

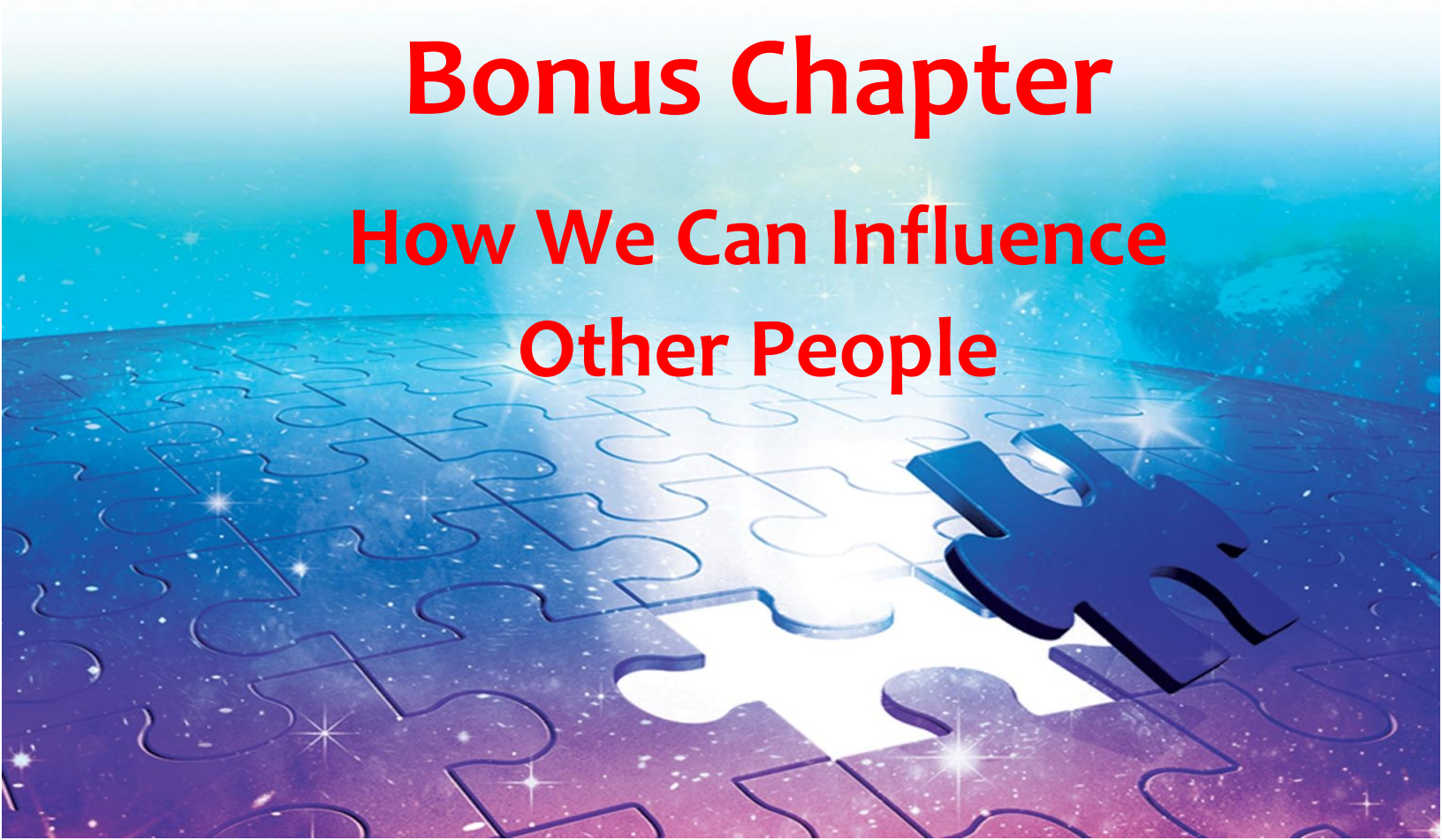
Melody Fletcher

DELIBERATE RECEIVING

*Finally, the Universe
makes some freakin' sense!*

Bonus Chapter

**How We Can Influence
Other People**



Bonus Chapter

How We Can Influence Other People

So, you accept that you're in that holographic room all by yourself, where your reality is simply a mirror of your vibration. You understand that all you have to do is focus in a way that feels truly good, and you'll line up with the frequency of who you really are and what you really want. But how, exactly, do other people factor into this equation? Do they even exist? And if we create our own realities, and those people are in our realities, then why the hell can't we just control them like puppets? Ah yes, the subject of co-creation is a big one. It could fill a whole book on its own (at least!), but I'll do my best to answer your most frequent and most pressing questions in this chapter.

First of all, yes, other people exist. They are other players in the game. Before we go any further, however, I'd like to clarify that no, you cannot control others with your vibration, your mind, your thoughts or anything else, even with all this knowledge. Sorry. But the good news is that you don't have to. You do create your own reality, which means you can choose which experiences to attract, as long as you're creating consciously. And while there's a big difference between controlling your experiences and the idea of controlling other people, when you control the energy of a situation, it will seem as though you are, in fact, controlling others. Let me explain.

We each have our own reality, which is a mirror of our vibration. So, you're floating along, emanating all kinds of different vibrations. And so is everyone else. But what happens when one of your vibrations and that of a different person match? You meet. And your realities line up on that vibration. It might be in a seemingly insignificant way; for example, your waitress at the coffee shop, or someone that bumps into you in the street has to be a match to you in some way. But make no mistake, if you become aware of a person at all, if they are in your reality, your realities have aligned as the result of a matching vibration (See Figure 3).

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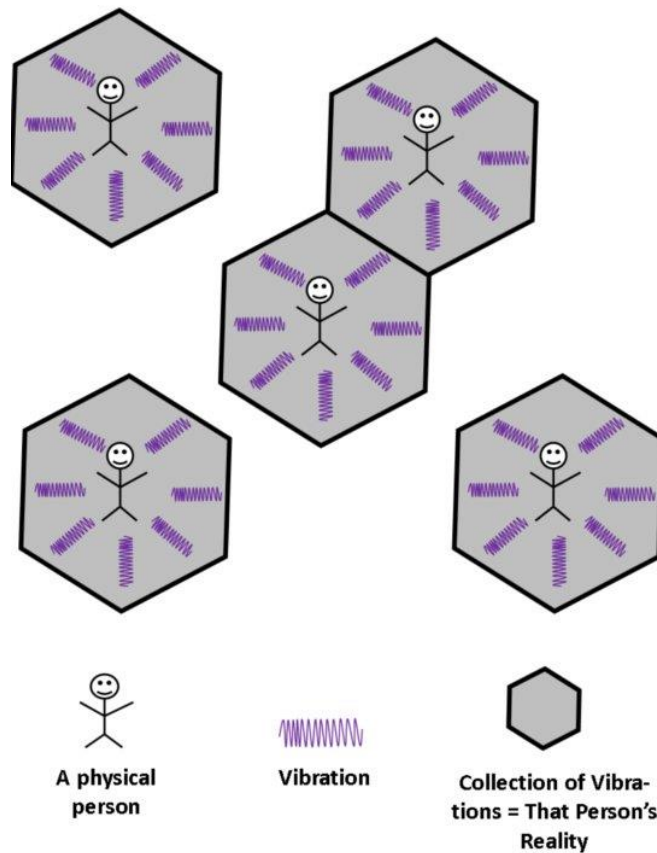


Figure 1

For example, if you have a question and have aligned with the answer, and another person is inspired by their vibration to provide that answer (which fulfills their manifestation, whatever it may be), the Law of Attraction will bring you together. There is a reason for everyone and everything in your life. Again, the Universe wastes nothing. It's all a mirror.

Now, people tend to misinterpret this, especially when it comes to other people. There's this idea that other people directly mirror back your beliefs, so whatever bothers you about them also bothers you about yourself. They ask questions like "My mother in law is a bitch. Does that mean that I'm in denial about being a bitch?" Well, no, not usually. It's not quite that simple (although sometimes it can be, in which case shifting the energy becomes very straightforward. This chapter will help you in those cases when it isn't that cut and dry). My question to this person would be, how does it feel to

you when your mother in law is a bitch to you? What emotional feedback are you getting? Why does it bother you?

Seek out the feeling of what you don't want, then focus on the feeling that you do want. Activate the Progression (remember the Progression of a Manifestation? You can review a short version in Appendix III of the book) and see how deep you need to go. Follow the process. For example, you may find that what really bothers you is not that your mother in law is a bitch, but that you feel you have to sit there and take it. You feel trapped, unable to even stand up and walk away. You may find that you feel totally powerless. In that case, you'd want to give yourself permission to do what feels truly better, which would be to walk away from her in those moments, or even confront her. As you focus on these scenarios, the resistance you have to this empowerment will come up. Perhaps a memory from your childhood representing a belief that you're not allowed to speak up, or that people who are older than you are always to be respected, no matter how awful it feels.

As you work through the process, you'll shift your vibration, which will allow a different version of your mother in law to manifest. In other words, you'll no longer be a match to the part of her vibration that brought her into your reality in the first place. You'll now line up with a different part of her, a different aspect of her. This doesn't mean that she'll magically become a nicer person, she may just be a nicer person *around you*. You won't be able to be in the same room with her when she's in one of her moods, because that part of her will no longer mirror back any part of you. If no part of her matches any part of you, she will gravitate out of your reality, making room for a different person, one who matches the vibration you now have, to gravitate in.

Other people, just like all manifestations, are there to mirror your vibration back to you, plain and simple. But remember, what's being mirrored is not one of your character traits, but your vibration. Other people don't mirror back your behaviors, they offer a response to how you are feeling and by doing so, activate that feeling within you. Of course, this mirroring effect doesn't have to just be negative. Other people can also mirror back joy and awesomeness, if you let them.

How we influence each other

While we can't really control someone else, we can seemingly influence our version of them by changing our own vibration. In fact, our version of them is in our reality to help us do just that. By coming into better alignment with the energy of what we want, essentially with love, we become a match to healthier and healthier versions of the other players in the game. The happier you are, the more happiness inducing those around you will be. The more miserable you are, the more misery inducing those around you will be. Now, this does not mean that if you are surrounded by those who are suffering that you are a sadist, or that you're necessarily suffering. It all depends on how you feel about them. But if you're constantly being bombarded by needy people who seem to be unable to function without you, and they're sucking the life out of you, you have some beliefs you'll want to clean up.

Just for a moment, let's pretend for the sake of this analogy, that we are able to influence each other vibrationally. When we shift our energy and watch another person change to match that new vibration, our experience will basically be the same as if we would've actively influenced them. When you put a person with a higher vibration together in a room with someone who has a lower vibration (one feels better than the other), one of three things has to happen.

1. The person with the higher vibration will lower their energy until it matches the lower vibration. One might do this out of pity, to be helpful (it's not), or simply because it's easy (they're mirroring back a belief that we've practiced a lot.) You'll then both feel bad.
2. The person with the lower vibration will raise their energy until it matches the other person's higher vibration. You'll now both feel good.
3. The person with the lower vibration has to get away from the person with the higher vibration, because the discord between the two energy levels will become too uncomfortable for them.

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Let's take a look at what's really happening vibrationally, shall we? Whenever two different vibrational levels collide, the more stable one always wins. Because we still have a predominantly negatively focused society (but that is rapidly changing!), we tend to be more stable in our negativity. This means, that if a grumpy person walks into a happy room, the whole room will turn grumpy within a few minutes. If, however, someone has a stable high vibration, they can actually bring a whole room up just by being there. We become stable in our higher vibration when we *decide* to feel good. For example, on your birthday you might declare that nothing can get you down today. You focus positively and you choose not to be affected by anything that isn't awesome. You are using your birthday as an excuse to feel good. This makes you more stable in that good feeling than you'd otherwise be. Even if you stub your toe, or someone cuts you off in traffic, you *choose* not to let it get you down. You've decided, because it's your special day, to feel good anyway. It might be a good idea to find an excuse to feel good on the other 364 days of the year. Just a thought...

Each person is mirroring back some aspect of and to the people they meet. This will not be the same aspect. For example, even if two people annoy each other, and evoke the exact same emotion within each other, this does not mean that they hold the exact same belief. They can be quite similar, but our energy is always a very personal thing. We are each unique with a totally unique perspective. The good news is that you don't have to understand or worry about what exactly the other person is upset about. This isn't about them. It's about you and your vibration. You are having one experience – your own – while they are having theirs. So, don't worry about the other person's belief system. Focus on your own.

When you are in a stable, high vibration, you won't be affected by the negativity of someone with a lower vibration, even if their vibration is also stable. If that is the case, though, the negative person will have to get away from you. They'll be uncomfortable, while you will stay unaffected. Basically, your happiness will annoy the crap out of them. If they are even just the tiniest bit less stable than you are, your energy will begin to pull them up. If you are even a little bit less stable than them, their energy will begin to pull you down. They will be triggering you, and in order to keep your stability, in order to keep feeling good, you'll have to be willing make a change, up

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to and including walking away. In this case, their purpose may have been to help you set a boundary that you've been unwilling to set (basically, put your own well-being ahead of not wanting to be rude). You will be triggering them in a very different way. You'll be showing them something they want but still have too much resistance to. This will make them uncomfortable. It's like you're shining a bright light into the dark corners of their house, while they really don't want to see what lurks there. It's a lot easier to get mad at the one shining the light, than clean up something that feels too scary to handle.

If the vibrational difference between two people is too great, like the difference between depression and joy, for example, there will be a lot of discomfort in that meeting. The level of discomfort, however, is always directly relational to how stable you are. The more wobbly you are in your energy, the more likely it is that you'll begin to join the other person in their vibration. If you are completely stable in your happy, shiny puppy vibration, a person with a stable negative vibration won't even be able to enter your reality. You could be in the same room with them, but you won't be aware of their existence.

If you and your girlfriend just can't seem to get together for lunch because your schedules just won't line up, consider that right now, you're not a match to each other. If you're feeling good, she may not be. I've had people gravitate out of my life for months only to come back and tell me that they were struggling with something during that time and have gone through huge changes, since. Now, I know what many of you are thinking: "Isn't that cruel? How could you leave your friends to suffer while you went off and frolicked in happiness?!" But here's the thing: if I had been able to help them, if we had been a match to each other on that level, the Universe would've brought us together and inspired me to say or do something that would've brought relief. If we didn't get together, then clearly, this was not the case.

You see, I have as strong desire to help others, so I'm always available to do so. I know many of you who are reading this are the same. The problem arises when we decide that this means we have to be able to and, in fact, have an obligation to help EVERYONE. When we try to help those who aren't a match to being helped, or aren't a match to being helped *by us*,

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we're basically beating our heads against a wall. It doesn't feel good. We're not helping and they're not being helped. What's more, it's arrogant. Think about it. Do you really think that you can help EVERYONE in the world? All seven billion people? Or do you think it's more likely that some of us are here to help some of us and others are here to help others? When there's a vibrational match, the help feels good to both parties. That means the person in need actually benefits from the help, *and so does the helper*. If you've ever been left feeling elated after doing something for someone, you've experience this kind of match.

When you try to help someone out of a sense of obligation, you are not in alignment with what you want. You're actually diminishing who they are, seeing them as weaker than you, less capable than you, and trying to manifest in their reality. Why would you do that? Well, you'll have to go through your own process to find out exactly, but it's almost always because we have a belief that states that our worth comes from our ability to help others. In other words, we're stuck in the Shame group (where we trade service to others for safety). Remember that service to others from a place of obligation only "serves" those who are stuck in a higher level of the Shame Group as well as the Anger Group, where people gain empowerment through the manipulation of others. Individuals in this group don't feel valuable enough to just ask for help, but if they can get you to do something for them, it allows them to feel more worthy. By catering to someone's manipulations, you're actually enabling them to stay in denial about how they're really feeling.

Let me paint a beautiful picture of what happens in these situations: There you are, walking along in your good mood. Then, you come upon your colleague who's stuck in a pit of sewage, or a Shit Pit. It's horrible, stinky, nasty and he's suffering. He's complaining to you about how bad his situation is. And then, he reaches out his hand to you and pleads: "Come on in! Come and join me! It's sucks in here but I'll be so much happier if I have someone to suffer with." And you, in your reaction-mode or perhaps in your compassion, say "Okay!", and you jump into the Shit Pit to commiserate with him. But now you're both miserable in the stench. Are you truly helping him? Nope! Sure, he'll feel better for a second, like the heroin addict after you've given him his hit, but his situation hasn't actually

changed. All that's really changed is that you're now sitting in the pit, as well. A lot of "helpers" will do this. We will commiserate with others, thinking we are doing good. We are not.

As you sit in the pit together, you look at him and begin to blame him for the situation you're in: "This is your fault! You asked me to jump in! You put me in a bad mood! You complained until I started to complain, too and now *I'm* in a bad mood." You've now moved into resentment. Except it's not his fault. He didn't pull you into the Shit Pit. You had to jump in of your own accord. No one can ever pull you into their pit. All they can do is call you in. You're the one who actually has to take the leap. Your anger, however, can help you climb out of the pit. When you realize that you don't actually have to be there, you can leave. You don't ever have to join anyone in their Shit Pit. What you can do (and generally what you'll want to do) instead, is to stay where you are, in your dry, clean, good-smelling spot, and call them out. "Come on out! I refuse to get into that pit of stink with you; NOTHING is worth feeling like that. But you can come out here. I will stay here in my good feeling place. If you want to talk to me, you have to come to where I am, to where it feels better." In other words, you can inspire them to come to where you are by staying in your high, stable vibration. You cannot ever force them to come out of their pit, no matter how much you plead or demonstrate your happiness. This is the difference between exerting control over someone else (making them do what you want them to do) and offering up a better feeling frequency so that when they're ready, they can come and join you. *When* they are ready to do that is not at all up to you.

You will not make someone happier by becoming unhappy on their behalf. Just like you can't make someone healthy by becoming sick on their behalf. In fact, you'll do a lot more good if you stay happy and healthy, if you fill up your own fountain before you try and fill up yours.

Stabilizing your vibration

Let's look at an example: you have this amazing business idea. Your intuition is telling you that it's a real winner and there are bells and whistles

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going off all over the place. Then, you make the mistake of telling your well-intentioned but somewhat misguided friend about your idea. And he, well-meaning guy that he is, proceeds to explain to you in great detail all the reasons why it won't work. He gives you logical sounding reasons: The economy is in a slump. Do you really have the necessary skills to open a business? No one in your family has ever been an entrepreneur. Isn't it better just to stay safe where you are, even if you're not happy?

He gives you all of these BS reasons and essentially begins to spew his shit all over you. Now, you have two choices: You can jump into his shit pit with him, and begin to think all of those awful feeling thoughts. Perhaps you're NOT qualified, maybe you really will fail... Or, you can decide to stay in your good-feeling place. How do you do that?

First, you DECIDE TO FEEL GOOD. You decide to only think thoughts that feel good about this subject, and not be affected by anyone else's opinion. That may mean walking away from people who want to engage you in negative conversation. Now, if you don't have a lot resistance going on within you around this subject, then just deciding to stay positive could well be enough to stabilize your vibration. But if you do have some underlying fears and limiting beliefs, then you'll need to do a bit more work. In this case, the following will happen:

Your friend's negative comments, which are ultimately only mirroring back your own fears, will become your point of focus. Your fears, which were already present before you met up with him, will begin to amplify. As that momentum builds, you'll begin to slide into the pit, no matter what you do. The momentum is already in motion, and there's not much you can do to stop it in that moment. Into the shit pit you go. If you want to get out of the pit, you'll have to make the decision to do so, whether or not your friend does, too. You'll have to be willing to walk away and focus on something that makes you feel better. You cannot make how you feel dependent on how he or anyone else feels. That's how you climb out of the shit pit. You can't do it as a team. It's every man and woman for themselves.

What would that look like in a real world situation? When your friend begins to tell you why your business idea won't work, you'll either have no reaction to what he's saying (it won't concern you, because it won't trigger

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any fears or beliefs you hold), or, you'll realize that his words don't feel that good to you (they are calling you into the pit), and you'll firmly but politely tell him something like "I really appreciate your point of view and what you're trying to do, but I just feel so good about this idea right now and I really just want to continue to talk about how fantastic it is, so that's what I'm going to do." And then you either walk away or you engage him in that conversation. If he's anywhere near you vibrationally, he may reach up to meet you, which means the two of you will have this fantastic, positive conversation. However, if he's not able to do that, if he can't climb out of his shit pit, then you need to walk away. For the time being, this is not a person that you'll want to share your business ideas with. As you continue to stabilize, as you get stronger in your own, deliberately chosen beliefs, other people's negative comments will no longer bother you or have the power to bring you down. And then, you'll stop manifesting those comments altogether. When you no longer need a manifestation to show you that you're not stable, because you are, those manifestations serve no purpose and can no longer show up in your reality.

If you truly want to help people, if you truly want to influence others in a positive way, you'll have to tend to your own feelings FIRST. No exceptions. It is only through your stability that they can find theirs. In other words, what helps them is your energy, not the fact that you care about them, or the specific words you say. But when you do stabilize your vibration, you end up helping others automatically, whether you're aware of it or not.

How to manifest the love of your life

Of course, no book on manifesting would be complete without at least a few paragraphs on how to attract love. And isn't it nice of me to make you read through the *entire, freaking* book before I got to this point? Well, that was by design. You see, what I'm about to tell you is not going to be satisfying or helpful in the least if you don't understand how the mechanism of reality works. So, if by any chance you skipped to the back of the book and have downloaded this Bonus Chapter without having first read the original text, shoo!

Let me first debunk a couple of myths about manifesting love, that people just LOVE to hold on to, even when I've explained the whole mechanism to them. They can practice detachment and allowing and all the rest on any topic, but not when it comes to love. Nope, that's when the neediness comes out. Nothing makes us feel quite as unworthy and loser-y as being single when we don't want to be. Again, this subject would be worthy of a book all on its own, but I'll do my best to hit the highlights.

Myth #1: You can attract a specific person. I'm so sorry to tell you this, but you can't. Think about it. In order to attract a specific person, you'd have to be able to control them. If their vibration doesn't actually match what you REALLY want, you will not attract them into your reality as a romantic partner (providing you are aligned with what you REALLY want). So why are you aware of them at all? This other person is a manifestation, which means that they are a representation of a frequency, but not necessarily the frequency of what you want. If you insist on focusing on them instead of what you *truly* want, you are making the representation more important than what you want. *This will never lead to you getting what you want!* If you have trouble with this concept, please read Chapter 9 (Awareness – What You Really Want and How You Actually Feel) again, and this time, think of your romance issues as you do it.

Myth #2: There's such a thing as a soul mate or the ONE. Now, while you do have soul mates, you don't just have one. In fact, it could be said that everyone that's in your reality is your soul mate. They are here to play with you and benefit you, especially those who piss you off the most. And, I've already addressed the issue of the ONE in the section on Precursors (Chapter 12 - Manifesting the Reality You Want). Stop looking for the ONE and start looking for the NEXT ONE, the one that will mirror back the vibration you have right now. There is no mythical creature that will continue to be a match to what you want and what you are becoming a match to (because that's always changing) FOREVER. Focus on what you want, what you truly want, and let the partner that matches that NOW manifest.

Myth #3: A relationship is not successful unless it lasts forever. This is such a pervasive and damaging belief that keeps people stuck in relationships FAR past their expiration dates. All relationships end at some

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point. Everything ends, because everything changes. You cannot stop evolving and when you try, you just end up blaming your partner for it. This is never pretty. This does not mean that long term relationships aren't possible, but it does mean that you have to allow things to change and morph. And yes, sometimes this will mean that people will come into your reality for a while, in order to mirror back a specific belief to you (or set of beliefs), and when they've "served their purpose", they will gravitate right out. This never means that the relationship was a failure. It simply means that your vibration has changed to the degree that the other person is no longer a match to you. You've become a match to an even better experience. Why not let that in?

Of course, it is possible to stay with one person for the rest of your life. Keep in mind that not everyone who's been together for 50 years falls into this category. Many of those couples are miserable, which isn't something I'd consider worthy of modelling. In the case of a happy, long term marriage, the couple is made up of two individuals who are both engaging in their own growth, neither of them making the other responsible for how they feel, and who are continuously becoming a match to each other over and over again. Whether you know it or not, this is the kind of relationship you truly want, because this is the kind of relationship in which you can be who you really are. This is a happy, joyful, awesome relationship. So, what do you have to do in order to become a match to *that*?

The short answer is: Get happy. Raise your vibration. Focus on what you want and release what comes up as you do. What's that? You want a slightly longer answer?

Well, first, you have to let go of the myths I just mentioned. All three of them entail you making your partner responsible for how you feel. When you make only yourself responsible for how you feel, when you are empowered, you are, as I like to call it "owning your shit". Really happy, healthy relationships are made of two (or more, whatever floats your boat) people who each *own their shit*. This means that you are taking responsibility for your emotions, instead of trying to force the other person to change so you can feel better. It does not mean putting up with behavior that's detrimental to you. This isn't about your partner doing something that hurts you while you put up with it. If you are manifesting

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douchebags, it is NOT because you're supposed to learn to love their doucheyness. It's almost certainly because you're not setting boundaries; you're putting their needs ahead of your own (Shame). In many cases, truly honoring yourself will mean walking away. This is generally true if you're currently living in the lower part of the spectrum. As you raise your vibration into the upper part of the spectrum, you'll notice partners sticking around longer. But don't expect the same person to follow you from Depression to Joy. That's a lot to ask (See Myth #3).

The best way to become a match to the partner you want, or anything for that matter, is to focus on how you feel. If you need to have a partner so that you can feel better, if you've made that a requirement for your joy, you will probably never find the partner you really want. Why not? Because, it's a self-defeating cycle. You are not happy, and you've decided that a partner will make you happy. The partner you want represents happiness, which you are not currently a match to, because you can't be happy until you have a partner. Do you see how you can't become a match to what you want until you remove the conditions you've decided have to be met in order for you to do so?

One of the scariest questions you can ask yourself is: "What if you never get what you want?" Sit with this and explore it if you can. You'll get a lot of information about how you're currently blocking what you want; the conditions you've attached to getting what you want will present themselves. A lot of people simply have the belief that it's impossible to be truly happy unless they're in a relationship of some kind. They will not allow themselves to feel complete until they are. The only problem is that they can't attract a partner that mirrors back completeness to them until they're already a match to that, so they tend to get insecure partners that ask for much more than they're willing to give, leading to resentment. They end up feeling even less complete than before. Go figure.

You are not incomplete, far from it. You are not half a person looking for a whole. You are a powerful creator. You are All That Is, having split itself into different levels of consciousness. You are a holographic splinter of God, containing all that God is, all that everything is. You do not need to attract another aspect of yourself in order to matter. You already couldn't possibly matter more than you do. If you didn't matter, you wouldn't exist. Another

person cannot complete you because you're already whole. And you can never not be whole. Another person can only ever mirror back how you feel about yourself. So, if you want to attract love, then be love. Love everyone, love all the time, but mostly love yourself. When you feel loved, you will attract evidence of that love. You will be loved.

There are no tips and tricks that will bring the love of your life to you if you are not a match to them. Nothing can do that. That being said, I'm happy to show you how to apply the Deliberate Receiving process to the idea of attracting a romantic partner.

Attracting a Partner, the Deliberate Receiving Way

The first thing you'll want to dissect is what kind of relationship you truly want. You can start by listing all of the qualities you don't want, and then determining what you'd like instead. As always, remember to focus on the essence of what you want. Once you've made a list of what you want, stop for a moment and activate each point. Feel it. If you don't get any positive emotional feedback at all, you are not focusing on the essence of what you want (you're probably focusing on what you don't want).

For example, you may place "intelligent" on your list, because you really like smart guys. The problem is, you've always attracted cute but not too bright dudes. When you think of the word intelligent, you may actually be thinking "not stupid", which means you're focusing on how stupid your exes were. If this is the case and you don't catch it in the early, emotional feedback stage (Stage 2 - Emotions), don't worry, you'll realize it as soon as you get to the thoughts and memories stage (Stage 3). The memories that will come up will be of your stupid ex. So, what would it look like if you actually went out with an intelligent guy? Sit with that for a minute and see what comes up. A memory pops up from when you were a teenager and you saw a really hot college guy with his friends at the park. At some point, you found yourself talking to him, but ended up saying something that caused his friends and him to laugh at you. You felt stupid. You realize that you keep dating stupid guys because the intelligent ones intimidate you. You don't believe that YOU'RE smart enough for an intelligent guy.

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As you sit with this realization, you try to see yourself feeling equal to a smart dude, feeling secure in his presence, even at cocktail parties. You do your best, but even after a few minutes of visualizing, you feel no relief. So, you delve further into this memory. You pretend that this guy and his friends are in front of you and you let them have it. You stand up for yourself and the younger you, because saying something stupid and being stupid are not the same thing. You also lecture them that they, as the older boys, could've been more compassionate, instead of taking advantage of your younger self's insecurity. In other words, you let your anger take over and you express it in a constructive way. You can even imagine yourself beating them all up. No, this will not turn you into some kind of sociopath who goes out and hurts people. Remember that acts of violence stem from severely repressed anger. You're letting the anger out, so that you'll never actually have to slap people. Keep releasing your anger until it's done. At this point, you may need to take a break, especially if the release was a big one.

When you do come back to the subject, you try to visualize yourself with an intelligent man and feeling totally secure about it and low and behold, you're able to do it! In fact, it feels great. Over the next few days, you notice several synchronicities of hot, smart guys in your reality. Not only that, but you notice that you're no longer intimidated by your not hot, but certainly smart boss; you speak up more in meetings; you find it easier to give presentations. Releasing a belief about not being smart enough will have affected other areas in your life, as well.

Whenever someone asks me to help them manifest the "love of their lives", I always do my best to discourage them from focusing on that goal, and focus on manifesting an all-around awesome life, instead. This isn't because they can't find love, quite the contrary. It's because as you work on your vibration holistically, you will change your life - all of it. Trying to fix the one area that's most painful isn't always the best course of action. In fact, it can often slow you down. If you simply focus on feeling good, if you activate the general frequency of joy (or whatever emotion you can reach in that moment), the progression will bring you the beliefs that are blocking ALL the manifestations you want. This will include the beliefs that are affecting you in the romance department.

Don't try to segregate your life into issues. See it as a whole, like a body of water. If you make a change to one part, you'll make a change to the whole (if you pee in the pool, it will affect all the water, not just the gallons in your immediate vicinity). When you improve your home life, your love life will often improve and vice versa. Trust the process. Trust the game. Trust yourself.

Recap

So, how can you influence other people? You can't. But you can change your own vibration and attract manifestations, including other people and even versions of those other people, which will mirror back that vibration to you perfectly. It's never, ever, EVER about them. It's always about you. This doesn't mean that it's your fault, that you are causing them to be douchebags. But if you have attracted douchebags into your reality, there is a reason for it, and one you can address and change.

When you truly understand how the mechanism of reality works, it will seem like you have control over other people. You will attract the nicest, sweetest, most helpful individuals into your world. People who are normally grumpy will light up and shine around you. Sometimes you even get to watch this in real time – you'll see someone getting lighter and lighter in your presence. The more stable you are, the more enjoyable your interactions with others will be. When you understand that everything is simply a mirror, then you'll never feel unsafe with others again. No one can ambush you. No one will have power over you, because you're not giving them any. When you practice self-love, others will express their love for you in ways that actually validate you. Life becomes an extraordinary, awesome, adventurous romp where you never fear or dread meeting others, you look forward to it and the manifestations they bring. Every person you meet will feel like an old friend. That's because they are. They are your soul mate.

Bonus Chapter - How We Can Influence Other People

I hope you enjoyed this bonus chapter and, come to think of it, the entire book! I'd love to hear what you have to say, and if you still have any questions. You can do that in several ways:

1. Leave a review on Amazon (if you bought the book on Amazon) or whatever online retailer you used.
2. In order to access this bonus content, you gave me your email address. I'll be sending you more awesome content on a regular basis, covering how to apply this framework to a variety of topics (usually as an answer to reader questions). Simply reply to any of those emails with your comment or question and it will find its way to me.
3. Contact me through my website, at <http://www.deliberatereceiving.com>.
4. Hit me up on [Facebook](#). (If you're not connected to me on Facebook already, why not like the page now?)
5. Leave me a comment on my blog.

I really look forward to hearing from you!!!

Huge smooshy, happy, shiny puppy hugs,

Melody