

The Power of Energy: Lessons from Dreena Lopes

Everything in the universe is energy. As Dreena Lopes explains, our thoughts, emotions, and focus are constantly sending out vibrations that shape our experiences. By becoming aware of the signals we transmit, we can begin to attract more of what we truly want in life.

When we shift from dwelling on problems to focusing on possibilities, our energy changes. The universe responds to this shift, drawing more aligned opportunities and experiences into our lives.

Key Insights

- ❖ Energy is the foundation of everything, what you think, feel, and imagine creates your reality.
- ❖ The Law of Attraction draws similar energy to itself, focus on what you want, not what you fear.
- ❖ You are always transmitting a signal. By choosing positive, empowered thoughts, you broadcast the life you want to live.

Self-Reflection Questions

- ❖ What kind of 'signal' am I broadcasting today, positive or negative?
- ❖ How do my daily thoughts influence the way I feel about myself and my future?
- ❖ Where am I focusing on what I don't want, instead of what I do want?
- ❖ If I believed fully that my energy shapes my reality, what would I start changing right now?

Closing Affirmation

"What I think, I become. What I feel, I attract. What I imagine, I create."