

BEYOND THE LAW OF ATTRACTION

By Dorothy Chitty



WEBINAR TRANSCRIPT

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BEYOND THE LAW OF ATTRACTION

“What The Secret Doesn’t Tell You...”

Hello, I'm Dorothy Chitty and I'd like to share with you today what I know about the Law of Attraction and how it works, and more importantly, how it worked for me and many of my clients.

In order to understand the Law of Attraction, firstly we need to understand that positive thinking is good, but positive thinking alone is not enough. And that's what I would teach you in this session.

THE BODY’S ENERGY FIELDS

We also need to understand that we all have three energy fields around us, three energy fields that can be seen and can be felt. I also teach this in one of my workshops.

The first energy field is your **Etheric Energy Field**. And all of us have it and it's like a little thin light that goes around the outside of all of our bodies, like a little silhouette. And all that energy field is, is the memory of our physical body. That's why somebody like myself, I'm presented with people/spirits and I can tell what they look like because they are using their etheric memory.

The etheric memory goes into the soul and remembers everything and so it remembers that past life...how we looked in that past life. And that's all that is.

The next one is the **Aura**, and lots of you will have heard about the aura. This is a very colorful one. Now the aura is never very large. A lot of people say they've got huge auras. Well, I've been seeing auras since I was a little girl and I don't see them around everybody. They just appear every now and again around people. If you concentrate you can see them.

But the aura cannot reach any farther than your fingertips can reach, whether it's above, in front, beside you or behind you. And the aura is literally the reflection of the well-being of your physical body, and so anything that's wrong with your physical body will show up in the aura. And it may show dull or it may even show a color. And that's really what very good healers use but they don't realize that's what they're using but that's what they use. They may not be able to say the colors but in some of my teachings I teach them to be able to say the color without seeing it with their physical eyes.

The third and most important field is your **Emotional Field**. Now this field goes from your fingertips from the edge of your aura out and it can be quite large or not too large -- it depends on how you're feeling and what you think of yourself. But that is your emotional field.

Now this emotional field looks like heat rising on a hot road. You know, it's clear but it's slightly wavy and yet you can see it and you can see an edge to it, which isn't a firm edge. And that's exactly what it feels like.

One of the things I do teach people is how to feel it and read it. That energy field is so, **so important**. It is so important that you understand about this field because this is a reflection of how you think of yourself, of how you speak for yourself.

You know, you can say one thing but you're thinking something else about yourself. It's a little bit like, let's say, somebody say to you, "How are you today?" You say, "I'm fine! I'm fine." And you're thinking, "I really feel terrible!" But you don't tell them so. It's that sort of thing.

That energy field, you can't lie in it. It comes out. That's why sometimes when a perfect stranger walks into a room, you can feel, "Ooh! I don't like that person." You cannot put your finger on why you don't like them but you just don't like them. And they perhaps had a disagreement, they may not be a very nice person, and they think not very nice things about people. They might say, "Oh, you look lovely today!" but think, "Gosh, you look a mess!" But it could be even worse than that.

WHY YOU DON'T GET THAT JOB

So you're picking it up and we all can pick it up and we all do pick it up. And it's a little bit also like, let's say, going to a job interview. You can be the most perfect person for the job. You go there, you dress smartly, you get yourself ready for the interview, you go and you wait and you see some of the other applicants and you know you can do the job. But when you see the other applicants, because you're not feeling perhaps 100% certain that you could get the job, you may look around and think, "Gosh, they look like they could do it better." And somebody you may have a conversation with will 'big' themselves up and say how good they are and what they've done, and all the time you're shrinking.

You go into the interview and you have a really good interview and you say all the things you've been thinking, and you were there thinking, "I could do this job but I don't think they're going to want me," because consciously you're thinking about this other person.

The interviewer after the interview will think to themselves, "You know, that person's really good. They could do this job but there's just something I'm not sure I want them and I don't know why. Can't put my finger on it. And that's literally reading the energy field.

And we all do it a lot of the time, most of the time, for all kinds of reasons. So understand how important this field is to you because this is your key or **part of your key** to attracting into your life what you want, because this field will *distract* what you want. It will send away what you want most but think you can't have

POSITIVE THINKING ALONE IS NOT ENOUGH

You need to understand that positive thinking alone doesn't work. You need to have positive feelings. That's why like I'm saying about this third energy field, the emotional field, just saying something isn't enough. You need to believe it because if you don't believe in yourself, you're expecting the universe to believe in you. You're expecting other people to believe in you but you don't believe in you. So it doesn't work.

It's a bit like people say they're going to win the lottery. In their heads they're thinking, "Yes! Yes! Yes! I'm going to win! I'm going to win!" But if they really don't think in their hearts, "Maybe I won't, but I really want to, I really want to. I'm going to. I'm going to." And it's like head feeling that it's going to happen, perhaps thinking, "No, I don't think so." Then it doesn't happen.

Throughout this seminar, I'm going to help you to learn how to change that. There's a little exercise towards the end that I want you to be able to do (and you can do it anytime) that will get you into what we call the '**Do Chi Moment**', which is a moment of unison, and I'll explain that more to you later.

The energy that we have is there for all of us because with this energy field, you create the life you have. God gives us life; what we do with it is up to us, never blaming anybody else because our life is not going well. It's down to us.

YOU NEED TO TAKE ACTION

There's no good in saying you're going into town but you don't get off your backside and walk into town, catch the bus, or get in the car. You won't go into town! You have to actually make it happen for yourself.

You cannot expect -- none of us can expect -- the universe to deliver every single thing we want, when we want it, because we don't want to do it for ourselves. Understand one thing: those that help themselves get the greatest help.

If you sit back and wait for something to happen in your life, and wait, and wait, it won't happen. You need to start the first movement to make it happen.

It's like looking for a new job. If you don't get a newspaper or you don't go in the internet to look for the job, then you won't find the job. If you just sit and bemoan the fact that you haven't got a job, then what are you doing about it? Nothing!

Think about it when someone tells you something and you say, "But what have you done about it?" And if their answer to you on their behalf is, "Nothing," you will think to yourself, "Well it won't happen then!"

So why don't we apply that to ourselves? We're human. We don't. We forget to. And we do need to apply that to ourselves as often as we can, not being hard on ourselves but being conscious of the way we think. If we can take on conscious thinking, we start controlling the life we have.

Now, it's more important that we're in control of the life we have rather than life controlling us. Life controls us when we do nothing about it, when we're inactive.

UNDERSTAND THE SIGNALS WE GIVE OUT TO OTHERS

The main thing that we have to learn about in this life is that we need to understand the signals we're giving out to many, many people, and all of the time. So how we think about ourselves is becoming very important to us.

If you want to attract a good person into your life, then you need to start thinking good about yourself. There are those of you out there who keep attracting the same types of person into your life and they end up hurting you or letting you down and you can't understand why, what you were doing. Well, if you feel needy or if you in your deep thoughts think, "Nah, he would end up the same sort again," but don't want to, so you're saying you won't but you're thinking you will (just-my-luck sort of thing) then that's what you attract.

You're the attraction. You're the magnet. Remember that. We create everything in our lives by the way we think.

There used to be a saying back in the 80's that was a little bit of a throwaway remark but it meant so much to me, and it's, "Energy follows thought." And when I first heard it, the first few times, I thought, "Yeah, it does follow thought."

And then my guidance, my spirit guidance told me, they said, "Think about that. Think about what you're saying. Energy follows our thought. Thought is energy." And that's when they first started teaching me back in the 80's about energy following your thought.

I started realizing that my thoughts become my reality....

DO THOUGHTS BECOME REALITY?

But it wasn't my thoughts alone. I had to believe in my thoughts because they said to me, 'thoughts alone are not sufficient.; And that's what you need to understand, that your thoughts alone are not enough.

That's why there's fabulous books like the book called *The Secret*, and there are lots of really good books out there talking about positive thinking. And it's really good for you and it's right that we should do this. But I'd like to take it a step further and say, there has to be a positive feeling as well.

I haven't read any of those books and I have to say, I've read one part way through. And I believe in a lot of them. I see their titles, I read the backs of the books, and they're so good. They're so right for everybody. But let's take it this next stage further now, shall we? Let's start thinking and feeling.

Feeling what you're thinking will be really important and when you do that, people will start reacting to you differently. You know, you could be one of these people that you can go out and people can be really offhand to you or not even speak to you. And that could be because you are not liking who you are, not enough anyhow. You might put a smile on your face, but if you don't believe in you, don't expect anyone else to because they can't. They can't believe in you if you don't.

WHY ARE HAPPY PEOPLE, HAPPY?

Happy people attract happy people, have you ever wondered why? It's because they actually like who they are and they're happy people. Perhaps some people will call it *charisma*.

What is charisma? I think charisma is something that some people seem to be born with. They just like who they are. They come into this life feeling really happy about themselves and nothing and no one can knock them. And they are the really lucky ones.

But charisma is there for all of us. It's just some of us turn the switch on early and some of us realize it and turn it on later. I can promise you, when you start feeling what you're thinking, consciously thinking about this, life will start to turn around. You start creating the life you want and the reaction you want from people -- the reaction you really want, not the reaction you think you should be getting. So stop putting yourself down.

How many times are you telling yourself what you're not? Think about it. You might be chatting to somebody on the phone or in person and saying all good things about you, and people may be saying nice things about you to you but you have got this quiet little voice saying, "Yeah, but...hmm...I don't think so, really. They don't really know me!"

Or perhaps they don't know you, but do you?

Is that the real you, or is that the *you* you want to be? You need to make that decision, whether you're happy, being a bit of a victim, or not.

And you want to get out of this and you want to attract into your life, whether it be your personal life, your financial life, your career, your business -- whatever. You take this decision to take control.

BELIEVE AND PRACTISE, AND YOUR LIFE *WILL* CHANGE

I've been telling you, if you truly practice feeling it, because you have to convince your subconscious, then you'll succeed. You can't expect it to succeed overnight but I'm telling you if you really, really, really believe it, and you do this little exercise at the end, things will start changing within two, three, four weeks.

To some people it happens quicker but I wouldn't expect it to happen after four weeks. I mean, it would still happen but it shouldn't take that long to start

It's about taking responsibility for yourself, really -- who you are, what you say, what you do, how you act and how you react to other people. You know, nobody can tell you what you are unless you believe it. They can tell you it, but if you believe it, then that's down to you. .

And what you say to people is down to you. So how you speak, how you treat other people, is really, really down to you. It's about taking responsibility.

TAKE RESPONSIBILITY FOR YOURSELF

Nobody makes you do anything

Nobody makes you do anything. No one is making you stay with a partner you don't want to be with. There may be circumstances that are the reason why you're not making changes yet, but be honest with yourself. You don't have to say anything to anybody, but be honest with yourself and recognize, "I'm choosing not to at the moment and there's a reason why."

It's just a little bit like the *beaten wife syndrome*, that women stay with men that beat them up because they don't feel good enough to be loved by anybody else because the man has convinced them that he really loves them and nobody would love them as much as he loves them. I hear it over and over again. I can't tell you how many times I hear this. And they're not necessarily married. And they don't all beat them up physically; they can be beaten up with words, which are equally as bad, if not, worse.

HOW TO GET OUT OF A BAD SITUATION

But those people choose to be with that partner until such time as they cannot take it anymore and then they make the decision to leave.

And without fail, they all say to me, "Why didn't I do it sooner?" And maybe it was fear. I wasn't in their shoes. And perhaps fear stops them.

And fear is what we should fear, not anything else. Fear is a great block.

So try not to judge people too harshly who haven't made changes in their lives. Just try and understand that, "Well, if it was I who's in their place, maybe I'll be the same."

But these people stay on this syndrome because they haven't taken responsibility for themselves. They will at some stage when they wake up. We all do. It's not to say that they're any worse than anybody else. It's just that they're pretty slower to wake up than anybody else. That's all. It's very easy for us on the outside to condemn other people on the inside but who are we to say.

And so, we could all get ourselves out of any situation. There's always a way out of every situation. It may take us a little while to recognize it but when we start thinking, "This is not the life I want," and if we could just visualize something a little bit better... Don't take such big jumps to start with and visualize something better, that is, like an interim step:

"Well I could go and rent a house and I could get away to there. And how would I get the money?"

DAYDREAM IS VISUALISATION

But start thinking, "How will you get it?" And stop thinking, "How do I get the money?" rather than "How do I get myself out of this situation?" When you do that, you'll find yourself visualizing better than what you have, no matter what the situation is.

And when you start visualizing, you can start to believe it. It's hard if someone's in a terrible situation. Just harder for them, but it is not impossible. I've been in bad situations, not in that sort of relationship thing, but I have been in bad situations. And I've always been able to see beyond it and look out. And that's what I'm asking you to do, is to look beyond it and daydream if you like.

Daydream is visualization. I don't know what the difference is other than daydreaming is when you start imagining something much nicer than you have. And the more you think about it, the more you start creating something that you want.

MY CLIENT'S STORY

I do know people who've created exactly what they want.

One of my clients wanted to go and live in southern France, and she just didn't have the money. She recently got divorced. She didn't have the money to go and live in southern France or buy a property there. And I taught about this and she said, "I did what you said. I started daydreaming because I didn't think I could do visualization.

And once I started daydreaming, it got real. I did it a few times and I realized exactly as you said that I was creating the picture I needed then."

And that's visualization. You create what you want

Remember, your subconscious is like a savings bank, so what it sees and what you believe and what you think, it's hold on to and it starts to multiply it, so that visualization enhances what you believe because you can see it. It's easy to believe it. And then you start thinking, "I believe this!" And you've got your head and your heart working together, and your sight, really.

But she did this and she was in town and she met an old friend that she hadn't seen for a couple of years, and this person had moved out of a timeshare. But she said to her friend, "I've got a place that I needed somebody to go and look after for the summer." And she said she talked to her, and the upshot was that she went and lived in this place in southern France, looked after it for this woman, and while she was there somebody else said, would she look after their place for the winter. And that's what she does. She goes into his place and she stays there for a few months, and she said it's far more luxurious than she could ever afford.

And she's now met a man who owns one of the houses that she looked after. And she said her life has just completely turned around. The last time I spoke to her she was pregnant. She's got everything she wanted but she did it through visualization, and she said she's told so many people about how it happened.

She didn't know how it could happen but she put it there, because don't put the *how it's going to work*. Just know it's going to work because if we start thinking, "I don't know how that can work," you're negating what you've been trying to be positive about. Stop trying to work out how it's going to happen. Just, it's going to happen. And do a little bit of daydreaming until it becomes visualization.

Be kind to yourself. Don't be hard on yourself if you can't do visualization. Lots of people can't but once they start doing the daydreaming, they then start consciously visualizing.

THE SUBCONSCIOUS IS A SAVINGS BANK

As I've said, your subconscious is a savings bank. What you think about, it takes on. The universe does not know the difference between negative thoughts and positive thoughts, and so if you are putting negative thoughts into that subconscious savings bank, that's what multiplies and your life becomes more and more negative.

You know, we worry about things and we all worry about things. And so the subconscious stores it. The universe helps it to multiply and you get more of the same. We're in a downward spiral. It's so difficult to halt it, to get out of it because consciously we can't imagine how we can get out of it because we're trying to think of the how -- because I can't do that, because this, and I can't do that because that...

So stop thinking about the how. Let the universe take care of that for you. You know, the universe is there to help all of us. You need to start thinking of *what*, of what you want the end result to be. And then you will start to get it. Because we interfere when we start thinking of the how; we just get in the way. Our minds get in the way because we're human beings and we naturally try to think logically: "I can't imagine how that could ever work."

THE ACTRESSES STORY

I got an actress, a film star that I read for, and she thought she'd had her heyday, and it was only about six years of fame. And she was very famous but she wasn't getting offered the good parts anymore and she said, "Ah, I think it's because, I'm getting older, I'm not as attractive..."

And I taught her this method. The next thing I know, I've seen her in A-list films, A-films, you know, top box office films, looking wonderful. She's got a new lease to her career. Because I remember saying to her: stop thinking how it's going to happen and who you have to meet -- just what you want to happen. And that's what she did.

BE MORE CONSCIOUS OF WHAT YOU SAY

When you speak, you are creating

We can all do it. And just be much more conscious of what you say. What you're saying to people, you're creating, remember that? Whether you say nice things or bad things. You know, we all get caught into saying something that's not as nice as it could be. But if we could be a little bit more conscious of what we're thinking and what we're saying to people, you'll start lifting your own energy and you'll feel a lot better yourself.

NOW START ATTRACTING TO YOURSELF...

So now I want you to start thinking about attracting to yourself, whether it be a partner, more money, a new career, a new home – whatever it is. I need you to now start looking at how you attract this to yourself.

And one of the first things you need to be sure of is be clear in what it is you want. You need to be clear what type of partner you want.

So write it down.

Write all the best parts of a person down that you want. Not what you don't want because you're apt to attracting the negative as well, but what you do want. So you don't need to be thinking, "I don't want him to be mean. I don't want him to be *whatever*."

You know, if you don't want somebody who's not jealous, you say, "somebody who's sure of themselves as they will be of me."

MY CLIENT, A JOURNALIST

I can tell you this story. She was a journalist that I was talking to and she said, "Dorothy, you know, I can get lots of men in my life but why can't I attract the right one?" And she was just on her spiritual path, lovely woman.

I said to her, "Well, you need to write down exactly what you want. And say it! Be precise and say exactly what you want in him. If you want him to be spiritual, on the same spiritual path as you or whatever, say it!"

Months later she rang me up and she said, "Well, I got everything. I got this new man. I got everything I asked for except that he was a very religious man and I'm not. I'm on my spiritual path." And she said, "He was everything I ever wanted. And when I looked at what I wrote down, he was all of those things, ticked every box."

I said, "But you weren't precise." I said, "How did you say about the spiritual path?" She said, "I just wanted him to be spiritual." I said, "So he probably is!"

But because he's a believer in a different religion, she said "But he's fanatical about it!" I said, "Well, you need to put that down! You need somebody who is on the same spiritual path, with the same beliefs that you have."

"Oh no," she said. So she did that. Well, again, she met another man and he was everything she wanted. They're married now.

BE PRECISE IN WHAT YOU ASK FOR

And so what I'm saying to you is you need to be really precise in what you're wanting to attract to yourself, okay?

So with a partner, you, first of all, write down what you want in a partner, your ideal partner would-be. And you might need to make that list a few times. You might say, "Oh no, no. I also want such and such." It doesn't matter if it's a long list. The universe can read, don't worry. It can understand everything. Because you are, as you're writing it, you're saying it. And as you say it more often, you start to believe it.

And don't use words that you can't believe. Don't use those words that you feel...it's a little bit like the affirmations: "I love and approve of myself."

Now, isn't it difficult for a human being to say, "I love myself"? Because we're sort of brought up to think, "Oh, look at her! She loves herself," or, "Look at him, he loves himself," and in a derogatory manner.

Instead, learn to like who you are. Like the person you are. When you start liking the person you are, you attract people that like you because that's what you're wanting first. You're wanting them to like you, and when they get to know you they love you, just as when you get to know them, you love them.

So remember to use words that you can believe rather than words that are out of your vocabulary. And with a partner, if you want someone who's going to be faithful to you for the rest of his and your life, write it down.

And choose the words, "I choose..." as well, and "I deserve..." Use those types of words. But why not you? You need to get this into your heart: in order for the Law of Attraction to work for everybody, it needs to be head and heart. You need to believe in your head and feel it in your heart because your head will say, "Yes, yes, yes, I'm going to get that" and your heart might be thinking, "Hmm, I'm not sure, not sure."

So you need to believe it, and when the two come together (and I will teach you this soon) then you've got your head and your heart believing the same thing. And you've got true balance.

With a partner, do list and do be precise, but remember it needs to be somebody that really does match your needs just as you need to match their needs.

. ATTRACTING MONEY

And even with money, if you need more money in your life (and let's face it, don't most of us?) it's not about greed because the universe is limitless. Whatever we ask for in the universe, it will be given if we believe in our heart and our subconscious believes it.

Your subconscious can't believe it if your heart doesn't believe it, because your head isn't enough, because your head can believe anything you like. But when your heart believes it, then the subconscious believes it. If you like, the heart is the feeling part of your subconscious.

And so, to attract money into your life, you need to believe that you deserve to attract money into your life. Maybe you've done some things wrong in your life. You can't alter your past. You can alter your future. So let go of it.

You know, what you've done wrong you've done wrong, and maybe try to put right to the future. But now is not that time. You can only think in the now. That's all we have. We have now. Two seconds has gone. You can't bring back those two seconds, so leave it in the now, and choose to have more money in your life.

MY CLIENT WHO WON THE LOTTERY

I had a client, quite some years ago now he came to me. And at the end of the reading, I had said to her that she was going to win some money on the lottery. And at the end of the reading she said to me, "Oh, all I ever want is a hundred thousand pounds. So if I could have that, I'll put that towards my divorce money and I could buy this other house without a mortgage. That's all I want."

I said, "Well, there you go. That's what you need to do then."

And I told her what to do. She went away. This was on the Thursday. On the following night, she won £104,000. And I saw her a few months later and she said, "That was brilliant! Absolutely brilliant!" She's like, "I really believed I was going to get it because you told me I was." And she said to me, "I wish I'd asked for more."

I said, "Well, why didn't you?"

"Because I was worried about being greedy."

I said, "But the universe doesn't understand a lot or a little. It's an amount. You need it, you have it."

STOP RESTRICTING YOURSELF IN YOUR LIFE

So you need to actually be a little bit more open about what it is you want into your life. So stop restricting yourself. Don't restrict yourself in money, just as you wouldn't restrict yourself with a partner or a career. Don't restrict yourself with money because money is just energy. It's pure energy. Yes, it's a physical thing, but it's pure energy.

What I'm trying to get across to you very strongly is get your thoughts out of the way that you can't have it, because you can. If you can believe that you deserve it, then what's stopping you? Nothing. The universe doesn't know about a big ask or a little ask.

It's a little bit like asking for a parking space. You know that you're parking angels will always find it for you. Well that's because they're part of the universe and they answer our request.

Request it, believe it, and then wait for it to happen. Just know it will happen. With money sometimes, and with a partner, you can even put a time on it. Don't expect it to happen in a week. Give yourself plenty of time. Don't be impatient, but plenty of time so that you're manifesting it, you're creating it, because you need to repeat things. And then it will happen for you. And not how the money's coming to you but that the money is coming to you.

Remember, it's not the how because you could meet a new partner in the weirdest situation. You could have money come into your life in the oddest way. But always remember that money that you ask, it comes to you causing harm to no one. That's one thing I really would like you to remember. You don't want it at the death of somebody. So you wouldn't cause harm to no one.

And it will come to you. It may come through work, it may come through a win or a gift. It comes in odd ways.

MY TELEPHONE BILL

I remember years ago I didn't have enough money for my telephone bill and my telephone bill was £200. And I said to spirit, "Well, you need me to work, I need £200, and I need it now, please!"

And I said to my husband, "We'll be okay. We'll have the money." He said, "How would we have the money?" I said, "I don't know. I know we'll have it. I know we'll get it."

The following night, the night after, a brown envelope came through our door with £200 in it, anonymously. I hadn't told anybody but it came through my door. It wasn't my husband. I know he didn't have the money.

WITH A CAREER...

And with a career, if you think about a career that you want, or maybe you want to change your career, start creating in your mind and visualizing what you can create, what you want, what the type of job you would like.

Start creating that type of job that you want and how comfortable you'll be in it and how happy you'll be with people.

Don't stay in a job that makes you really unhappy. I know it's difficult to change jobs these days with the climate as it is, but it isn't impossible. People are changing jobs. People are changing careers. But you take control of your life. You create it. Write it all down. Always write things down.

MY HOUSE!

I had this thing that when I was looking for a house, a new house, I wrote down exactly what I wanted in a house. I wanted a long tree-lined drive. I wanted stone barns. I wanted a house with an annex and all of the things I got in it. I wanted the complete detail and I have got everything I asked for.

One thing, I said I like a level garden. But I forgot to ask for a mature level garden, so I ended up with a level field that I had to make a garden with.

And I just missed out that detail and that's me who teaches it. So go over what you write and check it out.

And I carried that around with me in my handbag and when we found the house, we just at the gate, couldn't see the house. And I said to my husband, "This is it!" And he said, "You don't know yet!" I said, "This is it!" And we had eleven days to complete and we did, on the day we moved in.

YOUR CAREER

The career, don't worry about being ambitious.

If it's what you really want, go for it. Really go for it. And you have to help things along with career and partner, because you won't meet a new partner if you stay at home. They're not going to be necessarily come and knock on your door.

I have known it, but it doesn't happen very often.

And with a career, a new career won't drop in your lap if you don't go looking for it and helping the universe to create it for yourself. Don't sit back idly waiting for the universe to deliver. We have to take part in this ourselves.

Remember, we have to be active.

THE UNIVERSAL CHEQUE

And one of the things you can do is to visualize a check.

And the check would be a universal cosmic check, really. And it's the bank of the universe, if you like, and maybe even draw one out.

But try and visualize a check. And put an amount in and you make it out to yourself. And put an amount in and always put a plus sign at the end of it. Because if we put a plus sign, it means you're not limiting yourself to an amount.

It's like, "That's my minimum and anything beyond that will be a wonderful thank you." And that's what will happen.

But you need to feel it, as well as think it. Remember to believe it.

And you can do that and maybe print one out even and pin it up where you can see it everyday and say, "Yes, that's mine! That's mine!"

And stop thinking, "I can't do" and "I can't have." It means you're not going even going to try. You can! And stop saying, "I can't afford it." Just start saying, "Not yet. Later. I'll get that later."

WATCH YOUR VOCABULARY

Watch the vocabulary that you use, in denial. As humans we deny ourselves so much without even realizing that's what we're doing.

We're thinking positive, and yet on the other hand, we deny ourselves. "I can't do that." "I can't have that." "I can't afford that."

Listen to ourselves and we'll start to change it for the better for ourselves

THE FIGURE EIGHT – THE DO CHI MOMENT

The exercise I really, really want you to do is a *Figure of 8*.

Now this gets you into what I called earlier the 'Do-chi' moment.

And this 'Do-Chi' moment is literally, it's a balance between head and heart and it's where *the soul accepts and the universe hears*.

And it creates perfect balance, perfect balance in the conscious and the subconscious minds.

If you do a Figure of 8, whether it's in your living room, in a garden, in a park, wherever, and you repeat what it is you want...now I did this myself. I walked in this figure of 8, and it can take up to 15 minutes for some people, 5 some, 15 to 20 minutes, and I walked around. I had to do the exercise myself, spirit taught me, and what I said was, "I deserve abundance in all things in my life." And I didn't specify but that's how I started.

And I walked around, and I was just to say words. I wanted to believe it and I'm watching my figure of 8 and I was saying it. I wasn't thinking it; I was saying it. "I deserve abundance in all things in my life." I walked round and round. And then suddenly...and I wasn't getting fed up repeating it because I knew this was going to work but I didn't know how. It's just what they said for me to do.

At one stage, suddenly, it went from my voice, my mouth, and I felt the feeling go from what I was saying. I felt what I was saying. I felt it and it sort of dropped to my heart area. And I could feel it. And I suddenly felt: I do deserve abundance in all things in my life.

And I started repeating it and I was feeling it I wanted to shout it. I didn't, but I couldn't stop smiling. And you'll find you will start smiling, and the more you're smiling, the more it's sunk in. it's there, whereby you are really, really believing it.

In that moment of when it comes from your voice into your heart and that lovely glowing feeling you get, that's the 'Do-Chi' moment. You are in 'Do-Chi'. I'm filling up just talking about it because I love it so much. And everybody I taught this to, and they've truly done it properly, it's so simple. They have created what they needed in their life. They have created it.

EVERY SINGLE ONE OF YOU CAN DO THIS

You can do it. Every single one of you can do this. If you're sitting there thinking, "I don't think I can," then you won't. You need to think, "I can. I can. I will. Why not me?"

So think to yourself, why does somebody else, why do some people have great fortunes and others have very little? Is it their way of life? Is it what they've chosen to come into? Yes, some of it will be lessons they come to learn about, but also, part of our soul's lesson is to understand about the abundance of the universe, that no one of us is meant to have less than the other.

If we were in an African village, all of them try to help each other with the food they've got. They share it out. And same with, in this life, if you come into a huge amount of money, do good with it.

Don't spend it all on others. Make sure you and yours are looked after. But do some good with it.

Somewhere, whether it's friends, family, around the world, whatever, do some good with it and it will continue to multiply for you, because then what you're doing is you're seeding money. You're putting money out to people. That seeding...never think of return. Always give and it will come back to you. It may not be from that person, but it will come back to you.

And the same when you do good deeds for people, it's seeding good deeds. It's seeding energy. It always comes back to you, not necessarily from them but from someone else, will do something good for you.

I've experienced it so many times in my life, that I helped many people when I was younger and I put myself out for them. I didn't really think about it. And as I've got older, I have people put themselves out for me more. And I realized that the seeds I put out have germinated and grown and blossomed. And that's what will happen for you in life if you do this visualization with a check and do it regularly. Remember do it from a daydream to start with, and then start creating it very strong. Draw yourself a check out if you can or even...

Now don't use one of your bank checks because it will have the name of your bank account, but copy one and make your own up. And do the Figure of 8. Please do that Figure of 8. That is the main exercise for the Law of Attraction.

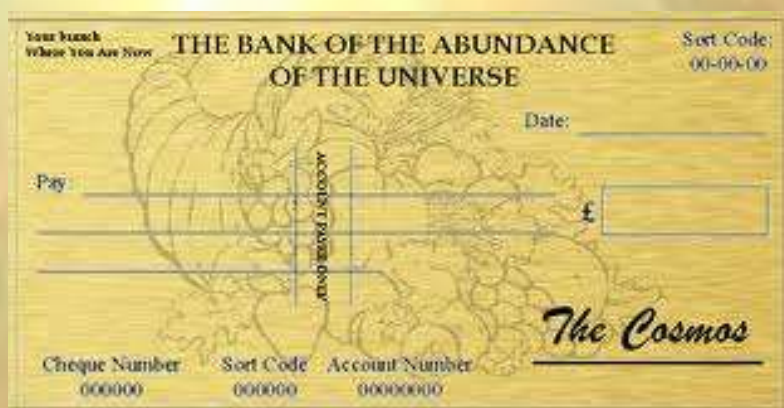
And we call this *Beyond the Law of Attraction* or *The Law of Attraction and Beyond* because the Law of Attraction as most of us know it, is thinking positively, but beyond that is feeling positively, and attracting to us all that we deserve but you need to believe you deserve it first. Remember that, because you do. Each of you deserves it.

How much you deserve it is how much you like yourself. And how much you like yourself is what you're attracting to your life. *It's a circle and it's a cycle.*

I wish you all well, and I wish you all that you wish yourselves.

Take care and God bless.

Dorothy x



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