



# the breath connection

breathe.observe.apply.love

## The 17-Second Rule

*...a powerful way to intentionally create your life!*

One of the most powerful concepts that has the potential to either keep you in the Frequency of the Problem OR move you into the Frequency of the Solution is the **17-Second Rule**.

This rule comes from Law of Attraction teachings, which states that like-frequency attracts like-frequency.

The 17-Second Rule says that if you focus your thoughts on something for just 17 seconds without distraction, you start building strong energetic momentum. At 17 seconds, your thoughts have enough power to begin attracting other similar thoughts... like a magnet pulling more negativity OR more positivity toward you depending what you're focusing on.

If you hold a focused thought for **68 seconds** (four rounds of 17 seconds), the energy is strong enough to start creating a noticeable shift in your reality!

### In simple terms...

✨ **17 seconds** of focus will pull in more thoughts of the same frequency.

✨ **68 seconds** of focus has enough momentum for changes to start happening in your physical environment

An example of this is ... you wake up late because the alarm didn't go off, then you spill coffee down the front of your shirt, followed by hitting every red light on the way to work ... it's no wonder when you finally arrive, the most annoying person is the first one you see! The worse it is, the worse it gets ... because this is where your focus is!

Conversely, we have all had those days when everything lines up and your day goes brilliantly.

**The power of this rule does not care if you are thinking negatively or positively...**

🌟 So if you have something **positive** to share... **share it repeatedly with everyone!**

🌟 If you simply must say something negative... go ahead, get it off your chest, but try to keep it under 17 seconds 😊

*Happy Manifesting!*