

# Unlocking The Law Of Attraction

For Help With Getting What You Want Out of Life

12 Part Series of Short Lessons About The Law Of Attraction  
by Thea Westra

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You can find out more at "About Thea Westra" in this book.

## About Thea Westra

Thea Westra is the author and founder of Forward Steps. She lives in Perth, Western Australia, and publishes many resources at [www.forwardsteps.com.au](http://www.forwardsteps.com.au)

You can get your own personal copy of her latest book at [www.timeformylife.com](http://www.timeformylife.com)

Thea has personally challenged herself in her own life, particularly when she jumped out of a 23 year career, sold her home and moved across country on her own. After which she met her life partner, Greg.

She has read a great deal of information over the past 20 years. Participated in many personal development programs over 10 years. Thea has been coached, and coached others, for many years plus provided hundreds of resources online over the last 5 years.

Thea worked in education for 23 years and was the founder chairperson of a non-profit artist group, managing a gallery space for two years (*and is so proud of having sold 4 of her own paintings at over \$680 each*), before starting her own life coaching business in 2002. She has four university degrees in the area of education - *Dip.Ed., B.Ed., Grad.Dip.Ed.Admin., Grad.Dip.Lib.* which serve not much purpose other than a demonstration of how committed she is to learning! :)

Thea now offers solely internet-delivered self improvement information, tools and services. Therefore no longer providing one-to-one coaching, other than by way of personal communication with the Members at [myforwardsteps.com](http://myforwardsteps.com).

Forward Steps is all about just that ...forward steps. If we are facing in the right direction, all we have to do is keep on walking. Thea's mantra is that "Each forward step enhances the value of your first". Another favorite saying that she keeps at her desk, "Whatever you focus on, WILL expand".

In addition, Thea has contributed chapters in books by various authors e.g. Christopher Westra, Jinger Jarrett and Priscilla Palmer. She has herself published ebooks, produced a monthly ezine since October 2002, maintained eleven blogs for four years, has several websites at which she presents practical resources for personal development and some web development, and online business information, plus participates at various online communities.

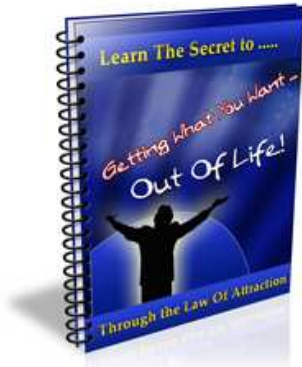
Thea continues to learn, and to expand what she provides to you online.

Read more at [www.myforwardsteps.com](http://www.myforwardsteps.com)

This series of 12-notes related to the Law Of Attraction, were written by my good friend Gary Evans.

You can get this series sent to you, one message at a time by visiting my site at [www.lawsattractionsecret.com](http://www.lawsattractionsecret.com)

I liked Gary's book "How To Manifest a Miracle", enough to share that here with you, too... [Manifest Miracles](#)



I don't think I could have written this information better than Gary has done, with this series of Law of Attraction.

I have edited the content to better reflect my thoughts about the topic.

In each message of "Getting Everything You Want Out of Life" you will learn valuable information on how you can successfully unlock the power of your own mind and let your thoughts determine your destiny by using the Laws of Attraction.

The topics covered in this series include: What is the Law of Attraction? The basic concepts of the law of attraction. What vibes have to do with the law of attraction. Some great books that you can read about the law of attraction. How you can use the law of attraction in your life. What the law of attraction can do for you. Love, family, relationships and how the law of attraction effects them in your life. Times when the law of attraction just doesn't work. The law of attraction and what has to do with your finances. The law of attraction versus other subliminal programs available on the market today. The law of attraction and its effect on your body. How to practice law of attraction.

## Message 1 of 12

NOW... imagine for a moment that you have in your possession a source of complete and total power. You alone can command the warmth of the sun, the fall of the rain, the turn of the tides and the direction of the winds. What would you do with this kind of power?

Would you abuse it, causing the world to fall into utter chaos?

Would you be benevolent and merciful, using your power to help the people of your planet achieve their ultimate potential?

Unfortunately (or fortunately, as the case may be) there is no way for a person to have that much power. Mother Nature controls the planetary systems according to her own rules and her own designs. You will never be able to have utter control over the environment you are inhabiting.

What if you could, however, have the power to determine the course of your own life? What if you could accomplish great things and acquire great riches just by using the power of your own mind?

What if I told you that this does not have to be a "what if?"

What if I told you that you possess in your psyche the power to chart the course of the rest of your life on whatever path you see fit?

Chances are you would tell me that I had obviously been watching too much Sci-Fi and needed to get out of the house more often, not to mention my obvious need to expand my vocabulary, considering the number of times I have used "what if" in this conversation.

Every person holds in their mind the power to shape the events of their life to achieve whatever end they see fit.

The belief held by many theorists is that the universe is governed by a set of Universal Laws; these laws cannot be changed, cannot be broken and apply to every individual, regardless of age or

nationality. These laws are the riverbanks which guide the flow of their lives on its journey to its ultimate end.

The Law of Attraction is one such law. The Law of Attraction presents an idea that anyone can determine their destiny through the power of their minds. The Law of Attraction began to gain popularity in the Western hemisphere in the 19th century, as people began to appreciate the power of positive thinking and apply it to their lives.

William Walker Atkinson first introduced this concept to the general public. He was the editor of New Thought Magazine and published a book called Thought Vibration or the Law of Attraction in the Thought World, in 1906.

As you can see, the Law of Attraction is not new. The concept that thought can have a predominant effect on the course of a man's destiny has been taught by wise men throughout the ages, and has given rise to a whole new era of beliefs. In future issues of Getting Everything You Want Out of Life we are going to talk about how you can use the Law of Attraction to achieve your goals, determine your destiny and get everything you want out of life.

## **Message 2 of 12**

If there is a secret in the Universe that can bring you good things, it could be the Law of Attraction. This can bring you happiness, wealth, and physical well-being. You only have to know how to apply it. A few basic concepts of the Law of Attraction can help you on your way.

One of the concepts central to the Law of Attraction is that the things you think, become reality. The things you think, are energy, just as the entire universe is energy. As you ponder your reality, or simply let thoughts run through your mind, you are shaping your reality. You do this by means of the Law of Attraction. The energy you send out connects with like energy. The Universe then responds to your feelings by returning the energy back to you. This happens in relationship to good or bad feelings.

Another basic concept is that it is too difficult to monitor every one of some 60,000 thoughts you have every day. The goal, instead,

should be to foster a feeling of happiness, gratitude, and well-being. This will go further than trying to change every thought individually. Feelings are important to the Law of Attraction.

One assumption of users of the Law of Attraction is that life is meant to be joyous and fulfilling. Many people feel that their lives can be no more than difficult work situations, unhappy relationships, poor health, and a mountain of debt. Unless these people change their attitudes, they can never know the abundance they can achieve by way of the Law of Attraction.

There can never be a lack of anything that you want if you follow the Law of Attraction. This is another concept of the movement. It means that there is enough for everyone to have what they want. This is especially true because some people want certain things and other people want something else. According to the Law of Attraction, what you want is always possible.

One concept of the Law of Attraction can be stated as something like, "What you get is what you see". What this means, in this case, is that when you see a result, you will be filled with a vibration of energy based on that result. If you see good, you will send out good energy.

Emotional energy plays a big part in the Law of Attraction. It is what is commonly known as a "vibe" and is referred to as a vibration

(as I mentioned above) by scientists studying the Law of Attraction. Chances are that you are familiar with the term. Have you ever been with someone who is so happy they seem to be radiating a "glow" which inspires happiness in all those around them?

By the same token, have you ever spent time with someone who was so critical and unhappy that they consistently gave off a "negative vibe" which seemed to suck the life and happiness out of all those around them?

Our vibrations are usually an unconscious response to some form of environmental stimulus; something has happened which has caused us to feel happy, or sad, or scared, or confused, or stressed, etc., and our subconscious response to this (because

vibes are generated and projected from the subconscious rather than the conscious) is something that is beyond our control.

Chances are the person who is emitting a negative vibe does not choose to be unhappy, nor do they wish to inflict their unhappiness on all those around them by the simple fact of their presence.

There are a number of feelings which lead to positive and negative vibes being emitted, and it is important before we continue on any form of discussion about the law of attraction that you understand what each of these are.

— Positive vibes — Positive vibes are generated from good feelings, such as:

Joy – Love – Excitement – Abundance (of anything that causes a positive response) – Pride – Comfort – Confidence – Affection

Here are a whole lot more for you...

[www.forwardsteps.com.au/docs/PositiveEmotion.pdf](http://www.forwardsteps.com.au/docs/PositiveEmotion.pdf)

— Negative vibes — Negative vibes are generated from negative feelings, such as:

Disappointment – Loneliness – Lack (of any of life's necessities or luxuries) – Sadness – Confusion – Stress – Anger – Hurt

The concept of Karma also may have drawn its roots from the Law of Attraction. Karma states that you will eventually be revisited by that which you have sent out into the Universe. If you have practiced kindness and compassion you will receive in kind. If you have been deliberately cruel to another you will receive back into your life that cruelty which you have sent out. Your actions and thoughts 'morph' into physical entities, causing the universe to react in kind. So it's best to keep those thoughts positive and happy! 😊

### **Message 3 of 12**

In this issue we are going to talk more about what 'vibes' have to do with the Law of Attraction.

As we mentioned in the last issue, the fundamental principle of the Law of Attraction is the belief that life energy attracts like energy. This means that if a person is emitting positive vibes they will draw good things to them and if they are emitting negative vibes they will draw bad things to them.

“You are a living magnet, attracting what you want.”

You have seen this principle in practice before. Have you ever known someone who was always upbeat and positive and seemed to be extremely lucky too?

On the flip side, you have certainly known someone who loved to complain and look on the darker sides of life and who always seemed to have something new to complain about because things were always going wrong in their life.

Those are examples, of people attracting the results of the energy they are giving off. “Remember, you attract to your life whatever you give your attention, energy and focus to, whether wanted or unwanted.” Michael J. Losier from [www.budurl.com/MichaelLosierBook](http://www.budurl.com/MichaelLosierBook)

Does this mean that all of the bad things that happen to you in this life are because you subconsciously wanted them to?

This is one of the most common arguments against the concept of the Law of Attraction and it often the hardest to refute because people have not yet recognized that the Law of Attraction is not a pipe dream or something that someone dreamed up while sitting on their porch one hot Summer night. It is a fact of life, and its effects are far reaching.

In answer to your question... No, not everything bad that happens in your life is a result of you subconsciously wishing for it to happen. Sometimes it is a result of someone else wishing for it to happen. To quote an example from a website pertaining to the Law of Attraction, a child or a spouse who is abused is not abused because they wished for this abuse to happen.



This abuse happened because the abuser allowed their negative thoughts concerning their child or spouse to creep across their subconscious until they eventually began to dictate their actions.

The mind is a powerful thing, and where the mind goes the feet will soon follow. The foundation of any success you are going to encounter in life is not the ability of your physical body to overcome the obstacles, it is of your mind to believe that a way lies around them. "Where there's a will, there's a way." Where your mind can believe that there is a way for the body to achieve its heart's desire, a way does exist.

### **Message 4 of 12**

In this issue we are going to go over some great books that you can read about the Law of Attraction and about getting what you want out of life.

As we have discussed in previous issues, the concepts embodied in the theory called the "Law of Attraction" have been around for centuries, at least. Now, several authors are exploring the subject and writing about it. There are many fascinating books on the Law of Attraction.

One book is simply titled The Law of Attraction. It was written by Esther and Jerry Hicks. Esther and Jerry are informed by a spiritual entity they call "Abraham". This Abraham guides them in instructing people to get what they want by believing in it. The book is based on the principles and the practices of the Law of Attraction. When you finish it, you should have an idea of how things come to be. You will understand your role in the making of the events around you.

The Law of Attraction is not for everyone, though. Some are put off because it makes religious references. However, if you want to know what the Law of Attraction is all about, you can find out how to apply it, in their book.

Esther and Jerry Hicks have written several books on the Law of Attraction. One is called The Amazing Power of Deliberate Intent. This book is all about having balance in your life. It uses the

concept of an Emotional Guidance System to explain how you can keep your life on track using the Law of Attraction.

An earlier Hicks book was Ask and It Is Given. This book is a very practical exercise in the work of creating the life you want. It outlines twenty-two processes that can help you use the Law of Attraction to send you on your way. Another book about the Law of Attraction is The Secret by Rhonda Byrne. This book focuses on the knowledge of these principles being handed down over time. It concentrates on successes of particular people, both past and present.

The people involved in current Law of Attraction thought, discuss how the process works. They tell why it works. They tell what it has done for them in their lives. That book is one of the most famous books on the subject.

A fairly new book is Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't Want. Its author is Michael J Losier. The book talks a lot about vibration, both negative and positive. It is about using Deliberate Attraction to change that vibration to get what you want. It is done in a step-by-step format.

Secrets of Attraction: The Universal Laws of Love, Sex, and Romance by Sandra Anne Taylor discusses how the Law of Attraction can work for you in your love life. She begins by emphasizing that love is energy, not a feeling. This is a specific use of the Law of Attraction. Sandra speaks of a "personal energy field" that affects the way people perceive you. She explains how this has an influence on the way the people around you react to you. The theory is that if you can change your energy, your love life will change as well.

Of course, there are countless other books on the subject of the Law of Attraction. If you are interested in more, you can go to the library, a local bookstore or, you can just go on the Internet to find them. As a matter of fact, you can find all of them on Amazon.com

Here is my list of favorite self improvement books at Amazon...

[www.budurl.com/ForwardStepsBooks](http://www.budurl.com/ForwardStepsBooks)

## Message 5 of 12

How can I make use of the Law of Attraction?

This is an excellent (and very important) question. After all, it doesn't do you much good to know what the Law of Attraction is if you do not know how to use it to achieve success in your own life. Once you have mastered the basics of the Law of Attraction you will be able to apply it to any area in your life.

The first step in finding success through the Law of Attraction is to accept responsibility for the things that have occurred in your life, both good and bad. This is often the most difficult part of achieving success through manifestation because we are taught from childhood to believe that our environment contributes in a large part to the circumstances in which we find ourselves.

It's very hard to take the responsibility and acknowledge the fact that your environment was not the major contributing factor in each of these events; in many cases you will have no one to blame but yourself.

In order to help yourself move past these events take a moment and write down on a piece of paper all of the major events in your life (again, both good and bad). Leave plenty of room underneath each one. Now, take a moment to go back and review these events, do this without charged emotions and personal opinions.

Write down what you were feeling at the time they happened, how you felt before they happened and what events had occurred prior to this. Chances are, you are going to find that events occurring in your favor occurred at times when you were possessed with a positive attitude, and other things in your life were going right. On the flip side, unhappy events which occurred probably happened along with other events in your life which caused you to have a negative outlook at that time. Coincidence?

Once you have accepted the fact that you are responsible for your own fate, it is time to go one step further and determine what it is about your life that you would like to change. For instance...

Do you want to find another job? Move to a new house? Enter into a meaningful relationship? Receive a promotion?

Identify the things you wish to achieve and write them down. Display them in a prominent place; constantly being able to view the anticipated results of your endeavors will help to keep you on the right track. In essence, with the creation of this list you are asking the Universe for what you want. Take the time to think on this for a while so that it is embedded firmly in your mind, and keep your goals specific; making a goal too big or too general is an almost certain guarantee that you will not be able to achieve it because you will be too busy worrying about how you are going to achieve it.

One of my favorite tools for that exercise is found at...

[www.forwardsteps.com.au/MindMovieByThea.html](http://www.forwardsteps.com.au/MindMovieByThea.html)

The next step is to raise your vibrations so that they are more positive. Act and feel as though you are confident that the end result you are hoping for, is going to occur. This is an essential part of the Law of Attraction because it is very easy to allow your mind to begin to wander, towards all of the difficulties which you may encounter when trying to achieve your goals. This will cause your vibrations to become negative and will work against you rather than for you.

Now it's time to accept that it can happen. Many times your subconscious is your own stumbling block; you will be attempting to convince your conscious mind that something can happen while at the same time your subconscious is picking out the reasons that it will never work.

In order to help yourself overcome this stumbling block and have absolute faith in the fact that you will be able to effect this change in your life, you should take another look at the sheet of paper on which your goals are listed, and rewrite them in terms that will help your mind and body accept them as fact.

You might find this tool a handy one...

[www.forwardsteps.com.au/docs/ClarityExercise.pdf](http://www.forwardsteps.com.au/docs/ClarityExercise.pdf)

It is recommended that you write these statements in the third person; it is often difficult for the mind to accept something as fact when it is couched in such relative terms as I, me or my. For example, if you are attempting to find a new job you could say, "Millions of people every year work in jobs which make them happy". If you are seeking to enter a meaningful relationship you could say, "Millions of people around the globe have found their soul mate and are now happily enjoying comfortable, established relationships".

The purpose of writing these statements down is to replace the negative vibes and doubts in your mind. If you are unable to accept the outcome as fact, your subconscious mind is going to conjure up a different outcome, and it is going to be this outcome that your mind and body focus on; therefore, this outcome is going to be the one that will become your reality and you will walk away absolutely certain that the Law of Attraction is one hundred percent false.

## **Message 6 of 12**

Why is true success so relatively effortless?

It might be likened to the magnetic field, created by an electrical current through a wire. "The higher the power of the current, the greater the magnetic field that it generates. And the magnetic field itself then influences everything in its presence". – David R. Hawkins, M.D., Ph.D.

The Law of Attraction can help to determine the course of your future, and the successes or failure that you may encounter along the way.

Let's take a minute and consider the possibilities of the Law of Attraction when applied to your working environment. For those who are searching for a job, it may seem impossible to find one that suits them. Is this because such a job doesn't exist, or is it because in their subconscious mind they believe that they will not be able to find a job? Consequently are they releasing so much negative energy into the Universe that they are actually driving away these jobs?

Anyone who has ever tried to search for a job (or known somebody who was) knows that you have a drastically improved chance of finding gainful employment when you are already employed elsewhere, than you do when you are unemployed.

For someone who has lost their job and is currently without employment it may seem easier to climb Mount Everest than to get that first all-important interview. It seems as though, employer after employer, simply isn't interested in what they have to offer.

Why is this? It certainly can't be because there are no employment opportunities out there; after all, chances are they would not have applied for the job if the job had not already made clear its interest in recruiting new employees. Why then, do people suffer in a state of unemployment for months or even years at a time?

The answer to that is, they often believe they will not be able to find a job, and consequently they have stopped trying. In their subconscious minds they do not truly believe that any of their efforts will be successful, so they are projecting negative energy all around them.

On the other hand, an individual who already has a job is secure and confident in their ability to find a job and do it well; after all, someone has obviously thought them worthy enough to hire them (and keep them) in the first place, and chances are if they are searching for a new job it is because they are confident enough in their abilities. They believe they deserve a job that will treat them better, pay them more or provide them with more stimulating work.

It is this quiet confidence that will lead to the effects of the Law of Attraction becoming obvious. Since they are projecting this positive energy around them they will be drawing in positive energy as well, attracting the job that they truly want. Remember, in the last issue, we talked about listing your goals and you had to accept the fact that they could happen?

Chances are that you too are looking for more from your career than you have right now; if you are not, then you probably don't need to be reading this because you have obviously already mastered the ability to chart your own destiny.

Let's say that you are satisfied with the job you have but you are seeking a promotion; after all, no one wants to be at the bottom of the totem pole forever.

In order to get the promotion about which you are dreaming, the first thing you must do is remove any doubt from your mind. Walk into the interview one hundred percent sure that the position will be yours; remember, if you are still living with the belief that the position may be above you and you are not certain that you have the necessary skills to fill the position, you are absolutely right.

Chances are, when you attended high school you received the lecture on what to do and what not to do in an interview. One of the biggest "don'ts" in interviewing protocol is to let the interviewer see that you are nervous. By showing the interviewer that you have confidence in your ability to handle any task which they put to you, you are increasing your value as an employee in their eyes.

The same can be said of any attempts to open a business. It is essential when approaching prospective investors that you have one hundred percent confidence in yourself and your business in order to guarantee that they will be willing to take a chance on your endeavors.

Is this need, for absolute confidence, simply a coincidence or is it the Law of Attraction at work? By having confidence in your abilities you are sending positive energy out into the Universe, and consequently drawing the positive energies back unto yourself.

Here is a great place to begin...

[www.forwardsteps.com.au/NewYearQuiz.htm](http://www.forwardsteps.com.au/NewYearQuiz.htm)

It is impossible to over-emphasize the importance of vibrating positive energy. You will see this theme repeated in any and all conversations pertaining to the Law of Attraction. The release of positive energy into the Universe is what allows you to chart the course of your destiny on a strong route to success, rather than a wavy road of uncertainty that will eventually lead you unhappiness, either through the failure to achieve the goals for which you have worked so hard or through the constant up and down flow of your

life, never being certain which state of your being is going to dominate.

## **Message 7 of 12**

There are two parts of their life which people generally try to change; their work environment and the relationships which they have with their families and their significant others. You may be asking yourself, "Can the Law of Attraction really help me to build relationships with the people that I love and help to mend broken fences?"

The answer is, yes, absolutely! The people you love are governed by the same ebb and flow of energy as you are, and their energies will naturally be attracted to 'like energies' that are being emitted from another person. If you are vibrating positive energies and emotions they will respond in kind. They will not be able to help themselves; it is simply the way of the World.

Let's consider your family first. With family there is already a subliminal bond which will help you to improve your relationship, right from the very beginning.

There are many reasons why family members may find themselves at odds with each other; it is not necessarily a pre-requisite that you like the people you love, and for families who often find themselves in each other's back pockets and competing for common resources, the struggles can be very challenging.

Regardless of the reasons you and your family may have had for 'falling out', it is never good to leave relationships festering like that. You need to heal them in order to achieve true serenity and harmony in your life (have you begun yet to notice how closely the Law of Attraction interacts with other Laws that govern the Universe?). In order to fix a relationship that has been broken you must first be confident in the fact that, not only are you going to be able to mend the broken ties, you truly want to.

It is very easy to utter lip service to the people around you, telling them that you want to mend your broken fences (and often blaming the other party for the fact that they are broken), when in reality you continue to carry the stain of dislike that you hold



towards the other person. You don't really want to mend your fences or if you do, you have not yet let go of what has caused the separation in the first place.

Letting go of your resentment is an essential ingredient in finding harmony. In order for the Law of Attraction to be able to work to smooth your way, you must first rid yourself of all of the negative energy that you have been sending towards them. It is important that you accept the fact that you can forgive and forget, allowing the two of you to move forward in your life with a much happier relationship than you have experienced to date.

These are two of my favorite resources for "cleaning up" my life: [www.forwardsteps.com.au/docs/cleansweep-program.pdf](http://www.forwardsteps.com.au/docs/cleansweep-program.pdf) and [www.forwardsteps.com.au/docs/1001-tolerations.pdf](http://www.forwardsteps.com.au/docs/1001-tolerations.pdf)

The process of attracting a significant other is much the same. In order for the Law of Attraction to be able to attract them to you, you must be very specific when making your request to the Universe regarding exactly what it is that you are looking for in a relationship.

This does not mean that you should outline the color of their hair, their eyes, their political background (although if this is of primary importance you, it may be worth submitting it for consideration). Instead, focus on the kind of values you wish them to possess, the type of relationship that you are looking to share with them (do you want to get married, date casually, etc.) as well as personality traits which you feel are especially important. Then allow yourself to believe that you are going to find this person.

The last step is the most important. As was the case in the example we used pertaining to the ability of an individual to obtain employment, the belief that a relationship with the person of your dreams is beyond your reach, is going to result in you being absolutely correct. Remind yourself that every day, hundreds of men and women are building a life with the person of their dreams; there is no reason for you to be excluded from this group.

It is essential, once you have placed a request for a significant other, that you be willing to have patience for the desired results to occur. The 'whys' and 'wherefores' of this will be discussed in

more depth a bit later. For now, let us look at the obvious. The Universe is not always going to give you exactly what you want, and exactly when you want it.

Now, imagine that you have asked the Universe to give you the partner of your dreams, yet you become impatient because they have not yet become a part of your life within a few months of making the request. You begin to date someone else, and that someone else begins to occupy your mind and your attentions until they are all that you see. They are not the person for whom you asked, however; they are someone intended to fill the time until that 'other' person arrives.

Over the course of time, while you are dating this other individual, you have become acquainted with quite a lot of new people. These new people are shadows passing in and out of your life because they are not this new person whom you have begun to date. What would you do if the person you had been waiting for was among that number? What if they had come looking for you, but you did not recognize them?

It is essential that you not close either your mind or your heart to the Universe because of external distractions; this is the most fatal mistake you could make, for it means that you have lost faith in the ability of the energies of your mind to interact with the energies of nature to bring you your desired results. The negative energies generated from these thoughts will result in the person of your dreams walking away from you, before you even knew they were there.

## **Message 8 of 12**

As we have discussed in previous issues, the Law of Attraction does not always appear to work the way that we would like it to. Why is that? Why does it only seem to work for us part of the time?

The answer to that is found in the minds of the people who are attempting to use it for their own benefit. The only thing standing between you and success is yourself; this was discussed earlier. If the mind is clogged with so much negative energy that it cannot release the positive vibes which will attract the positive energies of

the Universe, the Law of Attraction will not be able to positively impact them. They must first replace all of these negative vibes.

As with any skill, it takes time, effort and devotion to truly master the use of the Law of Attraction in your life. There are a number of factors which can cause this Law to behave in ways which you may not have expected, almost all of which fall back on the user's ability of generating successful outcomes with this fabulous energy.

Fortunately, the mistakes that are made with regards to using the the Law of Attraction are very easy to identify and correct.

Now, let's discuss five common mistakes that people may when it comes to the Law of Attraction.

1. Believing that positive thinking is enough to attract what you want.

Positive thinking occurs only on the conscious level. This is why positive thinking is not enough to put into effect the Law of Attraction. It is necessary for belief to enter the subconscious.

The mind is always operating at two levels, the subconscious and the conscious. The conscious mind is being given hundreds of tidbits of information at any given time, from all five senses. This is an incredible amount of information to process, even from such an advanced tool as the human brain. The mind would slowly go crazy if it had to deal with all of that information, all of the time.

Instead, the mind developed the conscious mind. It serves as a filter to review the information sent to it by the senses. It retains anything that it deems important. Anything that it does not deem important is passed along to the subconscious. It is the subconscious that acts as the guardian of repressed memories until such time as those memories are needed again.

It has long been known that the subconscious has a direct effect on the actions and beliefs of the conscious mind, a topic which will be discussed in greater detail a bit later on. For now, it is sufficient to say that if the conscious mind is attempting to think positive thoughts while the subconscious retains a negative energy the two

will cancel out each other, and the desired effect will not be achieved.

Working your way through my book will help you into some better habits: [www.timeformylife.com](http://www.timeformylife.com)

## 2. Becoming impatient.

The Universe works at its own speed; remember, every action carries with it an equal and opposite reaction. It is essential that the other environmental conditions align, in order for an event to occur just as it should.

This means that the Law of Attraction may take weeks, months or even years to effect a fruitful response to the desires of a single individual. People of today's society are spoiled; they want what they want and they want it now. A new theory that does not produce instant results is not going to be received with a great deal of favor.

In addition to that, disbelieving in the Law of Attraction because it does not meet your established timetables (after all, it never says precisely when all of these wonderful rewards will be reaped, only that they will) is a direct violation of the guidelines required to see positive results. You were merely testing the Law, to see if it will produce results; if you were confident in its ability to cause the desired results you would be content to wait, knowing that what you want most, will come to you in time.

On the other hand, the fact that you are not indicates that you do not have confidence in its ability to bring about the desired results. This means that somewhere in your being, is a small kernel of negative energy, sufficient to throw a monkey wrench into the whole process of positive attraction. Remember, if you are vibrating negative energy you will attract negative energy back onto yourself.

## 3. Determining ahead of time how and when you will attract what you want.

Let the Universe work its stuff! It is possible to become so focused on what you think is going to happen that you manage to totally

miss the event when it occurs, if it does not occur in precisely the manner you pictured it would.

As we said before, the Universe will choose its own time and place for all things to occur, and these events may take place through rather unusual means. By predetermining exactly how you will receive the rewards which you are seeking, you are taking away the natural and organic workings of nature, which direct the ebb and flow of the energies of life, setting the stage for a hard fall.

By taking the ability to choose upon yourself, you are essentially saying that you do not have faith in the ability of the Law of Attraction to produce the desired results in time; again, by setting your own time line for events to occur you will eventually come to disbelieve in the Law of Attraction. After all, it didn't do what it was supposed to, did it? It will cause your subconscious to radiate the negative energy which will drive away the positive energy.

4. Allowing your emotions to be led by external evidence.

In order to reap the full benefits of the Law of Attraction you need to believe that what you see now is a result of what you have been attracting to this point; again, it is essential that you realize that what has occurred in your life to this date and what will happen later, is determined by you. Whatever successes or failures you have experienced, have been the result of the energies that your mind and body have released out into the Universe.

It is very easy to look at the events of your life and think, "I certainly didn't want that to happen; the Law of Attraction must be untrue because I would never wish for something so awful". What you need to realize is that it is not always what your conscious mind wishes for that influences what your subconscious mind is projecting.

Which leads us to the fifth most common mistake.

5. Hanging onto your limiting beliefs.

There are many occasions during which people fall into a self defeating cycle because they are unable to control the thoughts and attitudes of their subconscious. A common argument against

the Law of Attraction is, "Why is there so much suffering in the world if people have the ability to determine the events of their life?" True, these people have not chosen a life of starvation and servitude; however, due to their history many of them do not truly believe that they have any choice.

This disbelief in their ability to change their circumstances because, "It is the way that it's always been", means that they will continue to live this way. Their subconscious continues to project that disbelief and negative energy out into the Universe, drawing back negative energy which will cause them to continue to live in this self destructive cycle of events.

It is those who have dared to dream, and believe in the possibilities presented by these dreams, who have produced the greatest changes in the world. If Henry Ford had not truly believed that man could ride in a car, do you think that the Model T could have been invented? If women really believed that they were destined to live the rest of their life under the thumb of their fathers and husbands, with no say in the lives they would lead, that women's liberation would have occurred?

The removal of limiting beliefs is absolutely vital to the ability of the Law of Attraction to work positively for you. If you truly feel that the Law of Attraction is not working for you, take a moment to consider the things for which you are asking. Do you truly believe that these events can take place, or are you merely making idle wishes? Do you secretly believe that you have a "one in a million" chance of any of those things actually taking place?

You can collect a terrific free video from my friend Rishan, here...  
[www.forwardstepsblog.com/2010/10/manifest-it-all-today](http://www.forwardstepsblog.com/2010/10/manifest-it-all-today)

In order to project the positive vibes which are necessary to draw the positive energies of the Universe to you it is essential that you be one hundred percent confident in your ability to effect a change and be willing to believe that all of the events occurring up to that point have been a necessary prerequisite to bringing these events to be. The key to the Law of Attraction is the acceptance of your responsibility.

"...When the voice and the vision on the inside become more profound, more clear and loud, than the opinions on the outside, you've mastered your life." -Dr. John F. Demartini

## **Message 9 of 12**

What if you didn't have to live payday to payday? What if you had all the money you wanted instead of overwhelming debt? Maybe that sounds too good to be true. However, the Law of Attraction can change your financial outlook forever.

One part of the Law of Attraction is that you get things according to the energy you put out into the world. The Universe will respond to it and send it back. For example, one person might go to the mailbox and say, "I hope I don't get too many bills today." Another person might ask, "I wonder who's sending me money today?"

Who do you think will have a better mail day, on the average? The person who sends out the negative energy of worry and fear will get more to worry about and fear, in return. The person who is positive will get things to be joyful about, according to the Law of Attraction. In this case, he/she has a certain likelihood to get money in the mail.

Money itself may be one of the more difficult things to get by way of the Law of Attraction. This is not because the Law of Attraction doesn't work as well with money. It's because it's hard to be passionate about money itself. It is easier to get excited about the things that money buys.

The Law of Attraction works much more in your favor if you are very passionate about something. This translates into a high level of positive energy or vibration that you are emitting into your environment. It works to make things happen quickly. If you can get that excited about money itself, then the Law of Attraction can bring you the money you desire.

More likely, the things you will be the most enthusiastic about will not be little green slips of paper. Rather, they will be vacations, houses, cars, maybe even aeroplanes. These things will excite you

if you allow yourself to dream about them. The Law of Attraction can help you to draw them closer into your life.

If you want to use the Laws of Attraction, one way to intensify your desires is to find some visual way to make them real. Take pictures of the things you want. Post them around your house where you will see them often. The Law of Attraction will bring you more of the energy that you send out, make sure the images in your home are conducive to a positive perspective.

Here's again it that visual mind tool that I most love to use...

[www.forwardsteps.com.au/MindMovieByThea.html](http://www.forwardsteps.com.au/MindMovieByThea.html)

Plus, a vision board too, is always a great idea...

[www.forwardsteps.com.au/VisionBoard.htm](http://www.forwardsteps.com.au/VisionBoard.htm)

Only when you are clear about exactly what you want can the Law of Attraction go to work for you. Sometimes, you can't actually get a picture. Sometimes it is easier to go through magazines and find images and descriptions of what it is you want. Cut out those, and hang them up. The more, the better. The Law of Attraction will respond to your desires.

Also, you could seek out your dreams by going on homes tours and test driving cars. Whatever you can do, to put yourself in contact with the reality of your dreams, helps.

People say that money doesn't buy happiness. It's true that money alone can't make you happy. However, if you use the Law of Attraction to improve your financial situation, that can only be a good thing!

## **Message 10 of 12**

You don't need to have any special equipment to maximize the power of the Law of Attraction; it is all there in your own mind. Neither do you need a teacher to teach you how to use it; once you have mastered the fundamentals upon which the Law of Attraction is built, you are ready to put it into practice.



It is only fair that if you are studying the Law of Attraction, that you learn a little bit about the various programs available on the market. This will allow you to compare them.

Subliminal messaging is one of the oldest forms of subconscious manipulation, and has been the one to face the greatest amount of controversy. The belief is that subliminal messaging can pull some memories from the subconscious to the conscious mind. The subconscious will have a continued effect on the conscious, whether you are aware of it or not.

It is believed that these subliminal methods introduce an idea to the subconscious, which will then transmit that idea to the conscious where it manifests in external, physical outcomes.

This is done through the introduction of a brief message (often a thousandth of a second) to the audio and/or visual senses. This message will be so short that the conscious mind will immediately disregard it as being unimportant, while the subconscious will take the information and store it away.

You can see an example of it here...

[www.forwardsteps.com.au/ProgramYourMind.html](http://www.forwardsteps.com.au/ProgramYourMind.html)

Subliminal messaging was first introduced in the late 19th century and was introduced in the 1950s as a possible marketing tool. Mr. James Vicary claimed that during a film shown in his New Jersey theater he had used a tachistoscope to broadcast the words "Drink Coca-Cola" and "Hungry? Eat popcorn" for 1/3000 of a second, at five second intervals, and that during the time of these broadcasts sales of both increased dramatically.

This sparked a huge debate among the people of the United States, who were afraid that the government would now use subliminal messaging to attempt to control the things they thought and did; they would not be able to do anything about it because they would never know. This controversy led to the banning of subliminal messaging for any type of marketing purpose.

These days it is a widely accepted and well used tool, for example, try these free CD's at [www.budurl.com/subliminalMP3free](http://www.budurl.com/subliminalMP3free)

Let's move on to affirmations. This is the firm declaration of something that you want to be true and is intended to convince the mind that what it wants to happen, will. For example, stating over and over again, "I will get the job I want", is intended to instill in the mind the confidence to go out and get any job that you want. It is not sufficient to sway the subconscious until other methods are employed alongside it.

In spirituality and personal development, an affirmation is a form of auto-suggestion in which a statement of a desirable intention or condition of the world or the mind, is deliberately meditated on and repeated in order to implant it in the mind.

Many believers recommend accompanying recitations with mental visualization of a desired outcome. Affirmations could be viewed as a mobilization of one's inner resources, or as a kind of self-induced brainwashing.

For example, affirmers might consider that "I am making more room in my life for success every day", is a much wiser affirmation than, "I will win the lottery today!"

My book at Time For My Life has 365 affirmations, all ready for you, as part of its full package [www.timeformylife.com/#book-content](http://www.timeformylife.com/#book-content)

Affirmations are always phrased in the first person and usually in present tense ("I am") rather than future tense ("I will") in order to heighten the energy power of the statement, for the affirmer. Affirmations are believed to be a very powerful means of reprogramming the unconscious mind. They appear to be most effective when repeated in a quiet and restful state of mind and body, and when the desired outcome is vividly experienced in one's mind and resulting emotions are felt.

I also want to touch base on visualizations. This works in much the same way as affirming. You visualize yourself achieving something and you will come to believe it is so; therefore, you will be able to do it. This does not address any underlying issues which could contribute to negative vibes. However, it is very successfully exemplified in sport and athletics training.

You can find more information about this topic at this blog...

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

## **Message 11 of 12**

The Law of Attraction has worked for many people who sought to gain freedom with finance. It has helped many to experience fuller lives through better relationships. The Law of Attraction can also have a profound affect on your body.

Think first of how the Law of Attraction works. You are made up of energy and the energy you send out is positive or negative. This will depend upon whether you focus on the good things in life or the bad. This will not only affect others, but it will affect you too. If you want to send out positive energy, you will want to concentrate on the upbeat things in your life. One way to use the Law of Attraction to achieve positive outcomes is by visualization.

Athletes use a form of seeing what future actions will hold. This technique is called Visual Motor Rehearsal. These athletes are practicing using the Law of Attraction to advantage. They can be hooked up to all kinds of monitors and then practice an athletic event in their minds. The monitors will show that their muscles obey their thoughts even though the muscles are not being actively used. When it comes time to actually do the activity, they are very much prepared.

With the Law of Attraction, you can feel the reality of your plans and dreams coming true. This can be done in the same way as the athletes do it, by visualization. This can help you with any physical task you are about to undertake. You might be planning to climb Mt. Everest or simply swim your first lap around the pool. If you can use your mind to visualize it and believe in the positive outcomes, you can make it happen. Your positive feelings about accomplishing a difficult undertaking will come back to you in the form of positive energy for you.

You might like this special meditation to help with this...

[www.forwardsteps.com.au/meditation.html](http://www.forwardsteps.com.au/meditation.html)

The Law of Attraction has also been used for healing. I am not suggesting that medicine should not be used. However, thoughts

among those who lecture and write about the Law of Attraction are that the medicine can be helped immensely by the use of positive energy. The placebo effect should prove that thinking can influence your health. If people feel good about a medicine they are being given, they will more likely be healed by it. This is true whether the medicine is a highly developed formula or a sugar pill.

Some conditions require a great deal of treatment and medication. People with these conditions often get depressed or discouraged. If they can keep their focus on positive things, they have a better chance of making a full recovery. Knowing the workings of the Law of Attraction can help them to do this.

Part of using the Law of Attraction to heal is to visualize the process of getting better. As you come to believe you are getting better, it often turns out that you actually do. Another way to use the Law of Attraction is to dwell on the good by surrounding yourself with things you enjoy. This will keep the focus on the positive energy.

So you see, the Law of Attraction is not only good for your wallet. It can support many other aspects of your life, too. If you have a physical challenge or illness to overcome, the Law of Attraction can be used to assist you.

### **Message 12 of 12**

If the Law of Attraction works in your favor, you will surely be grateful for all that you receive as a result. After all it can make for an easier and more abundant life. However, you need to start out with a feeling of gratitude before you can expect good things to come. It is the kind of energy that the Law of Attraction demands.

When you believe fantastic things are already happening for you, you will be grateful. Being grateful for something sends out positive vibrations. This brings more of the good things towards you.

Without even thinking of the future, you can use the Law of Attraction to draw the positive things to you. If you are thankful for things in your life, you will be focused in on the good energy inherent in your grateful mind. The positive energy exchange is

evident in the way being grateful brings you more for which to be grateful. Think of the way things snowball, both the good and the bad. You might wake up in a bad mood because you resent a noisy neighbor for keeping you up late. If you let that bad mood win out, more negative things seem to continue to happen to you all day long. When you consider the ways of the Law of Attraction, you will begin to see why that happens.

If, however, you brush off the bad feelings and replace them with gratitude you will be surprised at how much better your day will go. Use the Law of Attraction to help you along. You may be thankful that you woke up beside your loving spouse, or you might be grateful that you have a job to go to. Whatever it is, using the Law of Attraction with awareness, can make it work well for you.

So, the Law of Attraction works on a system of gratitude and reward. You need a way to remind yourself to always be grateful for the good things in your life. Some people set aside a certain time each day to list the things they're thankful for. They might compile them in a journal and look over them all from time to time.

Personally, I like to use this online version  
[www.GratitudeLog.com/join/forwardsteps](http://www.GratitudeLog.com/join/forwardsteps)

The Law of Attraction is built on habits. You could carry some sort of talisman. It can be anything from a rock to a coin. It can be anything you will handle daily. Some people put these items in their pockets. Some put them on a string around their necks. The idea is that every time you touch it, you feel gratitude. If possible, you express that gratitude to others. Your mind will become geared towards thinking in terms of the things for which you are thankful. This allows the Law of Attraction to do great work.

Your mind controls who and what you are. According to the Law of Attraction, it can also change what you have. This may be material possessions, relationships, or health. If you are in a mindset of gratitude, you are in a position to tweak the Law of Attraction bring to you all that you desire.

I use my own book at Time For My Life to support me with this...  
[www.timeformylife.com](http://www.timeformylife.com)

## Conclusion

I hope you enjoyed the book.

The 12-Part Law of Attraction book is a free book, yet you may not alter the contents.

This free sample book is one that you may distribute freely.

If you enjoy self-improvement material, then you will love the resources I created at a member site. Go over to...

<http://www.myforwardsteps.com>

Plus, subscribe to a selection of my gifts at...

<http://www.selfimprovementplus.com>

Namaste,



*Thea*

**P.S.** You will enjoy 2,843 life power and energy boosters at your fingertips every day for a year! Get those for yourself in my book at <http://www.timeformylife.com>

There is also a specially created social sharing page for the Unlocking The Law Of Attraction Video...

[www.lawsattractionsecret.com/lawofattractionvideo.html](http://www.lawsattractionsecret.com/lawofattractionvideo.html)

***THE END***