

Law of attraction narrative



**ASSIGN
BUSTER**

Law of Attraction The law of attraction is a powerful tool that you can use to manifest the life of your dreams. However, before you begin to use it, you need to learn how to set clear intentions, use energy to fuel those intentions, release your limiting beliefs and allow your desires to manifest in ways that you cannot yet imagine.

The Secret to Making the Law of Attraction Work

Intention Set a clear intention, and be specific. If you want to make more money, specify exactly how much more money you want and what time period you will give yourself to make it.

If you want a better relationship, write down the qualities you are looking for in your future partner. Keep the details in mind and state your intention using those details.

Energy Put as much energy as you can into stating your intention. Use creative visualization to imagine yourself as if you have already obtained your goal. Imagine what you will be wearing, smelling, hearing, tasting and saying when you have achieved your goal. These visuals will motivate you to take action in the areas of your life that need improvement, and things will begin to fall into place once you begin to take those actions.

Release If you have trouble using visualization techniques, you may have some limiting beliefs that are preventing you from letting go. For example, you may feel deep down that you do not deserve to make more money or be in a healthy relationship. These internal blocks will actually repel what you want instead of attract what you want. You can release these beliefs using the very simple but effective methods of EFT, or Emotional Freedom Techniques, or the Sedona Method. Look at the websites Emofree. com,

Mygenie. tv, Tapping. com and Sedona. com to learn how to release your limiting beliefs easily and quickly.

Allow You may find that the hardest part of using the law of attraction is to stay calm and confident in your belief that you will eventually receive what you have asked for. It is easy to grow impatient and wonder when and how your intentions will manifest in your life. However, if you do this, you will open the door for more limiting beliefs to sabotage your progress and you will have to start all over again. You can remain relaxed and focused by allowing yourself to be open to the possibility that your intentions will come to you in ways that you never dreamed possible.

You can do this by telling yourself everyday that you can't wait to see how this is all going to come together for you and it eventually will. Facts about “Laws of Attraction” At its core, the laws of attraction are a restatement of the principle of the power of positive thinking and the belief that like attracts like. Serendipity, coincidence, karma, luck and fate are just a few of the words that describe the laws of attraction, according to author Michael J. Losier. The principle includes several basic beliefs and rituals. Law of Attraction Basics

The law of attraction is based upon the belief that a person can influence his environment by his thoughts, actions, emotions and beliefs, both conscious and unconscious. This is based upon the assertion that a person's thoughts create energy that is released into the universe. In response to this energy, the universe creates an equal reaction. This principle applies to both positive and negative thoughts and, under the laws of attraction, a person who thinks

positive will attract positive whereas a negative-thinking person will attract negative results.

Accordingly, the law of attraction instructs practitioners to learn to focus the mind and thoughts in order to bring about the desired outcome. The Steps
The law of attraction is based upon three steps. First, you must know what you want and ask the universe to deliver. Second, you must feel and act as if you have already received your desired result. Finally, you must be open to receiving the result you desire. According to proponents, performing each of these steps is necessary in order to receive what you desire from the universe and a person who does not see results should evaluate whether they have properly completed each step.

Tools of Laws of Attraction Proponents of the laws of attraction encourage practitioners to use several tools in order to encourage positive thinking and desired results. Participants are encouraged to make lists of the goals they wish to accomplish and refer to these lists to focus their thoughts.

Participants are also encouraged to write down positive affirmations and repeat these statements to themselves or out loud in order to focus the mind on creating these positive results. Vision boards are another tool used by practitioners of laws of attractions.

Creating a vision board consists of gathering visual representations of your goals, such as pictures, words or phrases. These pictures are then placed on a board and displayed in a visible area. The practitioner then refers to the vision board throughout the day in order to visualize her goals and focus her thoughts on achieving those goals. Critics While many support the principles

of the law of attraction, there are those who criticize the belief and related teachings. Criticisms of the practice include claims that it is a fad and encourages materialism.

Additionally, medical professionals suggest the principle leads to a mentality that blames the victim as it encourages the belief that negative conditions are the result of your own thoughts. These professionals claim that this way of thought can prove dangerous to those suffering from mental illness. Other critics claim the laws of attraction do not place enough emphasis on action. It instead encourages followers to simply think about what they want without any discussion of the actual work needed to achieve the results.

How to Use the Law of Attraction

The law of attraction states that every positive or negative event that happened with you was attracted by you. Say that special friend loaned you money when you didn't have any. You attracted that, even without your awareness of using the law. Say that teacher, classmate, client, or co-worker gave you a hard time during the day. You attracted that, too. Again, we are using the law every second of every day. You've even attracted reading this article! There are really only three basic steps: ask, believe, and receive. However, the point of this article is to break those three steps down into simpler, more concise ones. . Relax your mind. Meditate for 5 to 10 minutes. Doing this will increase brain power and have your mind at that relaxed state. This step is optional but recommended. 2. Be sure about what you want and when you do decide don't doubt yourself. Remember that you're sending a request to the Universe which is created by thoughts and therefore responds to thoughts. Know exactly what it is that you want. If

you're not clear/sure, the Universe will get an unclear frequency and will send you unwanted results. So be sure it is something you have strong enthusiasm for. 3. Ask the Universe for it.

Make your request. You don't have to actually speak or use words because it doesn't hear words. Send a picture of what you want to the Universe. The Universe will answer. See this thing as already yours. See How to Visualize. The more detailed your vision, the better. If you're wanting that Nintendo Wii, see yourself sitting down playing a game on it. See yourself feeling the controller, playing your favorite game(s), touching the console. If there's that person you have a crush on, see yourself walking with her/him, touching or caressing the person, or even kissing the person.

You get the idea. 4. Write your wish down. Start with " I am so happy and grateful now that... " and finish the sentence (or paragraph) telling the Universe what it is that you want. Write it in the present tense as if you have it right now. Avoid negation terms (see Warnings for more on this). Every day until your wish comes true, close your eyes and imagine your desire as if it's happening right now. 5. Feel it. Feel the way you will now after receiving your wish. You must act, speak, and think as if you are receiving it now.

This is actually the most important, powerful step in using the Law of Attraction because this is where it starts working, and sometimes if you do this you don't feel like you need it anymore because you FEEL like you already have it! and then the universe will manifest this thought and feeling and you will receive it. 6. Show gratitude. Write down all the things the Universe has given you. Be thankful for what you already have and be

thankful for all the things the Universe has given you. The Universe has done a lot of things for us.

Paying the Universe back with some gratitude will motivate the Universe to do even more things and will draw more things into your life. If you were once bullied and that person stopped, that's one thing to be thankful for. If the person you're crushing on likes you back, or doesn't but she/he didn't send their lover out to hurt you, that's another thing to thank the Universe for. You should also thank the Universe for this process too. Showing gratitude will turbo boost the Universe to manifest your request faster. 7. Trust the Universe.

Imagine an alternate dimension that is almost exactly like the real world but whatever you truly desire comes true in an instant. See yourself in that dimension, where whatever you ask the Universe for comes to you in an instant. Don't look for what you asked for; this is where people tend to mess up. If you have to keep an eye out for an event that manifests your wish, it's only telling the Universe you don't have it and you will attract... not having it. Be patient. Don't get upset if these things don't happen immediately. Don't stress the " how" of things. Let the Universe do it for you.

When you take the Universe's job of worrying about the " how", this says you're lacking faith and that you're telling the Universe what to do when the Universe has far greater knowledge and power than human mankind. Tips * Try this... if you experience an event that makes you so happy and overjoyed that you want to attract more into your life then try and remember your inner emotion you had (your heart beating faster/ stomach jumping)

whatever it was try and replicate that by remembering the event and then if your vibrational energy is the same as you felt in that joyous moment then the it will manifest and you will attract it into your life. Have a vision board or a picture from a magazine to help you see and feel what you want, look at that picture everyday (better to do this in the morning since this will help you to feel better throughout the day), and focus on emitting happy feelings to the Universe. * Focus as often as you can on what you DO want rather than on what you don't want. For example, if you are angry or upset about a war/conflict that has been going on, do your best to be ' pro-peace' rather than ' anti-war' – focus on the peace, and the kinds of solutions that you would like to see, instead of whatever it is that you do not like about the situation. Good feelings = good reality. Feel GOOD. Put on your favorite song, paint a picture, have fun with your pet, or think of someone or something that you love, something that makes you happy, and just shut your eyes and dwell on this. These can be called Frequency Shifters, so have a few up your sleeve. Different thoughts work for different situations, so think of a few now you can use later. Warnings * You can't use the Law of Attraction to control people. However, if you have a friend who you haven't seen in a long time and you want her to come to you.

Instead of saying " I want my friend to show up at my door," just say, " I want to walk down the street and see her pass by," or something like that. * Avoid using those negation terms. For example, if you want to get out of debt and you say " I want to get out of debt," the Universe only see the word ' debt' and will send more along your way. It pays no attention to negation terms like, ' no', ' not', ' none', ' out' and so fourth. Instead say " I am in

rich/wealthy/ have lots of money. * “ Be careful what you wish for because you just may get it,” is not a statement to joke around with.

This law is so powerful your request could manifest instantly and powerfully without warning. Remember, this Law could be used to create or destroy. * If you are constantly worried about bad things happening, or negative outcomes, then you are using the law of attraction AGAINST yourself. To worry is really to apply most of the above steps, towards a NEGATIVE outcome. You are visualizing the negative outcome and asking the universe for it with pictures of the negative outcome, you are feeling the feelings of the negative outcome ... Stop Worrying and follow step seven above. You can't have any resistance in your mind for example : if you have just tried using the law of attraction and you say “ this stuff isn't working” then the universe will give you more of ‘ this isn't working’. The Law of Attraction simply says that you attract into your life whatever you think about. Your dominant thoughts will find a way to manifest. But the Law of Attraction gives rise to some tough questions that don't seem to have good answers. I would say, however, that these problems aren't caused by the Law of Attraction itself but rather by the Law of Attraction as applied to objective reality.

Here are some of those problematic questions (all are generalizations of ones I received via email): * What happens when people put out conflicting intentions, like two people intending to get the same promotion when only one position is available? * Do children, babies, and/or animals put out intentions? * If a child is abused, does that mean the child intended it in some way? * If I intend for my relationship to improve, but my spouse

doesn't seem to care, what will happen? These questions seem to weaken the plausibility of the Law of Attraction. Sometimes people answer them by going pretty far out.

For example, it's been said by LoAers that a young child experiences abuse because s/he intended it or earned it during a past life. Well, sure... we can explain just about anything if we bring past lives into the equation, but IMO that's a cop-out. On the other hand, objective reality without the Law of Attraction doesn't provide satisfactory answers either — supposedly some kids are just born unlucky. That's a cop-out too. I've never been satisfied by others' answers to these questions, and they're pretty important questions if the Law of Attraction is to be believed.

Some books hint at the solution but never really nail it. That nail, however, can be found in the concept of subjective reality. Subjective reality is a belief system in which (1) there is only one consciousness, (2) you are that singular consciousness, and (3) everything and everyone in your reality is a projection of your thoughts. You may not see it yet, but subjective reality neatly answers all these tricky Law of Attraction questions. Let me 'splain.... In subjective reality there's only one consciousness, and it's yours. Consequently, there's only one source of intentions in your universe — YOU.

While you may observe lots of walking, talking bodies in your reality, they all exist inside your consciousness. You know this is how your dreams work, but you haven't yet realized your waking reality is just another type of dream. It only seems solid because you believe (intend) it is. Since none of the other characters you encounter are conscious in a way that's separate from you,

nobody else can have intentions. The only intentions are yours. You're the only thinker in this universe. It's important to correctly define the YOU in subjective reality. YOU are not your physical body. This is not the egoic you at all.

I'm not suggesting you're a conscious body walking around in a world full of unconscious automatons. That would be a total misunderstanding of subjective reality. The correct viewpoint is that you're the single consciousness in which this entire reality takes place. Imagine you're having a dream. In that dream what exactly are YOU? Are YOU the physical dream character you identify with? No, of course not — that's just your dream avatar. YOU are the dreamer. The entire dream occurs within your consciousness. All dream characters are projections of your dream thoughts, including your avatar.

In fact, if you learn lucid dreaming, you can even switch avatars in your dream by possessing another character. In a lucid dream, you can do anything you believe you can. Physical reality works the same way. This is a denser universe than what you experience in your sleeping dreams, so changes occur a bit more gradually here. But this reality still conforms to your thoughts just like a sleeping dream. YOU are the dreamer in which all of this is taking place. The idea that other people have intentions is an illusion because other people are just projections.

Of course, if you strongly believe other people have intentions, then that's the dream you'll create for yourself. But ultimately it's still an illusion. Here's how subjective reality answers these challenging Law of Attraction

questions: What happens when people put out conflicting intentions, like two people intending to get the same promotion when only one position is available? Since you're the only intender, this is entirely an internal conflict — within YOU. You're holding the thought (the intention) for both people to want the same position. But you're also thinking (intending) that only one can get it. So you're intending competition.

This whole situation is your creation. You believe in competition, so that's what you manifest. Maybe you have some beliefs (thoughts and intentions) about who will get the promotion, in which case your expectations will manifest. But you may have a higher order belief that life is random, unfair, uncertain, etc. , so in that case you may manifest a surprise because that's what you're intending. Being the only intender in your reality places a huge responsibility on your shoulders. You can give up control of your reality by thinking (intending) randomness and uncertainty, but you can never give up responsibility.

You're the sole creator in this universe. If you think about war, poverty, disease, etc. , that's exactly what you'll manifest. If you think about peace, love, and joy, you'll manifest that too. Your reality is exactly what you think it is. Whenever you think about anything, you summon its manifestation. Do children, babies, and/or animals put out intentions? No. Your own body doesn't even put out intentions — only your consciousness does. You're the only one who has intentions, so what takes precedence is what YOU intend for the children, babies, and animals in your reality.

Every thought is an intention, so however you think about the other beings in your reality is what you'll eventually manifest for them. Keep in mind that beliefs are hierarchical, so if you have a high order belief that reality is random and unpredictable and out of your control, then that intention will trump other intentions of which you're less certain. It's your entire collection of thoughts that dictates how your reality manifests. If a child is abused, does that mean the child intended it in some way? No. It means YOU intended it. You intend child abuse to manifest simply by thinking about it.

The more you think about child abuse (or any other subject), the more you'll see it expand in your reality. Whatever you think about expands, and not just in the narrow space of your avatar but in all of physical reality. If I intend for my relationship to improve, but my spouse doesn't seem to care, what will happen? This is another example of intending conflict. You're projecting one intention for your avatar and one for your spouse, so the actual unified intention is that of conflict. Hence the result you experience, subject to the influence of your higher order beliefs, will be to experience conflict with your spouse.

If your thoughts are conflicted, your reality is conflicted. This is why assuming responsibility for your thoughts is so important. If you want to see peace in the world, then intend peace for EVERYTHING in your reality. If you want to see abundance in the world, then intend it for EVERYONE. If you want to enjoy loving relationships, then intend loving relationships for ALL. If you intend these only for your own avatar but not for others, then you're intending conflict, division, and separation; consequently, that's what you'll

experience. If you stop thinking about something entirely, does that mean it disappears?

Yes, technically it does. But in practice it's next to impossible to uncreate what you've already manifested. You'll continue creating the same problems just by noticing them. But when you assume 100% responsibility for everything you're experiencing in your reality right now — absolutely everything — then you assume the power to alter your reality by rechanneling your thoughts. This entire reality is your creation. Feel good about that. Feel grateful for the richness of your world. And then begin creating the reality you truly want by making decisions and holding intentions.

Think about what you desire, and withdraw your thoughts from what you don't want. The most natural, easiest way to do this is to pay attention to your emotions. Thinking about your desires feels good, and thinking about what you don't want makes you feel bad. When you notice yourself feeling bad, you've caught yourself thinking about something you don't want. Turn your focus back towards what you do want, and your emotional state will improve rapidly. As you do this repeatedly, you'll begin to see your physical reality shift too, first in subtle ways and then in bigger leaps. I too am just a manifestation of your consciousness.

I play the role you expect me to play. If you expect me to be a helpful guide, I will be. If you expect me to be profound and insightful, I will be. If you expect me to be confused or deluded, I will be. But of course there's no distinct ME that is separate from YOU. I'm just one of your many creations. I

am what you intend me to be. But deep down you already knew that, didn't you? The Fundamentals of the Law of Attraction The Law of Attraction is the most fundamental of all universal laws. Out-pacing the laws of gravity and velocity, well-beyond the measurements of science, The Law of Attraction is the basis for who YOU are.

For those who are new to conscious thinking, this idea that your thoughts create your reality might be as whimsical as a spotted leopard running free through the city streets. As a crazy notion, a “ New Age” scam, even an “ airy-fairy” mind twister, the Law of Attraction is not a new idea. This rather fundamental concept has been around for ages, often hidden from the masses by those who wish to keep people “ unconscious”. For those who have had some experience with this concept, they might find these words refreshing and fulfilling. This idea is not new to them but is a reminder of what they already know.

Astrophysicist Dr. Neil DeGrasse Tyson was asked by a reader of TIME magazine, “ What is the most astounding fact you can share with us about the Universe? ” This is his answer: “ When I look up at the night sky, and I know that, yes, we are part of this Universe, we are in this Universe, but perhaps more important than both of those facts is that the Universe is in us. When I reflect on that fact, I look up — many people feel small, 'cause they're small and the Universe is big, but I feel big, because my atoms came from those stars. ” -Dr. Neil DeGrasse Tyson Your thoughts do indeed create your reality. Thoughts are forms of energy that are sent ahead and eventually manifest as physical matter. The thoughts you think determine the outcome of your worldly experiences, from finances to health,

<https://assignbuster.com/law-of-attraction-narrative/>

relationships to environment. In fact, there is no aspect of your life that is not affected by your thoughts. “ Your imagination is your preview of life’s coming attractions. ” -Albert Einstein “ The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind. ” -William James “ Everything is energy and that’s all there is to it.

Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics. ” - Albert Einstein/Bashar (debatable) Most of us were taught to be sloppy thinkers. We remain frozen in worry or defeated by fear. We believe that we have become victims of our circumstances. As our thoughts remain negative or mostly unconscious, we end up attracting by default. We are stunned when we develop a horrible disease, become involved in a tragic car accident or suffer from financial failure. Without realizing it, the thoughts we have been thinking are all responsible for this.

The ability to focus a thought becomes the driving force behind The Law of Attraction. Focusing on a single thought purely and clearly for a short duration of time becomes the starting point. Once you become adept at focusing your thoughts it will be easier and more efficient. Words do not matter much but the emotion behind the words does. The Universe works on vibration. Everything is vibration first and matter second. When you feel an affirming emotion when focusing thought you are now creating dynamic change. Pure thought with positive emotion is said to be the equivalent of 2000 action hours.

The problem that many people run into is that they “pretend” to be positive on the outside but are really vibrating negativity on the inside. They might not even be aware of what it is that they are doing. The Law of Attraction is so powerful that it trumps all other laws and forces in the Universe. It never takes time off or breaks and it is always working. It supersedes science, viruses, bacteria, pathogens, parasites, natural disasters, bad luck, heredity, genetics, chance, random, poor diet, too much sugar, astrology, numerology, tea leaves and psychology.

Under The Law of Attraction, there are no odds and statistics are meaningless. Nothing happens by mistake. The thoughts you think do indeed create your reality. There are two primary forces in the Universe — allowing and resisting. If your manifestation has not yet arrived it is only because you are resisting it. Here is how this works. Imagine driving your car with one foot on the gas pedal and one foot on the brake at the same time. Your car might be moving forward but there will be quite a bit of resistance along the way, not to mention the damage done to the brakes.

Most people become frustrated and stop believing in the power of their own thoughts only because they have unconsciously placed great resistance in front of their dreams. Frustration will pull you even more into the negative thinking mode and create more mistrust in the Law of Attraction. Let's say that you desire to have more money. This is a positive thinking manifestation. You are now in a state of creation and allowing. You then might begin to worry about how complicated it will be to have all of this money. You imagine that you won't know how to manage it.

Others will want some of it and you might not know how to say “ No” to them. Now you are in a state of resistance. Your foot is “ sharply pressing down on the brakes” in your “ vibrational” world. This is why your creation has not yet arrived. When you are in a state of judgment you are also in a state of resistance. Imagine wanting an expensive new car but you have judgments about those who are able to afford expensive new cars. You are now in a state of resistance. Imagine that you want an easy life where you did not have to work so hard to get by.

You keep yourself in a state of resistance when you judge others who already have an easy life where they do not have to work so hard. You can not belong to a club where you despise the current members. If you want your manifestations to arrive you must already be a vibrational match to them. Festering in a state of judgment is just pushing your desires away. The Four Levels of Consciousness There are four levels of consciousness. Most people never make it out of level one and are condemned to suffer in this self-imposed hell of an inner world. Here are the four levels of consciousness: 1.

Unconscious Unconsciousness At this stage you are not even aware that you are unconscious. You attract negative things into your life at a rapid pace, as if you have developed a negative ball of energy rolling down hill. Nothing is ever your fault and you are always looking for someone to blame. 2.

Conscious Unconsciousness Here you are aware of your negative thinking and the consequences that it might bring. You might see your negative pattern and have become aware of what it is that you are attracting. You may not like what you are attracting, but you have taken responsibility for it.

3. Conscious Consciousness

You deliberately decide to focus pure and positive thought on something and remove all resistance to its arrival. And, sure enough, it arrives. Your creation might be something as simple as visualizing a parking space opening up for you at the mall. You deliberately intended it, allowed it to come to you and acknowledged it when it arrives. 4. Unconscious Consciousness When you get to this point, you do not have to work so hard to create things in your life. You are a believer in how the mind game is played and you spend conscious time each day making your mind important. New creations come to you easily and quickly.

You have built a positive ball of energy that continues to roll forward in your favor. People call you the “ lucky one”. The Mind is NOT the Brain The scientific and rational community have spent an inordinate amount of time and money studying the brain. The belief among these individuals is that the brain is the ultimate part of who we are. They say that the brain controls everything. The mind, according to these scientific types, is just a function of the brain. This is akin to the belief that the brain secretes hormones through the glandular system, establishes electrical impulses through the electrical system and has many more functions.

We are told by our scientists that the brain is the most important organ and the mind is just an activity that the brain performs. Nothing could be farther from the truth. The reality is that scientists and rational-minded individuals have it completely backwards. The mind is much bigger than the brain. The mind does not live in the brain but passes through the brain. The mind can pass into the smallest cell in one’s body or can travel into the future or across thousands of miles of empty space. Have you ever heard of someone

who was “ incurably sick” and learns how to focus his mind and heal his body? This happens every day.

When you take your thoughts to Aunt Alice, thousands of miles away, and the next thing you know there is a telephone call from her, the brain did not do that. The mind, traveling far outside the body, reached out to make contact. Magic will begin to happen at even a quicker pace when we stop studying the brain (just an organ) and learn how to focus our minds.

Scientists and brain researchers are far away from the leading edge of discovery. You can not study the mind with a microscope, X-Ray, MRI or a CAT scan. Using your mind to attract your reality is actually a very simple technique. First, make your thoughts important.

Most people randomly shrug off their thoughts as not being important. They often get stuck thinking the same old negative thoughts all day long and can not begin to see the relationship between what they are thinking and what is happening in their life. Three Ways of Attracting 1. Direct Asking You are angry that you have a beat up old car and every day you proclaim how much you despise this car and wish someone would just come along and crash into it to get rid of it. Lo and behold, you are involved in a traffic accident and your car is destroyed. You act surprised when this event transpires and you move into blame and anger.

You believe whole-heartily that it must be the other driver’s fault for not paying closer attention. 2. Fear You might have heard stories of how wild animals are attracted to fear so if you are approached by one do not run or act afraid. The Law of Attraction works the very same way. If you are afraid

of “ catching” a horrible disease you are still attracting it to you. If you are afraid of financial failure you are still attracting it. Whatever you are afraid of has a good chance of coming closer to you. This occurs because your thoughts are like magnets, whether those thoughts are positive ones or negative ones. 3.

Vibrational Alignment Emotional alignment is important when attracting. Imagine leaving the house feeling like a victim. Why does it surprise you when you spill coffee on yourself? This incidence only matches a vibration that you were already experiencing. Like attracts more of the same. A vibration of negativity will bring more negativity your way whereas a vibrational attitude of positivity will attract positive results. Mental Obesity Imagine what life might be like if you were three-hundred pounds overweight in your body? What would it be like to travel on an airplane, to walk up and down stairs and to try to go to the bathroom?

Most people are three-hundred pounds overweight in their minds. Their minds are quite out of shape and their life is filled with struggle and blame. They are in denial that there is a problem (just like many physically obese people) and they do nothing to try to change the situation. If you were physically obese you might start slowly to make small changes in your life (dietary adjustments, beginning a walking program etc.). Mental shaping up is no different. Begin by imagining all the lights turning green when you are driving down the road or the perfect parking space is waiting for you at the grocery store.

Small steps add up to big changes. Blame If there were two words that I could eliminate from the English language they would be "victim" and "survivor." You hear these powerful words over and over again, through the media, through "support" groups and from the common person. These two conditions can only exist from someone who is "unconsciously unconscious." This is a person who is not aware of the thoughts that he is thinking and the chaos that he is attracting. There are no "victims" and there are no "survivors." There are only "conscious choosers" or "unconscious choosers. When you become an unconscious chooser you often remain in a state of "blame." This situation occurs where you believe that it is always somebody else's fault that your life is going poorly. For instance, many people continue to blame the "poor economy" for their own lack of financial success. Yet, there are many who are thriving in this "poor economy." Most often these "thrivers" will tell you that they are not interested in listening to the scarcity-minded pundits on television, but choose their own path to prosperity. They are consciously choosing a new way to think and thus have a prosperous lifestyle.

They also say that they are not interested in participating in the "down economy." Remaining in blame is just another way of saying that you are not willing to be responsible for the thoughts that you are thinking. Sabotage Why would someone deliberately choose to develop a horrible disease or choose to have bad things happen to them? This is often a challenging question for many to understand. The answer is very simple. We all have a part of ourselves that is frozen in sabotage. Not everyone wants to feel well

or to be wealthy. Most people have invested a great amount of time and thought into sabotage and this is what shows up.

You might have heard the expression that says, “ if you go looking for trouble then trouble is likely to find you. ” A parent knows all too well how sabotage works. At one time or another most children will “ develop” a cold or sickness to avoid a situation like going to school or visiting a relative. The child’s thoughts are powerful enough to change the physical body so the child can escape a situation that he or she does not know how to handle (i. e. a test, a conflict etc.). As adults, our powerful thoughts continue to sabotage our lives, only the outcome is often quite stronger.

From putting on weight to financial hardships, if you are not thriving then your thoughts are actively involved in sabotaging your greatest successes. You have invested in sabotage as the primary reference point in your life. Somehow you errantly believe that you are benefiting from sabotage just like the sick child feels a benefit by not having to attend school. For instance, many people create illnesses to rest, take a break from life, to be taken care of by others or to avoid an uneasy situation. Instead of learning to find the tools to resolve these conflicts, becoming sick is the easiest way to find relief.

One could make the argument that hospitals are filled with people who are choosing illness as a way of getting relief from a mental conflict that they are unable to resolve any other way. Yes, your mind is that powerful and there are no exceptions. Children and Illnesses It might be difficult to understand why a child would choose to get sick and die. What most of us do not realize

is that children too are thinking and creating their reality. Whether it is in the womb, infancy or adolescence, a child is still focusing thoughts, either positively or negatively, and is still creating his or her reality. Here is an example of how this works.

A story appeared in a local newspaper of a fourteen-year old boy who mysteriously and “ accidentally” hung himself while playing on a makeshift backyard rope course that he had built. Most people assumed this to be a horrible accident and a chance of fate. What most people do not realize is the actual story being created by this young boy. Two days before his death the teenager was kicked off the freshman football team at school. He was devastated. He felt his life was over. The expulsion from the team caused him so much despair that he did not believe that he could go on. He felt trapped and helpless and wanted relief from his suffering.

His mind created a situation where he would find relief and still save face (his death would look like an accident). Conclusion While this way of perceiving the world might be difficult to digest for many, when you understand our investment in sabotage things become much clearer. We are all looking for relief from conflict. If we do not believe that we can resolve the conflict externally, we frequently create a situation that resolves itself internally. This is often seen in sports. When an athlete is not performing well or has an off the field conflict, he frequently suffers an injury.

While the injury might be real (a pulled hamstring or a stiff back), the mind was busily at work creating the situation. Fans would much more likely support a player if he were injured than if he were having marital problems

at home. After all, an athlete is expected to leave his personal issues off the field or court. You do not have to believe in the Law of Attraction for it to be working. Just like you do not have to understand or have knowledge of gravity, it is still working. Step off a balcony of a two story building and whether you believe in gravity or not, you will most likely still come crashing to the ground.

Most people create by default, meaning that they are not aware of what their thoughts are and hence take no responsibility when their manifestations arrive—for the better or worse. “ You have to learn the rules of the game. And then you have to play better than anyone else. ” -Albert Einstein If you do not learn how to play the game then the game will certainly play you. We are talking about the mind game going on inside of you. When you are an unconscious attractor of your reality you often become a victim and are stuck in blame. This is when the game is playing you.

A mind in a state of appreciation is a mind creating positive results. A mind looking for someone or something to blame is a mind creating more sabotage and chaos in one's life. Whether you believe in the Law of Attraction or not, it does not matter. The power of the mind is still at work and the results can still be felt. Don't you think it better off to learn how to focus your thoughts and start to receive all of the dreams that you have been asking for? Law of Attraction Quotes “ What You Set Is, What You Get. ” “ If It's In There, It's Out There. ” “ At The End, Nothing Else Matters. ” If you do not attract what you want to be, you will be what you are, FOREVER” “ The Secret Was Never The Secret, But Was Used Secretly, Now It's Revealed. ” “ A Small Shift In Your Perception Will Bring Big Change In You. ” “ Our

Thoughts Are Boomerang, What Goes Out There, Will Bring More Of It. " " There Are No Coincidences Or Miracles In Life; Just That You Attracted Them At Some Point Of Time. " " Life Is A Canvas, Sketch Your Reality On It. " " Take The First Step In Faith, Rest Will Unfold, As You Go Along. " " You Are In Present, Is What You Attracted In Past, You Will In Future, What You Attracting Now. " You Are, Your Attraction. " " Your Attraction Causes Your Feeling, Feelings In Return Causes You More Of What You Attracted. It's A Never Ending Process. " " Law Of Attraction Is A Universal Law; Power Law Of Attraction Is An Approach To Apply It For Instant Manifestation. " " Every Moment We Are Choosing, Out Of Our Sub Atomic Possibilities, Which Manifests As Real Atomic Experience, When We Attract Them. " Also check these links [http://www. powerlawofattraction. com/](http://www.powerlawofattraction.com/) [http://www. thelawofattraction. co. uk/quotes/](http://www.thelawofattraction.co.uk/quotes/) Some Questions and Answers related to law of attraction What Is Law of Attraction?

Simply stated, law of Attraction states that " like attracts like"!

Your thoughts are like magnet and attract to you whatever you think about, so everything that we experience is brought about as a consequence of our thoughts. The law of Attraction teaches us to increase our, emotional, physicals and even financial well-being. It encourages a more positive outlook on life and helps people learn how to deliberately attract their wishes and wants from their thoughts straight into their lives. Is The Law of Attraction Working In My Life? Yes. Your thoughts and feelings create your reality minute by minute. This never stops.

We make conscious choices about how to feel and more of it is attracted into our lives. How are you feeling now? Perhaps you feel like complaining about

<https://assignbuster.com/law-of-attraction-narrative/>

the harsh weather, rude boss or bad traffic. You'd only be attracting more things to complain about. Instead, have you been thankful today for having a roof over your head, a job and a car? By doing this, you will be aligning yourself up for more wonderful things to be thankful for. Why do Law of Attraction strategies sometimes fail to work? Remember that the Law of Attraction doesn't fail; it is a universal law just like the Law of Gravity. It can't fail!

So, it must be we, who are failing the law instead. It may not be working for you because of your inner resistance. It may be conscious or subconscious, but there is a part of you that doesn't believe that you deserve a particular thing that you desire. How Can I Attract My Ideal Life? Keep your thoughts, ideas and feelings in alignment with your desires; and you will have it. A simple exercise would be to visualize your ideal life, perhaps make a dream board and look at it a few minutes every day. This will remind you of your aspirations and soon the universe will help you achieve your ideal life. What Is Vibration?

Vibration is your thoughts in an energy form working to manifest your desires. Light, heat, electricity; everything has invisible vibrations that help it manifest into something very real and tangible. Every person has similar vibrations, which are powerful thought waves. Mastery over these vibrations can also help us conquer the law of attraction. How Can I Attract More Money? The first step towards achieving your desires is that you should know what exactly it is that you want. If you want more money, ask yourself how much you want and why. Be it a 25% raise at work or earning a million, before the end of the year. Then take action.

Not even the Law of Attraction can make you rich if your only pastime is sitting on a couch. You will have to work towards your goal, once you have decided on it. How Can I Get More Of What I Want? By asking for it! Once you know what you want, you decide to go after your goals relentlessly. How long does it take before I start attracting what I want? You are always attracting, so The Law of Attraction is always on! But you will start attracting your desires when you believe. Do away with all doubt and self- limiting beliefs and permit your requests to manifest instantly! Does this mean that I can be anything I feel like?

Yes and no. The Law of Attraction allows you to reach goals and achieve happiness but it doesn't mean that you won't have to work hard for it. It is not some spell that will automatically grant your wishes. Be more grounded and realize that you are the ultimate power here, only you can take the steps and think the thoughts that will make a difference in your life. Question: It's hard not to be immobilized when so much change is required, so anything that could give me a daily kick start would be helpful, so when faced with negative thoughts etc, I could cling to the words of the day to keep me focused and strong in my conviction.

Answer: You can start writing out your own thoughts of the day. Every morning take 5 minutes while still in bed and think about your day, visualize what you would want it to be like, what are the main thoughts you would want to hold in your mind, then get up and write it down. Here you have your own thought of the day. I also highly recommend signing up for notes from the Universe at <http://www.tut.com>. I love getting their daily little reminders. Question: Why is it so easy to attract negative problems and so

<https://assignbuster.com/law-of-attraction-narrative/>

hard even with a good outlook for long periods of time, so hard to attract positive things?

Answer: Do you see that this is the belief of yours that you keep reinforcing? You believe that it is hard for you to attract positive things and easy to attract negative ones. The Universe aligns itself according to your belief. You need to change the belief. How? Start by simply repeating to yourself-I attract positive experiences in my life easily and effortlessly. I will go over in more detail how you can get rid of your negative beliefs in my future videos and emails. Question: Should I be doing it all: affirmations, visualization, vision board? Can I just pick one or two ways to manifest my desires?

Answer: Yes, you can definitely choose just one or two that works for you. No need to do it all and stress about it. Just choose what feels right and do it consistently. I highly recommend visualization. I am going to cover some advanced visualization techniques in my course too. Question: Getting in alignment is difficult. Can you give some tips? Answer: You are in alignment when you feel good. Try this exercise-find something in your environment that you feel grateful for. It might be anything-your computer for example. Think about that object, feel really grateful for having it, feel that high vibration, then move on to another object. Think of everything that you are grateful for in your life throughout the day. Not only material things, but your health, your family, your friends, your experiences, for you yourself. There is so much to be grateful for I bet! The more you feel grateful for all the good things you have already in your life the more you align yourself with all the other good things yet to come. Do it often, it works! I will share many more tips and techniques of getting in alignment later. Question: It is <https://assignbuster.com/law-of-attraction-narrative/>

difficult to keep my vibration positive and high, because we are surrounded with negative vibration.

Answer: See the previous answer. Also there are lots of other things you can do to keep your vibrations high. Do something that you love and truly enjoy every day. Find something small, that you can easily incorporate into your daily routine like listening to your favorite music for example and do it every day. That should help raise your vibrations. Also try to avoid as much of the negativity as you can. Stop watching the news, violent TV shows, etc. All of that stuff doesn't serve you in any way but putting your vibrations down.

Question: What does it mean “ask and forget all about it”?

Isn't it a contradiction? Answer: No it is not a contradiction. When you ask and then let go, you pretty much show the Universe that you have faith, that you know with 100% certainty that what you want is yours already. You get yourself out of the way. Letting go is very important. I will show you some exact techniques on how to do it in my course. Question: I have a lot of doubts about the Law of Attraction and The 11 Forgotten Laws. I really want to know more about these and why the Law of Attraction doesn't work without these 11 laws.

Answer: I personally don't think that you need all of the 11 laws to see changes for the better in your life. Even though I read Bob Proctor's book 11 Forgotten Laws and think that it is excellent, I don't think you truly need all of the 11 laws. I do believe that there are a couple of laws that you need to use in addition to the Law of Attraction. Like the Law of Detachment.

Learning to truly let go of your desires is a very important skill. You need to

let go and get out of the way for your desires to manifest quickly and easily. (source: <http://daringclarity.com/law-of-attraction-questions-and-answers>) 12 Ways The ‘ Law Of Attraction’ Can Improve Your Life Psychologists, New Age thinkers and religious leaders have been talking about the Law Of Attraction for years, though it gained popularity again when the book “ The Secret” made waves in 2006. The law is simply this: We attract whatever we think about, good or bad. Oprah is a fan of the law and devoted an episode of her show to how it could change lives. Whether or not you believe in the power of the universe, there is scientific research that proves the effects of positive thinking.

You attract good or bad experiences based on your thoughts. “ The one who speaks most about illness has illness. The one who speaks about prosperity has prosperity,” Esther and Jerry Hicks write. “ You attract all of it. ” By focusing on something, you make it happen. Thinking about something means you invite it in, even if you don’t want it. “ When you think a little thought of something that you want, through the Law of Attraction, that thought grows larger and larger, and more and more powerful,” according to the book. So keep your thoughts positive.

The more you focus on something, the more powerful it becomes. This allows you to create your own reality by “ attracting” the experiences you want to have. You probably brought bad things upon yourself by worrying about them, according to the laws described in the book. It’s better to trust your emotions than over-think a decision. In other words: Listen to your intuition. Instead of overthinking your choices, let your emotions guide you toward what is right and what is wrong. This will result in a more satisfying life. You

<https://assignbuster.com/law-of-attraction-narrative/>

can make good things happen more quickly by thinking about them more..

Want” and “ desire” consist of wanting “ to focus attention, or give thought toward a subject, while at the same time experiencing positive emotion.

When you give your attention to a subject and you feel only positive emotion about it as you do so, it will come very quickly into your experience,” the Hicks write. To make a change, you’ve got to see things as you hope them to be, not as they are. This is something that successful people know about. It’s also called visualization. Michael Phelps spoke about picturing himself winning every night before bed. In order to effect true positive change in your experience, you must disregard how things are — as well as how others are seeing you — and give more of your attention to the way you prefer things to be,” the book says. You can increase your magnetic power by devoting time to “ powerful thinking. ” each day. Spend 15 minutes every day thinking hard about your goals, dreams and what you want from life. The Hicks say this increases your chances for success. Success isn’t a finite resource; everyone can have it. Others being successful doesn’t limit your success.

And by attracting abundance to yourself, you are not limiting another, according to the book. Don’t allow yourself to wallow in disappointment. Being disappointed only attracts more stuff to be upset about and is only a sign that you’re not getting what you want in life. So think about how to get what you want instead of what you don’t have. Avoid TV shows that deal with negative experiences like crime or illness. Letting this stuff in makes you think about it more and increases the odds it could happen to you. “ Your attention to anything is drawing it closer to you,” they say.

Know that your relationships with people are bad because you made them that way. Giving your attention to the negative can wreak havoc on personal relationships. This mentality can help free us from bad relationships with relatives or a spouse. “ Nothing can come into your experience without your personal attraction to it,” they say. Don’t worry about what you’re dreaming; instead use your dreams as a guide. Dreams might provide some insight into the psyche, but you’re not in the process of “ creating” while you’re asleep, the book says. Also check these links Law Of Attraction Exercises [http://ezinearticles.com/? 3-Advanced-Law-of-Attraction-Exercises-to-Manifest-Wealth; id= 961248](http://ezinearticles.com/?3-Advanced-Law-of-Attraction-Exercises-to-Manifest-Wealth;id=961248) <http://www.lawofattraction123.com/law-of-attraction-exercises.html> Popular Law Of Attraction Books <http://www.goodreads.com/shelf/show/law-of-attraction> http://www.ehow.com/how_4906557_use-law-attraction.html Modern Teachers of the Law of Attraction Rhonda Byrne ~ ‘ The Secret’ Wayne Dyer ~ ‘ Manifesting your Destiny’ Jerry and Esther Hicks (Teachings of Abraham) ~ ‘ The Law of Attraction’ Louise L. Hay ~ ‘ You Can Heal Your Life’ Neale Donald Walsch ~ ‘ Conversations With God’