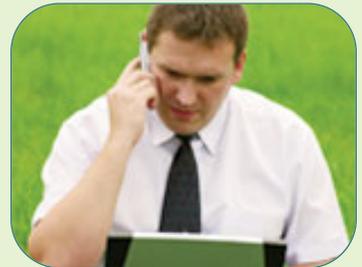


Law of Attraction for Everyday Living

How to Become the
Master Designer of
Your Greatest Life

By Marty Marsh

Chief Clarity Officer
Great Living Today



Law of
Attraction
for
Everyday
Living



By Marty Marsh
Chief Clarity Officer & LOA Coach



www.GreatLivingToday.com

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All of my family and many others who
were teachers unaware.
Blessings to you all.



www.GreatLivingToday.com

By Marty Marsh

Chief Clarity Officer & LOA Coach

Edited by Gizelle S. River

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.

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Introduction

Law of Attraction for Everyday Living

Hi, my name is Marty Marsh and I've written this e-book to create an opportunity for you to make a winning decision. If you are ready to create a major turning point in your life, then I've been expecting you! If you have been looking for a no-nonsense, practical, dependable and proven method to become the master designer of your life, then I've been expecting you. If you're the kind of person who wants a clear and easy how-to-do-it approach to make important changes in your life and get the results you've been looking for, then I've been expecting you.

Become the master designer of your life.

If you are like most people and you simply want to get more of what you want in your life and less (far less) of what you don't want, then you've come to the right place. If you've been searching for tried and true proven techniques to create changes that will last your lifetime, then keep reading and find out for yourself why I believe you are reading the ideal book for you! You're about to discover a powerful Universal Law that has been governing your life and your world and I'm going to teach you how to use it to unleash its prevailing force to your advantage. As you learn some very basic things about how it works, you will quickly understand how you will be able to quite literally design and predict everything that is going to come into your life—for the rest of your life!

You'll want to experience this for yourself.

Does that sound too good to be true? I thought so too, but as we get to know one another you'll quickly see that I'm only teaching something that has worked for me and for hundreds and thousands of other people who are just like you and me. This Universal Law has been around since the beginning of time...so keep reading—it's something you'll want to experience for yourself and share with all your loved ones.

I've been a student of metaphysics for quite a few years now. I've also read almost every self-help book available—and some I simply bought, hoping to get good vibes just from owning them.

Even though I understood intellectually what I could be doing to improve my life, somehow I couldn't seem to get to where I wanted to be. I had the knowledge yet I still continued to struggle with the how-to-do-it part. When I tried to apply a 'process' to my life that promised the sort of improvements

I wanted, much to my dismay, I still ended up attracting things, experiences and people into my life that I really didn't want.

Time after time, I've written down my goals, set time-lines, and burned candles and incense. I've tried to meditate and have fallen asleep. I've started routines and rituals. I've set intentions and made resolutions. I've looked in the mirror, repeating affirmations over and over and over again. Many times I've made good progress but still I've fallen short of my mark. More than once, I've cried. (Does any of this sound like you?)

At long last, I understood what I needed to do.

And then I discovered the *Law of Attraction*. Suddenly, it was like a bright light came on. Finally I learned why I was not getting the things I wanted and at long last I understood what I needed to do differently to achieve my goals. Good things started happening for me. I'm amazed at the wonderful things I attract into my life every day, and I want you to learn how to attract also. I want to share what I've learned about the Law of Attraction so you can attract the things you want and not the things you don't want.

That's the reason why this *Law of Attraction for Everyday Living* program is so different from other programs you'll encounter—I've got theory to help you understand and tons and tons of 'how to' to accelerate your learning. So get ready to start living the Law of Attraction everyday for the rest of your life. I'm so pleased you're here.

Marty Marsh

Chief Clarity Officer
Great Living Today

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*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, Minister, therapist, best-selling author



Chapter 1

Law of Attraction for Everyday Living

The Law of Attraction — What is it?

Most of us know by now that we live in a world comprised of a system of ‘Energy’. As human beings, we each generate or emit a distinct energy field around our physical body. And modern science can actually focus a fancy machine on us that creates an image of all the energy waves that make up our energy field. More than that, those same scientists can ask us to think different thoughts and when we do that, our energy waves change to positive or negative vibrations, depending on what we are thinking. We are living in extraordinary times because at long last, science has provided us with indisputable proof that our thoughts are made up of energy too!

Like attracts like.

A lot of people call energy waves vibrations or vibes. Simply put, your vibes are like radio frequencies with a magnetic charge added to them. Any *stuff* (particles of matter) in the Universe that resonates with the same frequency as your vibration, is magnetically pulled towards you. The stronger your vibrations are, the stronger your own magnetic energy field or *attraction zone* becomes. There is a powerful Universal law called the Law of Attraction that governs all energy in the Universe. It works by taking a reading of the vibrations you give off, send-out, or emit in every moment of your life. Then the Law of Attraction causes your *attraction zone* (your energy field) to magnetically pull towards you other energy that is *vibrating with the same frequency* that you are generating. As this matching energy moves towards you, your magnetic *attraction zone* gets stronger and stronger, so more and more matching energy is gathered up and pulled towards you. Simply put, *like attracts like* and eventually all that energy shows up in your life as something (thing, person or experience) *you’ve attracted into your physical reality*.

Your vibration reacts to whatever you give your attention, energy and focus to. If you’re focused on something positive, you generate a positive vibration. If your attention and energy is focused on something negative, you generate a negative vibration. In short, like attracts like so whatever you give your attention, energy and focus to, the Law of Attraction always governs the *vibrational* world and causes more of what you are vibrating to move towards you, whether you want it or don’t want it and whether you believe in the Law of Attraction or don’t believe in it.

Definition of the Law of Attraction:

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

It makes sense that we'd want to learn how to benefit from this Universal Law by changing our thoughts so we only attract things deliberately. Learning to *deliberately attract* is the ONLY way to get more of what we want in our lives and less of what we don't.

What you focus on with thought and feeling is what you attract into your experience, whether or not it's something you want.

*Bob Doyle, Personal Development Product Reviewer,
Law of Attraction Teacher*

Remember it is all about vibes — always.

The fundamental key to deliberately applying the Law of Attraction successfully is to always remember that *it's all about vibes*. A chain reaction occurs with each thought we create. Our thoughts create our feelings. Our feelings immediately affect our vibes, causing us to generate either positive or negative vibrations. The Law of Attraction responds to the vibes in our *attraction zone* and causes matching vibrations to be pulled towards us. Our attraction zone attracts positive or negative *stuff* into our lives, depending on what is dominating our energy field.

We attract or manifest things, experiences, situations and people into our lives that match the vibes in our *attraction zone*. If our *attraction zone* is dominated by positive vibrations, we'll manifest more positive stuff into our lives. If our attraction zone is dominated by negative vibrations, we'll manifest more negative *stuff* into our lives.

All you need to do to strengthen the power of the *positive vibrations in your attraction zone* is to change your thoughts. It's your thoughts that cause the whole chain reaction to occur. Changes are simple to make because the Law of Attraction works from a specific formula. Once you learn the formula you can deliberately apply this Universal Law to your life.

Our job as humans is to hold onto the thoughts of what we want, make it absolutely clear in our minds what we want, and from that we start to invoke one of the greatest laws in the Universe and that's the Law of Attraction.

*John Assaraf, Star of the hit movie The Secret and along with Murray Smith,
co-founder of the OneCoach Business Mastery Program*

The 3-Step Formula for Deliberate Attraction.

- **Clearly identify your desire**
- **Give your desire lots of attention**
- **Allow it (it's not your job to figure out HOW it will manifest in your life)**

What's my vibe? Can I tell what vibe I'm sending out?

We use a plethora of words to describe numerous different emotions but there are only two basic categories that *all emotions* fit into. Some make us feel good and some make us feel bad. Whenever you feel good you are sending out or emitting a positive vibe. Whenever you feel anything else besides 'good' you are sending out a negative vibration. It's that simple (you are going to hear me say that a lot)!

We've all been referring to vibes most of our lives—we've just been using other words. Haven't you walked into a room or passed by a building and thought to yourself, "Wow, this place sure has a nice feel to it?" That's a vibe (vibration) you are referring to. And most of us can remember an experience of meeting someone for the first time and thinking, "What a nice person! I think I'll get to know them better!" You've noticed their positive vibe and are responding to it!

The Law of Attraction at work.

Let's pause for a moment, and take a look at the Law of Attraction at work. Imagine that it's Sunday afternoon and you're having fun with your family or friends. Maybe you've been watching a ball game, or you've had a picnic, or maybe you've just spent a cuddly day in bed watching videos and snuggling with your sweetheart.

Then somebody says, "Gee, I'm sure dreading going back to work tomorrow. I can't believe it's going to be Monday again already. My job stinks." As you hear those words, you notice you are beginning to feel little stirrings of dread, anxiety, depression or some other emotion that feels yucky. You may not be able to quite put your finger on it, but the bottom line is your feel-good-feeling has been replaced by one that doesn't feel good at all.

And there you have it. That yucky feeling does little flip-flops in your belly while 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! Now your thoughts are on a roll, and you begin an all too familiar, slow slide down in to the dumps.

The dreaded 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 are asking yourself, "Why didn't I just stay in bed in the first place?"

Then your 10:00 am client cancels. Your boss asks you to work through lunch. You play endless and frustrating phone tag with your many prospects. Your co-workers constantly complain to you about all 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 is not necessarily restricted to Mondays. At some time or another we all go on these downward spins of varying degrees from feeling good to feeling lousy. Now you understand that you've gone from generating a positive vibration to generating a negative one.

Remember our definition for the Law of Attraction: *You attract into your life, whatever you give your attention, energy and focus to, whether wanted or unwanted.*

The Law of Attraction says we'll give you whatever it is you say and focus on. And so if you're complaining about how bad it is, what you're creating is more of how bad it is.

Jack Canfield, Founder and co-creator of the best-selling series Chicken Soup for the Soul

Starting right now, I'm going to teach you how to increase your awareness of your vibrations so that when you notice you are sending out a negative vibration, you will be able to change it into a positive one instead. That will keep your attraction zone more positive and allow you to manifest more of what you want and less of what you don't want.

How do I track my vibe?

To become more aware of your vibration, you need to observe your feelings. In a short time it will become second nature to you but for right now, you'll need to deliberately create a new daily habit. The best way to make sure you are increasing the strength of your positive vibes (to attract more of what you want) is to start each day off right.

Something I like to do every morning is take a vibrational reading of myself just after I get out of bed or even a few minutes before. I ask myself how I'm feeling in that moment based on a scale of 1–10 (with 1 being not spiffy at all and 10 being 'great'). I rate myself somewhere along that scale.

Some days I may get up and feel a little stiff or sore and cranky to boot so I rate myself at a '5' or less. If I'm feeling the least bit crummy, I pick something from that day's 'to-do' list that I can do right away that will quickly give me a feel-good-feeling. Or, if I can't physically do something, I quickly focus my thoughts on something that feels good, so I can generate a positive vibration instead of a negative one. (Taking a walk is an excellent way to raise your vibration if you're feeling a little down.)

If I've rated myself at an '8' or '9', that means I feel really charged up about my day and I go ahead and tackle just about anything with a confidence that it will turn out great because my vibration is so positive (which means I'm all set to attract more positive *stuff*).

Your thoughts and feelings create the attraction.

At first, I had to set aside a specific time to track my vibe by noticing what I was feeling several times a day but now it's become second nature to me. I start each day tracking my vibe by forming the

intention to monitor my feelings throughout my day and therefore, I simply check in with myself more often.

You certainly don't have to write down your readings each time you check in with yourself. The goal is to develop and sharpen your awareness of your vibes. It's not necessary to write down anything but writing something down is fun because you can measure your budding success at developing this very important habit. I've created an easy-to-use Tracking Form to help you get started. You'll find it on the next page or on my website at <http://www.greatlivingtoday.com/resources>

Our feelings are a feedback mechanism to us about whether we're on track or not, whether we're on course or off course. See it's the feeling that really creates the attraction not just the picture or the thought.

Jack Canfield

Here's some really great news! You can only send out or emit one vibration at a time. So when you notice you are generating a negative vibration, you can change it to a more positive one as soon as you are aware of it. And it gets even better! The Law of Attraction doesn't keep score of your vibrations. It is a law that only works in the now. You don't have a track record of your past with the Law of Attraction; you just have THIS moment right now. *Like attracts like* so whatever vibes you are generating, positive or negative, you are attracting more of the same in this very moment.

Feeling and thoughts exist simultaneously.

It's pretty obvious from my little story that our feelings tell us what our vibration is like and it's as easy as one-two-three to change a negative vibe into a more positive one—just change your attention, energy and focus starting with your thoughts.

Feelings and thoughts exist simultaneously. Thoughts generate specific feelings. Feelings generate positive or negative vibes. Change your thoughts to change your feelings and you'll change your vibe!

How do I change my thoughts?

Words! Words! Words! Change the words you are thinking and you'll change your feelings at the same time. When your words change your vibration changes right along with them.

Some people think in images. Need to change your vibe? Change the images or pictures you are creating in your mind. Change the picture to change your feelings. Your vibes change too!

What are you giving your attention to? What are you observing? Whenever you observe anything at all, you are giving it your attention, energy and focus. Change what you are observing and you'll change your vibe at the same time.

Remember, what you observe, think about, imagine, visualize, day dream or talk about determines

your vibe. You run the control room of your thoughts therefore you control your *attraction power*. Anytime your mind is engaged, you are affecting your *attraction power*. You can live your life by total design. Learn to be the master controller of your thoughts by deliberately choosing what you will give your energy, focus and attention to. That's what *Deliberate Attraction* is all about.

A deliberate attractor accepts responsibility for their vibes and their *attraction power*. A deliberate attractor practices awareness of their thoughts until it is second nature, and changes their negative vibes by changing what their mind is focused on.

Negative thoughts bring unwanted experiences into our lives.

A non-deliberate attractor attracts all kinds of unwanted negative energy into their life, like I did recently. A while back in my graphic design business I was doing some *pro bono* (*pro bono* means *for good* without being paid) work for an organization that I support and I was missing a tiny, but essential piece of artwork I needed to get the job completed and off to the printer—and basically, out of my hair. I was using my desktop printer to finish the job when it ran out of ink.

I glanced at the clock and it was 9:05 a.m. I knew I had a 10:00 a.m. phone appointment with a new client I couldn't miss. I needed that artwork ASAP and it was a 15 minute drive away. I also needed ink, so I decided I had enough time to get the artwork, pick up the ink and still make it back to my office in time for my phone appointment.

I got in my truck and as I was driving to pick up the artwork, I began to feel a little bit resentful of all the time this *pro bono* project was eating up. 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 adequately stock up on ink in the first place). I also felt little waves of stress running through my belly as I thought about how all this running around could very easily make me late for that important phone appointment.

My mind was going round and round with this negative stuff when suddenly I glanced up at my rear view mirror and spotted a policeman behind me with lights on; instructing me to pull over. "This *pro bono* job just got even more expensive," I said to myself as the friendly officer wrote out my speeding ticket and told me, "Be sure to drive safely!"

Now, lots of folks would say it was just 'a lousy break' or 'bad luck' that got me the speeding ticket. I would have agreed with them in the past. Now, however, I know the Law of Attraction is always at work, and that I am pulling more *stuff* that matches my vibration towards me with every thought I create. I realized it was, of course, the negative vibrations I created with my resentful thoughts and anxiety about missing my phone appointment that attracted a speeding ticket into my life. From a vibrational point of view, that ticket was fair and square! I manifested it!

Even though I usually know better, I knew in hindsight that I hadn't been aware of the vibes I was sending out. I had a friend tell me to look at the 'good side' of the experience which was that I manifested something very quickly (the speeding ticket). She reminded me that I was in a process of developing sharper awareness of my *attraction power* and this was the Universe reminding me that the Law of Attraction is always on duty obediently reading my vibes and sending more of the same towards me.

I don't drive myself batty by thinking I need to scrutinize every thought that pops into my head, but I am steadily developing this sixth sense that lets me know what my feelings are telling me about the vibrations I am generating.

By the way, after the police officer pulled away, I knew I needed to change my vibration, so I stopped my truck at a roadside rose garden and literally got out and smelled some roses. I reminded myself to live in the now and *deliberately* generate a feel-good-feeling. After taking in their exquisite perfumed scent I even made my phone appointment on time!

You are still reading this and that means that on a vibrational level, you are a match for this knowledge coming into your life in this very moment. It means you are not getting enough of what you really want and like me, you've been at the receiving end of some unpleasant negative experiences. It also means that you are the kind of person who is willing to take responsibility for the kinds of things you attract into your life. Best of all, it means that you are ready to develop a brand new perspective that will allow you to use the Law of Attraction in a deliberate way to manifest any desire you may have.

The best way to glean the full benefit of this manual is to first listen to the "*Living the Law of Attraction Introductory Teleclass.*" This free class recording will give you the big picture of the Law of Attraction and how it governs our Universe. Then, come back to this manual and integrate the step-by-step process of how to successfully become the master designer of your life as you learn to deliberately apply the Law of Attraction to your life.

So before going any further, act now—it is the perfect time for you to download and listen to this Teleclass recording—and it's free. Listen to it here: <http://www.greatlivingtoday.com/introclass>

Then come back and dive deeper into this manual and begin your long-awaited opportunity to *live the Law of Attraction everyday of your life*. You'll happily discover that this *how-to* book is filled with all kinds of tips and tools and interesting quotes that will accelerate your learning.

A Deliberate Attractor.

Remember, the only person you can control is yourself. You run the control room of your attraction zone. You can live your life by total design. Decide from now on what you will give your energy, focus and attention to. What you observe, think about, imagine, visualize, day dream and talk about determines your vibe. A deliberate attractor:

- ❖ Accepts responsibility for their vibe.
- ❖ Practices awareness until it is second nature.
- ❖ Changes their negative vibe by changing their words, thoughts, observations, and pictures in their mind.
- ❖ Strives to give ALL their attention, energy, and focus to anything that makes them feel good.

It's really so simple. It's right there, the answer! What am I attracting right now? Well, how do you feel? I feel good. Well good, keep doing that.

Bob Doyle, Personal Development Product Reviewer, Law of Attraction Teacher



Find something that feels good...that resonates with your heart.

Dr. John Gray, Psychologist, international speaker and author of the best-selling relationship book, Men Are From Mars, Women Are From Venus

LOA Tool

Make a “Feeling Good” list!

Now that you know how to track your vibrations and why it is so important to change a negative vibe into a positive one, I want to give you an excellent tool. Use the form on page 16 or take out a fresh piece of paper and at the top write the question, “What makes me feel good?” Take as long as you need to include anything and everything that you have done, are doing, or could do to duplicate a few moments of feeling good. You could list activities, memories, a favorite song, an experience with someone special, a place, a moment in time, a story, a favorite daydream, or a joke etc. This list becomes your unique, originally exclusive list of tools to change your vibe!

You may even want to categorize your ‘tools’. If you don’t have the time to actually DO something that feels good, you can create the habit of THINKING about something that generates a good feeling.

Personally, I have two lists. One has things I can do in the blink of an eye (thoughts, visualizations, recreations of a picture or memory in my mind). My other list has activities (like focusing on a flower up close as if I've never seen one before) ranging from 30 seconds to 5 minutes or longer if I want!

How do you feel? Is your vibe negative? Need to change your vibration? Pull out the tool of your choice and use it until you notice your feelings beginning to change. Good! That means your vibration is starting to become more positive. In no time at all you will reap the benefits of generating a more positive vibe.

Keep this “Feeling Good” list handy. Post it somewhere you’ll see it often. (The bathroom seems to be the most popular place.) Refer to it often and soon you’ll be carrying it around in your mind. Changing your vibe is a snap when you have the right tools close at hand!

It's really important that you feel good, because this feeling good is what goes out as a signal into the Universe, and starts to attract more of itself to you. So the more you can feel good, the more you will attract the things that help you feel good.

Dr. Joe Vitale, MSc.D., Metaphysician and marketing specialist

Chapter 1 Summary

- ✓ Practice awareness.
- ✓ Your feelings tell you whether your vibration is negative or positive.
- ✓ Choose to change your vibe. You're in control of your attraction zone..
- ✓ Change your vibe by changing your words, your thoughts, your pictures in your mind, or choose to observe or engage in something positive. It may only take a few seconds to change your vibe.
- ✓ Make a “Feeling Good” list. Keep it within easy reach. Add to it. Memorize it so it is there when you need it!
- ✓ A deliberate attractor carries their tools wherever they go.
- ✓ The reality of your life TODAY is a product of the thoughts→feelings→vibes you've been giving off (unintentionally for the most part), in the past.

Remember: You can only send out one vibration at a time!

Whatever you're thinking about you will attract.

Bob Proctor, featured in the hit movie, The Secret and teacher of the Law of Attraction.

Chapter 2

Law of Attraction for Everyday Living

It's All About Vibes

Four words that every answer to any question about the Law of Attraction will begin with.

I always like to pause at this point and paint a broad picture of the Law of Attraction. I've said over and over that the only thing you have to do to turn your life around is to change your thoughts. And as I continue to share this information I know you are going to have questions along the way. This is a great time to give you this information because the answers to every single question you will ask will always begin with these four words: "It's all about vibes."

Now I know that many of you are thinking, "How can you know the answer Marty; I haven't even asked the question yet?" Read on and by the end of Chapter Two you'll be nodding your head in amazement.



Quantum physics supports the Law of Attraction.

As scientific technology grows more and more sophisticated, scientists who study Quantum Physics, are able to break down 'stuff' into smaller and smaller components. (In other words, their microscopes are definitely not the ones I used when I was in school!) Now, for the first time, science can prove that everything in this Universe (physical and non-physical) is made up of *the same* energy packets (quarks); and these energy packets all vibrate at various frequencies. It is the nature of these 'frequencies' to 'attract' themselves to vibrations of a similar frequency. In other words, one 'cluster' or field of energy magnetically attracts itself to other 'clusters' or fields of energy that resonant with the same vibration or frequency.

We (everyone and everything) are all 'One'.

We are living in very exciting times because for the first time, science is now 'seeing' proof of what generations of spiritual masters have always said—we and everything around us are all 'One'. Energy vibrating at a certain frequency attracts other energy vibrating at the same frequency.

We are vibrational beings living in a vibrational world.

Like attracts like, whether it's on a very small scale or very large scale. This includes our thoughts too! Our thoughts are vibratory and therefore, they are highly changeable clusters of energy. Our Universe is a vast sea of energy. Our minds and bodies are not separate and distinct from this vastness. We (as vibrational beings) are packets of vibrating energy that are constantly interacting with this vast expanse of Universal Energy (vibes).

You create your own universe as you go along.

Winston Churchill 1874-1965.

This Energy is influenced by our thoughts. It is shapeable, formable, and moldable. As Creators, we shape, form and mold the Energy of the Universe through our thoughts. We transform the Energy of our thoughts into the Energy of our reality.

Kate Corbin, Author

Mindset allows for convenience and comfort.

The mindset that all of us develop from birth onwards creates an illusion of separateness so that we decode this massive sea of vibrations into our perceived 'material world'. We go through life making a distinction between these states: solid, gas, liquid, person, plant, animal, insect etc., not understanding that the distinctions we make are for our convenience and comfort.

If we all agree to participate in a socially shared mindset, it's convenient when we relate to one another and for the most part it keeps us comfortable with one another. No one likes to be marginalized for saying, "Look what's new. Do you like what I just manifested into my current *attraction zone*?" Most of us prefer instead, "Do you like my new car?" It doesn't feel as weird only because we are unintentionally agreeing to share the same mindset.

"No solid object is solid. It is made up of rapidly flashing packets of energy. Billions and trillions of packets of energy. They flash in and flash out of that space where the 'object' is. They do not just stay there. So, why does a human body or a car look like a solid continuous object when we now know that it is actually a rapidly flashing field of energy? Think of a TV image. When you watch a movie, you see a person walk across the screen smoothly, yet in reality it is just a film reel with 24 slightly different frames a minute so your eyes do not detect the gap between the frames. Even each of those frames is a composition of billions of light photons flashing at the speed of light. That is what your world is – a rapid flash that causes an illusion of being 'solid' and 'continuous'. Once you understand what your world is really, truly, you start to understand its true behavior and nature. You then change your view of it." — David Cameron, *A Happy Pocketful of Money*.

You are willing to adopt a new perspective.

You are willing to adopt a new perspective (I know that because you are reading this ebook and not something else). And that's why the essence of the Law of Attraction is to imagine yourself putting on a new pair of vibration glasses that give you a new view of the vibrational world we all live in. You'll change your thoughts by adopting a new perspective.

It's a Small World After All

**It's a small world after all.
It's a small world after all.
It's a small world after all.
It's a small, small world.**

*It's A Small World (After All), Lyrics and Music by
Richard M. Sherman/Robert B. Sherman*

It's all about vibes!

It IS a small world! Everything that exists in this very moment and everything that will be created in the future (your future reality) has its root source in this vast universal sea of vibrating energy.

*Your thoughts are the tools with which you carve your
life story on the substance of the Universe. When you
choose your thoughts, you choose results.*

Imelda Shanklin

It takes a new perspective to interact successfully with a world of vibrations.

As you continue to learn and practice the Law of Attraction, you'll understand at a deeper and deeper level that it takes a new perspective to interact successfully with this world of vibrations.

Every tip, tool, and reminder I offer you is built on this foundation called *your attraction power* (that's you generating energy, frequencies, pulsating waves, or vibes). And most importantly, the answer to any question you'll have in the future begins with the same four words (every single time). That's why I included this catchy little tune to jog your memory...it kind of sticks in your mind doesn't it! After all, "It's a small, small world."

Every time you have a question, the answer will always begin with these four words:

① It's ② all ③ about ④ vibes

All that we are is the result of what we have thought.

Buddha

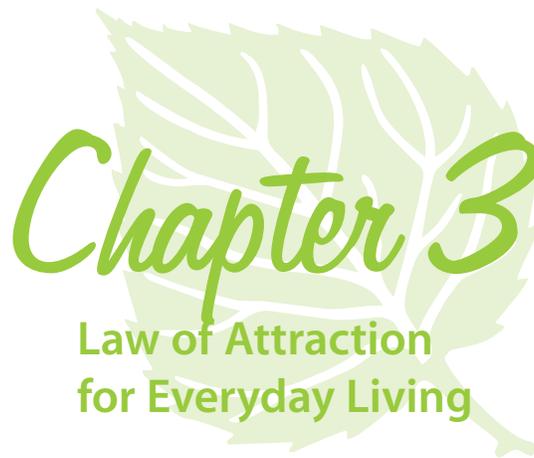
Chapter 2 Summary

- ✓ We are vibrational beings living in a vibrational world.
- ✓ It is the nature of vibrations to attract to themselves, vibrations of similar frequency.
- ✓ We (as vibrational beings) are packets of vibrating energy that are constantly interacting with a vast universal expanse of energy (vibes).
- ✓ This vast universal sea of vibrating energy contains the root source of everything that exists in this very moment and everything that will be created in the future (your future reality).
- ✓ It takes a new perspective to interact successfully with this vibrational world.
- ✓ It's all about vibes: four words that answer every question about the Law of Attraction.

Man becomes what he thinks about.

Morris Goodman, Dubbed "The Miracle Man"

Morris Goodman made headlines in 1981 when he recovered from horrific injuries after crashing his airplane. He was told he would never walk, speak, or function normally again, but today Morris travels the world inspiring and uplifting thousands of people with his astounding story.



Chapter 3

Law of Attraction for Everyday Living

What Motivates Us to Have Desires?

*You deserve to be happy, you deserve to be joyful,
you deserve to be celebrative....*

*Lisa Nichols, featured in the movie, The Secret, and best-selling author of
Chicken Soup for the African-American Soul Series*

When you have a new desire you will want to “Give it your attention, energy and focus.” It is very important that you attach a feeling or an emotional state to that desire. Our feelings generate our vibrations. The more you emote when you think about a new desire, the stronger your attraction power will be! The stronger your vibration is with regard to this new desire the faster you will manifest or attract it. Here’s a simple tip to get you started.

Tip: Ask yourself, “Why?”

1st Example:

- Name your desire — I want a piano — “WHY?”
- I love to play one — “WHY?”
- It relaxes me — “WHY?”
- It feels good — “WHY?”
- No matter what, when I play piano *it always makes me feel happy.*

2nd Example:

- Name your desire — I want more money — “WHY?”
- I’ll feel more secure — “WHY?”
- I’ll have more choices about where I live, what I can do and what I can buy — “WHY (do you want more choices)?”
- I love feeling free — “WHY (do you like feeling free)?”
- The more freedom I have, the happier I become. *More choices means more freedom and more freedom means more happiness.*

*Success is not the key to happiness.
Happiness is the key to success.*

*Albert Schweitzer, 1875-1965, German philosopher,
1953 Nobel Peace Prize winner*



*On the whole, the happiest people seem to be those
who have no particular cause for being
happy except that they are so.*

William R. Inge, 1860-1945, English clergyman and writer

Happiness motivates each and every desire.

When you boil it down, *happiness* is at the root of each and every one of your desires. You came into this life pre-designed to seek out *happiness*, everywhere and all the time!

YOUR *ultimate happiness* is what motivates you to HAVE a desire in the first place.

Seeking happiness is what generates each new desire.

Feeling happy is what you were pre-designed for.

What makes YOU feel happy is as unique as your fingerprints.

*People take different roads seeking fulfillment and
happiness. Just because they're not on your road
doesn't mean they've gotten lost.*

H. Jackson Browne, Author of Life's Little Instruction Book



*Now and then it's good to pause in our pursuit
of happiness and just be happy.*

Guillaume Apollinaire, 1880-1918, Poet and modernist

**Happiness isn't just one feeling. It's
actually a category of lots and lots of feelings.**

The beautiful thing about the Law of Attraction is that you can begin where you are, and you can begin to think, real thinking, and you can begin to generate within yourself a feeling tone of harmony and happiness. The Law will begin to respond to that.

Rev. Dr. Michael Beckwith, featured in the movie The Secret, author and keynote speaker



Inner happiness actually is the fuel of success.

Dr. John Hagelin, featured in the movie The Secret, award winning physicist and public policy expert



Happier thoughts lead to essentially a happier biochemistry...a happier, healthier body.

Dr. John Hagelin

Check these words out!

Happiness is the common denominator when anything feels:		
Captivating	Easier than ever before	Lovely
Pleasing	Cuddly	Adorable
Exquisite	Enthralling	Picture-perfect
Special	Unforgettable	Inviting
Lovable	Amusing	Hilarious
Merry	Playful	Carefree
Relaxing	Giggly	Fun
Like a celebration	Like a pleasure banquet	Like a barrel of laughs
Easy	Serene	Luxurious
Comfortable	Like complete closure	Peaceful
Ideal	Perfect	Fabulous
Rejuvenating	Like a breath of fresh air	Like it's a snap
Like it's a piece of cake	Awe-inspiring	Like a wonderful achievement

ADD YOUR OWN...there are lots more!

What have you been doing lately? Does it generate any of the feelings above? In other words, how much happiness have you attracted into your life recently? Is it enough? Could there ever be more than enough happiness in your life? I hope you answered “NO” to that question!

REMEMBER: You can live your life by total design.

You get to decide what you attract into your life in this moment, right now! Is your life moving along in the way you desire? Is it fun, easy, satisfying, peaceful, and full of harmony? Is it getting more and more picture-perfect?

If not, then it is time to change your feelings. If you want to change what’s happening (or not happening) in your life and attract more of what you want to feel happier then you need to be more deliberate in the vibrations you are sending out.

*The foolish man seeks happiness in the distance,
the wise man grows it under his feet.*

James Oppenheim, 1892-1932, American poet, author and editor

Tip: Duplicate ANY feeling by recreating it in your mind.

Want to feel more happiness? Pick any word from the table of emotions on the previous page and create an experience or scenario in your mind that leaves you with that feeling. Picture it, imagine it, daydream it, write about it, or talk about it. Do whatever clicks for you!

*Your degree of happiness is determined by your
attitude about what happens in your life, not by the
things themselves that happen. Every adversity contains
the seed of an equal or greater opportunity.*

Jim Leonard, keynote speaker, author and inventor of The Vivation Process

*What happens is that the happier you are, the more
everything is added unto you, because you are finding
the kingdom of heaven right within you.*

*Hale Dwoskin, featured in the movie The Secret; best-selling
author of The Sedona Method*

When you duplicate a feeling, you get more of the same in that very moment.

By using your mind to *duplicate any feeling*, you shift the energy of your *attraction power* and begin to attract more experiences and things that bring you MORE feel-happy-feelings.

And because every desire is rooted in a quest for happiness, you'll manifest more happiness all the while you are manifesting your new desire. It's that simple!

*Happiness is the feeling you're feeling when
you want to keep feeling it.*

Author Unknown



*Most folks are about as happy as they
make up their minds to be.*

Abraham Lincoln, 1809-1865, 16th President of the United States

Duplicate the feeling and you strengthen your vibration.

Be happy right now! You don't need any of the things you think you need to be happy *right now*. You can simply *choose right now* to focus your mind on ANYTHING that generates the feeling of being happy. Duplicate that feeling and you strengthen your vibration!

*Imagination is everything. It is the preview of
life's coming attractions.*

Albert Einstein, 1879-1955

Happiness is not an ideal of reason, but of imagination.

Immanuel Kant, 1724-1804, German Philosopher

Chapter 3 Summary

- ✓ The more emotion you attach to a new desire the stronger your attraction power will be.
- ✓ Happiness motivates each and every desire.
- ✓ Feeling happy is what you are pre-designed to do.
- ✓ What makes you happy is as unique as your fingerprints.
- ✓ There are lots and lots of ways to be happy.
- ✓ Want more happiness? Duplicate the feeling of being happy many times each day!
- ✓ Use the Vibrational Tracking Form found on page 11 to increase your vibrational awareness.
- ✓ Click here to access the Vibrational Tracking Form at Great Living Today website: <http://www.greatlivingtoday.com/resources> or use the one page 11.
- ✓ Like attracts like. Imagine feeling happy and you'll become happier.
- ✓ Use the awesome power of your mind to control your vibes. It's powerful beyond your imagining!
- ✓ The Law of Attraction is causing your attraction power to pull more of the same stuff towards you, whether you want it or not.

If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be searching for happiness as if it were a collar button that has rolled under the radiator. He will not be striving for it as a goal in itself. He will have become aware that he is happy in the course of living life twenty-four crowded hours of the day.

W. Beran Wolfe, 1900-1955, Author and psychiatrist

Chapter 4

Law of Attraction for Everyday Living

Gratitude

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 of Hippo, 354-430 A.D., Theologian and philosopher

It's amazing what having a grateful heart will do for your outlook on life, even when things seem dismal. Nothing will do your heart and your feelings more good than being grateful for what you have no matter how little that may be. So let's consider the topic of gratitude from a vibrational perspective.

Many people who order their lives rightly in all other ways are kept in poverty by their lack of gratitude.

Wallace Wattles, 1860-1911, American author and pioneer 'success' writer.



Find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter; to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring...

James Burroughs, 1837-1921, Naturalist

What kind of Universe do we live in? Einstein pondered this when he asked the question, "Is the Universe friendly to our desires?" I'll start with what it is not.

The Universe is not random-directed, fate-directed, chance-directed, or luck-directed. The Universe is obedient to the laws that govern it. The Law of Attraction is one of those governing laws. Therefore, the Universe is predictable, repeatable, and understandable.

LAW: We attract whatever we give our attention, energy and focus to whether wanted or unwanted.

Fact: It's all about vibes. (You really get that now because you have that little song I mentioned in Chapter 3 playing in your head — “It's a small world after all. It's a small world after all. It's a small world after all. It's a small, small world.”)

The Law of Attraction operates as a law and therefore, when we focus our attention and energy on something, we're placing an order to attract more of the same. The Law of Attraction is predictable and repeatable; therefore the Universe delivers what we order every time. The Universe is obedient to the laws that govern it. There are no exceptions!

Our thoughts create ➡ A new desire ➡ Creates vibes ➡ Sends out a frequency ➡ Universe delivers more of the same 24/7/365

*Whatever we think about and thank about
we bring about.*

*Dr. John Demartini D.C.BSc., featured in the movie The Secret,
philosopher, chiropractor, healer, personal transformation specialist,
author and international speaker*

Gratitude creates the strongest frequency of positive vibrations; therefore the practice of gratitude is a powerful attractor.

*Gratitude unlocks the fullness of life. It turns what
we have into enough, and more.*

Melody Beattie, Author



*When you are grateful fear disappears and
abundance appears.*

Anthony Robbins, Motivational speaker and author

There is a consensus among teachers of the Law of Attraction that giving gratitude creates the strongest frequency of positive vibrations! That means when you practice gratitude, you are maximizing your *attraction power*.

When we give gratitude, in that moment we are emitting the strongest possible positive energy, and the Law of Attraction is reading our vibe and causing us to attract more of the same. More importantly,

because we can only hold one vibration at a time, anytime we are expressing gratitude we are NOT activating any negative vibes of doubt, worry, fear, or any other similar emotion. Sounds good doesn't it?

It's always about appreciation. It pulls things in, it attracts support.

Dr. John Gray



Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate or value into your life.

Christiane Northrup, Doctor and author

LOA Tool

My Gratitude Journal (One Dozen Things to Be Grateful For)

What can you do right now to begin to turn your life around? The very first thing is to start making a list of things to be grateful for.

Dr. Joe Vitale

How to create one:

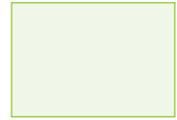
Create a new journal that you will use exclusively as a Gratitude Journal. You can print out the form on the next page, punch holes in it, and insert it into a notebook. For the next few weeks, take 15-30 minutes at the close of your day and write down in short words or phrases a minimum of one dozen things you want to express gratitude for. Never settle for less than a dozen, and don't be surprised that once you get going, you will always come up with more than a dozen. Be sure to review every area of your life — relationships, finances, work, health, recreation, and anything else that pops up.

How to use a gratitude journal:

Check in with yourself before you begin. What's your vibe level? (Ideally, you've been practicing tracking it). Record that number at the top right corner of a new page.

Create your list — 12 things to be grateful for. Write them down. The act of writing is a fantastic way of focusing your energy and attention because it forces you to concentrate, and when you are

My Gratitude Journal



Today's Date _____

My Vibe Reading

At the close of your day, fill this page with all the many things you are grateful for.

Today, I am grateful for...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____

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concentrating you are living in the now! Use this tool diligently, and you'll soon understand there is another law governing our Universe.

Tip: The Law of Gratitude — Gratitude ALWAYS appears to those who seek it.

There is no more pleasing exercise of the mind than gratitude. It is accompanied with such an inward satisfaction that the duty is sufficiently rewarded by the performance.

Joseph Addison, 1672-1719, Essayist, poet and statesman



We can only be said to be alive in those moments when our hearts are conscious of our treasures.

Thornton Wilder, 1897-1975, American playwright and novelist

When you have completed your list, check your vibrational level again. It's always higher! Every single time! It's the law!

Keep this journal in a special place close to your bed. The lists you create night after night will become a dependable and potent tool to strengthen your positive vibration.

Gratitude makes sense of our past, brings us peace for today, and creates a vision for tomorrow.

Unknown



Gratitude is absolutely the way to bring more into your life.

Marci Shimoff MBA., Featured in the movie The Secret, author of Chicken Soup for the Woman's Soul and Chicken Soup for the Mother's Soul, international speaker

Remember: Any time during your day, if you feel negative, crummy, yucky and out of sorts, pause and mentally create a gratitude list. Guarantee yourself that you WILL find one dozen things to be grateful for—and do it.

Want to increase your 'feeling good' state? Do another gratitude list, and another. It's that easy to change your vibration!

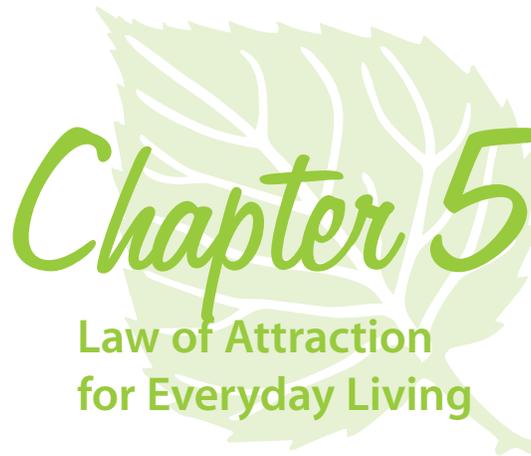
You CAN live your life by total design. Practice gratitude and you will reap an abundance of vibrational benefits. Increase your positive vibe and the Universe will deliver more and more of the same.

Develop an attitude of gratitude and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

Brian Tracy, motivational speaker

Chapter 4 Summary

- ✓ The Universe is obedient to the laws that govern it.
- ✓ The Universe is predictable, repeatable, and understandable.
- ✓ Our thoughts create → A new desire → Creates vibes → Sends out a frequency → Universe delivers more of the same 24/7/365
- ✓ There are no exceptions!
- ✓ The Law of Gratitude: Gratitude always appears to those who seek it.
- ✓ Gratitude is a dependable and potent tool for raising your vibration.
- ✓ Generate gratitude daily, even hourly. It is a powerful attractor.



Chapter 5

Law of Attraction for Everyday Living

You Attract What You Observe.

So far we have learned that:

- Our thoughts and feelings simultaneously generate our vibes.
- Our vibes create a powerful attraction of more of whatever matches the frequency of our vibrations.
- Powerful attraction causes us to manifest *stuff* into our lives, whether it is wanted or unwanted.

Law of Cause and Effect.

It's easy to understand why the Law of Attraction is also referred to as 'The Law of Cause and Effect'! Our thoughts begin the process of 'cause', and the end result or 'effect' is whatever we manifest. In other words, our *attraction power* determines what we manifest, whether it is wanted or unwanted.

The cause and effect law (Law of Attraction) is one of the laws that govern the Universe.

CAUSE	EFFECT
Thoughts	Feelings
Feelings	Vibration
Vibration	Attraction
Attraction	Manifestation
Manifestation	Wanted or unwanted stuff comes into our lives.

Cause and effect chain reaction.

You can see why it is essential to learn to view your world from a vibrational perspective in order to become a Deliberate Attractor! In order to manifest ONLY what we want, we need to start at the beginning of this cause and effect chain reaction.

Every act of attraction/manifestation begins in your mind with your thoughts. Your thoughts start the whole chain reaction of cause and effect. The more deliberate you are with your thoughts, the more successful you will manifest ONLY what you want.

Your observations activate a chain reaction.

As you observe you generate the following chain reaction of cause and effect:

OBSERVE ➡ **thought/feeling** ➡ **vibration is positive (+) or negative (-)**
➡ **attraction power** ➡ **manifest (stuff shows up in your life)**

Michael Losier, in his book, *Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't Want*, calls this chain reaction The Observation Cycle (of non-deliberate attraction). He explains:

As you observe what you are receiving in different areas of your life (money, work, health, relationships, etc.), your observations generate a feeling (vibration) that can be either positive or negative. — Michael Losier, Author, international keynote speaker and teacher of the Law of Attraction.

The Observation Cycle of Non-Deliberate Attraction.

The chain reaction of cause and effect or the Observation Cycle of Non-Deliberate Attraction is important to understand because when you are observing you are by virtue of the act itself always giving your attention, energy, and focus to whatever you are observing.

All this sounds great if you are observing results in your life that you like. If you are getting great results, attracting and manifesting *stuff* that makes you happy, celebrate! Talk about it, think about it, give gratitude for it, and you'll keep on attracting more of the same. But what happens when your observations generate a negative feeling or vibe?

Have you ever been out with a friend who starts talking about the lousy date she had the night before? Maybe she said things like "I don't want a man who treats me badly," or "I don't want a man who is always late," or "I don't want a man who doesn't take me out for dinner often." Maybe you've said similar things yourself like "I don't want to be broke," or "I don't want to miss my friend's birthday," or "I don't want to miss the next bus."

All of us tend to spend more effort and time observing that which we DON'T like. For example, if you are looking at your career as it stands today, and supposing that your career leaves a lot to be desired, as you observe it the act of observing it generates a negative feeling. Ultimately, this act of observation results in a negative vibration which the Law of Attraction responds to, and the end effect is that you get more of the same. Until you learn to control your thoughts, you are unaware of all the moments that you are non-deliberately drawing more negative experiences into your life. If you are observing all the ways your job stinks TODAY, it will stink today and tomorrow and all the tomorrows coming because you are, for the majority of the time, non-deliberately placing your focus (observing) on all the negative aspects of your career.

Three little words that pack a big punch in our vibrational universe.

Words! They are everywhere!

We see them. We hear them. We all speak them, write them, and read them. Most important—our *thoughts* are made up of words. Even those who are visual thinkers and think in pictures and images in their minds first translate their visual thoughts into words before they share them with others.

Words generate your thoughts and thoughts start the chain reaction of what you attract into your life.

Without a doubt, we all need to pay attention to our words, especially three little words that separate non-deliberate attraction from deliberate attraction.

Example 1:

Have you ever been in a classroom in which one student starts giggling about something? Usually the teacher says, “No laughing!” Right away, more kids start giggling!

Example 2:

Try this one yourself. Tell yourself NOT to think of a dog. You know and I know that right away you begin thinking of a dog. Don't think of a rainbow. Oh no—it happened again! You thought of a rainbow, even though you told yourself not to.

Tip: Our minds filter out Don't, Not and No.

You see, our mind HAS TO focus on whatever it is we are told NOT to focus on. Therefore it filters out the words, Don't, Not and No. When you tell me not to think of an elephant, I have to think of the elephant FIRST and then tell myself NOT to think of elephants from that moment forward. Except that every time I want to monitor my thoughts to check and see IF I'm doing what I'm supposed to be doing (NOT thinking of elephants) I again HAVE to think about elephants and THEN try to stop thinking of them.

My mind and your mind and every one else's mind ALWAYS filters out the words, Don't, Not and No.

In example #1, when the teacher said, “NO laughing!” he/she just gave attention, energy and focus to laughing. Every one listening to her had to first THINK about laughing before trying to STOP laughing. From a Law of Attraction perspective, the teacher had to think about laughing before he/she could utter the words “No laughing.” The teacher, therefore, generated a thought which created a vibration that attracted or manifested more laughing. Example #2 made it clear as a bell. It's impossible for your mind to NOT think of a dog when you instruct yourself NOT to do just that.

In our thoughts and words we create our own weaknesses and our own strengths. Our limitations and joys begin in our hearts. We can always replace negative with positive.

Bettie Eadie, Author of 'Embraced by the Light'

Predicting accurately.

Our minds quite literally filter out the words Don't, Not, and No and simply focus on whatever else we attach those words to.

Now that you know this important function of your mind, can you predict with 100% certainty what you will undoubtedly attract into your life when you utter any one of these phrases?

Phrase	You Manifest:
Don't get mad.	Anger directed at you!
Don't hesitate to call me.	A quiet phone!
Don't forget.	Someone does just that!
I'm not judging you.	Someone sure is judging you!
No worries.	Now you have lots to worry about!
No slamming the door.	Bang goes the door!
Don't drink and drive.	DUI
No laughing.	More laughter coming your way!
No cheating.	Someone's definitely going to cheat!
Do not walk on the grass.	Footprints on your new lawn!
Do not be late.	Might as well get used to waiting...
No yelling in the house.	A noisy household!

You'll easily be able to predict the ending to this great story a friend of mine told me. When her two sons were young, the whole family gathered around the table for Sunday brunch. Her husband was rarely cranky and usually very patient with their boys, but on that day both boys accidentally spilt their glasses of orange juice—first the youngest and then the oldest. Their father lost his temper for a moment and snapped out the order, “No more spills at the table!” No sooner had he uttered those words than, right on cue, his elbow caught the tall pitcher of orange juice and the whole thing spilt across everyone's brunch. My friend says her eldest son looked at her with a mischievous glint in his eye and in that moment they all broke out laughing, even her husband! How's that for an example of our minds filtering out “No!”

There are lots of common expressions we all use that give more attention and energy to what we DON'T want. Next time you hear yourself using a phrase that contains the word Don't, Not, or No, change it!

There's a fast and effective way to change a negative phrase into a positive one. It's a breeze to remember and foolproof!

LOA Tool

Ask the question, “So...what DO I want?”

That’s all there is to it. Instead of saying, “Don’t panic,” say, “Stay calm!” Here are some more examples.

Negative Statements	“So, what DO I want?”	Positive Statements
Don’t hesitate to call!	“So, what DO I want?”	Call me soon.
Don’t forget...	“So, what DO I want?”	Remember to...
Don’t be late!	“So, what DO I want?”	See you at ____am/pm sharp!
I don’t want my clients to cancel.	“So, what DO I want (them to do)?”	I want clients who show up for their appointments.
Do not throw the ball in the house.	“So, what DO I want (them to do)?”	All ball throwing is done outside!

Words reign supreme over our vibes.

Words, as you are learning, are very influential. They reign supreme over our vibes and have an immediate effect on our efforts to deliberately attract our desires. It goes without saying that we need to eliminate* such words from our vocabulary. Now that you understand the significance of these words in your vibrational world, notice when you use them and quickly replace them. It will soon become automatic and you’ll find yourself substituting other phrases as soon as you even THINK of using any of those three little words.

**There are sensible exceptions. NO means NO when it comes to your personal boundaries. “Don’t touch that!” is okay to say when it prevents your toddler from reaching for something hot or dangerous, etc.*

For the rest of today and in the week ahead practice first noticing each time you use one of these three words, and rephrase whatever you are going to say by asking yourself the question, “So...what DO I want?” In our vibrational world it is always important to avoid creating negative vibrations and the words, Don’t, Not and No always set you up to get just the opposite of what you really want.

Your own words are the bricks and mortar of the dreams you want to realize. Your words are the greatest power you have. The words you choose and use establish the life you experience.

Sonia Choquette, Author, vibrational alchemist, healer and teacher



Chapter 5 Summary

- ✓ The Law of Attraction is also a law of cause and effect.
- ✓ Your thoughts start the whole chain reaction of cause and effect, and the end result or 'effect' is whatever you manifest.
- ✓ When you are observing, you are by virtue of the act itself always giving your attention, energy and focus to whatever you are observing.
- ✓ OBSERVE → thought/feeling → vibration (-) or (+) → attraction power → manifestation (stuff shows up in your life)
- ✓ Your mind HAS TO focus on whatever it is you are told NOT to focus on; therefore it filters out the words Don't, Not, and No.
- ✓ Words reign supreme over your vibes and have an immediate effect on your efforts to deliberately attract your desires.
- ✓ To eliminate your use of the words, Don't, Not and No, ask yourself the question "So...what DO I want?"

This is the mysterious world which is available to you if you can pass the jungle of questions and doubts and reach into the clear, where there are no questions and doubts, and no answers either. Just you are in utter silence, with immense clarity...

Bhagwan Shree Rajneesh, Indian Spiritual leader, 1931-1990



Chapter 6

Law of Attraction for Everyday Living

Deliberate Attraction — Step #1

The moment you begin to think properly about this power within you that's greater than the world, it will begin to emerge. It will take over your life. It will feed you, it will clothe you, it will guide you, protect you, direct you, sustain your very existence if you let it.

Rev. Dr. Michael Beckwith

The Law of Attraction has a formula so that we can use this Universal Law deliberately.

The first step in the art of Deliberate Attraction is to learn how to unleash the power of the Law of Attraction to bring you more things you want and fewer things you don't. The Law of Attraction is one of the laws that govern the Universe, so it's not surprising that it has a formula that helps us use it deliberately.

You will attract everything you require. If it's money you need you will attract it, if it's people you need, you'll attract them. If it's a certain book you need you'll attract it. It literally moves into physical reality with and through you. And it does that by law.

Bob Proctor

Step #1—Create a new desire.

- **Make it specific and detailed.**

Step #1 is easy when you follow these guidelines. Be very specific about your new desire so you can be confident that your desire will be creating a new vibration that will generate a clear and strong

frequency out to the Universe. You can think of it as though you are placing an order for your new desire so the Law of Attraction can deliver it to you. Just as you would be very clear with a waiter or waitress when you order from a menu, your order with the Law of Attraction needs to be as clear as possible. The Law of Attraction is powerful, but it can't read your mind so you must include all the important details of your new desire.

- **Attach a strong, positive vibration to your desire.**

When you think of a new desire you are going to start a big chain reaction of cause and effect, so it's really important to start the process correctly. There are two errors a lot of beginners make when they create a new desire. I'm going to zoom in on them so you can avoid frustration down the road.

2 common errors to avoid.

Error #1: Your order for your new desire is too general.

- Example: I want a new car.

If you were to walk onto a car lot and tell the salesperson you wanted a new car, they would, of course, ask you to be more specific. It's the same with the Law of Attraction. You need to be clear about what you want.

Tip: Be specific!

If you want a new car, go browse some car lots, grab some brochures, or window-shop online until you know exactly which car you want to place an order for.

- Desire (I specifically want): I want a brand new 2007 Subaru Outback, 3.0 R L.L. Bean Edition in black two-tone, loaded with all the accessories available.

The frequency of the vibe of your desire for this Subaru is very different than the frequency for 'a car'. Now you can be sure you are emitting the right frequency out to the Universe and the Law of Attraction will cause more vibes of the same frequency to move towards you.

Error #2: You've described what you don't want, thinking that it's the same as placing an order for what you DO want.

- Example: "Uh, umm, hmmm, well...gosh...can't quite put my finger on it...ah...tell you what...I know what I don't want. Can't the Law of Attraction figure it out from there?"

No! The Law of Attraction does not read minds. It simply checks your vibration and brings you more of the same. If you continue to focus on what you DON'T want each time you think of your new desire, your vibration will attract more of the same, which is exactly opposite of what you want.

Experiencing 'Contrast'

When you focus your attention on things you dislike (and remember if it doesn't feel good your vibration is negative) you are experiencing *contrast*. From a vibrational point of view, contrast is anything that creates negative thoughts or feelings in you.

Ever notice how people like to spend time complaining about things? We do it a lot without even thinking about it. Someone takes our parking spot at Costco™ on a day that's pouring buckets of rain, and we tell everyone who'll listen how bad the experience was. We get into conflict with someone, and we end up on the phone telling our friends about it.

My editor has a great story about contrast. One time as she was waiting for a bus, a woman at the bus stop began talking to her. Within moments the woman began a diatribe of harsh criticism for the public transit system. My editor timed her. She went on for twelve minutes! While pretending to listen politely, my editor began silently matching each critical statement this woman uttered with her own thoughts of gratitude and appreciation for the public transit system. People love to talk on and on about contrast. (By the way, when my editor got on the bus, she sat beside an elderly woman who joined her in a delightful conversation about how great the bus service was. Needless to say, they both had a very nice trip home!)

When something feels bad we talk and talk and talk.

It seems like most of us find it easy to say what we don't want. When something feels bad to us, we talk and talk and talk about it. Some people call it analyzing, but now that you've adopted a new perspective and know that you are a vibrational being living in a vibratory Universe, you can easily understand that complaining generates a negative vibe (even if you call it analyzing or dialoguing). Complaining is simply describing the contrast you are feeling in that moment. More importantly, when you complain you are giving all your attention, energy, and focus to something negative. (Remember, contrast is anything that doesn't feel good.)

You need to DELIBERATELY strengthen your vibration.

As a deliberate attractor you want to place your attention, energy and focus on those things that make you feel good. That's what boosts your vibration. The more you focus your attention and energy on a negative experience, the more negative experiences you'll attract. Your attraction power is sending out or emitting a negative vibration that grows stronger each time you complain. However, there IS a way to benefit from contrast so stick with me while we dive into this a little deeper.

Tip: Use contrast to find clarity!

When we are feeling contrast, instead of talking about it, we can use it for our benefit. We can use the contrast to lead us to a clearly defined new desire. The following example will demonstrate how to do this.

Example: A young man has a desire for a new girlfriend. He says to himself, "I sure would like to have a new girlfriend. I'm not sure what I want, but I sure can tell you what I *don't* want!"

- My last 4 girlfriends lacked confidence. I don't want someone who is insecure.
- My last girlfriend always talked about 'the worst case scenario'. I don't want someone who is SO negative all the time.
- I don't want her to be way taller than me.
- I don't want her to be a smoker.

- My last 2 girlfriends always bugged me about my diet. I don't want someone who nags me every time I put something in my mouth.
- Etc. Etc. Etc.

This novice summarized his desire like this:

“I want someone who isn't insecure, isn't negative about life all the time, isn't taller than me, doesn't smoke, and won't nag at me all the time.”

And...like most people, he THINKS he's been really clear about what he wants. But, from a vibrational point of view, you can precisely predict what kind of new girlfriend he's going to attract. That's right! He gets an insecure, negative, nagging smoker who towers over him. Why? Because that's the order he placed with the Universe, and Law of Attraction delivered it (her) right into his waiting arms!

Here's how to use contrast to your benefit to clarify exactly what you want! When you hear yourself thinking, “I don't want this,” and “I don't like that!” ask yourself, “So, what DO I want?”

A man's life is what his thoughts make of it....Very little is needed to make a happy life; it is all within yourself, in your way of thinking.

Roman Emperor Marcus Aurelius, 121-180 BC

LOA Tool

Clarity from Contrast.

Simply draw a vertical 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”. Or print out the form on page 44 and use that.

Label the left hand column “I don't want...” and label the right hand column “I DO want.”

How to do this exercise.

In our example, the young man would list all his ‘don't wants’ about a girlfriend in the left hand column. This is the time for him to really unload, to get picky! He needs to go back as many years as he can and review all his former relationships! When he's all done, he'll start with the first item he wrote down and ask himself, “So...what DO I want?” Then he'll write his answer down in the right hand column. He'll repeat this process for each item he has listed in his left hand column.

Example of a completed exercise.

Here's how the young man in our example would do this exercise.

I Don't Want—I don't like...	I Do Want—I love it when...
A girlfriend who lacks self-confidence.	A girlfriend who is secure and confident in herself.
A girlfriend who always talks about the worst case scenario and is negative all the time.	A girlfriend who has a nice positive way of looking at life and the world around her.
A girlfriend who is way taller than I am.	A girlfriend who is a comfortable height for me to stand next to.
A girlfriend who smokes.	A girlfriend who is really health conscious.
A girlfriend who nags me about the kind of food I eat.	A girlfriend who agrees that I'm responsible for my food choices, and leaves it at that.

Here's another example of a completed exercise that focuses on a desire for more money. For the sake of space I've only listed 5 items of contrast. Put down at least 20 items of contrast when you do this exercise. A hundred items is even better.

"So, what DO I want?"

I Don't Want—I don't like...	I Do Want—I love it when...
To have late charges on my bill statements.	To easily pay my bills on time.
To be broke all the time.	To have an abundance of money.
To incur interest on my unpaid bills.	To pay my bills before they are due.
To struggle to make my mortgage payment.	To easily pay my mortgage.
To tell my kids we can't afford it.	To easily buy things for my kids.
To be stressed about money all the time.	To feel secure and abundant about money.

When you are doing this exercise, write down as much detail as you can. Repeat these steps with each item you list in the left hand column of your page. When you are done, fold the paper in half or tear off the left hand column and throw it away. You don't need to spend any more time focusing on all your negative "I don't want" aspects. You've got better ways to spend your vibrational time!

Don't spend a lot of time on "Don't"!

Observe contrast briefly.

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

Carl Jung, 1875-1961, Swiss psychiatrist and founder of analytical psychology

In light of what I shared with you in Chapter 5 (Eliminate Don't, Not, and No from your vocabulary), it may seem contradictory to use "Don't" in this exercise. The important key here is to learn to observe contrast very briefly. Everything you don't want provides you with invaluable insights that you can use to create a very specific vibration (frequency) for your new desire. Once you zero in on what you do want, throw the left hand column of your Clarity From Contrast exercise away. Move your attention, energy and focus onto the things you DO want.

Reminder: "Briefly" will mean different lengths of time to different people. There is no set rule here. Keep your eye on the goal. You want to glean as many insights as you can from this contrast and then move on!

*Learn to become still, and to take your attention away
from what you don't want, and all the emotional
charge around it, and place the attention on
what you wish to experience.*

Rev. Dr. Michael Beckwith

Keep the right hand column with all the details of your desire in a handy location. Now that you have identified your desire, there is a lot MORE you are going to do to deliberately attract it into your life. Meanwhile, put it up somewhere where you can easily see it. And remember this is just Step #1 of the Law of Attraction—Deliberate Attraction Formula.

*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 experience 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, American New York Times best-selling author of numerous
books on awareness and the depth of our potential in the world*



Chapter 6 Summary

- ✓ Observe contrast briefly and glean as much insight as possible from it.
- ✓ Always take the time to do a 'Clarity from Contrast' exercise so that you can be sure you are emitting a very specific frequency/vibe about your new desire.
- ✓ Think of it as if you were placing a very specific order from a menu with a waitress or waiter.
- ✓ Remember that the Law of Attraction is not a mind reader.
- ✓ Ask, "So...what DO I want?" to change an "I don't want" into an "I DO want."
- ✓ Put your "I DO want" list somewhere handy where you can look at it often.
- ✓ Remember that this is only Part 1 of a three part formula for Deliberate Attraction.

When you harness this power, when you really take control of it, which is actually not that difficult to do, once you do it, literally anything can happen. There really is no limit to this.

Bill Harris, featured in the movie The Secret, founder of Centerpointe Research Institute and creator of Holosync mind transforming audio technology



Chapter 7

Law of Attraction for Everyday Living

Deliberate Attraction — Step #2

Put Fire in Your Desire—Strengthen Your Vibration.

In Chapter 6 you learned how to briefly observe contrast and use it to bring you specific clarity about a new desire. You’ve asked yourself, “So...what DO I want?” and have filled up the right hand column of your ‘*Clarity from Contrast*’ exercise with details of your new desire. Your goal with Step #2 is to attach a strong vibration to this new desire. In order to do that, every time you think about this new desire, you need to include lots and lots of positive feelings or emotions! It’s the feelings attached to your new desire that strengthen your *attraction power*.

I like to borrow this phrase from another Law of Attraction teacher, “Put Fire in Your Desire” because any time you heat something up it vibrates faster. It’s important to understand that in a vibratory world, faster vibrations create higher frequencies. Remember when you read about the fancy machine that scientists are now using to measure the energy waves of a person’s thoughts? Thoughts of love and gratitude emit a much higher frequency than thoughts of sadness or anger. Ideally, you want to RAISE the frequency of the vibrations you are sending out, and you want to STRENGTHEN the power of those vibrations so that your *attraction power* is as effective as possible.

In a nutshell, when you read the phrase “Raise your vibration,” you’ll understand from this point forward that this phrase, “Raise your vibration,” is sort of shorthand for the much longer sentence “RAISE the frequency of the vibrations you are sending out and STRENGTHEN the power of those vibrations so that your *attraction power* is as effective as possible.”

Your attraction zone.

As always, the first thing you need to do is remind yourself that you live in a vibrational world. If you were to *step away from yourself* and put on a pair of ‘*vibration glasses*’ to look at yourself, you would see that your personal space is actually an energy field that YOU create. Think of it as your *attraction zone*. The vibration of every thing, person, situation and experience currently in your life already occupies this *attraction zone*. It’s humming and pulsating with the energy and vibrations of EVERYTHING you’ve already attracted into your life (whether you’ve wanted it or not). But where is your new desire? The answer is easy! You don’t have it yet so it’s still outside your *attraction zone*.

How to include your new desire in your attraction zone.

You bring in the vibration of the expectation of your new desire into your *attraction zone* by giving this new desire your deliberate attention, energy and focus. Then you need to sustain a high vibration of expectation of your new desire to strengthen the power of your *attraction zone* with respect to this new desire.

Again, it's a chain reaction of cause and effect because the Law of Attraction is a Universal governing force. Your new desire exists outside your *attraction zone*. You include it in your *attraction zone* by deliberately focusing your attention and energy on your new desire. You keep raising and sustaining your *attraction power* for this new desire until you attract or manifest it into your life. Remember that when you include a high vibration of expectation for this new desire in your current *attraction zone* the Law of Attraction will cause your new desire to manifest.

When you visualize, then you materialize. If you've been there in the mind you'll go there in the body.

Dr. Denis Waitley, featured in the movie The Secret, psychologist and trainer of NASA astronauts and Olympic athletes in the field of mind potential

There are lots of ways to INCLUDE the vibration of your new desire in your *attraction zone* and some of them may surprise you!

You include the vibration of your new desire when you:	Watch out! You attract more of the same when you:
Talk about it.	Complain about NOT having it.
Write about it.	Feel sorry for yourself that you don't have it yet.
Sing about it.	Envy other people that already have something similar.
Daydream about it.	Get impatient and frustrated at the lack of your new desire.
Picture it.	Whine and complain about NOT having it.
Pretend you already have it.	Believe that the Law of Attraction works for everybody else but not for you.
Celebrate the idea of having it.	Put your list of new desires on a coffee table and let magazines pile up on it.
Intentionally remind yourself that you are "In the process..." of attracting it.	Put your list of new desires away in a junk drawer and never pull it out again.
Give gratitude that your new desire is on the way.	Tell yourself that you are a lousy attractor (manifestor).
Play with the idea of having your desire already.	Say "To heck with the Law of Attraction!" and figure out your OWN way of getting it.

If you read the table above it has become very obvious that you need to be deliberate in HOW you give attention, energy and focus to your new desire.

When you're visualizing, when you've got that picture playing out in your mind, always and only dwell upon the end result.

Mike Dooley, featured in the movie The Secret, author and international speaker.

LOA Tool

Put Fire in Your Desire — A Desire Statement.

A powerful way to give your attention, energy and focus to your new desire so that you are including it in your *attraction zone* is to create a 'Desire Statement'. It's a great way to *put fire in your desire*.

Often, when we first want something new, we get all excited and happy with the idea of having it. Then, many of us begin to notice all too familiar doubt creeping onto the scene, and we fall into that well-known pit of trying to figure out *how* the Law of Attraction is going to deliver this new desire. Your vibration starts to oscillate between a strong vibration of hope and a weaker vibration of doubt. (Remember, we are talking about the strength of your vibration and the level of the *frequency* of your vibration.)

I want to teach you how to create and sustain feelings of hope, possibility and confident expectation, because, as we all know by now, these kinds of emotions are signs that we are generating a strong vibration with a high frequency that maximizes our attraction power.

A Desire Statement (Put Fire in Your Desire) has its own little 3-step formula.

- A special first sentence.
- A body of text that you will develop from your Clarity From Contrast "I-do-want" list.
- A special closing sentence.

The first sentence goes like this:

1st Sentence: I am in the process of attracting all actions, thoughts, situations and experiences necessary to have my desire.

Words are very important and this sentence capitalizes on the importance of words in the phrase, 'I am in the process of...'

Anything less than truth will create negative vibrations.

'I am in the process of...' states an absolute truth, devoid of any doubt. Until you actually manifest your

new desire, you are always in the process of attracting it. The words you are using here need to ALWAYS be one hundred percent truthful. Anything less than truth will create negative vibrations.

Let's continue using the example we started in Chapter 6 of the young man wanting a new girlfriend, and remember to say each phrase with enthusiasm. Put some positive, feel-good energy behind each phrase as you say it.

1st Sentence: I am in the process of attracting all actions, thoughts, situations and experiences necessary to attract a new girlfriend.

Body of Text: (Hint: Just go down the right hand side column of your Clarity from Contrast exercise and make sentences out of each item you wrote.)

I love the thought of having a new girlfriend who is secure and confident in herself.

I get excited at the idea of being with a girlfriend who has a nice positive way of looking at life and the world around her.

I love knowing the Universe is in the process of delivering a new girlfriend who is a comfortable height for me to stand next to.

I love how it feels when I imagine that my new girlfriend is really health conscious.

I like the picture of my new girlfriend and I respecting each other's food choices.

Last Sentence: I am delighted that the Law of Attraction is creating and orchestrating all that needs to happen to bring me my new girlfriend.

Now you understand why it is important that you spend time developing your 'Clarity from Contrast' list. The more "I DO want" entries you have in your right hand column, the more text you can create here. Ideally you'll want twenty or more lines in this body of text.

Specific Phrases to Use:

You may have noticed that I used specific phrases to begin each sentence in this example of a Desire Statement:

- I love it when...
- I love knowing...
- I love how it feels...
- I love the thought of...
- I get excited at the thought...
- I get excited when I picture...
- I love seeing myself...

Each of these opening phrases sets the tone for raising your vibration higher! Use them, in any order, to begin each new sentence of your body of text. And always take the time to attach the 'Last Sentence' to your statement.

The 'Last Sentence' holds a very important reminder.

“I am delighted that the Law of Attraction is creating and orchestrating all that needs to happen to bring me my new desire.”

It's NOT your job to figure out HOW to get your desire. Make a serious intention to become aware of any thoughts that have you figuring out how to get your new desire. “I can work more hours” or “I can win the lotto and then buy this desire” are examples of YOU figuring out how to get your desire instead of letting the Law of Attraction do its job.

The 'hows' are not your concern. The 'hows' are the domain of the Universe. It always knows the shortest, quickest, fastest, most harmonious way between you and your dream.

Mike Dooley

Get instant relief with the phrase, “I’m in the process of...”

When I first studied the Law of Attraction, I carried my Desire Statement in my pocket. Each time I caught myself trying to figure out how I was going to get my new desire I read the closing sentence over and over again. Some times I would simply say to myself, “I’m in the process **of learning** that the Law of Attraction is creating and orchestrating all that needs to happen to bring me my new desire.” And I’d keep on saying it to myself until I felt a sense of relief. Once I felt that sense of relief I knew I wasn’t trying to do the job of figuring out HOW my desire would manifest!

Whether you think you can or can't, either way you are always right.

Henry Ford 1863-1947

Make lots of copies of your new Desire Statement.

Now that you’ve “Put Fire in Your Desire” with a great Desire Statement, I suggest you make lots of copies of it. Put copies where you’ll see them easily. Or put something else up that will serve as a reminder to deliberately focus on your new desire and raise your vibration. (Sometimes your desires are private so you won’t want them plastered all over your home or office.)

If you turn it over to the Universe you will be surprised and dazzled by what is delivered to you. This is where magic and miracles happen.

Dr. Joe Vitale

Let the Law of Attraction govern your Universe.

Make it a priority to track your vibe (by tracking your feelings and thoughts). If you are feeling impatient, frustrated, or simply dwelling on *the lack* of your new desire, pay attention! Use your new Desire Statement to change your vibration from negative to more positive. Do this as often as necessary so you can be confident that you REALLY are leaving the *figuring out* to the Universe. Let the Law of Attraction govern your Universe. It's a Universal law which WILL create and WILL orchestrate ALL THAT NEEDS TO HAPPEN!

Affirmations — why they don't work for most people.

Many people believe that affirmations are the way to go when it comes to giving your attention, energy and focus to a new desire. However, just as many people tell me that they've been using affirmations for a long time and they don't seem to work. Let's take a look at affirmations through the lens of our 'vibrational glasses'.

Affirmations are usually written in the present tense. For example, "I have all the money I need to pay my bills." What happens in your 'vibrational being' when you say these words? If that statement isn't true for you, you'll generate a negative vibration as you are repeating it. Why? Because the Law of Attraction doesn't respond to the words, it responds to the way the words make you *feel*.

You will have a positive or negative reaction to an affirmation based on how the words make you feel when you say them. If you repeat an affirmation that is not true for you, you are simply triggering a mismatch inside your vibrational being every time you repeat it. A mismatch doesn't feel good because you know you aren't being truthful with yourself, so you end up sending out a negative vibration. And that's why affirmations don't work for most people.

I've got a fantastic way, however, of making sure that any affirmation will resonate with truth and become a reliable and solid tool to raise your vibration. Simply begin any affirmation with the phrase "I'm in the process of..." Try it!

"I'm in the process of attracting all the money I need to pay my bills."

"I'm in the process of learning how to eat healthy and nutritious foods."

"I'm in the process of attracting the ideal job for myself."

"I'm in the process of finding my ideal life partner."

All the above sentences ring with truth because it is always truthful to say you are in the process of doing or having or attracting or manifesting! Even if you have only been in the process for a few seconds, it's still the truth. So take out that little affirmation book that's gathering dust on a shelf from lack of use, and take another look at affirmations through the lens of your 'vibrational glasses'. If an affirmation feels good for you once you've tweaked it with the phrase, "I'm in the process of...", then repeat it lots and lots, feeling confident that you are raising your vibration and making your attraction power stronger and stronger. When you can truly believe your affirmation, you can then drop the words "I'm in the process of..."

Make sure you are doing the RIGHT job.

You've placed an order with the Universe and the Law of Attraction WILL DELIVER! Leave the figuring out to the Universe. Write out your new Desire Statement a hundred times if you need to. Your

job is to raise and sustain your vibration so that your new desire is included in your *attraction zone*. In other words, stay out of the way!

Your job is NOT (I used 'not' intentionally) to figure out how.

If you are worrying about receiving your new desire, you are doing the wrong job.

If you feel impatient about receiving your new desire, you are doing the wrong job.

If you look around and feel like it's hopeless because you can't see any evidence that your desire is on its way, you are doing the wrong job.

When you give your order to a waiter/waitress in a restaurant, you don't grab the order pad from the poor person, bolt out of your chair, barge into the kitchen, and figure out how to make your dinner. You place your order and then occupy yourself doing something else until your meal arrives. You don't spend the time fretting about how your order will be delivered. You sit back comfortably, knowing your order is on its way. Why? Because it's not your job to cook dinner!

Use your time constructively and generate your vibration deliberately.

Place your order with the Universe. The Law of Attraction will deliver it; that's how you've received everything else in your life right now. And this is no different! In the meantime, you've got plenty of constructive ways to occupy your time.

The more you let go and get yourself out of the way of the process of creation the more natural it is, the more effortless it is, and the more fun.

Hale Dwoskin



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

Oprah Winfrey

Put Fire in Your Desire! Each time you catch yourself trying to figure out HOW your desire could come to you, choose one of these actions instead!

Your job is to — Strengthen and sustain the overall vibration of your *attraction zone*.

Your job is to — Create lots of reminders around your home or office so you make it a priority to give your new desire lots of attention, energy and focus.

Your job is to — Reread the last sentence of your Desire Statement whenever you notice yourself trying to figure out the 'hows'!

Your job is to — Keep doing, imagining, picturing, remembering, or talking about how wonderful it will feel when your new desire manifests.

Your job is to — Keep eliminating Don't, Not and No from your vocabulary.

Your job is to — Keep duplicating the feeling of overall happiness to become happier more often.

Your job is to — Keep viewing your world from a new perspective. (It's a small, small world.) It's all about vibes!

Your job is to — Keep doing YOUR JOB (managing your *attraction zone*) and the Law of Attraction will do ITS JOB!

Chapter 7 Summary

- ✓ Intentionally include the vibration of your NEW desire in your current *attraction zone*.
- ✓ Strengthen your vibration. Sustain your vibration.
- ✓ Be deliberate in how you give attention, energy and focus to your new desire.
- ✓ Put Fire In Your Desire.
- ✓ Create a Desire Statement.
- ✓ Put reminders around your home and/or office to give your desire lots of attention, energy and focus.
- ✓ The Law of Attraction will deliver your order. It's the LAW! It's not YOUR job to figure out how! Spend lots of energy doing YOUR job.

It is not your part to guide or supervise the creative process; all you have to do with that is to retain your vision, stick to your purpose, and maintain your faith and gratitude.

Wallace D. Wattles, Author of 'The Science of Getting Rich'



Chapter 8

Law of Attraction for Everyday Living

Deliberate Attraction — Step #3

Allowing — Creating a State of Expectation

This is the 3rd step in the Deliberate Attraction Formula, and it's also the one that creates the most questions for students of Law of Attraction. Many students find this 3rd Step problematic because either they haven't been taught how to do it properly or they skip on to other exercises and processes without fully understanding the significance of 'Allowing'.

The Art of Allowing.

'Allowing' is quite often called 'The Art of Allowing'. Your success with it has more to do with what you DON'T do, rather than what you need to do. Indeed, 'The Art of Allowing' is actually about a *state-of-being* rather than performing some kind of action.

Do you remember the scenario we spoke about in Chapter 7 about ordering your dinner at a restaurant? You don't place your order with the waiter/waitress and then bolt for the kitchen and cook your own dinner, hand it to some bewildered looking waiter/waitress, dash back to your table and then nod courteously to them when they place it in front of you. You order and then sit back and pass the time doing other things—knowing full well that your dinner is on its way!

Knowing your desire is on its way.

'The Art of Allowing' is *knowing full well that your desire is on its way!* 'Allowing' feels like quiet, joyful expectation. It's not an action. It is a state of expectation. Every thought of your new desire is accompanied by an unshakable confidence that *it is on its way*.

So why does this 'knowing' and this feeling of *quiet, joyful expectation* pose such difficulty for many students? There's nothing complicated or difficult about 'Allowing' as long as you understand the role that doubt plays in your vibrational world.

Many folks make their lists of new desires, write out great Desire Statements and are still unable to attract or manifest what they want. And when they ask some well intentioned guru what they need to do to manifest their new desire, the guru in many cases will lean in very close and in a mysterious hushed tone say "Just allow it", accompanied by an all-knowing LOOK! You are left with knowing

what to do but are no further along in discovering HOW to do it. Keep reading, I'm going to help you understand the significance of 'Allowing' so you'll know with certainty when you are in the right *state-of-being*.

Focusing on 'a lack of' attracts more 'lack of'.

Become keenly aware of your feelings each time you think of your new desire. Does each thought of having your new desire come with a parallel feeling of noticing YOUR 'lack of' having it right now? If, for example, your new desire is for more money, do you wince every time you look at a price tag on something you want, or cringe every time you receive a bill? Do thoughts of money leave you in a state of quiet, joyful expectation because you definitely KNOW more money is on its way to you, or do you feel anxiety, worry, or depression because of the lack of money you have in your life right now? What will these kinds of thoughts attract — more abundance of money or less money?

By now you know the answer to these questions! That's right, your new desire to attract more money is NOT moving toward you at all because the positive vibe you send out with your new desire keeps getting replaced by the negative vibe you create each time you focus on your 'lack of' money. It takes keen awareness to recognize this because you have been sending out these 'lack of' vibrations unintentionally for a long time. That's why you don't have enough money right now. You've manifested a LACK OF money up until this moment because most of the time you are giving your attention, energy and focus to NOT having enough money. And, of course, you end up getting more of the same (more of NOT having enough money).

What about other areas of your life — health, career, relationships, etc.? If you want to know what kinds of vibes you've been emitting in any area of your life, just look at what you have right now. What you have right now is proof of what you've been attracting in the past. So, if you see a 'lack of' in any of these areas, take heart—you are a great manifestor, you are just going to learn to do it very deliberately from now on. And remember, the Law of Attraction doesn't keep score!

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

Bob Proctor

Doubt triggers feelings of 'lack of'.

Many people think they are giving their new desire all their attention, energy and focus when in actual fact each time they think of their new desire it triggers a stronger thought of the 'lack of' having that desire. And the reason they end up triggering thoughts of NOT having their new desire is because deep inside they have doubts that they are going to manifest their new desire, no matter how badly they may want it.

By the mere fact that we have air in our body, the Universe says you have the right to prosperity and abundance.

Lisa Nichols

What is doubt?

Let's start off by once again putting on a pair of 'vibration glasses' for a closer look at 'The Art of Allowing'! We have already learned we can only send-out or emit one vibration at a time (positive or negative). 'Allowing' is a positive vibration, and doubt is a negative vibration. I want to spend some time reviewing the connection between 'doubt' and 'Allowing' so you can discern when you are 'Allowing' and when you are not. Let's dig deeper into the topic of doubt because the more you understand it, the better you can manage your vibration.

Doubt is the opposite of 'knowing'!

Let's go back to the restaurant scenario. You sit down, you scan the menu. You use contrast (I don't like sushi) to gain more clarity (I love halibut). Then you place your order and settle in to the waiting segment of going out for dinner. Most of us fill this time with an enjoyable chat while perhaps sipping on a nice drink. Whatever we do, we certainly DO NOT spend the time focusing our attention and energy on thoughts of doubt about our meal manifesting on the table in front of us; nor do we focus on 'the lack of' a meal arriving! We sit back and wait with 'a knowing' inside of us. We sit back with quiet, joyful (yippee, I don't have to cook tonight) expectation.

How doubt affects your ability to 'Allow'!

Here's a little metaphor that will illustrate the effect that doubt has on your ability to allow. When you spend a lot of time 'Allowing' it's like you are a hose connected to an infinite water supply. Water pressure represents the amount of time you spend 'Allowing'. When the spigot is opened wide water is gushing through the hose. When nothing takes your focus away from being in a state of 'Allowing' water flows unobstructed through the hose and out the other end.

Then a little pebble gets stuck halfway down the hose. This pebble represents doubt and doubt is a negative vibration. You can only hold one vibration at a time, so now that doubt is taking up some of your time there isn't as much water flowing through the hose. A little doubt directly affects the water pressure, even though water is still flowing.

One little pebble only has a slight effect on the water pressure (doubt only takes up a little of your attention, energy and focus time). Too many little pebbles (too many thoughts of doubt) take up a whole lot of time that you could otherwise spend on being in a state of 'Allowing'. Lots of little pebbles add up, and together they create a substantial block causing your water pressure to drop to a slow drip. The water is still flowing, but it's only flowing at a little trickle. When too much doubt takes up too much of your time, you don't spend a lot of time 'Allowing', and therefore, you manifest new desires a lot slower.

This metaphor accurately describes the effect that doubt has on your process of 'Allowing'. The less time you are in a state of 'Allowing', the weaker your attraction power is. Weaker attraction power means your desire comes towards you more slowly. The Law of Attraction ALWAYS causes *like energy to attract like energy*. However, now you understand that YOU control the speed of the manifestation of your new desire because you control the amount of time you spend on 'Allowing'. You will attract new desires much more quickly if you get rid of your thoughts of doubt! And remember that you exist in a vibrational world where vibes really matter. Either you are 'Allowing' or 'doubting'. 'Allowing' will speed up the arrival of your desire. Doubting will only create more doubt!

Decide what you want, believe you can have it, believe you deserve it, and believe it's possible for you.

Jack Canfield

Tip: YOU control the speed of the arrival of your new desire.

The more time you spend in a state of 'Allowing', the stronger your attraction power is. The more doubt you have, the more you will, of course, attract even more doubt. Your new desire will always arrive faster or slower, depending on how much time you spend in a state of 'Allowing'.

Allowing is a state of expectation.

Go back in time for a moment and put yourself at the table of the last place you went out for dinner. Recapture that segment of time between ordering your meal and receiving your food. You didn't give a second thought to the possibility that your food might never arrive (lack of). You sat there EXPECTING it to arrive. Recapture that feeling—right now in this very moment—take a few minutes and allow yourself to remember how it felt. THAT feeling tells you that you are 'Allowing'; that's what 'Allowing' feels like. It's as simple as that! That's the feeling and therefore the vibration you need to duplicate when you want to increase the strength of your attraction power. In other words, if you want to speed up the arrival of the manifestation of any new desire, spend more time duplicating that feeling of *knowing that your desire is on its way* and less time generating more doubt!

You feel doubtful when you don't believe something will happen.

Now that you've clearly distinguished the feeling of 'Allowing' from the feeling of doubt, let's review how to delete doubt. Of course, it goes without saying (but I'll say it anyway because it's so important), doubt is the opposite of 'Allowing'.

Quite simply, you feel doubtful when you don't believe something will happen. So doubt can be defined as having a *limiting belief*. You want to own a new car but you have a limiting belief about the likelihood that the Universe can line up all the actions, thoughts, situations and experiences necessary to deliver that car to you. You see-saw back and forth between 'Allowing' (a positive vibration) and 'doubt' (a negative vibration). Remember: you can only generate one vibration at a time.

Limiting beliefs create all doubt.

Limiting beliefs (disbelief) create all doubt. Here are some common limiting beliefs:

I'm not good enough.

I don't deserve this.

I just don't have the will-power any more.

It's so hard for anyone in my family to lose weight.

I was born this way, what's the use.

All the nice guys are taken.

I'm too old for anyone to fall in love with me.

If I work hard enough, I can make this happen.

If I can get more money, I can have this desire.

I must be a lousy manifestor.

Limiting beliefs.

Let's unravel limiting beliefs so we can learn how to get rid of the doubt that is taking away time we could spend on 'Allowing'. Any belief is just a thought that is repeated over and over and over again, whether you are aware of it or not. Repetition-repetition-repetition makes any thought a belief. A belief doesn't exist outside of you. It's not something tangible that you can touch or see. It's just a repetitive thought.

For example, if I had been born in a mid-eastern country, I might very well believe in a certain religion. The beliefs of that religion would have been introduced into my mind before I could even speak and would have been repeated and repeated over and over again throughout my life without me even being aware of the process.

Tip: Repetition–repetition–repetition turns any thought into a belief.

Thoughts can be changed, even ones that have been on 'continuous play' for years in your mind. At some point in your past, there was a specific moment when a new thought entered your mind for the very first time. After lots of repetition, that brand new thought eventually found its way onto your list of beliefs. That's good news if the belief creates a positive vibration. If it doesn't, there is a simple solution.

How to create a new belief to replace a limiting belief.

Intentionally introduce a new thought into your mind. Intentionally repeat it over and over. Intentionally keep doing it. For how long, you ask? The answer to that question is very important to remember.

Tip: You know when a new belief replaces a limiting belief because you feel a sense of relief and see proof of the Law of Attraction working in your life.

Keep repeating a new thought over and over, and keep doing it until the new belief has replaced the limiting belief. When doubt is replaced by 'knowing', there are two very big changes that occur in your life.

First, check in with your feelings. When doubt is removed, most of us experience a sense of relief or say to ourselves, "Ah...that feels so much better!" Secondly, you start noticing evidence of the Law of Attraction at work in your life. In other words, you start receiving proof that manifestation is occurring. That evidence or proof is a sure sign that your attraction power is getting stronger and stronger.

Relief + Proof = The Art of Allowing.

Both the feeling of relief and the discovery of proof tells you that you are in a state of expectation. The more proof you get, the more confidence you'll have. More and more, when you focus on this desire, you will be practicing the 'Art of Allowing' because you will have achieved a state of 'knowing' and a feeling of quiet, joyful expectation. There's no mistaking the 'Art of Allowing', and once you get the hang of feeling this quiet, joyful expectation, you'll want more and more and more of it because it feels fantastic!

Remember: ‘Allowing’ is exactly the same as having that ‘knowing’ feeling in the restaurant. You know when you order your dinner that your dinner is on its way to your table.

‘Allowing’ is confidently expecting—confidently expecting is ‘Allowing’.

‘Allowing’ is *confidently expecting*—*confidently expecting* is ‘Allowing’. ‘Allowing’ is a GOOD feeling that pops up every time you think of your new desire. ‘Allowing’ runs in the background while you attend to other things.

Doubt is the absence of that feeling! It’s really that simple. Never again will you need to ask “Where is my new desire? Why aren’t I attracting it? Why is my desire taking so long to manifest?”

Reminder: You are in control of your thoughts; therefore, you are in control of your beliefs. You control your beliefs, therefore you control the speed at which your new desire will manifest.

All power is from within and is therefore under our control.

Robert Collier 1885-1950, author of self-help and metaphysical books in the early 20th century

Chapter 8 Summary

- ✓ Doubt is a negative vibe. ‘Allowing’ is a positive vibe.
- ✓ You can only generate one vibration at a time which means either you are ‘Allowing’ or not ‘Allowing’.
- ✓ ‘Allowing’ is a feeling of quiet, joyful expectation.
- ✓ ‘Allowing’ is a state of ‘knowing’ your new desire is on its way.
- ✓ The more doubt you have, the more doubt you will attract.
- ✓ Limiting beliefs create doubt.
- ✓ Repetition-repetition-repetition makes any thought into a belief.
- ✓ Intentionally introduce a new thought to your mind.
- ✓ Intentionally repeat it over and over until it replaces a limiting belief.
- ✓ A new belief replaces a limiting belief when you feel a sense of relief and see proof of the Law of Attraction working in your life.
- ✓ You are in control of your thoughts; therefore you are in control of your beliefs.
- ✓ The degree to which you spend your time ‘Allowing’ controls the speed of the arrival or manifestation of your new desire.
- ✓ When you are in a state of ‘Allowing’, that is, you have a ‘knowing’ that your desire is on its way, you’ll feel fantastic. Celebrate!



Chapter 9

Law of Attraction for Everyday Living

An Allowing Statement — A Magic Eraser

In Chapter 8 we learned about the relationship between ‘Allowing’ and doubt. So far, you’ve learned that thoughts of doubt are caused by limiting beliefs and generate a negative vibration. And while you are offering that negative vibration you are NOT spending time in a state of ‘Allowing’. Now you know that the speed at which the Law of Attraction can deliver or manifest your new desire is controlled by the amount of time you spend ‘Allowing’. So to continue towards your goal of becoming a deliberate attractor, it is very important to delete doubt, and I’ve got the perfect tool that will do just that.

An Allowing Statement is like a magic eraser. It removes doubt, leaving you more time to ‘Allow’.

How to create an Allowing Statement.

Let’s imagine that you want to create a new online business that needs to generate \$50,000 in sales in its first six months. You really want this, but right away you recognize that voice of doubt inside you that whispers “Yeah right! That’s never gonna happen to me!” You’ve never made that much money in six months and so, like many people new to the Law of Attraction, you see-saw between getting excited about having this new desire and doubting that you can use the Law of Attraction to attract it. Your vibration is oscillating between positive and negative vibes. In the end, the time you spend generating a negative vibe cancels out the time you spend generating a positive vibe. Creating an Allowing Statement will dramatically increase the amount of time you will spend ‘Allowing’, and therefore it will speed up the manifestation of your new desire.

*What power this is I cannot say.
All that I know is that it exists.*

Alexander Graham Bell, 1847-1922, scientist, inventor and innovator

Raise hope in the possibility that the Law of Attraction can work for you.

The first thing you need to do to remove doubt is to raise your hope in the possibility that the Law of Attraction CAN line up all actions, thoughts, situations, and experiences necessary for you to manifest your new desire. At this point, your doubt is basically saying the opposite! In order to raise your hope, always remember that *every one has what they have right now because they have manifested it into their current attraction zone, non-deliberately or deliberately.* This is really good news. You are a terrific manifestor; now you just need to zero in on manifesting ONLY positive stuff.

*Every great teacher who has ever walked the planet
has told you that life was meant to be abundant.*

*James Arthur Ray, featured in the movie The Secret, philosopher,
personal growth speaker and author*

Adopt a new GLOBAL perspective of the Law of Attraction at work.

Step back from your situation and consider the whole planet earth. Then ask yourself these questions and *answer them!*

Question #1: Is it possible...

In this moment, right now, on the whole planet earth, is it possible that someone else has already manifested a new desire like this one?

Answer: YES

YES means the Law of Attraction worked because someone else has used the Law of Attraction to manifest a desire like yours already!

Question #2: *If so...how many times has someone deliberately used the Law of Attraction to manifest this kind of new desire yesterday, last week, or last month?*

Answer: Tens of thousands of times (or lots and lots, or hundreds of times, or millions of times...whatever phrase feels good to you).

On the whole planet earth, the Law of Attraction has worked for this kind of new desire lots and lots of times, tens of thousands of times, maybe even more.

Can you see how you've just expanded your perspective to embrace the possibility that the Law of Attraction is working all the time, and people are using it confidently to successfully attract their new desires? The Law of Attraction isn't personal. It doesn't selectively decide when and if it is going to work. It works all the time, and that means it is working for you too!

Now, write out an Allowing Statement. Write it in the 3rd person so it doesn't reactivate your doubt. (Remember what we learned about affirmations.) In other words, don't write it out using "I", just

apply it to everyone on the planet and make sure the statements are believable to you. Some people might like to use the word ‘millions’ while you may prefer a more general phrase like ‘lots and lots’. The only thing that matters is that it raises YOUR hope in the possibility that you can manifest your desire because thousands and thousands of people are doing it at this very moment.

Wealth is a mindset. It's all about how you think. Money is literally attracted to you or repelled from you.

David Schirmer, featured in the movie The Secret, investment specialist, teacher and entrepreneur

LOA Tool

My Allowing Statement

My new desire: (fill in the blank) _____

Question #1: In this moment, right now, on the whole planet earth is it possible that someone else has already manifested a new desire like this one?

YES NO

Question #2: If so, how many times has someone deliberately used the Law of Attraction to manifest this kind of new desire yesterday, last week, or last month? _____

- Right now, in this very moment, on the whole planet earth, lots and lots of people have attracted and manifested a new desire just like this one.
- Right now, and yesterday, and last week and last month, on the whole planet earth, the Law of Attraction worked perfectly tens of thousands of times.
- Right now, in this very moment, on the whole planet earth, the Law of Attraction is lining up all actions, thoughts, situations and experiences necessary for lots and lots of people to manifest a desire just like this one.
- Right now, in this very moment, thousands and thousands of people have successfully learned to use the Law of Attraction to deliberately manifest their desires.

That's all there is to it. Notice the relief you feel when you take the time to do this exercise. Practice developing a new global perspective of the Law of Attraction.

People are deliberately attracting:

New homes

Better homes

New boats

Better boats

New cars

Better cars

New lovers

Better lovers

New jobs

Better jobs

New friends

Better friends

New neighbors

Better neighbors

All kinds of better STUFF

But Best of all... BETTER LIVES!

You can change your health, you can change your relationships, you can change your income, you can change anything.

Bob Proctor



You can do and have and be things that people once said that's impossible for you to do and have and be.

Morris Goodman

So, if it is possible for other people to get the things they want, it is certainly possible for you too! Remember, you can only send out or emit ONE vibration at a time. As you are writing down the sentences in your 'Allowing Statement', you should notice a feeling of relief come over you. That feeling lets you know that you are once again 'Allowing' in a strong and powerful way. Ideally, you will want to memorize and recite your Allowing Statements each time you notice doubt creeping into your thoughts.

You can begin right now to feel healthy. You can begin to feel prosperous. You can begin to feel the love that's surrounding you, even if it's not there. And what will happen is the Universe will correspond to the nature of your song.

Rev. Dr. Michael Beckwith

The more hope you create, the more doubt you erase. It's important that you reread any new desire statements you've made in the past and be 100% honest with yourself. You've been tracking your vibration by bringing new awareness to how you feel in any given moment. Now is the time to use that skill to the fullest. Reread your Desire Statement and listen very carefully for your quiet inner voice that identifies doubt. Remember, it is now good news to admit doubt because now you have the perfect tool to erase it!

Chapter 9 Summary

- ✓ Everyone has what they have right now because they have attracted and manifested it into their current attraction zone, deliberately or non-deliberately.
- ✓ Adopt a global perspective and ask, "Is it possible, on the whole planet earth, for the Law of Attraction to work for a desire like this...?" "In this moment, right now, on the whole planet earth, is it possible that someone else has already successfully manifested a new desire like this one?"
- ✓ Expand your perspective to embrace this new possibility of the Law of Attraction in action globally—for thousands and thousands of people who have learned to use it deliberately.
- ✓ Write Allowing Statements in the 3rd person.
- ✓ Be 100% honest with yourself; listen for the quiet inner voice of doubt as you reread any Desire Statement.
- ✓ It's good news to discover doubt, because now you know how to erase it.

*You don't have the potential to create; you
are always creating.*

Jack Canfield

Chapter 10

Law of Attraction for Everyday Living

Becoming a Deliberate Attractor

“The Secret” means for me that we are creators of our Universe and every wish of what we want to create will manifest in our lives. Therefore it’s very important what you wish, what your thoughts are, what your feelings are, because it will manifest.

Marie Diamond, featured in the movie The Secret, internationally known Feng Shui master

Congratulations! It’s time to step back for a moment to consider the scope of Deliberate Attraction. As a ‘deliberate attractor’, you’ve changed the way you see the world around you and the way you interact with the people in it. You’ve discovered that YOU are in control of your vibrations through your thoughts, attention, energy and focus. You’ve learned that it is possible to become the master designer of your life because you can CHOOSE to deliberately utilize a Universal Law to attract more of what you want and less of what you don’t want.

We are unlimited beings. We have no ceiling. The capabilities and the talents and the gifts and the power that is within every single individual that is on this planet, is unlimited.

Rev. Dr. Michael Beckwith

With that in mind, before we end this time together I’d like to hand you a set of keys that you’ll use every day to unlock treasure chest after treasure chest of invaluable guidance to help steer your course on your unique journey through this world of vibrations.

*Just let the golden, beautiful, powerful, creative
nature that you are, flow unobstructed.*

Hale Dwoskin

20 Keys to Deliberate Attraction

- Key #1: Accept responsibility for your vibe—you get what you vibrate.
- Key #2: Practice awareness of your vibe (track your feelings and thoughts) until it is second nature.
- Key #3: Change your vibration—as soon as you become aware you are sending out a negative vibe, change your words, thoughts and mind images to change your vibration.
- Key #4: Strive to sustain your focus, attention and energy on things that generate a “feel good” vibe for you.
- Key #5: Duplicate the feeling of happiness to create more happiness more often.
- Key #6: Develop and master a new perspective on life—it IS a small, small world of vibes.
- Key #7: Eliminate the words; Don't, Not and No—ask yourself, “So, what DO I want?”
- Key #8: Use the Clarity from Contrast exercise to create a very, very specific new desire.
- Key #9: Put Fire in Your Desire—be deliberate in how you give attention, energy and focus to your NEW desire.
- Key #10: All affirmations must be 100% true and 100% believable for you—begin them with, “I am in the process of...”
- Key #11: Limiting beliefs create doubt. Erase doubt by introducing new hope with an Allowing Statement. Repetition, repetition, repetition makes any thought a new belief.
- Key #12: You are in control of your thoughts; therefore you control the speed at which your new desire will manifest in your life.
- Key #13: Let go of figuring out HOW your new desire will arrive in your life; it's not your job.
- Key #14: Take responsibility for what you attract into your life. Your job is to manage your *attraction zone* while you let the Law of Attraction do its job.
- Key #15: The Law of Attraction will line up all the actions, thoughts, situations and experiences necessary to cause your new desire to move towards you and manifest in your life.

Key #16: Adopt a global perspective of the Law of Attraction at work to expand your hope in the possibility that YOU CAN ATTRACT whatever you want, using the Law of Attraction deliberately.

Key #17: You are ALWAYS AT CHOICE to generate gratitude, duplicate happiness, participate in/talk ONLY about things that make you feel good, remain “in the process of”, and gather evidence all around you of how the Law of Attraction is working in your life.

Key #18: The Art of Allowing is a state of being. Allowing means you know full well your desire is on its way.

Key #19: Allowing is relaxing in quiet, joyful expectation of your new desire arriving.

Key #20: Allowing is a feeling that runs in the background while you occupy yourself with actions that feel good.

Action will sometimes be required, but if you're really doing it in line with what the Universe is trying to deliver, it's going to feel joyous. You're going to feel so alive; time will just stop; you could do it all day.

Bob Doyle

In closing...

We've taken quite a journey together haven't we? It is my greatest desire that you will take the principles of the Law of Attraction you've learned here and apply them to your life everyday. Sure, you'll be able to manifest cars, or houses, or lovers, or more *stuff*; but most importantly, when you apply these principles to your everyday living, you'll come to know more joy, happiness and contentment than you could have ever imagined before.

So even though this ebook—and our time together—is drawing to a close, it is really just the beginning of a whole new way of living, and an exciting one at that! The words “today is the first day of the rest of your life” could not be truer—unless we add the word *fabulous* in there, because you are about to experience a *fabulous* life from this day forward.

Just remember, you can start your fabulous new life anytime you wish—in this moment or the next one or the next one. Get started!

As you move through this journey, I'd love to hear from you. What are you manifesting? How is the Law of Attraction changing your life? Big or small, little or great, send me an email and tell me all about it: marty@greatlivingtoday.com

You have my blessings and good wishes!

Namasté,

Marty

Meet Marty

Chief Clarity Officer
Great Living Today

Dear Fellow Spiritual Seeker,

I'm so pleased that you took the time to read this ebook, and I know that when you apply the principles of deliberate attraction you've learned here, you'll be writing to tell me how much better your life has become. My desire for you is that you will be uplifted and find a peaceful heart, knowing that it is within your power to create your own divine life — everyday!

Here are a few things I'd like you to know about me:

My current powerful intentions:

Every day I'm connecting deeper with that which I call Source and remembering that I am a spiritual being, having a fabulous time on this planet as a human being.

I intend to bring the message of the power of the Law of Attraction to all those who are ready to hear its truth and embrace it as a new paradigm for a better life.

I intend to use the power of the Law of Attraction in my daily affairs to create the life of my dreams and to serve as an example for others in such a way that they may also come to know their truth and to live the life of their dreams.

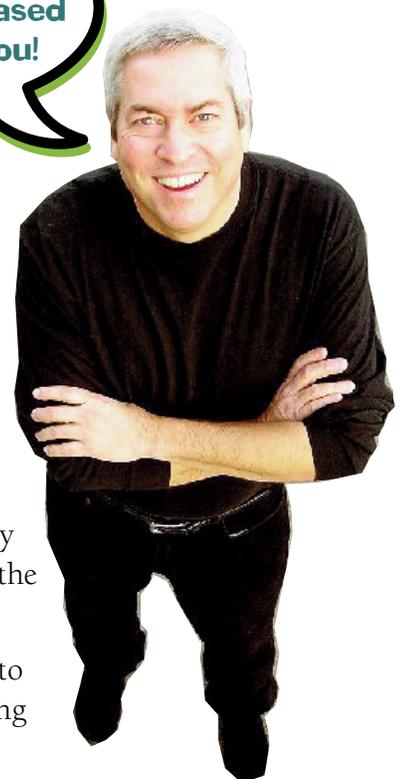
I intend to recognize and acknowledge all that I attract into my life on a daily basis and to be grateful for everything.

I'm grateful for:

This wonderful Law of Attraction community of like-minded souls who gather with me regularly to learn more and to expand our horizons.

My great friend and business partner, Nancy Brown, who helps me keep my life on track, makes my life a lot easier, reminds me of my purpose, and is the best “therapist” on the planet.

My editor and friend, Gizelle River, who seems to understand what I want to say a lot better than even I do and helps me craft words that get my meaning across with clarity and purpose and who helps me stay focused.



My husband, Bill Harrison, who also serves as my audio and video editor and producer.

My many clients who allow me to do the work that I love and support me in creating and fulfilling my life's purpose while they fulfill theirs.

The beauty of this planet. Everyday I am treated to some new visual or auditory delight.

Books. The Internet. Recordings. And all the other technological marvels that make my life so easy and give me the ability to tap into the knowledge of this planet and to connect with like-minded souls throughout the world.

The many teachers who have come into my life—whether they knew they were teachers or not.

My cats-that-are-not-my-cats who bring me great joy.

My life's purpose:

To raise my vibrations—not only to achieve my soul's desire, but to also raise the vibrations of all people who come in contact with me so that they, too, may achieve their soul's desire.

To recognize and honor the spirit within all people I meet so that they may feel uplifted and enriched while we are together.

To smile a lot so that people wonder what I'm up to.

To laugh a lot and to have lots of fun on this journey through life because if it's not fun, why bother to do it in the first place?

My story (and I'm sticking to it):

When I approached the age of 30 I thought that somehow—maybe by divine providence—when I reached that age I would be wise and mature. And that from that time on all the decisions I made would be the right ones. Boy, did life throw me a few lessons to prove otherwise!

And now, as I approach the last third of my life, I'm more grateful than ever for each of those life lessons. For without them I could not have grown in the ways that I have.

I first learned about the Law of Attraction back around 1986, when I first discovered *Science of Mind*. But, like the experience of so many others — I understood it intellectually and it sounded good — no one really taught me how to use it deliberately.

Actually, no one taught me how to use it at all. The instructions I got pretty much amounted to this: “Watch what you're thinking. If it's negative, change it. And then just allow it.”

Change my thinking? How?

Allow it? Sure, but how?

It wasn't until I started my own studies, seeking out the best authors and teachers in the emerging discussion about Law of Attraction, that I began to use the principles deliberately and started to see the changes that came about. I listened and learned and I also started forming my own ideas and testing out various tools to see what worked in my life and what didn't. And naturally, I started teaching and sharing what I was learning. I'm still learning! New ideas and new insights seem to come to me every day.

My study and practice of the Law of Attraction has made a huge difference in my life. And I have so much more yet to learn. We all do. So, I invite you to continue with me on this journey. We'll learn and

grow together. Be sure to visit my website, <http://www.GreatLivingToday.com> to subscribe to the “Soul Food” ezine and get updates about classes and activities that we offer on a regular basis.

I’m also a **life and business coach** and I use the Law of Attraction in my practice. If you’ve been thinking about working with a coach, and want to work with one that is on the same spiritual path as you, then contact me and let’s chat.

My vision:

To bring the great news of the Law of Attraction to every soul on the planet and present it in such a way that people can tap into it deliberately to bring about the success, love, happiness, and material wealth they seek, and to help bring peace to the world.

You have my very best wishes for much success and love on your journey.

May you enjoy much love, laughter
and many blessings,



Chief Clarity Officer
Great Living Today

marty@greatlivingtoday.com

So, what’s next for you?

You’re cordially invited to join me and other like-minded souls as we journey together in not only learning how to become more deliberate attractors but in supporting each other in applying these principles on a day-to-day basis.

Join me at the Great Living Today website for an abundance of free resources and teleclasses and at my monthly Law of Attraction Discussion Group sessions where we get together on the phone — attracting friends and like-minded folks from all over the world — to discuss our views on the Law of Attraction and other topics of interest toward living a greater life.

Keep your studies going. Expand your knowledge and put into practice the principles behind the Law of Attraction every day of your life and share your experiences with other people. The best way I know to internalize something more quickly is to start sharing what you’ve learned and teaching it to other people.

You can start by telling all of your friends and family about how they can get their own copy of this ebook, too. You’ll be helping to spread the word about the Law of Attraction and you can watch along with me how this amazing law — and our understanding and use of it — changes the entire planet for the better.

Send your friends over to: <http://www.EverydayLOA.com> today.

Thank you!



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