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Foreword

If you are experiencing hard times in your life, it is very important that you become familiar with the term “law of attraction,” or LOA. The law of attraction states that you are basically responsible for all the circumstances of your life, whether good or bad. You draw everything into your life that exists. You have the power to create positive circumstances in your life, you just have to know how to harness the power of the law of attraction.

The law of attraction has to do with every part of your being. Everything from your thoughts, to your emotion to your actions either adds to this power or takes away from it. Would you believe me if I told you that it is possible for you to accomplish all of your dreams and be truly happy in life? Well it is true and it is much simpler than you probably think. All you have to do is believe and trust in the universe and use the power of the law of attraction and you will surely be rewarded for your efforts.

It is important to remember that change almost certainly will not come overnight. It will likely be a while before the full effect of the law of attraction sets in. From the first moment that you understand the law of attraction and begin to use it properly your life will begin to come together. The pieces will begin to fit better and everything will make more sense.

The following chapters of this book will go over the law of attraction and will help you to better understand it.

Attraction Awareness

Using LOA to Draw in What You Desire

Chapter 1:

LOA Basics

Synopsis

There are some basic principles that need to be understood when speaking about the law of attraction. Basically, as stated before, everything that happens in your life is attracted by you. It is important that you understand and take responsibility for the fact that everything that happens in your life is a direct impact of your decisions or thoughts.

A good way to understand the law of attraction is to think of yourself as a big magnet. Now everything else in the world is objects that are attracted by the magnet. It is important that you know what objects you should stay away from and what thoughts you should try and keep from your head. Even if you do not speak out on a thought it can still draw certain things into your life. It is important that you learn to train your brain and do your best to not think negatively.

The law of attraction can work some real wonders for your life. You just have to have a proper understanding of it and use it correctly. One important thing to remember is the fact that even if you do not use the law of attraction to your advantage it still exists and is always working, even if negatively. So you may as well get a hold of it and harness the true potential of its power.

The following chapter will go over the basics of the law of attraction so that you can acquire a better understanding of what it truly is.

The Basics

Everything in life is brought on by the law of attraction. Basically, you had a thought or made some take of decision or took some type of action that makes everything happen the way it does. It is like a big circle, things go around but they come right back to where they started. Therefore, if you do things or have good thoughts, good things will eventually come back around your way. On the other hand, if you do negative things and have negative thoughts and feelings, nothing but negativity is going to come back your way.

There is no escaping the law of attraction or hiding from it. It truly takes a toll on everything in our lives. Even the fact that I am writing this book or that you are reading all has to do with the law of attraction.

There are many people out there who do not believe in the power of attraction. They believe that everything that happens in their life is just luck of the hand of cards they were dealt. In most cases these people's lives are out of control or are in the progress of falling apart. Living life without adhering to the rules of the law of attraction is like driving a car without using the steering wheel and just hoping that you make it to your desired destination without any bad things happening along the way. This is a crazy thought right, well so is thinking that you do not bring into your life what is there.

A lot of the law of attraction relates back to what we were all taught as children. We were taught that every action we make has a reaction and this could not be any more true. Everything we do causes something else to happen which causes something else to happen and on and on until it ends

up right back in your lap. Now when it comes back around do you want it to be positive or negative? Surely you would like it to be positive. In order for you to receive positive things from the universe you must believe in the power of the universe and you must do positive things.



Chapter 2:

Learn to Use Meditation

Synopsis

There are many different benefits that can come from learning the art of meditation. It can not only reduce stress and do other wonders for your health but meditating can also be very beneficial for using the law of attraction.

Meditating gives you a chance to tune out the world around you and to connect with yourself on a very deep level. You will be able to hear you innermost thoughts and desires when you meditate and many things in your life will begin to make more sense.

As mentioned before, everything you do impacts how the law of attraction will behave in your life. This is true all the way down to the thoughts that you have. It is true, actions will have more of an impact than thoughts do but thoughts still make a difference when it comes to the law of attraction. Meditation can be a great tool to use to get control over your thoughts and begin to change your thought process entirely.

The following chapter will go over some of the numerous benefits that you can receive from learning the art of meditation. You will be given some pointers on how to better meditate. We will also go over how meditation ties into the law of attraction.

Use Meditation

There are many benefits that can come from learning how to properly mediate and from practicing this skill on a regular basis. Many people are unaware of the powers of meditation or how deeply it ties to the law of attraction. Well it is true and you will never understand until you experience it for yourself.

The following are some examples of the many benefits that can be provided by the art of meditation:

- **Meditation Lowers Stress**

The art of meditating is a great way of reducing your levels of stress. Learning how to block off the outside world and focus on yourself is very beneficial when it comes to trying to lower your levels of stress. High levels of stress can cause us to act in ways that we would not normally act such as being aggressive or irritable. As mentioned before, everything you do in life down to your thoughts and attitudes influences the law of attraction. That is why it is so important for you to find a way to lower your stress levels and meditation is honestly one of the best ways.

- **Meditation Helps Us to Learn Our True Self**

Your body is nothing more than a temple for your true self. If you want the law of attraction to work in your favor you will have to learn who the real you is. You will have to learn how to look beneath your outer shell and see who you really are. The true you is in your soul and your mind, not in the body that is there to protect it. Meditation

allows you to shut off the outside world along with all of its distractions. This will allow you to analyze who you really are and what you really want from life.

- **Meditation Helps to Cope With Emotions**

Along with many other things, meditation can help a person a great deal when it comes to handling and coping with their emotions. Things can happen in life that can cause us to feel down or depressed. Continuing this path of negative emotions will just bring further negative consequences into your life through the power of the law of attraction. People who learn the art of meditation will learn to better understand their emotions and how to better control them. When they become more in control of their emotions they will be able to see the brighter things in life which will in turn bring on more positive things due to the law of attraction.

- **Meditation Helps You Become A Better Person**

The art of meditation will help you to become a better person as a whole. The effects will not be immediate but in time you will surely notice the differences in your life and how much better things have become. When you become a better person you will be blessed by the law of attraction. As discussed earlier in this book, the law of attraction can be thought of as a big circle, if you put good into it good will come back around. If you become a better person you will surely be putting much more good things into this circle which means you will have a great deal of good things that come back in return. In this way, meditation can truly be a blessing for your life.

- **Even When not Meditating it is Still Working**

One of the best things about meditation is the fact that even when you are not meditating you will still feel the effects of your meditation practice. You will notice the everyday problems that used to really stress you out are no longer that much of a big deal. You will be better able to cope with problems in your life and will learn to always see the brighter side of things and to believe in the universe. All of these things will contribute to the law of attraction bringing blessings into your life.

The above were just a few examples of the many different benefits that can be received from meditating. There are many more but we would be going over them all day.

Meditation is deeply tied into the law of attraction and if you want to use the law of attraction to your benefit you are going to have to learn how to master this skill. You are going to have to learn how to tune out the world and focus on your connection with the universe and your true self.

Chapter 3:

Be Sure You Are Attracting the Right Things

Synopsis

The law of attraction is very powerful and it will continue to attract things into your life, both good and bad, depending on the decisions you make and the thoughts and feeling that you have on a daily basis. You want to make sure that you are attracting as much positive you can from the universe and as little negative as possible.

As mentioned before, there is no stopping or hiding from the power of the law of attraction so you need to learn how to control it in order to draw only beneficial things into your life. The last thing you want is for everything to be going good and then you draw something into your life that ruins everything.

Learning how to use the power of the law of attraction to your advantage will take time, patience, and effort but in the end it will be well worth the effort. You will be amazed by how blessed your life becomes when you understand LOA and use it for the better.

The following chapter will go over the importance of drawing the right things into your life and will give you some idea on how you may start to draw in more positive things. Remember that this is going to be a learning process and it may not be something that you are able to master right away.

Bring In the Good

Your inner self projects energy into the universe that can be thought of kind of like radio signals. These signals contain your thoughts, desires and actions and the law of attraction will pick up on these signals. As mentioned before, everything in your life influences the law of attraction. You can use this power to bring in an ample amount of good things and opportunities into your life.

You want to make sure that you are always projecting positive signals for the law of attraction to pick up on. The law of attraction will bring in to your life what you project that you want. The thing is, sometimes we project signals without even knowing we are doing so. It is important that we get in touch with our true inner selves and learn how to communicate with them. We need to learn how to control our emotions and our thoughts. The way that we think influences the way that we act as well as the things that we do in our daily lives. That is why it is important that we find ways that we can begin to control our thoughts so that we may make better choices and actions and be blessed by the law of attraction.

The law of attraction can be influenced by other things as well such as the friends that you may have in your life or the people that you choose to associate yourself with. If you choose to be around negative people you will be influenced by negative energy. This negative energy will be picked up by the law of attraction and you will begin to naturally attract negative things into your life. You will soon see that everything is spiraling out of control and that nothing but negativity comes into your life. On the other hand, if you surround yourself with good people who emit positive energy you will

be blessed by the law of attraction as you will begin to attract more positive things into your life.

Ultimately the choice is yours when it comes to what you want the law of attraction to bring in to your life. If you are still having a hard time believing how powerful this law is you need to think of the evidence of its existence that is all around us. Think about it, every action has a reaction so make sure you are making positive actions that will have positive reactions.



Chapter 4:

Ask the Universe

Synopsis

The universe is very powerful and can provide you with the best life possible if you know how to ask it for what you want. Many people are unaware of the benefits that they can receive from asking the universe for what they want. On the other hand, there are people who are aware of the power of the universe but are not aware of how to properly tap in to their inner self to see what they really want.

In order to be able to properly harness the power of the law of attraction you need to have a proper understanding of how to speak to the universe and how to ask it for what you want. Keep in mind, when doing this you are not advised to expect to see results immediately. You have to have faith in the universe and show trust in it that it will be generous to you. By doing this your trust will be rewarded by the law of attraction and blessings will surely be brought into your life, even if they are a blessing in disguise.

The following chapter will go over the importance of the universe and will go over how asking the universe for what you want ties together with the law of attraction.

Ask For What You Truly Desire

You are truly setting things into motion when you ask the universe for what you desire. The law of attraction will bring into our life what we want we just have to ask for it. At the same time, you need to live your life as a good person or no matter how much you ask for you will not receive.

You will be amazed by the speeds in which everything you need to get everything you ever desired begins to fall into your life when you ask the universe for it. Everything begins to manifest and your life begins to become truly blessed. All of the resources and determination you need to accomplish everything in your life that you have ever wanted will begin to come into your life and you will not have to do anything, as long as you are truthful when you speak to the universe.

You will not be able to ask the universe for what you want if you do not know what it is that you want. This is where meditation and other forms of inner self communication come into play. You need to be able to look deep inside yourself and discover what your true desires are. You need to be able to tune out all outside influences and discover what it is that you truly want and not what other influences want. Once you are able to communicate with your inner self and learn what your true desires are you will be able to ask the universe for what you want much easier.

In order to receive what you want from the universe you must make sure that you are very clear about what it is that you want. You cannot be vague and you cannot leave out any details. The universe cannot read your mind and if you want it to bless you with what you desire it is very important that you let it know exactly what it is that you want.

The universe and the law of attraction can bless you with many things. All you need to do is find out what your inner self really desires from life and what you want to ask the universe for. Anything is possible, you just have to set your mind to it.



Chapter 5:

Write Affirmations

Synopsis

Writing affirmations can help you a lot when you are trying to use the power of the law of attraction to bring good things in your life. Believe it or not simply saying positive statements or writing them out can make a huge positive impact on your life. After saying or writing enough positive statements about the blessings you want to receive in your life you will start to believe them and they will become true.

As mentioned before, the law of attraction is influenced by the mindset that you have, therefore if you have positive thinking reinforced by the power of affirmations the law of attraction will start to bring good things into your life and no time and you will be amazed by how fast and how many blessings come.

The following chapter will go over the importance of writing affirmations as well as why they are so important when it comes to trying to use the law of attraction to your advantage. We will also go over ways in which you can write affirmations that are effective and work well.

Write It, Believe It

In order for the affirmations that you write to work effectively it is highly important for you to make sure that you are doing them in a certain manner. The following are step by step instructions that should help to ensure that you write the most effective affirmation possible.

- **Step One**

One of the simplest ways to get started when it comes to writing affirmations is to begin by writing a series of I am statements. You want these statements to be about what you want to become or what you want to bring into your life. This seems really simple, doesn't it? That is because it is simple. Something as simple as writing out statements on a daily basis can cause the law of attraction to begin to make these statements true. One important thing is that you must always remember to believe these statements or else this entire process will be a waste of time. It may be difficult to believe these statements at first but in time it will become much easier.

- **Step Two**

It is important that when you write your affirmations you stay away from writing out negative things. You want to stay on a positive note so you need to focus on things such as what you want to bring in to your life and not what you want to get out of it. The law of attraction will react with what you write and what you think so any negative statements might result in undesired results.

- **Step Three**

It is important in life that you are always yourself. You should never try to be someone other than who you really are. This is true even when you are talking about how you write out your affirmations. You want to use words and phrases that are normal for you to use. Do not try to sound like a different person. It is true that you are honest with yourself and that you are true to who you are.

- **Step Four**

When you write your affirmations it is highly important that you write them out with a lot of energy and passion. You want to throw some of your personality in them. Making them boring and dull will make them seem like more of a task than an affirmation. Affirmations are supposed to be happy and full of hope so put some energy into writing them.

- **Step Five**

You do not want to waste time worrying about how your affirmations are going to come true. That is the job of the law of attraction. When you write out your affirmations and truly believe them you will draw those things into your life. As stated before, it may not be overnight but it will happen sooner or later.

You will be surprised by the power that affirmations have, I guarantee it you just have to try it for yourself to experience it. The law of attraction is very powerful and using positive affirmations is a great way to harness the power of attraction and use it to benefit your life.

You may feel a little weird at first when you begin writing your affirmations but this feeling will pass in time. I cannot say enough how important it is that you truly believe your affirmations. Affirmations must be believed in if you want them to work. Once again, if you do not believe in your affirmations they will be nothing but a big waste of time.



Chapter 6:

Feel That You Already Have

Synopsis

When trying to benefit from the law of attraction it is extremely important that you take the time to understand and feel that you already have many things in life. You need to learn to be grateful to the universe for what it has provided you with and always keep in mind that there are people in this world who have it much more than you.

You will also notice that when you begin to be grateful for what you have and begin to feel like you have enough in your life that you are blessed with a sense of being content and sense of serenity. You will also notice that when you are grateful for what you have and feel like you have enough in life the law of attraction will bless you with good things in your life.

The positive feeling of gratefulness will reflect on the law of attraction so you should exhibit this feeling as much as possible. The following chapter will go over the importance of feeling that you have as well as the importance of being grateful and how it relates to the law of attraction..

Be Grateful for What You Have

Many people are aware of the power of the law of attraction and try to live their life in ways that will cause it to bring good into their life. The funny thing is that they often times overlook one of the most important and simplest steps there is in receiving blessings from the law of attraction. This is the step of remembering to be grateful and to feel as if you already have plenty. This is extremely important because the universe will not reward those who it sees as selfish and those who it does not feel appreciates its blessings. Even those who remember this step of attraction awareness still choose to neglect it and this never has a good outcome.

Gratitude can almost instantly transform every aspect of a person's life. Gratitude is a very powerful law of attraction exercise and should be practiced as much as possible. This exercise will bring you into harmony with the universe and will heighten your vibrations.

You will see different types of people in your life from day to day. You will see those people who seem blessed and you will notice that they have many great things in their life such as happiness, a nice car, a nice house and money. You will also notice another thing, they are grateful for what they have. On the other hand, people who do not have that much in life and do not seem that happy will always have one thing in common, none of them are grateful for what they have. As stated before, the universe will not reward those who are selfish or ungrateful so you need to make sure that you are always grateful for what you have. No matter how bad a person's life may be all they need to do is find one thing in their life to be grateful

for. The universe will take notice of the fact that you are being grateful, even in bad situations, and the law of attraction will bless you for your gratitude.

Complaining will do nothing but cause problems in your life. Complaining means that you think that there is some problem with something that is going on in the universe. The problem with this is the fact that the universe knows that there are no problems. The universe knows that everything that happens is happening for a reason. It also knows that everything that happens in your life is a result of your own actions, emotions or mindset and this all has to do with the law of attraction. This is why you must appreciate and be grateful for what you do have because it is all a product of your choices.

If you think things may be hard in your life right now, you really have no idea. If you want to lose everything that you do have at this present time, all you have to do is complain as much as you can. The universe does not appreciate people complaining about what they have and doing so will bring nothing but negative consequences.

You can truly obtain anything in life. All you have to do is believe in the universe as well as its plan for you. You are going to end up in the same place no matter what path you take through life. The important thing is that you make the decision to take the easy road that is full of wealth, happiness and other blessings instead of the hard road full of disappointments and hard times. The trick to taking the easy road is that you are always grateful to the universe and you take every opportunity possible to let the universe know how much you appreciate everything you have. If you do this the law of attraction will surely bring blessings into your life sooner or later.

Wrapping Up

The law of attraction is very powerful and as we have discussed in this book, it can bring either good or bad into your life. One very important thing to remember about the law of attraction is that it is always working, whether we realize it or not. That is why it is important that we always try to remain grateful and always try to surround ourselves with positive actions, thoughts and people.

Keep in mind that the positive results of the law of attraction may not become evident immediately. You have to put trust and time and patience into the law of attraction but if you do it for long enough you will surely be rewarded for your efforts. Remember to use powerful tools such as meditation and affirmations and remember to communicate with the universe and you will surely get everything you have ever desired.

I hope this book has been a great help for you and has answered many of your questions about the law of attraction. I hope it has also helped you to understand how you can use the law of attraction to your benefit.

I thank you for your time and I wish you the best of luck!