

Good Vibe Coach,  
*Jeannette Maw*, presents

The  
*Magic of  
Pray & Rain*  
Journaling

Leveraging the Law of Attraction  
with the Written Word



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# The Magic of Pray Rain Journaling

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## Table of Contents

<b>INTRODUCTION .....</b>	<b>4</b>
<b>CHAPTER 1: LOA 101.....</b>	<b>5</b>
<b>CHAPTER 2: VIBRATIONAL ALIGNMENT .....</b>	<b>8</b>
<b>CHAPTER 3: POWER OF THE WRITTEN WORD .....</b>	<b>10</b>
<b>CHAPTER 4: PRAY RAIN JOURNALING .....</b>	<b>12</b>
PRAYING RAIN.....	12
PRAY RAIN JOURNALING .....	13
STARTING YOUR JOURNAL .....	16
FREQUENTLY ASKED QUESTIONS (AND ANSWERS) .....	17
SAMPLE PRAY RAIN PAGES .....	21
<b>CHAPTER 5: REAL LIFE CASE STUDY .....</b>	<b>24</b>
<b>CHAPTER 6: TIPS TO AMP UP YOUR JOURNAL POWER.....</b>	<b>27</b>
RELEASE ATTACHMENT .....	27
MAKE PEACE WITH WHAT IS .....	28
LIVE AUTHENTICALLY: ELIMINATE TOLERATIONS - FEEL GOOD .....	30
<b>FINAL THOUGHTS &amp; RESOURCES .....</b>	<b>32</b>
<b>WHO IS JEANNETTE? .....</b>	<b>33</b>
<b>WHAT IS GOOD VIBE UNIVERSITY? .....</b>	<b>34</b>

### Introduction

Welcome to one of the most powerful manifestation techniques you'll ever use.

I intend you'll find pray rain journaling to be an extremely effective and fun method for activating the right vibe to come into alignment with whatever you desire.

Before we get started, please remember this tip:



### Do What Feels Good!

If I suggest something here that doesn't resonate with you ...

Don't force yourself to act on it.

Let it go and move on to another suggestion that does appeal.

Because the way this works is that **we get what we vibrate**; that is, what we feel.

So if you're not feeling fabulous or doing something that makes you feel lovely, it won't take you where you want to go.

**Pay attention to how you feel and go with what feels better.**

Having said that:

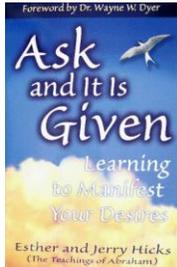
I suspect you'll find pray rain journaling an exceptionally good time ...

## Chapter 1: LOA 101

If you're reading this e-book, you probably already know about the Law of Attraction.

If you don't - or if an in-depth tutorial would be helpful - there are excellent resources available

...



My favorite is [Ask and It Is Given](#) by Esther and Jerry Hicks. Or you can try [Excuse Me, Your Life Is Waiting](#) by Lynn Grabhorn if the thought of something channeled makes you feel funny. Or watch [The Secret](#) by Rhonda Byrne if you'd rather not read anything at all.

Otherwise, here's a short primer on the law of attraction just to make sure we're all on the same page:

### **Everything in the Universe is Made of Energy**

And energy vibrates.

That means you and I are made of energy and are vibrating. Same goes with our thoughts. *We create vibrations when we create thoughts.*

If that weren't spooky enough, these vibrations we create with our thoughts attract like vibrations.

So everything syncs up.

Which means the things we experience in life are a direct result of what we vibrate. **We get what we vibrate.**

**If you don't like what you're experiencing, all you need to do is change your vibration.**

Your vibration is just a result of what you're *thinking and feeling*.

Sounds simple, right?

Yeah, well, it's proven out to be easier said than done.

But more and more of us are getting the hang of managing our vibration deliberately. If I can do it, so can you.

Helpful keys to remember:

- Your vibration is a result of your thoughts and feelings.

As you have a thought, that leads to a feeling, which makes up your vibration. Your beliefs, expectations, the stories you tell – all of it contributes to your overall vibration. You manage your vibration by changing how you feel, which is usually best done by changing what you think or what you're focused on.

- Law of Attraction is also referred to as ...
  - deliberate creation
  - creating your own reality
  - conscious creation

It's the basis of the understanding that **your thoughts create your world**. As you think it, so shall it be.

- This knowledge has been in place for eons.

**This is not new information.**

Earliest written record of this principle goes back to the Emerald Tablet, which is shrouded in mystery itself, but probably dates to about 3000 BC.

Doreen Virtue's *Divine Magic* is a fun read if you're interested in going back to a thrice edited version of the ancient text.

I also enjoyed Gregg Braden's discussion in *Secrets of the Lost Mode of Prayer* about how ancient spiritual disciplines have practiced this technique for ages, and we likely would have too, if Constantine hadn't edited this info out of the Bible long ago.

(In fact, Michael Todd's *12 Conditions of a Miracle* is also an interesting read about how Jesus taught us how to create our own miracles.)

Bottom line:

Although much of the information about Law of Attraction focuses on "thought" as the key creation principle, remember ...

**it's actually our *feelings* that make the difference.**

This is why some people say affirmations don't work. If you just simply repeat a thought over and over but it has no affect on how you feel, nothing changes.

The feelings (i.e. the vibration) is what matters most.

## Chapter 2: Vibrational Alignment

Now that we have a common understanding of how the world works in Law of Attraction terms - that is: **vibrations attract like vibrations** - let's dive in deeper about what this means for you and your life.

It's human nature to have desires, so we may as well get comfortable with them.

The answer to common pain and suffering isn't to desire less, or even desire different things.

**The answer is to get comfortable with our desires** - which is easier to do when we know how to satisfy them.

As you probably know, it can be frustrating to not get what you want.

It can also be exhausting if the way you go about achieving those desires involves a lot of hard work, struggle and sacrifice.

There's a better way.

### Create Vibrational Alignment

That better way is to create vibrational alignment with our goal, which probably isn't what they taught you in business school. (At least, that's not what they taught me.)

Most of us were trained to work hard, pay our dues, and keep our nose to the grindstone in order to earn the reward. Which turns out is a bunch of hooey.

We know better now.

**In order to achieve our desires in a swift, effortless, and naturally fun way, all we need to do is create internal vibrational alignment with what we want.**

Simply put, that means **feel good now**.

We want things because we think we'll feel better when we have, be or do them.

So because the way the Law of Attraction rules our world, the best way for us to have/be/do these things is to feel that way **now**.

As we do that, we create vibrational alignment with what we want.

When we manage to feel good now, we become a vibrational match to all the things we want.

**This makes it much easier for Universe to deliver the goods!**

Yay, right?!

### **So How Do You Feel?**

Our challenge then isn't so much to figure out how to get these things we want.

Rather, *our challenge is how to feel that way now*. Or put in other words, how to create vibrational alignment with our desire.

Finding this alignment is crucial because ...

- Good things don't happen while we're frustrated.
- Happy news doesn't come while we're depressed.
- Windfalls can't arrive while we're in panic.

Those vibes simply don't match.

In our world, like attracts like. So in order to allow in what we want, we need to find a way to feel that way now – the way we would feel when we have what we want.

Make sense?

It is rather counter-intuitive to what we've been trained to do, though, isn't it?

We're supposed to be happy *before* we get the promotion? Or feel satisfied in *advance* of finding our perfect home? Or feel the love now, before our Prince Charming shows up?

Yeah, that's right.

Which is what this book is designed to help you do:

**Create vibrational alignment in advance of the manifestation.**

That's what allows the manifestation.

A **pray rain journal** is a powerful way to flow the feelings now, before anything "happens" in the "real world," which is what's required in order for things to happen.

The key is you don't have to figure anything out or make anything happen – other than be deliberate about your vibration, i.e. thoughts and feelings.

Okay, let's move on to how this technique can work miracles in your life ...

## Chapter 3: Power of the Written Word

**Everything that exists began as an idea – a thought.** Thoughts expressed in writing have tremendous power.

Most of us don't use written words this way.

Take, for example, the typical journal.



Many of us were taught to explore and process our thoughts and feelings by writing about them each day. I know many people who keep a habit of writing down their daily experiences in journal form.

As we use written words in that fashion, you now know from a Law of Attraction perspective that what you're doing is reinforcing exactly what is.

So all you get is more of the same.

Which is great if you love your life. Not so great if you're interested in change.

Here's how that works:

... as we write down our thoughts, we reinforce that vibration. When I write about my awful day at work and my frustrating feelings about my boss, I'm vibrating "awful" and "frustrating." Since like attracts like, I'm calling in more things that feel awful and frustrating.

Kinda makes you think twice about how you journal, huh?

You'd be well-advised to refrain from writing about what's frustrating you or what you're missing in life.

Now, I'll be the first to say there are exceptions to that.

It can be very helpful to process challenging feelings and situations by exploring them in written form.

And processing a challenging feeling is **helpful in releasing it** – so we can **be done with that vibe** and **move on to something better**.

But I prefer using the journaling process to create vibrational alignment with what I want, rather than create alignment with what already is (by journaling about what happened) or even what I don't want (which is what I do when I rehash the negative past).

### **\$10 Million Dollars**

We've also seen many examples of the power of writing something down. Remember Jim Carrey's check written out to himself for ten million dollars while he was a struggling actor?

And you've probably heard about the study of success where the most common determinant of success was whether a person had written down their goals?

This is not a new concept.

And if you haven't already taken advantage of the power of writing, you're in for a treat.

But pray rain journaling takes it a step further.

Read on to see what I mean ...

## Chapter 4: Pray Rain Journaling

What exactly is pray rain journaling?

### *Praying Rain*

Let's start with the term "pray rain."

It comes from author Gregg Braden's story about his Native American friend, David, who took him on a quest to bring rain during a long drought in New Mexico in the '90s.

David surprised Gregg when instead of singing, chanting and dancing in extravagant costumes, he instead spent a few quiet moments in a sacred circle of stones with his eyes closed.

When Gregg asked what the deal was (Gregg was expecting costumes, dancing and chanting), David laughed and said if he prayed FOR rain he wouldn't get rain. Because ...

**When we pray FOR something, we acknowledge its absence, and that acknowledgement empowers the very condition we don't want.**

What David did was "pray rain."

He felt the rain falling on his arms, collecting under his toes, smelled it in the air, tasted it on his tongue, imagined shoulder high corn due to all the rain that's come.

**He FELT rain.**

He didn't ask for it to rain, he imagined it raining now.

As the story goes, it did indeed rain.

Lots. It actually flooded.

I've heard Gregg laugh about watching the weatherman that night puzzle over the strange dip the jet stream made down to New Mexico which allowed for a torrent of water to be released over the area.

This story of praying rain makes an important distinction – as important as it gets when we're talking about deliberate creation.

When we ask FOR something, or when we *want* for something, by definition we are acknowledging we are WITHOUT it.

The way the Law of Attraction works is that *we get what we vibrate*.

So if I ask for something and in doing so I feel the absence of it, I can only attract more absence of it.

### The Trick is to:

**Feel it. Be it. Experience it. Whatever “it” is that we want - now. That puts us in vibrational alignment with what we want and that’s what allows it to manifest.**

- Be in the middle of a drought yet able to feel the rain
- Be diagnosed with sickness and yet feel health
- Be in the midst of financial distress but feel relief, abundance or peace

That’s where our power to create the lives we desire truly lies.

The term “pray rain” means to vibrate what you want, rather than vibrate the lack of it.

### *Pray Rain Journaling*

I was taught that if we write one page a day in a new journal about what we want as if we already have it, by the time we get to the end of the book we will indeed have it. (Or we’ll be so close we can reach out and touch it.)

About a decade ago I spoke with a girl who used a pray rain journal to open her own hair salon. She was a stylist who dreamed of having her own shop, and she used a pray rain journal to get it.

**pray rain journal** (prā rān jūr nəl) *n.* **1.** Using the power of writing to create the vibration of what we want. **2.** To immerse ourselves in the feeling state of what we’re calling forth.

But I didn’t use the technique myself until a year or so later when I sat in a difficult staff meeting at my corporate job.

We were told if we didn’t turn our numbers around in a hurry – as in a couple weeks – they’d pull the plug on the whole department and we’d all be out of jobs.

I felt like I’d just been pre-fired.

This wasn’t great news even though I didn’t particularly love the job.

Management had us doing ridiculously unexpected things like cold calling prospects, using scripts in conversations, attempting to schedule appointments with decision-makers who would buy our product.

(When we took the jobs, we expected the appointments would be made for us and we were just supposed to show up as the retirement plan experts that we were.)

To make it even more awful, management was tracking our stats.

We were supposed to make “x” number of phone calls in order to get “x” number of contacts and schedule “x” number of meetings to get “x” number of sales.

And none of it was working.

I’ll spare you the details, but suffice it to say, we were miserable and in danger of being unemployed.

After this staff meeting where I felt like I’d just been fired, I went back to my desk and asked myself what to do next.

I realized management’s plan wasn’t working, and since I was practically out of a job, I figured I may as well do something my way.

That’s when I remembered the pray rain journal.

Start a new book, write down a page a day about what you want as if it’s already happened, by the time you get to the end it will have happened.

I realized I needed a short book!

In my drawer I found a little two inch by three inch, maybe 25 page, 88 cent notebook that I hadn’t written in yet.

Perfect!

My first entry went something like this:

“Isn’t it great how *prospects* find *me*?! I love how excited they are to hear about my product. We have excellent rapport, and this product is perfect for their company and their employees. They can’t wait for me to implement it for them!”

That was it.

A couple of sentences in less than five minutes.

*But during that five minutes, magic was happening.*

**My vibration was shifting.**

I moved out of “misery” and into success. Just for five minutes, but that’s all Universe needs – a little opening!

After I finished the entry, I asked myself what felt good to do next.

Lunch!

I hadn't had been to proper lunch since I started this job. I'd been eating out of the vending machine, alternating between Snickers and Grandma's double chocolate chip cookies.

So I left the building.

(Yay!)

Sat at an outside table on this gorgeous spring day at my favorite Greek restaurant across the street. Kicked my feet up on the chair and relaxed while I fed leftover pita bread to the sparrows.

In fact, I was goofing off.

It was a nice change in the vibe. From harried and pressured and making no progress to relaxed and smiling and carefree.

After an hour and a half of relaxing, I asked myself what felt good to do next. My answer was to go back to the office, which I did.

Just following the "feel good" and running a whole new vibe in the process.

In the elevator on the way back to my cubicle, a handsome gentleman asked who I was. I told him my name and the company I worked for. He said he knew all the employees there, and asked what I did for them.

When I told him I sold small business 401k plans, his mouth dropped open.

He said he didn't know we sold 401k plans to small businesses.

I assured him we did.

He *insisted* I follow him to his office. Which is where he showed me his desk littered with sales literature from 401k vendors.

He said "I've been going through this for weeks, haven't been able to make heads or tails of it. Can you help me?"

Can I help him?!

It's only what I was born to do!!

I easily chatted with him about 401k plans and showed him literature that I had with me in my satchel.

Fifteen minutes later he stood up and I thought he was saying goodbye.

But instead he walked me down the hall to introduce me to his Human Resources Director. “Shelly, Jeannette’s going to implement our 401k plan, so sign whatever she needs you to sign.”

He looked at me and said, “Jeannette, how soon can you get that to us?”

I was speechless.

This was supposed to be a six week process, and it just happened from start to finish in 20 minutes.

You can imagine that from that point on I was a big fan of pray rain journaling.

A page a day about what you want as if you already have it.

### **Simple. Easy. Effective.**

I’m certain this “miracle” dropped in on me because I allowed it to by also doing what felt good – which was a huge vibe-shifter.

(The misery of cold-calling and having managers pressure me for stats was a nice vibe to leave behind, even temporarily!)

But if I hadn’t aligned to what I wanted (which started with the four sentence entry to the pray rain journal), that story wouldn’t – in fact *couldn’t* - have unfolded the way it did.

Let’s get to the nitty gritty of how you can leverage the power of a pray rain journal for your own benefit:

### ***Starting Your Journal***

This is a simple process: Get a journal, a pen, and 5-10 minutes each day. Let’s keep it simple! I’ve found it helps to use a journal that feels good to spend time with.

Attractive colors, maybe a cover photo that has some significance or appeal to you. Easy open pages that make it nice to write in, lined or unlined – doesn’t matter.

Whatever you prefer.

Make sure it’s a size that is easy to handle (not too big, not too small).

You’ll also want to use a pen that’s fun to write with. I like brightly colored ball points with extra fine tips that don’t smear.

(I’ve actually anointed one of my favorite purple pens as my “magic pen” – where whatever it writes down happens.) Get a pen that you’ll enjoy picking up every day.

I also name each journal, just to add more power to the process.

Maybe you'll like the sound of a "Get Paid to Write" journal or "Attract The One" book or "Thrive at Work" journal. It sets a nice tone for calling in the manifestation of what you want.

After that, it's just a matter of actually opening the book and making an entry once each day.

You'll have to remind yourself of it the first few times, but after a week or so it'll be a habit that you enjoy. (And if you don't enjoy it, this isn't a technique that's likely to serve you, so don't force yourself to do it.)

The way I reminded myself each day to make my entry was to keep it next to the bed. Lights didn't go out until I'd written up my page for the day.

Trust yourself to know what will serve you best.

Your intuition will guide you well, so listen for and follow it!

### ***Frequently Asked Questions (and Answers)***

Here are some of the typical questions clients ask me about their pray rain journals:

#### **Q: Does it have to be a journal?**

If you just want to clip a bunch of empty pages together and call that a journal, that'll work too.

It doesn't have to be an expensive beautifully bound book with gold-lined pages. Although I will say that having a nice place to make your written entries helps tremendously with enjoying the technique.

(Remember, the better you feel, the more aligned you become to your desire.)

It's not the journal that's magic.

**It's the process of creating *vibrational alignment* that's magic.**

So it doesn't matter what you're writing *in* or what you're writing *with*, as much as how you *feel* as you're doing it.

#### **Q: Does it have to be a new journal?**

If you intend to rely on the instruction that by the time you get to the end of your book you will have what you want, then yes, start off with a new journal.

If you're ready and rarin' to go and don't want to wait till you can go shopping for a new journal, just rip out those first couple pages you started during your breakup last year, and you'll be well served.

(Although if that particular journal really does remind you of something not-so-fun, I wouldn't suggest using it.)

**Q: Does it matter what time of day or night I write in it?**

I think **it helps to create a consistent habit**, but no, it doesn't matter *when* you write in it or *where* you are when you make your entry, as long as you do it once every day.

This might be a nice way to create some ritual in your life, so again, follow your intuition and do what feels best to you.

**Q: What happens if I miss a day? Do I have to start over?**

No worries!

If you miss a day, you are not losing ground. Just pick up where you left off the next day and continue the momentum.

There's no need to start over, but know that the more consistent time you spend creating your vibrational alignment, the sooner your manifestation of what you want.

**Q: Do I have to have a different journal for each thing I want to manifest?**

Again, if you intend to rely on the instruction that by the time you get to the end of your journal you will have what you want, then yes, use one desire per book. If you don't care so much about the timing, feel free to cover various topics in one journal.

It will still work.

I personally prefer to keep the topics separate by book.

When I run two journals at once (for example, one for work and one for health), I make an entry in one book each morning, and the other each night. I found if I tried to do them at the same time I didn't enjoy the process as much, as it was easier to burn out on it.

We're looking to avoid burnout, as that is not a feel good vibration, right?

And we get what we vibrate, so keep this process light and fun!

**Q: Do I have to write on both the front and back of each page?**

One side is fine. If you feel inspired to fill front and back, please do!

At times, I have used my second side page for a quick entry on what I'm grateful for. That way I was keeping a pray rain and gratitude journal all in one!

**Q: How long does each entry need to be?**

Shoot for a full page, but as long as you get a couple of minutes in the vibration of what you want you're in good shape.

It doesn't matter so much how much you write or how long you take to write it, but rather that **you're activating the vibe of what you want.**

I had a client who wrote just one word on each page every day, because she wasn't a big fan of writing but wanted to experience the magic of a pray rain journal.

She claimed that just writing that one word brought her to the feeling place of what she wanted (moving to a new city and getting a new job).

If that's true, mission accomplished. (It definitely worked for her – and fast!)

I have my doubts as to whether one word can take us to the vibe for a significant length of time, but hey – I'm all for Easy!!

Just be sure you're getting to the feeling place of what you want as if you already have it for at least a half minute.

That's not too much to ask, right?

### **Q: How much detail should I go into?**

As much detail as feels good to you.

- Some people find that more detail helps bring to life their excitement or relief or satisfaction – whatever vibration they're activating.
- Others find that going into too much detail activates their doubting mind and initiates fears that weren't otherwise present.

When I make my entries, I use made up names and events and quotes and whatever else helps me bring to life the feeling I'm looking to activate.

It used to amaze me, but doesn't any more, that often people with those names showed up in my life saying the very things I said they would.

It's a little spooky at first, but you'll get used to it.

**Q: Do my entries have to be in chronological order?** *(Like, do I have to write about the first step one night, the second step the next night, etc.?)*

Absolutely not.

That could be maddening, in my experience. **The things we're writing down isn't what matters**

...

*It's how they make us feel that matters.*

So you can change details and the timeline and it won't matter at all. What counts is that you get to the feeling space of what you want.

So don't worry if your entries have you out with a hot date named Scott one night, celebrating a one year anniversary with Tony the next, and flirting with your new colleague the next.

The details don't matter. It's the feelings that count. Write down whatever takes you to those feelings.

Remember, write it as if it's already happened and don't worry if the details from entry to entry don't jive.

If you're getting to the feeling place of what you want, you are golden!

**Whatever takes you there will work.**

**Q: Should I share my writing with anyone else?**

That's up to you – you'll know the answer to that based on how the thought of sharing your journal with someone else makes you feel.

If you have a friend or partner who is supportive and encouraging, it can be a strong vibe-amper to read your entries to another, or let them read your entries. (That gets two people in on the vibe!)

If there's a chance that someone's less than enthusiastic reaction will have an effect on how you feel, keep your journal entries to yourself.

I personally never shared any of mine until after the thing manifested. And even then it was only by request.

That's because I knew that if someone else thought I was nuts (which I was pretty sure they would) that would put a damper on my "feel good." And that's what we're looking to avoid.

**Q: What happens if I get to the end of my book and my goal hasn't manifested?**

That's a perfect time to take stock of what *has* happened. What *has* gone your way? What *is* going right? What progress has been made?

Acknowledging what's working will continue the momentum that you've created.

If you get to the end of your book and feel a very discouraging "it didn't work" – then your vibration just closed the door to upcoming manifestations delivered by the Universe.

## Keep your door open. It's coming.

Don't give up.

Find a way to continue feeling good.

- If you feel inspired to start another book, do.
- If it feels better to let the Universe work with the good energy you've flowed by all the entries you already made, let it ride.

My experience is that by the time I get to the end of my book (the few times I've actually made it that far), I'm feeling good enough about this thing I want that I don't feel the need to start a second one.

There have been other times when what I wanted has manifested before I finished my book, but I continued entries because I wanted to cement my clear vibe into place as the desires came to life.

Here's what I want you to make sure of



When you make your entries, it's crucial that you actually feel better as you do them. If you don't "feel" anything, you're wasting your time. **It isn't the words that are magic, it's your vibration that calls forth what happens next.**

So if you're not switching up your vibe with your entries, then you'll want to do one of three things:

- 1) Try a different technique – not everyone enjoys the process of writing
- 2) Check in on this desire of yours. Is it authentic? Is there a limiting thought present that's keeping you from believing it could happen?
- 3) Eliminate any big tolerations (energy drainers) in your life that could be creating a contrary vibration.

### *Sample Pray Rain Pages*

Some of my clients find it helpful to hear a sample page from someone else's journal, just to get them in the flow.

## The Magic of Pray Rain Journaling

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Here are a couple of samples to get your juices flowing, but please know that there are no rules to this and you would be best served by doing whatever feels best to you. Trust your inner guidance!

Here are two random entries from my **Build a Thriving Practice** book:

“Loving this practice I’ve built – with tons of perfect clients, subscribers and customers! It’s a beautiful combo of work – where I get to market products and coach clients and write ezines and articles! I’m a pro at all of it, too. Making lots of money because I am so worthy of doing it easy! Thank you, Universe, for all the inspiration, ideas, contacts, resources and perfect timing. I also love the financial rewards, the fabulous feedback and the excellent reputation! Not to mention all my own personal miracles. Life is good, Universe! Thanks! 😊”

“I love this ‘work’ that isn’t ‘work’! My clients and I love our time together, appreciating each other’s company and perspective and I’m paid grandly for it! How fortunate for me that I love every minute of it! My clients love me, they build miracles through our work together, they recommend me to everyone they know and I have a multitude of new people to ‘work’ with! The joy of having a full practice! To continuously meet wonderful new people, develop strong relationships and know I’m helping them change their lives! And get paid for it! What a great choice I made! I’m a coach!!! Woo Hoo!”

PS – my coaching practice has manifested even better than I dreamed in this book. And at the time I thought I was shooting ridiculously high! Sheesh!

Here’s an entry from **My New Sweetie** book, dated two months before we met:

“My handsome sweetie is so good to me! He adores me and makes sure I know it and at the same time is firmly grounded in himself. We make the cutest couple! I love his old truck, I love the way his jeans fit him, I love his boots, I love his sweat, I love his smile. I love how he brings me little flowers for my table. I love how he thinks about me during his day. I love how he talks to others about me with such love and respect. I love his attitude and openness and knowledge of self. I love how he’s good to his dogs and my animals. I love that he cooks! I love his work ethic and ability to enjoy life. And that butt of his – my my my! I love how he loves me inside and out. I love how attracted he is to me. I love how fun he is to sleep with. I even love his friends! I love our time together, I love what we learn from each other, I love his eyes, his camping style, his voice, his body – it’s all good! 😊”

PS – this *is* my guy (except for the truck and flowers – he drives a Honda and brings big flowers, not little ones). Nicely done, Universe!

My next journal will be my “Best Shape Ever” journal. An entry on that topic might go like this:

“Whoa. It’s been a while since I’ve gotten wolf whistles while walking down the street. I like it! This body of mine feels SOOO good!! I have energy to do whatever I want – run with the dogs, race upstairs from the basement and not even be winded, haul heavy stuff through the store without a cart! And I have to admit, I look good doing it! My clothes fit better than ever, and I love the new jeans I had to buy because my old ones started to hang on me. I wake up energized, my skin looks fabulous, I get compliments all day long from friends and strangers. I definitely did something right! Yay for me!!”

Remember, it’s not important what you write. **What matters is how what you write makes you feel.** Whatever takes you to the feeling place of having what you want – go with it!

## Chapter 5: Real Life Case Study

Here's an example of what the pray rain journal process looked like for me:

I quit my six figure corporate job to do what I wanted most: coach.

But starting a coaching practice without an income generated a lot of gremlin fears about being unrealistic, irresponsible and soon to be broke.

That's when I started a pray rain journal.

I had already experienced the power of pray rain journaling when I used it in the corporate world to manifest easy 401k deals. (Got what I wanted after just one entry, let alone a whole book!)

So I already had positive expectations about using this process to manifest a successful and thriving practice.

- Each night I wrote about my perfect clients; how much I loved them and they loved me.
- I wrote about how much we enjoyed our work together.
- I raved about the transformations they experienced and miracles they created.
- I wrote about my wonderfully expanding reputation, and how I was becoming well known for deliberate creation coaching.

And each morning I faced another day of no appointments, no inquiries in the email inbox, no interest from anyone.

That was the reality that I didn't get hung up on.

I knew that if I gave too much attention and worry to reality, that I would stay stuck in it. So ...

- I went on dog walks with my free time
- I designed a new ezine
- I went to lunch with friends
- I wrote articles that I hoped someone might read someday
- I went to matinees
- I got lots of exercise and sunshine

## The Magic of Pray Rain Journaling

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- I took my mind off what I *didn't* want (embarrassment, financial ruin) to the best of my ability.

At that time I wasn't super great at keeping the worries at bay, but I gave it my best shot. (I had a mentor coach who helped me with that, too.)

And every night I spent seven to ten minutes with my ideal clients.

I loved and adored them before I went to sleep. I congratulated them on their achievements, and I reveled in my skills as a powerful coach.

When it was time to liquidate savings to pay more living expenses, I did it quickly and without a lot of regret or second-guessing.

I reminded myself I was investing in the most important thing I ever would - myself.

I remembered why I made this choice – my love for coaching and my disdain for the corporate world. I reinforced my decisions and kept my face to the sun, doing my best to expect that things were going to go my way any day now.

And each night, in my fun little book, things went my way.

Clients poured in, they raved about me, they paid me gratefully and easily, they referred more clients to me, and I reveled in all of it. **Each night I offset my daily stress by writing things as I wanted them to be.** That's how I activated the vibration of a full and thriving practice, which was key to allowing it to manifest.

The same thing happened when I called in my sweetie, and the same thing will happen this year as I create "best shape ever" as I turn 40.

For each ten minute session in which I make an entry, I am vibrating what I want. **I give the Universe a chance to send more good news my way.**

The rest of my time I am immersed in the "reality" of not having what I want – yet – and my work there is to not get caught up in it. If I stay stuck in seeing what hasn't happened yet, then I give the Universe nothing to work with.

All I have to do is give Universe an opening – an opportunity to shuttle in some of the goods I've been piling up in my vibrational escrow account. And I do that with each and every pray rain journal entry.

Pray rain journals are not hard work.

They're actually quite fun when you release worries and stress about not having what you want!

I'm certainly not the only person who's created success using this manifestation technique.

- Kelly did the same thing as she wrote each night about the (imaginary) book deal she was so excited about. Within weeks a publisher had expressed interest, and shortly thereafter she had a contract for her book to be published.
- Isabelle did the same thing as she wrote each morning about the abundance of money flowing into her life, and within weeks she had two huge windfalls come her way, "out of the blue."
- Paul wrote about his custom-built home and \$500k dream job in the city of his choice. Several months later he was bringing home the paychecks that funded construction of his dream job in his dream city.
- Bart wrote about his ideal dream-come-true job, the one that he never in a million years would have been qualified for. Despite enormous odds, he was offered and accepted the position he always wanted - just two months later.

This stuff works.

So what are you waiting for?

Put it to work, and plan on letting me know of your successes!

## Chapter 6: Tips to Amp Up Your Journal Power

There are lots of things you can do to help your pray rain journaling take quick and strong effect.

Here are some of the most powerful tips I know to offer you:

### *Release Attachment*

When we want something desperately, the energy we're flowing on that topic has a "needy" tinge to it.

That needy, desperate, have-to-have-it energy is called "resistance."

You wouldn't think by wanting something so badly you would actually push it away, would you? And yet that's exactly what it does.

Consider this: if we already had what we wanted, we wouldn't be desperate for it, would we? We'd be enjoying and appreciating it instead.

So desperate or needy energy is not vibrationally aligned with our desire. **Enjoyment and appreciation of it *does* align.** (And your journal entries where you enjoy and appreciate your desire as if it's here create fabulous vibrational alignment!)

Releasing your need for something is extremely helpful in creating true vibrational alignment.

If there's something you have to have before you can be happy, then you're imposing conditions on your happiness, which means you're not flowing the aligned vibes, and you're holding up progress.

That doesn't mean it's impossible to manifest. It just means it's likely going to be a slow and frustrating process, if it works at all.

Plus, if/when you achieve it, you aren't likely to enjoy its manifestation because you haven't been practicing the good vibrations. Rather, all you know is "stressed out," "unhappy," "worried," etc. Even if your dream comes true, you won't experience it as relief or joy, since your vibration hasn't been dialed in to relief or joy.

You've probably already experienced that at least once or twice in your past, huh? I know I have.

Since **we can only experience what we vibrate**, nothing that happens "out there" is going to make us feel a way that we haven't already activated "in here."

This really is an inside job.

**If you don't activate the happiness vibration now, you won't magically experience something that allows you to feel it later.**

It's just not how the system works.

Trust me, I know this one.

I went from being a stressed out new coach with no clients to a stressed out coach with a thriving practice.

I would have thought that getting what I wanted – a full thriving practice – would make me happy. Wrong!

If I don't know the happy vibe, it isn't going to suddenly sneak up on me because of something that I manage to manifest in my life.

I choose how I feel; and if I don't choose happiness now, Universe can't impose that feeling on me, no matter *what* it showers on me.

My point is that if we're grasping at something, that grasping energy actually keeps it from us. We've got to get easy on this topic.

**We've got to be a match to what having it feels like**, which I guarantee is not grasping.

If you feel the needy energy creeping in, release it.

- You can do that by the conscious choice.
- You can choose new thoughts that feel better.
- You can use a release technique like EFT or Byron Katie's Work.
- You can ask angels to help you feel better.
- You can employ the powers of your imagination to pretend you already have it.
- You can hire an LOA coach to help you learn to manage your vibration better.

What matters is that you let go of feelings that are not in alignment with your dream come true, however you do that.

### ***Make Peace With What Is***

A powerful part of releasing attachment is making peace with what is.

As you give up the fight against your current "reality," accepting life as it is right now, you entertain a much more aligned vibration to your desire.

And remember, **vibrational alignment is the name of the manifesting game.**

When we push against current circumstances, insisting that things change before we feel good, we empower the very thing we don't want.

We stay stuck in it.

So even though I might not enjoy the fact that I have no sweetie, or no clients, or *do* have those 15 pounds I'm fretting over, before any of that can change I must make peace with what is.

As I do so, I am no longer resisting it. **As long as I resist it, it persists.**

Make sense?

Making peace with what is doesn't mean you give up your desire for change.

It just means you find a way to accept what is in your life right now AND still look forward to the manifestation of your desire.

The two really can go hand in hand. It's a good practice to adopt.

### ***Live Authentically: Eliminate Tolerations & Feel Good***

This is an important tip.

**Because we can only get what we vibrate, it's super helpful if we vibrate what we want.** And what we want feels good, right? Or at least that's what we think. That's why we want it in the first place.

So the ticket to swift and successful manifesting is to *feel good now*.

That means doing more of what *does* feel good and less of what doesn't.

A powerful way to amp up your feel good is to eliminate tolerations in your life, while also incorporating more *feel goods*.

How do you eliminate tolerations?

**First you identify them, then you get them handled.**

For example, you can make a list of things you put up with, that bother you or otherwise drain your energy. Use the list as a guide to knock out each toleration one by one.

Sometimes you'll see a "pivotal" toleration, where by handling it, you'll eliminate several others.

For example, maybe you hate your commute each day, are tired of being the scapegoat at work and resent that you don't have time to exercise or eat a good lunch at this job.

By giving up this job and getting a new one, you'll have knocked out four tolerations in one fell swoop.

(ALSO remember that managing your energy is crucial as you make changes in your life. Otherwise, you're just out of the frying pan and into the fire!)

Keep in mind that occasionally the best way to handle a toleration is to choose to feel differently about it.

If something seems too hard to change, the easier course of action may be to make peace with it.

For example, say you leave dinner each week at the folks house feeling completely drained and exhausted. But the thought of telling mom that you're not coming over any more is out of the question, since it would cause more drama than it's worth.

*If you're not willing to excuse yourself from the weekly ritual that knocks your vibe down several notches, the least you can do is find a way to feel better about attending.*

The bottom line is **you've got to find a way to feel better about the things that are dragging you down if you're not willing to change them.**

You can give up frustrating friendships, quit jobs, commit to new healthy habits, end relationships, move houses, pay off bills, get more sleep, create personal boundaries – whatever will help you feel better, you can do.

And it's a vital part of successful manifesting.

The other half of this tip is to **do more of what you enjoy.**

We have a habit of making “shoulds” and “supposed tos” a more prevalent part of daily life than the “wants” and “love tos.”

When you know how crucial your feel good is to allowing your goal to manifest, you will make enjoyment of life a much higher priority!

Plus, it's just plain fun to do what feels good.

Especially when you do so without guilt, knowing that this is exactly what helps life go your way.

So watch your favorite movies, spend time with good friends, play with the dog, listen to your favorite music, dance in the shower, sing in the car, take a break, read a fabulous book, smile at a stranger, do whatever your heart calls you toward.

**Living authentically is well rewarded.**

## Final Thoughts & Resources

A couple things before I sign off:

First, if you'd like more support, I've got lots of options for you:

Private [coaching](#), group [courses](#), the online party for manifestors at [GVU](#), home study [courses](#), archived [ezines](#) and hundreds of blog [posts](#), daily inspiration via [Facebook](#), Masters of Creation [membership](#) – you name it, it's ready and waiting for you.

Second, for any of you who are interested in using your manifesting powers to create financial abundance and prosperity, check out my free e-book [3 LOA Keys to Unlock Your Financial Fortune](#). It's got powerful basic truths that a lot of folks forget when it comes to manifesting money.

Third, I'd love for you to remember that you are a powerful creator and you can do anything you set your mind to. By learning to manage your vibration there isn't anything you can't have or be or do. For real.

Enjoy the pray rain journaling process for what it offers – an easy and effortless opportunity to line yourself up with what you want.

Thank you for allowing me to be of service to you on your divine path.

Love & Miracles –

Jeannette

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## Who Is Jeannette?

Founder of Good Vibe Coaching in Salt Lake City, Utah, Jeannette “works” full time as a Law of Attraction Coach with her three dogs underfoot and a couple cats nearby for good measure.

Jeannette’s 12 year professional background in personal financial services (former Certified Financial Planner, Qualified Pension Administrator, series 7 and insurance licensed) in conjunction with her deliberate creation approach gives her clients a unique perspective in creating financial abundance along with whatever else tops their wish lists.

After leaving behind a successful corporate career in financial services, Jeannette followed her passion for coaching and attended coach training through CoachU and Martha Beck Life Coach Training.

She’s co-author of [\*101 Ways to Improve Your Life, Vol. 3\*](#) and contributor to Jack Canfield’s [\*Life Lessons for Mastering the Law of Attraction\*](#).

Besides her coaching practice, Jeannette’s true loves in life include volunteering for her local animal shelter along with enjoying basic pleasures of music, food, movies, books, relationships, and nature.

For more info on Jeannette visit her home page at [www.goodvibecoach.com](http://www.goodvibecoach.com) or drop in on her blog at [www.goodvibeblog.com](http://www.goodvibeblog.com).

## What is Good Vibe University?



**Good Vibe U** is a virtual gathering to master the art of manifesting, and invoke our powers to create reality. **GVU grew from these desires:**

1. To share, leverage and expand our experience and expertise. As a group we are a force to be reckoned with - more vital and effective than any individual guru or expert. Together we are more supported, more knowledgeable, and more powerful! Tapping into this group synergy is like nothing else.
2. It's common wisdom in the personal development field that we are who we hang out with. By mixing with fellow creators, we enhance our manifesting habits.
3. To have a strong impact in leading and inspiring deliberate creators to embrace their powers to manifest reality.

**Like other universities**, Good Vibe U is designed to offer a **basic education** about our deliberate creative powers, in addition to **in-depth explorations** of advanced concepts to enhance our manifesting skills.

Also like other universities, Good Vibe U offers the **benefit of camaraderie** that comes from hanging out with like-minded folks. It just plain feels good to get in the presence of others who are up to the same stuff!

Also like other universities, Good Vibe U **promotes the work** of other professionals specializing in conscious creation, offering a spotlight to those who are producing material and sharing concepts that further our creative know-how.

**Unlike other universities**, Good Vibe U is **extremely affordable**. With tuition set at less than a dollar a day, attendance is an easy choice to make.

Also unlike other universities, there's **no delineation between students and faculty**. We recognize everyone has something of value to offer another, even if it's just a story of what didn't work for them, or a virtual pat on the shoulder to someone who is struggling.

We also recognize that leaders of this material are continually learning -- most often from those who are asking the questions.

Some of the material offered within GVU is accessible to everyone; some areas are reserved for enrolled members. Feel free to browse the public material and when you find an area you'd like access to, consider trying out the \$1 two week trial offer.

Whatever role you choose to play and for however long, your involvement is much appreciated and celebrated! [Join the party!](#)