



ACTIVATE THE LAW OF ATTRACTION

to Bring You What You Want

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Activate The Law Of Attraction

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Activate the Law of Attraction

How to Attract What You Want with the Law of Attraction

We are all constantly attracting situations, people, conditions, circumstances, and issues to ourselves through the natural laws of attraction. In this way we are always manifesting our surroundings and in the process of creating what will make up our future. The way the laws of attraction work have been regarded as the secrets of life. The kinds of things that manifest through the laws of attractions include what you have created in your inner space as well as your outer space.

For instance, manifestation in your outer space would include such things as good health, free time, fulfilling work, financial security, a wonderful relationship, a vacation to someplace you've dreamed of, a new car, developing a skill or talent such as painting, music, skating, or knitting, etc.

Your inner space would include happiness, fulfillment, love, your spiritual life, your emotional state, and other things like that. In this book I will help you identify the secrets of life that operate with the laws of attraction and creation.

Why Doesn't It Always Work?

A big question is, "Why have so many found that the "Law of Attraction" doesn't work for them?" If it is a law, shouldn't it always work? Is there a secret behind making it work?

In the book, "Think and Grow Rich," Napoleon Hill refers to the Law of Attraction as a secret, but that is not the whole story; there are more secrets.

Secret #2 Your Subconscious Mind

You see it is not just a matter of wanting something consciously and praying for it or visualizing it, or repeating affirmations to get it. You need to be sure your subconscious mind is activated with the positive belief that you deserve it and it is good for you to have it. Otherwise, your own subconscious mind can undermine your best efforts to attract it.

Yes, what you hold in your mind at both a conscious and subconscious level is a very important secret of life. In order to insure what is in your subconscious mind you have to define and know what you want. You must specifically enumerate what you want. I'll have more on this later.

There's a definite link to James Allen's 1902 book, *As a Man Thinketh*. Allen's title came from a Bible verse that says, "As a man thinketh in his heart, so is he."

For Allen, the heart was your deep subconscious desires, goals, and dreams, and that is what creates and attracts what you have in your life.

What is the right approach to attract your desires, goals and dreams? To begin, you have to understand that what you want or need is all around you. It's like picking fruit - you won't get peaches from an oak tree.

You have to recognize where peaches *are* and be properly positioned to reach those peaches on the tree. You also have to know exactly what kind of fruit you *want*. This is an overly simplistic way of showing how you must be in touch with your own deep and subconscious desires before you can attract what you want.

More scientific thinkers recognize that the Law of Attraction is an element of Quantum Physics. After all, Quantum Physics is a study of the impact of energy on matter.

So for the Law of Attraction to work the way you'd like, you need to be sure your subconscious programs are aligned with your conscious desires. Only then will you be able to manifest your desires.

That is what enables you to attract the people and conditions you want when you focus your intentions and energy on what you want or need, then those things (made of matter) could be drawn to you. It's like becoming a human tractor beam, locking onto something and bringing it to you.



Step 1: Determine What You Want



Before you ask for what you think you want, you need to identify the real need behind what you want. It tells you why you want to manifest what you want to manifest.

Remember earlier I said it is vital that you have commitment to attaining what you want. In exploring the need, it allows you to make a commitment to why you want to manifest what you want to manifest.

Acknowledge that you have needs, and acknowledge any uncomfortableness you have around having needs.

One reason you may be uncomfortable with needs (your own or someone else's) is because of your connection with lack; the feeling you don't have enough.

Here is another way to look at need. Needs may be something which arise within you directing you to something greater than the image you hold of who you are. It is the inner urge moving you onward and upward.

As you allow the consciousness of abundance to flow into the area of the need, you experience a shift in your life in orientation to the need.

An easy way to get in touch with the need behind what you want to manifest is to explore what the relationship is of the manifestation with the rest of your life.

Here's how to do that. How would you feel if you had this in your life now? How do you imagine you would be? Perhaps joyful, centered, happy, fulfilled, complete, at peace, etc. This gets you in touch with what you are really wanting.

In following these steps with the secrets of life, the manifestation may not be instantaneous, but as a result of changing your inner space toward being open to receive and fulfilling the needs, you create an attractor field that brings you who or what you need, which may come in the form of just the right information you need, opportunities, and connections to lead you to what you want and need.

Sometimes the process works very directly and at other times it works more broadly and indirectly.

What brings things to you outwardly is due to the beliefs you hold inwardly.

If you feel the energy of being 100% committed to the fulfillment of the need behind what you want to manifest, you empower the forces of creation to work for you.

Acknowledge to yourself, "I am committed to fulfilling the needs behind what I want to manifest."

Be Specific

You must clearly define what you want. Instead of saying, "I want a new car," be specific. Go to the car dealer and pick out exactly what you want.

Test drive several models. Bring home the brochure complete with color choices.

Once you decide which car best fits your lifestyle and use requirements, then you're ready for the first step. Ask the Universe to bring you a 4 door X-Model Car, in midnight blue with tan leather seats, and all the other details.

Feel yourself already owning the car, smelling it and feeling it.

Does this sound like a shopping list? Sure it does. If you want that car, then you need to ask for that car. Otherwise don't be crabby when you get a 10 year old dented sedan. Hey, you asked for a *car*, you didn't ask for exactly what you wanted.

That's the power of the first step – ASK! Once you ask for that specifically equipped car, then you must BELIEVE you deserve it, and it is already yours.

"But wait - it's not in my driveway!"

That makes no difference. Your responsibility in the process is to believe without wavering that the car is yours. It may still be on the dealer's lot, but as far as *you* are concerned, it's yours.

The moment you doubt or think perhaps you asked for too much, then you break that tractor beam in which the Universe is bringing your desire to you.



Step 2: Determine Your Beliefs & Commitment



The 2 Factors Affecting the Laws of Manifestation:

Manifestation takes (1) commitment and (2) Congruence with your deep beliefs.

What you are passionate for is what you get. Your inner passion is the fuel to reach your goal. If you want what aligns with your inner beliefs and you have passion for it, you will reach it fast.

To Believe is the most challenging part of the manifesting process. It's also the point where people give up on the entire process and stop making any effort to attract what they want or need in their lives because they don't figure out what their subconscious belief blocks are.

"After all, the Universe didn't give me anything yet," you say, so this stuff obviously doesn't work. You can say that it doesn't work but the truth is, you didn't *allow* it to work. Your belief was not a full commitment at all levels of your consciousness. You had a block or counter-program running that undermined your efforts.

The Universe won't deliver half a car to you. With the Law of Attraction, being clear at both a conscious and subconscious level and having a full commitment is a requirement if you want to have the full manifestation.

When you strongly believe that you can have what you asked for, you reach beyond the realm of what you see into the realm of what's possible. That's why Possibility Thinking was a former name for this law - because it transported your thinking beyond what has you stuck in the present to a future without limitations.

What a powerful and sobering concept this is! You've likely experienced this before and didn't realize it. Did you desperately want to skate, only to fall so many times you gave up?

You watched friends and started to imagine yourself skating. As you rehearsed this in your head you went from "wanting to skate" to "seeing yourself as a skater." Then suddenly you tried again and you could skate. The skates didn't change - you changed because you developed a belief that you could skate.

Your job is to clear the limiting pictures and doubting beliefs of why you limit yourself. Clear everything you need to in order to attain your picture.

If you do nothing with this for the next 6 months you will be pretty much where you are now, but if you do your homework, and identify the pictures and take the time to clean and clear them, you will open the way to reach your goal.

The key is to reach it inside of you first, so you can reach it outside. How can you reach it on the outside if you can't reach it on the inside?

What Do You Do Next?

You have a choice. You can do nothing or you can do everything necessary to attain what you want. Watch the movie *Ground Hog Day* if you haven't seen it, and if you have seen it recall the message of that movie. You repeat situations in life until you are on the right track with your integrity and higher purpose.

Ask yourself the following questions now about today, "Was there anything I need to know that I did wrong or out of alignment with my deepest core beliefs? Am I living in integrity? Are my conscious desires completely aligned with my inner subconscious beliefs?"

Secret #3 Makes the Others Work

The third secret to energizing the law of attractions to work for you is that it depends on your commitment. This is a profound and vital major secret of life after you determine specifically what you want. You may think it is very nice to daydream about having something, or sincerely wanting to have something, but if your passion and commitment to obtaining it is less than 25%, you *may* eventually attain it, but it may take you 100 years.

On the other hand, if you have a strong commitment you are much more likely to reach it quickly. So here is what you need to do. If your passion and commitment is less than 100%, then that tells you what you must work through to get where you are going to attain what you want. First you should refine your statement of what you want and clarify precisely what it is. Write it down briefly in a sentence.

Step 3: Receive with Gratitude



To Receive is easy, you think, but that's not totally accurate. You think you'll have no problem happily receiving that new car when it arrives in your driveway. You'll be so happy and grateful.

If that's as far as it goes, then you have a car but you missed the point. Gratitude requires expression - not just, "Wow, great car - thanks." You must take quiet time to show gratitude to the Universe or the Supreme Being of your religious beliefs.

This car didn't come to you because the dealer was feeling generous. The car is a manifestation of you asking and believing that the Universe had both the power and the desire to meet your need.

Another concept we hear about often is "pay it forward," based on another movie in which people begin to do random acts of kindness without any expectation of receiving anything in return.



You can use the “pay it forward” idea as part of showing your gratitude for what you receive. Maybe you volunteer to deliver Meals on Wheels once weekly or bring your neighbor’s child along with your family on a picnic now that you have a vehicle with room for more people. Find ways to use the gift you received to benefit others who will never be able to repay you. That’s showing gratitude in the highest form by paying it forward.

Step 4: You Create Your Own Reality



That’s just one element of a greater whole. To truly accept the Law of Attraction into your life, you acknowledge that you create your own reality. No more whining about what this person did to you or how you were cheated.

That is a concept that looks and sounds right when things are going your way, but it’s a hard pill to swallow when things aren’t as you’d like them to be.

You might think I’m a reasonably smart person and I have a good heart, why am I not creating all the wonderful things I’d like?

The answer lies in not being clear or aligned in integrity at a subconscious level.

It is easy to get “hooked” by lack or negative situations, but when you focus on the broken relationship or getting laid off from your job, you’re actually energizing the very negative situations you don’t want.

The universe operates like a giant energy mirror to reflect back to you what you project, but mostly from a subconscious level.

You won’t create abundance out of negative energy. In fact, you block positive energy and the fulfillment of your dreams. The partner who left you and the boss who let you go only hurt you *one* time.

Every time you re-play those scenes and focus on how much you are hurting, you’re pushing away the positive energy needed to turn your life around.

Manifestation Exercise

Now with your attention on what you want to manifest in your life, create an image of what you want as a picture in your mind's eye. Get in touch with it, and have it well established in your mind.

Now say this, “I fill the picture of what I want with golden light.”

Close your eyes for ten seconds and pay attention to what happens to your picture in the first few seconds after you merge the golden light with it.

The first several seconds you put the light into your picture is what you want to notice. After that your mind starts analyzing it. What happened to your picture? Did the golden light change your picture or did something else happen?

If it was altered, that means you needed to modify your picture to be in alignment with your higher purposes.

If you get joy, peace, and/or love that means you are supported in your wish. If it gets brighter that means it is on its way to you.

Next, we are going to arrive at a second number for your picture of what you want.

On a scale of 1 to 10 how much was the picture of what you want aligned with your higher purposes? For example, if you wanted to have a Ferrari and your picture changed to a Honda when you filled it with golden light, we could say that your request was aligned 2 out of 10. You still had a car in the picture, but not the one you held in mind.

If the image was changed or altered a little that would be a 7 or 8 out of 10. If it was changed more it would be an 5 or 6 out of 10. If it was changed even more a 3 or 4 out of 10, etc. If you brought golden light to your desire and it grew bigger or brighter that would be 9 or 10 out of 10.

How close was your original picture to being in concert and alignment with your higher purposes? Give it a number between 1 and 10.

Take this second number and multiply it by your first number of how committed you are to your goal and this will give you a number between 1 and 100.

This number is an indication of the percentage chance you have of reaching what you want based on your current status. If you are totally committed to a goal that is a 10, and if that is in full alignment with your higher purposes –

another 10 - you have a 100% chance of reaching it.

If you have an accepted goal, but only a level 5 commitment, then your chances of reaching are 50%. If you want something that changed a little to an 8, but you have a 10 in commitment and passion for reaching it, then you have an 80% chance of reaching it. You have the best chance of manifesting what you want when it is aligned with all of your inner beliefs.

The degree it is not 100% aligned is the indication of what you must clear or work through.

This is just a little game to get you thinking about this whole subject of how you bring things into your life.



Step 5: Clear Your Blocks

7 Core Blocks That Prevent Success

(1) Lack of Clear Intent

You must know what you want from life if you expect to get it.

YOU ONLY GET FROM LIFE WHAT YOU ASK OF LIFE. NO MORE NO LESS.

A generalized goal of getting rich or being successful isn't sufficient. You must be more specific. Do you know right now what to do to attain what you want? Do you have a plan? You have to decide or nothing will change.

(2) Fear, Worry, and Guilt

Fear of Failure, Fear of Rejection, Fear of Change. Worry of not making it. Worry over not having money, a good relationship, health in the FUTURE.

Fear is a BELIEF that you are incapable of adequately handling a situation.

People are driven by FEAR. Don't feel embarrassed about admitting to yourself you have some fears. You must acknowledge it first to get rid of it.

Fears such as fear of lack of food, clothing, or shelter. Fear of cancer, heart disease, weight problems.

Some relationships are based on fear: Fear of being alone, fear of being hurt, fear of rejection, fear of not being loved.

Recreation may be chosen based on fear:

- Fear of not fitting in w/others
- Fear of not being accepted
- Fear of not performing well

People choose jobs out of fear
Fear of failure
Fear of not having enough,
Fear of success

Because fear is such a strong emotional energy, housing even a small amount of it in your subconscious, can destroy a lot of what you are trying to build.



WORRY is a close relative of FEAR. It is a fear of what might happen. Have you ever heard the saying, "*The fearful die a thousand deaths, the brave only one.*"

Living under the fear & worry of what might happen drains you of the energy you could be putting into creating what you want.

First of all, you never have all the information needed to worry accurately because it is an irrational evaluation of something which has not yet happened.

Since it hasn't happened yet, and you don't know for sure what will happen, worrying about it is a worthless emotion.

It is also a completely useless emotion because it not only cannot accomplish anything, it drains you of the energy you could have to do something about what you are worrying about.

When you can wish without worrying, your desires will be fulfilled. Only works when there is no fear.

GUILT is basically also a derivative of fear. It is often used as a manipulation tool to get people to do what others want.

Since there is pain from the guilt, a person will often do what is necessary to avoid feeling guilty.

Since you can't change the past, feeling guilty about cannot change anything. It partially immobilizes you from creatively moving forward with your life and creating new successes.

(3) Not Living in the Present

That's right, living in the past or future.

HERE'S HOW THIS WORKS:

How many times have you said:

"I can't wait until Friday.

I can't wait until I get married.

I can't wait until my vacation.

I can't wait until I have 1 million dollars."

OR, Have you ever caught yourself saying:

"Things used to be so much better...

"I've been like this since I was a kid...

"I can't change now..."

"My whole family is this way..."

"The past will always come back to haunt you..."

HERE'S THE PROBLEM: You only have the present moment. Your time & energy are your most precious resource. It is what you do in the present that determines your future.

Your point of power is in the present, and that's where you need to focus your energy.

It's important to have goals. But you deal with them in the present.



4) Waiting for Your Situation to Change While You do Nothing

This is not procrastination I'm talking about here, it is waiting for someone or something to step in and save you or do it for you.

Waiting is not valid. Get creative. You've got to TAKE ACTION & do what's necessary to make it happen.

While your at home watching TV, someone is out there working on solutions & ideas, and inventing, & writing, & planning, & making millions.

(5) Procrastination, Making Excuses, and Lack of Motivation

This has to do with enjoyment in doing what you want to do. So the best way to feel alive and motivated is by doing something you really want to do.

I had an employee who worked for me once who had a great deal of talent. This person designed advertising and packaging.

And nearly every time I asked him to start on a project, and gave him the proposal, he immediately proceeded to tell me all the reasons it couldn't be done the way I outlined it.

At first, I thought perhaps I was being unreasonable and didn't understand enough about the task I had given him, but after several projects I realized this was a personality function he had. I would finally say, "Just figure out how to do it the best you can and then bring it to me."

Usually, with only a few adjustments I got what I wanted, but I got tired of working with the person and eventually had him replaced.

I just love people who say,
"OK, you got it."

Doesn't it make you feel good to hear someone say that.

Hey, let's figure out how to fill a need people have and make money doing it. "OK, you got it. Let's go to work." And then roll up your sleeves and go to it.

Wow, that's refreshing!

There can be a number of reasons for procrastinating, like a person has low energy or isn't motivated.

But it often has to do with feeling overwhelmed because what you want seems to involve so much time, effort, money or sacrifice that you become immobilized and can't bring yourself to act.

1) You need to look at your lifestyle and determine if it is leading you toward your goals.

2) Learn to delegate what you can.

3) Brake down your GOALS into bite size pieces.

4) Prioritize. Eliminate all the things not crucial to your goal.

5) Focus on what is most important.

6) Then act.



(6) Doubting Your Ability to Accomplish Your Goals

Next to FEAR, DOUBT is your biggest enemy. A small seed of doubt can destroy a mountain of positive thinking. It undermines your efforts. It dis-empowers you.

Doubt is the voice inside your head saying...

"If something can go wrong it usually does."

"Your not creative enough to make that plan work."

"Who do you think you are?"

In all of our lives there are factors we can point a finger at that are responsible for our being the way we are:

Broken families
Difficulties with parents
Growing up in a bad environment
Getting in with the wrong people
Lack of opportunity, etc.

These and more are, of course, factors that may have influenced the formation of our habits, attitudes, and beliefs.

But it is the lingering of the limiting beliefs that continue to rule our lives.



You need to know what you need to get rid of before you can get rid of it.

The greatest challenge can often be discovering the elements that were not getting you what you want in life.

(7) Negative Thinking

Our performances and our lives are based on our *MEALS*....

Memories,
Emotions,
Attitudes and most importantly, all the *Limiting Beliefs* we hold.

This is what creates our life experiences & as I said earlier these things are all stored in your subconscious mind.

So it is your beliefs →
That create your →
Thoughts and feelings →
That create your experiences!

It doesn't even matter if what you believe is true or not, because if you believe it, then it is true for you.

There are many objective things we believe like gravity, the sun coming up, the need to breathe and eat each day, when you push the accelerator on a car it goes (hopefully), and things like that.

There are also subjective beliefs like politics, and which flavor of ice cream or laundry detergent you like best.

But most people never stop to think about the many subjective judgments, opinions and beliefs they live by every day. Here are some examples of beliefs people have about themselves, evidenced by what they say....

I can't remember names
I'm no good with numbers

I'm not creative
Today just isn't my day
I'm so clumsy

I never have any extra money
I lose weight, but always gain it back
Oh no, it's Friday the 13th

I get sick this time every year
You can't trust anyone anymore
It's so hard to make a relationship work
There must be something wrong with me



I never have enough time
 I have a short temper just like my father
 I can't do math
 I can't love myself. I am not loveable
 I've got to save my money for a rainy day

Each of these statements not only reflects negative beliefs and attitudes, but each time they are verbalized, the negativity is reinforced. A person's life becomes a self-fulfilling prophecy.

I am primarily referring to
SUBCONSCIOUS beliefs!

Subconscious Beliefs determine the way you think, feel, and act. This, in turn, determines the nature & quality of your life.

So, **CHANGE YOUR SUBCONSCIOUS BELIEFS, & You CHANGE YOUR LIFE!**

I'm not talking about changing **CHERISHED** beliefs. Keep the beliefs that are important to you and work for you; Your beliefs about God, Country, and Morality.

I'm talking about the beliefs that don't serve you. Beliefs that someone else implanted in your mind as you were growing up, that are lies, and you know they probably are, but you haven't been aware they were working like a computer program in your subconscious mind.

To help you get in touch with & release self-defeating beliefs I'd like you to do a simple writing session. You will be listing 3 beliefs about each of 7 subjects.

Some of your beliefs will be wonderful, some may be limiting, but they must honestly be what you believe.

No one else will see what you write, so be as honest as you can with yourself.

- (A)**
- (1) 3 things you believe about money & prosperity (+ or -)
 - (2) 3 things you believe about relationships (inc. family).
 - (3) 3 things you believe about your work (or what you do mostly)
 - (4) 3 things you believe about spirituality
 - (5) 3 things you believe about yourself & your capabilities.
 - (6) 3 things you believe about your health
 - (7) 3 things you believe about your future

(B) NEXT, list the TOP thing in each category you want in life.

(C) List 1-3 situations that have repeated in your life. For example, I have attracted the same type of people who take advantage of me. OR I keep getting in bad relationships, OR I can't make finances work... something like that.

(D) What would someone have to believe to create/attract that experience?

For example:

I don't feel worthy or lucky enough to have such a great person and so much money in my life.

What else would someone have to believe to create/attract that experience?

For example:

My parents could never do it, how could I?
Money just doesn't last.

What else would someone have to believe....

(E) What belief do I need to stop the loop & begin creating what I want?

Let me give you an example:

I believe I deserve to be rich and for money to come to me easily. (You can put the amount in that you want)

I believe I am worthy of having all this money, relationships, etc. come to me easily.

I believe I deserve the best.

I believe Life is good to me now and forever more.

I believe I am lucky.

I believe I am loved.

I believe I am talented.

I believe I am smart and creative.

I believe life is good to me.

Date it. Sign it.



When you focus on asking for exactly what you want, believing that you can have it and showing gratitude for what you receive, then you discover the age old secret to having the life you want.

The Law of Attraction is more than bringing things into your life. You can apply this approach to turn around a cycle of dead end jobs, lack of education, poor relationship choices or low self-image.

The Law of Attraction is just as powerful when you ask to find a mentor who will help you understand how to position yourself to get a career instead of a job. Believe that this mentor is nearby and will soon make contact with you.

Remember to be open to whoever that mentor may be. You might be surprised if the mentor is someone you already know and never thought to ask for help. When the mentor offers to work with you, believe that you can succeed with direction and receive the success that your effort brings.

Step 6: Positive Affirmations



The most damaging voice you hear is often the one inside your head. Negative self-talk may come from what you heard as a child, as a student, as a worker or while in a relationship with someone.

Worse of all, the negatives are how you put yourself down. Positive Affirmations are a way to position yourself in a positive relationship with the Mirror Universe.

Positive affirmations are daily exercises that are so important to realigning your relationship to the positive energy of the Universe. These are statements of fact. You affirm their truth when you embrace that truth.

Take care to write your affirmations in the positive and present, but be careful. Look at this example:

“I will have a great career one day.”

That *sounds* positive, but wait - can you spot the catch? “One day” could be tomorrow, next week, or twenty years from now. That’s almost a negative because it doesn’t state a goal that can be realized in a specific time.

“I will have a career in graphic arts within one year after finishing my courses.”

Now that’s a positive affirmation that wraps in a timeline and the completion of a goal. By finishing graphic arts courses, you’re taking steps toward your dream. Setting a timeline of one year after finishing courses gives you a transition period to the new career.

If your belief system is strong and you are living fully in the positive, you can set that timeline to 30 days after finishing the course and be ready to receive. Some people even go as far as to state, “I am a graphic artist,” making it effective immediately.

Other positive affirmations build up your self-esteem such as: “I accept that I am worthy to receive abundance.”

This is a broad affirmation, which opens to any possibilities of abundance. You may find that the Universe brings to you an abundance of supportive friends, career opportunities, creative talent or inner peace.

By not placing limits on what abundance means, you are open to receive treasures that you never even thought to ask for before. As you state the truth that you are worthy to receive, then you also free yourself from negative self-image or hurtful memories that caused you to feel unworthy in the first place.

If you only received this as your gift, how rich would you be? Yet the Universe is likely to give even more because you are free to receive.

Are Positive Affirmations Enough?

The thoughts you hold in your subconscious mind changes by forming an acceptance of abundance and shifting your consciousness the way you view abundance.

Just repeating positive affirmations, while it can be a good thing, is working on the upper levels of your consciousness. The part of you that is aligned with abundance is deeper than the conscious or even the subconscious. It is a place in your consciousness itself that is at the core of your identity.

Here is a very deep secret of life: The amazing truth is that the fully mature, aware and conscious being you want and imagine you will become sometime in the future is as much available right now as it will be years from now.

In other words, you do not exist more or less than at any other moment. Your personal experience in this moment may not be everything you would like to have, but that doesn't mean you are less of what you are now than you will find yourself at some future time.

How to Do Affirmations that Work!

Step 1:

Now say, "I am abundance expressing." Don't just say it in your head. Connect with the feelings of abundance, and feel yourself accepting this to your deepest core.

"I am abundance expressing."
"I am a source of manifestation."

The beautiful aspect of this process is that even in the midst of confusion or

uncertainty about some things in your life, you don't have to have all the answers to have a positive growing relationship with abundance.

Step 2:

Next, come back to the statement, "I am the source of my manifesting," and append something specific to that statement such as of "a beloved mate, good health, financial security, a new car, vacation, free time, to be thin, to be rich, to feel happy, to be enlightened, to have fulfilling work, to live my life purpose."

Make the statement and then stay with the feeling of it. State, "I am the source of my manifesting." and fill it in with your desire.



Do you remember the story of Aladdin and his magical lamp? I'm sure you figured out that the story was a fantasy about a genie appearing out of a lamp and granting the owner of the lamp whatever was wished for. But what if it is actually a story based on a real genie?

Did you ever notice that the word "genie" is similar to the word "genius?" That's because they are both rooted in the Latin word for "genius."

A lot of people think of geniuses as a rare phenomenon found in only a few gifted people such as a great scientist or musical virtuoso. In reality, each and every person is born with an inner genius which, like a magical genie, can release inner forces enabling us to accomplish far more than we usually believe possible. The key is knowing how to tap into your own inner genius in your subconscious mind.

Normally your conscious mind screens what is going into your subconscious. It edits the input to make sure that what is going in matches up with what is already there.

For example, suppose you hear the statement, “You are so smart.” Your conscious mind responds by saying, “Are you kidding me? Me—smart? I don’t think so. I didn’t get straight A’s in school.” So with responses like this your subconscious rejects the new input that you are smart.

How to Reach Your Inner Control Center

Now, if your conscious mind filters what goes into the control center of your subconscious mind, how do you reprogram your subconscious with the beliefs and instructions you want it to have?

One big key is through positive affirmations combined with relaxation. Deep physical relaxation helps bring about mental relaxation which opens the doorway to your subconscious mind. When your conscious mind is relaxed, the screen is set aside, and this enables you to get to the source of beliefs that are limiting your personal happiness and success. When you are deeply relaxed, the subconscious is most receptive and the door is open for you to remove old negative mental patterns and replace them with new positive beliefs that can permanently change any area of your life affected by your beliefs.

There are two times of the day that this occurs naturally and automatically—when you are going to sleep and when you are waking up.

For instance, you have probably noticed that at times when you awaken from a deep restful sleep and are lying in bed with your eyes closed that your mind is quiet.

You are there in bed, fully aware and awake, but your conscious brain activity hasn’t gotten into full swing yet. It is during the times when the conscious mind is settling down at night or is at peace in the morning that you can most easily access your subconscious mind.

Out with the Old. In with the New!

One of the most effective ways to cause changes in the subconscious mind is through positive affirmations. Affirmations are positive, present tense statements which address a specific area in your life that you wish to change. To help you get the most out of your positive affirmations repeat them out loud or sub-vocally. That means to form the words with your lips and tongue even if no one hears what you are saying. It is similar to a whisper.

Formulating your intentions and desires into specific word phrases increases the level of focus to most effectively reach the subconscious mind. Then when you repeat the statements over and over the subconscious mind will eventually accept the new programming.

Remember, the patterns and beliefs in your subconscious mind have been there for years, so it is likely to take weeks or months to reprogram your subconscious programming. Be assured, however, if you persist you will succeed.

Affirmations Are Your Doorway to Success

Since one of the best ways to reach the subconscious mind is through the use of repeating positive affirmations, I'm going to give you four affirmations in addition to the ones I've already given you. I suggest you begin using these as soon as you wake up in the morning and as you are falling asleep at night.

Repeat each of these statements seven times. Don't worry if your mind objects to any of these statements or if you hear an inner commentary coming from your mind. By repeating these positive affirmations every day your mind will eventually accept them and begin acting on them.

Here Are The Four Statements:

- I love and respect myself.
- I have unlimited ability to succeed at whatever I do.
- I believe in my ability to win.
- I attract good things into my life.

You can also repeat the affirmations while you are getting ready in the morning and other times when you are alone. Your objective is to saturate your subconscious mind with the outcomes you want to manifest.



The Power of Your Imagination



That's the first question some people ask after hearing about the Law of Attraction.

“This is too good to be true. It can't be that easy. It must take a lot of blood, sweat and tears to see results.”

The Law of Attraction works the same for college graduates as it does for high school dropouts. It is based on the way the universe works like a mirror reflecting the energies you emanate. Luck is connected with gambling and the Law of Attraction is about possibility not probability.

As for how much work it takes to get positive results, the Law of Attraction is determined by what positive and negative beliefs are deep inside your head. In fact, once you grasp the power of human energy in the Universe, you'll understand that if you're sweating and struggling, then you're doing it wrong. When you are aligned and in integrity, life has a positive flow that has an automatic ease.



The Most important KEY TO SUCCESS is to master the science of Visualization!

Einstein said, “Imagination is greater than Knowledge.”

Why? Visualization or IMAGINATION is the most effective means of reaching your Subconscious mind.

Most successful athletes are now using it. Actors, and performers use it all the time. And most successful people use some form of visualization.

Visualization is the MISSING LINK in most other success programs, or if they mention they don't tell you precisely how to do it, or lead you through it.

Visualization is something that you already do, and I'm going to show you how to take control of it and make it work for you instead of against you. But first...

It is vital to make changes internally and the most effective way to do that is through the process of VISUALIZATION.

Utilizing the First Law of Life Success for your benefit. You can never succeed beyond the size of your vision.

When you hold your vision on your goal, and see yourself achieving it in spite of obstacles, it will manifest, however it may take some time. But not always.

One lady I knew needed a vacuum cleaner and a typewriter—two unrelated items. She did a visualization and saw herself having those items, but didn't have the money to buy them. She was out driving that day, and made a wrong turn and came to a house with a vacuum cleaner on the curb—with a sign on it—IT WORKS, TAKE IT.

As she got out of her car to look at it, she saw an older man who said he had two of them and didn't need this one. She thanked him and the old man said, "You can have the typewriter sitting next to the vacuum too, if you want it."

Sometimes what we visualize seems to almost magically come to us, and that is because our thoughts are magnetic and ATTRACT us to the conditions and circumstances that will manifest what we visualize.

Visualization is something that we all use everyday—even when you don't realize it. Before you do something you imagine in your mind what you will experience.

Before going to a refrigerator, you imagine the SMELL, TASTE, APPEARANCE of what you hope to find there. When you go shopping you IMAGINE what you are looking for.

When you WORRY, have FEAR, DOUBT or feel ANGRY you are not only imagining and visualizing those negative traits, and your emotions strongly energize those visualizations.

So by unwittingly creating negative images, you energize them, which only potentially makes matters worse, because you create and attract what you think about.



This is particularly true of what you visualize, because the subconscious mind is most impressed with visual images and symbols. (That's why dreams often don't seem to make sense—they are a product of the subconscious and are symbolic).

Visualization is not just *VISUAL* VISUALIZATION, it also includes the other senses. For this reason, I like the term IMAGINATION better. For instance:

Close your eyes for just a minute:

- Remember what you ate at your last meal.
- Remember what it tasted like.
- What was the texture of the food like?
- What were the sounds you heard while eating?
- What smells did you notice?
- How full did you feel when you were done eating?
- Imagine grass being mowed. Remember the scent of the fresh cut grass...
- Imagine a baby crying. See the squinty face and recall the sound.....
- Imagine yourself at the beach. Feel the warm sand. Feel the warm sun. Smell the breeze.
- Think about vinegar. Imagine putting some vinegar in your mouth. Taste it.

You see as you remember the meal, it becomes a full experience with all the senses involved—not just sight.

Your other senses became involved in your imagination experience.

So when I use the term visualization or imagination, I mean a multi-sensory experience.

It may not be all the senses all the time. Sometimes, one sense predominates, sometimes none do, and you don't see or feel anything—you just KNOW.

Of all the tools you could ever use to bring about transformation in your life, Visualization is the most powerful.

The dominant picture in your mind will manifest—Especially if you nurture it with positive feelings.

Your visualizations are what causes your life to reorient to bring about what you are holding in dominant thought.

HERE'S A STUDY that I personally find fascinating on how visualization works.

30 people were divided into 3 groups.

On the first day everyone's golfing accuracy was measured before they started the experiment.

For the next six days, one group was asked to imagine making a successful putt before every attempt.

They were told to imagine making a gentle backswing...and to visualize stroking the putt smoothly down the target line.

Then they were told to imagine the ball rolling right into the cup.

A SECOND GROUP was also asked to imagine a putt before every attempt.

After the same instructions regarding the stroke they were told to imagine the golf ball rolling toward the cup, but at the last second narrowly missing.

The THIRD GROUP was told merely to try and sink each putt.

After six days, the group that used positive imagination and visualization before every putt, had improved 30%.

The group that practiced every day, but made NO use of visualization increased accuracy but only by 10%

This demonstrates how powerful visualization can be when used to learn a new task, even when people have not used the skill before.

But even more interesting...

The group that visualized the ball missing the cup showed a decrease in accuracy of 21% percent after only six days.

This proves that thinking about failure can actually damage your performance! Just like a baseball player afraid of striking out gets up to bat and strikes out. What you imagine with emotions is what you create for yourself.



And visualizing the positive also creates what you want.

There was more than a 50% difference between the group that visualized failure and the group that visualized success and that 50% difference was after only 6 days of visualizing! That's incredible!

DO YOU SEE HOW POWERFUL VISUALIZATION IS?

The images and thoughts that you hold in your mind creates and brings them to you.

Now let me tell you about ONE MORE amazing study.

The Soviet Union used mental training techniques with 4 groups training for the Winter Olympics at Lake Placid New York in 1981.

Group A had 100% physical training
Group B had 75% physical training and 25% mental training
Group C had 50% physical training *and* 50% mental training
Group D had *only* 25% physical training & 75% mental training

Which group do you think made the greatest improvement in performance?

You would naturally think, the groups that had the most physical training would do the best, but surprisingly it was group D—the group that had 75% mental training and *only* 25% physical training.

And the next after Group D were the other groups in the order of the amount of MENTAL training, NOT PHYSICAL training, that each of the groups had.

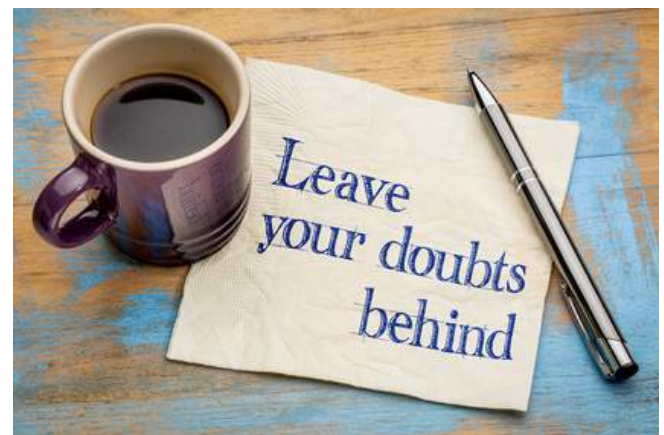
Surprisingly, last of all was group A. the group that had 100% physical training.

This is so exciting because this proves without a doubt, mental training is even more important than physical training! and that's why the best athletes & successful people use it.

Virtually everything you do results from the images you hold in your mind before you make the attempt.

If you don't think you SHOULD or CAN have something, you will do all the things necessary to see that you DON'T GET IT & Vice VERSA...

If you think you SHOULD or CAN have something, you will do all the things necessary to see that you DO get it.



Here are the 7 Steps of Effective Visualization

Step 1: Clearly Choose what you desire to manifest in your life.

Be sure you really want it yourself and it's not something that someone else is wanting you to want.

Unless you're feelings are positive and clear, you will have resistance to bringing it into your life. And if you succeed, you may then discover it wasn't what you really wanted.

The more clear you are on what you want, the more readily your subconscious will bring it to you.

You think you are clear on having a lot of money. But you look at your job and say, “There’s no way I’ll get more money from my job, and if I get more money I’ll probably lose it anyway.”

So, you think you are clear on wanting lots of money, but you have a counter program running that cancels it out.

It’s like having a double-exposed picture in a camera. You can’t manifest your visualization with a double exposure.

YOU MUST BE CLEAR!

Don’t be attached to the source. Money comes to you from potentially many possible directions, and you are fully able to keep it.

Relationship issues can be the same way.

You think you really want a wonderful relationship, but your counter program is running saying things like:

“There aren’t any good ones left. I’m too fat, too old, too ugly. Besides I really don’t have time for a relationship.”

So you do visualizations for a relationship and you don’t seem to be getting anywhere, and you conclude there must be something wrong with you. The only problem was the counter program.

So you want to feel totally acceptant of your visualization.

You do not want to feel separated from it. If you are wanting to visualize lots of money here, and you think it won’t work. You have separated yourself from it.

You want to be at one with it. It’s yours. If you see something like what you want, say, “That has my name on it.”

This identifies you with it,



Step 2: Relaxation. By relaxing your mind and body you are able to become more clearly focused on what you are visualizing. The relaxation helps give you mental clarity.

There are several things you can do that help you achieve a comfortable relaxed state.

- a. Get in a comfortable position either sitting or lying down
- b. Take a few deep breaths. Slow your breathing down—this becomes automatic
- c. Contract and release the muscles in your arms and legs. Be aware of any tension and relax it.
- d. Imagine you are on an elevator or escalator going down. Count down slowly from 10 to 1.
- e. Imagine you are in a peaceful, natural setting where you feel safe. Perhaps near water or the mountains where you have your own private cabin. Go there in your mind whenever you want to relax.

This actually slows your brain waves down and gives you access to your subconscious while you are completely alert and aware.

Step 3: Visualization Style

- a) One way is with your eyes closed to watch the activities on an imaginary screen before you. Like watching a movie. This is the least effective style of visualization. It works, but not as effectively as the next technique.
- b) You are actually in the scene as it unfolds around you. In your mind's eye, you are looking through your own eyes, and seeing and feeling yourself actually there. This way to visualize is like virtual reality all around you.
- c) See people in motion in your scene. This gives it more energy.

During the Winter Olympics I remember seeing skiers using this method to practice their ski runs. And you could see them moving and swaying with their bodies in rhythm with the landscape on the run.

Neither of these methods is difficult, you simply have to remind yourself while you're doing it that this is the way you want to do it.

Bring as many senses into play as you can. Feel it, see it, hear it, smell it and taste it, if appropriate. Get into it as much as you can.

Step 4: Visualizations should always be in PRESENT TENSE, as if the end result already exists. It is already yours.

You do NOT visualize the PROCESS nor HOW it will happen—JUST THE END RESULT.

If you are wanting to write a successful book, play, script, or business plan—don't visualize yourself at the computer writing—visualize the project DONE.

You could visualize yourself receiving an AWARD or a big CHECK for a successful project. Visualize people congratulating you, and having fun.

When your visualizations are fun and positive, this keeps the energy high and positive which increases the effectiveness of the visualization.



Step 5: Give yourself PERMISSION to have what you are visualizing.

This can be done with an affirmation like: *"I am worthy & deserving of this, and I give myself permission to have it, now."*

This is a very important point. Unless you give yourself permission, it is very difficult for you to RECEIVE what you want—even when it is on your doorstep.

Lack of permission keeps the doors closed. ATTRACTIVE energy and CREATIVE Energy often remain LOCKED UP until you give yourself permission.

Some people don't feel they have a right to succeed. Others feel they lack permission to rise to greatness. Even if you feel you have the right, giving yourself *permission* opens something inside you that makes it happen.

PERMISSION is the *most activating energy* I have found to get things moving and happening for you.

You can REPEAT the Permission statement several times during the visualization and each time it opens you to receive more and more

It might also be helpful for you to WRITE OUT your permission. *“I am worthy & deserving of this, and I give myself permission to have it, now.”*

--Date it and Sign it

Permission is probably the most frequent affirmation that you should use daily.

Step 6: Feel the positive feelings associated with having what you are visualizing.

Of all the parts of the visualization process THIS IS THE MOST IMPORTANT.

Your mental images are static. They are potential.

When you put feelings into the pictures you energize them and bring them to life.

Don't underestimate the power of your words and thoughts, but you need to be even more concerned about your feelings.

Feelings are the energy behind the words. A car won't go without fuel. Feelings are the fuel for your words and pictures.

This is the most effective way to activate your visualizations. Without the feeling element, your visualization may still work, but it will be through WILL POWER, which is not as strong as feelings.

If you can maintain positive feelings regardless of outside circumstances, they

will have to manifest.

You can *do everything else right but have negative feelings and the process won't work*. Feelings alone can make the visualization process work! It is the Golden Key to Successful Visualizations



Since it is something you want, you will feel positive feelings about it. The challenge is to hold those feelings regardless of outer circumstances.

Empowering Feelings

A) The first feeling is **FULFILLMENT**

If you think when I get it I'll be fulfilled, you are coming from a place of lack; being unfulfilled, and that's what the subconscious will produce.

If you have the feeling of fulfillment NOW, that is what the subconscious will manifest.

B) The second feeling to have is **ENTHUSIASM**. Not excitement—that is a scattered energy. Enthusiasm is a focused, empowered energy.

It is a dynamic spirit and attitude of empowerment that comes from within.

Excitement is based externally on what happens to you from outside. It can have an almost manic or uncontrolled quality to it.

It is what a person sometimes feel when they've gone to hear a motivational speaker who pumps them up, and then they get out in life, and lose it. So they listen to more audios and seminars.

Excitement is externally directed.
Enthusiasm comes from within.
Enthusiasm is an inner attitude. Start watching the difference in your life with how you feel.

C) The third feeling is **JOY**. Joy gives lots of life to your visualization. Once again this is something that comes from within, rather than based on what is going on outside.

Most people base happiness on what they have outside. Things, possessions, people, relationships, businesses, etc. Joy is a feeling that comes from within.

D) The fourth feeling is **LOVE**. There are many variations of this.

Fall PASSIONATELY in love with what you are visualizing, and you give it tremendous magnetic energy that draws your visualization to you quickly.

To help you get in touch with the feelings I'm talking about, think about something you really love and feel a passion for.

Not a person, but an activity—something you are good at. Maybe a hobby like fly fishing, cooking, a sport, music, art or anything else. When you are fully in touch with that feeling, **TRANSFER** to what you are visualizing

Gradually, you can transfer this feeling to everything in your life—and your whole life is a **JOY**, and begins running much more smoothly.

You reach a state called: **Synchronicity**—where all the pieces fit; all the gears mesh; everything works together smoothly.

When you get everything inside you in harmony, then your outside starts to follow suit.

E) The fifth feeling is **GRATITUDE**.

The feeling of gratitude releases any negative attachments you might have about your visualization.

Gratitude is the best attitude. It is the energy that opens the doors to receive.

So, put positive feelings in your visualizations. They are easier than using will power, because positive feelings lighten everything up. They make you feel up, they free you up—rather than heavy concentrating will power.



Step 7: Think from the perspective of having it & being it and **TAKE ACTION** as circumstances present themselves in your life.

Not wishing or dreaming about it. Think from the experience as if it is already yours.

DON'T THINK:

“I did that visualization, how come I don't have it yet. I wish this would hurry up and happen. When is this going to happen? I wonder IF it will really happen?

How could this work anyhow?
Maybe I'm not doing this correctly.”

Don't allow yourself to think these thoughts, but if you do catch yourself doing so, here is what to do.

Immediately say:

CANCEL, and say the positive opposite.

I am doing this right

My goal is coming to me...

You act as if it is fully coming into your life. You are in the middle of the process.

There is a feeling of letting go, just as if you were a child who wrote a letter, took it to the post office and mailed it. You release it, and the results will come back to you.

Feel the enjoyment and fulfillment of it, as if it were already part of you and your life. Totally enjoy your desire.

If you don't do this, you are giving your power away, to your external world. Your visualization will manifest. Don't judge yourself, others, or the situation and wonder why it isn't working. It's too slow, what's wrong. **STAND FIRM.**

Now you are on your way doing many things to bring a whole new set of people and circumstances into your life, you need to have room for them.

Sometimes what automatically happens with this process is that some things that are now in your life begin to move out of your life.

If this happens it is because it is making room for something better. So, if your life at the moment seems to be coming apart, don't fret too much, it will change. You may come apart, so you can come together.

Don't let yourself get into the spiral of negativity because what is happening in your life is not the picture you wanted. It may be the intermediate chaos of shifting energy, making room for what you are visualizing.

If you fall into the negative spiral, you will end up energizing that, and you don't want to do this.

This whole process requires that you begin taking more active control of your thinking and your life, but believe me the rewards are more than well worth it.

Don't get down on yourself if you slip back a bit, while things are in motion you will have some ups and downs.

Forgive yourself, pop in a positive audio program and allow yourself a little time to get back on track.



That's only the beginning.

Instead of living in uncertainty and despair, you have a life full of possibilities.

You attract what you want and need because you are focused, confident and secure in your beliefs.

The Law of Attraction becomes a way of life that brings not just material well-being, but emotional well being, too.

The more you practice the Law of Attraction in every aspect of your life, you'll find that getting a new car, job or home is wonderful, but it's not even the most amazing aspect of this process.

The highest use of the Law of Attraction is in helping you become your best self and instilling in you the desire to help others help themselves.

Closing Comments

I have two primary audio programs that will help you stay focused and guide you through the many processes I outline in this book, but which go much farther.

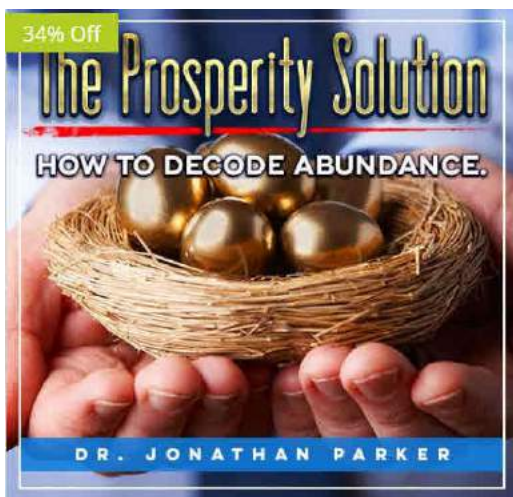
I have guided visualizations, affirmations, more in-depth discussions, and even meditations to shift your consciousness into the state where all of this becomes automatic and you live in synchronicity.

One extensive audio program is:

[The Prosperity Solution: Decoding the Abundance Mindset](#)

You'll find detailed information about this program at this link:

<http://www.decodingabundancemindset.com/>



If you are ready for the next step that will really take you into the deep end where you explore the metaphysics and consciousness aspects of the Law of Attraction, my audio program:

[The Laws of Creation, Attraction, and Manifestation](#) will take you there.

<https://www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/the-laws-of-creation-attraction-manifestation/>

