job offer comes with soul-crushing stress. It's not that manifestation "didn't work." It worked perfectly. It just manifested what you believe you deserve deep down.

Nina's Mirror Moment

After manifesting her dream apartment, Nina started feeling like she didn't deserve it. She kept waiting for something to go wrong. Her shower broke the first week. Her rent came out early and overdrafted her account. Her neighbors were loud and annoying. She broke down in tears, thinking she messed up. But in reality? Her shadow was screaming for attention. She sat with her feelings. Wrote a letter to her younger self. Forgave the part of her that believed stability was unsafe. And just like that? Things smoothed out. The neighbors quieted. The landlord fixed the shower. Her next paycheck came early.

How to Start Shadow Work (Without Spiraling)

1. **Journaling:** Let your anger, fear, grief, or confusion speak. Don't censor it.
2. **Inner Child Healing:** Write letters to younger you. Let them feel safe again.
3. **Mirror Work:** Say affirmations while looking yourself in the eyes. It gets real quick.
4. **Triggers = Clues:** When something pisses you off, ask what wound it hit.

Affirmation: "I love and accept all parts of me. Even the ones I used to hide."

Journal Prompt: What am I still afraid to feel? What part of me needs to be seen, heard, or healed?

Chapter 3: The Waiting Room Is Sacred AF

You did the work. You aligned your energy. You asked. You felt it. You even let go like a damn pro and now... nothing. This is where most people quit. The silence freaks them out. They assume something's wrong because results aren't instant. But silence isn't rejection. It's sacred. Welcome to the Waiting Room.

What the Waiting Room Really Is

The Waiting Room isn't punishment. It's **proof** that your order has been received and is being prepped. You don't order a meal and then storm the kitchen five minutes later yelling, "Where is it?!" You chill. You sip your drink. You wait for your name to be called. Same thing here. The Waiting Room is where the magic *brews*. Where your alignment is tested. Where you shift from needing proof to being proof.

Why Most People Self-Sabotage Here

The ego hates uncertainty. It starts whispering all kinds of BS:

- "Maybe this stuff doesn't work."
- "You probably did it wrong."
- "You don't deserve it anyway."

If you listen, you spiral. You re-enter lack. You cancel the order. If you stay rooted in trust? That's when shit pops off behind the scenes.

Nina's Breakdown in the Lobby

After landing a major interview, Nina waited weeks with no callback. Her energy went from excited to anxious to hopeless. One night, she cried on the floor, thinking she blew it. But instead of spiraling, she whispered, "I'm not leaving the waiting room. I've come too far." She took herself on a solo date. She dressed like she already had the job. She celebrated like the call was coming and that Monday morning? It came. She wasn't being ignored. She was being *prepared*.

Affirmation: "The work is done. I'm just waiting to be called."

Journal Prompt: What would I do today if I fully believed my manifestation was already on the way? How can I enjoy the wait?

Chapter 4: Vision Boards That Actually Work

Let's be honest: most vision boards look cute as hell but don't do a damn thing. You cut out the house. The car. The partner. The private jet. You glue it to a poster board. You hang it on your wall. Then... nothing. It's because a vision board without **vibration** is just arts and crafts.

It's Not About the Pictures. It's About the Frequency.

You don't manifest the picture. You manifest the *emotion* the picture triggers. You could have a mansion on your board, but if looking at it makes you feel broke, left out, or not good enough? That's the signal you're sending and guess what the universe mirrors back? More of that. Your board should feel like a damn portal—a jumpstart to the feeling of "already having it."

Vision Boards + Scripting = Manifestation Power Couple

If the board is the visual, scripting is the vocal. Nina used to stare at her board and feel frustrated. Nothing was happening. Until she started writing *as if it already had*. She wrote letters from her future self. Journal entries from her new apartment. Grocery lists from her dream kitchen. The more she wrote, the more the images on her board came alive. She wasn't just looking at her future anymore. She was **living in it**.

How to Build a Board That Actually Works:

1. **Curate Emotionally, Not Aesthetically**
 - Only choose images that make your body say, "YESSSS."
2. **Pair It With Scripting**
 - Write stories about your dream life *with those images in mind*.
3. **Put It Where You Feel Most Powerful**
 - Your altar, your desk, your closet door. Not where you scroll and doubt.
4. **Use It Like a Portal, Not a Reminder**
 - Don't just glance at it. STAND in the feeling.

Affirmation: "Everything on my board is already mine. I'm just catching up to it."

Journal Prompt: If I were already living my vision board, what would today look like? What would I wear, eat, say, and feel?

Chapter 5: Manifesting From Your Core, Not Your Ego

You ever try to manifest something and realize later... you didn't even really want it? That was your ego calling the shots. The ego wants to impress. The soul wants to express. When you manifest from your ego, even if it works, it won't feel satisfying because it was never aligned in the first place.

Ego Manifesting vs. Core Manifesting

Ego: "I need a big house so people know I made it." **Core:** "I want a peaceful home that feels like safety."

Ego: "I want to go viral." **Core:** "I want to reach people who need what I have to share."

Ego manifesting is performance-based. Core manifesting is purpose-based and when you align with your purpose? You don't chase shit. You become a magnet.

Nina's Identity Shift

At first, Nina wanted a high-paying job to prove she wasn't a failure. She said the affirmations. She did the rituals. She even landed the role but she felt *empty*. The work drained her. The people stressed her. The paycheck didn't touch the void. So she got still. She asked her soul what it really wanted. And a whole different desire came through. Helping. Creating. Teaching. Expressing. She left the job, started small. She built slowly and within a year, she had clients, a following, and peace. That's when she realized: it was never about the goal. It was about who she had to become to receive it.

How to Manifest From Core:

1. **Ask WHY You Want It**
 - If it's to prove something or fill a void, pause.
2. **Imagine Already Having It**
 - Does it feel like peace? Expansion? Alignment?
3. **Check Your Identity**
 - Are you acting from who you were... or who you're becoming?
4. **Let Your Desires Evolve**
 - Don't cling to an old goal just because you once wanted it.

Affirmation: "I trust my desires when they come from truth, not fear. I manifest from my highest self."

Journal Prompt: Where am I still manifesting for validation instead of alignment? What does my soul actually want right now?

Chapter 6: Energy Leaks and How to Plug Them

Your vibration is currency. So why you lettin' everybody spend it like it's free samples at Costco? Here's the thing—your energy is always broadcasting. Always. But if you've got unsealed cracks—people, habits, routines, or thoughts draining you daily—you're sending mixed signals to the universe. That's called an energy leak and it's why your manifestations are slow, glitchy, or totally blocked. Energy leaks are anything that quietly drains your power, lowers your vibe, or disconnects you from alignment without you realizing it. Sometimes it's loud (like toxic relationships). Sometimes it's subtle af (like constantly doubting yourself or doomscrolling). The more you leak, the less you receive.

Common Energy Leaks

- People-pleasing
- Saying yes when you mean hell no
- Checking your phone the second you wake up
- Overthinking every decision
- Replaying old arguments
- Consuming low-vibe media
- Clutter (digital and physical)
- Unspoken resentment

Nina's Leak Check

Nina was meditating. Journaling. Doing her affirmations. But she still felt lowkey tired and disconnected. So she did an energy audit. She unfollowed accounts that made her compare. She stopped answering texts from people who only called to complain. She cleaned out her space. Set boundaries. Cut out caffeine and chaos. Within a week? Her mood lifted. She had creative ideas flowing again. She got invited to an opportunity she didn't even ask for. Her vibe got loud and the universe heard it.

How to Plug the Leaks:

Audit Your Habits. What drains you? What uplifts you? **Check Your Circle.** Are you surrounded by chargers or drainers? **Declutter Something.** Clean space = clearer signal. **Protect Your Morning Energy.** Delay scrolling. Start with breathing, gratitude, or silence.. **Say NO Without Explaining.** That's a full sentence. Practice it.

Affirmation: "I reclaim my energy and protect my frequency like my life depends on it—because it does."

Journal Prompt: Where is my energy leaking? What boundaries or shifts can I make this week to seal it up?

Chapter 7: Inspired Action > Desperate Hustle

You're not here to grind yourself into the ground. You're here to co-create and that means learning the difference between *inspired action* and *desperate hustle*. Desperate hustle says: "If I don't do everything right now, I'll miss my shot." Inspired action says: "I trust the timing—and I'll know exactly when to move."

The Frequency Behind the Action

Here's the secret: **the energy you take action from is more important than the action itself.** You could post the same video online. If one version is dripping with anxiety and scarcity, and the other is flowing with fun and confidence? The results will be totally different. The universe doesn't just respond to effort—it responds to **energy**.

Nina's "Do Less" Breakthrough

Nina was trying to force growth in her business. Posting every day. DMing strangers. Obsessing over numbers. Nothing was landing. Until she took a weekend off. No posts. No pressure. She followed her joy and on Monday? Two dream clients found *her*. She wasn't being lazy—she was aligning.

What Inspired Action Feels Like:

- A random urge to reach out to someone
- An idea that hits you in the shower
- A nudge to go somewhere unexpected
- Joyful energy that bubbles up as soon as you think about doing the thing

When you feel that? MOVE. Don't wait. Don't doubt. That's Source guiding you.

When to Rest (Without Guilt)

If the action feels forced, heavy, or panicked—it's not time. Rest. Recalibrate. Play. Your manifestations won't ghost you just because you took a nap.

Affirmation: "I trust the nudge and move when I'm led. Inspired action always finds me."

Journal Prompt: Where am I forcing it? What would feel *light* and *aligned* to do next?

Chapter 8: Emotional Alchemy 101

You can't only manifest on your good days. The real flex is being able to turn your *worst* emotions into fuel. That's emotional alchemy—transforming heavy feelings into high-frequency shifts. It's not about faking positivity. It's about embracing the emotion, understanding it, and then *flipping the charge*.

Feel It to Free It

You can't heal what you won't feel. Most people try to manifest by ignoring sadness, shame, anger, and fear like they're spiritual poison. Emotions aren't the problem. Resistance is. When you resist emotion, it stagnates. When you *allow* it to move, it transforms.

How Emotions Can Be Energy Fuel

Think of your emotions as messengers, not mistakes.

- **Sadness** shows you where something needs release.
- **Anger** reveals where boundaries are missing.
- **Fear** shows where faith needs to grow.
- **Shame** points to the parts of you craving unconditional love.

Once you decode the message, you can use the energy underneath to shift your state *on purpose*.

Nina's Rage Ritual

After being ghosted by someone she really cared about, Nina felt rage boiling under the surface. Old Nina would've suppressed it. Bottled it up. Moved on, pretending it didn't hurt. But now? She let herself feel it. She screamed into a pillow. Punched a mattress. Wrote every angry thought down with no filter. Then—when her system felt cleared—she burned the pages (safely), took a bath, and wrote affirmations about her worth. That same week? An apology came and a better connection followed.

Ways to Practice Emotional Alchemy:

1. **Movement** – Dance, cry, shake it out
2. **Journaling Raw** – Let your shadow speak freely
3. **Breathwork** – Move the energy with your breath
4. **Rage + Release Rituals** – Yell, rip paper, hit a pillow
5. **Aftercare** – Nurture yourself after the purge

Affirmation: "Every emotion I feel is valid. I trust myself to move through and rise."

Journal Prompt: What emotion have I been avoiding? What is it trying to teach me or reveal about what I'm ready to let go of?

Chapter 9: What To Do When Nothing's Showing Up

So, you've done it all. You asked. You felt it. You visualized. You journaled. You even let go, stayed in the vibe and still... *crickets*. That's when the panic starts to creep in: "Did I mess this up?" "Is this even real?" "Should I just go back to my old life?" Nah. This is just the space between the *energetic shift* and the *physical proof*.

The Universe Works in Delay, Not Denial

Manifestation doesn't always show up on your timeline, but that doesn't mean it's not working. There's momentum building in the unseen. And when nothing's showing up, it's often because something *bigger than you asked for* is lining up. But your job? Stay in position. Hold the frequency. Don't shrink to match the void.

The Vibe Check Checklist:

When things feel stuck, check these:

1. Am I embodying the version of me who already has it?
2. Am I attached to the outcome or staying open to better?
3. Am I taking aligned action—or obsessing over control?
4. Am I letting fear reroute me back to old energy?

Nina's "Stuck" Was a Setup

Nina went through a three-week dry spell—no progress, no signs, just silence. She almost gave up on her project but one morning, she journaled: "What's really happening behind the scenes?" She got an intuitive hit: "You're being upgraded to something better." That same week, she got an offer that was 10x bigger than her original goal. Something she never would've dared to ask for. Sometimes the silence is the **setup**.

How to Hold the Vibe When Nothing's Moving:

- **Keep showing up like it's done.**
- **Celebrate small signs (even mood shifts count).**
- **Talk to your future self.**
- **Stop looking for proof and become it.**

Affirmation: "Even when I see nothing, I trust that everything is moving in my favor."

Journal Prompt: If I knew with 100% certainty my manifestation was coming, how would I think, feel, and act today?

Chapter 10: Rewrite Your Reality. Daily.

Manifestation isn't a one-time ritual. It's a daily decision. Every day you wake up, you're broadcasting a frequency. So the question becomes: Are you broadcasting from the past... or the future you're calling in? The most powerful manifestors don't just *hope* for a new reality. They *live it*. Every. Single. Day.

The Identity Loop

You are not manifesting what you want. You are manifesting what you *are* and what you are is created by what you do consistently. The thoughts you choose. The feelings you repeat. The story you tell. **You become the proof of the reality you're creating.**

Nina's Morning Rewrite

Nina used to wake up and check her phone immediately. Anxiety would hit before she even left the bed. She decided to start rewriting her reality—*first thing, every day*.

She created a new morning loop:

- Gratitude.
- 3-6-9 affirmations.
- A journal entry from her “already successful” self.
- Visualization while brushing her teeth.

Within weeks, her outer world started to match her inner one. Because she wasn't just waiting for change. She *became* it.

Daily Rewrite Practices:

1. **Scripting** – Write about your life as if it's already happening.
2. **Future You Letters** – “Hey, it's me in 6 months. You did it. Here's what happened...”
3. **Mirror Affirmations** – Speak life into your reflection.
4. **Energy Rehearsals** – Feel how you want to feel before the day even begins.

Affirmation: "Each day I wake up, I write the story of who I am becoming."

Journal Prompt: What would Future Me say about how I showed up today? How can I align my energy, thoughts, and actions to match their reality?