

# **The Law of Attraction - In Action**

## **Teleseminar Notes**

**September 24, 2008**

In the pages ahead, you are going to learn how to apply the Law of Attraction in every area of your life.

Many of you have read the book, *The Secret*, watched the movie or studied the Law of Attraction in different ways.

Today, you will learn how to activate the Law of Attraction in your life, and master it with greater certainty than ever before.

Let me begin with my own story: In my twenty's, I started asking the question, "Why are some people more successful than others?"

After many months, and then years of pursuing the answer to this question I discovered two things:

First, successful people did things differently, better, and more efficiently in their chosen fields than average people;

Second, I discovered that successful people thought differently about themselves, the world and their possibilities than average people did.

For many years, I studied philosophy, metaphysics, religion, spiritual development, psychology and success principles.

Eventually, I discovered the secret of the ages, "You become what you think about – most of the time."

Over the years, I read thousands of books and articles on the various subjects of success and personal development.

In 1981, I began teaching the Phoenix Seminar – The Psychology of Achievement, bringing together more than 30 mental laws that had been discovered throughout history, some going back as many as 5,000 years. One of these laws was the Law of Attraction.

As it happens, you need to know many of these additional laws and principles for the Law of Attraction to work in your life.

1. The Law of Cause and Effect, (Sowing and Reaping, Action and Reaction) – this law, first mentioned by Aristotle in 350 B.C., says that, for every cause there is an effect, and for every effect there is a cause.

The Law of Sowing and Reaping, which comes from the Bible, refers to “Sowing thoughts and reaping experiences.” In fact, whatever you are reaping today in any area of your life is the direct result of what you have sown in the past.

Sir Isaac Newton called this the Law of Action and Reaction. He said that for every action there is an equal and opposite reaction.

This is the granddaddy Law of the Universe, the Iron Law, and is immutable; it explains all of the other laws and principles that have been discovered throughout human history.

2. The Law of Control: This law says that you feel positive about yourself to the degree that you feel you are in control of your life. You feel negative about yourself to the degree to which you feel you are not in control, out of control, or controlled by other people or circumstances.

Psychologists explain that your “Locus of control,” the place where you feel the control exists, largely determines your happiness and success.

The good news is that the only thing that you can control is your thoughts. Your thoughts determine your feelings, and your feelings determine your actions. By taking complete control of your thoughts, you take complete control of your life.

3. The Law of Belief: This law says that whatever you believe, with conviction, becomes your reality. As William James of Harvard said, “Belief creates the actual fact.”

You do not believe what you see; you see what you already believe.

Like all laws, the Law of Belief is neutral. It works for good or for ill. If you have strong, confident, positive beliefs about yourself and your future, you will enjoy a wonderful life. If you have negative beliefs, even if they are based off false information, your life will be limited and unhappy.

The worst beliefs of all are “self-limiting beliefs.” These are beliefs that you have accepted as true, often from your parents, which hold you back and cause you to sell yourself short.

The starting point of greater accomplishment is for you to challenge your self-limiting beliefs and simply ask, “What if they were not true?”

The Law of Expectations: This law says that whatever you believe, with confidence, becomes your own self-fulfilling prophesy. “You do not get what you want, but what you expect.”

The expectations of your parents, positive or negative, still exert an enormous influence on your behavior today and your expectations of yourself.

The expectations of your boss, your spouse, and the people you respect have an inordinate influence on your thoughts, feelings and behaviors.

Your expectations of yourself especially, largely determine your level of confidence and self-esteem.

The Law of Correspondence: This law says that, “As within, so without.” It says that your outer life is a mirror image of your inner life. Wherever you look, there you are.

You can see the Law of Correspondence clearly by looking at the outer conditions of a person’s life. A positive, happy, loving person has good relationships and a happy family. A person with a negative self-concept and poor self-image has poor and problematic relationships.

Your outer world of financial accomplishment will be a reflection of your inner world of learning and preparation. If you want to change anything in your outside world, you have to go to work on yourself on the inside.

The Law of Correspondence explains one of the great principles, “The Law of Mental Equivalency.” This law says that your outer world will create the equivalent of what you present in your inner world.

The good news is that you control what is going on in your inner world. By taking full control of your thoughts, you create the mental equivalent of the world you want to enjoy on the outside.

6. The Law of Subconscious Activity: This law says that your subconscious mind responds to commands from your conscious mind. It does not question your commands; it merely goes to work to bring them into reality.

Your subconscious mind is like a fertile garden: flowers or weeds will grow, depending upon which one you plant.

But if you neglect to plant flowers, and tend them carefully, weeds will grow automatically and eventually choke off your garden of life.

7. The Law of Attraction: This law flows from and is in harmony with the other laws. This law says that you are a “living magnet” and you invariably attract into your life the people, circumstances, ideas and resources in harmony with your dominant thoughts. Especially your dominant thoughts emotionalized.

The Law of Vibration says that the entire universe is in the form of vibration. Your thoughts vibrate as well, spreading out from you and colliding with the minds of other people, like ripples in a pond.

The Law of Sympathetic Resonance says that, “Birds of a feather flock together.”

You will experience Sympathetic Resonance when you meet a person who thinks, feels and believes very much the way you do.

The reticular activating system is triggered by your “reticular cortex,” a small organ in the center of your brain that acts like a telephone switchboard, making you aware of things in your environment that you have decided are important to you.

For example, if you decide to buy a red sports car, you will begin to see red sports cars everywhere. If you decide to become financially successful, you will begin to see opportunities for financial improvement all around you.

The most essential factor in activating the Law of Attraction is harmony. There must be no contradictions between what you think and feel on the inside and what you desire to experience and enjoy on the outside.

The reason that the Law of Attraction doesn't work for most people is because of the twin obstacles of doubt and fear.

You experience self-doubt when you doubt your own ability, adequacy or confidence, and fear that you are "not good enough." The greater your levels of self-doubt, conscious and unconscious, the quicker they short-circuit and shut off the power of the mental laws to work and bring benefits into your life.

Fears: There are two main fears that sabotage the working of the Law of Attraction, the fear of failure and the fear of rejection.

You experience the fear of failure when you fear the loss of money, time, the love of someone and especially, poverty.

You experience the fear of rejection, or criticism when you fear that others will disapprove of your actions or behavior, ridicule you, criticize you, or look down on you.

The fears of failure or rejection are the primary reasons for underachievement in adult life. The more you are preoccupied with doubt and fear, the less often the Law of Attraction works for you.

The Law of Attraction works best with an attitude of calm, confident expectations. The more calm, relaxed and confident you are that a positive thing will happen, the faster you activate and stimulate the Law of Attraction to bring it into your life.

There are six proven ways to activate the Law of Attraction and all the other laws:

1. Idealization: Imagine that you could wave a magic wand and make your life perfect in every area.

- a) If your work, career and income were perfect in every way, what would they look like, and how would they be different from today?
- b) If your family and relationships were perfect in every way, what kind of a lifestyle would you enjoy, and what would you be doing differently?
- c) If your health, fitness and levels of energy were perfect, how would they be different from today;
- d) If your financial situation was perfect in every way, how much money would you have in the bank, and how much passive income would you be earning each week, month and year?

The greater clarity that you have with regard to your ideal future life, the faster you activate the Law of Attraction.

2. Verbalization: You must put your goals, dreams and ideals into clear specific, words that a child would understand. Write them down. Something miraculous happens between the head and the hand when you clearly write out a description of the goals you would like to achieve and the life you would like to live.

3. Visualization: Create a clear, exciting mental picture of the things you would like to see in your life. Multiply the power of visualization with four things: vividness, duration, intensity and frequency.

There is a direct relationship between how clearly you can see your goal, in your mind's eye, and how fast it comes into your life.

4. Emotionalize: Create the exact feeling of happiness, joy, satisfaction, and pleasure that you would have when you achieve your goal. Each time you verbalize and visualize your goal, connect this emotion to that mental picture and to those words until it is triggered automatically.

5. Release: Once you are completely clear about your goal, release it to the universe. Let it go and get busy elsewhere in some other area of your life.

Have absolute trust and confidence that your goal will come to you exactly when you are ready.

6. Realize and actualize your goal. Have complete confidence that your goal will come to you at exactly the right time, when you are ready, and not a minute before.

Watch for Serendipity and Synchronicity to happen in your life.

Serendipity: Happy coincidences that take place, completely unexpectedly. Look for the good in everything that happens to you and you will be surprised at how often you find something good.

Synchronicity: This occurs when two unrelated events happen at the same time, and the only connection between the two is that they help to achieve a goal that is important to you. Synchronicity actually rises above and goes beyond the Law of Cause and Effect, and is the explanation for many “miracles” that happen in individual life.

How do you accelerate the activation of the Law of Attraction in your life?

1. Pray and visualize on a regular basis, and then move your feet; get busy!
2. Meditate: meditate once or twice each day, twenty minutes per time. This often triggers the Law of Attraction into action;
3. Solitude: Sit quietly for 30-60 minutes on a regular basis, waiting for your mind to clear and for ideas to pop into your mind.
4. The Twenty Idea Method: Write down your most important goal in the form of a question at the top of a page. Then, discipline yourself to write twenty answers to this question.

For example, if your goal was to double your income, you could write, “What can I do to double my income over the next 12-24 months?”

Then discipline yourself to write and write and write until you have at least twenty answers.

This intense focus on your most important goal often triggers insights and ideas that you can use for goal attainment.

There are seven ways to activate your subconscious and superconscious minds, and to trigger the Law of Attraction in your life on a regular basis:

1. Positive self-talk: Fully 95% of your emotions are determined by the things that you say to yourself throughout the day.

- a) The way that you interpret or explain things to yourself largely determines the effect they have upon you;
- b) By talking to yourself positively all the time, you take full control over your mind and emotions;
- c) Repeat over and over, “I like myself!” “I love my work!” “I can do it!” “I am the best!”

Repeat these statements over and over until they are accepted by your subconscious mind and become habits of thought.

2. Positive imaging: visualize yourself as you would like to be, as the very best person you could imagine in your business and personal life.

- a) You always act on the outside in a manner consistent with the picture you have of yourself on the inside;
- b) When you change the inner picture, you change the outer performance and behavior;
- c) When you repeat a positive picture of yourself over and over again, your subconscious mind accepts this new picture as a command and makes your performance and behavior fit a pattern consistent with it.

3. Positive mental food; Just as you “become what you eat” you “become what you think about most of the time.”

- a. Read positive books and articles everyday to keep your mind fresh, optimistic and clear;



- b. Listen to positive, educational audio programs in your car. Continually immerse your mind in new ideas that are inspirational, uplifting and helpful;
- c. Attend seminars, conferences and meetings with positive, optimistic people who also have goals and who are excited about the future.

4. Positive people: get around the right people, and get away from the wrong people.

- a. You are inordinately affected and influenced by the attitudes and personalities of the people around you, whether you like it or not;
- b. Choose your friends and associates with care; only spend time with people who are positive and optimistic about themselves and their futures;
- c. Discontinue your relationships with toxic people, those who complain, criticize, condemn and gossip much of the time.

5. Positive health habits: Take the time to engage in healthy behaviors that increase your energy and improve your fitness.

- a. Eat the right foods – eat lean source protein, lots of fruits and vegetables, whole grains, and drink lots of water throughout the day;
- b. Get 200 minutes of exercise each week – walking, running, swimming, cycling or working out in a gym.
- c. Get lots of rest, every night, on weekends, and on regular vacations. Take good care of yourself.

The better rested you are, the better your mind and emotions function, and the faster the Law of Attraction works in your life.

6. Positive training and development; you and your mind are your most precious resources; you must continue to upgrade them in times of rapid change.

- a. Read 30-60 minutes each day in your field. This works out to one book per week, 50 books per year, 500 books in ten years;
- b. Listen to educational audio programs in your car. This adds an additional 500-1000 hours of learning to each working year, the equivalent of full time attendance at a university;
- c. Take all the additional training you can get, and apply what you have learned immediately after learning it.

The more you flood your mind with positive, new information, the more likely you are to activate the Law of Attraction and all the other mental laws on your behalf.

7. Positive action: When you hear about and learn a new idea; try it out immediately.

- a. Most people spend most of their lives in a wonderful fantasy place called “Someday I’ll.” There is a direct relationship between how fast you take action on a new idea and how likely it is that you will take action on any new idea. Develop a sense of urgency; resolve to do it now!
- b. Develop a bias for action and a compulsion to closure. Get started, get going and stay with the task until it is complete.

In my book, [\*Flight Plan\*](#), I explain the “Real Secret of Success.”

This book says that life is like a long flight. Because of updrafts, downdrafts, weather patterns, headwinds, tailwinds, turbulence and storms - an airplane is off course 99% of the time.

But when it departs from Los Angeles bound for New York, the pilot comes on the intercom and tells you that it will land at 5:20 PM. Then, it lands right on schedule, even though it was off course most of the time.

The three lessons of [\*Flight Plan\*](#) are these:

1. Be absolutely clear about your destination, write it down, and make plans to achieve it;
2. Take off! Have the courage to step out in faith, with no guarantees of success. Your journey towards your destination does not begin until you have made a commitment and taken a risk;
3. Be prepared to make continual course corrections on the way to your goal. The bigger your goal, the more problems, difficulties, challenges and temporary failures you will experience.

Resolve in advance, that once you get started, you will keep going until you succeed.

When you practice what you have learned in this program, you will activate the Law of Attraction and begin drawing everything you need into your life to achieve every goal you can set for yourself.

Begin each day by setting up a force field of positive expectations. Say to yourself, “I believe that something wonderful is going to happen to me today!”

Each day that you start off saying this, at the end of the day, you will be amazed at all the wonderful things that have happened to you.

Good luck!

Brian Tracy