

## *Secrets of the Law of Attraction*

Articles about the Law of Attraction as disclosed in the life-changing movie THE SECRET.

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In fact, please pass it along to anyone you think may be interested ... but please don't remove the author's information at the end of each article. It's what allows the book to be distributed for free. ☺

Go ahead, spread the word about the Law of Attraction and see what comes back to you. Remember, "As you give, so shall you receive."

If you wish to learn more about the hidden concepts behind the movie THE SECRET, visit:

<http://www.SecretsofTheSecret.com>

While you're there, sign up to receive **free copies of the two books** that were instrumental in influencing producer Rhonda Byrne to create THE SECRET.

Happy reading!

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## **What is the Law of Attraction?**

By Aaron Potts

The Law of Attraction - in its simplest form - states that "like attracts like". Whatever you focus on the most is what will be most attracted to your life. At first glance, that would seem to state that since we all think about being healthy, rich, and having fulfilling lives, that we should all be living happily ever after, right?

Wrong. Although it is true that if we properly focused on those things that they would come to us in abundance, the truth is that most people don't focus on having those things - they focus on the fact that they DON'T have those things!

So, going back to the definition of the Law of Attraction - "like attracts like". If all you ever do is think about how much you wish you were healthy, or how much you wish you were rich, or how much you wish you were happy, do you know what the Universal Law of Attraction will bring you? You guessed it - a life full of wishing you had all of those things.

The only way to attract what you desire in life is to allow yourself to understand what it would feel like to have what you want, to allow yourself to believe that you will have it, that you deserve it, and by focusing on those positive feelings and beliefs on a consistent basis.

It seems way too simple to be true, right? It is hard for you to believe that just by thinking about having a new car that you will get one. You can't grasp the fact that by just thinking about getting promoted at work that it will happen. You refuse to believe that by feeling positive about your life, that your fulfilling life will come to pass.

So, let's see if you have been paying attention. If you believe that it's not possible to get that car, that promotion, or that fulfilling life, guess what you are attracting with the Universal Law of Attraction? That's right - NOT having those things!

In order to invoke the Law of Attraction for positive gain, you must visualize the things that you want, feel in your heart what it will be like to have them, and believe that you will get them. It really is just that simple! However, after spending decades of our lives being taught to "work hard for what we want", we can't bring ourselves to believe that anything less than hard work will bring those things into our lives.

Now, don't misunderstand. The Law of Attraction is not "magic". You won't manifest material goods or personal success simply by thinking about them. However, the Universe WILL provide methods for you to gain those things, and hard work may or may not be part of that equation.

For that reason, it is important for you to remember that you have to be aware. When you train your mind to send out the positive emotional vibrations into the Universe that will bring these things to you, the Universe WILL answer. However, if you aren't paying attention, you will not be home when Opportunity comes knocking at your door!

The Law of Attraction is not some sort of mystical mumbo-jumbo, but rather scientific fact. The key is in knowing how to use that science, and the consistent application of those scientific principles.

#### About the Author

Aaron Potts is the owner of the Lifestyle Empowerment program Today is that Day and the author of the life-changing eBook 'How to Invoke the Law of Attraction'. Get his free newsletter at <http://www.todayisthatday.com> or grab your copy of the empowering eBook at <http://www.todayisthatday.com/invoke/>

## **The Law of Attraction in Action**

By Diana Kennedy

Would you like to be able to experience more of what brings you joy in your life? Do you have unmet wants and desires that have left you feeling unfulfilled in some areas of your life? Were you taught that it is our desires that make us unhappy? Whoever taught us that desire is a bad thing was an unempowered person!

Desire is a beautiful thing! It is desire that birthed this world, and it is desire that draws us together to create new life, both physically and metaphysically.

Imagine for a moment that you have a genie in a bottle, or a secret potion or wand that, that gives you the power to zap into being more of what you wish for. The truth is, it doesn't take a genie in a bottle, a magic wand or a secret potion, although these are fun 'reminders' of the awesome power that we hold! We are Divine Beings!

The Bible says we are made "in the image of God" and that "what we reap we sowed." This means we, like God, are creators! I've heard it said that God helps those who help themselves. We must learn how to help ourselves by co-creating, along with God, that which we desire by developing faith and applying focused thought. The best way to pray then is affirmatively, to visualize what we desire as if it is already in our experience, and to give thanks in advance, knowing that what we need and desire is available to us. To pray effectively, we pray affirmatively. A powerful prayer is one of gratitude. The more we count our blessings, the more blessings come to us. Our thoughts and prayers really do create our experiences!

Another way of saying this is to use creative visualization. Creative visualization is the technique of using our imagination to create more of what we want in life. I've heard some people say, "I can't do that, I don't visualize anything!" There is nothing woo woo about it. You are already using visualization techniques every day - every time you think about what to have for lunch or what you might want to do

over the weekend, or even while remembering a special person in your life, you are using your creative imagination! Visualization is the basic creative energy of the universe, which we use constantly, whether or not we are aware of it. When we aren't aware it is called creating by default. When we are setting conscious intentions, we are deliberately co-creating with God, or the Universe.

You may have heard the saying, "Thoughts are things." Our thoughts, beliefs and feelings are real! They are alive with the spiritual substance that makes up this world. Our thoughts are energized and powerful. Everything we experience in "reality" has its beginnings in the non-physical. Every thought we think is a seed and every time we think the same thought over again, we water that seed. When we think thoughts filled with emotion, we fertilize those thoughts. The more intense our desire, and the degree to which we believe it is possible, the more likely it is to come into our experience and the faster it will manifest. The law of the soil and the law of the mind are the same.

The world is filled with evidence that supports our beliefs. In other words, optimists are confirmed in their optimism, and pessimists are confirmed in their habits of thought also. An optimist expects things to work out somehow, and because they give their attention to what they do want with expectancy, this is what manifests in their experience. The pessimist, on the other hand, generally also creates what they habitually worry about. When pessimists learn how to alter their expectations and beliefs, they too can more deliberately create what they are wanting in life.

I truly believe that everything works towards our highest good, we just need to trust the Universal Laws working through us and use our experiences to expand our consciousness. Let's use the Law of Attraction to make the world a more joyful and loving place!

"If you could begin to feel appreciation for the fact that desire exists and anticipation about its unfolding, rather

than disappointment that it has not manifested, your energy would clear up by 95% and your manifestations would begin to flow to you so much more easily." --Abraham-Hicks

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## **How to Amp Up the Power of Law of Attraction**

By Kate Corbin

"Think of the power that's in the universe – moving the earth, growing the trees. That's the same power within you, if you'll only have the courage and the will to use it." – from Charlie Chaplin's movie, Limelight

How can we make the Law of Attraction work even more powerfully in our lives? How can we amp up our manifesting power? What is the magic ingredient that adds the driving force, the Big Mo, the alchemy to the attraction process? It is emotion. And the intensity of our emotion determines our power of attraction.

We activate our thoughts and give them life by adding emotion. The classic example of the power of intense emotion is the 100-pound woman who lifts a 4,000-pound car to free her child who is trapped beneath it. When we want something as unequivocally as this mother wants to save her child, our strength and ability increase exponentially and we become invincible.

Do you have any idea what a powerful being you are? Do you realize that the entire Universe is at your service? You are a Master of the Universe, fully empowered to create your life in exact accord with your thoughts and feelings. And what activates and increases your power to create? Strong desire.

You can align with the object of your desire by adding emotional power, by getting excited about it, by wanting it with passion, by getting clarity about it and offering a signal as focused as a laser beam. We attract in accordance with our vibrational alignment. To harmonize vibrationally with your desire, find the feeling place of your desire by imagining as vividly as possible that you are living your dream NOW.

As you begin to EXPECT good things, that expectation acts as a powerful attractor to bring even more good things into your life.



Energize your desires by refocusing with passion, clarity and determination, by stating confidently: I am healthy! I am wealthy! Everybody loves me! I'm always so lucky! Everything comes easily to me! But most of all, declare with all your heart – I am absolutely and eternally wonderful and worthy of everything I desire.

By focusing with strong emotion, your power of attraction is amplified. Here are some great ways to energize your desires and amp up your power:

direct your thoughts with focus and clarity  
decide to feel good and maintain a sky high vibration  
feel appreciation  
make up your mindset  
your intention  
dream, imagine and visualize  
believe and expect  
infuse your desire with passion and enthusiasm

Emotion is the magic ingredient that will make the Law of Attraction work even more powerfully in your life. Emotion in the form of strong desire gives you the power to design and create your destiny. With emotion, clarity and focus, you are a powerful magnet for attracting into your life anything and everything you desire!

Kate Corbin is a Law of Attraction Life Coach and the creator of Gold Star Coaching. Both her coaching practice and her e-book, Dining at the Cosmic Café: How to Be and Do and Have Whatever You Desire, <http://www.goldstarcoaching.com/ebook.html> are designed to empower you to truly live the life of your dreams. To contact Coach Kate, check out her e-book, and subscribe to Magical Musings, visit <http://www.goldstarcoaching.com/>

## **Hey, Law of Attraction, I Didn't Ask for This!**

By Kate Corbin

“What you resist sticks to you like glue.” – Judith Orloff

The Law of Attraction states that you will attract into your Life whatever you focus on – whether you want it or not. Therefore, although you may not have gotten what you wanted, you did get what you asked for.

You Always Get What You Ask For. If the waiter serves you something you truly dislike, keep in mind that the Cosmic Café never gets an order wrong. You never get something you did not request. You are never served someone else's order by mistake.

Q: Waiter, I hate Brussels sprouts. Why do you keep bringing me Brussels sprouts? A: I keep bringing you Brussels sprouts, young man, because you keep focusing on Brussels sprouts.

Q: Waiter, I distinctly ordered the roast duck and you brought me a hot dog. A: Well, Sir, you do not order in words. You order vibrationally. To get roast duck, you must vibrate roast duck.

Q: Waiter, why did you bring me the veggie plate when I requested the escargot? A: Well, Madam, although you say you want the escargot, you are not vibrating escargot. You are definitely vibrating veggie plate.

So what do you do when you're served something you definitely do not want? You place another order. You place an order for what you want clearly and specifically and with all the passion you can muster. Then you give your full attention to what you do want.

Place Another Order. Let's say you manifest your dream job and later learn that it requires significant amounts of travel, which makes balancing the other aspects of your life more challenging. Not a problem. Now that you're clearer about what you do want, place another order by specifically focusing on a job with no travel or

minimal travel. As you focus on this desire, either the travel part of your current job will be reduced or you'll attract another job with the perfect amount of travel. Hold your gaze unwaveringly on what you do want so that you offer a clear signal rather than a fuzzy vibration.

Max claimed to be surprised when he was laid off from his job. Closer inspection revealed that, some months earlier, he had declared – “I hate my job. I'm ready for a job I love.” The Universe believed him and got him out of that miserable position. It was not immediately clear to him that this was evidence of the Law of Attraction working on his behalf, and he did spend a few days feeling shocked. However, he soon recognized that he was now free to find more fulfilling work. As he was able to quit listening to his own negative self-talk and the fear-based advice of family members telling him to “just get a job, any job,” he held out until he found – you guessed it – a job he loves.

Who Ya Gonna Blame? If you don't understand that you have created an unwanted situation in your life through your thoughts and feelings, you may look for excuses. You may play the karma card, blame your mother, or curse your bad luck. When you realize that your life is the way it is because of the way you direct your thoughts – and for no other reason – you can seize the power to design your destiny.

When you apply the Law of Attraction and order with focus and clarity, the Cosmic Café will serve you the most delicious life you could ever imagine!

Kate Corbin is a Law of Attraction Life Coach and the creator of Gold Star Coaching. Both her coaching practice and her e-book, Dining at the Cosmic Café: How to Be and Do and Have Whatever You Desire, [www.goldstarcoaching.com/ebook.html](http://www.goldstarcoaching.com/ebook.html) are designed to empower you to truly live the life of your dreams. To contact Coach Kate, check out her e-book, and subscribe to Magical Musings, visit [www.goldstarcoaching.com/](http://www.goldstarcoaching.com/)

## **If the Law of Attraction Really Works, Why Didn't I Get What I Want?**

By Kate Corbin

"Never think of failure for what we think will come about." –  
Maharishi Mahesh Yogi

**The Fine Print.** According to the Law of Attraction, I can be and do and have whatever I desire. Why, then, do I have an unhappy marriage / a painful physical condition / an overdrawn bank account? Well, I guess it's time to read the fine print. The Law of Attraction contract states that you attract into your Life whatever you focus on – whether you want it or not. Every time you think about something with strong emotion, you are saying to the Universe – "More of this, please!"

**The Dreaded I CAN'T Monster.** Have you ever passionately wanted something that just didn't happen? You wanted it deeply, you concentrated on it, you prayed, you visualized, you took action, but alas it would not budge. What's the mystery? It simply means that, although you truly wanted it, you stayed in the feeling place of not having it. You kept focusing on the lack, on how unhappy you were about NOT having it. Somewhere in your vibration lurked the dreaded I CAN'T monster. So your message to the Universe was actually – "I want this thing with all my heart, but I know I can't have it."

**Eliminate Your Big But.** Another reason we don't get what we want is because of the Big But Syndrome – I want this, but. . . This syndrome consists of contradictory thoughts – such as doubt, worry, impatience, unworthiness, indecision, and fear – that prevent or stall the manifestation of our desires. By the way, these big buts are always lies, damn lies, and stinking thinking. They are never true. Here are some examples of the Big But Syndrome:

I want it, but: · I'm a bad person · I don't deserve it ·  
I never get what I want · I always have to settle for less than I  
truly desire · I have really heavy karma · I can't afford it

·        My feng shui is all wrong    ·        I'm too young / old / heavy /  
thin / tall / short / rich / poor    ·        I eat too many carbs

What does your list of big buts look like? What reasons are you using to explain why you don't have what you want?

"Don't give up. Don't ever give up!" – Jim Valvano

Hang in There – It's Not Over. Who has not experienced the pain of failing to get what they want? It hurts to be disappointed, but the answer is not to give up on our desires. Desires are only painful when we don't know how to fulfill them. Not knowing how to fulfill our desires might even be considered the human dilemma. If you hang in there and cling to the knowledge that there is something better waiting for you around the corner, then you call forth something better.

Meg experienced not being selected for a job she had applied for. Impressively, she absolutely refused to get discouraged. She insisted on keeping her thoughts on knowing that something better was out there for her. It wasn't over. Two weeks later she was offered an even better job in the same department – a brand new position that hadn't even been created when she applied for the previous position. I believe they created it just for her, but, clearly, she had attracted this great job by maintaining a hopeful, confident vibration. By continuing to expect it, she invited it in.

I had a similar experience in a furniture store as I was looking for a dresser and mirror to match my country French bedroom set. I found the perfect dresser and mirror in a consignment shop, however, the owner insisted that they would only sell it as a set with the bed and bedside tables which I already had. It wasn't over when I was told that they never break up sets because two days later another customer came in wanting everything except the dresser and mirror. It was fun to hear the owner call and say – "You'll never believe what happened."

Of course, I believed what happened and fully understood that the Law of Attraction had arranged the perfect solution for everyone. So, no matter what, stay open. Expect what you want and allow the Universe to present you with the perfect circumstances in the perfect way at the perfect time. And, remember, EWOP – Everything Works Out Perfectly!

Kate Corbin is a Law of Attraction Life Coach and the creator of Gold Star Coaching. Both her coaching practice and her e-book, Dining at the Cosmic Café: How to Be and Do and Have Whatever You Desire, <http://www.goldstarcoaching.com/ebook.html> are designed to empower you to truly live the life of your dreams. To contact Coach Kate, check out her e-book, and subscribe to Magical Musings, visit <http://www.goldstarcoaching.com/>

## **Law of Attraction: Does Your Manifesting Formula Add Up?**

By Jeannette Maw

Manifesting what we want requires a balance between two parts: action and thought. Inspired action and right thought are crucial ingredients to making the impossible happen. Getting the right mix between these elements is crucial for successful deliberate creation.

Many of us tend to rely on one over the other in manifesting our desires. For example, roughly a third of my clients rely primarily on thought to create what they want, while two-thirds are inclined toward action. No matter which way you lean, if you're out of balance with one or the other your manifesting efforts are handicapped.

What is inspired action?

Simply put, inspired action is action that feels good. It's taking the step that lifts your energy; following your intuition; or somehow getting the energy moving in the physical world. It could look like making a call to a new connection, purchasing a book that catches your attention, attending an intriguing workshop, or even taking a nap!

What is right thought?

Right thoughts are thoughts in alignment with what you want. They create a vibration in accordance with the end result you desire. Right thoughts feel good, point you in the right direction, and support inspired action.

How do you know if you've got a good balance? The evidence of your life will tell you. Are things happening the way you'd like? Or are you struggling to make your wish list come true? If you're not making progress towards your goal, look at the two ingredients to the manifesting formula to see whether you're light on inspired action or right thought.

Adding emphasis to the missing element is magical. Creating a balance of right thought with inspired action will catapult your success!

### If Action is Missing

If you realize your thoughts are in alignment with your desire, but you haven't taken any steps in the physical world to allow it to manifest, here's a tip for creating inspired action.

Whatever your goal or intention is, conduct yourself as if you've already achieved it. Act as if you already are the success you desire.

For example, if you want to drop a few pounds, act as if you already have. What would a lighter person wear today? What would a size smaller girl eat for breakfast? How would an ideal weight guy answer the phone? What would he do for fun tonight? Become the lower-weight person with your actions, and your body will reflect your new vibration.

Acting as if is a powerful tool for creating vibrational alignment!

### If Right Thought Is Missing

If you're taking plenty of action that feels good but thoughts are running amok, here's one remedy. Imagine the end result you want and place yourself in this scene of success. Now ask yourself what beliefs allowed you to create this success. What were the thought patterns that allowed you to manifest this achievement?

Suppose financial abundance is your goal. As you imagine your prosperous lifestyle, what beliefs do you hold that facilitated that success? Perhaps you knew you were capable of anything. Maybe it was that you believed financial abundance was your birthright or natural state. Or maybe you knew your time would come, or that the Universe has your best interests at heart.



Whatever thought pattern you identify as being in accordance with this imaginary manifestation, bring that to life now. Use affirmations or mantras to enhance those supportive beliefs in your present daily life. Create a regular routine for incorporating these thoughts into your mind. After all: as you think, so shall it be!

Bottom line - getting what we want isn't as hard as we often make it out to be. Combining inspired action with right thoughts allows us to make miracles happen. Happy Manifesting!

Jeannette Maw is an Attraction Coach and founder of Good Vibe Coaching in Salt Lake City, Utah who helps clients get what they want, once and for all. Free tips to make your wish list come true are yours by signing up for her monthly "Get What You Want" ezine at <http://www.goodvibecoach.com>

## **Law of Attraction and Astrology: Choose Your Astrology Wisely**

By Jeannette Maw

Are you held hostage by your astrology? Does your world stop when Mercury retrogrades? Do you blame bad habits on your birth chart?

Anyone who's taken a good look at their astrology (and no, I don't mean the daily horoscopes) has likely discovered truths about themselves in the stars. Fire signs are bold and assertive; hard angles predict challenges, Saturn returns foretell impending crises. The list goes on and on.

While it's undeniably entertaining, often revealing, and can provide comfort as it lends self-understanding, there's a hidden danger that our belief in astrology overpowers our ability to create what we want in life.

### **What's At Play**

The school of thought based on the Law of Attraction tells us that "as we think, so shall it be." The concept that we create our life experiences is reflected in commonly-used phrases such as "you reap what you sow" and "like attracts like." The philosophy dates as far back as Hermes Trismegistus' Emerald Tablet (rediscovered in roughly 1350 BC).

Well known figures subscribing to the Law of Attraction include Plato, Isaac Newton, Albert Einstein, Thomas Edison, and Carl Jung, to name just a few. Close examination of this universal law reveals essentially that thoughts become things. We create our world with our vibrations of thoughts and emotions.

Which is why it's crucial we become very conscious of what we place our faith in. Including our astrology.

When you believe in something more powerful than you, you give your power away. This can actually serve you if you haven't fully

embraced your creative abilities and assigning your power outside yourself enhances expectations of success. (Like going to the doctor for a prescription, or hiring an investment manager for your portfolio.) The pitfalls are when you assign your power to something that doesn't serve you.

### Astrology's Role

How does astrology fit in? For those who believe there is valuable information in the arrangement and movement of the planets, we face both opportunities and potential sabotage.

Interpreting a particular aspect as fortunate or a predictor of good news gives us "reason" to believe good things will happen. Since our thoughts create our reality, this would serve us. Anything giving reason to believe good awaits us is helpful, even if we're assigning our power outside ourselves.

On the other hand, becoming aware of astrological configurations and occurrences that cause us to expect bad news gives us "reason" to believe bad things are in store. That thought pattern handicaps our success.

The beauty of astrology is that there are so many ways to interpret it. Evolutionary astrology, as defined by Steven Forrest and Jeffrey Wolf Green, specifically embraces the core perception that "we interact creatively and unpredictably with our birth charts, that all astrological symbols are multidimensional and are modulated into material and psychic expression by the consciousness of the individual." (<http://www.stevenforrest.com/evolutionary.html>)

According to Salt Lake City astrologer, Laura Ellingson, that means the power lies in the interpretation and can be expressed in many different ways depending on the individual's state of mind.

Another branch of astrology asserts that planets don't cause our reality, but rather reflect the reality we create through our internal workings. That is, planets correlate to the reality we make up. Is

that true? Don't ask me! We each choose our own truth, since our attention to it creates it.

### Avoiding the Pitfalls

While writing this article I encountered the challenge of allowing my astrology beliefs to overpower my creative abilities. After a new love interest made the unwitting error of providing his birth date, I scrutinized his chart for over an hour.

His Sun Moon conjunction in Virgo was particularly troubling, since I wasn't interested in someone described as "highly discriminating, critical, finicky and conventional." Grant Lewi himself called a person with this aspect a "moralist!" Probably not a good match for me. As I predicted the demise of our relationship before our first date, I realized I'd just fallen victim to my astrology.

So I gave it another shot. I reviewed other traits of a double Virgo: loyal, affectionate, sentimental, and domestic. I must have skipped over those as I dug out the dirt on him. Even if he is picky - well, he's interested in me, right? That has to be a good sign. A peek at his Sun Pluto conjunction also revealed "magnetic charm, strong physical desires, with an interest in correcting social injustices." Okay, sign me up!

If I insist on giving attention to astrology, the least I can do is allow it to support me in achieving what I want. By knowing I have the power to craft this art-science in ways that bring me success, I'm no longer at the mercy of particular star pattern interpretations. When I know I'm the ultimate trump, I use astrology to my benefit by powerfully embracing thoughts supporting what I want. It's as simple as that.

### The Art of Selective Believing

As a Law of Attraction Coach with an irrefutable belief in astrology, I know I can manage it to my benefit by sifting through the

information gleaned from the planets, giving attention to the aspects and interpretations that support what I prefer to experience.

For example, rather than focusing on the limits of my Capricorn ascendant (cold, calculating, having rotten childhoods and inferiority complexes), I dwell on the positive traits that rising Caps are durable, steadfast and grow younger with time.

Instead of believing my date's 12th house natal Venus means he's predisposed to clandestine affairs, I expect it manifests as valuing the mystical, spiritual aspects of life. Instead of anticipating a 6th house transit of Mars as potential conflict at work, I choose it means I'll have extra energy and drive to succeed while serving others.

Because if I'm thinking about possible problems with co-workers, I create that outcome by entertaining those thoughts. As I think about extra energy for success, I attract extra energy for success. I'm the powerhouse here, not Mars. But my belief in Mars' 6th house transit allows me to expect (and thus create) conditions and situations that enhance my life.

### Leveraging Your Astrology

There are many ways to use your belief in astrology to enhance the life you're creating, rather than just respond as powerless victim to the stars.

1. First know you are the ultimate authority of your life. There is nothing "out there" more powerful than you. Whether it's an astrology report, a session with a psychic or a medical diagnosis, you are your own best expert. You're in charge of you, and anything you hear, read or think is true only if you accept it.

This isn't just sugar-coating, or refusing to acknowledge the "truth." You create your truth, and you do so according to the thoughts you entertain. Since a belief is nothing more than an often-repeated thought, you decide what's true simply through your choice of thought. Deliberately selecting supportive thoughts allows you to live

the reality you prefer, rather than being stuck living out someone else's idea of the truth.

2. Get in the habit of creatively analyzing your astrology in ways that support what you're up to. Know that each sign, planet and aspect has challenging and transformative qualities. Consider perceiving difficult aspects as opportunities to learn. As you embrace interpretations that feel good, you'll manifest success.

One astrologer advised a friend whose chart revealed an impending Pluto Jupiter conjunction to "lay low" until it passed, as it meant bad news. Another astrologer told him it was a wonderful opportunity to achieve great success, and that he should exploit it by taking strong action. Which interpretation would you give power to?

A Saturn return doesn't have to mean life crisis or hardship, astrologer Laura Ellingson reminds us. Let it be a new chance to sort yourself out, embrace new responsibilities and prune that which no longer serves you. Even a challenging-placed Saturn can have a positive spin!

3. Last, if you find more limits than opportunities in your astrology, consider giving up the habit. If you can't make it work for you, or if it doesn't feel good, don't dwell on it. This is good advice in all areas of life: if it doesn't feel good, don't do it. (Yes, that includes relationships, jobs, diets and exercise.) You can't get to where you want by doing something you don't enjoy!

Not just in astrology, but in all things, choose thoughts that support what you want and leave the rest behind. Embrace your power as the creator of your life, and don't let astrology do anything but boost your success.

Jeannette Maw is an Attraction Coach and founder of Good Vibe Coaching in Salt Lake City, Utah. Free tips to make your wish list come true are yours by signing up for her "Get What You Want" monthly ezine at [www.goodvibecoach.com](http://www.goodvibecoach.com).

## **Life Altering Principle - Law Of Attraction - Part 1**

By Michael Manjin

### Law of Attraction

Our reality, or the world we create for ourselves, is really just a manifestation of our thoughts. Everything in our lives originated with a thought. Our thoughts lead to feelings which lead to actions which in turn leads to results which then manifests itself into the reality that we ultimately experience.

Here's what it looks like:

Thoughts ==> Feelings ==> Actions ==> Results ==> Reality

We need to understand that thoughts consist of two components: conscious and subconscious. Conscious thought is that which we are aware of. We're conscious of it. Subconscious thought we are unaware of. Unfortunately most of our daily actions are a result of our subconscious thoughts.

As you think so you are

We are what we think. That may be difficult for you to accept since your completely unaware of it! Just think of your daily routine and all the things you do during the day. Are you fully aware of everything you do every waking moment? Many of your cravings, desires, wants and wishes come from thoughts your not even aware of having. In fact you may even find yourself wondering sometimes where a particular craving, desire, want or wish even came from. Well, it came from your subconscious!

If your not really aware of your subconscious thoughts and yet much of your reality is manifested from those thoughts how is it possible to control those thoughts so that you can control your actions and ultimately your reality?

Your conscious mind works like a filter to your subconscious. Only those thoughts that are important to you end up in your subconscious. Being the good servant that it is it doesn't question whether those thoughts are right or wrong, moral or immoral, ethical or unethical, true or false. As long as we believe it's right, moral, ethical or true then that's good enough for our subconscious since that's how we perceive our reality. The only reality that matters to us is the reality we've created from our thoughts even if the "true" reality is something entirely different. If you control your conscious thoughts then logically you WILL control your subconscious thoughts and that's how you make lasting and valid changes to your life.

Remember, your thoughts lead to feelings, which lead to actions which then lead to results and eventually manifests into reality for you. Knowing that you have to control your thoughts in order to control your actions and altering your reality is one thing. Actually being able to do it is another.

In the next lesson you will begin to understand how to begin controlling and shaping your conscious thoughts so that those thoughts will eventually manifest into your reality.

Do this short exercise before reading the next lesson. During the day be aware of everything your thinking. Don't try to filter, judge or change your thoughts. Just be a casual observer of your thoughts. If your reading this toward the end of the day or your getting ready for bed then try this exercise after waking up the next day before continuing with the next exercise.

We'll discuss what you observed about your thoughts in the next lesson and I think you'll be very surprised with your findings!

To your continued prosperity.

Mike Manjin

Mike Manjin presents advice on self improvement and personal fulfillment. To learn more about powerful success principles please



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## **Law of Attraction: The Formula**

By Kate Corbin

"And the universe is just a big Xerox machine. It simply produces multiple copies of your thoughts." – Neale Donald Walsch.

Law of Attraction. According to the Law of Attraction, at every moment, you are in the process of attracting to yourself whatever you are giving your attention to. You are continuously drawing into your life the essence of what you predominantly think and feel. By consciously focusing your thoughts and feelings, you can attract what you want and STOP attracting what you don't want.

As you Think, you Feel.

As you Feel, you Vibrate.

As you Vibrate, you Attract.

The Law of Attraction responds to your vibrational offering with a matching vibrational response. Your vibrational offering is composed of your thoughts and accompanying feelings – your "Thought-Feelings." Thought-Feelings are powerful magnets, attracting into your life their vibrational equivalent.

The Formula. When you understand the Law of Attraction Formula, you understand the process of manifestation. When you apply the Law of Attraction Formula, you become the conscious creator of your own life. Here's the formula:

Think + Feel = Attract

The Universe takes your Thought-Feelings at face value. When you focus Energy with your Thought-Feelings, the Universe doesn't know whether you're focusing on something you want to happen or something you're afraid might happen. It's important, therefore, to focus all your Energy on what you do want and avoid putting any Energy into worrying about something you don't want.

To increase your power of attraction, get yourself to the feeling place of your desire – think and feel with great emotion how it will feel to experience the object of your desire. To become a more powerful magnet for your desires, make powerful declarative statements – I am wealthy. I am gorgeous. Everybody loves me. Everything I desire comes easily and joyfully to me. But most of all, declare with all your heart – I am absolutely and eternally wonderful and worthy of everything I desire. To make sure you're a magnet for what you want rather than what you don't want, the key is to always choose empowering Feel-Good Thoughts.

Attract with Feel-Good Thoughts. When you feel good, stay with it and expand on it. When you're feeling prosperous / healthy / joyful, amplify these feelings. As you think and feel from a place of abundance, joy and confidence, you create more of the things you want. When you feel bad, shift to a thought that feels better. As you think and feel from a place of doubt, fear and insecurity, you create more of the things you do not want. When you find yourself feeling poor / unwell / sad, move away from these feelings by choosing thoughts that feel better.

You create your life moment by moment as you notice how your thoughts make you feel and then consistently choose thoughts that feel better. As you choose Feel-Good Thoughts, you take back your power to create your own life. As you apply the formula Think + Feel = Attract, you truly can be and do and have whatever you desire.

Kate Corbin is a Law of Attraction Life Coach and the creator of Gold Star Coaching. Both her coaching practice and her e-book, Dining at the Cosmic Café: How to Be and Do and Have Whatever You Desire, <http://www.goldstarcoaching.com/ebook.html> are designed to empower you to truly live the life of your dreams. To contact Coach Kate, check out her e-book, and subscribe to Magical Musings, visit <http://www.goldstarcoaching.com/>

## **The Law of Attraction and Quantum Physics**

By Kate Corbin

“If thoughts can do that to water, imagine what our thoughts can do to us.”

– from the movie, What the Bleep Do We Know!?

The Law of Attraction teaches that we attract into our lives whatever we focus on. Quantum Physics teaches that nothing is fixed, that there are no limitations, that everything is vibrating Energy. By understanding that everything is Energy in a state of potential and by applying the Law of Attraction to bring into our lives what we focus on, it is never necessary to feel stuck with an undesirable life.

We are Creators of the Universe. The classical physics of Newton takes a material perspective in which the Universe is composed of discrete building blocks, solid and unchangeable. Quantum physics takes a spiritual perspective in which there are no separate parts, in which everything is fluid and always changing.

The physical world is a sea of Energy constantly flashing into and out of existence. It is through our thoughts that we transform this ever-changing Energy into observable reality. Therefore, we can create our reality with our thoughts. With quantum physics, science is leaving behind the notion that human beings are powerless victims and moving toward an understanding that we are fully empowered creators of our lives and of our world.

With Newton, we were insignificant cogs in the Universal Machinery. With quantum physics, we are Creators of the Universe.

Everything is Energy. Einstein's 1905 formula  $E = mc^2$  explains the relationship between Energy and matter, i.e., that Energy and matter are interchangeable – that, in reality, everything is Energy – dancing, fluid, ever-changing Energy.

This Energy is influenced by our thoughts. It is shapeable, formable, and moldable. As Creators, we shape, form and mold the Energy of

the Universe through our thoughts. We transform the Energy of our thoughts into the Energy of our reality.

The Physics of Possibility. The popular movie, *What the Bleep Do We Know!?*, clarifies that quantum physics is the physics of possibility. We have been conditioned to believe that the external world is more real than the internal world. Quantum physics says just the opposite. It says that what's happening on the inside determines what's happening on the outside. It says that our world is shaped by our thoughts.

Since nothing is fixed and everything is in a state of potential, everything is possible. As we understand that everything is possible, and as we focus our thoughts on what we want to attract, we can literally call into existence whatever we desire.

My ten-year old neighbor loves the expression – “It could happen!” He probably doesn't know much about the physics of possibility, but he practices it with his great attitude. He reminds me to entertain possibility. He reminds me that nothing is impossible.

Dreams into Reality. The Universe exists as infinite potential in infinite abundance. As we focus our thoughts, we have the power to bring our desires into existence, our dreams into reality. As we focus our thoughts, we have the power to be and do and have whatever we desire.

Kate Corbin is a Law of Attraction Life Coach and the creator of Gold Star Coaching. Both her coaching practice and her e-book, *Dining at the Cosmic Café: How to Be and Do and Have Whatever You Desire*, <http://www.goldstarcoaching.com/ebook.html> are designed to help people move from where they are to where they want to be and truly live the life of their dreams. To contact Coach Kate, learn more about the Law of Attraction, and to check out her e-book, visit <http://www.goldstarcoaching.com/>

## **The Law of Attraction for Relationships: 6 Tips to Get The Love Life You Want**

By Jeannette Maw

Most Law of Attraction techniques for manifesting a fabulous love life include regular visualization, collecting images or creating "vision boards" that reflect our desires, making space for someone new in our lives, scripting about our partner as if they're already here, etc.

While these processes help bring our dreams of love to reality, there are other steps required to allow your ideal partner to appear. If you're serious about getting the love life you want, follow these six tips:

1. Get clear about what you want. Before you can create the relationship of a lifetime, you need to know what that is for you. Sometimes people make the mistake of defining their ideal relationship as being with a specific person, rather than identifying the true essence of what they really want. Clarify the fundamental feelings, emotions, and experiences you want, and let the Universe fill in the face. (Otherwise you may play the game of trying to fit a square peg into a round hole.)
2. If you're in a dissatisfying relationship now, stop pigeon-holing your partner. When we're not happy with a current relationship, we often box our partners in without realizing it. We think of them as who they have been, rather than allowing a mental space for who they might be.

As long as we hold a mental image of them as the person we aren't happy with, they continue to show up that way. Give them room to be who they are capable of being by entertaining higher thoughts and expectations of them. People live up to and down to your expectations!

3. Be open. Let the Universe surprise you. Often the relationships of a lifetime form in ways you never would have expected. Connect with your internal guidance (emotions, gut

feelings, intuition) and respect that guidance. It won't steer you wrong.

4. Love yourself the way you want to be loved. Our most important relationship in life is the one we have with ourselves, yet we rarely give this the attention it deserves. Every other relationship in our life is a reflection of how we treat ourselves. For that reason (and also just because it feels good), treat yourself the way you want to be treated. Say and do nice things for yourself. When you're good to you, others will be too!

5. Love others the way you want to be loved. To create strong vibrational alignment with the relationship you desire, love others the way you want to be loved. Unconditionally, without reservation, openly - however it is you want to be loved - offer it to someone else. It's another powerful way to create alignment, and guess what - it feels good too!

6. Finally, let go of what's not working in your life. In order for good things to happen (like getting the love life you want), you have to feel good. Eliminate what's bringing you down; stop putting up with the things you're tolerating. Whether it's a job, bad habit, apartment, relationship - whatever doesn't feel good needs to be remedied. Creating a vacuum in your life allows the Universe to fill it with something better.

This action item alone can open the window of opportunity that allows an avalanche of good things to come your way!

You'll find these tips have one thing in common: creating vibrational alignment with the relationship you dream of. Because "like attracts like," the power of the Law of Attraction is in aligning vibrationally (your thoughts and emotions) with your desired end result. Follow these steps, and you're guaranteed to be much closer to getting the love life you want!

Jeannette Maw is an Attraction Coach and founder of Good Vibe Coaching in Salt Lake City, Utah who helps clients get what they

want by leveraging the powerful Law of Attraction. Free tips and strategies to manifest your dreams are yours by signing up for her monthly Get What You Want ezine at <http://www.goodvibecoach.com>



## **Law of Attraction Resolves Diet Controversy**

By Jeannette Maw

Who'd have thought healthy eating could be so controversial? Lunching at my girlfriend's house one afternoon, I held my tongue as her neighbors who'd joined us argued the virtues of their respective diets. And not like nice girls would!

Shelli is an avid high protein diet fan, while Debra is a food combining aficionado. Clearly they were both former debate champions, as neither would give up until she'd convinced the other the error of her ways.

### **Conflicting Info**

The fact is we often run across conflicting information when it comes to good nutrition. Low fat, no fat, good fat, high protein, vegetarian, no sugar, low carb, good carb, juice fasts, vegan, food combining, whole foods, raw foods – the list of alternative diets can be exhausting even to the initiated. In fact, 20/20's John Stossel recently reported there's no scientific proof that even drinking eight glasses of water a day is beneficial!

And to confuse matters even more, we don't receive consistent results on these programs. While one woman feels fantastic on Atkins, another feels sluggish. One person can thrive on a vegetarian diet, while another develops intense cravings and low energy. What's a good-intending girl to do in the face of so much conflicting information?

### **What Really Matters**

It's simpler than it looks. There are no hard and fast rules about what's good for these bodies of ours. What determines the condition of our body - more than anything - are our beliefs, intentions, and feelings.

If you expect a certain program to help you feel better and lose weight, that's one factor on your side. If you're able to feel good about yourself and intend successful results at the same time, you've likely got a winner. That doesn't mean your sister will have the same experience, however.

### Tip the Scale in Your Favor

A little talked about, but much-experienced, universal law provides the answer to the questions about what diet works best. It turns out it isn't the diet that matters – it's what you THINK about the diet. Bottom line, it's the beliefs you have about the program and the results you expect that determine whether you'll get the body you want.

This universal law is known as the Law of Attraction, and it is all-powerful in delivering what you want.

The Law of Attraction says that "like attracts like," which also translates to "as you think, so shall it be." For example, a woman who feels fat day in and day out will have a difficult time achieving long-term results that make her feel otherwise, no matter how little she eats or how much she exercises.

However, someone who is able to consistently see herself in the body of her dreams, and feel fantastic in the skin she's in, will soon find reality conforming to her expectations – regardless of what she eats or how she exercises.

As an attraction coach specializing in helping women get the bodies they want, I find the biggest obstacle we experience in our weight loss success is the inability to focus on the end result. Invariably those who fail time and again habitually focus on what they don't want, rather than what they do. Changing this perspective is the key to creating a healthy body at a healthy weight.

But don't tell that to my girlfriend's neighbors. They're too busy arguing over the details that don't matter!

Jeannette Maw is a Law of Attraction Coach and founder of Good Vibe Coaching. She specializes in helping women get the bodies they've always wanted by identifying their invisible obstacles. Learn more about Jeannette and the Law of Attraction at <http://www.goodvibecoach.com>

## **Law of Attraction: Good Vibrations**

By Kate Corbin

“Good, good, good, good vibrations . . . I’m picking up good vibrations.” – Beach Boys

It’s All About the Vibe. When the Beach Boys’ song, Good Vibrations, topped the pop charts in 1966, the concept of Energy and vibrations was still fairly new to most people. Forty years later, more and more people are coming to understand that it’s all about the vibe. And more and more people are coming to understand the Law of Attraction and how our vibrations determine whether we’re attracting into our lives what we want or what we don’t want.

Every thought, every feeling, every person, every thing is Energy, which vibrates and radiates a signal. According to the Law of Attraction, as these signals are transmitted, signals of the same frequency are magnetically attracted back to the sender. For example, your dominant vibration, which is formed as a result of your thoughts and feelings, attracts an identical frequency from the Universe. What you experience, therefore, is always a vibrational match to your dominant vibration. To align vibrationally with your desire, the most important thing is to feel good. Feeling good = good vibrations.

Choose Thoughts that Feel Good. The trick is to pay attention to how you feel because your feelings give you feedback about what you’re attracting and creating. If a thought feels good, you’re in the process of attracting what you do want. If a thought feels bad, you’re in the process of attracting people and circumstances that you do not want.

Many people have habits of thought that do not feel good and do not serve them well – for example, worrying about not having enough money or fearing illness and decline. Once you understand what your feelings are telling you, it’s just a matter of choosing thoughts that feel good (such as joy, love, empowerment, freedom, and appreciation) over thoughts that feel bad (such as fear, despair,

powerlessness, anger, and worry). As you gently and consistently choose better feeling thoughts, your life will improve on every level.

“Reach for thoughts that feel good so that what comes always feels good.” – Abraham-Hicks

Take-Home Message. When you focus on feeling good and visualizing your life the way you want it to be, you raise your vibration so that it aligns with your desires and attracts what you want. Here’s the take-home message regarding vibrations:

To attract what you DO want and avoid attracting what you DO NOT want –

Choose Good Vibrations – Choose Thoughts that Feel Good!

Kate Corbin is a Law of Attraction Life Coach and the founder of Gold Star Coaching. Both her coaching practice and her e-book, Dining at the Cosmic Café: How to Be and Do and Have Whatever You Desire, <http://www.goldstarcoaching.com/ebook.html> are designed to help people move from where they are to where they want to be and truly live the life of their dreams. To contact Coach Kate, learn more about the Law of Attraction, and to check out her e-book, visit <http://www.goldstarcoaching.com/>

## **Feel Your Way to Decisions with the Law of Attraction**

By Kate Corbin

"Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it." – Goethe

Get Clear About What You Want.

The Law of Attraction is the Universal Law which states that you attract into your life whatever you focus on. The first step in applying the Law of Attraction is to decide what you want. And sometimes it's just not so easy to know. The best way to decide what you want is to FEEL YOUR WAY. Feel your way to decisions by always asking yourself – "How does it feel?" Allow your feelings to guide you in everything you do.

The first step in feeling your way to decisions is to recognize what you do NOT want. This provides more clarity about what you DO want. In light of the Law of Attraction, it's not a great idea to spend a lot of time focused on what you don't want. But it is helpful to know what you don't want in order to become clearer about what you do want.

Second, let go of limitations. Base your decisions solely on how you feel about having a particular experience. Avoid making decisions based on whether you believe you deserve it or whether you can afford it or whether you think it will work out. YOU are the one who decides whether something will work out or not, right? This is a crucial point. YOU are the Decision Maker for your Life. Hold tenaciously to your right to choose and go for what feels good to you.

Next, let go of should and supposed to. Want what you truly want and forget about what you should want or what you're supposed to want. These words generally relate to someone else's expectations for you and you want your desires to be firmly fixed on what feels right to YOU. It's a matter of realizing that you're in charge. It's not fate. It's not circumstances. It's not other people. It's YOU!

Unleash Your Imagination. As you dream, as you imagine your ideal life, what you want will become crystal clear, especially as you dream without limitations or restrictions. If you find yourself saying I want this but – it's not practical / my spouse wouldn't approve / I don't have time – dismiss everything that came after the but and go back to I want this. Unleash your imagination and hold on to the feeling of what you want – I want to live in a chateau in Provence / I want to sing the national anthem at the World Series / I want to take a year off and sail around the world.

Unleash your imagination by letting go of limitations, restrictions, and external expectations. Then feel your way to the fabulous, high vibrational feelings of freedom, growth and joy.

“Climb every mountain. Ford every stream. Follow every rainbow until you find your dream.” – from the movie, *The Sound of Music*

Follow Your Bliss. In *The Sound of Music*, when Maria falls in love with the Captain, thus complicating her plans to become a nun, Mother Superior's advice is basically - Follow your bliss. Life is continually evolving and you are continually growing, so monitor how you feel and make adjustments along the way. Feel your way. The more you follow your bliss and remain open to expanding desires, the richer and fuller your life becomes. Feel your way. Be open to the next great adventure. Climb every mountain.

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## **Law-of-Attraction Article: Wake Up and Create Something** By Bob Doyle

It's time for the "mainstream" to WAKE UP. The alarm clock is ringing, they keep hitting snooze, and in the meantime, the life they could be living is passing them by.

Day after day, millions of people go through their lives wishing and hoping and dreaming that things could be better, with absolutely no knowledge that it is they themselves that perpetuate their own dissatisfaction.

It is not the "gifted few" who create their realities. It's not just for those in the metaphysical community. It is all of us. Every single one. However, there are a few who have awakened to this knowledge, and make creating their reality a daily event...manifesting whatever it is they want in their life with seemingly no effort!

Meanwhile the rest of the world looks on in wonder and disbelief. They assume that these "fortunate few" are among the cosmically lucky.

To be honest, the whole thing generates some anger in me. The problem is that we are "dumbed down" by society throughout our whole lives under the pretense that we are actually being intellectualized. The "scholarly" tell us that metaphysical topics like reality creation are pure fantasy. Science insists on measurable evidence of everything before it will acknowledge such claims as fact.

However, it's really not that difficult to comprehend. Even the most skeptical people should be able to grasp a few simple concepts like:

Everything in the Universe is composed of Energy, including you and me. Even our thoughts are Energy.

Through Energy, everything in the Universe is connected.



The Universe creates without effort, and in abundance. Just look around you. Trees, rocks, air, planets, etc. all were created without stress, effort, or over-analyzation. The Force you choose to believe initiated the creative process doesn't matter. They are all there and were created effortlessly.

You ARE a part of the Universe and through the power of thought, have the same creative power that manifests everything you see. The only thing that limits your potential is your own belief system!

Everything that occurs in your life is interpreted BY YOU. You add the meaning, you add the emotional response, you add EVERYTHING. It is your thoughts that literally take the energy "data" and transpose it into your reality. What you consider "real" is nothing more than an agreement that you've made with yourself (and no doubt many others in some cases).

This is how our reality has been shaped. This is how we have learned what is possible, and what is impossible. We learned it from OTHER PEOPLE. The problem is, these other people (family and friends perhaps?) have their OWN limiting belief systems which they ALSO consider "real".

So human limitations spread like a virus, and we don't even realize what's happening.

As discouraging as this is, many of us ARE waking up. I personally feel it my sacred duty to shake people out of this "intellectual trance" that limits them and show them what is truly possible.

So what IS the difference between those who cruise through life in a seemingly perpetual state of bliss, with everything they want coming to them with no effort, and the rest of the population working at jobs they hate for the sake of doing the "responsible" thing, hoping that SOME DAY they can live the lives they hope for?

The difference is that these people know their purpose, know WHY they absolutely HAVE to fulfill that purpose, and commit themselves

to never stopping until they realize their dream. They may or may not have thrown the accepted definition of "responsibility" out the window. The only thing that matters ultimately is that they now live lives they love, following their passions.

You see it is our PASSIONS in life that tell us precisely what we are to do. When we follow our passions, our life lights up. We give off incredibly powerful energy which attracts our desires to us. That means people, money, objects, careers...whatever we want that is in line with our purpose. The Universe WANTS to provide those things we want most. It is only our own limiting belief systems that stop fulfillment from occurring.

Bob Doyle is the CEO and founder of Boundless Living and the developer of the Wealth Beyond Reason program, which provides a continuing education of the physics of wealth, abundance, and joyous living through the Law of Attraction:  
<http://RadicalWealthFromHome.com>

## **Law of Attraction Article: How to STOP Being a Person Nothing Works For**

By Bob Doyle

Do you ever wonder why great things happen to some people but not to you?

Do you ever read about people who have tried this or that product and had some incredible result, but when you try it, you don't get the same result?

Have you become a person who NOTHING seems to work for?

Maybe you've thought about trying the some new self- improvement package that sounds great, but you're just so tired of things not working for you.

Let's take a look at how you've gotten where you are and why these things might happen.

First, at some point, you tried something - either based on a recommendation, a testimonial you read, or some other reason. Basically, you tried it based on someone else's positive experience.

However, when you tried it, you did not get the same result so you made the assumption that it didn't work for you. But how true IS this? Often - VERY often - things work differently for different people, and it's a mistake to judge your life by comparing it with others. Perhaps you just needed more time.

Maybe your circumstances are completely different! Regardless, however, you made up - you CREATED a Truth for yourself at that time, that truth being "This didn't work", although remember, that truth is based only on your surface comparison with someone else... and it really doesn't have anything to do with you, and what - in the cosmic scheme of things - is best for you.

Those results you read about for that other person are what was right at that time for them, and that doesn't necessarily mean that NOW is the time for you and that it will happen to you the same way that it happened for them!

From then on, every thing else you try is then compared to that first experience, with the Truth in your mind being "Well, it didn't work that time...let's see if THIS works". So again you're comparing... and not really trying anything "purely" and on it's own merit without preconceived notions or judgements.

You are already working against yourself! You may not yet automatically expect failure, but you have it as an option, and perhaps even a probability based on your previous experiences.

The more things you try with this mindset, the more you fortify this mindset - it becomes a self-fulfilling prophecy that "Nothing works for me". Before you know it, that is who you become. The person you are about reaching your specific goals or trying this or that product or technology is "It works for others but never for me." Once you reach that place, it will most certainly become true for you.

So what do you do? How do you break out of this pattern? First, acknowledge how you got here... by comparing yourself or your results with other people who are really on a completely different path than you, although they may have been after similar results. Then create a new idea for yourself - give yourself permission to experience success on your own terms, without judging what happens based on other people or expectations set up by anyone other than yourself.

Once you believe that you deserve to succeed and that you CAN succeed and that you WILL succeed, your life will change. Whatever you try will work for you, because YOU define what "working" is - not somebody else! You set your own timetable, you are relaxed, and non-judgement. Your infinite patience and lack of expectation based externally, will work with you in very powerful ways and you will regain control over your destiny.

Bob Doyle is the CEO and founder of Boundless Living and the developer of the Wealth Beyond Reason program, which provides a continuing education of the physics of wealth, abundance, and joyous living through the Law of Attraction.  
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## **Life Altering Principle - Law Of Attraction - Part 2**

By Michael Manjin

In part 1 on the Law Of Attraction I ended with a simple exercise. The exercise involved the monitoring of your thoughts over the course of the day. The idea was to simply be an observer of your thoughts and not try to influence or change your thoughts in any way.

As you were monitoring your thoughts did you notice a pattern develop? Do you have positive thoughts or negative thoughts? Some more negative than others but I'm willing to bet you had far more negative thoughts than you had positive ones. Were you thinking of the past or the future? If you were thinking of the past what were you thinking? What about your thoughts for the future?

It never ceases to amaze me the range of thoughts we have over the course of a single day. For the most part the thoughts we have aren't exactly very empowering.

As we think so we are...

A basic universal truth we often fail to realize is that whatever we focus our thoughts on tends to expand and manifest itself in our reality.

In other words, whatever it is your thinking about the most usually ends up happening in your life. Want proof? Think about whatever it is that keeps you up at night. If nothing keeps you up at night then think about what it is you spend most of your time worrying about. If you took the time to monitor your thoughts over the course of a day as suggested in the last lesson you should have noticed a few things that may have happened. From your observations does focusing your thoughts make your reality any better or worse? Does it resolve the issue or make it go away?

If your predominate thoughts are empowering to you to then chances are your reality and subsequently your life are probably quite

good. If however, you spend most of your time focused on worry, hate, fear, jealousy, greed or any other negativity then chances are your reality probably isn't what you want or would like it to be. That's actually a good thing since now you know you have some room for improvement and that improvement has to come from within you. No sense blaming your boss, spouse, loved one, friend or next door neighbor for your problems. You control your destiny and your happiness is in your hands or more specifically between your ears. The moment you begin to realize this truth is the moment you take control of your life rather than have life control you.

### Your thoughts

You see the truth is the universe actually conspires to give us exactly the reality we desire to manifest through our thoughts. It doesn't care if those thoughts are positive or negative, empowering or not. We get exactly what we ask for. So be careful what you ask for. You usually end up getting it - good or bad.

Choose your thoughts carefully!

Always focus on those things that will empower you .

Unfortunately many of us do the exact opposite most of the time and end up focusing our thoughts and energy on what we don't want or can't have or can't do. The next time you come across someone who always seems to be complaining about someone or something and is just plain negative about life notice what their life is like. Chances are they are probably stuck in a job they hate, are usually broke, suffering from some type of illness or headaches and probably wonder why "bad" things always happen to them. Truth is they are subconsciously drawing all negative events toward them and they're not even aware of it!

Remember from the last lesson that our predominate thoughts eventually end up being filtered down to our subconscious and the subconscious doesn't care what those thoughts are or how it effects your life. However, it is our subconscious thoughts, the thoughts

we're unaware of that play an instrumental role in determining our actions which ultimately manifests into our reality.

To recap from our last discussion our thoughts and the manifestation of those thoughts to reality can be depicted as follows:

Thoughts ===> Feelings ===> Actions ===> Results ===> Reality

If you observe those who are successful you will notice one thing success people never do. Based on what you have learned so far do you know the answer? That's it - you got it! They NEVER focus on the problems or obstacles in their life. Instead they ALWAYS focus on solutions. They think in terms of opportunity, what they can accomplish and what can be done. A successful person is focused on the big picture and what's most important to them and not majoring in the minors. The rest focus on obstacles, what they can't accomplish and what can't be done.

Do you see the difference? Successful people just think different than those that aren't successful. They control their thoughts because they understand the power their thoughts carry in manifesting their reality.

Just like last time I want you to observe your thoughts. However, this time whenever a thought creeps into you mind that doesn't empower you immediately catch yourself and refocus your thought to anything that makes you feel good or empowers you. Hold that thought for as long as you reasonably can. It doesn't really matter what it is just so long as you feel good about having that thought. It could be a person, place or thing. The objective here is to begin observing your thoughts and when you find your thoughts moving away from those thoughts that empower you immediately switch over to a thought that does empower you or at least makes you feel good.

It takes time and patience to get really good at this but it's definitely worth the effort and practice.



Until next time and to your success,

To your success,

Mike Manjin

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## **Life Altering Principle - Law Of Attraction - Part 3**

By Michael Manjin

First a little recap of parts 1 and 2 and what we've covered so far.

As we think so we are

In the first part on the Law of Attraction we covered how our reality is a reflection of our thoughts. The process of how this happens breaks down to this rather simplified representation:

Thoughts ==> Feelings ==> Actions ==> Results ==>  
Reality

We then explored exactly how it is that our thoughts influence our actions by understanding how the conscious and subconscious mind work together in terms of influencing our actions and ultimately our reality. Many of our thoughts and subsequently our actions, come from the subconscious mind. Since we're not really aware of the thoughts coming from the subconscious it is imperative that we ensure that the subconscious relays the thoughts that empower us and through our actions give us the results that manifest into the reality we desire.

We then ended the session by performing a simple exercise whereby we just observed our thoughts over a relatively short time span to begin getting a handle on exactly what thoughts we were having and use that as a starting point for our lesson in part 2.

Control your thoughts control your life

In part 2 we began focusing in on our thoughts and to recognize how our primary thoughts begin to expand and manifest themselves in our lives. Therefore, it is critical to begin controlling our thoughts and only choose to acknowledge those that will empower us.

We ended the lesson with a simple exercise that expanded on the previous lesson. We expanded on lesson 1 by going beyond observing our thoughts and begin eliminating those thoughts that were not empowering by switching in thoughts that were positive and/or pleasant to us.

### The power of now

That brings us to the current lesson. In this lesson we will build from where parts 1 and 2 left off. That is, learning to develop empowering thoughts by being in the moment.

By now you are probably quite surprised by the range of thoughts going through your head at any given moment and the number of thoughts that really don't have anything to do with empowering you and moving you closer to where you wish to be in your life.

As you practiced your switch thinking you probably felt a really awkward or maybe even weird. Anytime we find ourselves outside of our comfort zone we tend to feel uncomfortable. That's normal. Learn to embrace that feeling because it means your growing. You're learning something new and expanding your horizons. Only by getting out of your comfort zone can you progress to a higher level of understanding and being.

In fact, what you were really doing was learning to alter your thoughts by being "in the moment".

### Being in the moment

To understand the concept of the power of now we need to understand "being in the moment". It's best to explain by example.

When you're actually doing something when are you doing it? You're doing it now.

When you're thinking about the past when are you doing it? Right now.

When you're thinking about the future when are you doing it? Now of course.

When are you doing something that you have planned for tomorrow? You're doing it now. Don't believe me? Try doing something tomorrow right now. Impossible right?

You see tomorrow eventually becomes today and when you actually get around to doing it when will you be doing it? Now, of course.

Just stick with me because things will get clearer as we go on. But first, I'm going to tell you something right now (no pun intended) that's really going to blow your mind! What if I told you that there is no future or past. It's all just an illusion.

You're probably thinking I've lost my marbles. No, I haven't. Einstein was the first to theorize that what we think of as the past, present and future are all really just different points along the same time space continuum. The biggest illusion of all, according to Einstein, is the illusion of time. Time is actually stateless. It only exists for us when we observe it and give meaning to it. Einstein's theories of time have since been validated by modern quantum physics - but that's beyond the scope of what we're trying to cover here. Suffice it to say that what's most important to us and the only thing that should concern us is what happens in the here and now.

The main idea or concept I want you to understand from all of this is that the only time we can influence our thoughts is right now. And the only time we can begin to alter our actions and have any kind of impact on our future and be able to manifest the reality we desire is by changing our thoughts right now or by being "in the moment".

That's why it's so important to always try and be in the moment. It's the only time you're open and receptive to the world around you and be able to influence your thoughts.

The past is the past

There's nothing that can be done about events in the past. As for the future it hasn't happened yet so whatever thoughts we have about the future are pure speculation on our part. It may or may not ever happen. In fact the future can and often does unfold in ways we couldn't possibly imagine. Quantum physics dictates there are an infinite number of outcomes to any specific action in the present. If so why waste our time and energy even thinking of all the possible events that might occur. Our time and energy is better spent focusing on what's happening now since right now is the only moment we have control over our thoughts. It's also our best chance in manifesting the reality we desire.

It all starts right now...

Are you beginning to understand why thinking about what was (the past) and what might be (the future) doesn't really help you? By being in the now allows you to control your thoughts. By empowering yourself through controlling your thoughts begins to alter and shape your reality and ultimately your destiny.

Time for an exercise

Continue observing your thoughts and continue switch thinking whenever you find yourself moving away from thoughts that don't empower you. I know it's not practical or even realistic to be constantly monitoring your thoughts and switch thinking. The whole idea here is to do it often enough and long enough so that after a while it becomes natural and automatic. If you focus on empowering thoughts often enough eventually you will get to a point where it becomes almost automatic. You want to get to the point that having empowering thoughts are the norm for you. When that happens you're going to see some radically powerful events and changes occur in your life. When it does let me know. It's exciting when it happens and you'll probably want to share with someone who understands where your coming from!

To your continued success,

Mike Manjin

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## **Feelings - The True Power behind the Throne**

By Aaron Potts

When it comes to taking control of our lives and making them what we want them to be, our FEELINGS are more important than our knowledge. Whether you understand and embrace the Law of Attraction or not, it is still working for you. It is a Universal law that you are powerless to escape. However, you can control it – and you do that with the power of your feelings.

Have you ever noticed that when you feel bad, more bad things tends to happen to you? On the flip side, whenever you feel on top of the world, it seems like no matter what happens, it isn't powerful enough to derail you from your state of bliss.

So – given the choice – which one of those states of mind would you rather be in? The beauty of the Law of Attraction is that you have that choice each day, even minute to minute, and you do it by simply making a conscious decision to feel the way that you want to feel.

Sounds pretty simple, right? You want to feel good, so you simply decide to feel good. Believe it or not, it really is just that simple.

Here's the catch, though – you have to BELIEVE it. Most people are all too familiar with what it feels like to lie to ourselves, and even though it may “seem” true on the surface, deep down inside – where it really matters – we know the truth. That won't fly if you want to properly invoke the Law of Attraction.

The Law of Attraction simply magnetizes more of what you are feeling into your life. If you feel like your life is on a downward slide, then you will magnetize more people and circumstances that will ensure that you slide all the way to the bottom. However, if you feel like the sky is the limit, and you believe it in your soul, then what you need will be delivered to you to ensure that you can take your life as high as you want it to go.

Consider this example as a way of comparing true feelings vs. “on the surface” feelings:

Think of what it is like when you know you are going to see someone at a party or a get together, but you don't really like them, and don't particularly want to see them. Yet when you get there, you smile and give them a hug or shake their hand and tell them how great it is to see them.

You are practicing common courtesy and good manners, but you don't truly FEEL happy to see that person. Now switch that situation around and think of a person that you truly want to see and that you are looking forward to spending time with. When you greet them, the hug or the hand shake is real, the smile on your face reaches your heart, and your happy feelings about seeing them are genuine.

That type of genuine emotional response is what the Law of Attraction responds to, and if you want to keep positive things coming your way in life, you need to spend as much time as possible having genuinely positive feelings.

It can be difficult at times, as life will frequently throw negative situations at us. However, what you have to remember about any situation is that can control your emotional reaction to that situation. No one else controls your reaction – only you.

That may seem hard to swallow because there are so many people in our lives that cause a genuine emotional response – whether that response is positive or negative. However, what you have to embrace is the fact that our reaction is completely up to us. If that person makes us happy vs. sad, or gleeful vs. angry, those reactions are completely up to us. This is a powerful thing to remember, especially if you find yourself dealing with negative people or situations on a frequent basis.

Another detail of this process that you need to understand is that the universal power of the Law of Attraction will react to your emotional response – whether that response is justified or not.



In other words, if someone makes you angry, frustrated, or sad, you will immediately begin to magnetize more anger, frustration, and sadness into your life. Even though you may be very much justified in having a negative reaction to someone, you are still attracting more negativity by having that reaction.

Remember, the only person who can control your emotional response to any situation is you. Even if you are justified in having a negative response, all that will happen by allowing yourself to have that emotional response is that you will attract more negativity into your life.

As hard as it may be in certain circumstances, it is absolutely imperative that you have a positive reaction as often as possible. Since most of us have negative people or circumstances that are part of our daily routines, simply avoiding those situations or people is the easiest solution.

Another trick that you can employ when you know that you are going to come head to head with negativity is to mentally prepare yourself in advance so that you are more able to control your reaction when you actually get there.

Remember, YOU are the only one who can control your emotional reaction to any given situation, or to any given person. Keep your reactions positive, and the Law of Attraction will start to steer your life towards times filled with happiness and prosperity. Enjoy the ride!

#### About the Author

Aaron Potts is the owner of the Lifestyle Empowerment program Today is that Day and the author of the life-changing eBook 'How to Invoke the Law of Attraction'. Get his free newsletter at <http://www.todayisthatday.com> or grab your copy of the empowering eBook at <http://www.todayisthatday.com/invoke/>

## **Find Your Strength**

By Aaron Potts

As Joe Vitale says in the amazing movie 'The Secret', "You can have, do, or be ANYTHING". Rev. Dr. Michael Beckwith backs him up in the same movie when he says, "You could start with nothing, and out of nothing, and out of no way - a way will be made".

These are powerful statements and they are 100% true and accurate. The question then becomes, "How do you invoke this amazing ability"?

There are many books, products, and services available in the world that can teach you the actual methods for using the Law of Attraction in order to get what you want out of life, and many of them come highly recommended. However, they all start with one very simple yet powerful question that you have to be able to answer in order to properly utilize them. That question, simply put, is "What do you want"?

You could have a blank check in your hand that you could fill in for any amount of money in the world in order to assist you to find happiness, but if you don't know – specifically – what it is that you want out of life, no amount of training and no amount of money will help you to get it. You have to first ask yourself what it is that you want, and also dig deep down inside in order to find out WHY you want it.

The "why" part of our desires is the most critical factor in this equation, and it is also the factor that is most commonly overlooked. Not understanding exactly what we want and why we want it is one of the biggest reasons why so many people are not happy or as satisfied with their lives as they would like to be.

Finding your Strength is just another way of realizing that you need to find your true motivations in life. If you are truly motivated about your life, then you will find the strength and the means to do whatever it is that you are trying to do. On the other hand, if you are

not clear on why you want any given thing, then your motivation will be minimal, as will the results of your efforts to attain the objects of your desire.

If you are familiar with the Law of Attraction, then you know that the basic principle is that when you focus your thoughts and your feelings on what you desire, then that thing will come into your life. This applies to material goods such as cars and houses, but it also applies to less tangible desires such as enjoyable long-term relationships, inner-peace, weight loss, financial status, etc.

In order to bring those things into your life, you simply need to focus on why you want them, and believe that you will get them. The Law of Attraction – which is a scientifically proven principle – will bring those things to you. However, there is another side to this equation that you can use to create powerful “why” reasons for having those things to begin with.

It is easy enough to think about how great it would be to have a really nice car, a huge house, a significant other that is all that you have ever dreamed of, or to simply have enough money to truly enjoy your life. An equally powerful tool at your disposal, however, is to think about what it is like to NOT have those things. I’m not talking about focusing on the negative fact that you don’t have them – that is clearly against the “rules”. However, in order to empower yourself to realize why you want those things to begin with, consider what it is like to NOT have them.

Is your car old and beat up, keeps breaking down, and you are ashamed to be seen out in public driving it? Are you embarrassed to have guests in your home because it is old, too small, or in a bad part of town? Do you frequently think about how you can’t find the perfect girl or the perfect guy? Are you tired of creditors and bill collectors calling your home, or do you find yourself just “getting by” in life because you barely have enough money?

Obviously the answers to those types of questions will invoke a negative reaction on your part, and it is unlikely that you relish the

idea of spending even another day thinking those types of thoughts, let alone another decade, or another 60 or 70 years.

So, although the majority of your time should be spent focusing on the positive aspects of actually having the things that you want, you should start out that process by considering how you would feel if you were going to have to continue to be unhappy by NOT having them.

How would you feel if you were stuck with your old piece of junk car indefinitely, and you could never have a nice sports car, or a fancy BMW, or a Mercedes? What would you think about being doomed to live in a small home or apartment for the rest of your life, visiting other people's mansions and knowing that you could never live in such splendor? How would it make you feel to know that every relationship in your life was always going to be "sub-standard", and you would never find the person who looked or acted like your "dream mate"? Consider what it would be like to fight off bill collectors for the rest of your life, and to never be able to travel, buy nice things, and live a life of happiness and abundance.

By now you should be starting to see the point of this exercise. In order to find the Strength needed to motivate yourself to invoke the Law of Attraction and bring into your life all that you desire, you simply need to consider what it would be like to live the rest of your days WITHOUT those things. Then, once you are fueled by an intense understanding of why it is that you want whatever it is that you want out of life, you will be prepared to start the positive process of utilizing the Law of Attraction to bring those things straight to you, every time, without fail.

Find your Strength today. When you truly understand what you want and why you want it, then simply focus on that, believe that you will have it, and it will come to you. Guaranteed.

#### About the Author

Aaron Potts is the owner of the Lifestyle Empowerment program Today is that Day and the author of the life-changing eBook 'How to

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## **When You Attract Negative People, Be Thankful**

By Catherine Franz

Laws of Attraction are clearly defined. What comes back is a reflection of the energy you are radiating. If negative people are being attracted to you, then be self-assured that you are sending out energy that appeared on their radar screen.

Instead of focusing on not trying to attract them. Be thankful you are.

Okay, you say, that might be pushing it a little. Not really. You see, whatever you are attracting is giving you a clear projection of the energy that you are giving off. Or it could be something that you need to heal first in order to clear your energy. Most times, we could not see how we are radiating without this attraction.

The answer is awareness. The key is seeing it quickly so that their negative energy doesn't change or shift your energy and pull you down along with it. However, it's best not to leave until you have a sense of what is showing up. Yet, sometimes, that isn't possible until hindsight mode.

An excellent example of this occurred to me just this week. A quick background in case you don't know me -- I'm very careful of my energy and have practiced the laws. I am also a master practitioner and move with the laws 24/7 which took years to master. Something I'm very proud of and very aware of.

Well, anyway, moving forward to the illustration.

Eating dinner at my favorite restaurant, sitting there writing after a good meal, just finished a marketing story for one of my syndicated columns. Before leaving I thought I would duck into the ladies room. I was sitting on the john -- oops, maybe too much information (TMI) -- when I heard this lady talking to me from the other stall. Actually feeling awkward and caught unaware, it took a few minutes before I could really make out what she was saying. By then, I was walking

towards the sink to wash my hands. It wasn't until then did I get the gist of her story, language and negativity. It was a victim story about how the world is out to get her. Let me spare you the details. I know you've heard this before and can easily relate to the energy heaviness created in the room.

I smiled and commented about I enjoy coming to the restaurant. She was too much into her story to hear anything but herself. Yet, she wasn't even hearing herself, I believe. She followed me back to my table and stood over me as I sat down. A few more minutes of this and trying to ignore her and because I was ready to leave anyway, I got up to leave. She walked back to her table and sat. This time I walked to her table and towered over her.

I continued to listen, not getting a word in edge wise for another five minutes or so. I smiled and nodded sideways repeatedly in disagreement. She never paid attention. Finally, I held up my hand in a stop-sign format. This caused a pause. With a deep sigh of thank goodness, I remarked, "I've listened to your story and would like to share with you -- you are attracting exactly what you don't want because that is exactly what you want. Everything that has occurred has been what you have asked for. If you want to change what you are attracting, start by seeing and making new choices. This and only this will change what occurs in your life."

As you suspect, and probably have already experienced yourself, she didn't even hear the message. She continued right back into her story. My immediate and last comment was, "I hope you have a wonderful life and sometime soon learn to see that you're choices are what you are attracting." Not waiting for a response, I quickly turned and left the restaurant.

As I sat in the car, I asked myself, how in the heck did I attract this energy? And in the ladies room of all places? I wasn't radiating anything negative, was I? The answer from the universe arrived immediately. It directed me towards my story that I wrote. When rereading, my attention was drawn to the number of "don'ts" in the article. They were every other sentence it seemed. Then I turned to

other articles I had written at earlier in my notebook. The "don'ts" were many. Embarrassingly many.

Tracing my thoughts to when my energy had changed, I realized that it shifted when I started reading other people's ezines that I brought along. I saw it as clearly as the sun rising on this morning's horizon. All the don'ts that people were writing in order to try to sell their products or services. My energy level began to shift with the reading. It continued to spiral into my writing. Their attraction to the negative words moved into my use of negative words. How this and that was hard...finding the target market was hard...and the list went on.

This in turn created me to write in that same tone. My lesson -- be fully aware of what I was reading and its influence on my energy and my writing.

As I look back, I see patterns of where this occurred more than once. And as I continue to trace further, I also remember what I was reading.

If it wasn't for this experience, this negative encounter, I may not have seen this at all. I like to think I would have seen it anyway but in reality, probably not.

Yes, yes, yes. I do wish I had caught it earlier. But let's not go there, huh. That will zap the energy of this story for sure.

The point is, be glad negative people are being attracted to you. Be aware of their appearance. Ask what is radiating from you that attracted them. Be the fly zapper at a picnic and ask why your light was on that attracted the fly. See any patterns and quickly make any adjustments.

Rest assuredly, that when you are no longer radiating negative energy, you will not attract those negative experiences or people. I promise this to you based on experience.



I also always recommend that you share your experience, through writing, speaking engagements, or just with friends and family. There are three people waiting to listen and learn from the valuable lesson.

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