

Bless The New Year **by Jim Fallon**

I have studied and developed many types of metaphysical procedures and techniques, and have studied some very advanced "secret" techniques. The blessing technique described in Dr. King's "Little pink book of Aloha" is in my opinion one of the most potent techniques and result producing techniques one can use. Do not be fooled by the simplicity of the technique. Most of the secret or advanced techniques that I have studied were in fact very simple and that is what produces results.

The idea behind this technique is that when we bless, we focus our energy on what we want. We send positive vibes towards our goal. This helps the law of attraction to bring about what we want in our experience.

As Dr. King states:

"When you bless someone or something, that is, when you compliment it, praise it, thank it or just call it good in some way, your own subconscious responds by relaxing your body and increasing your energy flow. To bless something means to give recognition or emphasis to a positive quality, characteristic or condition, with the intent that what is recognized or emphasized will increase, endure or come into being. "

There are affirmation type blessings, Appreciation blessings, Anticipation (for future) blessings.

I will present just some ideas one can use to prepare oneself for New Year with very positive energy and hopefully attract all the goodness and all positive things you want to attract in this new year :

"I now bless strength , confidence and knowledge and all the resources I need in this new year 2020 so this year will be very good and beneficial for health and prosperity and happiness."

"I bless the year 2020 for new good opportunities and possibilities to appear to in my life and the guidance to use them."

“I bless the year 2020 for new skills, new knowledge , new expertise, new contacts and new resources which I need to progress towards my goals.”

I now bless all the goodness and all the positive things in this new year for me in all aspects of my life related to health ,wealth, happiness , relationships, personal development and enlightenment.”

“I now attract all the goodness all the positive things in new year for me in all aspects of my life related to health ,wealth , happiness, relationships, personal development , spiritual development and enlightenment all the areas of my life.”

Here is the blessing technique from Dr. King's free "Little Pink Booklet of Aloha.”

The Technique

1. Become aware of your natural breathing (it might change on its own just because of your awareness, but that's okay).
2. Locate the crown of your head and your navel by awareness and/or touch.
3. Now, as you inhale put your attention on the crown of your head; and as you exhale put your attention on your navel. Keep breathing this way for as long as you like.
4. When you feel relaxed, centered, and/or energized, begin imagining that you are surrounded with an invisible cloud of light or an electro-magnetic field, and that your breathing increases the energy of this cloud or field.
5. As you bless, imagine that the object of your blessing is surrounded with some of the same energy that surrounds you.

May your new year be blessed.