I learned about keeping a Pray Rain Journal from a coach named Jeannette Maw (www.goodvibecoach.com). When she began writing her own Pray Rain Journal, she saw results in the same day.

Essentially, Pray Rain journaling is a self-help/law of attraction technique where you act as though what you want to create in life has already happened, which accelerates the manifestation process.

**HOW TO:** Get a blank journal and write a page each day as if your dream has already come true. So if what you want is to get a new job, you write a page a day as if you are already in that new career: be specific about what you’re doing, the people you’re interacting with and how you feel.

The gift of this kind of journaling? By the time you’ve filled your journal, your dreams will either have already manifested or you’ll be well on your way.

The term ‘pray rain’ comes from a story about an area of the southwest that was in a serious drought and desperately needed rain. A member of the community went out and did a rain dance, but everyone was confused when it looked like he was standing still rather than dancing and chanting for rain as they expected.

When asked what he was doing, he answered, "I was praying rain"... as opposed to praying for rain.

The difference? Instead of doing a traditional rain dance, he stood and felt what it would feel like if it was already raining. He focused on feeling raindrops on his forehead and arms and his clothes soaked with water. He imagined the harvest of healthy crops and that everyone had plenty of water to drink.

This is what we can do to make things happen in our own lives -- whether it’s the body you imagine, the relationship with your body or just about any other aspect of your life. Think the thoughts and feel the feelings of already having what you desire to create in your life. Right now.

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