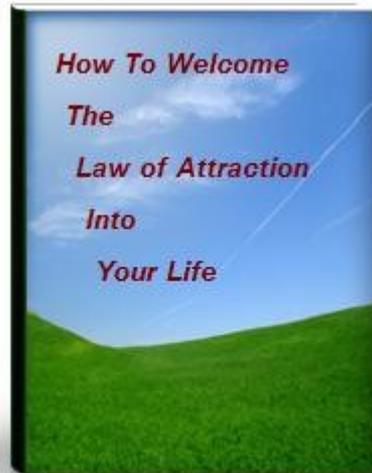


How To Welcome The Law of Attraction Into Your Life



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Whenever we want to change something about our lives,

we look to others for a solution. What if you were empowered to alter your course and in effect, be your *own* genie in a bottle – with the ability to manifest every dream you have from this point on?

Throughout our history, scientists have created laws that applied to our universe. The Law of Gravity, for instance, in which we finally discovered what makes an apple fall to the ground from the branch of a tree.

There's another law that can help you achieve your goals, quench your desires, and fulfill your dreams and it won't cost you a penny. It's called the Law of Attraction, and it's rooted in the belief that you can create whatever you want through your thought processes.

The Following Report is an introduction to the Main Book that you have here, please read it first and then read on to fully digest what appears to be 'Magical' to most people.....

The Law of Attraction Report

The idea of attraction is instantly appealing to most people. Attraction is about bringing something toward you, almost like a magnetic pull. The idea of a magnetic energy drawing something toward you is at the heart of the law of attraction.

Now imagine what you could bring into your life if you knew how to direct that magnetic pull. When *The Secret* hit bookshelves, it revived an age-old concept. It's nothing new. The idea has floated around for centuries, seemingly forgotten except by a few, then is always revived over time.

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

For Allen, the heart was merely an extension of desires, goals and dreams - which could be fulfilled by attracting anything that is wanted or needed.

Rhonda Byrne, author of the blockbuster 2006 movie *The Secret*, admits that her inspiration came after reading *The Science of Getting Rich*, written by Wallace D. Wattles in 1910.

Once again, the simple attraction concept of Ask, Believe, and Receive is back in the limelight.

What we call the Law of Attraction had several names during the 20th Century such as New Thought, Science of the Mind, Positive Thinking, Metaphysics and Prosperity Thinking.

If you look at these names and the writings about them, you'll see that this idea flowed throughout the years in one form or another - yet all hold claim to the idea that you can attract what you want or need if you practice the correct approach.

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

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

The universe is a complex system that's extremely orderly. The design of the universe is claimed in various religious beliefs, yet even the scientific community joins in the agreement that the universe is orderly.

To be orderly, there must be certain Universal Laws. Remember the "if ... then" rules in science class? If you pour this chemical into the beaker along with that substance, then you will have an explosion.

The Law of Attraction pays careful attention to the "if ... then" order of the Universe.

The more scientific thinkers in this movement insist that the Law of Attraction is an element of Quantum Physics. After all, Quantum Physics is a study of the impact of energy on matter.

So if the Law of Attraction could teach you to focus your energy on what you want or need, then those things (made of matter) could be drawn to you. It's like becoming a human tractor beam, locking onto something and bringing it to you.

Whether the Law of Attraction is part of Quantum Physics or not, the essence of how to make it work for you is summed up in the three words; Ask, Believe, and Receive.

Step 1: Ask

You must clearly define what you want. Instead of saying, "I want a new SUV," be specific. Go to the car dealer and pick out exactly what you want. Test drive several SUV models. Bring home the brochure complete with color choices.

Once you decide which car best fits your lifestyle and use requirements, then you're ready for the first step. Ask the Universe to bring you a 4 door X-Model by Z Car Company, midnight blue with tan leather seats, CD player and cruise control.

Does this sound like a shopping list? Sure it does. If you want that SUV, then you need to ask for that SUV. Otherwise don't be crabby when you get a dented sedan from the 1980s.

Hey, you asked for a *car*, you didn't ask for exactly what you wanted. That's the power of the first step – ASK!

Once you ask for that specifically equipped SUV, then you must BELIEVE that the car is already yours.

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

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

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

Step 2: Believe

To Believe is the most difficult task for newcomers to practice. It's also the point where people give up on the entire process and stop making any effort to attract what they want or need in their lives.

"After all, the Universe didn't give me anything yet," you say, so this stuff obviously doesn't work. You can say that it doesn't work but the truth is, you didn't *allow* it to work. Your belief was not a full commitment - it was half-hearted at best.

Fortunately, the Universe won't deliver half a car to you. With the Law of Attraction, full commitment is a requirement if you want to have the full benefits.

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

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

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

Step 3: Receive

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

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

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

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

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

Create Your Own Reality

The Law of Attraction is not a divine catalog that allows you to shop anytime with no investment. When you take something from the Universe, you owe something in return. Gratitude is definitely something that needs to be expressed and acted upon.

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

Those are negatives. When you focus on the broken relationship or getting laid off from your job, you're directing your energy toward negatives, not positives. It's simple math – add all of the negative numbers you want and you still get a negative number!

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

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

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

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

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

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

Positive Affirmations

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

Worse of all, the negatives are how you put yourself down. The Law of Attraction works with positives. Why would the Universe bother to give you more of something that's harmful for you? You're already allowing that and look what that's done to you.

As with the peaches example, to harvest peaches you have to focus on finding the peach tree *orchard*. Then you have to position yourself to pick the peaches and handle them properly after picking them or they rot in the basket.

Positive Affirmations are a way to position yourself in a relationship with the Universe.

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

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

“I will have a career in graphic arts one day.”

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

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

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

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

Other positive affirmations build up your self-esteem such as:

“I accept that I am worthy to receive abundance.”

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

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

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

What Else Does It Take?

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

“Well, it must be for highly intelligent people.”

“It's only for people who are lucky.”

“This must take a lot of blood, sweat and tears to see some results.”

Not one of those statements has any truth. The Law of Attraction works the same for college graduates as it does for high school dropouts. Luck is connected with gambling and the Law of Attraction is about possibility not probability.

As for how much work it takes, the Law of Attraction is worked out inside your head, not with your hands or feet. In fact, once you grasp the power of human energy in the Universe, you'll understand that if you're sweating and struggling, then you're doing it wrong.

When You Feel It Working

As you repeat daily positive affirmations and change your negative thinking patterns into positive focus, you make some astounding discoveries. Suddenly you're in the right place at the right time to meet someone or secure a promotion.

Even little things work out.

You're standing in a long line to get concert tickets when a man hands you front row seats because he just got called to handle an emergency and can't stay for the show. Don't you dare say, “I'm so lucky!”

Instead say, “I just received abundance that is exactly what I wanted. I thank the Supreme Being (or Universe) for these tickets.” And then find a way to give back.

That's only the beginning.

Instead of living in uncertainty and despair, you have a life full of possibilities. You attract what you want and need because you are focused, confident and secure in your beliefs.

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

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

The Law of Attraction would be just a cheap parlor trick if it were only about getting more *stuff*. The highest use of the Law of Attraction is in helping you become your best self and instilling in you the desire to help others help themselves.

Whenever we want to change something about our lives, we look to others for a solution. What if you were empowered to alter your course and in effect, be your *own* genie in a bottle – with the ability to manifest every dream you have from this point on?

Throughout our history, scientists have created laws that applied to our universe. The Law of Gravity, for instance, in which we finally discovered what makes an apple fall to the ground from the branch of a tree.

There's another law that can help you achieve your goals, quench your desires, and fulfill your dreams and it won't cost you a penny. It's called the Law of Attraction, and it's rooted in the belief that you can create whatever you want through your thought processes.

The Law of Attraction is more than an idea:

It has strong roots in Quantum Physics. When Dr. Stephen Hawking searches for the black hole and other infinite qualities of the universe, he's also looking for the connection that ties it all together.

As motivated as Dr. Hawking is to unravel the connections between energy and matter, he has yet to find the "Grand Unification Theory." When you consider how this brilliant man works tirelessly with extreme physical disabilities, you can see that he is actually putting the Law of Attraction into work.

Whether or not he acknowledges the power of attraction, he is highly focused and positive about what he wants the universe to reveal to him. Perhaps he has already experienced the "Grand Unification Theory" but doesn't see it because it's not part of a mathematical equation.

Can you *see* attraction? No, you can't - yet you know it's there. You can *feel* it when you are intensely attracted to an idea or a person. Attraction is a force that rides on energy. Our physical world may seem solid to the eye, yet it's a flow of energy.

Albert Einstein turned the scientific world on edge in 1905 with his simple, powerful equation, $E=mc^2$. In this equation, Einstein told the scientific community what possibility thinkers in the philosophical community already knew - that everything is made of energy.

Once you accept the flow of energy in all things, then you begin to see how the Law of Attraction works. By tapping into the positive energy of the Universe, you can transform that energy.

You don't have to be a scientist or a physicist or even understand the complex concepts of Quantum Physics. All you need to know is that everything is energy, which you can transform by the power of your mind.

Since energy is constantly in motion, then it can be re-directed. You don't have to stand there waiting for something good to happen in your life, relationships or career. The Law of Attraction and Quantum Physics merge in one very important belief - we are responsible for the creation of the universe.

In your corner of the world, that means you can break out of old behavior patterns, a series of dead end jobs or negative views of yourself. You can be what you believe you can be.

When you take hold of that concept and start to act on it, then you begin to see how the energy in your life moves toward a new, positive, success-oriented direction. Energy and reality are one.

Imagine what you can achieve if you convert your worn out, negative thinking to positive thinking. Suddenly you attract a different type of energy. The energy that surrounds you is full of promise and you're ready to receive it.

You discover the real meaning of possibility thinking because you're living in the flow of positive energy where anything is possible, even predictable, when you apply the Law of Attraction to your life.

How the Law of Attraction Will Alter Your Life Course

Living within the Law of Attraction is definitely going to take you off the course you were headed down before you found this secret of the ages. What's so amazing is that you find no more use for the stuff that you once thought was necessary.

You often hear how a person received more things like a car, house, vacation or financial security. That's just the icing on the cake. With the Law of Attraction, what you *lose* can be the *best* part.

Lose? You thought the Law of Attraction was just about gaining. It is - that's why you have to lose to make it work. Once you understand the simple steps of Ask, Believe, and Receive - and you see the result - you realize that you can't follow this course by hanging onto old things hindering your success.

You begin to see what you need to leave behind. Now that you've moved from a job to a career, you're excited about learning everything you need to know to move forward in your career.

When you aren't working or relaxing at home, you're spending time with people who share your mindset. These people enjoy healthy activities like sports or yoga. As you look around, you realize that you have no time or interest in hanging around the old crying-in-their-beer crowd.

And you don't come home frustrated, collapsing on the sofa with a quart of ice cream or bottle of cheap wine. Almost without effort, these changes in how you see yourself and how you invest your life energy has brought about other transformations.

You've lost weight, reduced dangerously high cholesterol levels, become more agile and the stress lines on your face have smoothed out. You are maximizing the positives about yourself and you like what you see.

No wonder you're attracting into your circle of friends people who value positive energy just as you do! After those tentative beginnings when you prove the Law of Attraction really works, then you become bolder in taking charge of your life.

As much as you explain this to people from your old life, some will not shed their shackles for the freedom you have found. A few will - and they may travel new roads with you.

Or they may go on other roads to find their dreams. Either way, you have given back to the positive energy in the universe by sharing this wonderful concept. Each time you put the Law of Attraction into action, you see how what you receive has a trickle down effect.

You ask for a townhouse in the city closer to your job - even though prices are high and finding a good place is difficult. That's okay because you're specific in your request and believe that the townhouse is already yours - you are merely waiting for the universe to reveal the address of your new abode.

When you receive it, you share this with your real estate agent. What you didn't know is that your agent was depressed and worried about finances until you showed her how to apply the Law of Attraction.

Now *her* life is turned around and she has more free time. Months later, when she's offered a major planned community development project, she brings you in as a design consultant. Positive energy attracts more positive energy - and that will definitely alter your course in life.

Use the LOA to Clean Up Your "Friend's List"

If you think the Law of Attraction is only about material things, then you may miss the best part. The greatest treasures of your life can be in the people that surround you far more than in the things that you possess.

Even if you have a large address book and can summon fifty people to a party in an hour, that doesn't mean that you have the *right* people in your life. It just means that you have many people in your world.

Yet it's possible to be lonely in a crowd.

Once you begin practicing the Law of Attraction, you start to see your world differently. You also learn how to see yourself in a new light. As you become in tune with the world instead of battling against it, you discover the immense power of positive energy.

That's where you start to hear what you never heard before in your circle of friends. Your home takes on the positive energy you invite into it so that you attract what nurtures your goals and desires.

Suddenly the sarcasm you used to laugh at begins to feel uncomfortable. You thought that friend was funny and edgy, but now you feel a conflict as his negative energy clashes with your positive energy.

Another friend calls regularly to dump her problems on you. You've patiently listened and offer advice but she makes the same bad judgments over and over. You even tried to introduce her to the Law of Attraction, but she has a dozen excuses as to why it won't work for her.

Finally you see that she doesn't *want* to change. You can feel badly for her, but you need to cancel your reservation at her pity parties. Her negative energy is draining your positive energy and neither of you benefits.

Those are just a few realizations you begin to have about people in your friend circle. Some will notice the difference in you and want to know how to find the peace, prosperity and maturity that you found in the Law of Attraction.

Others will feel like you left them behind and want you to go back to your old self (if you've ever dieted before, it's like those friends who take you out to throw temptations at you to see if you'll indulge in junk food so they can feel okay with how *they're* eating).

Eventually you have to make a choice - turn your back on what you know is the truth or mix with the old, negative crowd. That's when you have to prune your friends list. As harsh as this sounds, it really isn't.

In nature, trees are pruned at key points in order to make the tree blossom and grow stronger branches. Without pruning, the branches grow wild, are poorly supported and threaten the health of the entire tree.

The same is true in your life. As you transform yourself to maximum positive energy, you just can't go back to the old negative ways. You have to prune your connections to pessimistic, angry and parasitic people from your inner circle of friends.

You can be gracious to them in public without bringing their negative energy into your home or spending time with them. Instead, draw into your inner circle those people whose goals and desires are similar to yours.

If none of your current group of friends fits that definition, then you turn again to the Law of Attraction to bring the *right* people into your circle while drawing you into circles of those who practice what you believe.

How Can I Apply the Law of Attraction?

The Law of Attraction is limited only by your imagination. You'll find books on how to apply the Law of Attraction to career, education, dating, smoking cessation or other specifics.

Never think for a minute that what you see in writing are the only options. If you can dream it, you do it with the Law of Attraction as your guiding principle.

Without a doubt, the Law of Attraction is personal.

You can claim this approach to bring whatever you want or need into your life. You can't order it like fries at a drive-through without a thought and expect it to just happen for you.

The Law of Attraction requires an investment of your beliefs. There's just no other way to make it work. When you talk about beliefs, many people tie that to their upbringing as a Jew, Christian, Buddhist, Hindu or other religion.

Beliefs certainly have a spiritual link. Early Hindu writings are said by many to be an early inspiration for the Law of Attraction. Some groups within Christianity denounce the Law of Attraction as being in opposition to their beliefs.

Yet an early writer on the Law of Attraction, James Allen, titled his 1902 book, *As a Man Thinketh*. This title is a portion of a Bible verse which states, "As a man thinketh in his heart, so is he."

The Old English use of "thinketh" is today just "thinks" - yet the sentiment still makes sense. It's about who you are at the heart level - who you are inside. Where some Christians part company with the Law of Attraction is in the belief that they can have what they want by using positive energy, thinking it's pushing prayer by the wayside.

Dr. Norman Vincent Peale, whose distinguished 52-year career pasturing Marble Collegiate Church of Manhattan, was even better known as the author of *The Power of Positive Thinking*.

His positive thinking is very much in line with The Law of Attraction by applying repetition of positive affirmations, eliminating negative thinking and applying this to every aspect of life.

Dr. Peale saw no conflict with God in this approach because he felt that we could tap into God's power to use for our needs. Regardless of your religious affiliation, you can apply the Law of Attraction in your life as long as you merge these concepts.

Some people use the Law of Attraction to lose weight, so let's talk about one specific area of your life that you can change using the Law of Attraction – your weight.

Making Positive Eating Choices With the LOA

The Law of Attraction can bring abundance into every aspect of your life. What if having too *much* is your problem? For people who are overweight, too much of a good thing became excess pounds.

That puts the entire body out of balance and sets you up for many negative health consequences. So

you try yet another diet - fail, get disgusted and eat more. It's a cycle of defeat that usually leads to gaining back more pounds than you lost.

The medical experts call it "yo-yo dieting." It's often more about negativity in your life than about food. If you're tired of buying diet books, going to meetings, measuring food and feeling deprived, then stop it.

You already know it doesn't work. Turn your attention back to yourself, not what you eat or when you eat it. Food is a measure of abundance or lack. Food is among the most basic human needs for survival.

It's also a measure of wealth and success. Whether you dine at the best restaurants in town or hit the drive-in for a burgers and fries, food is available. Over time, you fall into the trap of "living to eat, instead of eating to live."

Since the Law of Attraction is about abundance, how can it help with weight loss? Simple - the Law of Attraction brings into your life what you need rather than more of what you don't need.

If food is a substitute for love, attention or self-acceptance, then you are only filling yourself with the wrong things. Chocolate and chips don't have the power to satisfy longings of the heart.

That's where the Law of Attraction is ideal for people who want and need to lose weight for health. First, create a detailed visualization of a trim and healthy you. Don't put a number on this.

And don't say "skinny" or a spout of a certain clothing size. Allow the universe to work with you to bring you to the ideal weight for optimal health. See yourself wearing attractive clothing and feeling good about dressing up for special events instead of making excuses not to attend.

Contemplate feeling good inside your own body. From those images, create positive affirmations to use daily such as, "I easily make food choices that nourish my body." That's far easier to reinforce than the usual dieter's lament, "I won't eat sweets today."

Your mind responds to positives just as the universe resonates best from positive energy. By using the Law of Attraction, you don't need to restrict any foods. Your positive affirmations change your beliefs about food so that you naturally make good choices, which include eating things you want without gorging on them.

Over time, you can have a taste of chocolate, without allowing it to control you. In fact, your body becomes so attuned to feeling good and working so well that the desire for the harmful foods simply dissipates and you no longer feel out of control for the wrong foods.

You find that food lacks power over you as you allow the universe to "feed your soul" with energy and insight so that positive choices are the only foods you enjoy in abundance. With food comes exercise when you're trying to usher in a healthier new you.

How the LOA Can Help You Move

The Law of Attraction taps into the positive, action-oriented forces of the universe. It just makes sense that the positive energy can be used to enhance or to kick start a workout program.

For many people, exercise is a means to an end – a tight, toned body. Yet they don't really *enjoy* the process of making that change a reality. The Law of Attraction isn't going to rid your body of cellulite overnight.

What it *can* do is to dramatically change how you handle your workout. Professional athletes know the secret of mental rehearsal. Whether on the golf course or waiting in the airport, a golfer can practice putting successfully.

In fact, many athletes see their entire tennis game or golf shots in their visualization before actually starting the event. They use visualization, a movie created in your mind's eye, to experience the game before it begins.

They *feel* each movement and rehearse how to respond to the opponent. As a result, by the time they begin the game, they have won in their rehearsal. You can use that same mental rehearsal while you drive to the gym.

Another important part of your workout is positive affirmations. You need “reps” of those as much as the reps of weight lifting. Begin your workout with an affirmation such as, “Exercise brings out the best in my body” or, “With each movement, I improve my body and reach toward optimal fitness.”

Remember – it's about fitness - not naming the number of weights or distance in miles that you run. When you focus on those things, you miss the big picture. The universe wants to support your fitness desires, not make you the envy of the local gym rats.

If you keep records of your running miles or weight lifting, add a gratitude statement each time you workout. You need to show appreciation for your body's ability to move, stretch, run or otherwise improve your body.

If you had a great workout or reached a new personal best, take time to write your thankfulness. Even if your workout was a disaster, you can add thanks that you made the effort.

Then your mind will be clear so that you don't carry negativity into your next workout. For some people, exercise is work not workout. They do it grudgingly to help their body, yet miss the important positive energy that movement can release.

Apply the Law of Attraction to lead you to a type of workout that you can really enjoy. You can also ask to find a group activity that will put you around like-minded people who can reinforce your resolve for good health.

Perhaps the reason you haven't fallen in love with exercise is that you're stubbornly doing the type of workout that you don't like. So what if you bought a treadmill and want to get your money's worth?

Sell it or give it away to someone who wants that kind of workout if you find it's not for you. Release the ownership of this equipment and allow the universe to bring into your life the ideal type of workout and the motivation to stay with it.

Health isn't the only thing you can improve in your life using the Law of Attraction. You can declutter many areas of your life and welcome in the right kind of career, love, friendship, and success that makes you happiest.

De-cluttering Your Life with the Law of Attraction

If you want the Law of Attraction to bring your heart's desires into your life, there has to be room to receive. It's a scientific reality that two objects can't occupy the same place at the same time.

The universe is orderly and never contradicts its essential principles. That's why you can work yourself into a frenzy trying to attract a new car, yet your garage is so packed with junk that you couldn't put a tiny Matchbox in there!

How can the universe give you something when you have no space for it? Clutter that blocks the positive energy of the universe isn't just found in tangible items. The most stubborn clutter is found in the ways we fill our lives with meaningless activity, negative people and wasted time.

Cleaning out the garage take a few hours while clearing away the emotional clutter in your life takes more effort to complete. Clutter of any type blocks or interrupts the flow of positive energy.

Some people who think the Law of Attraction does not work are actually blocking the power with their emotional clutter. It's as if the universe is sending your desire by express delivery only to hit a door that won't open to complete the delivery process.

You feel like your desires were not met, yet the answer is waiting for you to make room in your life to receive. Your desires and goals need a place where they can manifest fully and not be limited.

Be honest - where is the emotional clutter in your life? If you're worried about money, the problem may not be with your salary, but with your attitudes about money. You see buying as a way to fill emotional gaps or to prove your success to others (or to yourself).

So you spend more than you make and want the universe to help pay your bills. That won't happen. You have to clear away the negative beliefs about money and what it means to you.

When you can see abundance as something more than a checkbook entry, then you open the potential to receive from the universe. If you're constantly late on payments, the universe will not expand time to cover your deadlines.

Look at how you approach your day. When you take on too much because you're afraid to say "no," you surround yourself with negative energy. Or you may be late because you really don't want to do something so your subconscious acts on your reluctance.

You need to schedule quiet time to contemplate and reduce your activities. As you clear away clutter, both emotional clutter and tangible junk, you make room to attract more valuable things into your life.

The value you receive isn't always in money, but in life satisfaction. Reclaim the back porch from being a storage area to a quiet, comfortable place to relax and meditate. Then you may find that porch becomes a sea of beautiful African violets as the universe gives you a new interest in flowers.

Stop the long commute to work at a stressful job and take a position with less pay nearer to your home and watch what happens. You have space in your life to attract a new mate, spend time with your children, volunteer or turn a hobby into a full time job. Start clearing space to receive!

The Law of Attraction Can Work In Sync with Your Spirituality, Too!

The Law of Attraction scares some religious people. They think of it as looking for a divine Santa Claus or an excuse for wanting more. Those are both wrong impressions. The historical roots of the Law of Attraction are distinctly spiritual.

Early Hindu writings are claimed to be the first written evidence of the Law of Attraction. Since so much is handed down by oral tradition, the actual concept of attraction likely began well before the first written evidence.

These ideas were used, ignored and rediscovered over and over. Whether you believe in God or some other name for a Supreme Being, there are forces at work around us that make amazing things possible.

Miracles, signs and wonders are just some of the spiritually-oriented words we use when the impossible becomes possible. Clearly the power exists for miracles and other amazing occurrences.

Since it's there, we need to ask in order to meet our needs. That's another Christian concept, as the Bible reminds believers to "ask and you shall receive, seek and you will find, knock and the door will be opened to you."

At the time of asking, seeking and knocking, you don't have what you need. To ask, seek or knock means that you believe what you need exists and you have claimed your right to ask for and to receive what you need.

Some believers who see God as the source of all things in the universe can apply these approaches to attracting what they need because there is a link to making those requests in the Bible.

Others who believe that the universe contains God and all things will make similar approaches to attract what they need based on the Law of Attraction principles. The essential concepts are similar, with emphasis on positive thinking and rejecting negative thinking.

If you attempt to use the energy of the universe to produce things, yet deny the power of attraction in your heart, then you satisfy neither the universe nor the Supreme Being you claim to profess.

You have to bring together your spiritual beliefs with your expanded understanding about energy and life force within this present reality. Many people who practice the Law of Attraction are deeply spiritual in all aspects of their life.

If you seek greater spiritual awakening, you can attract that into your life using the same three steps - Ask, Believe, and Receive. In fact, this process is so rightly related to spirituality that you'll wonder what took you so long to use this to energize your spiritual connections!

Adopting a Childlike View of the World

Children are in tune with their world in ways that adults miss. Have you ever thought about how much easier things seemed when you were a child? Logically, that doesn't make sense!

After all, children have fewer skills, freedom and choices than adults have. Yet in an intuitive sense, it totally makes sense. Children have a wonder about their world and willingness to be aware of all that is around them.

For a child, the world has endless possibilities. The Law of Attraction isn't a theory that children can explain, but it's certainly one that they naturally understand. Go back to that classic movie, *Miracle on 34th Street*.

The little girl's belief that she and her mother would have a home was so strong, she even described the house – she had a picture of it, in fact! Her mother was quick to give reasons why it was not possible.

The little girl asked the department store Santa for help, yet she already had claimed the vision of her home before she verbalized it. Needless to say, she got the house and was the only one not surprised by it.

This little girl was simply practicing the Law of Attraction. She knew the house existed and refused to be shaken in her belief that the universe could provide that house for her – even if the universe was represented by a jolly old soul in a red velvet outfit.

How often do adults dismiss a child's belief in what is not yet seen as just a fantasy? Perhaps we need to see the universal value in their childlike view. The Law of Attraction is alive, well and working just fine, if we allow it space to work.

As adults, we are quick to place conditions on our desires. "I believe that the ideal job with better salary is waiting for me, if I'm in the right place at the right time." How quick we are to place limits or maybe escape clauses *in case it doesn't work*.

A child would say, "Daddy is going to a great new job with lots more money and we can get a new car now." The child doesn't put a time limit or escape clause on the belief. In fact, the child's belief is so strong that she thinks the family needs to start car shopping because Daddy's new job is on the way.

Look at how the child's belief opens a direct connection with the universe to receive. For an adult to reconnect with a childlike world view isn't the same as acting childish or immature.

The child's ability to trust in what is neither seen nor heard as having the potential to become real is actually quite mature in the context of the Law of Attraction. Adults have to make an effort to position themselves to receive from the universe.

Children remain open at any time to receive both unexpected gifts as well as those things that have been named and believed to be on the way. What comes naturally to children, takes practice for adults.

Developing a childlike worldview is to wake up every morning and be fully open minded about what the universe may bring into your world - whether it's people, places, money or new opportunities.

See it all with childlike wonder and you'll never again miss the simple treasures that could be yours.

Why Doesn't the Law of Attraction Work for Everyone?

As soon as you say that you practice the Law of Attraction, you'll hear the detractors coming at you. "I tried it for two months and got nothing." "Yeah, I won a vacation in a contest - but the taxes were huge!" "Who can be positive all the time? That's just foolishness."

That's what you'll hear from people who claim to be Law of Attraction dropouts. The fact is, they never really dropped *in*. They heard or read something about the Law of Attraction, but they didn't really practice it.

No wonder they didn't get the results they wanted. The Law of Attraction works. What *doesn't* work is a half-hearted attempt to use it like a catalog ordering form. It's not a "blab it and grab it" concept.

If it were magic, then you could call out what you want, wave a magic wand and it would appear. The Law of Attraction is not magic - it's energy. Energy can be redirected, but that takes focus and effort.

The Law of Attraction does nothing for cynics who hold out their hand while snarling at the process. Let's say a person decides to test this by proclaiming, "I want to see a Ferrari in my garage tomorrow."

That person did not sincerely ask, is not sure if he believes in this, but would gladly receive if it happens. The next day, he sees his dented old truck in the garage and says, "See? That didn't work at all!"

Of course the Law of Attraction didn't work - because it was not applied properly. What if you have a sincere desire to learn the Law of Attraction and still don't see results? Look around at what has come into your life.

Did you ask for tranquility, only to lose your high-pressure job? After losing that job, you found the courage to walk away from the corporate world and take a lesser paying job in an art museum.

In order to bring tranquility into your life, you had to lose first before you win. Because energy is fluid, you had to get out of a negative, stressful path in order to receive the tranquility you desired on a positive, calming career path.

Belief is the center point on which the Law of Attraction balances. The universe holds endless opportunities - whether or not you believe you are worthy of them. If you don't believe, the opportunities will not invade your life.

It's only when you believe that you can have a new opportunity and you deserve that opportunity do you actually put yourself in a position to receive it. Putting yourself in a position to receive takes time and effort that is sometimes ignored and never engaged.

If the ideal mate for you is in Atlanta and you're not confident enough about your abilities to accept the transfer to the Atlanta office, then you're not in a position to meet that person.

Your energies may connect in a future time and place when you really focus on it, but look at the

time you waste by missing the opportunity. The Law of Attraction is part of an orderly universe that at times must set up the circumstances by delaying one opportunity until you are in a position to receive.

That's not a denial - that's an orderly transition.

Over the centuries, possibility thinkers have added to the ways that you can tap into the energy of the universe for what you want or need. These are more than techniques - they're proven methods that you can practice and refine as you choose.

The key is separating the right motivation from the wrong one. The wrong motivation is to become something that you are *not* and think that people will be fooled. That can be done with deceit and acting, but a motive so negative is in complete opposition to the Law of Attraction.

The right motivation for applying the Law of Attraction is to become the best person you can be by fully exercising your potential. There are some ways you can support the right motivation.

Personal Coaching is ideal for connecting with another positive thinker. Your coach can show you other techniques to use in practicing the Law of Attraction. You may also need a personal coach to help you make the transition into new opportunities that opened up for you because you attracted them into your life.

Positive Affirmation – A Tool to Help You Wield the Power of the LOA

Positive affirmations are daily statements that align energy by focusing your thought power in positive directions. Turn your self-talk into support for your beliefs. You are re-writing your internal programming to over-write the negative, harmful thoughts with life-sustaining, forward moving affirmations.

Positive affirmations may start as part of your daily to-do list only to become as vital to you as the air that you breathe. Positive thinkers are not weird Pollyannas who are blind to the real world and its problems.

Positive thinkers are fully aware of the good and the bad around them, yet they make a conscious choice to focus on what is good. This is more than a choice - it's protective in mind, body and spirit.

The mind is constantly bombarded by words, images, thoughts, impressions and fearful reactions. As the supercomputer command center, the mind must deal with all of this input and make sense of it.

When the mind is overwhelmed with negative thoughts, the body and spirit are compromised. Medical science has countless studies showing that persistent negativity is harmful to the immune system, nervous system and your overall health.

Negative people are more prone to high blood pressure, heart attacks and immune system disorders. Not only is the body affected, but the spirit is also battered. When the spirit takes on this negativity, there is no comfort in connecting with religion or other sources of spiritual support. Constant negative input over time pulls you away from your spiritual source since it feels as if even a divine power can't (or won't) help you. It's a slippery slope from constant negativity to major depression, where you believe that you are helpless and hopeless.

The way to avoid that terrible image of living a compromised life is to take on the world from a positive perspective. Psychologists teach a technique called "re-framing." If you have a wonderful painting that begins to look shabby because of the old, splintered frame, then change it.

Place the painting inside a new frame and instantly the picture looks brighter and more valuable. That's a metaphor for reframing responses to situations. You cannot control the situation, but you can control your response to it.

Let's say a coworker makes an error on a team report that you discover and have to stay late to fix. You can replay the scene in your mind, getting madder and more frustrated each time, which raises your blood pressure and makes you prone to making a mistake.

Or - you can say, "I was angry at her - now that's over and my attention is on the report." You can even extend the reframing to say, "She is an unhappy person who doesn't pay attention to her work, but that doesn't have to change how I handle my work."

You can focus on the negative (her attitude, her mistake, your anger) or you can let it go and reframe your focus to what you want it to be. She can only play on your negativity if you allow her to do so.

Parents and preschool teachers are advised to “catch a child doing the right thing and praise the action.” You can do the same for yourself. Catch yourself feeling negative - then turning it around.

Remember to praise yourself or give yourself a reward for making the positive choice. What you don't see is that your mind, body and spirit are cheering you on because you have found the power of positive thinking.

Positive thinking generates power while negative thinking drains power. Which do you want in your life?

Visualization Techniques to Help You Embrace the LOA

Visualization is what Dr. Maxwell Maltz, author of PsychoCybernetics, called "theatre of the mind." The more vividly you see yourself in the new career, bigger home, more energetic body or a happy relationship, the more you support the belief that this is meant to be yours - and it's on the way to you.

Another use of visualization is as a mental rehearsal to determine if it's really what you want before you ask for it. Get moving from where you are to where you want to be. Einstein's theory showed that everything is energy and energy is in constant motion.

You'll have a hard time changing the flow of energy into your life when you're sitting still. If you want to move forward in your life, keep moving toward your goal every day. A stubborn person always insists that you "show me."

That's like most adults who have difficulty believing something until they see it for themselves. There's another phrase you hear frequently when you talk about making changes or going for a better job - "I'll believe it when I see it."

The fact is, we are socially programmed that what we see is reality. After awhile, we start to think that what we see is the *only* reality – the only possibility - and that's not accurate! If you desperately need a new car and look out in your driveway, what do you see?

You see the old rust-bucket sedan that your grandmother gave to you after she drove it for 30 years. You aren't being greedy in wanting a new car - you can no longer afford the repair bills on the old one!

You need a decent looking car so you can apply for a sales position and have dependable transportation to go to client appointments. As you prepare to receive your new car by applying the Law of Attraction, you are ready to visualize this gift.

This is not daydreaming, that's a random musing. Visualization is a targeted and detailed way to prepare you to receive what you need. Begin each day by seeing in your mind a "movie" of how you start the day.

See yourself walking outside, pause and smile at the image of your new car. Here's where you must insert an actual new car image. To make the visualization effective, see yourself opening the door of a four door, midnight blue SUV with leather seats, chrome wheels, cruise control, CD player and tinted windows.

In order to make this image clear, look online or in the showroom at new cars until you spot the exact car that you want. After you make a choice, get a photo of that car and use this image in your visualization.

See yourself driving to work, to lunch, shopping and back home. Feel the sense of pride at your new car and enjoyment at how well it drives. During the day, you can reinforce images of being a new car owner in your mind.

Even while at a traffic light in your clunker, you can visualize how it will feel to hear the purr of a smooth motor, the comfort of the leather seats, the balanced music from four stereo speakers and the security of knowing that the new car is in top condition.

Each time you complete a visualization moment, no matter how brief, say thank you to the universe for the new car that you are about to receive. Visualization works as well for *actions* as for *things*.

If you desire to be a positive person and release negativity, then begin and end each day with a visualization of yourself acting as a positive person acts. Hear what you say. Connect to the way you feel when making positive expressions and handling difficult situations without over-reacting or getting frustrated.

Each time you replay your visualization, give more attention to details or add more information. With practice, you will feel as if you are in a surround sound movie theatre watching a wonderful life unfold - with you as the star!



You Have to Actively Pursue the LOA

From Rhonda Byrne's bestseller, The Secret, to classics like The Power of Positive Thinking by Dr. Norman Vincent Peale, there are plenty of great books about the Law of Attraction.

You can even find stories of people who put these principles to work in their lives with amazing results. If all you do is *read* about it, you'll never know what a difference the Law of Attraction can make for you.

Without a doubt, the stories about how the Law of Attraction turned about situations that seemed impossible are inspiring to read. If you're new to this age-old concept, you definitely want to read about how to use the power of this force to tap into the abundance of the universe.

You can also find daily calendars or journals with a new Law of Attraction thought to keep you connected and motivated. Regular reading of the concepts definitely reinforce the ideas in your mind.

The more you read, the more you realize that the Law of Attraction is about *action* not theory. It's designed to be part of your life - not catching dust on your bookshelf. Attraction is to bring something toward you - that's movement.

You can only bring your desires toward you when you are willing to actively pursue them. The universe is polite and responds when requested to respond. If you are waiting for good things to drop from the sky, then get comfortable - because you'll have a long wait.

That's why so many people feel helpless to reach beyond their current situations - they don't "reach," they sit around and complain. To reach for help from the universe is action oriented.

If you're uncertain, then take it gradually. Start with one goal or dream and actively apply the Law of Attraction to it. Maybe the reason you are reading instead of doing is that you aren't sure it will work for you as well as it does for other people.

If that's the case, then you need to test it. The universe loves a challenge and will show the power to you if you are willing to receive. Even the process of receiving is an action. When someone brings a birthday gift to you, you have to extend your hand to receive the gift.

Then you have to be willing to open the gift and use it. The Law of Attraction is the same way. The abundance of the universe will be there whether or not you are willing to extend yourself to receive it.

And you'll never know what's there until you open the gift and begin to use what the Law of Attraction brings into your life. So promise yourself that you will test the Law of Attraction by actively following what you read and believing that it's available to you, too.

You'll never know whether this is real or fantasy until you live in the reality of abundance.

Then you can write your *own* story and share it with others.

Real Stories of Law of Attraction Success

A man gambles away his money, loses his family and goes to jail for fraud. While he is there, he can see "bars or stars" outside his cell. When he's ready to grasp the law of attraction as a force for good, not something else he can scam, then he can move forward.

No, the prison doors don't suddenly spring open. He serves his time while visualizing and reframing his future. Once he leaves prison, he leaves his old self behind and is ready to claim his positive self in a new life.

Those are the kind of stories you'll read in any collection of Law of Attraction experiences. Are you ready to re-write your story? Will you allow the Law of Attraction to work in your life?

You can make the turn away from negativity, lack, loss and other deficits that hold you back from where you want to be. You have nothing to lose and everything to gain by practicing the law of attraction. Rewrite your story, and then share it with others.

Remember - energy is an amazing force. You can't "see" electricity - but when you plug your toaster into the power outlet, it has the power to toast the bread. Positive energy is there for you to plug into by using the Law of Attraction.

But nothing happens to bring change into your life until you plug in. Just like an electrical plug, it has to make full contact with the power source to operate the appliance. A poor connection will not transmit the power.

In applying the Law of Attraction, you have to plug in all the way. You don't *try* attraction - you *apply* attraction. That's a connection to what the universe has to offer!

The Law of Attraction is a high sounding theory until you see how it works for real people. That's when you find these principles are more than just good reading - they are good for living an abundant life.

It's no wonder that books telling stories of real people who experienced the Law of Attraction are so popular. Without a doubt, the latest best seller, The Secret, launched a new wave of interest in the Law of Attraction.

Rhonda Byrne's book is actually a compilation of the views of many believers over the centuries. Even Oprah Winfrey featured Rhonda and other contributors to The Secret movie onto her show to notify the masses about this concept Oprah herself says she's always known, but never named.

If you want to know how this works for regular people, there are many great stories to read. The Chicken Soup empire was built on that first book which several publisher turned down called Chicken Soup for the Soul.

This collection of short reflections shows how the Law of Attraction worked in the lives of ordinary people. Jack Canfield and Mark Victor Hansfield have expanded this instantly popular concept to specialized stories of Chicken Soup for teenagers, older adults, diabetics, pet lovers and dozens of other titles.

What's interesting about the wealth of different Chicken Soup titles is what they have in common: each shows situations in which a person's need was filled almost miraculously. Another variation on this concept is Allison Bottke's God Grants U-Turns, more Chicken Soup-style stories from a Christian worldview.

These are stories of people whose situations were beyond their control and only changed by connection with God. In a Law of Attraction context, you could say that these people went from living under negativity into positivity.

They chose to accept a hand out of their circumstances, made a U-turn away from negativity and thrived in their newfound positive environment. Don't be mistaken and think that every Law of Attraction story is about winning the lottery or getting a new luxury car.

That's not true. Yes, you can ask for what you need, believe it and receive it. You can also ask for many unseen needs - such as confidence, boldness and willingness to move forward.

These are the requests that take a grieving widow with three young children and no job from bankruptcy to redefining her self-image, seeking training and securing a financial future for her children.

A man gambles away his money, loses his family and goes to jail for fraud. While he is there, he can see “bars or stars” outside his cell. When he’s ready to grasp the law of attraction as a force for good, not something else he can scam, then he can move forward.

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