

“The Rule Of Thumb”

For The Attraction Of

Romance, Money, Success, Love, & Friendship

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Author:- Peter Moring.

Let The Abundance Of Life Itself Flow Down To YOU



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Transgressors Will receive 'Consequences'

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Introduction:

Manifesting Your Desires

I could make it very easy from the start and say that you are already manifesting your desires everyday, but you just don't realize it. (Most people are unconscious creators).

Most people are unconscious creators. They go about their daily lives not knowing that the thoughts they are thinking have an impact on their outside world. The Law Of Attraction, probably the most important law governing creation states that all forms of matter and energy are attracted to that which is of like vibration. What this means is that the thoughts we hold in our minds begin to attract similar thoughts and become larger masses of thoughts we call thought forms.

So what are the implications of this for you? Stated simply, you get what you focus on. "But I'm always thinking about money and never have any," you say. That is because you never stay focused on the abundance in your life, but are always looking at the lack of what you do have. (So that is what you attract into your life). If you could stay focused on one thing and imagined the excitement you would feel if you already had it, it would show up in your life in a relatively short time.

The world you see is only a mirror of all the thoughts you have inside of you. Change your thoughts and you change the perception of your world.

Quantum physics teaches us that nothing exists independently of your perception of it. In actuality you get to choose what you see. That is why several people observing the same thing each have different opinions as to what really happened.

As well as things you see, what you read is interpreted differently by 'every' individual. The greatest example being 'The Bible'. Why do you think it throws up SOooo many conflicts in society and even personal conversations? That's why they say "Never talk politics or religion if you want to remain friends".

If you want to manifest your desires there are a few steps you do need to follow. Number one - is knowing what you really want. The more definitive you can be, the easier it will be to reach your goal. Number two - is the more enthused, excited and emotionally charged you are about something, the faster you will see it show up in your life. Next - you have to allow it to come into your life. What i mean by this is not to expect it to come in a certain way, the when, where or how. Just let it flow into your life. And lastly - you should have a feeling of gratitude and thankfulness in advance, to be grateful before and 'for' the things that you want.

You Get What You Ask For

In life we get what we ask for.

Now you surely say that it isn't true. You say you ask for freedom and happiness and all you got was feeling imprisoned and bad.

Let's have a closer look to how creation works and how our subconscious mind works. Because it's the same.

Everything that exists is created in someone's mind. Everything starts with a thought. A thought is an energy. Energy wants to manifest itself. A lot of thoughts in the same direction will, that's for sure, manifest in the real world.

This is the process of creation.

We are created by the same process. We use this process of creation all the time without knowing it.

When we are not conscious, then we are like most people and use this power to create a negative life. We have negative thoughts and get negative results. Once we learn how to think positive thoughts, we will get positive results in our life.

How come?

Our subconscious mind is like the earth. It does not interfere with what we sow. The Earth does not say : "I've had enough of these carrots, every time it's the same thing, I'll make potatoes from these carrot seeds". The Earth does not say : "Bah I don't like red flowers, I'll turn the red ones into blue for these roses!" Earth doesn't interfere. Earth is patient, it works in silence and returns to us exactly what we put into it (multiplied). And we KNOW that! We know we will get back exactly what we put into the earth. When we put yellow flowers in, we don't expect them to be red when they blossom. When we sow roses in the garden we don't expect onions to come out in spring!

And yet that's how we react in real life. We sow onions and expect roses. We sow negative thoughts in our mind (onions) and expect good things (roses) to come out! We fool ourselves! And we blame others. We look for who can possibly be at fault (usually we blame the parents or the husband/wife for what goes wrong in our life). And then we cry and say we don't have any luck in our lives. We look at the neighbour and think he's lucky because he has roses in his garden, and we wonder what we did to the world to deserve only onions in our garden!

When the mainstream of your thoughts is negative, let's say for 85 %, than the outcome will be negative for 85%. Your thoughts fall into your subconscious mind, which executes exactly what you put in it. It is like the earth. It is like a computer. When you type in your computer : "I am stupid, I

am fat, I am ugly, nobody loves me", are you angry with your printer when the paper comes out that says "I am stupid, I am fat, I am ugly, nobody loves me"? Do you throw a shoe at your computer and do you yell at it that it is the fault of everything that's going wrong? No, because you know you put that information in it and your computer does not interfere. The output matches the input exactly.

That's how our subconscious mind works. If you don't like the output, change the input. You get exactly what you ask for = what you think of the whole day.

Don't be angry with your life. You're not angry with the onions, are you? You're not angry with your computer, are you? Instead of being angry, learn how it all works and then learn to get really positive results in your own life.

Start thinking positive thoughts. Think only thoughts you wish to see happen in your 'real life'. Think only what you want to become true. And then wait for a while, be patient. One day you will harvest what you sow, like you know the Earth will give you back what you put into it.

It is never lost. Just wait and see.

Spiral of Manifestation

A powerful technique to help you utilize your power of attraction and intention.

The "Spiral of Manifestation" is a powerful, energy-based technique that assists you in getting "unstuck". It is a wonderful tool that you can access at any time and in any circumstance.

The Law of Attraction dictates that when energy goes out, it comes back in the same form. This is not a new theory, just one that has not been fully understood or mastered. Our thoughts and energetic patterns create our reality. Yet, are we fully aware of what we are thinking and what type of energy we are putting out? On a surface level you may "think" you are doing one thing- but on another, more powerful level- something else is actually going on. This is what creates distortions in our energy fields and causes our own power of manifestation to be stagnant. To illustrate this theory, let's look at a couple of examples.

You want to attract a romantic partner into your life. This is a very deep desire and something that you want with all of your heart. So, you set out to accomplish this goal using spiritual principles. You use affirmations, write out a list of what you desire in a partner, light some candles and pray.

On the "surface" level this seems as if it is a very positive exercise. But, just for a moment- let's look at what could be happening behind the scene- on a deeper level in your energy field.

What are your "true" thoughts?
Why hasn't the relationship manifested?
What is the hold up?

The reality is - at the current moment you do not have a relationship in your life. You are lonely. When you roll over at night - there is nobody there to hold you. You go out and see all these happy couples walking around and it causes you to feel sad and envious.

You create a "battle" or distortion of energy. You keep saying and trying to think one thing- yet, another reality is showing up in your life. If you find this happening - just understand that you have some thought forms and energetic patterns that are stuck. This is creating "neutrality".

The first thing to do in this case is to be realistic. There are over 6 billion people currently living on the planet! There is someone out there for you. Stop feeling sorry for yourself that only adds to the distortion. Be happy for other people that they have found an appropriate mate for themselves. You just have not met the right person yet. Period.

Use the "spiral of manifestation" to dissolve all the blocks in your energy field. When you start to feel the sad feelings come over you - visualize a beautiful spiral of energy. It can be any color or size you desire. I see it as a tornado shaped energy field. I like to see it in a luminous silver or white color because that represents purity. Just allow it to dissolve the sadness. Do not attempt to direct the energy in any way. Just allow the experience. Let the spiral cleanse and purify whatever feelings come up. Let your thoughts flow. The Creative Power of the Universe does not need your assistance. Trust in your own higher self and the unlimited power of creation to take you through this process. Let go. The Creator knows what you want and what you need. You must trust that.

Get out of your own way.

Another example of this theory is that of Prosperity. You, like everyone else, wants great things. You want to be able to pay your bills and have lots of extra money left over to buy what you want. You want to provide for your family now and in the future. So, this is the goal- to increase our prosperity.

You begin doing affirmations, thinking positively and visualizing what you desire to happen. After about a week of affirmations and positive thinking- guess what? You are still broke! You just got paid and it is gone! But, you keep on saying your affirmations. The battle begins.

What we are doing is not working. Why?
It is not working because there is an energetic conflict.

We get angry, "I keep saying all these affirmations and thinking positive thoughts and I still do not have any money".

Are you really thinking positive thoughts?
What is going on in your mind?
Do you believe what you are saying?

The anger takes us out of the natural flow.

First, be realistic! There is unlimited abundance everywhere!

There is no lack! - The lack resides in your mental programming. Change how you see things. When you find yourself overcome with fear about not being able to pay your bills and the money you need is just not there - call the "spiral of manifestation". See it enter your energy field- cleansing away all distortion and un-truths. Soon you will find many wonderful ideas on how you can manifest prosperity. Creativity will flow and new and exciting opportunities will present themselves to you.

Open yourself up to the Unlimited Creative Power of the Universe. Remember, there is no lack or limitation of any kind. That applies for personal relationships, money, health etc. Being in a "stuck" space uses a great deal of energy - it blocks your ability to 'create' and causes fatigue. Once your energy field is free of blocks and distortions - you will feel more energized and creative. Use the "spiral of manifestation" to clear your mind and energy so you can receive the unlimited blessings that are available to you.

Why is The Law of Attraction so Hard to Apply?

The lower your frequency, the harder it is for you to actually attract what you want. The law of attraction will simply keep you at the same level where you presently are. There are many ancient practices that can help in shifting a persons over-all frequency to astonishingly higher levels very easily and in a matter of minutes.

Very often people ask -

"Why is the law of attraction so hard to apply to my life?"

Perhaps you are one of the many people who feel a bit frustrated by the results you're getting.

Most people believe that attraction begins and ends with negative or positive thoughts. While your thoughts do matter there is more to the attraction process and much more to understand about the nature of thought.

You see negative and positive thoughts do have a charge.

A negative thought has a much weaker charge than a higher more positive thought.

Success with the law of attraction depends on you having higher thoughts not simply because they affirm what you want to attract but because the higher your over-all thought frequency is, the higher your attraction levels will be.

For most people it is quite hard to elevate their thought vibration to a higher more powerful frequency. It's not as easy as simply saying, "Today, I am going to think positive thoughts." After many years of thinking in a negative way a persons over-all frequency is quite low and it will take a little extra to change that over-all frequency.

The lower your frequency the harder it is for you to actually attract what you want. The law of attraction will simply keep you at the same level where you presently are. One or two positive thoughts will 'not' automatically make you a magnet for attracting what you want in life.

There are many ancient practices that can help in shifting a person's over all frequency to astonishingly higher levels very easy and in a matter of minutes. Often we turn away from teachings that are foreign to us but the reality is, if you want to change your life you must be willing to do things differently from the way you have always done it.

You must be willing to be open in order to maximize your understanding of the law of attraction and your ability to manifest what you want.

What would you be willing to do to finally attract what you want easily?

The Forgotten Laws is a Highly Successful programme that has turned thousands of ordinary folk into hugely successful, wealthy and happy individuals because it uses 'proven laws' that have been around for Eons but that have been forgotten or 'abused' over the years. If you really are serious about attracting everything your 'true' heart desires - then perhaps you should consider reviewing exactly 'what' **The Forgotten Laws** can offer YOU as an individual.

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An Example Of Allowing A Desire To Arrive On Its Own

Allowing is truly letting the Law of Attraction bring your desire into your sphere in its own time, place and manner.

I don't know why, but it seems we trip over the "allowing" part of the Deliberate Attraction formula more often than the other two parts.

The Deliberate Attraction formula gives us a simple description of how to leverage the Law of Attraction so that we can attract more of what we DO want and enjoy. The three steps are simply:

- 1) Become very clear about what you DO want.
- 2) Raise your internal vibration, through removing doubts and fears, so you are a vibrational match for your desire.
- 3) Allow your desire to come to you.

Much has been written already about the first two steps. But how do we "allow" - what do we need to do to actually receive what we so clearly desire, yet do not have?

Recently, I had a nice experience of what it feels like to "allow." I've been noticing that my office waste-basket is inadequately spilling over too often. It is just a little eight-inch sea-grass basket and it hardly holds two days worth of opened envelopes and crumpled paper. After months of mentally complaining about its lack of capacity, I finally asked myself, "So, what kind of waste-basket would I like?"

I began to imagine a sleek, black, matt finish wastebasket - about 15 inches high with a 12 inch diameter top, and tapered at the bottom. Yes, that would be adequate for a week's worth of trash from my office and it would look professional alongside my other black office accessories.

Next I collected data on possible waste-baskets. For about a week, every time I entered a building that might have my ideal waste-basket, I looked for it. I found step-on aluminum cans - no, I don't want to step on anything. I found black plastic trash bins with swivel lids - no, I don't want a swivel lid - I want an open receptacle so I can toss paper into it.

I found black trash cans on wheels - too industrial looking. I found ceramic pots that were almost right - too heavy to empty out. I was noticing the price range went from £18.99 to £49.99.

Finally, I let it go. I told myself, "The right one will show up." And it did.

I was at the local Department-Store making a purchase when I decided to cash-in some of my "Reward Points" for a gift certificate. I had NEVER thought about cashing-in Reward Points before, it had never occurred to me to do so. I took the elevator to the fifth floor and while a delightful young lady at the Reward Counter prepared my gift certificate, my eye scanned across the aisle. There I noticed A BLACK WASTE-BASKET, just the size and shape I had pictured in my imagination. With gift card in hand, I swiftly crossed the aisle and lifted the basket. "Ah, it is made of felt-board and very lightweight. Matt black finish with nail-head trim. About 14 inches high and 12 inches in diameter - tapered at the bottom. Very professional looking." I turned the basket upside-down to read the price: "£16.99." Very good! With my gift certificate in hand I proceeded to the checkout stand. When the clerk scanned the price, she gasped and asked me, "How much do you think this costs?"

"Well, the sticker says £16.99."

She was shaking her head in disbelief as she replied, "It's on sale for 35.00."

"Five Pounds?" I asked, in complete surprise.

"Five Pounds," she repeated.

"I'll pay cash and save my gift certificate!"

Can you imagine the joy I felt at that moment? Not only was the price right, but the manner in which my exact desire had come to me was absolutely delicious!

"Allowing" is simply the old adage: "Let go, and let God."

It's "Detachment from the outcome."

More like "Detachment from forcing something to happen."

Allowing is truly letting the Law of Attraction bring your desire into your sphere in its own time, place and manner. Allowing doesn't mean getting second best, it means allowing the Law of Attraction to bring your exact desire in the BEST way possible.

Is there something you are not 'allowing' through trying to make it happen or by wanting it a certain way or at a certain time? Let it go. Believe that the Law of Attraction WILL bring it to you in the perfect time and the perfect way. Believe it because that IS the law.

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Gratitude and the Law of Attraction

Gratitude or appreciation of what we already have is necessary to attract things we want. Every day when you wake up try to be thankful. Think about the good things in your live you should be thankful for. Appreciate your job (even if you don't like it).

Feel gratitude for a place to live. If you have some food, some friends or anything else you can find to appreciate, appreciate it. A lot of people don't have enough even basic things like food, water and their own place to live. It's natural that you want more, that you want to improve your standard of life, but first - you need to feel gratitude for what you already have.

If you start your day with feelings of gratitude you will feel good and you can keep that feeling all day.

But you should also write down something like this: "I am so happy and grateful that..." and then write what you would like to have. For example: "I am very happy and grateful that I make £1 million per year; that I have wonderful and loving wife...etc." Use the present tense, visualize the things you want, be grateful for them, and think about them as already yours.

When you achieve them, you can add new things to your list. When you write about money, start first with amount you believe is possible and then increase the amount when you got the amount you'd written down. Be specific.

When you start doing as described above, at first you might feel strange that you are using present tense for the things you 'want' to have in the future, but it's important to train your mind and force your mind to think about them in present tense. After some time of playing such "mental ping pong" your mind will obey and will help you to achieve the things you want.

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Instead Of Waiting, Give It Yourself

If you are like most people, then you too have this strange tendency to wait for others to fill in your needs. This pattern of "waiting for others" is a bad habit, causing a lot of pain and stress in your relationships.

It can even be fatal and needlessly ruin a relationship!

Reason enough to take a closer look at this habit and learn how to handle it.

At the start of a new relationship, you get everything you have been longing for, sometimes since early childhood: love, affection, tenderness, attention, excitement and energy.

You think you've finally found your Prince Charming (or Princess Charming) and all your needs are fulfilled forever, "They lived long and happily ever after." You wallow in the illusion that this new excitement will last forever, and that you don't have to do anything in order to keep receiving this stream of love and energy from your significant other.

(This next passage is written from the female view but can be reflected by the male view just as easily)

Reality turns out differently. Not that after a while your lover loves you less, but that a big share of his attention and energy goes to his job, friends and activities he used to have before meeting you.

You panic. What's going on? Does he not love you anymore? Did you become ugly, fat, or boring? You try to find a reason why the stream of energy coming from him is weakening. You were used to feeling 3,000 Volts coming from him, and now you have to content yourself with a lousy 1,000.

You decide that you won't let this happen and you demand he continues to give you what he gave in the beginning. You are focused on what you think 'You' are entitled to receive, and on what the other 'should' be giving you.

How strange! Why don't you focus on what YOU can give to HIM? Why be so stubborn to maintain this bizarre belief that everything you need should be given to you by someone else? Why wait for the other to give to you what you need? Why not give it to yourself? And why not simply give to the other what YOU would like to receive for yourself?

You have nothing to lose by this approach. But I can assure you that you have a lot to gain: love, affection, tenderness, attention, excitement and energy. That's right! Exactly the same things the other freely provided you with in the beginning!

YOU can give them to yourself, and to him. Giving is the only fail-safe way to make sure that You receive.

Try to understand this -

If you have to wait for somebody else to give you what you need, you can wait forever and there's a decent risk you will never get it.

If you give what you need to yourself and to the other, then you have it both ways: once because you gave it to yourself, and once because you will get back from the other what you gave him. You can have your pie and eat it!

Why does it work this way? Because by giving something, you are tuning yourself into the frequency of that which you give. Let's say, for example, you need attention. Instead of examining the behaviour, facial and verbal expressions of your partner, trying to detect whether he gives you enough attention, you can give attention to him! Ask him how he is feeling right now, how his day went, what he learned today, and if he met any interesting people. Show your genuine interest, and I bet he will be interested in you too.

You give attention, and you will get attention in return!

You want love? Give love!

You want advice? Give advice!

You need an energy boost? Boost up someone else's energy level and in doing so you will feel your own energy rising!

You want people to listen to you? Then first listen carefully to someone else who needs to be heard.

You want more friends? Then befriend others!

You want more respect from your children? Respect them! first.

So, in order to get what you want ... learn to give it first.

Instead of waiting for your significant other to give you love, why don't you give love to him or her?

Instead of waiting for your children to respect you, why don't you start by respecting them? - Be an example.

Instead of dreaming of a wonderful job that satisfies your needs, try to be wonderful at your current job first!

Instead of wanting your friends to invest time and energy in your relationship, why don't you give some extra time and energy to them?

Instead of waiting for peace and calm to come into your life, why don't you create the silence and inner balance needed to feel the peace 'You' long for?

It's all a matter of energy vibrating.

By giving what you want to others, you are tuning in to the vibrational energy of what it is that 'You' want.

If you want love and you give it to others, you are in the energy of love already. Giving love makes you 'feel' that love and thus you then attract more love into your life.

Giving attention makes you feel the attention.

Giving respect puts you in the energy vibration of respect and you will attract more respect towards yourself.

This works for anything you desire. You will not only get what you want by giving it, but you will also be much less dependent on others.

You will feel the power of being in charge of your own life!

Choices

All that you create or do not create in your life - comes from choice. Embrace and understand the dynamics of this essential ingredient of power. You suffer when you dis-empower yourself by feeling that you are not in control of your destiny. Freedom lies in understanding that you choose everything! Even in 'inaction' there is a choice ... In reality there is no true inaction or stagnation.

You can justify your situation by proclaiming, "I have no choice" ... "I cannot do anything to change my circumstances" ... "there is nothing I can do" etc.

That is a false belief. You can 'choose' to allow the outer world to affect how you see your situation - yet; there is never a situation in which you do not have power and a choice.

With each choice, there is a consequence and an energetic price that must be paid. So, it is not that you do not have a choice - you are only choosing which energetic price you choose to pay.

If you are currently in a working situation in which you're unhappy, you can make several choices.

You can choose to stay because you are fearful of change, of the economy, or whether or not you can find another means of income. The price you will pay for this choice is continued feelings of boredom, anger, hopelessness, lethargy and depression. Eventually this feeling will affect other areas of your life.

You can choose to stay - yet change the energy of how you see your situation. The simple act of using an empowering thought form can create a dramatic change in how you see your situation.

"I will stay in this job because it is providing me with an income at this time. I will keep my eyes open for new opportunities and know that this is a temporary situation and I can choose again at any time".

You can choose to leave the job with the understanding that you are a creative being and can manifest a new source of income. From an outer view, this looks as if it is the most expensive choice in terms of energy. Yet, on another level it is not. What is required is a profound faith.

The first of these three examples is actually the most 'expensive' - for you to continue to live under such circumstances will rob you of your life force. The most gentle of the three is the second option and the most daring and magical is the last.

The same wisdom applies to relationships (both platonic and romantic)

You can choose to stay in an unhappy, stagnant or abusive relationship. You can continue to complain about how miserable you are and how you cannot leave the relationship for various reasons. You can justify and make excuses for your circumstances - and yet; all the while you will continue to live in anxiety and pain. You can choose to continually dream about what else may be out there for you - yet, never giving yourself an opportunity to explore the possibilities. The price for this choice is an un-calculatable amount.

You can choose to stay in the relationship with the affirmation of "I love this person and I choose to communicate my feelings with them to help bring about the needed changes. I will focus on the positive qualities and begin to let those be the guiding force. After a period of time, if I am still unhappy and see that the situation will not change, then I can choose again". By doing this, you empower yourself by knowing that you are staying because it is YOUR CHOICE- not because you have no other options.

You can choose to leave the relationship and understand that this choice may lead to some pain and loneliness for a short time. You may feel sadness and loss, yet with that will come an undeniable sense of freedom. The level of your anxiety, negative thoughts and feelings will diminish, making way for a higher vibration of life affirming energy.

Your affirmation would be "I am choosing to leave this relationship/friendship because it is not contributing to my joy and ultimate happiness. I know it may be painful for a little while - yet, I also know there are billions of people on the planet and numerous opportunities to meet new friends and lovers."

When you use the words choose or choice in an affirmation, prayer or thought - the ears of the Angels perk up and they listen. The Universe begins to realign your world to meet that choice.

There is so much magic in the understanding of this wisdom.

The same principle applies to what you view as 'missing' in your life. You want to create a business, prosperity, a new job or a relationship, yet you see that nothing is manifesting in your life.

You can CHOOSE how you see your situation.

You can make conscious choices as to how to get to the place you want to be. Statements like "I will never work for myself, I do not have the means to create my own business." - "I will never find a good job", - "I will never meet my soulmate/twinflame", - "I will always be poor", - "I will never get what I want" - all reinforce the CHOICE to create more of the same.

Choose creative and life affirming statements and thought forms and watch how your life is transformed. The Angels stand ready to assist you in your choices to create your desires.

I choose to take steps to immerse myself in the knowledge and learning I need to start my own business. I choose to put all my energy to creating what I want.

I choose to KNOW that there is a wonderful abundance of potential life partners and friends in the world for me. I choose to attract individuals who I will enjoy being with.

I choose to embrace HEALTH and vitality.

I choose to feel good.

I choose to allow prosperity to flow into my life.

I choose to allow my spiritual insight and faith to be my guiding force.

I am Charmed, and You?

Make your life brighter, healthier and more prosperous through authenticity and charm. Possessing charm will greatly augment your overall effectiveness and you will feel great as those worry lines give way to your infectious smile. By projecting charm you say to others that you are both likeable and approachable.

Possessing a charming way will open many doors. The latent charm lurking within you is your secret and hidden away gold mine. Your charm is like a pearl inside the oyster, and once it is discovered and polished can highlight and greatly enrich your personality and success.

Charm is that intangible quality within you, that when uncovered and freed from suffocating baggage, can add a subtle power to your presence that is irresistibly pleasing.

The influence of this charm will attract, calm, assuage, placate and delight anyone with whom you come into contact. The ability to win over and influence people is in direct proportion to the charm you are able to summon up and demonstrate.

Charm can be developed like every other quality or attribute of the mind by adopting and practicing some basic rules. Adaptation, the art of agreeing with another person for the sake of amicability is lesson one. Finding common ground through genuine curiosity lowers defenses and paves the way for further exploration. Adaptation is an acknowledgment of another's 'right to be' right or wrong. As Voltaire said, "I do not agree with a word you say but I shall defend to the death your right to say it." The goal is to charm not to reform.

The primary rule is for you to be yourself. Any kind of physical makeover, including that phoney smile, won't do the trick. Affectations and pretense, even a well rehearsed choreography, is swift and certain death to charm. It is easy enough to attract and get attention by artifice, but to influence anyone beyond surface pleasantries, you must possess the power of charm within. A smile may win a first look, but it takes the conscious power of charm to obtain results. Authenticity is genuine and indisputable, easily picked up by others as the real thing, where pretense is usually unmasked.

By practicing the techniques of charm from within, you can put your prospect or antagonist at ease and even inspire them to do your bidding. Projecting charm requires give and take. The first technique is to listen. You must be an attentive listener interested in hearing what the other person has to say, which also means paying close attention and really comprehending what they have to say and where they are coming from in saying it.

The second fundamental is to always be humble, gentle and polite. By adopting these traits you will project a gracious and friendly manner which communicates the attitude that you are both likeable and approachable. Treat all people that you meet as potential friends. By displaying an open and positive attitude, and making others feel that your own life was incomplete before having met them, empowers them, and in turn they will become endeared to you. Interest, kindness, and humbleness are a major part of being charming. Giving praise is another.

Praise is like a rare gemstone which derives its worth from its scarcity.

Praise is one of the greatest motivating forces there is, and when sincerely applied can work wonders.

Praise a dog and he is your friend.

Praise children and they will glow with joy.

Praise your ability with gratitude and you increase the flow of intelligence into your endeavors.

Positive praise feelingly applied is an active multiplier.

Praise what you have and more will be available to you.

Praise is a positive expression of appreciation.

In the case of others, it gives hearty and warm approval and breaks down barriers. If anyone you meet deserves your approbation, by all means give it, and in so doing you enhance their appreciation of your own qualities, a win win situation powered by charm.

The third element of charm is tolerance. Life is a compromise, and to realize and accept this adds to ones peace of mind and enjoyment. People are entitled to their own opinion, and possessing tolerance allows respect for diverse opinions, without necessarily believing or sharing them. Respect for another's point of view will always enlarge your own world view. By exercising tolerance you dispel prejudice and vanity. It is the essential quality necessary to establish the true relationship between divergent situations on an impersonal basis.

By becoming tolerant you learn not to take the world and the events and people in it too seriously, yourself included, thus enabling your sense of humor to expand. A true and easy smile and the ability to have a good laugh will relax you, and in so doing, aid you in peace of mind and efficiency. Tolerance and a good sense of humor are indeed additional gems to have in your crown of charm.

Charm is the art of pleasing. You need to be poised along with possessing the ability to act natural. Your ability to be pleasingly spontaneous and to act natural is a reflection of your habits. If these habits have been formed through the proper training of grace, poise and cleanliness, then they add to your charm. Negative habits of sloth, crudeness and loutishness diminishes.

Charm refines the essence of your personality and permits the radiant beauty of your real being to shine through. Possessing charm will greatly augment your effectiveness. It makes it possible for you to always present yourself in the most favourable light. Through the glow of charm you will feel healthier and those worry lines will soon be replaced by your infectious smile.

So train and equip yourself in the art and power of charm. It will enrich your presence and add immeasurably to your personal satisfaction and happiness.

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Bring Love Into Your Life

Do you feel lonely, are you dreaming of the right one who will show up one day and end all the misery you're going through now?

The bad news is this will not happen.

The good news is YOU can do a lot yourself to feel loved.

So many people are complaining about the lack of love in their life. They act as if some stranger decided one day to take away the love out of their lives. They hold on to lovers already gone since eternity, or they dream about a partner coming into their life to give them everything they are not able to give themselves. They balance between hope and desperation. They look for love outside themselves and believe one day a charming prince on a white horse will knock at the door and take them away to live - for-ever happy in a castle far away from reality.

Other people are trying to survive in a bad relationship that holds their greatness hostage. They live in fear and anger every day but don't know how to get out of their prison.

Do you know such people? Does this sound like you? Do you feel lonely, are you dreaming of the right one who will show up one day and end all the misery you're going through now?

The bad news is this will not happen.

The good news is YOU can do a lot yourself to feel loved.

Let me explain.....

Life is like a building. There are a lot of floors : the ground floor, the cellar, the first floor, second floor and so on. The higher you go in the building, the more light there is, the easier and lighter things are, the more friendly and energetic people are, the higher are the vibrations and most of all : the more love there is.

Picture this building of life in your mental eye. In the cellar you will find people like rapers, thieves, harassers, killers, people who beat their children or companion and others who made a life out of hurting others.

On the groundfloor you will find a lot of people. In fact most of humanity lives here. These are the ones who content themselves by vegetating instead of living. They don't think by themselves, they undergo life. They do nothing. They live like robots.

They go to their job every day, come home every day, watch the same

television programme every day with a beer in one hand and a burger in the other hand. 'They do not dream'. They are stuck in their lifestyle and they think that everything will and always should be the same.

Then you go up. As I said, the higher you get, the easier it gets and the lighter life becomes - Life IS easy - life IS light.

The cellar, groundfloor and lower floors are creations from the human mind. We created these lifestyles by our heavy thoughts, thoughts about scarcity, fear, death, anger, sadness, revenge and so on. Here are the lives of those who choose to think low energy thoughts. Those who live in fear, hate, jealousy, doubts, low self esteem, troubles.

Those people have bad relationships, where struggle and anger and negativity set the tone. They are not happy. They maintain the illusion everything is someone else's fault and they have to wait for the other people to change so that 'their life' will change, or they have to destroy the other one to have a better life (think of the one who kills the husband of the woman he wants to live with, or those who kill other minded people in order to be free to live like they want). This will never give freedom or love.

So what to do if you want to move up in that building of life and live free and in love?

First you have to make a decision. Yes, you have to decide WHERE you want to be. On which floor do you want to live your life now?

Is it the cellar? No, I don't think so. Is it the groundfloor? I don't think it's there either. Let's say you want to be at the 17th floor. But you feel that you are (at this moment in your life) at the 3rd floor only. You hate your job, you have a lousy relationship with your partner, you're in bad shape and your energy is low.

So you decided you wanted a life in the vibration of the 17th floor, where there is love, real friendship, positive expectations, inner strength, power, a job you like, health and wealth.

What to do? You decided where you want to be.

What will you do now? Should you wait until someone knocks on your door to take you there? No way! It will never happen! Even if you would meet someone with an energy level of 17, he will never carry you from the 3rd to the 17th floor, because he will be exhausted. It needs to be YOUR decision and YOUR action!!

So YOU have to move yourself up. But How?

Read! Then Read some more! Read how you can create your life by changing your thoughts and your behavior! Go to workshops where you can learn how to unleash your inner power. Use the wonderful information bank which is called Internet and which offers you a bunch of positive information and e-courses.

Surround yourself with loving people. Learn how to love yourself.
Re-discover ['The Forgotten Laws'](#) of life itself.

So first you decide where you want to be. Then you do whatever you can to get there, on your own. You may ask help of course, you may find yourself a coach (which is really a good decision!) but don't look for somebody to carry you. You will fall down immediately the moment he puts you down. If you didn't get there by yourself, it won't last, it's not worth anything because you moved yourself up with somebody else's energy and you are depending on his energy.

Once you get at the floor of your choice, let's say 17, you will automatically meet people who vibrate at this level of energy. Energy-17 people. Loving, caring, wonderful people. People who feel good about themselves and who don't need others to steal their energy. They learned how to generate energy by themselves. They are not slaves. They are not dominators. They love and respect others.

Do you want to meet someone like that?
Do you want to share your life with somebody who has a 17-energy (or more)?
Go there! Go at their level and you will meet them, that's a guarantee!

Move yourself up.

If you live in a bad relationship right now, and you do whatever you can to get yourself moving higher, you will see what will happen. Your partner, who is still vibrating on energy 3 or 2 or on cellar-level won't be able to follow you and you will take separate roads.

Don't make the mistake of trying to pull someone up who wants to stay at his low level. You will never succeed. Especially women should be aware of this : don't spoil your own 'positive' energy by trying to get others moving up with you. It's a waste of time. Everybody should decide for himself. Don't carry others on your back, you will crack! Under the strain.

Decide for yourself, go for it, and see what happens. The higher you get in energy-levels, the better it will be.

The you will agree with me : life IS wonderful!

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3 Ways You Can Manifest Money Quickly and Easily

First become aware of these 3 steps to attracting money faster. Then go into the practice of each step and see the flow of your desires as they flow magnetically towards you.

The words quick and easy don't seem believable when it comes to manifesting money. Most everyone has the mindset that if you want money it has to come with hard work.

It may just be true that hard work 'is' necessary, however it all depends on what sort of hard work you need to engage in to manifest money quickly and easily.

The whole concept of manifesting requires a deep understanding of not only your relation to your physical reality but also to yourself and your alignment with what you want. You know when you are in alignment with something by the way you feel when you focus upon it. If you feel joyful then you have opened yourself up to the flow of the creative force to pour great magnetism into you.

Attracting money is the same. Everyone who has been successful in manifesting great wealth will repeat this one mantra, "Do what you love and money will come." This is the first way.

There is a deeper scientific reason for this which goes beyond the joy of loving what you do. Although that's important, there is another reason. When you are enjoying what you do, you move into a divine flow that empowers your intention.

The second way to attracting money quickly is to remove fear from the equation of your desire and move into boldness. Too often people are unsure of what they want. When you are certain of your desires your mental image will also be clear and easier to manifest.

The third step is the ability to increase the magnetism of your desire so that what you want comes to you. This is the true essence of manifesting. The more magnetic you can be - the more charge there is between you and what you desire.

The secret to manifesting is in adopting the right techniques. Manifesting is all about technique. You may know the steps but not be aware of just how to apply the steps to increase your magnetism of money.

Have you any doubt that manifesting money is easy? It actually is very easy to manifest what you want, but not in the way that you think. Repeating mindless affirmation and visualizing 5 minutes at a time won't cut it.

One of the first things people do when they hear of ['The Forgotten Laws'](#) is to jump straight into creating a new business or playing the lottery with the hopes of manifesting money super fast.

This is the worst mistake. They work tirelessly getting their business up and running. When this does not work they run from one venture to another with little or no success.

Of course this only gets the person frustrated. I hear people saying all the time, "I played the lottery and I got nothing, the Forgotten Laws do not work." The Forgotten Laws do work. It is only that there are correct ways of applying them and there are incorrect ways of applying them.

Before you do anything to manifest more money, stop yourself. Yes, just stop. Do nothing. Before you can truly begin manifesting money you must 'align' yourself with that money.

Alignment is an important first step. It shifts your energy from a place of lack into a place of abundance. You can only have what you first become. The alignment of each thing you want to manifest takes it's own time but there are many advanced, yet easy techniques that can get you there extremely fast.

When you rush to take action you are hopping to create new circumstances with the same 'state of being' as where you presently are. That's why most people fail in the process of manifesting money, romance, success, love, friendship, or the things they truly desire to manifest.

Well, I hope this short E-book has answered a lot of your questions about
The Rule Of Thumb - For The Attraction Of - Romance, Money, Success, Love, & Friendship.

If you are a serious student of 'manifesting' all that is good in life itself into your Own Life-style or Life-Journey then ['The Forgotten Laws'](#) would certainly interest you I'm sure.

The programme is NOT Cheap – But then again – nothing worth having in life 'is' cheap.

And Yes! - The link to 'The Forgotten Laws' is my affiliate link, which means I will be paid a commission if you decide to order.

(I'm sure you wouldn't begrudge me that would you?)

Some other resources you might find interesting, and again, they are my own websites, are '[The FRED67.com Library](#)' and '[The Affiliate Power-House](#)'

Both very useful resources that operate under the umbrella of the main website - [FRED67.com](#) – Please check them out and let me know what you think about them – or this E-book on my blog which can be located from any of the above websites.

Many thanks for reading this far, and I hope life treats you even better from now on :-)

Pete Moring.

(Please forward this E-book to your friends & relatives :-)

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Transgressors Will receive 'Consequences' {-}