

# **The Keys To Attraction**

## Activating The Law Of Attraction

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### **1. What is the Law Of Attraction?**

The Law Of Attraction defined in the easiest way is simply that like attracts like. Everything that you experience is a result of the energy you are producing. If your energy is positive based, then you will attract positive experiences. What you think and feel about you are attracting into your life. The same goes for negative energy.

#### **It is the Law.**

You attract to you all of your experiences, whether you know it or not. By learning to direct the laws of attraction you will be able to create your experiences, and make your life what you want it to be.

The Law of Attraction attracts and creates those things that you are a match to. Therefore, in order to get what you want, you need to be in alignment with it. You cannot attract health while you're vibrating from a place of sickness. It also stands to reason that you also cannot attract sickness while you are vibrating from a place of health.

You know how you're vibrating by taking a look around you and seeing the experiences you are having.

As you start to explore using the Law of Attraction to bring to us the things we want some ideas and topics will create huge resistance in your mind. Some topics will cause our mind to jump in and protest that it is either impossible or not true.

As a result we are creating what we are a match with – the belief that something is impossible or not true. The law of attraction works all the time, just like the law of gravity. We effectively create more reasons (experiences and situations) that maintain what we believe.

This is why some people believe that the law of attraction doesn't work for them. When in reality it is working perfectly – it is bringing to them exactly what they are a match with.

Now, imagine being able to have everything you ever wanted - effortlessly.

## ***2. Using the Law Of Attraction***

Using the Law Of Attraction is really only a three step process.

### **Step 1 - Ask**

We are asking constantly. Every time we want something or experience something we are asking. This is the easy part.

### **Step 2 - The Universe Answers.**

Always! The Universe answers, everytime. It is a Law that the Universe responds to what you are asking.

### **Step 3 - Allow The Results.**

This is the tricky part. You have to get out of the way and allow the Universe to provide you with what you are asking.

So how do we get out of the way?

*What do you believe?*

You most likely believe that your experiences have taught you what is real and what is true - at least for you. However, what you may not know is that your beliefs - conscious and unconscious - have determined what you would experience.

Experiences do not determine what you believe. What you first of all believe is what you will experience. It follows, then, that if you wish to experience life in new ways, you need to examine your belief systems.

The Universe is pure energy. It is always in motion - it is a moving, pulsating, vibrating, magnet like force, which is in constant motion at the core. It is pure energy.

The Universe has been called many things - God, Inner Being, Your Source, Higher Being, Infinite Mind. Or if we are really brave, we may associate it with Quantum Physics - the area of all possibility.

The Universe, and its power, is the source of all that there is. It contains everything we desire and is waiting for us to activate it, where it will create, attract, offer us inspired action, and even mold itself into whatever we want. We simply must align ourselves to our desires using the Laws Of Attraction.

We are all aware of most of the Universal laws. We know that there are laws of Physics, laws of Chemistry, we all know that gravity works. But most people are not aware of the mental and spiritual laws that govern our very existence.

It is these laws that we must align ourselves to. To connect to the Law Of Attraction, you must channel through your subconscious mind. The same subconscious mind that beats our hearts, makes us breath, and organizes all our muscles in perfect harmony.

Unfortunately, the mind also holds all of our learned behaviors and our 'faulty' programming. All the limiting beliefs, negative patterns, and behaviors we learned from the time we were very young.

Since it is our thoughts, our feelings, and our deepest beliefs that is the key to connecting with the Law Of Attraction -then it only stands to reason that we must first break through and overcome the negative thought patterns and beliefs that we have.

Any negative beliefs we have in our subconscious will be the vibrational match to the Law Of Attraction – regardless of how positive we speak and think. Our outer world is always a reflection of our inner world.

The conscious mind does not like to change and will create resistance since its job is to protect you and it wants to be in control. Your conscious mind - the ego - will use every possible thought in order to maintain control. The ego feels threatened by Universal Power - which we all have and we were born with - so we need to help the ego accept new beliefs.

**Change your consciousness and you'll change your life.**

For example, if your mind believes that you can not become rich then we must slowly introduce the new belief that you can become rich. Once the mind starts to believe that riches are within your grasp then it will start to release the resistance to that old limiting belief.

So what we need to do is provide some 'friendly persuasion' to the ego to help shift the consciousness to create a belief in the mind.

### ***3. The Subconscious Mind***

The belief's and behaviors that are programmed in our subconscious minds is what is creating what we are experiencing daily in our lives. Now, if our inner programming includes limiting beliefs and behaviors, then what shows on the outside is a direct result of that programming. Basically, the limiting belief's and behaviors in our subconscious minds are 'getting in the way' of our ability to live fantastic, abundant, and joyous lifestyles.

The problem with the people of the modern world is that we are too preoccupied with worries, anxieties, and negative emotions. We learned over the years - or were even taught as a child - that life is hard, we aren't good enough, smart enough, attractive enough, and that we have to worry about every thing. We have to 'fight' our way up the corporate ladder and by default we worry about money, our families, our careers - you name it.

As a result, we are creating the same situation over and over again. In other words - more and more situations show up giving us more and more reasons to worry, have anxieties, and negative emotions.

Imagine what would happen if we were preoccupied with happiness, positive emotions, and excitement? We would have more and more reasons show up to be happy, positive and excited.

The good news is that the mind is an infinite wonder. It has the fantastic ability to transmute your desires into their physical counterparts. You can do anything that your mind can conceive, as long as you have the belief and desire.

There was once a weightlifter that couldn't lift weights in excess of 300 lbs. So his coach devised a clever idea and told him that the barbell he has to carry weighs only 300 lbs. With all his might, the weightlifter managed to put it above his head. After he puts it down, the coach told him that he has just lifted 350 lbs. of weight! It's all in the mind!

Henry Ford once said, "Whether you think you can or you can't, you're right."

If you think you are poor, then you are; unless you properly condition your thoughts to the positive mindset. I know it's hard to think rich if your environment is not conducive to such way of thinking. Use your imagination then! Visualize your house to be a mansion, your old car to be a limousine,... Well you get the picture.

There is absolutely no limit with what the mind can achieve. But you have to combine belief, will power, and inspired action with positive thinking in order to arrive at your intended destination.

Unfortunately, we just don't realize just how much we are capable of. We already have all the tools needed to accomplish almost any goal or dream we set for ourselves - right now. Most people just don't know it.

Right now, you already have the dream home you want, or the car you desire. Yes, you have all of this right now inside of you, right now.

The problem is that you don't know it. And because you don't know it, you are living in a home that is not your dream home, you don't have as much money as you want, and you are not driving the car you really - *really* - want.

Since most people don't know that all their dreams, desires, and goals exists, and so they live frustrated – feeling trapped, poor and unhappy when there is a unlimited buffet waiting for them.

Ok, so now you know about the potential inside of you.

Now what?

Once you realize that you have this incredible potential already in you, the next step is to use simple but powerful re-programming to help your subconscious mind transform your potential into reality.

#### ***4. Subconscious Re-programming***

The subconscious mind accepts what it is told and uses these beliefs to bring forth outcomes. If you tell your subconscious mind that life provides opportunities, you will have opportunities; tell it that you never get what you want and disappointment will prevail. Contradictory beliefs, however, can cause interference, as can resistance to change.

For example, if I tell my subconscious mind that I am experiencing an easy cash flow yet I have a conflicting belief that it is difficult for me to make money, then no matter how often I reinforce my perception of an easy cash flow, it will be obstructed. Likewise, fear or any other uncomfortable emotion I might have about the effects of an easy cash flow could also hinder a positive outcome.

Fortunately, because the subconscious mind believes and acts on what it is told, it can also be taught to release old beliefs and unhealthy emotions and move through resistance.

One of the most effective ways to start re-programming the mind is to start introducing some new thoughts and ideas into your subconscious mind. Any thought that is repeatedly heard by your subconscious mind will slowly be turned into a belief and then into a directive for your mind to follow.

You see, your subconscious mind does not know the difference between a thought and reality. Everything is reality to your subconscious mind – and it responds and begins to create your outer world to match your inner beliefs.

Changing our thoughts and beliefs is the key to changing our subconscious mind. A belief is really nothing more than a thought that we think is true. Lucky for us, we can change our thoughts and change our beliefs.

As we begin to introduce new thoughts into our subconscious mind – on a continual basis – the new thought starts to become imprinted into our subconscious mind in the form of a belief. Once this occurs, your subconscious mind will realize there is a difference between what it knows as being "real" and what is showing up in your outer physical world. It will begin to provide you with new ideas and behaviors so that your outer world will begin to match up with your inner world.

Sometimes however, our conscious mind (I like to call it the 'ego' mind) will put up resistance to the new thoughts we are trying to introduce to our subconscious mind. Some thoughts will feel like a 'lie' so our conscious mind will reject the thought not allow it to reach the subconscious mind. By using reasoning, intellect, experience and emotion it will try to determine whether or not something is true or false.

The amount of resistance created by the conscious mind is different for each individual, and it will also vary within the different aspects of your life. One person may have a higher level of resistance to losing weight if their experience has shown them that losing weight is difficult. On the other hand, someone who has an easier time losing weight will have less resistance to the thoughts and

beliefs around losing weight.

### ***5. The Right Way***

When we begin to give new thoughts to our subconscious mind we must make sure that we are not just reaffirming the limiting belief that may already exist. We must take care to use the correct phrasing and conditioning so that we are creating change.

Here are some guidelines for using correct phrasing:

1. **They must be personal.** Use the words "I" and "My" to begin each sentence. For example: "I am choosing to allow my desires into my life."
2. **They must be in present tense.** By stating your phrase in the present tense then your subconscious mind must begin to make that the reality now. If you state it in the future tense (I will be driving my new car) then the mind reads this as the future and no change will occur. Your mind only knows 'now' it doesn't understand past or future, so you want to have your phrase stated in a way that the mind begins to create it now.
3. **It must paint a picture of what you want** – not what you don't want. If I tell you not to think of a pink elephant, that is exactly what you picture in your mind. The same applies here. State your phrasing in a way that paints the outcome you desire. For example: "I am healthy." instead of "I am not overweight." See the difference?

The more you begin to filter these new thoughts into your subconscious mind the more you start to believe that you can have, or be, anything you want, then you are on your way to creating (manifesting) your life the way you want it. Your subconscious mind will believe it; therefore your conscious mind will allow it, which opens the gateway for creation.

With stronger and more persistent resistance, bypassing the conscious mind with the help of subliminal programming is usually the most effective method to use. Subliminal programming introduces new thoughts and beliefs directly into the subconscious mind, your conscious mind doesn't even notice them.

If you find that you are repeatedly experiencing undesirable the same situations and experiences over and over again, it may be time to 're-set' your subconscious mind.

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## ***Useful Resources***

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### **Prosperity Principles:**

Discover how reset your subconscious mind and have it start working for you, instead of against you! Many coaching programs don't address the resistance of the subconscious mind. The Prosperity Principles Course is designed to address this 'missing link' to easily overcome this resistance.

It doesn't matter what your current reality or your past is, you can start to turn things around easier than you think! How? Simply by following the practical and tactical steps offered in this course

>> [Prosperity Principles Course](#) Self Study E-Course

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### **Don't have time to take a course?**

Overcome the limiting beliefs and behaviors that are standing in the way of your success and re-set your subconscious mind in as little as 3 minutes per week

- **Young Again** - Reverse the aging process
- Enhanced Sexual Pleasure
- **Spiritual Enlightenment**
- **Positive Attitude**
- **Increased Energy**
- **Take It Off** - Weight loss
- **Successful living series - 1, 2, & 3**
- **The ultimate body**
- **Muscle growth**
- **Business and organizational growth**
- **Mind enhancement**
- **And much much more**

You can now send millions of instructions to your subconscious mind in just a few minutes. These instructions are "time released" over a seven day period.

### **Safe, Proven, Unbelievably Effective!**

>> [Reprogram You Subconscious Mind](#)

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