

# **The Law Of Attraction**

**Manifest money  
and other good things  
into your life!**

***How to use the Law of  
Attraction to create your  
dream future.***

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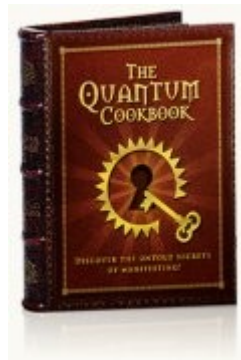
Feel free to give this report away!

## Before you start:

A lot of people have tried using the [Law of Attraction](#) and have - at best - had mixed results.

As a result of this feedback, I searched around and came across the [Quantum Cookbook](#).

I highly recommend it - you can read my [full review here](#).



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This report will give you the rules of the game of life and how you can use the [Law of Attraction](#), to enable you to understand the game and have the rules work for you rather than against you. You can create your future according to your own design, by working with the natural laws that govern our universe. You cannot avoid creating your life – it happens deliberately or by default. By understanding how to use these laws so they work in your favor, you can create the life you desire.

## Laws of the Universe

The Universe of which we are a part is governed by a set of laws that are consistent, unchanging and unbreakable. These laws allow the world as we know it, to exist and grow. They are called the Universal Laws, the Laws of Nature or Spiritual Laws. They exist whether we understand and acknowledge them or not.

The Universal Laws are at work in our lives, whether we are aware of them or not. Ignorance of them causes our lives to be less fulfilling than we want them to be. You may experience financial difficulties, relationship problems, health or career issues. You don't want to experience these things in your life, and you certainly didn't ask for them, but you attracted them by default rather than by design. Lack of understanding of the natural laws means that we are constantly creating life by default.

Working with the Universal Laws allows you to attract success, financial freedom, balance, joy and fulfillment. You no longer have to exist in a life that is not what you want, fighting to be happy, secure and satisfied. By allowing the Universal Laws to work for you, you can create the reality of your dreams.

As these basic laws exist and operate all the time in our lives, we may as well learn how to use the Universal Laws to our advantage. Just think of the chaos that would exist if we didn't understand about the Law of Gravity, which is one of the Universal Laws. If we didn't understand that things will always fall down (not up) when dropped, there would be lots of broken items in the world! The Law of Gravity always exists and applies 100% of the time; it cannot be changed – this is the way it is.

## Introducing the Law of Attraction

The Law of Attraction is always at work in your life, whether you understand it or not, whether you believe it or not. It can work for you and it can work against you; it can work to enrich your life and allow you to be happy, or it can work to make life difficult for you and cause you to be miserable. The good news about this fact is that you are in control of which way the Law of Attraction works in your life.

The Law of Attraction has been understood for thousands of years, but those who understood its power did not want everyone to have access to learning about it, and so they kept it secret. Then the film and book by Rhonda Byrne, *The Secret*, burst upon the world and thousands of ordinary folk started to research and understand about the Law of Attraction.

Today, millions of people all around the world are putting the Law into practice in their lives. There are hundreds of books, thousands of websites and chat rooms devoted to the study of the Law of Attraction, or LOA, as it has become known.

## What is the Law of Attraction?

The Law of Attraction is the most powerful of all the Universal Laws. It is a simple concept but one that may take a little study to fully understand its implications. You will need to practise the elements of the Law of Attraction in order to be able to put it to work in your life. Once you fully understand the possibilities of this Law, and have mastered it, you can literally attract anything you want into your life.

In order to understand how the Law of Attraction works, you first need to understand how the universe is made up. All things within the Universe are made up of sub-atomic particles that are pure energy, in its simplest form. All energy vibrates continuously at unique frequencies. It is this vibration of energy that allows the Law to work. Quantum physics has proven that what we think of as physical things are actually different wave lengths of energy, capable of responding to our thoughts.

*"You live in a vibrational universe – everything is vibration, from thought to thing. Science and spirituality both agree that what appears to be empty space is actually a field of unlimited consciousness and potential." James Arthur Ray*

**Definition:** in the simplest form, the Law of Attraction means that "like attracts like". This means that all matter, thoughts, emotion and energy attracts to it that which is the same as itself. To help you get your head around this concept, here are some alternate definitions of the Law of Attraction:

- "Energy attracts like energy."
- "That which is likened unto itself is drawn." Abraham-Hicks
- People are like living magnets.
- You attract and receive what you focus your energy and thoughts on, whether you want it or not.
- All matter, thoughts and energy are attracted to that which has the same vibration as itself.
- "Thoughts become things." Mike Dooley

Bob Proctor, one of the teachers from *The Secret*, says *"we're all working with one power. One law. It's attraction. The secret is the law of attraction. Everything that's coming into your life, you are attracting into your life. And it's attracted to you by virtue of the images you are holding in your mind. It's what you're thinking. You see, whatever is going on in your mind, you are attracting to you."*

Esther Hicks puts it this way: *"It has to do with you being a magnet, attracting thought, attracting people, attracting events, attracting lifestyle. Indeed everything that you bring into your experience you bring because of this powerful Law of Attraction."*

## How Does the Law of Attraction Work?

When you think about what you want, you are attracting what you want to you. When you are thinking about what you do not want, you are attracting what you do not want to you. The Universe will bring to you that which you focus on.

Regardless of what you are thinking about or focusing on, the Universe is working to deliver it to you. So, if you are thinking how you want a bigger house, the Universe sets to work to bring it to you; but if you think that you can't afford a new house, even if you really want it, the Universe listens to that message and stops trying to bring you the new house because you believe you can't afford it.

You are attracting what you think about; whether it is something you want or don't want; whether you realize it or not.

*"Here's the problem. Most people are thinking about what they don't want. And they're wondering why it shows up over and over and over again."* John Assaraf

## How can you create what you want, using the Law of Attraction?

You are already attracting situations, people and opportunities into your life, whether you realize it or not. When you become aware of how you are doing this, you can set about deliberately attracting the things you really want.

It is a basic 3 step process:

1. Ask
2. Believe
3. Receive

This may seem very simplistic, and basically, it is. However, there are certain conditions which will make the Law of Attraction work more specifically for you and your life.

Let's look at each of these 3 steps in more detail.

### **Ask.**

Before you can ask for something, you need to know what you want. Think about what it is that you want and then ask yourself these questions to clarify your desire in your mind:

- WHY do you want it?
- Why don't you already have it?
- WHAT will it mean to you to have it in your life?
- HOW will you feel when you have it?

Keep the answers to these questions in your mind and focus your attention and energy on them. SEE yourself living with what it is you want; FEEL the emotions of having or being it; VISUALIZE it in your life; give it lots of POSITIVE energy and allow no negative thought about it – no doubt, disbelief, worry.

The Law of Attraction works when the energy and vibration of your thoughts and emotions radiates out to the universe and attracts like vibrations back. Thought alone is not enough; you

need to emotionalize the thought, as it is this combination that attracts the vibrations of what you want.

### **Believe.**

The Universe will take care of all the details about what you want to have or be. You cannot control this process; you cannot make stipulations as to when and how you will receive what you want; you mustn't have doubt or concern about not having it. You just believe.

Esther and Jerry Hicks describe the process well in this passage from their book "Ask and It Is Given."

*"You cannot desire something, predominantly focus on the absence of it, and then expect to receive it, because the vibrational frequency of its absence and the vibrational frequency of its presence are very different frequencies."*

The key to achieving vibrational harmony with what you want is to imagine that you have it already, picture that it is already in your life, feel and enjoy the sensation of having it now. This enables you to ALLOW that which you want to come to you. By focusing on having it now, and not trying to control the receiving of it, you are allowing it to come to you because the vibrational frequency is in line.

How do you know when you are focusing positive thoughts on that which you want? Your emotions, how you are feeling, are your barometer. When your vibrational frequency is in line with what you want, you will feel good. So, if your thoughts about what you want don't make you feel good, then you are out of alignment. Go back to the first step, ask yourself those questions and try again.

One of the best ways to feel good is to be grateful. GRATITUDE for what is coming to you will always make you feel good. Be grateful that what you desire is coming to you.

### **Receive.**

You must be OPEN to receiving. In other words, you need to be actively moving towards that which you want. You will need to take action – the Universe won't deliver to you on a golden platter. Open the door on every opportunity or situation that presents itself to you. These will come up for you; look into whatever comes along, and if it feels right, do it. Take inspired action towards what you want; you might be surprised what comes along.

## **The Law of Deliberate Creation**

Growth, change and creation all start with thought. Every thought you have will influence your life and add something to your experience. This happens by default if you don't understand this basic truth. When you understand how to apply the Law of Attraction to your life, you are creating deliberately, intentionally and consciously.

So the Law of Deliberate Creation is simply understanding how the Law of Attraction works and deliberately choosing thoughts and emotions that make you feel good. Always be conscious of reaching for thoughts that make you feel better. You can choose positive thoughts about the things and experiences you want in your life to create your future deliberately.

You can use the Law of Attraction to have whatever you want. You can create the future of your dreams – the job, the house, the partner, the car, the clothes – anything you want to have or to

be, you can have. If you don't work with this law, you are still creating; you will just be creating more of what you already have which may be the opposite of what you actually want.

To create your perfect future, you need to understand the Law of Attraction. Using the Law of Deliberate Creation you consciously and deliberately focus on what you want to attract more of that to you. You create the future you want, through focus, conscious thought, imagining you already have it and being open to receiving it.

Being open to receiving is perhaps the most difficult part. It is easy to decide what you want; it is easy to picture yourself having it; but it is not so easy for human beings to sit back and wait for the Universe to deliver it to you, in a way that is best for you.

The Universe knows what is best for you and so you may not receive what you want in the time and manner you imagine. The Universe, being all-knowing, may see that there are certain steps needed before you can manage that which you want. You may receive opportunities that don't seem to be what you want; you may meet people who are necessary to you, but you might not recognize them.

It is necessary to listen to your inner voice, which you might call your gut instinct, your intuition, your conscience or whatever. This is your true self speaking to you – listen to it; if an opportunity presents itself to you and it feels right, go for it. If someone comes into your life and you are drawn to them, accept it. What you want may come disguised as something else. This is how you will experience the Law of Attraction working in your life.

*"When you start thinking about deliberate creation of your world, it is easy to get caught up in dreaming about what's next and ignoring what's here and now. Even if the here and now does not look like what you desire next, **now** is the moment you only have – ever. So the message is to start finding joy now, as you attract and create your future moments. Start living **now**."*  
Zoë Routh

*"You become what you think about most but you also attract what you think about most."*  
John Assaraf

## **Money and the Law of Attraction**

Most people feel they want or need more money; it is one of the first things people think of when they look at using the Law of Attraction purposefully in their lives. We use money to buy both the basic necessities of life but also the extra things that make our lives easier and more fun. We exchange it for something that we perceive as being equal in value to the amount of money we give for it.

Like everything else in the Universe, money is energy. Money is the perceived value of another energy that we exchange it for, like a car, shoes, food etc. To experience and enjoy the energy of the car, shoes or food, we exchange money for it.

We know that all energy vibrates at its particular frequency, so money also has a vibration. You are also energy, and your vibration either resonates with that of money or it doesn't. How you feel about money influences your resonance with it. If you feel good about money, your resonance is positive and money flows effortlessly to you and through you. However, if you have any negative feelings about money, your vibration will block the flow of money and you will find yourself feeling a lack of it.

Do you think you don't deserve to have more money or to be wealthy? Were you taught as a child that you had to work hard or get a good education to have money? Did your parents tell you that money doesn't grow on trees? Do you believe that money doesn't come easily to you? We believe what we were told as children because we had no other information to compare to, but just because we have been told something, doesn't mean we have to keep it as a belief now. Examine your beliefs about money and you might have the key to why money doesn't seem to flow easily to you.

Because you attract that which you think about and what emotions you feel about what you are thinking about, you can start to understand why your financial situation is like it is. Focus on how little money you have and you will attract more of insufficient money. Worry about how you will get the money to pay the bills, and you will struggle to find it. Complain about how hard your life is with insufficient money and you will continue to suffer lack of it.

Change your feelings and beliefs about money to feel comfortable and positive about it and money will flow to you and through your life.

Try it – say things like the following statements to yourself:

- I have sufficient money to pay my bills.
- There is enough money for all my needs.
- I will get the money to pay for what I need.

If nothing else, you will feel better and worry less.

## **How do you change how you feel about money?**

There are a few ways to help you change your negative feelings about money to start attracting more of it to you. These may seem alien to your beliefs and way of thinking, but that just shows you how much you need to change what you believe to be true about money.

- Examine what you believe to be true about money and wealth.

Do these beliefs resonate well with you? Have they served you well in your life? Do you really believe them to be true or could you believe something different?

- Be grateful for what you have.

While you are focused on a feeling of lack, you cannot attract money. Be grateful for what you have now, at this moment. Push away the feelings of wanting more because you don't have enough, just be grateful for what you have. Make a list of the things you have that money has enabled you to have, and be grateful for them. Each day, remember some of them as you say how grateful you are – in your thoughts, out loud, on paper – however you feel comfortable doing it.

- Treat money with respect.

Pay attention to your money; notice how it flows into your life and where you spend it; learn about money through research into investment, savings plans, how to create situations to bring you more money. Enjoy the money that comes through your existence, appreciate what it brings to you, and take good care of the money that is in your possession at any one time. Understand the value of money and spend it wisely.

- Give it away.

You might be thinking "What? I don't have enough money for my own needs! I can't give any away!!" That is exactly the type of thinking that has kept you in a state of feeling lack.

Start small – buy a friend a coffee; give a few coins to a busker or performer on the streets; put

your small change into a charity tin or leave a tip where you might not ordinarily do so. Look for other small ways to give away some of the money you have – you will feel good about doing it and this raises your vibration to be more positive about money.

These simple strategies will help you feel more positive about money and lift your emotions. You are now in the right space to ask the Universe to bring you more money, to allow yourself to receive and to be prepared to take action towards having more money.

*"See yourself living in abundance and you will attract it. It always works. It works every time, with every person."* Bob Proctor

## **Weight Loss and the Law of Attraction**

Obesity is reaching epidemic proportions in western countries around the world, and many people are over their ideal, healthy weight in this country. So many people struggle with their weight and have been on a diet merry-go-round for years, with the guilt that usually goes with dieting.

The modern culture and lifestyle makes keeping to a good weight very difficult with fast food outlets on every corner, pre-prepared food available for the asking and busy lifestyles that make finding the time to prepare meals difficult. Labor-saving devices mean we often don't get enough physical activity to be healthy, we eat too much and too many of the foods that aren't good for us and serious diseases are the result.

Dieting isn't always the answer either – we have all experienced the weight returning after we stop the diet, if we have been lucky enough to lose some weight in the first place. People just become discouraged and give up, only to feel like they have failed.

From what you have learnt so far about the Law of Attraction, you may have figured out that it is what we think and how we feel about losing weight that is the problem. Dieting brings the inevitable guilt and worry if we stray from the diet plan, and then there is the feeling that dieting is a punishment for being over-weight. Dieting brings to mind feelings of doing without, deprivation, restriction, not having enough willpower, fear of failure, looking forward to the diet being over..... and the list goes on. No wonder so many of us have trouble losing weight and keeping it off!

### **Is there another way?**

Your negative feeling about the whole weight loss issue is not conducive to your success at all.

But ..... you can lose weight and enjoy your life at the same time. It is possible to maintain your healthy weight and feel great.

Have you figured out how?

That's right – change how you think and feel about dieting and losing weight!

What vibration are you sending out to the Universe about food, your weight and your health?

If your emotions around these issues are all negative, you need to first of all change your mind to change your feelings, so you can change your weight. It has nothing to do with your lack of discipline or that you don't have enough willpower. It has everything to do with your beliefs and attitudes towards food and the whole healthy weight issue.

Follow the principles of the Law of Attraction to help you lose weight and maintain a healthy weight for life. Here are some tips that will help you achieve this task:

- **ASK:** the first step in using the Law of Attraction to create the life you want. Know what weight you want to be, know what size clothes you want to wear, imagine how you will feel when you have achieved this.

- **BELIEVE:** Imagine how your life will be when you have lost the weight. Create a movie in your mind about how you will look and feel when you are eating a healthy, balanced diet and losing the weight you need to. What things will you be able to do that you haven't been able to do? What new clothes will you be able to buy and wear? Who will you be when you are healthy and happy?

- **Accept that the human body was made for movement.** Physical activity is necessary to be healthy. Our joints were made for movement and if we don't use them, we will lose the use of them. A moderate amount of daily exercise will protect you from disease; it will burn extra calories to help in your weight loss; and will make you feel great because exercise releases serotonin, the feel-good hormone. When you feel great, you are attracting more of the same.

- **RECEIVE:** Take positive action towards what you want and be open to receiving. Understand your body and what it needs to be healthy. Research nutrition so you know what a balanced diet consists of and why you need each component. When you understand why you need proteins, fresh fruit and vegetables, unprocessed carbohydrate and good fats, your attitude to them will improve. Feel good about your food and meals, appreciate your body and how it works to sustain you, be happy that you now know what you need to do to be healthy and lose excess weight.

- **Listen to your own body.** Learn to listen to your body and provides what it needs. Eat when you are hungry rather than at certain times. Eat what your body is telling you it needs, not what society dictates.

Remember, you must not entertain any feelings of doubt, worry or fear of failure. Failure is not a possibility with the Law of Attraction – keep only positive feelings around your health, food and your weight.

Feel good that you finally have control over your health and that you are taking positive action towards losing weight. You will be attracting more of what you are feeling and will continue to lose weight.

## **A great resource to help with financial and health matters:**

Esther and Jerry Hicks have released a book titled — "Money, and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness".

*"You will allow yourself to experience more of the wealth, health, and happiness that is your natural birthright".*

The following suggestion, from the book, is about having a personal mantra to keep your vibration attracting what you want. When you are feeling discouraged or have doubts, reach for this mantra and your feelings will instantly lift:

- *"Life is supposed to feel good, and your overall Well-Being is what's natural.*
- *No matter how good your life is now, it can always get better.*
- *The choice and the power to improve every aspect of your life experience are within your personal control now".*

Like the other books written by Esther and Jerry, this one is a wealth of information and practical advice for creating and achieving the life you desire. If you want to delve deeper into how the Law of Attraction can influence your finances and health, including weight loss, this book will be a valuable resource for you.

Here are some more things you will learn from the book that relate to these areas of your life:

- Listen to what you're saying and retrain your negative thoughts into positive ones.
- Retell your story not as it is, but as you want it to be.
- Look at your financial situation with ease rather than as a struggle.
- Avoid perpetuating the experience of "not enough".
- Change your negative thoughts regarding people who have more money than you do.
- Focus more on the solution than the problem.
- Free yourself from the bonds of other people's beliefs.
- Avoid complaining and other negative practices that sabotage your recovery.

## **Problems and the Law of Attraction**

If you have read this far, you will be getting an idea about the Law of Attraction and how you can put it to work positively in your life. You know about focus and thinking positive thoughts about what you want; you understand that you need to believe and allow the Universe to bring you that which you focus positively on; you know about being open to receiving and taking action towards what you want.

But what about when things go wrong in your life, and problems pile up, one after the other, putting your thinking back into the negative. What then?

If you notice that you seem to be attracting problems all of a sudden, make yourself aware that you are not attending to your thoughts. Old beliefs may have started to creep back into your thoughts. You may be caught up with thinking about what is *not* going right. This reaction is natural when a series of catastrophes hits us; the more we worry about things going wrong, the more things go wrong. It is a vicious cycle!

Stop right there!

That is exactly what you need to do! Stop running around putting out the brush fires and take time to sit down and focus on where you are, what you want to achieve and then reach for the best emotion you can find. Do this through gratitude; find something that is working well and be grateful for it. Focus on this success until you start to feel better. Gradually look for other things that are working well, and be grateful for them to raise your vibration even further.

A useful strategy in times like this is to keep reminding yourself that what you are experiencing is a temporary setback. Deliberately focus on one good thing and express gratitude for the good in your life. This will help you turn the tide back in your favor.

## Additional Resources

There are numerous resources available to help you learn more about the Law of Attraction and the Law of Deliberate Creation. The more you read on the subject, the more you will understand and so you will be better able to put the Law into positive practise in your life. Connect to LOA communities to get support and assistance as you proceed on your journey.

### Great Books:

- "Ask and it is Given" by Esther and Jerry Hicks
- "Wealth Beyond Reason" by Bob Doyle
- "You Were Born Rich" by Bob Proctor
- "The Attractor Factor" by Joe Vitale
- "Think and Grow Rich" by Napoleon Hill
- "Wildly Wealthy Fast" by Sandy Forster
- "The Science of Growing Rich" by Wallace Wattles

- and there are many others.

### Great Websites:

- Wealth Beyond Reason – has a wonderful course by Bob Proctor
- [www.innercompass.com.au](http://www.innercompass.com.au)
- <http://www.law-of-attraction-info.com/forum/>
- <http://www.law-of-attraction-info.com/>
- <http://abraham-hicks.com/>

- again, there are many others.

## A Final Word

The Universal Laws are the basic principles of life; they cannot be changed; they cannot be broken; and they exist whether you believe in them or not. The Universal Laws apply to every person in every corner of the globe.

There is nothing that is more important than making sure you feel good. From the emotional state of feeling good you are able to create the life you want.

Clearly see what you want, understand what it will mean to have it, feel good about it and you will attract more of the same.

Always reach for a thought that feels better. Your emotions are your guide to being in alignment with the vibrations of what you want. Your thoughts need to feel good for you to attract what you want.

You can find out more about how you can use the [Law of Attraction here](#).

