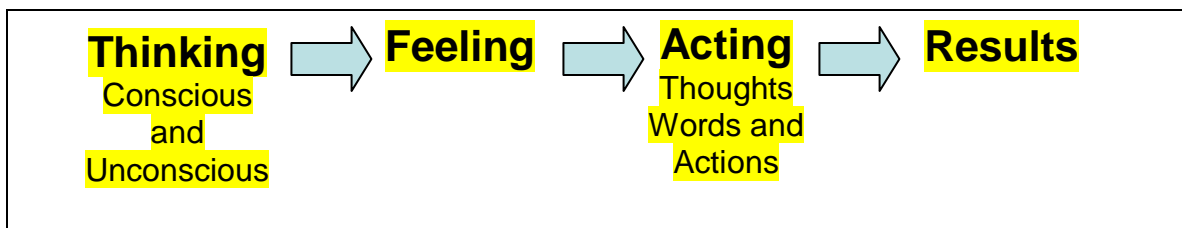


The Law Of Attraction

The Law of Attraction states that whatever you focus on, expands.

For most, if not all of you, this is nothing new. The notion that whatever you think about creates your present and future state, is pretty old news.

The Law of Attraction follows the model of basic creation we've discussed. We live in a thinking-based universe, thus all things come from thought.



Whatever we think, informs our feelings, which informs our actions, which together creates our results.

What I am drawn to about the Law of Attraction is the implicit question living within it of **“What Do I Want To Attract?”**

As a result of this question, people all over the world in recent times have been exploring their answers to this question. The very question has brought about great change already. People are being led by desire, rather than simply by fate. They feel a sense of profound opportunity to affect change in their lives.

The question of “What Do I Want To Attract?” can ultimately **refocus us away from our problems and onto new horizons.** This very questioning has, in my opinion, started a powerful evolution happening in our world consciousness.

No longer complacent to accept the fate handed them, people are starting to question the very foundation of everything they learned as a child.

Especially those living at the forward-edges of the growing consciousness out there...

- People are questioning old socially held beliefs
- People are questioning the old rules of success
- People no longer accept the notion that they are born into their level of wealth, intelligence, and impact on the planet
- People no longer accept that challenges like global warming, poverty, and genocide are outside our personal power to change

- People are releasing the sovereign authority they used to give others, like government and religion, in exchange for their own internal authority

All of this is releasing wisdom en masse from individuals and groups that before kept their thoughts and DESIRES to themselves.

Talk of the Law of Attraction around the globe has spurred a massive undercurrent that is deconstructing the old ways of being on such a massive scale, that most people, even the most aware and conscious, are feeling the vortex of fear that comes over any group of people as power, wealth, and principles reorganize themselves.

Even those of us like you and I who know, or at least want to know, that we are ultimately headed for a better state, the transition from the old establishment test our faith in every way. And it will continue to test us. For each of us during this transition (and any transition) we will always be required to bear witness once again to the fears that most plague us. And for each of us, that exact list of fears varies.

And yet, this question of **“What Do I Want To Attract?”** is only the tip of the iceberg of the massive creative power held within the Law of Attraction.

Thus people around the globe have been awakened by this question – stirred up – even jolted by this question. And yet, without a larger understanding of this powerful Law, and the other associated Laws, people feel a certain powerlessness to harness this new power they’ve tapped into. Without this deeper understanding of the Law of Attraction, the only thing they have to lean on is their fear.

And anyone attempting to practice the Law of Attraction at this level feels deep resistance to fear. This is because they don’t want to attract more fear-laden circumstances to their lives. Thus they feel powerless. They want something greater than they ever thought possible, and the word on the street is that they can in fact have everything they always wanted. And yet as the world reorganizes to give them what they want, all they see is changes that scare the crap out of them. And knowing they are supposed to focus not on what they don’t want, but rather on what they do want – they feel utterly powerless.

It’s like telling someone who has wished and wanted all her life to meet her soul mate. Having hoped and wished for so long, she finally gives up hope and accepts her fate of being alone. She accepts her fate peacefully. She lets go of her desire and happily settles for what she has. And then one day, someone says, **“Oh no! You DO have a soul mate! Someone perfect for you!** Someone who longs to be with you too! And this person is living in New York City right now!” So this woman feels a surge of excitement and hope knowing that what she’s wanted all her life is POSSIBLE. But this is all the information

she has. She knows nothing more. Not a name. Not an address. Only the frustrating truth that her soul mate is in fact there, but she has NO idea how to find him.

So she begins to approach the ***perceived problem*** of finding her soul mate by looking for him. Running through the streets, knocking on doors, chasing through alleyways, asking everyone she knows for help.

Now she's focused on solving a problem. And as such, the universe complies, giving her more and more problems to solve.

In many ways, a similar frustration as awakened in many people by this seemingly simple, yet still very mysterious Law of Attraction.

It is unsettling to know that you can attract anything into your life, and yet somehow you haven't.

According to the Law of Attraction, the woman with a desire for a soul mate will never find him through problem-solving. She will never find him through searching. She will never find him by trying. Because problem-solving brings more problems. Searching results in more places to look. Trying results in more places where she needs to try.

She will attract him to her by living as if he is already there. As if his presence is imminent. As if he's gone out for groceries and will be back in just a little while. As if the joy she expects to feel upon his arrival, has already come to her, full velocity.

But people practicing the Law of Attraction often misunderstand this message as well. The woman with a desire for a soul mate, hearing this information would stop her searching, but she's stop doing anything else too. She'd instead sit in her home and live in a land of make believe and magical thinking – a place that is neither grounded in physical reality or spiritual reality – a place that is simply her imagination. She *imagines* how it would be to have her soul mate with her. She writes letters to him. She meets him in her mind. She wishes for him.

But all of this is filled with ***longing***.

And as we know from the Law of Attraction, longing creates more longing.

So the woman feels stuck. She doesn't know what to do.

Here is a new question that invites this woman to move into the direction of her desires: **"How do you hope to feel when your desire is already met?"**

Perhaps she hopes to feel safe, nurtured, cherished, loved.

And then a third question: **“What can you do right now to feel that feeling?”**

And a fourth question: **“What would you do if you already had your desire met?”**

The third and fourth questions speak to an essential key to the Law of Attraction. This question speaks to ACTION.

- Not action focused on trying to solve the problem
- Action focused on feeling how you believe you will feel when your desire is met
- Action focused on doing whatever you think you would do if your desire was already received.

For the woman who desires a soul mate, she would take actions that help her feel safe, nurtured, cherished, and loved. Actions like...

- Going to bed early
- Eating healthy meals
- Saving money every month
- Going out for a massage
- Writing in her journal
- Taking a class that explores a personal interest
- Going to the gym

She would also take actions she thinks she would take when her soul mate were with her. Actions like...

- Going out to wonderful restaurants
- Hosting a party for friends
- Taking a trip to Morocco
- Going on a honeymoon (with oneself and bringing possibly another friend)
- Having a marriage ceremony (to oneself)
- Going on fun dates (with anyone!)
- Taking a chocolate-tasting class

These questions ask you to be thoughtful in your response. Really ask yourself how you expect your life to change when this magical desire enters your life. The greater your desire, the greater you believe your life will change as a result. Be honest about those results you think will come. **THOSE ARE THE ACTIONS you are meant to take.** Those actions will actually bring your desire into being, in a way that searching and finding and trying will never deliver.

And remember always that the Manifestation Master lives always in the present moment. Thus the Law of Attraction, like all the other Laws, are meant to empower him and inform him of how to be in the present moment.

Thus here are four questions to help you practice the Law of Attraction:

1. What do I want to attract?
2. How do you hope to feel when your desire is met?
3. What can you do right now to feel that feeling?
4. What do you think you would you do if you already had your desire met?

Three Essential Ingredients

People want the Law Of Attraction (and all the other Laws) to be an easy way out. They want to take a pill and voila have their desires manifested. And ultimately, this is possible, but only at a higher state of consciousness.

To up-level your Energetic Frequency and your consciousness, three very important elements are needed:

1. Faith
2. Courage
3. Gratitude

All three are practices required within the Law of Attraction.

Like when learning to play tennis, it is difficult at first. At first, you swing at the ball and miss. You hit the ball and it goes flying out of the court. You serve the ball and it lands in the net. Over and over, you practice, however. And over time, it becomes easier and easier to make good contact with the ball. Your serves start making it over the net. You rarely lob a ball out over the fence. But it takes practice.

And while winning is nice, to keep on track to becoming a good tennis player, you have to really want to learn to play. It doesn't work if you really have no desire to play in the first place.

The same is true with manifestation. You have to want to play. *Not just win.* You have to want to experience the game, the journey, the excitement, the nail-biting question of what's to come next. You have to want to better yourself, expand yourself, and overcome the hurdles that present themselves.

You have to develop a true love for the journey. Not just for the win or success.

It is about the journey, NOT the manifestation.

In tennis, you need to practice and master a good swing, serve, and stance.

In manifestation, you need to practice and master faith, courage, and gratitude.

Faith, courage, and gratitude are all choices. Just like Serena Williams who chooses to get back out there and take another practice serve after she loses the match in a bad serve that lands in the net, you have to be willing to remind yourself of your faith, courage, and gratitude whenever your fear appears.

Faith is confidence or trust in your power to manifest. Faith is based not on proof, but on knowing.

Courage is the quality of mind or spirit that enables a person to face difficulty, danger, fear, and pain.

In Old English, courage used to mean **“The heart as a source of emotion.”**

When you have courage, you act in accordance with one’s belief’s, despite fear.

Why Faith and Courage Are Important?

When you take action based in courage and faith, you rewire your thinking. You disprove your doubting mind. You prove false your limiting thoughts. As a result, you re-wire your conscious and unconscious thinking.

As you manifest, things change around you. Sometimes things change dramatically. Sometimes things change in ways your mind might try to tell you is bad or wrong.

To manifest a new reality into being may require the deconstruction of certain things you have become attached to. Certain things you want to hold on to. Certain things that will feel comfortable to release.

This is why courage and faith are SO important.

Why Gratitude Is Important?

Gratitude is the experience of thankfulness.

I deeply believe that if you are a person who naturally feels gratitude in life, you have been given a most profound gift.

If you teach your children but one thing, teach them gratitude.

Think about it. Gratitude is when you consciously reflect on the joy in your life. It is through that reflection and savoring that the true joy of life is present.

Gratitude is the reveling and savoring that the Manifestation Master constantly lives in. Gratitude itself is a VERY high frequency feeling.

Allowing yourself to expand into gratitude into every corner of your life will deliver you two things:

1. **A life you love already**
2. **The exact feeling needed to attract every desire you have**

If there were ever a silver bullet to life, the practice of gratitude would be it.

The Desire You Are Focused On

One last important note about the Law of Attraction.

It is important that you focus your energy on what you want – not on what you think you need to have what you want.

For example, if you are building a business, you might think that you need more money in order to take the next step. Thus, you might choose to focus your manifesting energy on “raising money” or finding money. This becomes your focus.

But this isn't really your true desire. Your true desire is to build your business. Focusing on “finding money” is getting wrapped up into the problem-solving habit that runs in contradiction to the Laws of Attraction.

In this case, I would invite you to shift your away from focus from “finding money” and towards whatever it is that you think you will be able to do if you “find the money.”

Action Steps:

1. Take the actions from your Manifestation Guide.
2. Be sure to make your powerful requests of others.
3. Follow the action plan you created during Week 3 to support the physical manifestation of your 90 Day Divine Creation.