

By  
Marty  
Marsh

**Turn  
Your  
Life  
Around**

Your Personal Plan  
for Bringing Out the  
Best in Yourself

Attract Anything You Want and  
Dramatically Improve Your Life  
in Just 3.5 Easy Steps

**PLAYBOOK**

EverydayLOA, Great Living Today, Turn Your Life Around and The Year You Turn Your Life Around are copyrighted programs, © 2015, Marty Marsh.

*Many thanks are extended to my teachers and mentors:*



All of my family and many others who were teachers unaware.

*Blessings to you all.*

**Important note:** Marty Marsh is not a licensed health professional and offers the Law of Attraction, EFT, and other techniques as a certified law of attraction practitioner and as a personal life and performance coach. Those who want to discuss the use of Law of Attraction, EFT, or other techniques for a specific emotional or physical problem with a professional in the health field may be referred to a number of licensed and unlicensed practitioners who use Law of Attraction and EFT in their practices. Where appropriate, qualified physicians and therapists should be consulted.



[www.GreatLivingToday.com](http://www.GreatLivingToday.com)

**Marty Marsh**

*Chief Clarity Officer & LOA Coach*

© 2015 Marty Marsh, Great Living Today



# Congratulations!

You've just taken a big, bold step in the direction of creating a new life for yourself. You're about to embark on a journey of self-discovery, probably like you've never experienced before.

## Here's some great news...

There's only one thing you have to do to turn your life around and move forward in a better direction and it is quite simple — *change your thinking*. That's right. That's all there is to it. Change your thinking.

Notice I used the word “simple.” It is simple. It just may not be *easy*. Oh, it'll be easy for some folks, but for the rest of us, we might struggle a bit. Some of us will struggle a lot.

I've been a student of metaphysics for quite a few years now. I've also read just about every self-help volume available (some I just bought, hoping to get some good vibes just from owning the book). And even though I've understood what I could be doing to change my life for the better, somehow I just couldn't seem to get to where I wanted to be. Even when I knew better intellectually, I was still attracting things and situations and people into my life that I didn't really want.

And, while looking in the mirror, I've repeated affirmations over and over and over again. I've written down my goals, I've set timelines, I've burned candles and incense. I've tried to meditate and would fall asleep. I've started routines and rituals. I've set intentions and made resolutions. And made some good progress for sure but always fell short of my mark. And I've cried. (Does any of this sound like you?)

And then I discovered the Law of Attraction. Suddenly, it was like a bright light came on. Finally I understood why I was not getting the things I wanted and finally I understood what I needed to do differently to achieve my goals. And then things started happening for me. I'm amazed at the wonderful things I attract into my life every day.

And you can attract the things you want, too. Once you know “how.” And that's the reason why this *Turn Your Life Around program* is so different from most of the programs you'll encounter out there. We're short on theory and long on the “how to.”

So get ready to Turn Your Life Around. I'm so pleased that you're here.

Marty Marsh

## How to get the most from this playbook

### You have the right to have fun!

We are true believers in the philosophy that if it doesn't feel good... don't do it! If it's not fun... don't do it! (Why do you think we call this a "playbook" instead of a "workbook?")

Does this mean we think you have to take a Pollyanna attitude toward life, ignoring reality and pretend that all is just "hunky-dory?"

Absolutely not.

What we are advocating is that you pay attention to the vibrations you are sending out there, and if you're not getting what you want, if things don't feel good, if your wallet is empty, then change your vibration to one that will make you feel better.

The best way to get the most from using this playbook is to first listen to the "Introduction to the Law of Attraction" teleclass recording. This free class will give you the basis for playing with this program and you'll learn step-by-step how to decide what you really want, how to raise your vibration to get it, and then how to eliminate doubt and other obstacles that might prevent you from getting what you want.

So before going any further, jump over to the website here: [www.greatlivingtoday.com/introclass](http://www.greatlivingtoday.com/introclass) and listen to the recording.

Then come back to this playbook and dive into it and watch more good things flow into your life.



*All work  
and no play  
makes Jack  
and Jill very  
dull people  
indeed.*

## So, how're you feeling right now?

Imagine that it's Sunday afternoon and you're having a fun time with your family or with your friends. Maybe you've been watching a ball game, or you've had a picnic in the park, or maybe even just spent the day in bed watching videos and getting a little frisky.

Then you happen to notice that you're feeling a little anxious, almost like you're dreading something but you can't quite put your finger on it. Then one of your buddies or maybe your spouse says, "Gee, I'm sure dreading going back to work tomorrow. I can't believe it's going to be Monday again already. I sure hate my job."

And there you have it. That little anxious feeling does a little flip-flop in your belly and you start thinking about how much you hate your job and how awful Mondays always are, and that you wish you didn't have to go in at all, and boy wouldn't it be nice if you could just find a job you liked, and before you know it, you're down in the dumps.

And then Monday morning arrives. You knock over a glass of water while turning off the alarm clock. You step on the cat when you get out of bed. You stub your toe as you head for the bathroom. You burn your toast. You miss the bus. You're late for work, and by now you're just wondering "why didn't I just stay in bed in the first place?"

And then your 10:00 client cancels. Your boss asks you to work through lunch. You play phone tag all day long with all of your prospects. Your co-workers are complaining about all that they have to do. And again, you think, "why didn't I just stay in bed this morning?"

This kind of scenario happens at one time or another to all of us, and not necessarily only on Monday. We all do this to varying degrees, but we have the power to stop it and not do it again.

What's happening is that you're sending out negative vibrations, and the law of attraction, being the law that it is, simply takes a look at what you're putting out there vibrationally and gives you more of the same.

The law doesn't care if what you're putting out is good or bad, positive or negative, it just checks in with you every moment of every day and very obediently gives you more of the same.

It's our vibrations that bring us those things that we DO want and it's also our vibrations that bring us all those things we DON'T want. The secret then, to getting more of what we DO want, is to raise our vibrations.



*You attract into your life whatever you give your attention, energy, and focus to... whether wanted or unwanted.*

## So what's a vibration anyway?

A vibration is just the longer word for a “vibe.” We’ve all experienced vibes at one time or another. Haven’t you walked into a room or a building or met someone and said to yourself, “Wow, this place has a good vibe.” Or, “I don’t like the vibe she gives off.”

A vibe is really just another way to describe a feeling. We’re all familiar with our feelings and we all have both positive or negative feelings depending on what is happening to us at any given moment. Feelings come from our thoughts and our thoughts are made up of words, whether spoken out loud or not. We just naturally think in words.



And so it just goes that the words we speak, and the thoughts we have turn into feelings (vibes) and it’s those feelings/vibes that the law of attraction is checking for at every moment and then giving us more of the same.

Recently, in my graphic design business I was doing some *pro bono*\* work for an organization that I support and I was missing a tiny, but critical piece of artwork that I needed to get the job completed and off to the printer — and basically, out of my hair. I was also printing this job on my desktop printer to have something to send the printing company, when the machine ran out of ink.

So I glanced at the clock and it was 9:05 AM. I knew I had a 10:00 AM phone appointment with a new client that I couldn’t miss, I needed that artwork and it was about 15 minutes away from where I was by car, and I needed that ink. So I determined that I had enough time to get the artwork, pickup the ink and still make it back to my office in time for that appointment.

So I got in my car and as I was driving to pick up the artwork, I began to resent just a little bit that I was having to run out and get the artwork in the first place, I was more than a little upset that I had run out of ink in the middle of printing this job (forgetting that it was me who had failed to stock up adequately in the first place) and that all this extra running around just might make me late for an important appointment and I wasn’t even getting paid for the job in the first place. My mind went round and round like this and I had that familiar anxious feeling in the pit of my stomach when I looked up and there was a friendly policeman behind me with his lights on, pulling me over.

\* *Pro bono* means “for good” without being paid



*Never fold up your tent and settle for a comfort zone. You never know what might happen, or what will happen, if you give your dreams a shot.*

— Eric DelaBarre

## Just bad luck?

“This *pro bono* job just got even more expensive,” I was thinking as the friendly officer wrote out my ticket and told me to “be sure to drive safely.”

Now, lots of folks would say that’s “just the breaks” sometimes and that it was just bad luck that got me that ticket. But I soon remembered (you see we tend to forget this all the time) that it was the negative vibrations that I had created surrounding my feelings around the inconvenience of having to run out someplace and being in a hurry for a job I wasn’t getting paid for in the first place, that got me that ticket.

So, you see, I earned it fair and square.

And since I always try to see the lesson in the things that happen to me, I decided that this was the way the Universe had decided to get my attention and was telling me to slow down, that I was trying to do too much, and that I’d better stop and smell a few roses. So I did. (And I still made the phone appointment on time.)

So even though I know better, I continually have to be on my toes, watching my thoughts and my feelings. No, I don’t make myself crazy about watching every little thing that I think, but I have learned to be very attuned to what my body is telling me which allows me to *consciously* change my thinking and thus, my vibration.

There are lots of ways to raise your vibrations and you’ll find some articles about that and tips and tools and techniques at the *Great Living Today* website: <http://www.greatlivingtoday.com/articlesstories.php>

## A nifty tool for keeping track of vibrations

Something I like to do on a daily basis is to take a vibrational reading of myself just after I get up or sometimes even when I’m still lying in bed and pre-seeding my day. (That means visualizing my day going the way I want it to and how good it’s going to feel.)

What I do is ask myself how I’m feeling in that moment both mentally (emotionally) and physically based on a scale of 1 to 10, with 1 being not so spiffy and 10 being great. I rate myself somewhere along that scale for both.

Some days I get up and I may feel a little stiff or creaky and I might rate my physicalness at about a 5. Then I check to see how I’m feeling mentally and I may be really charged up about the day and so I might rate my mental/emotional level at about an 8 or a 9.

It’s both fun and beneficial to know where I’m at on any day because then I can adjust what I want to do that day accordingly. If I’m feeling crummy, I might not want to work on that new creative project.



*The Law of Attraction is a principle so startlingly simple, so infinitely powerful, that it will change your life forever.*



If I'm feeling pretty good, I might be ready to tackle just about anything. In all of it, though, I have a choice. I can either go with the flow and enjoy my day anyway, or I can get myself out of sorts and maybe get another ticket.

In the appendix located in the back of this playbook, you'll find a blank "Daily Vibrational Readings" form that you can print out so you can

**Daily Vibrational Readings for** *Marty Marsh*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/23/05	7 5	6 5	8 8	4 6	5 7	6 8	9 9
10/30/05	8 8	5 8	8 7	5 5	7 8	8 8	8 6
11/6/05	9 7	3 7	5 7	6 7	7 7	7 5	6 4
11/13/05	6 7	8 7	3 2	3 3			

start keeping track of your vibrations.

You certainly don't have to write your readings down so long as you are aware of what your body and mind is telling you every day. But writing them down is a fun way to get in the habit of

remembering to always be checking for what kind of vibrations you are sending out. Are they positive vibes or negative vibes?

### Here's some good news...

You can only send out one kind of vibration at a time. So when you notice that you're putting out a negative vibration, you can change it to a more positive vibe as soon as you notice.

It's really easy to check to see what kind of vibrations you've been sending out. If you're wondering what vibe you have about your relationships, just take a look at how your relationships are going. If you're wondering about how you're vibrating around money and abundance, then take a look at your checkbook or savings balance. Whatever you are getting in life will match the vibration you are sending out every single time.

You can learn a lot more about vibrations and how to manage them at the *Great Living Today* website and in the program, *The Year You Turn Your Life Around*: <http://www.greatlivingtoday.com/theyear.php>

#### Positive Vibrations

Peace  
Joy  
Love  
Abundance  
Comfort  
Happiness  
Contentment  
Excitement

#### Negative Vibrations

Anger  
Sadness  
Confusion  
Loneliness  
Lack  
Stress  
Disappointment  
Fear



*Attention is a tangible measure of love. Whatever receives our time and attention becomes the center of gravity, the focus of our life.*

— Wayne Muller

## The 3.5-Step Formula for Deliberate Attraction

Most people go through life just accepting that whatever comes their way is “just the way it is” and that they have no say or no control over any situation.

### Bad news and good news

The bad news is, YOU (and you alone) are in control of how you feel at any given moment and YOU (and you alone) are responsible for everything in your life.

Now, the good news is, YOU (and you alone) are in control of how you feel at any given moment and YOU (and you alone) are responsible for everything in your life.

What I really mean by this is that in every situation, no matter how bad or good it might be, we have the choice in how we react and how we feel. And how we feel — those vibrations we send out — will either get us more of the same, or we’ll change our thinking and get more of something else.

And when we actually become conscious of our thoughts; when we understand that it is our vibrations that are bringing either positive or negative things into our life, then we can begin to practice the art of *deliberate* attraction.

### Here’s where the fun starts.

There are 3.5 steps in the formula for deliberate attraction. Oh, we could just as easily say there are really four steps, but I don’t want you spending too much time on the first half-step. For a lot of people this is a pretty important step, even if it’s *not* a whole one.

And that half-step is simply this: get mad if you need to. Yep, you read that right. Get mad.

I’ve spent a good portion of my life struggling with the same problems over and over and year after year. Things like debt. Things like relationships that were no longer working. Wondering about my life’s purpose. Wondering when I’d ever get “it” right (whatever “it” was).

And it wasn’t until I got really mad at my own situation and at myself one day and basically shouted the words that good old Peter Finch as Howard Beale, the TV-anchor in the movie *Network* shouted, “I’m mad as hell and I’m not going to take it anymore!” that I finally felt free.



*Although what you encounter and what you do in each moment is appropriate and perfect to the evolution of your soul, the shape of the experiences of your life is determined nonetheless by the choices you make. It is you that chooses to linger in resentment, or to be consumed by anger, or enveloped in grief, or to release these lower-frequency currents of energy.*

— Gary Zukav

Old Howard was on to something there. Sometimes we just have to get so fed up with our situation, so fed up with how we've been living or existing, so fed up with our empty bank accounts, our bad relationships, our lousy jobs — that we literally have to decide that we aren't going to live this way anymore and that something has got to change.

Well, I'll tell you a little secret: the only thing that can change is you. Yep, you. Your attitude. Your way of thinking. Your vibrations. You are the only thing in this world that you have 100% complete control over. And because of that, you can change anything you like whenever you decide to change it.

So if you need to get off by yourself and scream a little (or a lot), yell a little (or a lot), cry a little (or a lot); whatever it is you feel you need to do to vent your frustration (so long as you don't vent on somebody else) then have at it. Get it out of yourself once and for all.

But don't spend a lot of time in this space. Get it out of your system and then move on to the next three steps and watch your life start to change for the better.

### Step 1: Identify your desire

Have you ever been out with a friend when she started talking about the lousy date she had the night before? Maybe she says things like, "I don't want a man that treats me badly." "I don't want a man that is always late." "I don't want a man who won't take me out for dinner."

Your friend, like most of us, seems to be pretty sure what she *doesn't* want. You may have said similar things yourself. "I don't want to be broke." "I don't want my boss to be mad today." "I don't want my clients to be late paying their bill." "I don't want to miss the bus."

We all seem to be pretty clear about the things in our lives that we "don't" want, but what would happen if you stopped and asked your friend — or yourself — well, what DO you want?

There are three little words in our vocabulary that we need to get rid of. And most of us have probably used those three little words already today, maybe even several times.

Those three little words?

### **DON'T, NOT and NO.**

We all use them don't we? (See, I used it there.) "Don't get mad." "Don't hesitate to call me." "I'm not upset." "Don't forget." "Don't be late." "I'm not judging you." "I have no idea." "No worries."

You see, your subconscious and conscious mind will simply filter out the



*If your life includes things you profess to hate, yet you continue to do them anyway, that too, indicates self-betrayal. For example, are you always complaining about being overweight, yet you continue to be? Do you fail to exercise, go back to school, change jobs, confront your dead marriage, get a date, get a hobby, or deal with the pain of abuse or neglect? If so, you can't possibly be living in concert with who you were originally designed to be.*

— Dr. Phil McGraw



words **don't**, **not** and **no**. Your mind only hears what comes after those words and so you set the law of attraction into motion and get more of what you just said that you don't want (there I go again!).

So, if I told you, don't think of a lemon, don't think about how hot it is., don't slam the door, don't play with the ball inside, what do you think your mind actually hears? Yep, even though I said "don't" I bet you still thought about a lemon, or how hot it is, and maybe you even slammed the door and tossed the ball in the house anyway.

Words, as you're learning, are very powerful things. And since words are the only way we have to communicate with ourselves and with others, we need to be more careful about what we say.

See if you can go the rest of the day without using the words don't, not or no. Better yet, catch yourself when you do hear yourself saying them (and you will say them) and see how you might rephrase what you said without using those words.

If you were to say: "Don't slam the door." You could say, instead, "Please close the door gently."

If you were to say: "Don't throw the ball in the house." You might say, "Please play with the ball outside."

If you were to say: "Don't forget." Maybe "Please remember" might be better. You get the idea?

And the only reason it matters is that we are trying to *avoid* creating negative vibrations and the words *don't*, *not*, and *no* so often set us up to get just the opposite of what we say we really want.

So the first step in the art of deliberate attraction is to learn how to harness the power of the law of attraction to bring you the kinds of things you want and less of the things you don't want.

### **If it feels good...**

Quite simply, if it feels good, do it. If it doesn't feel good, well, then stop it! When we get very clear about the things that we dislike, those things that don't feel good to us, then we are experiencing what is called contrast. From the law of attraction viewpoint, contrast is whatever puts you into a negative mood or creates negative feelings.

Ever notice how we like to spend time complaining about things? We do it all the time without even thinking about it. The grocery clerk was rude to us so we tell everybody who will listen how bad that made us feel. As soon as something doesn't feel good, we start complaining about it, talking about it, or telling everyone that we don't want it. And yet, that is exactly what we are offering to the law of attraction.



*You can't  
stop the  
waves, but  
you can  
learn to surf.*

— Anonymous

So here's the only time I'm going to tell you it's okay to use the word "don't." By observing the contrast happening in your life, that is, something that doesn't feel good and you've become very clear that you don't want that anymore, then you can also become more clear about what it is that you DO want.

So when you hear yourself saying, "I don't want that..." or "I don't like this..." then ask yourself, "So, what DO I want?"

You'll find another nifty tool in the appendix at the back of this playbook that will help you to figure out what you don't want, but more importantly, it will help you figure out what you DO want.

My mentor, Rebecca Hanson, calls this a T-Tool!™ because that is exactly what it looks like. You can either print out the one you'll find in the back or you can simply draw a line down the middle of a sheet of paper and then draw a line across the top of it so it looks like a big "T."

On the left side, label it "I don't want..." and on the right side, label it "I DO want..." and then decide what area of your life you'd like to get more clarity about. Maybe it's a relationship or maybe it's money. Use the sample below as a guide for how you might use a T-Tool for gaining clarity through contrast to bring about the things you want.

### My Money Issues

I don't want...	I DO want...
To have late charges on my statements	To always have money to pay my bills on time
To be broke all the time	To have plenty of money
To have so many bills	To have fewer bills because I can pay cash
To struggle to pay my mortgage	To pay my mortgage easily every month
To have to tell my kids we can't afford things	To be able to buy things that my kids want
To be stressed about money all the time	To feel comfortable about my money and not worry



*The greater the contrast, the greater the potential. Great energy only comes from a correspondingly great tension between opposites.*

— Carl G. Jung

## A word of caution

You don't want to spend a lot of time thinking about the things you don't want in your life. It's best if you think about them briefly and then move on to concentrating on the things that you *do* want.

But how long is briefly, you might ask. Well, there's no hard and fast answer there. It will be different for everyone and for every situation. If you are observing what you didn't like about a relationship, that old relationship may have to be observed for several years to get clear about what it is that you didn't like so you can get clear about what you do like. Same goes for if someone dies, it may take you years to observe that. And that's okay. Whatever works best for you.

I will suggest, however, that the quicker you can observe the things you don't like and pass them on into your past, then the quicker you'll start enjoying the many things that you say you do want.

## Step 2: Raise Your Vibrations

To raise your vibration simply means that you give your feelings more positive attention. A positive "spin" if you will.

You might liken your vibrations or your feelings to a hose connected to a spigot that is opened wide and water is flowing through the hose. If you are feeling good, if you are sending out positive vibrations, then metaphorically, the water flows unobstructed through the hose and out the other end. So long as the water is flowing you are feeling great.

Then a little pebble gets into the hose and gets stuck about halfway down and causes the water to not flow as much. That little pebble is like a negative thought or a negative vibe. It stops your flow and you don't feel as good.

Once you realize the pebble is there, you can remove it and the water starts flowing freely again.

Same way with your thoughts. Once you get used to paying attention to your thinking — the way you are feeling is your best indicator — then you can start to make little changes that will make your thinking more positive.

## Imaginary conversations

Ever notice that when you're anticipating having a conversation that might not go as well as you'd like with someone, that you start to run imaginary conversations through your head? You'll be in the shower and next thing you know you're all worked up because you've had this ongoing imaginary conversation that has not taken place and may not even go the way you are imagining. And yet, it gets you all stirred up



## Easy ways to raise your vibrations:

- *Sing*
- *Laugh*
- *Be thankful for something*
- *Breathe*
- *Get some fresh air*
- *Give yourself some love*
- *Send some love out into the world*
- *Do something unexpected and nice for someone else*

and upset and then your day really starts going bad. Having these conversations with yourself where you are trying to create a certain outcome will certainly lower your vibration.

Instead, have a conversation with yourself that gets you excited. If you're about to go on a vacation trip, do you find yourself filled with excitement and anticipation and eager to talk to people about the trip? You don't talk about how bad you think the weather might be, you don't talk about late planes or lost luggage. No, you talk about how much fun you are going to have. You talk about the food you will eat and the people you will meet.

If you knew a large check was in the mail to you, wouldn't you be excited about it? Wouldn't you be anticipating how great it will feel when you're holding the check; how good you'll feel as you deposit the check at the bank? Sure you would!

And you can do that with just about any situation or person in your life. Just turn it around and *really feel* how good it is going to *be* when you get what you want.

Now, I know that some of us are in some pretty deep doo-doo right now and the reason you might be reading this at this moment is that you're looking for a way out of a pretty desperate situation. First I'll say that there is always a way out. Somehow. But it may not be easy for you. Or quick.

### **Saying a few words of thanks**

I don't expect that anyone who reads this who might be on the verge of bankruptcy today can turn their life around by tomorrow and have a bank account full of money, or that someone whose spouse or partner may have just left them may feel like they'll ever feel whole again. Nope, it probably isn't going to happen that fast. But you can start *somewhere*, and that may mean that you turn your vibration up just a little bit at a time.

Perhaps you can find one little tiny thing to be grateful for. You're alive, right? Perhaps you can be grateful for that and raise your vibration a bit. Perhaps you have a spouse that loves you no matter what. You can be happy about that, right?

It's amazing what having a grateful heart will do for your outlook on life no matter how dismal things may seem. Sure, I know it's pretty hard to see the good in some situations especially when you just can't seem to see your way out of a mess, but there is probably at least one little thing for which you can be grateful. See if you can find it.

Nothing will do your heart and your feelings more good than being grateful for what you have no matter how little that might be.



*Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity.*

— Melody Beattie

Tonight, as you lay down to go to sleep, think about all that you have to be grateful for and then say “thank you.” Or better yet, write down all the things you are grateful for. The act of writing things down is very therapeutic and it will be something that you can look at over and over again.

Get yourself a nice journal so that you can keep track of your thoughts, the things you’re grateful for, the neat people you meet, the different events that happen, and evidence of the law of attraction working in your life.

### **Saying affirmations may not be such a good thing**

If you’ve been a student of metaphysics for a long time, you’ve surely been told about using affirmations. For most of us, affirmations just don’t work. And the reason they don’t work is because most affirmations are actually a lie. You’ll have a reaction to your affirmation based on how the words make you feel when you say them.

They don’t always make us feel good because we know we aren’t being truthful with ourselves. And when we aren’t truthful with ourselves, we create doubt in our minds. And doubt is the enemy of getting anything we want, as you’ll learn more about later on.

If you look in the mirror and say “I have a beautiful and slender body” and you really don’t, you’re likely thinking to yourself as soon as you utter those words, “No I don’t.”

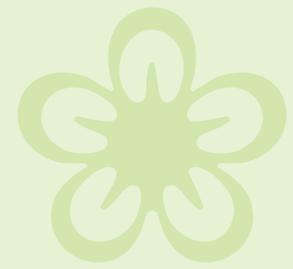
Or if you say to yourself, “I have all the money I need to pay my bills” when in fact you don’t, what is going to happen?

You’re only going to feel worse about your situation and after awhile, you give up on reciting affirmations altogether because they make you feel bad. They can lower your vibration.

Michael Losier, author of the book, *The Law of Attraction*, says, “Most affirmations don’t work because the Law of Attraction doesn’t just respond to words — it responds to how you feel, too.”

Perhaps a better way to use an affirmation, and to create a sense of truthfulness surrounding your statements, might be to try saying something like this instead: “I am in the *process* of having a beautiful and slender body.” You can believe that, right? Especially if you’ve already been taking steps to that end such as eating better and exercising more.

Or if money is your issue, you can always say, “I am in the *process of attracting* all the money I need to pay my bills.” And it would be the truth if you are *already* taking steps to improve your financial situation.



**Most affirmations don’t work because the Law of Attraction doesn’t just respond to words — it responds to how you feel, too.**

— Michael Losier

## Write a “statement of desire” instead

Writing a “statement of desire” is preferable to writing an affirmation and it is also a great way to raise your vibration. Once you decide what you want, you must stay focused on your desires to keep your vibrations high. A “statement of desire” will bring you more positive energy and whatever you want that much faster.

So for example, if you have a desire to buy a new car, you might say, “I want to own a new car.” Immediately, the Law of Attraction will start to put into motion the circumstances and events to bring the car to you. But if you’re like most people, you’ll likely sabotage yourself by thinking to yourself, “I can’t afford a new car.” What have you just done? You’ve told the Law of Attraction that you can’t afford a new car and you’ve stopped the flow of energy that was already working to bring it to you.

This is what we call “doubt.” And doubt can prevent you from getting what you want.

Doubt is that little voice in your head that says, “no you can’t” or “no you aren’t” or that *big* voice that says “what, are you crazy?” (We’ve all said that at one time or another.)

So you can banish doubt by writing your “statement of desire” something like this (using the example of wanting a new car):

“I am in the process of attracting all that I need to know, have, or do to attract a new car.”

Then you can write out a few sentences using feeling words such as these:

“I’m excited at the thought of having my new car.”

“I love how it feels when I think about driving my new car.”

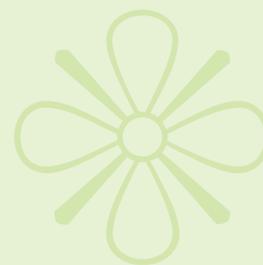
“I love knowing that my dream car is on its way to me.”

“It excites me to know that I will have my dream car soon.”

And then you can write down something like this: “I am delighted that the Law of Attraction is creating and orchestrating all that needs to happen to bring me my new car.”

Write out your “statement of desire” for every single thing that you desire and wish to manifest. And look at it and read it often. Don’t hide it away in your desk drawer. Use it to raise your vibrations.

Now, doesn’t that feel a lot better than reciting an affirmation that only creates doubt?



*Figure out  
what makes  
you feel good  
and do more  
of it!*

### Step 3: Allow it to happen

This is the most important step of the whole Law of Attraction process and often this is the step that most folks either don't learn in the first place or they just decide to skip.

Why is this step so important?

Many folks will make their lists of desires and write out a great "statement of desire" and yet still not attract the things they want. Most folks will tell you that they really want something and they really do, but it is usually *doubt* that trips them up and gets in the way of getting what they want.

So removing doubt is what we call "allowing."

Have you ever been listening to a guru explain something and when you ask him "how?" he tells you just "to allow it." Well, er, sure, but how? And the guru leans in real close and in a very mysterious voice says, "Just allow it." And then gives you that look.

You'll know you're allowing when you believe that what you want is possible and that you *feel* that it is possible.

But that still doesn't tell you how to allow.

Your doubt is very likely to come from some limiting beliefs you have about yourself. We all have 'em and it doesn't matter where they came from. Limiting beliefs are those thoughts we tend to have over and over and will surely send out a negative vibration.

Limiting beliefs sound like this:

- "I'm not good enough."
- "I don't deserve this."
- "It's really hard to lose weight."
- "I have no will-power."
- "All the nice guys are taken."
- "Opportunity only knocks once (and I was out)."

But remember? All thoughts can be changed.

Okay, you've decided on something that you really desire and right away you recognize that voice of doubt inside you saying something like, "yeah, right, that's not possible for me."

So stop right there and ask yourself, "Is there anyone else on this planet that is doing what I want to do or is having what I want?"

And if the answer is "yes," then ask yourself, "How many people have been doing this today? How about yesterday? Last week? Last month?"



*People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering.*

— St. Augustine

So going to back to the example we used before about getting a new car, you could ask yourself, “Is anyone else on the planet getting a new car today? Did anyone get one yesterday? Did anyone get one last week?”

And you know what the answer is? “Sure they did.” (I know that to be true because one of my friends just got a new car a few days ago.)

In fact, not only did my friend get a new car but hundreds and thousands of people all over this country and the world got new cars just in the last few minutes. And that is probably true for just about anything that you can imagine that you want for yourself.

New homes.

New boats.

New computers.

New lovers. Better lovers.

Big checks.

Anything that you want.

So if its possible for other people to get the things they want it is certainly possible for you to get the things that you want, too.

All that’s left to do is writing out your own allowing statement.

First, re-read your “statement of desire” or go back to your T-Tool™ and get in your mind what it is that you want.

Next, ask yourself, “Is there anyone else on the planet that is having what I want or doing what I want? If so, then how many people have been doing or having this today? Yesterday? Last week? Last year?”

Then, lastly, write out your allowing statement in the third person because often times, referring to ourselves only creates more doubt. (Remember the affirmations?) And just make sure that the statements are believable to you.

Some examples:

“Millions of people are buying new cars every day.”

“Millions of people are finding their true loves every day.”

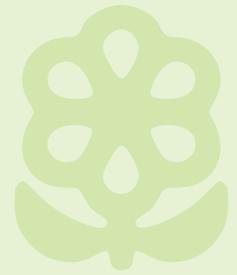
“Millions of people are working in jobs they love.”

“Millions of people have successful careers.”

“Millions of people are buying new homes every week.”

“Millions of people have happy and nurturing relationships.”

Sometimes we just don’t know exactly what we want or how to go about getting it and we can get pretty overwhelmed thinking about it and trying to figure it all out. So you might just need to let the Law of Attraction figure it all out and bring you the answers you’re looking for.



*If you want  
greater  
prosperity  
in your life,  
start forming  
a vacuum to  
receive it.*

*— Catherine Ponder*

## Let the Law of Attraction guide you to what you need

If you hear yourself saying things like:

“I can’t figure this out.”

“I don’t know what to do next.”

“I don’t know how to find the information I need.”

Just say to yourself, “I’m going to allow the Law of Attraction to bring me a solution.” Or, “I’m going to allow the Law of Attraction to figure this out for me.”

I was having a conversation with my friend and mentor, Rebecca Hanson one day, and she was telling me that she had been agonizing over some business problem she was having and was not able to come up with a solution.

And then she said she remembered, “I don’t have to figure it out! The Law of Attraction will do it for me.” And so she turned it over to the Law of Attraction right then and sure enough, in a matter of hours, she was presented with her solution.

And she didn’t have to worry about it.

She didn’t have to feel anxious about it.

She had to trust that the Law of Attraction would provide a workable solution for her. And it did.

And it will for you, too.

## We never stop learning

You know we never stop learning. I’d never tell you that I always do this right. I get caught up in my own stuff just like you do and sometimes I have to be forcibly reminded of what I already know: *that my vibrations and my feelings are the key to what I am getting.*

And as soon as I remember, I can change my feelings to something that feels better. It may not always be possible to feel good, but I can almost always feel better. You can, too.

You have my warmest wishes that you achieve all that you desire and that you have fun while doing it. I’m here to help in any way that I can.

If you need reminding on a regular basis (like I do), then you might want to subscribe to the *Great Living Today* newsletter, *Soul Food*, for a regular dose of tips and tools and reminders.

We offer a variety of teleclasses, many that are free, so that you can continually expand your horizons and learn new things and be reminded of those things you already know.



*Surround  
yourself only  
with people  
who are  
going to lift  
you higher.*

— Oprah Winfrey

We offer a continually expanding library of articles, each one designed to enlighten, inform, excite, and give you ideas for all the possibilities our wonderful universe provides.

We offer an ever expanding list of resources so that you can always expand your knowledge about the Law of Attraction and improve your chances of success.

Join our discussion groups that meet regularly on the phone from the comfort of your own home or office. No need to dress up or travel anywhere. You can join like-minded individuals who are seeking answers just like you are and we all learn from each other.

If you need some one-on-one coaching, I'm available to help you achieve your goals. Coaching is all about you and what you want. Coaching is a way to help you look inside of yourself for all the resources you have to achieve the things you want. Coaching is a way to expand your horizons. So no matter what issue or problem you may be facing, coaching can probably help you work through it. Coaching is for mentally healthy, successful people who want a little extra edge in the game of life.

And, I'd love to hear your stories. Your stories of triumph and struggle. Your stories about living life on your own terms and getting the things you want. You know, your stories inspire others. So don't keep them all to yourself, share them with the world.

*So write me or e-mail me:*

marty@greatlivingtoday.com

Marty Marsh / Great Living Today  
31855 Date Palm Dr., #3-406  
Cathedral City, CA 92234

All the best to you on your journey.

With warmest regards,



Visit the Great Living Today website at  
<http://www.GreatLivingToday.com>  
to learn more about all the ways you can live a  
great life today and forever.



*I don't need to completely understand the big picture to know that my role is important. I don't have to know the destination to know I'm headed in the right direction.  
Though I may not know where I am going, I'm not lost, I am exploring.*

*— Jana Stanfield*



[www.GreatLivingToday.com](http://www.GreatLivingToday.com)



## Law of Attraction Resources

There are many resources available for you to learn more about the Law of Attraction and other techniques for raising your vibrations to get the things you want. Here are a few, below.

Visit the Great Living Today web site for a continually expanding list of resources, books and articles. <http://www.greatlivingtoday.com>

If you'd like to learn more about how you can become a Certified Law of Attraction Practitioner, visit the Law of Attraction Training Center on the web at <http://www.lawofattractiontrainingcenter.com>

There are many ways to raise your vibrations. One of the best ways to help yourself feel better instantly is with the tapping technique known as EFT (Emotional Freedom Technique). This is a method to also help with eliminating bad habits and replacing them with better habits. You can learn a lot about EFT from Carol Look at her website <http://www.carollook.com>

One of my mentors is Michael Losier. Michael has a way of helping you understand even very complicated things. You can check out his work at <http://www.lawofattractionbook.com>

Esther and Jerry Hicks along with Abraham are the folks who pretty much started the modern Law of Attraction movement. You can learn a great deal about Law of Attraction and other life journey's at their website: <http://www.abraham-hicks.com>

Lynn Grabhorn was another modern-day pioneer in the field of Law of Attraction and her best known book, *Excuse Me, Your Life is Waiting* is one of the seminal volumes in LOA literature and a must read. Lynn has transitioned but she lives on at a website that still shares her work: <http://www.wisdomcd.com/lynngrabhorn.cfm>

You might also be interested in Lynn Grabhorn's "Excuse Me, Your Life is Waiting Online Course." You can learn more at this website: <http://tinyurl.com/9rlg8>

It appears that our world is a very scary place and that many people are living in fear. It really doesn't have to be that way. There is hope and there is a way to live in this world and not have it get the better of us. Visit Julia Rogers Hamrick on the web and learn more about Recreating Eden: <http://www.juliarogershamrick.com/>



Why the flowery theme throughout this play-book and the Great Living Today website?

Flowers symbolize renewal and growth. We are all like flowers. We go through times of our life when we may lay dormant with few signs of life, and then there are other times when we are blooming and growing.

It is my desire that from this moment forward you are only growing and that you bloom often!

Is that your desire for yourself as well?

# Daily Vibrational Readings for \_\_\_\_\_

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--

WEEK OF							
---------	--	--	--	--	--	--	--





This is not the end, it is only the beginning.

The beginning of your greatest life.

Visit the Great Living Today website to find free resources and to learn more about the Law of Attraction programs being offered:

[www.GreatLivingToday.com](http://www.GreatLivingToday.com)