

SPECIAL REPORT

Everything you need to know about the Law of Attraction to Manifest Your Desires. Including the No 1 reason why most people get it wrong.

Part one: How the Law of Attraction works

The Law of Attraction draws to you the essence of whatever you predominantly think about or focus your attention on. So, if you mostly think about what you want, you get what you want, and if you mostly think about what you don't want, you get more of that. The universe only has an ever-flowing stream of well-being; you can either allow it or resist it, but it flows just the same.

The Law of Attraction is based on scientific fact. Quantum physics has confirmed that consciousness actively plays a part in how physical reality is perceived; modern psychology and the latest brain research has also shown that how we think creates what we perceive and therefore, our reality.

Some people believe that the Law of Attraction is working only when they actually get what they ask for, and when they don't, the Law of Attraction must be taking a break. What they don't realise, is that the Law of Attraction is infinite, and never stops responding to the vibration you express the most. It is common for people to get stuck in the asking mode, where they constantly ask for what they want while continuing to feel frustrated because they don't have it. When this is the case, they inadvertently offer a higher vibration of the *lack* of what they want, and therefore, continue to get more of the *lack*.

The number one mistake people make when using the Law of Attraction is focusing more on what is happening right now, rather than on the desired outcome. In other words, we think we are focusing on what we want, but often focus on what we actually *don't* want. For example, if you want to be pain free when you have pain, it is important for you not to focus on wanting that pain to go away because it feels bad, but focus instead, on feeling healthy and energetic, and the pleasure you *know* you will experience when you are pain-free. Think about where your main focus is and see if this is true for you. You may be offering some thought around what you desire but the majority of your vibration is expressing stronger feelings around the absence of your desire.

We can often get impatient or don't believe the law of attraction works and then complain that the universe is not bringing us what we want. We then become discouraged and assume that the Law of Attraction doesn't work or that it is all just too hard. But this is not about hard work; it is simply about offering a consistent vibration around what we truly want.

Some believe that the occasional affirmation or visualisation is enough to manifest their desire. But, if only 10% of your vibration is focused on what you want, and the remaining 90% of your vibration is focused on what you don't want, then you simply won't get what you want to create.

Remember, the Law of Attraction works 100% of the time. It has nothing to do with the universe not delivering because you are not good enough or don't deserve it. The universe is simply bringing you the situations, people and experiences in harmony with your highest vibration. So if you can increase your vibration to 50% positive and feel good emotions around your desire, then you have reached the tipping point and your inner being will start to show you more of that which you asked for. It will then become even easier to align your vibration with all that you want, and then the physical manifestation must show up – it is **LAW**.

Written Exercise 1.1

To get the most out of this process, I suggest you start a journal. This is a process for **you**, and there is no right or wrong answers.

QUESTIONS:

How responsible do you feel you are for your life and everything in it?

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Are you willing to believe that you are 100% responsible for your life and that everything in your life has been created primarily by you, with the vibration you have been offering most of the time? (I am not suggesting you were always aware this was happening).

How does that make you feel – empowered, confused or afraid?

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Do you believe in and understand the Law of Attraction and how it works? If there are any aspects of it that you do not understand, please write them down.

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In what areas are you having problems with the Law of Attraction and creating what you want in your life?

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What is it that you want in your life right now? Write down three things you want the universe to attract to you.

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What do you believe the benefits will be from manifesting these desires and how will they make you feel?

Part Two: Accept yourself as you are, you never get it done and you can't get it wrong.

The second secret to manifesting your dreams and desires is to learn that you will never be finished and you will always happily want to manifest new experiences. Imagine receiving everything you want right now and never wanting anything else ever again. It would be like eating all the wonderful food you were meant to eat for the rest of your life all at once. I know I wouldn't want that. I like the way a meal comes just at the right time, and I can enjoy that meal in that moment and know the next one will come when I need and desire it. So knowing you are never done, that you never have to reach a finishing line where you have achieved all you ever wanted, should give you a great sense of relief. Not only do you never get it done, but also, you can never get it wrong.

You are forever growing and expanding, while at the same time, you are perfect where you are at any given moment. In other words, wherever you are right now is exactly where you need to be on your path to manifesting what you want. And when you get what you want now, you will continue to want more to align with your continual evolution.

Does it give you a sense of relief to know that you are perfect as you are and where you are, that there is no goalpost to strive for to reach perfection and that you can never get it wrong? Whatever negative or joyous emotions you are feeling at this moment, is flawless in that moment of time for you on your journey towards where you want to go and where you want to be.

The basic understanding that is the foundation of this work is that well-being is our inherent state of being. We don't have to create well-being and we don't have to fix ourselves or the world around us to experience it; we just need to stop the resistant thoughts that hold us back from experiencing our natural well-being.

Also remember that the true essence of who you are is *Pure Conscious Awareness*, expressing itself as form in physical reality, and we are much more than we generally think we are. And so, in the broader scheme of things, nothing has ever really gone wrong and nothing needs to be fixed within you. You are perfect; all you are doing here is having an experience of physical reality where you get to create whatever you choose. We are here to help expand the universe. And we are doing a wonderful job, so relax and know that all is well.

Embrace where you are now, love who you are and who you are becoming.

Affirmation to use: Source (which is my Inner Being) always accepts who I am and loves me completely and unconditionally.

Written Exercise 2.1

QUESTIONS:

Do you believe that wherever you are right now is okay? If not, what needs to change before you can accept yourself as you are?

Do you believe or understand that the larger part of you is nonphysical which is expressing itself in the physical reality?

Do you understand that even in your physical reality you are made up of energy?

Part Three: Three-step creation process.

There are three basic steps to manifesting or creating your reality.

Step One. This step happens automatically from our everyday life experiences. As we live our lives, there will be occasions when a negative experience will occur. A negative experience provides the contrast we need to help us recognise that this is an experience we would prefer not to have, and therefore, prompts us to recognise what we would prefer to have. It is not always easy to know what it is we truly desire until we experience the contrast. For example, if someone is being rude to us, it fuels a desire to have that person be polite to us; if we face difficulty because we don't have enough money, love or happiness, that contrast reveals that we would prefer our lives to be more abundant in money, love or happiness.

Step Two. When we experience contrast and acknowledge our true desire, Source or your Inner Being (the larger all-knowing part of you) instantly responds to what we want?

Source always holds everything you have ever wanted in a vibrational reality and is always ready to bring it to you in the perfect way. This vibrational reality is waiting to become physical reality and manifested into your life, as soon as you follow step three.

Step Three. This step is your only task. It is your role to vibrationally align with your dreams and desires. In other words, you need to find a way to feel good, no matter what, to attract what you desire into your life. Source will then send you thoughts, feelings, situations and people at the perfect time for you to receive exactly what you want in the perfect way. So your

only task is to get happy and feel good, then the Law of Attraction starts attracting what you want, and the manifestation must occur in physical reality – it is **LAW**.

Step one is automatic when we come up against contrast

Step two is taken care of by our Inner Being, and therefore, we need do nothing

Step three requires us to feel good no matter what is happening.

QUESTIONS:

What is the only work you are required to do in the three step creation process? How would you achieve that right now?

Affirmation: Every day in every way I am feeling better and better.

Part Four: Feeling guidance system.

Your feelings are your guide to your vibrational alignment with Source, as how you feel tells you whether you are aligning with Source or not. When you feel good within yourself, you are perfectly aligned; and when you don't feel good, then you are out of alignment with Source in that moment. So how you feel at any given time shows you what your present point of attraction is, meaning, what you will create next in your life.

Your feelings are also the indicator of your alignment or resistance with your natural well-being. You can feel whether you are allowing your full connection with Source or not by how you feel. This is called your *feeling guidance system*. This is the most important guidance you have and it is always with you.

While you are feeling good, you are vibrationally connected with Source and what you desire *must* manifest, whether it be perfect health, true love, joy, laughter or abundance in whatever area you choose. But while you are not feeling good, for example, feeling anxious, frustrated, discouraged, inferior, worthless, afraid etc, you are resisting your connection to Source, and therefore, it is impossible to manifest what you want while those feelings are being allowed to persist. Always remember, you are *perfect*.

It will all come to you once attention around your feelings becomes a priority in your life. Begin to trust your inherent *feeling guidance system*, as it can help steer you towards aligning with Source and ultimately your desired point of attraction. Once you have found that good feeling, what you asked for must come to you – it is **LAW**.

Written Exercise 4.1

QUESTIONS:

Do you believe that you create by your attention to things?

Do you believe you can improve your ability to focus?

Do you believe that your emotions will help you do that?

Do you believe that your Inner Being knows exactly what you want and is holding those desires for you vibrationally?

Do you believe that you can feel your relationship to that steady vibration?

Do you believe that you will do more for a problem by feeling good rather than focus on trying to fix it?

Do you believe that every subject is two subjects wanted and unwanted?

Go within yourself now and see how you are feeling. Know that if you are feeling good you are attracting what you want in your life; if you are not feeling good you are resisting what you want.

Throughout the day, try to become more aware of how you feel. Simply be aware of how you feel from moment to moment. At the end of the day, write-down your thoughts and feelings.

Part Five: Most important thing is to feel good

Feeling good is the key to whatever you want to be, do or have. Instead of needing the world and people around you to change to make you feel good, *you* can feel good and watch the world change to match your good feeling. But don't just believe me. Improve the way you feel and see for yourself if this works or not; either way, if you wind up feeling better, wouldn't that alone be worthwhile?

The key to feeling good is not waiting for good things to happen in your life before you can achieve that. Know that at any moment you can feel better and it can be achieved in a very short time. Everything we want to manifest, we want because we think it will make us feel good, so why not just go straight to feeling good right now.

Feeling good is a choice, not a reaction to circumstances. You might ask, 'how do I feel good when I have a situation in front of me that 'makes me feel bad?' The answer to that question is

that you can't look at a situation that feels bad and expect to feel good about it. Instead, take your focus away from the 'not so good stuff' by going general, and find better feeling thoughts.

We often think we need to 'get to the bottom' of a problem before we can feel good again. But the truth is, you will never find the underlying cause because as long as you continue to focus on the problem, it will persist. So redirect your attention away from the problem and find a way to feel better. Let go of trying to change reality from the outside and start changing it from the inside. The result is that when you feel good most of the time, you will attract all that you want. This must be – it is **LAW**.

Written Exercise 5.1

QUESTIONS:

Do you believe you are in complete control of how you feel? Imagine a negative situation happening to you; do you have a choice about how you feel?

Do you believe that how you feel attracts more of what you want into your life?

EXERCISE:

Continue to be aware of how you feel moment to moment. For this exercise, when you become aware that you are not feeling good about a situation that is occurring in your life, choose three things that make you feel good when you think about them. For example, holding your baby for the first time; your first kiss; finally getting that promotion or job you dreamed about; getting the key of your dream home; the fabulous time you had at the party last week etc.; it can be flowers, butterflies or sitting by the ocean listening to the waves. Your thoughts can be about anything you know excites you or really gives you pleasure. When you are having a moment of feeling bad, bring these images to mind and observe how your feelings change. Continue to focus on these thoughts that make you feel better and write down your experience and how you feel afterwards. (This is a good exercise to show you how changing the subject and going general can change your point of attraction).

Part Six: How to feel good

The steps to feeling good are:

- 1) Awareness of how you feel. If it feels good, get more specific; but if it doesn't, then...
- 2) Allow. Accept what is and Love what is; there is nothing wrong with anything, and nothing needs to be fixed. All is well. You are just on the journey to where you want to be.
- 3) Go general. Find general thoughts about where you are now that feels better.
- 4) As you begin to feel better, you can then get more specific. Appreciate what is good in your life; focus on what is working for you and look at the positive aspects of your life.
- 5) Continue to be aware of how you feel and focus on feeling better and think your way to feeling good.

Here are some additional tips that will help you be more general and feel good:

- Get more sleep
- Drink more water
- Be alone more often
- Meditate and relax
- Find more things that please you
- Get outdoors more often
- Breathe more deeply
- Walk/exercise more often
- Have more fun
- Make time to pursue interests you feel passionate about

Exercise: Use the 'going general' exercise throughout the day whenever you feel things aren't feeling the way you want them to. Become aware of your thoughts when you aren't feeling good and recognise that you are being too specific around that issue. So try and change your thoughts to more general ones such as, *everything always works out for me in the end; the contrast is helping me focus on exactly what I want by showing me what I don't want; I don't have to fix everything right now* etc.

Exercise: Write down as many things as you can that you appreciate in your life right now. Once you start, you will realise that this process does get easier and easier; that is the law of attraction working to bring more things that you appreciate into your awareness. Do this process whenever you want to improve your current point of attraction.