

Many books explain what the Law of Attraction is, but this is the first devoted solely to practical, fun activities that teach those who are new to the law how to apply it, guiding them every step of the way.

THE BEGINNER'S GUIDE TO ABUNDANCE: Activities for Learning the Law of Attraction and Creating the Life of Your Dreams

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THE BEGINNER'S GUIDE TO ABUNDANCE

*You see things as they are
and you say "Why?"
But I dream things that never were,
and I say "Why not?"*

-George Bernard Shaw

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THE BEGINNER'S GUIDE TO ABUNDANCE

*Activities for Learning the Law of Attraction
and Creating the Life of Your Dreams*

Melody Larson

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Welcome to the Law of Attraction

Do you find your present surroundings discouraging? Do you feel that if you were in another's place, success would come easier? It wouldn't, you know. Your real environment is within you. You make your own inner world, and through it, your outer world.

—Dr. Robert Anthony

Your life isn't happening 'without' you, willy nilly. You are in the driver's seat. Every day you are setting into motion a process that creates reactions. And within that process, you have the power of the universe to help you build the life you want to have.

—Oprah Winfrey

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YOU ARE ABOUT TO CHANGE YOUR LIFE. There are no coincidences, no accidents. You have reached this page and are reading this, right now, for a reason.

The fact that you are reading this page tells me you are a person who is already on the way to creating a more meaningful and more fulfilling life. For you attracted this book to you through your thoughts, whether you are consciously aware that you did so or not. Congratulations!

You are about to learn what many of the wealthiest, most influential, most successful, most fulfilled, and most spiritually-centered people in this world already know: how to attract everything into your life deliberately, rather than by default. You need only understand what I consider to be the most important of all the universal laws, and that is the Law of Attraction.

You see, the Law of Attraction states that like attracts like. If you are thinking prosperous thoughts, you will attract prosperity into your life. If you are thinking about suffering, you will attract suffering. If you are focused on the past, you will continue to relive that past instead of getting on with your life. Easy brings easy and hard brings hard. Success brings success and lack brings lack. Loneliness brings loneliness and love brings love.

Another way to look at the Law of Attraction is to say that it is all about cause and effect. For every thought (cause) there is a corresponding reality in your life (effect). In other words, and it is really important for you to get this, **THOUGHTS BECOME RESULTS!** Literally, your thoughts shape what shows up in your life. Your repeated thoughts are what create your reality.

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Because this is a law, it is completely impersonal. Thoughts create things, period. Whether the thought is "good" or "bad" makes no difference. Whatever you think about on a consistent basis, you bring about. 100% of the time. It's that simple. And it's that powerful. Every single thing in existence is the result of this law! Pretty big stuff, indeed.

Now I can almost hear you saying, "But I think about what I want all the time and I never get it!" You may be thinking about it, but your focus is on NOT having it rather than on having it, and that is exactly what you get: not having it. It is not the object of your desire, but the focus of your attention, that is the cause that brings about the effect.

Let me give you an example. We often hear single people say, "I really want to be in a relationship but I just can't find the right person!" The problem here is, they are focused on that big BUT: the fact that they can't find the right person. Like attracts like. What you think about you bring about. And so what happens to these people? You guessed it! They never find the right person.

Imagine if these people would instead say, "I really want to be in a relationship and I intend to find the right person in the next 2 months!" What a different focus! And what happens? Bingo! Within 2 months the right person appears, because what you think about you bring about.

What you intend is what's around the bend! This is why so many of us consistently bring on more of the same in our lives. It's the notion of the self-fulfilling prophecy. If you expect things to be bad, they will be bad. But if you expect them to be good, they will be good.

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Those who expect wealth, love, and fulfillment continually achieve more and more of those things in their lives, without strain or effort; while those who expect debt, loneliness, and frustration get more and more of those things, and seem to continue to fight and struggle for what they want.

This is such exciting news! Now I know you may not be thinking that, but can you stay with me here for just a moment? Do you know why this is the best news you could ever hear? *Each and every one of us, you included, have the power to create ANY thought that we want, to focus on whatever we choose. And that means that we can create any reality we choose!*

How? By being aware of how the Law of Attraction works!

Let me share a short analogy that will show you how the Law of Attraction works. After that, we'll take a look at the steps involved in more detail.

I want you to imagine that you are holding a garden hose. You are standing next to a faucet, and you reach down and turn the handle on that faucet to full blast. Immediately, as you turn the handle, water begins to flow out of the faucet and into your hose. Even though you can't see it, water is flowing the *instant* you turn on the faucet. No argument there, right?

Okay. Now there is also just a moment or two that you have to wait before any water comes out the end of the hose. True? You know that the hose has some length to it and the water must travel through the hose before it can come out the other end. But then, a few moments later, you see the

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evidence of this water when it splashes out onto the ground and muddies your sneakers.

Tell me, did you fret and worry in the few seconds that you were waiting for the water to come? Of course not! You knew that it *would* come. You didn't doubt whether the water was available, or think about the mechanics of how the water would get to you, or question who put the water there in the first place, or worry that you were unworthy of this water flowing into your hose. That would be ridiculous!

The Law of Attraction works just like this garden hose. You ask for something that you want by turning on the faucet of your desire. You know beyond a doubt that the universe is answering your request the instant you turn on that faucet because when you ask, you always get a corresponding answer—cause and effect, remember?

You need only wait a bit for your thought to come down through the proverbial hose and manifest into your life in physical form. As long as you keep the faucet on and keep a hold of the hose, without kinking it up by doubting in any way that what you asked for is coming, whala! Out it does come indeed. That is the Law of Attraction in action.

Yet what do we do every day? We desire something to come into our lives, but then we get all caught up in doubt and worry. We get stuck on the logistics of how it will happen; or even worse, we tell ourselves that we aren't deserving of what we want. We kink up the hose and then turn around and blame the hose for not working properly!

To receive the full benefits of the Law of Attraction, we have to stop blocking the flow of abundance that is always there

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for us. We can do this by becoming aware of exactly how this law operates.

The Law of Attraction is really a process that includes 5 steps:

1. Asking for what you want
2. Knowing that you are worthy of having it
3. Removing all doubt that it is coming
4. Remaining in a positive emotional state
5. Receiving it through right action

STEP ONE: ASKING

In order to start this process with step 1, you have to know what it is that you truly want to have. You must figure out who you truly desire to be. You must decide what it is you wish to do with this precious life of yours. All options are now open to you. Every single possibility! The whole world is your catalog! If this idea overwhelms you rather than exhilarates you, then the activities in chapter 1 will help.

Many people start with a desire for material things, and that's just fine. It's important to have your worldly needs taken care of so that you are able to do what you love and live as who you want to be. Know, however, that materialism on its own is meaningless and will not bring fulfillment without some internal grounding. The Law of Attraction works best when you are focused on what you

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love, on what you are good at, and on how you can combine those two things to be of service to the world.

So I suggest that you focus your desires not only on money and possessions, but also on your health, on your relationships, on personal fulfillment, and on giving back to others. I'm not suggesting you become a Mother Teresa. When you know who you truly are, when you do what you truly love to do, when you are in balance—you will be serving the world in your unique way, then all the material things will line up effortlessly. Moreover, your life will be abundant in every sense of the word, not just materially speaking.

Once you are clear on your desires, be they material, emotional, physical or spiritual in nature, you must then focus on those desires on a consistent basis. While doing so, you must avoid sending the universe mixed messages by being sure you aren't focusing on what you DON'T want. You have to only focus consistently on what you DO want. It is this repeated focus that eventually creates a shift in consciousness.

For example, don't focus on getting out of debt, focus instead on being financially well off. If you try thinking of getting out of debt, you just end up worrying about the debt and, that's right, you attract even more debt! But if you think about all the wonderful ways your life will be enhanced as a financially well-off person, really seeing those pictures clearly in your mind, you will shift your old debt consciousness to a new wealth consciousness, and then you will attract more money.

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You can literally shape your reality just by consistently focusing on what you want, bringing your desires into physical form; but, you must first clear out those mischievous little emotional bandits whose sole existence is to rob you of your efforts! You do this by moving through steps 2 and 3.

STEP 2: BEING WORTHY OF IT

So let's say you are now clear on WHAT you want. The next step is to know on a deep and true level that you are worthy of your desires, every single one of them! You are more than your personality. You are an infinite being playing at being human in this lifetime! Those bandits in your head that tell you otherwise are a product of your ego, and it's time to give them the boot!

Your past belongs only to your personality and so has nothing to do with who you really are. Moreover, your current conditions are only a manifestation of who you were as a person before now. *You can literally wipe the slate clean at this very moment, for who you are from this moment forward determines who you will be and what will be in your future.*

I know this can be a hard concept to grasp, especially for people who have built up a lot of false beliefs about their so-called limitations. Likewise, people who tend to hold resentments towards others for their accomplishments, possessions, or natural qualities have a very hard time recognizing that they themselves are just as worthy of those things. They are stuck in the old grass-is-always-greener game.

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I'm here to tell you that abundance is both boundless and borderless. You are worthy of all you desire because you are here on this planet. Your very existence is an instant ticket to the world of infinite supply! Have vs. Have Not is a totally false and extremely limiting belief system. There is only Have and Have. You need only realize that you are worthy of having! If you are someone who thinks they don't deserve all that they desire, that the past equals the future, or that the grass is always greener on the other side, then you'll benefit hugely from the activities in chapter 2.

STEP 3: ERASING DOUBT

Next, in step 3, you have to remove feelings of doubt. You have to know with full conviction that what you've asked for will indeed manifest in your life. You have to expect it. We've been given a wonderful tool to make this process easy: our imagination. As children, we understood how to use our imagination. How sad that as adults we dismiss it as child's play. Imagination is the key to everything!

By consistently *imagining* yourself being, doing, and having all you desire *as if it is already true*, it becomes true in your mind. The universe gets your message and responds by saying, "Oh, there's a big disconnect here between this person's vision and their reality. I better get to work ASAP on matching those two things up!" And so, it sets about bringing those desires to you in actuality.

Aha! Did you know that this is the whole *reason* we have imagination? *We are equipped with imagination so that we may manifest our desires, just as surely as we are equipped with lungs so that we may breathe.*

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To use your imagination as it was originally intended, you repeatedly focus your attention on a specific vision in order to achieve specific results. Think about Olympic athletes who visualize their performance over and over before they actually do it.

Thoughts literally shape the physical world. Cause and effect are everything. This is how the Law of Attraction works. If you don't believe me, I suggest you check out what's happening these days in quantum physics. The so-called new science is proving it to be true. Step 3 is absolutely critical, so let's look at a common example:

Let's say you want to lose weight. If you keep getting on the scale every day and focusing on the unhappy number you don't want to see, if you keep grabbing at your flab and obsessing about it, if you keep staring at your current self in the mirror, full of self-loathing and disgust and hopelessness, then you are repeatedly focusing on that as your reality. And so, that is exactly the reality that you continue to experience: more of the same, more overweight.

But if you instead taped a new smaller number on the scale and looked at that number whenever you got on the scale, if you spent 10 minutes every day visualizing yourself being and feeling slimmer and acting like a healthy person acts, getting yourself all revved up on positive emotions, then that is what you would get instead.

Your repeated thoughts would literally begin to change your body, your habits would improve effortlessly, and you would start to lose weight and eventually achieve a match-up to your visions. It won't happen overnight, but it will happen.

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It's a 100% guarantee! Just as it's a 100% guarantee that as long as you focus on your fat, you will stay fat.

I've hinted that another key part of step 3 is staying emotionally connected with what you desire. While you are mentally visualizing a desire as *if it is already true* for you, you must also get into *feeling* what it's like to have that desire. This is essential! When you have positive feelings you send out a high energy vibration to the universe, like one of those giant spotlights that department stores shine into the sky to attract customers to a special event. *The universe will respond faster to your emotions than to just thoughts alone.*

A final word on step 3: Your job is to focus only on WHAT you want and WHY you want it. That is all you have to do. It is the universe's job to figure out the WHO, WHEN, WHERE, and HOW. It always knows the fastest, easiest, and most appropriate way! It is in the details beyond the WHAT and the WHY they we get stuck, get doubtful, and therefore get nothing! So do your job. Figure out what you want and why you want it, then relax and let the universe do its job.

I have found that step 3 is often the most difficult for many. We start off all fired up and excited, but over time we lose our momentum and ability to keep those visions and emotions sustained. When this happens, we slip back into step 2 again as we wrestle with our doubts, feelings of unworthiness, and lack of hope. That is why I have included so many activities in chapter 3 that are centered on this crucial step.

STEP 4: FEELING GOOD

Now we come to step 4. Like step 3, step 4 is about emotions, particularly the emotion of gratitude. The universe is expansive, abundant, and joyful! It doesn't understand or respond to lack and negativity. It is amazing how often we focus on the things we don't have while taking for granted all that we *do* have. If you are a glass-half-empty person, the activities in chapter 4 will be extremely beneficial to you.

You must learn to live in a state of joy and gratitude. It's so important to feel good! Like attracts like. By having feelings that are joyful and grateful, you will attract even more things to be joyful and grateful about. You must be grateful not only for what you have in your life already, but for all that you "have" in your visualized life as well. Because it is yours already! You are only waiting for it to manifest into physical form. Remember the garden hose: positive thoughts and emotions keep the hose unkinked!

The universe LOVES to be thanked! It will respond to your appreciation with greater and greater abundance. All you desire will come faster than you could ever imagine.

STEP 5: ACTION!

Finally, step 5! Step 5 is about action. You can't just sit and wait for all you desire to magically appear. Visualization is like a magnet pulling your desires closer to you, but if you don't reach out and grab the stuff, the stuff will pass you by! Some things might literally land in your lap without any more effort than visualization, but to get most things it'll require some action on your part.

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Note that by action I don't mean effort. It's more about understanding that what you desire may manifest in unexpected ways. You need to be open to, and act on, opportunities that show up. Remember that the HOW is not up to you to decide. Action, quite often, will be about not dismissing an intuitive nudge when you get one. When you have one of those little flashbulbs of brilliance go off, don't dismiss it! Don't tell yourself it's a ridiculous idea. Act on it without delay! Make it real before your emotional bandits destroy it. If I had let my bandits talk me out of writing this book, you wouldn't be benefiting from it right now.

You have to learn to recognize when an opportunity that will lead you to your desire is present in your life. The universe speaks in whispers rather than in trumpet blasts. You have to develop your intuition and pay attention to the clues the universe is leaving for you.

The last chapter in this book has activities designed to help you improve your intuition. Don't underestimate the power of developing it! *Your intuition is how your higher self delivers the universe's messages to you.* Without it, you may miss the opportunity to transform your visualizations into reality!

IN SUMMARY

It was my intention that this little 'mini-lesson' give you a clearer understanding of what the Law of Attraction is, and how it works. Even if you are still a little unclear, the law will work for you anyway—it already does, remember? 100% of the time, just like gravity. The difference is that now you are making yourself consciously aware of how it works. In time, you will get so proficient at using the Law of Attraction that

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you will no longer require activities like the ones in this book; and that is my ultimate wish for you.

There are many aspects to the Law of Attraction that I have purposefully not discussed or included in this book, as it is truly meant to be a beginner's guide. If you are interested and/or become ready to explore and master the more metaphysical/spiritual aspects of this law, then I highly encourage you to visit my website, where I have posted a list of recommended readings. My website URL is located in the back of this book, under the *About the Author* section.

So don't worry: just by doing the activities in this book, you will move through the 5 steps naturally, and you will successfully apply the Law of Attraction pro-actively in your life, whether you fully understand how it works or not. Now, the only thing left for you to do is to try it out for yourself!

A final word of warning: these activities are so uplifting and joyous that you may experience a natural high for life that you have hitherto never felt before! You are about to become a kid in the candy store of abundance. I also assure you of this: You absolutely cannot fail! No matter how many times you have tried to achieve your goals and have failed in the past, you simply cannot fail this time.

Whatever you have been or not been, achieved or not achieved, possessed or not possessed, is of absolutely no consequence whatsoever! You did not know about the Law of Attraction then, but you know it now, and all you desire will be so.

How to use this book

The chapters that follow, chapters 1-5, correspond to the five steps just discussed in the introduction. In each chapter you will be given hands-on activities that take you through that particular step. You may wish to refer back to the introduction and review that step as a quick refresher before proceeding with the activities.

Although the chapters are in a sequential order designed to take you from step 1 to step 5, you do not have to start with chapter 1 and proceed chapter by chapter. You really can start anywhere you wish. For clarification and organization, the steps have been separated out, but in reality many of them are simultaneous processes, so do not be overly concerned with order.

You might start with the step that you feel most unclear on. For example, let's say you already know what you want (step 1) and you have no problem staying in a state of gratitude (step 4). However, what is tough for you is step 2 (knowing you're worthy of having it). You could start by going directly to the activities for step 2, located in chapter 2.

Or, you might start by choosing the activity that seems most enjoyable and exciting to you. Let's say you are going through the table of contents and the name of one of the activities just jumps out at you and seems really interesting—go to that activity directly and start there. After all, it may be your intuition speaking to you!

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In addition, I have created several activities that address the common life areas that people most often wish to improve: namely health, wealth, career, and relationships. If you have a particular area that you are really eager to transform, you could choose to start with those activities directly.

Activities specifically designed for health:

Body talk
Give your cells a pep talk!
Healing waterfall

Activities specifically designed for relationships:

A perfect match

Activities specifically designed for career:

The business card
Exciting career opportunity!

Activities specifically designed for financial prosperity:

The money tree
Checks in the mail
All accounts positive

Note that all the other activities in this book, in addition to these 9, will also allow you to work on these specific areas. They are designed in such a way that you can adapt them to whatever goals and dreams you have, including health, relationships, prosperity, and finding joyful and meaningful work.

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What I'm saying is that there is no right or wrong way to use this book! You can proceed chapter by chapter, or you can jump around a bit. You can work on only one activity at a time, or you can do several simultaneously.

Finally, please keep this in mind:

YOU DO NOT HAVE TO DO EVERY ACTIVITY IN THIS BOOK!

I have offered a wide variety of activities within each chapter so that you can pick and choose, selecting the ones that really pop out at you. If an activity doesn't seem exciting or seems too difficult, by all means, choose a different one! You are to have fun and no activity should ever feel like a chore to you.

You will play best by following these five ground rules:

1. If it stops feeling fun, try another activity or take a break.
2. This is not a race. The whole way that the Law of Attraction works is through *effortlessness*.
3. Stay patient and never push yourself through an activity, or through this book, thinking that it will get you what you want faster. It won't! The moment you become impatient, you actually block the process.
4. It is always better to do an activity in writing than just in your head, so I suggest you purchase a journal or notebook for the occasion. There is also journal space included at the end of this book for those exercises that require pen and paper.

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5. You actually have to DO the activities, not just read them, in order for them to work! Yes, you must DO the activities! Did I mention that you must DO the activities?

So relax and go with the flow. Enjoy focusing on all you want, knowing it will come at just the right time for you. Delve into these activities and experiences. Feel the magic, wonder, and bliss of unleashing your imagination, of flowing through each day in utter delight and gratitude, of knowing that all you desire is on its way!

Are you ready? Let's get started!

Many books explain what the Law of Attraction is, but this is the first devoted solely to practical, fun activities that teach those who are new to the law how to apply it, guiding them every step of the way.

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