

# Law Of Attraction 369 Method And More Self Care For Black Women

Self-care is an essential practice for everyone, but it takes on a unique significance for black women. As black women, we often carry the weight of our communities and face intersectional challenges that make self-care crucial for our overall well-being. In this article, we will explore the Law of Attraction 369 Method and other self-care practices specifically tailored to the needs of black women.

## Understanding the Law of Attraction

The Law of Attraction is a powerful concept that states that like attracts like. Simply put, the thoughts and energy you project into the universe will manifest into your reality. The Law of Attraction encourages you to align your thoughts and emotions with your desires, leading to the manifestation of your goals and dreams.

The Law of Attraction is not a new-age idea but has deep roots in ancient philosophies and spiritual practices. It emphasizes the power of positive thinking, visualization, and gratitude as key components to manifesting your desires.



## MANIFESTING FOR BLACK WOMEN: 19 Ways to Start Working Toward Your Goals: Law of Attraction, 369 Method and More (Self Care for Black WOMEN) by B. TRUE (Kindle Edition)

★★★★☆ 4.8 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 145 pages  
Lending : Enabled



## The 369 Method

The 369 Method is a manifestation technique popularized by spiritual teacher and author Abraham Hicks. This method is particularly effective for black women as it combines elements of numerology, positive affirmations, and visualization to align your energy with your desires.

Here's how the 369 Method works:

1. Choose one specific goal or desire you want to manifest. It could be career success, financial abundance, or an improved relationship.
2. Write down this desire three times in the morning, using concise and powerful affirmations. For example, if your desire is to attract a loving partner, you could write, "I am deserving of a loving and fulfilling relationship."
3. Repeat the affirmation six times in the afternoon, visualizing yourself already living your desired reality. Feel the emotions associated with your desire and visualize every detail of your manifestation.
4. Lastly, write down the affirmation nine times before bed, once again focusing on the emotions and visualizing yourself living your desired reality. Allow yourself to feel a deep sense of gratitude for already having manifested your desire.

The 369 Method is a daily practice that harnesses the power of repetition and emotion to align your energy with your desires. Consistency is key, so make sure to dedicate time each day to perform this ritual.

## **Additional Self-Care Practices for Black Women**

While the Law of Attraction and the 369 Method offer powerful tools for manifestation, self-care goes beyond affirmations and visualizations. Here are more self-care practices tailored to the unique experiences of black women:

### **1. Cultivate a Supportive Community**

Connect with other black women who share your journey and create a support system. By surrounding yourself with like-minded individuals, you can exchange experiences, find inspiration, and uplift each other.

### **2. Embrace Wellness Practices**

Explore wellness practices that resonate with you, such as yoga, meditation, or journaling. These activities can help you connect with your inner self, release stress, and promote overall well-being.

### **3. Honor Your Cultural Roots**

Celebrate and honor your cultural heritage. Engage in activities that reconnect you with your roots, such as cooking traditional dishes, learning about your ancestry, or participating in cultural events. This connection to your heritage can provide a strong sense of identity and empowerment.

### **4. Set Boundaries and Practice Saying No**

As black women, we often carry the burden of being strong and nurturing for everyone around us. It is essential to set boundaries and prioritize your needs. Practice saying no when you need to, and remember that self-care is not selfish.

## 5. Celebrate Your Achievements

Acknowledge and celebrate your accomplishments, no matter how small they may seem. Take time to reflect on your growth and give yourself credit for your achievements. Recognizing your successes will boost your self-confidence and motivate you to continue on your path.

The Law of Attraction 369 Method and practicing self-care are powerful tools that can enhance the lives of black women. By aligning our thoughts and emotions with our desires, we can manifest our goals and create the life we envision. Incorporating self-care practices that honor our unique experiences allows us to nurture our overall well-being, resilience, and empowerment.

Remember, you deserve all the abundance and happiness the universe has to offer. Use the Law of Attraction and self-care practices as powerful tools to create the life you deserve.



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YOUR LIFE IS MEANT TO BE ONE OF WISHES GRANTED AND DREAMS COME TRUE.

STOP WAITING FOR LIFE TO HAPPEN TO YOU AND START CREATING IT.

DISCOVER THE MANIFESTING MAGIC WITHIN YOU TO MAKE THAT HAPPEN!

With many techniques and exercises to catapult you towards your dream reality, MANIFESTING FOR BLACK WOMEN leaves no stone unturned when it comes to making the Law of Attraction, the 369 Method, practical and effective.

Click on "Look Inside" above to read the full table of contents. Here's just a little of what you'll discover in this manifesting guide:

- NEGATIVE THOUGHTS
- HOW TO CHANGE HABITS
- HOW TO USE POSITIVE AFFIRMATIONS
- HOW TO PRACTICE MANIFESTING
- EXERCISES ON THE LAW OF ATTRACTION
- HOW DO YOU GENERATE POSITIVE AND FOCUSED ENERGY FOR YOUR PURPOSES?
- TECHNIQUE 369 METHODS OF MANIFESTATION
- CREATIVE VISUALIZATION AND REDISCOVERY OF YOUR POTENTIALS
- ATTRACTING LUCK AND MONEY
- HOW TO ASK THE UNIVERSE

- INCREASE YOUR SELF-ESTEEM
- DEVELOP SELF-AWARENESS
- MINDFULNESS MEDITATION
- SEVEN STRATEGIES FOR A NEW LIFE
- And much more!

Reading this book you will learn:

□ how desire, decision, and resistance fit together, and how they influence what you attract.

□ how to develop (and keep) a manifestation mindset.

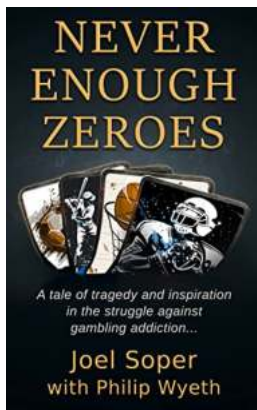
If you are interested in the power of intentional manifestation, this book is for you. It offers a simple, clear roadmap to understanding the manifesting so you can rethink how you think and get on with the business of creating a life you love.

Too often we walk through life in a state of lack, choosing to focus our attention on our deficiencies and allowing our minds, bodies, and spirits to swirl with discontent and negativity. But when our focus and attention is sunk in darkness, that becomes all we experience in our lives. Manifesting offers a transformative new approach. By focusing on what you wish to have or achieve, instead of despairing over what you are missing, you will find that you can manifest those very things in your life.

Do you know that people who visualize a better future are more likely to be able to bring that future into existence?!

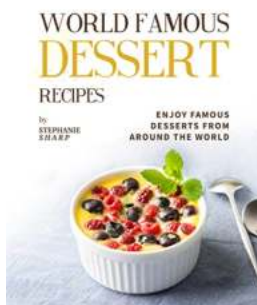
This book will teach you how to manifest anything from peace and contentment, success, happiness, relationships to earning millions of dollars, whatever it is you choose and believe to be true!

Open up your mind to this text, and you'll be sure to take in its many lessons to help improve your life and yourself as a whole. The only question is—are you ready to step fully into your power through mastering manifestation?



## Never Enough Zeroes: How Philip Wyeth Creates Captivating Stories

Welcome to the captivating world of Philip Wyeth, a celebrated author and master storyteller. Wyeth, known for his engaging narratives and thought-provoking...



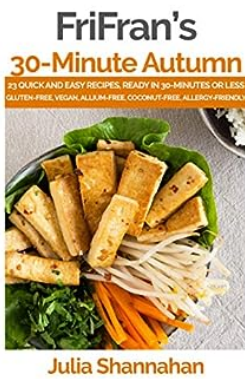
## Enjoy Famous Desserts From Around The World

Who can resist the lure of sweet treats? Desserts have a way of elevating any dining experience, bringing joy and indulgence to the table. Whether you have a sweet tooth or...



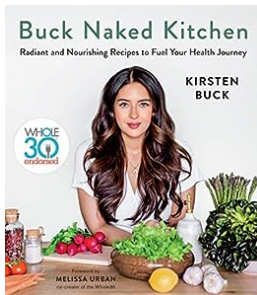
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Are you looking for delicious gluten-free and vegan recipes that can be prepared in a jiffy? Look no further! We have curated a list of 23 simple seasonal recipes...



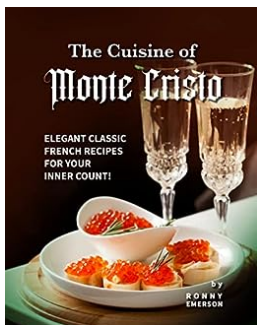
## Radiant And Nourishing Recipes To Fuel Your Health Journey

Are you on a health journey, trying to nourish your body and achieve radiance? Look no further! We have curated a collection of delicious recipes that will fuel your...



## Berries Sweet Savory Recipes: Discover the Delectable Culinary World of Eliza Cross

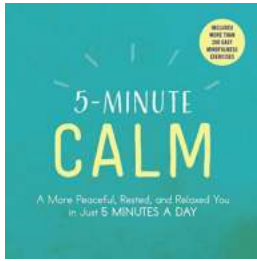
Berries are nature's juicy jewels, bursting with vibrant flavors and healthful benefits. From strawberries to blueberries, raspberries to blackberries, these...



## Elegant Classic French Recipes For Your Inner Count

Are you looking to impress your guests with some exquisite French cuisine? Look no further than these elegant classic French recipes fit for royalty. Transport your taste...





## Discover the Secrets to Achieving a More Peaceful, Rested, and Relaxed You in Just Minutes a Day

Living in today's busy world, finding ways to relax and unwind can be challenging. With so many responsibilities and demands, it's important to...