



Basics of the Law Of Attraction & How To Make It Work For You

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Basics of the Law Of Attraction

How Your Brain Works

Your brain is like a satellite.

It both sends and receives frequencies or "vibrations." You could say it's a "transceiver" both transmitting frequency and receiving frequency.

The words "frequency," "vibrations," "energy," and "waves," are for the most part interchangeable.

Your brain is continually sending frequencies, and it's continually receiving frequencies.

The frequency that you send out, attracts similar frequencies and are sent back to you.

Because like attracts like.

The frequencies that you receive come to you in the form of experiences and "things". Whether good or bad experiences with people, good or bad events happening "to" you.

Or things just showing up in your life, either good or bad. This is what has been happening when things appear or happen (or manifest) in your life.

Whether it's a new job, a new car or a new relationship. Even small things like finding a spice in your cupboard you didn't think you had.

You must take responsibility for everything in your life. Everything.

This is because *you want to be a "conscious creator."*

Many people have a problem with this concept.

But it's only when you take full responsibility... for all of it...

Can you manifest exactly what you want. Then you become truly empowered!

Otherwise, you are pushed around by the unseen forces of the universe, like a cork tossed around on the ocean of life.

Always a "victim" to whatever happens to you. When you take complete responsibility for everything in your life, you can change everything.

If you don't like this or that... You simply create something new.

With conscious manifesting.

Much of the time, this continual sending and receiving, is unconscious.

Therefore *you often create what you don't want.*

For example, when you think all day, about the smart Alec remark from a store clerk, or a co-worker, you are setting yourself up for a returning event, that brings the same lousy thoughts and emotions.

It's very important to control your mind by becoming aware of your thoughts, in order to send out the frequencies that you want to have return to you.

The reality you're "seeing" around you is a direct result of this continual sending and receiving.

It is your creation, because the manifestation of the things in your life come from the thoughts that churn in your head.

Since you're always sending out energy, and energy is always coming back to you...

The resulting environment you are experiencing is your own manifestation.

It Can Be Nothing Else

This is why we're told to focus on "gratitude" because when we're grateful for what we have...

More shall be added unto us.

This takes practice, exercising your mental "muscle." When you see the good in everything, when you see the up side to a bad situation...

Again, more good shall be added unto you.

When lousy things happen to you, it's because you haven't been aware of your thinking. This is called "unconscious" manifesting.

So your thoughts matter more than you know...

Did you know that a thought precedes EVERY emotion?

The problem is that the thought happens in a millisecond.

The synapse in your brain fires so rapidly, that you most often, don't even know what the thought was that preceded the emotion.

Capturing that thought takes practice. It takes using your mental "muscle"

It's therefore essential practice so you can consciously create the reality in which you want to live.

Capturing that one thought gives you a BIG clue about who you are.... What you believe about your worth... What you believe you DESERVE.

Problems arise when you draw conclusions about yourself that are not true. And the determinations about yourself are rarely conscious.

They are unconscious. And they are located in your subconscious mind.

The subconscious mind is the unconscious part of your mind. It's like a benevolent parent or like God, and it does not judge you. It does not judge what you want. It does not decide if something is good for you or bad for you. It does not decide what is true and what is not. It just delivers.

What does it deliver?

MATCHING FREQUENCY

The subconscious mind exists outside of space and time. It doesn't know tomorrow. It doesn't know future tense.

It is also how you access your past lives. It is how you access your higher self.

Where is the mind? Is the mind the brain?

The brain is the device that allows you to interpret the frequencies your mind is receiving, and it translates them into thoughts and feelings.

In all of your experiences, good, bad or ugly, you have drawn conclusions about who you are. Including from each of your past lifetimes.

These conclusions also influence your current lifetime. And you draw conclusions about yourself in

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this lifetime - conclusions that are not true.

Consider This...

Children do not have a "rational" mind until after the age of 5 - 6 years old. They can't rationalize a situation. They haven't developed a "rational" or "reasoning" mind. Which means that they believe the world revolves around them.

So the only option they have is to draw conclusions using their "emotional" mind.

Which bring us back full circle to...

The subconscious mind doesn't care if something is true or not.

For example: when Mommy and Daddy get divorced, and Daddy goes away, the child may draw a conclusion like "Daddy doesn't love me anymore.. I'm not lovable." or "I'm not a good girl that's why Daddy went away. I don't deserve love."

Obviously, these conclusions are not true, but it doesn't matter to the subconscious mind.

These types of emotional conclusions are trapped in all of our subconscious minds.

These are the kinds of "unconscious" frequencies we're sending out that draw in the things we don't want.

For example: We don't understand why we keep getting into bad relationships, in spite of all the meditations and focusing and law of attraction visualizations that we may do.

In the example above, the unconscious frequencies being sent out, based on the child's emotional conclusions, (who is now an adult man or woman), might result in attracting relationships with people who are distant and cold.

Or relationships with people who treat them poorly, abuse them or cheat on them.

The subconscious doesn't judge the emotional conclusions stuck in there, like bad programming... And because the subconscious allows everything... It continues to pump out frequencies that match a conclusion you don't want and don't ever consciously remember deciding upon.

Like "I'm a bad girl/boy". "I don't deserve love." Such a conclusion is lodged in your subconscious mind - that you don't deserve love - you don't get it. This of course is just one example.

Conclusions We Need To Be Aware Of

Like attracts like.

Even when we are unconscious of the thoughts, the subconscious is still delivering.

Other irrational conclusions that we may have lodged in our subconsciousness might be things like...

"I don't deserve to have..." fill in the blank "I'm not smart enough to..." "I'm not worthy of..." "I'm not good at math". "I have no co-ordination" "I'm a klutz..."

It's these types of subconscious conclusions that are often at the root of diseases or certain health conditions.

There are several techniques and methods to help you uncover these hidden, unconscious conclusions that you have in your subconscious and clear them.

One obvious one is Past Life Regression, but it's not the only one!

The absolute key to everything is to become aware of your thoughts. To become 'mindful'.

Hidden or otherwise, and beginning to control your thoughts using your mental "muscle".

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You are the boss of your conscious mind - take the reins.

What you learned in the last few minutes is:

1. How your brain works to send and receive frequency.
2. How to manifest your reality by matching frequency.
3. How the subconscious mind works to keep delivering the result.

We are unwittingly creating and attracting everything into our lives mostly unconsciously.

Let's Consider The Law of Attraction

The Law of Attraction is simply another way of saying "What you send out, returns to you."

When you're practicing the Law of Attraction, you are deliberately and consciously sending out the frequencies to create something new in your life - the goal you wish to achieve.

We use the Universal Law that says, in essence, "Whatever you send out will be linked up with matching frequencies, and come back to you, like a boomerang."

When you practice your visualization technique a few times a day, you become more consciously aware of your moment to moment thoughts, to ensure that you're not contradicting or canceling out the frequencies that you're sending out.

Everything Is A Creation, A Manifestation

When you want to be more intuitive, you can use the law of attraction, the law of 'like attracts like' to help you manifest what you want.

There's nothing that the law of attraction can't help you achieve.

Guidelines For Using the Law of Attraction - 3 Principles

Many people think the law of attraction doesn't work.

There are three principle reasons the law of attraction may not be working for you (yet.)

1. You're not frequently visualizing your goal.
 2. You're canceling out your goal when you're not in meditation, because you're not aware of your habitual moment to moment thoughts.
 3. There's an unconscious conclusion stuck in your subconscious mind, preventing you from achieving your goal.
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3 Other Factors And Influences Which Affect Your Manifestations

Here are 3 examples to be aware of:

1. Don't focus on people changing for YOUR goal to happen. It's a limitation.

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2. Don't focus on a timeline i.e. "I have to achieve this by X date."

3. Don't focus on events i.e.. "This has to happen for that to happen, then I can get my goal"

However, the most important thing to do, is to not share your goal with anyone.

ANYONE

When you share your goal with others, you give them an opportunity to send judgmental vibes to you which may create doubt in you. One comment alone can undo it all!

When deciding on a goal to practice your manifestation abilities...

Choose something that would be nice to have happen, but is not something that you're wildly hoping for.

Something relatively small, and "nice" but not "consequential" to your life. In fact, you could even choose something that you don't want - like a pair of orange sweat pants.

When there's a strong emotional connection, you can actually push away what it is you're hoping to manifest.

Choose something really simple and a goal or desire that is not going to hugely change your life.

It's to get a "small win." Proof for yourself. Before you "move up" to steadily manifest bigger and better things.

Make It So!

Manifesting YOUR Desires. This is the First Small Step

1. Take a large recipe card, or piece of bristol board or cardboard - about 6" x 9."
2. Draw two symbols of something that represents your "mini goals". It should be simple. You can make it as colorful as you like.
3. Practice 1 - 3 times daily, the 15 Minute Symbol Meditation.
4. Take a note when something happens relevant to the manifestation of your "mini goal."
5. Whenever you think of something contrary to your goal, cancel it. Flip the thought to the positive.
6. Don't become emotionally attached. Just think about how "It would be interesting if... "were to happen.

Practicing the 15 Minute Symbol Meditation will begin aligning your subconscious frequency with what you want.

It WILL happen IF you follow these steps.