

# Applying the Law of Gestation to Your Goals

Understanding the Law of Gestation is enlightening, but how do we apply it in practice when working toward a goal or manifestation? Here are some actionable steps and tips drawn from Bob Proctor's teachings:

## 1. Plant a clear seed (set a clear intention).

Be sure about what you really want. Clarity of purpose is like selecting a specific seed to plant. "Decide what you really want," Proctor often says - this is Step 1 in working with the Law of Attraction. A clear goal gives the universe a clear blueprint to work with during gestation.

## 2. Nurture the seed with positive attention.

Just as a seed needs water and sunlight, your goal needs regular positive focus. Consistently visualize your goal achieved, affirm your belief in it, and take steps towards it. This keeps your "vibration" high and in tune with the desired outcome. Bob Proctor encourages daily study and mindset work to stay aligned with your goal's frequency (for example, reading inspiring material, affirmations, gratitude).

## 3. Have persistent faith and a good attitude while waiting.

This is the essence of patience. On tough days when doubt gnaws at you, recall Proctor's quote: "Patience is maintaining faith and a positive attitude while waiting." Consciously choose thoughts of expectancy rather than frustration. Some people find it helpful to repeat a mantra like, "It's coming, and it will be worth the wait," or to remember past successes that took time to emerge. By keeping your attitude optimistic, you actually speed up the manifestation (or at least ensure you don't delay it with negativity).

#### 4. Take inspired action, but don't force outcomes.

During the gestation period, you should act on your ideas and intuitive urges - this is part of "watering" the seed. If you feel inspired to call someone, research something, or create something related to your goal, do it. Proctor writes, "Acting on an idea you've fallen in love with pushes your ambition through the roof." By moving towards your dream, you demonstrate faith. However, distinguish between inspired action and impatient hustling. Don't try to force results that aren't ready. For example, a salesperson who hounds an unready client out of desperation can spoil the deal, whereas a patient but persistent approach will win out when the client's timing aligns. Trust the process even as you do your part.

#### 5. Resist the urge to complain or observe "what is."

One of the hardest parts of waiting is not getting discouraged by current appearances. Bob Proctor, like many teachers, advises that you not let the outside world dictate your inner state. If you constantly say "Nothing's happening" or "It's taking too long," you're effectively affirming lack and can attract more delay. Instead, focus on the vision of what's coming rather than the void of what's not there yet. This mental discipline is crucial for staying in harmony with your goal.

#### 6. Celebrate small signs of progress.

During gestation, you might see little indicators that your goal is moving closer - like a positive meeting, a new contact, a sudden opportunity, or simply an improvement in your own skills and confidence. Acknowledge these as the "green shoots" poking through the soil. Gratitude for any progress keeps your vibration high. Even if there are no obvious signs, you can feel grateful in advance (Neville would say feel thanksgiving that your wish is fulfilled, even before it appears physically). Gratitude is like spiritual fertilizer for your goal.

## 7. Hold on until harvest.

Above all, don't quit. Keep your commitment. Bob Proctor's confidence is infectious when he says "I know [my goals] will [be achieved]" - he wants you to know it about your own goals too. If you remain steadfast, the Law of Gestation assures payoff. As the proverb goes, "All things come to those who wait - provided they work while waiting." Keep working on yourself and your dream, and know that so long as you do not uproot the seed, it is growing.