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Inside this e-book you'll find incredible wisdom distilled from numerous people who understand the principles of inside-out creation – metaphysical authors, life coaches, energy healers and spiritual mentors who have a thing or two to share about tapping into the greater (unseen and, sometimes, undiscovered) laws of the universe.

Use this wisdom and profit from it!

To your unlimited wealth & abundance.

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INTRODUCTION

Although this is only the introduction, please do not skip it. I know that you are keen to get to the nitty gritty, but without this introduction you could become lost before you start. This is your introduction to The Law of Attraction as I have come to know and understand it, the Law or more importantly believing the Law is the key to using the Law Of Attraction to your benefit.

An encyclopaedia of the definition of The Law of Attraction is ‘a theory commonly associated with New Age and New Thought philosophy. It posits, that one should never dwell on the negative, as the metaphysical principle of life is embodied in a law of attraction’

To put the ‘New Age New Thought Philosophy’ to rest we need to look at the history of the Law of Attraction and what philosophies and ideas they were based on, in research of the Law of Attraction you will find reference to The Emerald Tablet, written some 3,000 years BC, and the translations by various scholars such as Albert Einstein & Plato, you will also find books based on the Law of Attraction dating back to 1912, The Master Key System, and 1937, Think and Grow Rich, hardly New Age.

The purpose of this book is to show you how the world’s wealthy people have gained their wealth by using the Law Of Attraction (whether knowing or unknowingly) or indeed how the world’s most unsuccessful people have blighted their success by utilising the Law Of Attraction.

You see just knowing about the existence of the Law of Attraction is not your ticket to everything in life you can ever imagine, however understanding, allowing and using it is.

What I will undertake is to explain the principles of the Law of Attraction, as well as giving you the tools and understanding to make the Law of Attraction work in a positive way for you. I will be showing you the way that you can literally manifest anything you can imagine into your life and indeed show you that it is your destiny to do so.

It is time to unlock your hidden potential, as never before, it’s time for an education like you’ve never known before. However it’s also time to face reality, because as I will show you, your current financial and emotional situation, indeed your current surroundings whatever they may be, are a

direct result of what you are feeling, thinking, and believing and, unless you can take full responsibility for where you are now, you will never fully control where you are going.

I know that this is very difficult for a lot of people to hear but until you take full responsibility for your own situation, without blaming external factors and placing the blame for your situation outside of yourself. Unless you can do this, you will never have the ammunition to change direction and gain all the things you desire.

When I discovered the Law of Attraction, it was by way of an introduction to the film *The Secret*, inspired by Rhonda Byrne. The focus of the film was based on a small, old book called *The Science of Getting Rich*. Rhonda's mission was to take this knowledge to the world, and so the great journey that was *The Secret*, began.

However, for many, seeing the film *The Secret* will not be enough. You see, it's not about knowing *The Secret* or learning of the existence of the Law of Attraction that will change you. It's about learning how to apply the Laws, it's about controlling your conscious and in turn your subconscious mind.

I will give you the science of the Law of Attraction, the history of the Law of Attraction, and the various methods of using the Law of Attraction to your advantage.

I will give you your wand of life and teach you how to use it.

CHAPTER ONE

THE GREAT SECRET

The following text is from the hit film [The Secret](#), if you have not watched this film I can highly recommend it as a fantastic introduction to the Law of Attraction.

Throughout history all the great minds, all the great leaders, all the great achievers had something in common.

Would you bring into your life;

More Power? Get the power consciousness.

More Wealth? Get the prosperity consciousness.

More Health? Get the health consciousness.

More Happiness? Get the happiness consciousness

Those that knew how to harness and apply these incredible insights dominated and controlled their environments, while the masses would be at their mercy. Agreements were made 'This is not or ever shall be made available for public consumption.' Wealthy businessmen paid vast sums of money for this knowledge. Why?

Now the great glimmering truth can be revealed

This secret gives you everything you want, happiness, health and wealth, you can have, do or be, anything you want to be

This is the great secret of life

So what is this great secret?

It is coincidence, it is serendipity, it is the Law of Attraction

You may not be aware of it, but a very powerful force is at work in your life.

It's called the Law of Attraction and right now it is attracting people, jobs, situations and relationships to you – not all of them good!

If your life feels as if it has turned south and taken on the characteristics of a bad soap opera, it's time to pick up this book.

What is The Law of Attraction?

Everything in the universe is made from the same thing, energy. We have always thought of matter as being solid, but if we were to look at our hands with a powerful microscope, we would see molecules of atoms, held together, but with large gaps of nothing, not a solid. If we were to look closer we would see these atoms made up of a nucleus with protons whizzing around them, like planets whizzing around our sun, we are not solid, we are not static, we are energy.

Its not just our physical characteristics that are energy, our thoughts are too. If you put your hands on your head and just hold them there for a moment. Now think about all the muscles that were employed to complete that simple task, you read the instruction, and carry out the task, seemingly, without a thought. But thousands of electronic signals were sent via your body network, instructing muscles to contract and expand, nerves to analyse, feel and provide feedback, until your limbs were in the desired environment, for more signals to explode through your body telling everything to pause.

Now think about hitting a ball with a bat, analyse that!

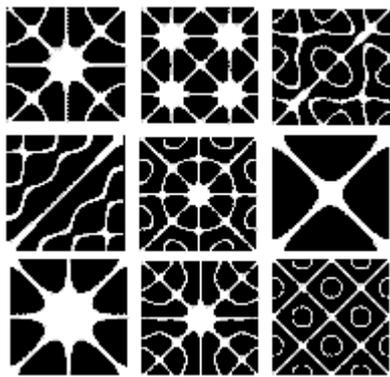
Now try something else for five minutes, sit still, control your body in a comfortable position without moving and try to think of nothing, just for 5 minutes.

You just can't do it.

We are like little factories of thought, little foundries of energy, and like the proton whizzing around the nucleus we are either positive or negative, we are living magnets giving off positive or negative energy, and in much the same way as magnets we are attracting into our lives the same energy that we are giving, depending on which end of the magnet we are activating.

Think of what reading material resonates with you, what ideas ring true, which people have good or bad vibes, or who is on the same wavelength. These are more than just metaphors; they are accurate ways of describing the vibration of our reality.

If a metal plate sprinkled with sand is vibrated by a tone matching one of its resonant frequencies (matching the pitch at which the plate naturally rings when struck), then standing waves arise in the plate. The sand collects in areas where the waves are zero and helps visualize what the standing waves look like, which gives rise to interesting patterns unique to the tone applied.



Resonate patterns on a metal plate

Which pattern forms depends on what resonant frequency is vibrated, which in turn depends on the physical characteristics of the plate itself. Anything that vibrates will contain standing waves. This includes bells, tuning forks, resonant chambers, stones, etc... As long as the applied frequency matches the object's spectrum of resonant frequencies, standing waves will result.

In much the same way we all vibrate with energy, and vibrate at our unique frequency. It is known that two tuning forks with the same physical characteristics when held close together, the ringing fork will cause a non-ringing fork to ring as they resonate with each other. Likewise, two people will resonate with each other when they share

common frequency. Simply having common interests is not enough to cause resonance. There must also be compatibility on the soul level that you can feel. Like attracts like. If my vibrating energy is positive, I will attract into my life positive people, likewise if my vibrating energy is negative, I will attract like-minded negative people.

Michael Losier Defines the Law of Attraction as “I attract to my life whatever I give my attention, Energy and Focus to. Whether wanted or unwanted”

The Law of Attraction says that you synchronistically attract from the outside what you resonate with, on the inside, that you can also bring into your life what you momentarily strongly focus upon. So by having an optimistic attitude and focusing on success, one attracts these, while having a cynical depressed attitude attracts negative experiences.

If you focus on the fact that you have little money, bad health, or poor relationships, the Law of Attraction will respond by giving you more of what you are focusing on. Of course, most people don't really want more of the things they lack, but because they are putting focus and energy toward the negative, more negativity happens.

Whilst looking for scientific proof for the Law of Attraction, many people will make reference to personal experiences of the Law of Attraction as proof. However, what they all tend to provide is not proof but evidence.

In much the same way as electricity, you don't know what it is or how it really works, but that doesn't stop you boiling the kettle, the evidence is there to see. The proof, well we don't touch that.

The art of attracting makes a lot more sense if you place it in the historical context of the last century of science. The Law of Attraction arises out of the mainstream of science, and it has cropped up many times in history as ‘scientific’ according to the times. In fact, science is a major reason the Law of Attraction subject is exploding right now, as the widespread scientific view of natural laws that govern our spirit as well as the universe lead easily to the Law of Attraction.

I like to think of the art of attraction this way:

"I am using Intention and Attention to invoke the ‘Heisenberg Uncertainty Principle’ - that the observer affects the reality he observes”

What I mean by this is, in very simple terms, is that the 'Heisenberg Uncertainty Principle' shows us that, in quantum physics, the action of observing, has the effect of altering the behaviour of atoms.

It's like spinning a coin and stopping it to see whether its head or tails, that very action has altered the state.

CHAPTER TWO

CAPTAIN AND CREW

The founder of Mentors In Motion, Val Smyth, describes the Law of Attraction and the use of positive affirmation as the Captain and Crew Technology. He describes the process as;

BE – DO – HAVE

To draw his depiction of the human mind, you would draw a large circular head resting on top of a stick body, if you divide the head in two with a horizontal line, inserting the word Captain (conscious mind) in the top half, and Crew (subconscious mind) in the bottom half.

On the top of the head you would insert two antennas, one with a positive (+) sign, the other a negative (-) sign, and between the antenna, an energy or frequency line.

Everything that takes place comes from energy, our thoughts to situations, comments, conversation, indeed our life experience will be received and transmitted from the positive or the negative antenna.

What the mind receives will be analysed by the captain, before passing to the crew. So it is the captain (the conscious mind) who is analytical, who will decide, what is true and what is untrue, before giving the information to the crew. The crew (the subconscious mind) cannot analyse, cannot reason and relies 100% on the captain to create its reality.

The captain is rather like the watchman at the gate protecting the crew.

However, there is huge flaw in this arrangement, if the captain experiences are predominately negative energy, the crew will have no choice but to manifest predominately negative feelings.

If I tell you that you are ugly, then you can take that experience as a positive and choose to ignore my worthless opinion, thus protecting the crew or you can experience it as a negative, telling the crew that they are ugly and worthless. The crew must manifest what the captain tells them. if the captain responded in a negative way, telling the crew that they are ugly, then the crew will have no choice but manifest the feelings of ugliness, worthlessness and low esteem.

Similarly if I thank you for something, telling you how wonderful you are, the captain experiences this as a positive, and tells the crew the same thing, the crew has no choice but to manifest those feelings of feeling good.

Another example that Val shares with us is one of his own experiences, growing up with his father who continually verbally abused him. A young life of being told that he was worthless, unlovable, hated and useless, of course you can imagine the consequence. The captain's job was to collect the data and pass on to the crew that which he believed to be true, so, if the captain believes the abuse, then the crew must respond, manifesting shy, fearful and introverted emotions, of course this child will grow up to be just that, shy, introverted, and scarred, withdrawing from relationships and experiencing difficulty in handling themselves in society.

Such a person may dream of success, relationships, prosperity and happiness but until those inner feelings and subconscious beliefs are addressed, they will never find any of these things.

As soon as he accepted that his abuser wasn't directing his hate to anything but his feelings towards himself, he could start to disregard his father's abusive nature, stop believing him and manifest a different destiny for himself.

I am sure that you know that as you read this, your body continues to function, your heart beats, kidneys clean, lungs pump. You are a mass of energy, mending and replacing yourself. This is your crew at work, creating your inner and outer world. It's your subconscious and will bring into reality anything you desire.

Did rich people get rich by chance? No, they use the Captain and Crew to manifest that reality.

Do people stay on benefits by chance? No, they use the Captain to tell the Crew that they have low self-esteem, they are not worthy, and that they need support, sure enough the crew will manifest that reality.

You must **BE** poverty, to **DO** poverty, to **HAVE** poverty

Similarly if you are of a middle class mindset, the captain will instruct the crew that you need \$40k, \$50k or \$60k annual income to maintain your middle class lifestyle, every month there will be enough money to pay your mortgage, your 2 cars and put enough food on the table, nothing more and nothing less.

You must **BE** middle class, to **DO** middle class, to **HAVE** middle class

Lets say you need a cigarette, the captain gives the order and the crew responds, the crew will manifest that cigarette, even if you have no money!. You'll find yourself in abnormal behaviour, looking under cushions, under the couch, in pockets and draws to gather enough change to manifest your minds desire.

Lets say the captain is happy earning \$15 an hour, and you were offered a job for \$5. The captain tells the crew no way, that is an insult and you'll never work for 5 bucks an hour. What if the captain tells the crew that 15 bucks an hour was an insult, what do you think would happen, the crew would have to find away to keep the captain happy. Year after year many people stay in their \$20k or \$30k jobs, earning little more or little less for years to come.

If the captain tells the crew to do something, the crew will respond, never question it and never doubt it. If you doubt it then what happens, the captain is then telling the crew 'don't believe that order' causing confusion and chaos.

Be specific in what you order, be specific with what you want, the captain and crew will bring into reality whatever you desire. Your house, your street, your partner, job and car are a result of the captain and crew, you created these things, you attracted them to you.

Everything you see, everything that surrounds you, is the result of your conscious mind, telling your subconscious mind, and your subconscious mind manifesting it for you.

Learn to control the captain, to create positive feelings, positive affirmations and without question the crew will respond.

CHAPTER THREE

EVIDENCE

The evidence of the Law of Attraction is quite easy to see. Open your wallet; what you see is the evidence of how much prosperity you have attracted, do the same for your surroundings, your house, car, relationship and health. This is the evidence of the Law of Attraction.

But I am sure that you want to see the Law of Attraction in positive action.

Here are some personal Biographies of some better-known people who have used the Law of Attraction to achieve great things.

Joe Vitali

They call him The World's First Hypnotic Marketer.

Hypnotic, because the writing style he uses grabs you, sucks you in to it's mesmerizing pull... and forces you to read every word of what lays in front of you.

Marketer, because he's one of the greatest marketers of all times – consistently writing and implementing record breaking marketing strategies for himself, and his trusted clients.

Combine the two – hypnotic and marketer – and you hold the solution to one of the biggest problems in advertising today. People are inundated with marketing and advertising messages... some say upwards of 4,000 messages we are subjected to throughout an average day. Dr Vitale has a golden way of being that one piece of writing that you read, out of those 4,000, that you take action on.

Any business owner who has been wise enough to hire Joe has seen incredible transformations in their sales, their profits, and the quality of their clients.

You see, not only does Dr Vitale have a way with words that compels people to take action – he also has a way of “tuning in” to the subconscious minds of their perfect clients.

However, it didn't start this way for Dr Vitale though... 30 years ago he was broke, desperate and living on the street. Through a series of odd ‘coincidences’, he found his inner calling and has gone on to great fame and success, along with several best selling books, one of the top copywriters in the world, and one of the most successful and respected marketers in the world.

When you implement his marketing strategies into your business you will quickly discover why his nickname is also [Mr Fire](#). He will literally have your web counters burning out, your sales receipts and merchant account will scream for mercy - and that burning smell you notice... is your competitors passion fizzling out.

Bill Gates

Rumour has it that while Bill Gates was attending Harvard University, He discovered and read the book The Master Key System by Charles F. Haanel. It was this book that inspired Bill Gates, in the early 70's, to drop out of the University and pursue his dream of ‘a computer on every desktop’ you probably know the results.

It is Silicon Valley's secret that almost every entrepreneur who made a fortune in recent years, did so by studying the Master Key System, written over eighty years ago! Almost every millionaire and billionaire in the Valley has read and put into practise the lessons in this, amazing book from Charles Haanel. At that time The Master Key System was no longer in print, and copies became a hot commodity in the Valley.

The Master Key System is one of the finest studies in self-improvement and higher consciousness ever written. Covering everything from how to get wealthy to how to get healthy, Mr. Haanel leaves no stone unturned.

Jack Canfield

Jack Canfield is an American motivational speaker, trainer, and author. He is best known as the founder and co-creator of The New York Times No. 1 best-selling "Chicken Soup for the Soul" book series, which currently has over 115 titles and 100 million copies in print in over 47 languages. According to USA Today, Canfield and his writing partner, Mark Victor Hansen, were the top-selling authors in the United States in 1997.

Canfield is the founder of 'Self Esteem Seminars' in Santa Barbara, and 'The Foundation for Self Esteem' in Culver City, California. Self Esteem Seminars trains entrepreneurs, educators, corporate leaders and employees on how to accelerate the achievement of their personal and professional goals, while The Foundation for Self Esteem provides self-esteem resources and trainings to social workers, welfare recipients and human resource professionals. Canfield is also the President of Souperspeakers, a speaking resource service that provides inspirational speakers for event planners worldwide

Canfield has travelled to over 21 countries, delivering hundreds of keynote speeches, workshops and trainings each year. As part of his presentation style, he always uses inspirational, motivational and uplifting stories to help his audiences discover, experience and retain key concepts and approaches. After each session, audiences everywhere had encouraged him to put his stories into a single book.

In 1990, while on an airplane home, he felt that it was time. He shared his idea with author Mark Victor Hansen during breakfast one day. Hansen liked the idea, and so began the Chicken Soup for the Soul phenomenon. But with their busy schedules, translating what worked on the podium onto the written page proved more challenging than either of them had anticipated. After three long years, the two had compiled just sixty-eight stories -- a far cry from the 101 they believed was the magic number for a successful book. Nonetheless, their successful partnership has spawned many other titles that have made them enormously famous.

In 2006, Canfield appeared in the best-selling DVD, The Secret, and shared his tips for living achieving success in personal and professional life.

The Miracle Man

Morris Goodman, at age 35 was Mr. Success.

One of the leading life insurance salesmen in the world, a member of The Million Dollar Round Table and Top Of The Table, Morris had success, fame, fortune, and a brand new airplane.

And then things turned upside down. While attempting to land his airplane one afternoon Morris crashed. With his neck broken at C1 and C2, his spinal cord crushed, and every major muscle in his body destroyed Morris was no longer able to perform any bodily function except to blink his eyes. His injuries were too severe for him to survive.

But the man the doctors dubbed 'The Miracle Man' did survive and with a strong faith in God, courage and determination, Morris not only rebuilt his body but also his mind and outlook on life.

Morris feels you too can learn to be happy, have peace of mind, and accomplish all your goals and dreams no matter what hand life deals you.

Today Morris is a highly sought after speaker who travels the world sharing his story with millions of people and teaching his philosophy on goal setting and personal growth and development.

Watch The Movie [Here](#)

Other Infamous Users of The Secret

Newton, Carnegie, Beethoven, Shakespeare, Emerson, Ford, Einstein, Jesus, Plato, Newton, Emerson, Lincoln, Edison

Inspirational Quotes

"The secret is the answer to all that has been all this is and all that will be" Ralph Waldo Emerson

"You create your own universe as you go along" Winston Churchill

"Whether you think you can or can't either way you are right." Henry Ford

"All that we are is the result of what we have thought." Buddha

"What power this is I cannot say. All that I know is that it exists."
Alexander Graham Bell

"Imagination is everything. It is the preview of life's coming attractions."
Albert Einstein

"Man must cease attributing his problems to his environment, and learn again to exercise his will - his personal responsibility." Albert Schweitzer

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." William James

"It is done unto you as you believe..." Jesus

"Your circumstances may be uncongenial, but they shall not remain so if you only perceive an ideal and strive to reach it. You cannot travel within and stand still without." James Allen

"Whatever your mind can conceive and can believe, it can achieve."
Napoleon Hill

"Let a person radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life."
James Allen

"Follow your bliss, and doors will open for you that you never knew existed" Joseph Campbell

"I will see it when I believe it." Wayne Dyer

"I am no longer cursed by poverty because I took possession of my own mind, and that mind has yielded me every material thing I want, and much more than I need. But this power of mind is a universal one, available to the humblest person as it is to the greatest." Andrew Carnegie

"Take the first step in faith you don't have to see the whole staircase just take the first step" - Martin Luther King Jr.

"Whatever we think about and thank about we bring about." John Demartini

"What you resist persists." Carl Jung

"All power is from within and is therefore under our control" Robert Collier

"Follow your bliss and the universe will open doors for you where there were only walls" Joseph Campbell

"All matter originates and exists only by virtue of a force... We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter." Max Planck (Nobel Prize in Physics 1918)

"Be the change you wish to see in the world." Gandhi

CHAPTER FOUR

POWER OF INTENTION

Can we, and what can we, change?

Life is a river whose flow we cannot reverse, yet we have freedom to navigate within that flow. Near the shore we move slowly and roughly; near the centre we move quickly and smoothly. We can humbly accept the bigger things and still actively direct the smaller things. We can and we must, but how?

For what is within our power and wisdom to specify, we may intend. For what is beyond our power to direct or wisdom to specify, we may make a request. Intending and requesting are two of the most powerful tools we have for shaping our experiences within the framework of destiny.

Intend for the mundane things you know you need. Intend for a good parking spot, intend for the perfect product or service at the perfect price, intend for a good job when you're looking for one, intend for a positive and exciting day, intend for anything that is inconsequential to destiny and respects freewill. Intend or it will be left to chance.

Be specific when you intend. Mentally outline or visualize what you want. This sharpens the focus of conscious energy upon that selected probable future. If you want a blue shirt under ten dollars, then visualize the blue shirt and intend that it be under ten dollars. If you want compensation for the money you just spent on a book, then intend that you be doubly compensated. If you want a safe road trip, then go over each potential complication and intend it to be smooth. Whatever your intent, be specific. You are projecting your own energy into the matrix of probable futures and selecting a particular one to manifest.

For the more important things, make requests. Request knowledge and wisdom, request insight, guidance and protection. Request an answer to a puzzling question, request illumination, request that you learn your

lessons as smoothly and efficiently as possible, request that you are given the best opportunities for fulfilling your potential. You cannot intend for these because they are beyond your wisdom to accurately specify. Therefore leave their fulfilment to the discretion of wiser forces like your positive Higher Self, the Universe, and divine forces. Be general and earnest in your request, and have faith and patience. By being general you leave the outcome entirely open and thereby allow possibilities to manifest that you could never have imagined.

Intending is commanding, and when done wisely commanding is the proper exercise of spiritual power. Over time reality will tell you what is mundane and what is significant, and you'll get better at intending for what is within your place to intend.

Requesting is humbly knocking on the door to assistance by wiser forces. Such forces respect freewill and only assist when you request. Never requesting anything keeps the door closed. Disappointment means reality has something better in store for you at a better time.

Requesting when you should be intending is a form of wishing and only robs you of power. Intending when you should be requesting spits in the face of higher wisdom and is a display of spiritual hubris, while intending for what clearly goes against destiny and freewill is black magic. The lesson: don't pray to Jesus for a new car, intend for a new car; don't command reality into unravelling for you a mystery, request it or else you might learn the right thing at the wrong time or wrong thing at the right time. To intend is to command, to request is to ask.

Requesting is easy. When you feel like you need assistance, call up from within the feeling of gratitude and humility, then state your request verbally while paying full attention to the meaning of your request. Remain silent for several seconds and wait to receive a feeling of comfort that your request has been acknowledged. Then go away in certainty and relief that your request will be answered in the right way at the right time.

Intending is also easy. Just hold in your mind exactly what it is you want and then go do something else. Just like ordering something through the mail. In between intending and manifesting must be a temporary period of forgetting. If you want a good parking spot, give yourself enough time to forget about your intent before you get there. If you are intending for a good day, do it when you first wake up. This gives reality some breathing room to reshuffle the timeline.

The only real difference between intending and requesting is whom you address and how specific or general your intent. By intending, you acknowledge yourself as the source of power influencing reality. By requesting, you humbly address forces wiser and more powerful than yourself.

Attention freezes the object of attention, so restlessly anticipating something will put it off. This is simple quantum mechanics. The sooner you think about something else the sooner reality can get to work. Anticipation kills the future – it is better to have doubt than to anticipate, it is better to have patience than doubt, and there is no easier way to be patient than keeping yourself busy with other things.

These are metaphysical tools to catalyse the flow of experience and assist rather than undermine destiny. Most people only understand the physical side of life, that getting anywhere requires planning and physical action. Of course, doing is central to getting anything done, but direct action is only part of the equation. To summarize the rest: intend wisely, request earnestly, and go with the flow gracefully.

Thanks to <http://montalk.net/notes/reality-creation>

Why Not The Law of Abundance?

We are the creators of reality. Our experience, situation, lifestyle and relationships are a direct result of what we have been thinking about. No simple exercise in affirmations, visualisation and manifestation are going to work, unless we remove thoughts and feelings that negate our intension.

When we focus on ‘having less’ then that experience is there for us. When we focus on ‘I hate something’ then we will never notice the aspects of ‘that something’ that we enjoy. Simply wishful thinking or just wanting something isn't going to bring that to us when we continue to obsess on the not having of that something. All we will continue to experience is ‘not having’ and will be ultimately blocking our true desires.

Will winning the lottery change you? Have you ever heard someone say that ‘winning the lottery will never change me’, guess what never change,

no change. The mistake is to measure abundance by the size of the Bank Account, and the focus on the big jackpot is a fruitless exercise. When people share with me what they do with their winnings, when they should be doing that anyway, maybe on a smaller scale. If you continue to concentrate and believe that your current meagre saving can't provide you with your desired financial existence, then guess what, it won't

Here's what I mean;

My mother has been working all her life and has never taken a holiday, I told my mother that 'if I won the lottery that I would send her away, on holiday' Why not send her away now I was asked, 'well a short break will cost me \$300 and I have only got \$725 in the bank, that's my emergency cash just in case I get unforeseen expenses this month'

My true focus is on keeping money back for unforeseen expenses, I guess I will expect unforeseen expenses this month. If my focus is on 'not enough' rather than being focused on winning the lottery, Law of Attraction will bring me 'not enough'. When we are focused on "not enough" it won't ever matter how much money we have, it will never be enough. Far better for me to visualise my mother lying in the Caribbean sun having the time of her life or better still get her to visualise herself, show her the Law of Attraction.

CHAPTER FIVE

SIMPLE ATTRACTION

We all know someone who is good at manifesting, someone who, seemingly with ease appears to have everything they want, usually people who we've thought, much more fortunate than we were. As I have described the Law of Attraction before, 'we attract to our life what we give our focus, energy and attention to', so are these people deliberately attracting a better lifestyle or not?

For those of us who have applied our attention, energy and focus on without are still using the Law of Attraction, its just that our attention has been focused in the wrong direction.

From this moment on attracting abundance, will be down to your knowledge and not be down to luck. As with any skill you will need to practise manifesting your world as you want and I will give you the tools to do that. However I can buy you a bike, I can tell you how to ride it, but I can't make you practise, I can't give you the determination to keep trying this until you make it work

I'm reminded of a lesson I was once taught, 'Intelligence is not the secret of success, as I know many disillusioned intellects, skill is not the secret of success, as I know many talented failures, but persistence, is the only way to succeed'

Although some of us are better at certain skills, that doesn't mean the rest of us, with practice, can't improve or even surpass the talent expressed by another.

Grasping a better understanding of the process of the Law of Attraction is the first step in bringing abundance into your life.

If we assume that the Law of Attraction suggests that we should be aware but never ever dwell on the negative, as the metaphysical principle of life

is embodied in the law of attraction, that is that you get what you think about; your thoughts determine your destiny.

You can utilize the Law of Attraction via 3-step process:

Ask: Ask what you want in an object/scenario context

Believe: Maintain Focus; the universe will answer

Receive: Do not hesitate when the goal is manifested; seize it without hesitation.

Sounds simple enough doesn't it?

Ask – What could be easier, however as we have already discussed, this is not as simple as that. To ask will involve visualisation techniques, possibly affirmations, vision boards or Switchwords. Whatever technique you use the art of asking is being accurate and specific.

Believe – One of the hardest principles to get hold of, to believe, not to doubt in any way whatsoever. We have looked at the possibility of Attracting the winning lottery numbers, in principal that's fine, but can you submit you're numbers and without any shadow of doubt know, hand on heart know that you have the winning ticket? Doubt Blocks.

Receive – Now that must be simple? Mind you has opportunity ever presented itself to you, which, in hindsight you wish you'd taken? Seize it without hesitation but with gratitude.

Here's a short beginners exercise from Universal Laws Today, to help you utilise the Law of Attraction, start with simple things, like that car park space, phone call being answered or maybe an out of the blue contact with a friend.

1. Find a quiet room and get into a comfortable position.
2. Think of something, anything that brings you strong positive emotions of love, joy, or gratitude. (It can be the birth of a child, a promotion, a new pet, a relationship, etc. just remember it must be totally positive.) Re-live the experience until you can feel the joy in your entire body with all your senses. Got the idea? It is important to feel it, as this adds emphasis (and speed) to you manifesting your desires. Make sure all your senses are being used. What did it sound like, smell like, feel like, etc?
3. When you're in a truly happy state, visualize what you want to create and see it as if it has already happened -- that you are driving that new car, living in that new home, enjoying that relationship. Really get into the feeling and use this experience to its fullest. Again use all your senses. Try to hear those ocean breezes, smell the scent of the pine trees, feel the touch of your fingers on the steering wheel of that car, taste that kiss, and see yourself enjoying that new car or relationship, etc. Got the idea?
4. When you are done, say it out loud or write on a piece of paper, 'I am so happy and grateful that.....' and fill in the object of your desire. For example, 'I am so happy and grateful that I have enough money to pay for anything I want and to travel anywhere, anytime.' Then write or say, 'It is done. And so it is.' Say this in a confident and commanding tone and expect it to happen.
5. You have now released it to the Universe so go about your day and forget about the 'how's.' This is where you must 'Let go and let

God' as the saying goes. This is the true Art of Allowing because you have given it over to God (The Universe). Remember this is the part where we often fail because we question or we keep noticing that we don't have it yet.

These methods are great for getting started but I do suggest that you follow the next chapter Advanced Attraction, to really control your body, mind and spirit.

CHAPTER SIX

ADVANCED ATTRACTION

The Master Key

Charles F. Haanel was a noted American author and businessman who belonged to the American Scientific League, The Author's League of America, The American Society of Psychical Research, the St. Louis Humane Society and the St. Louis Chamber of Commerce

Born in Ann Arbor, Michigan, Charles F. Haanel began his business career in St. Louis. He resigned his position in order to start his own company and eventually founded one of the largest conglomerates of his time.

He wrote several books that were published in St. Louis by Psychology Publishing and by his Master Key Institute in New York. Mr. Haanel put into books the ideas and methods he used to gain his success. Besides the 'Master Key System', which he wrote in 1912, he also wrote 'Mental Chemistry' and 'The New Psychology'

By 1933 The Master Key System had sold over 200,000 copies and then seemingly disappeared. The Master Key System is one of the finest studies in self-improvement and higher consciousness ever written. Covering everything from how to get wealthy to how to get healthy, Mr. Haanel leaves no stone unturned.

With precision, he elucidates on each topic with logic and rigor that not only leaves you feeling good, but also thinking good. The book was banned by the Church in 1933 and has been hidden away for seventy years!

The Master Key System is a system that teaches the ultimate principles, causes, effects, and laws that underlie all attainment and success. When you want to attain something, The Master Key System will show you how to get it. The results you will attain from using this system are so startling as to appear incredible. For this reason, more and more people are becoming students of The Master Key System than ever before

In 24 parts, The Master Key sets out the fundamental principles of life and creative living, as Haanel came to understand and apply them. Basic to his teaching is the correct development and use of mental power -- the key to truly creative power and action, harmony and health, love and happiness, and abundant possibilities. Each part is meant to be studied like a correspondence course lesson, but this is also a book that can be opened at random for whatever gem of advice your eyes happen to fall upon.

This age-old wisdom was written by someone who could perceive and tap into Universal Mind but who seems to have no particular allegiance to any specific system of knowledge. Haanel's numbered commonsense messages still have freshness 89 years after they were first assembled.

Mr. Haanel died in 1949 and is buried in Bellafontaine Cemetery, St. Louis. Walter B. Stevens described Mr. Haanel as "a man of mature judgment, capable of taking a calm survey of life and correctly valuing its opportunities, its possibilities, its demands and obligations."

As an introduction to the Master Key System, I have included the Foreword to the book, exactly as it is written. If you are viewing this book 'online', please follow the links at the end of this passage, to download your own free copy of the Master Key System.

Foreword to the Master Key System

Some men seem to attract success, power and wealth with very little conscious effort; others with great difficulty and some fail altogether to reach their ambitions, desires and ideals. Why?

Why should some people realize their ambitions easily, others with difficulty, and still others not at all? The cause cannot be physical,

otherwise the most perfect person, physically, would be the most successful.

The difference, therefore, must be mental - must be in the mind; therefore mind must be the creative force, must constitute the only difference between men. It is therefore the mind that overcomes the every obstacle in the path of man.

When the creative power of thought is fully understood, its effect will be seen to be marvellous. But such results cannot be secured without proper application, diligence, and concentration.

The laws governing the mental and spiritual world are as fixed and infallible as in the material world. To secure the desired results it is necessary to know the law and to comply with it.

Of course, mind creates negative conditions just as readily as favourable conditions, and when we consciously or unconsciously visualize every kind of lack, limitation and discord, we create these conditions; this is what many are unconsciously doing all the time.

This law as well as every other law has no respect for individuals, but is in constant operation and is relentlessly bringing to each individual exactly what he has created; in other words, "Whatsoever a man soweth that shall he also reap."

Abundance, therefore, depends upon recognition of the laws of Abundance, and the fact that Mind is not only the creator, but the only creator of all there is.

Nothing can be created, before we know that it can be created and then make the proper effort. There is no more Electricity in the world today than there was fifty years ago, but until someone recognized the law by which it could be made of service, we received no benefit; now that the law is understood, practically the whole world is lit by it. so with the law of Abundance; it is only those who recognize the law and place themselves in harmony with it, who share in its benefits.

The Master Key is based on absolute scientific truth and will unfold the possibilities that lie dormant in individuals, and teach them how they may bring into powerful action, to increase the person's effective capacity, bringing added energy, discernment, vigour and mental elasticity.

Anyone who gains an understanding of the mental laws will come into the possession of an ability to secure results only dreamed of, and which has rewards that can hardly be expressed in words.

The Master Key gives you the recognition of opportunity; it strengthens the will and reasoning powers, and teaches the cultivation and best uses of imagination, desire, and the emotions. It gives you initiative, purpose, wisdom of choice, intelligent sympathy and a complete enjoyment of life on a higher plane.

The Master Key teaches the use of Mind Power, true Mind Power, it has nothing to do with Hypnotism or Magic

The Master Key cultivates and develops the understanding which will enable you to control the body and thereby your health. It improves and strengthens the Memory. It develops Insight, the kind of Insight, which is so rare, the kind that is the distinguishing characteristic of every successful businessman, the kind that will enable you to see the possibilities as well as the difficulties in every situation, the kind which will enable you to seize upon opportunity, where thousands of others fail

The Master Key develops Mental Power which means that others instinctively recognize that you are a person of force, of character -that you are what some people call "lucky", that "things" come your way' that you have come into an understanding of the fundamental laws of Nature, and have put yourself in harmony with them; that you understand the law of attraction, the Natural laws of growth, and the Psychological laws on which all advantages in the social and business world rest.

Mental Power is creative power, it gives you the ability to create for yourself; it does not mean the ability to take something away from some one else. Nature never does things that way. Nature makes two blades of grass grow where one grew before, and Mind Power enables you to do the same thing.

The Master Key develops insight and increased independence, it gives you the ability and disposition to be helpful, it destroys distrust, depression, fear, melancholia, and every form of lack limitation and weakness, including pain and disease; it awakens buried talents, supplies initiative, force, energy, vitality - it awakens an appreciation of the beautiful in Art, Literature and Science.

It has changed the lives of thousands of men and women, by substituting definite principles for uncertain and hazy methods – and principles for the foundation upon which every system of efficiency rests.

American born Napoleon Hill is considered to have influenced more people into success than any other person in history. He has been perhaps the most influential man in the area of personal success technique development, primarily through his classic book *Think and Grow Rich* which has helped million of the people and has been important in the life of many successful people.

In 1919, Napoleon Hill wrote to Charles Hannel thanking him for The Master Key System. In the letter Hill stated, ‘My present success and the success which has followed my work as President of the Napoleon Hill Institute is due largely to the principles laid down in The Master Key System’. In his books, Mr Hill spends much time talking about key points such as: The laws of a concentration, attraction, & harmonious thinking and action.

Napoleon Hill achieved great success as an attorney and journalist. His early career as a reporter helped finance his way through law school. He was given an assignment to write a series of success stories of famous men, and his big break came when he was asked to interview steel-magnate Andrew Carnegie. Mr. Carnegie commissioned Hill to interview over 500 millionaires to find a success formula that could be used by the average person. These included Thomas Edison, Alexander Graham Bell, Henry Ford, Elmer Gates, Charles M. Schwab, Theodore Roosevelt, William Wrigley Jr, John Wanamaker, William Jennings Bryan, George Eastman, Woodrow Wilson, William H. Taft, John D. Rockefeller, F. W. Woolworth, Jennings Randolph, among others.

He became an advisor to Andrew Carnegie, and with Carnegie's help he formulated a philosophy of success, drawing on the thoughts and experience of a multitude of rags-to-riches tycoons. It took Hill over 20 years to produce his book, a classic in the Personal Development field called *Think and Grow Rich*. This book has sold over 7 million copies and has helped thousands achieve success. The secret to success is very simple but you'll have to read the book to find out what it is!

The first copy of *Think and Grow rich* was sold in 1937. Eleven years later, in February 1948, *Coronet* magazine polled 300 successful young

men and women, asking, ‘What books had most influenced their lives and contributed to their success?’ Think and Grow Rich was ranked fourth. Some 38 years later USA Today published a list of the top 10 selling paperbacks about investments, Think and Grow Rich ranked No.1. Incredibly in 2002, some 65 years after it was published, Think and Grow Rich was tenth in the Business Week bestsellers

Napoleon Hills work stands as a monument to individual achievement and is the cornerstone of modern motivation. His book, Think and Grow Rich, is the all time best seller in the field and his acknowledgement to Charles Haanel is one of the strongest recommendations possible of the power of The Master Key System.

I have inserted a link for you to follow to download your copy of The Master Key System, as I have explained, this was originally a 24 part correspondence course, so please treat it as one. I cannot stress the importance of following the book as it was designed and completing each lesson, before moving to the next. Click on the link above the picture to download your copy of The Master Key System.

[Unlock The Master Key](#)



CHAPTER SEVEN

AFFIRMATIONS

An affirmation is every thought or word said, whether to ourselves or aloud, every minute of the day. We continue to consciously and subconsciously affirm, this constant flow of affirmations continues to create our external experience and environment. Some affirmations work with us, while other negative thoughts will work against us, stopping us from achieving our goals and desires.

Every thought that we have is a mirror of our beliefs and inner truth, however, many of our unconscious beliefs can be based on inappropriate life lessons that we have developed as children, that, may not be fully appropriate when examined as an adult.

It has been a necessity as a child to develop, automatic and self rehearsed, subconscious behaviour patterns. This automatic response is essential for our survival, as we need to react quickly to, and without re-examining, the situations that we face from day to day.

This subconscious ‘brain training’, gives us the instinct and ability to raise our hand or to walk down the street without having to employ each muscle individually by our conscious mind. It gives us the ability to drive a car, to play an instrument, to juggle; in fact it gives us our human dexterity and allows us to multi task.

However, many of our early life understanding and beliefs, particularly negative feelings about others, and ourselves, are totally inappropriate as an adult striving for success.

If we assume that all thoughts are affirmations, and, as we have previously examined negative thought (not awareness), is self damaging, it may be more apt to rename this chapter ‘Positive Affirmation’ as this is where we’ll concentrate our efforts. It is my understanding that most

people are or have been, fully able to make bad use of ‘Negative Affirmations’ or ‘Negative Self-Scripts’.

Before we can become self-affirming, we need to learn about the effects of negativism in our lives.

Negative self-scripts are the:

Negative beliefs you have about yourself and of which you remind yourself daily.

Negative statements about yourself, which sprinkle your every-day conversation.

Self-deprecating remarks that influence your behaviour or beliefs.

Negative descriptions given to you by members of your family of origin or peer group when you were younger onto which you hold even to this day.

Negative feedback you get from your spouse, boss, teacher, colleagues, children, parents, relatives, or others that you take personally and incorporate into your personal belief system.

Negative self-images you have of your body, looks, face, weight, colouring, hair, feet, or other parts of your body, which as you visualize, influence your presentation of self to others.

Negative assessment you or others have made of your competency, skills, ability, knowledge, intelligence, creativity, or common sense. You have agreed with this internally and, thus, believe it true of you.

Negative stories about your past behaviour, failures, or performances that you systematically run over in your mind and which influence your current conduct.

Negative attitudes about the possibility of your achievement of success in your life; these influence your motivation, effort, and drive for attainment of goals.

Negative visualizations you have of your current status or state in life to your personal detriment.

Feelings of anger, resentment, hostility or rage you feel toward others for real or imagined mistreatment. This so immobilizes you that your emotional growth gets stunted and you feel negatively about both yourself and life in general.

Feelings of guilt for real or imagined debilitating wrongs you have committed that prevent positive self-valuing thoughts.

Negative prophecies that you or others have made about yourself, your future, your success, your relationships, your family, or your health; these haunt you as you face a daily struggle to "win" in life.

Ways in which you deny yourself rewards for your goodness, hard work and caring by: (1) not taking time to enjoy the fruits of your labour, (2) living in a style of self denial and austerity and (3) being afraid to let down your guard and relax, lest you fail to achieve your 'Big Pay Off.'

Feelings of over-responsibility with which you burden yourself. This includes the feeling that others in your life will never be able to fully take care of themselves and that you are "responsible" for them no matter what.

Dread and fear you have when facing your future; the belief that you do not have what it takes to survive or to be successful in whatever circumstances you face.

Feelings of failure you harbour about real or imagined mistakes in the past and your "assured" failures in the future.

Feelings of jealousy you harbour toward others whom you perceive (real or imagined) to be more successful, prettier, luckier, better liked, smarter, more talented, more creative, and generally better off than you.

Feelings of inferiority you harbour about yourself and the belief that no matter what you do in life, it will never be "good enough."

Feelings that there is someone in your life (e.g., your spouse, one of your parents, a family member, a former teacher, a peer, co-worker, a boss) from whom you are still waiting to receive recognition of your worth, your goodness, your competency, your beauty, and your overall qualities.

What I shall undertake here is to give you the ‘Positive Affirmation’ structure to help you to challenge and undermine your subconscious negative self-scripts.

What is a ‘Positive Affirmation’?

Very simple, a ‘Positive Affirmation’ is a short positive statement, designed to replace negative beliefs, with positive self-nurturing beliefs. It’s a kind of positive brainwashing.

The first thing we’ll do here is drop the inverted commas! A positive affirmation is no mystery to you, in fact you have used them many times before. Its that sentence you kept saying to yourself when you were learning to ride a bike, its your determination, do you think that you could ever have ridden down the street, if your affirmation had been ‘I can not’. A positive affirmation is every sentence that you have said to yourself in determination to succeed, always starting with ‘I will do’ or ‘I can do’.

The importance of each structured positive affirmation is ‘belief’, you must believe. The bigger the gap between the perceived negative inner truth and the expressed positive affirmation, the more challenging, and possibly the more damaging, this exercise will be, therefore, start this exercise using small believable positive affirmations and practise.

Repeat positive affirmations with passion and conviction and for as long as you do so, you will consistently breakdown your subconscious negative beliefs, no matter how ‘set in concrete’ they may seem.

If you are uncomfortable with an affirmation, take it down a step, listen to your emotions, far better to chip away in small steps, than fall at the foot of an ‘Everest’ of a negative, and undermine the whole process.

Similarly, if you are experiences a sense of exhilaration at an affirmation you are responding in a way that ‘your mind knows this to be true’, the affirmation is working

Starting this process is the first step, small steps are easier, but finishing each step is the key.

What shapes can positive self-affirmations take?

I statements: which are one-line statements that can be repeated to cover three areas:

I am: A statement of who you are

This is a positive affirmation of a real state of being that exists in you. You can achieve a full list of 'I am' statements by taking a personal positive inventory of your attributes, strengths, talents, and competencies.

Examples may include:

I am strong

I am enthusiastic

I am intelligent

I am relaxed

I can: A statement of your potential

This is a positive affirmation of your ability to accomplish goals. It is a statement of your belief in your power to grow, to change, and to help yourself. 'I can' statements could be developed after you have develop a set of short-term goals.

Examples may include:

I can lose weight

I can grow

I can stop smoking

I can heal

I will: A statement of positive change in your life

This is a positive affirmation of a change you want to achieve. It is a positive statement of what you want to happen. It is a success prophecy. 'I will' statements are developed after you have set your priorities for the short-term goals you have set.

Examples may include:

I will like myself better each day.

I will gain emotional strength each day.

I will lose weight each day.

This is a kind of ‘reprogramming the hard drive’, changes happen quickly as you begin to think with a positive mental attitude, this will then start to reflect in your external environment and experience.

Self-affirmation statements

These forms of affirmation are words, phrases, or statements written on index cards and placed where you can see them daily and be reminded of positive aspects about yourself. Every time you see these affirmation cards they will remind you to affirm yourself about these positive qualities or attributes. State all affirmations in a positive way.

Suggested places for affirmation cards:

mirror in bathroom	dashboard of car
mirror on dresser	desk at office

Affirmation word examples:

bright	capable
creative	strong
intelligent	beautiful

Affirmation phrase examples:

think happy	take it easy
be calm	think wisely
take action	work smart

Affirmation statement examples:

I am a winner.

I am the best friend I have.

I have solved problems like this before.

I have the ability to handle this.

Affirmation of the day exercise

Write a single positive affirmation on thirty index cards. Take one card a day for each day of the month. This card is your affirmation for the day. When you get to the last card start again.

To make this daily affirmation process grow, write out thirty different affirmations for each month of the year. Keep the 360 cards in a recipe box and continually use the collection year after year, adding new affirmations, as you need them.

Thank you to <http://www.coping.org/growth/affirm.htm> James J. Messina, Ph.D. & Constance Messina, Ph.D.

Seven Part Affirmation Course

Whatever your goals in life, the 7-part Affirmation course could help you reach them. This 7-part eBook is packed with practical lessons dealing with how affirmations work, writing and practising, visualisation techniques and blocker stoppers. To download this eBook with no obligation; [Click Here](#).

Affirmation Software

For anyone like me who spends a lot of time on the computer, this affirmation software from [Sculptor 3](#), is a great little program.

Jeff Staniforth, the creator of the Sculptor Method, who has been involved in metaphysics for over 15 years, developed it.

[Sculptor 3](#) combines 7 of the best results-amplifying technologies that are tested and proven to increase the power and speed of manifestation. Here they are:

Affirmations

Visualization

Alpha sound technology (to induce highly receptive meditative states)

Subliminal technology

Sentence completion

Assignment writing/goal setting

Whole brain synchronization (utilizing thought, intuition, sensation and emotion)

So while you sit in front of your computer for 10 minutes, you are literally soaking yourself in 7 powerful technologies that have been synergistically combined making it easy to apply manifesting principles to your life and helping you get what you want the easy and effective way.

CHAPTER EIGHT

VISUALISATION

We have already discussed the role of visualization when it comes to utilising the Law of Attraction. To recap, visualisation techniques involved finding a quiet room, thinking and feeling strong positive emotions and finding that truly happy state, only then to visualize what you want to create and see it and feel it, as if it has already happened.

Now I would like to look more at the practical tools of visualisation, almost the positive affirmation that repeats itself, consistently in front of you as a vision.

Vision Boards

Vision Board, Dream Boards or Goal Boards is a very powerful way to use visualisation. A Vision Board is quite simply, a pin board, or large card with pictures of your dreams and desires; it should be colourful, fun and above all specific. If you want to visualise your dream home, go to the estate agents, view your dream property, take pictures and post them on your Vision Board. If you dream of a new car, be specific, what make?, what model?, what colour?, how old?, even better still, take a test drive, take pictures and post them on your Vision Board.

Vision Boards can be quite basic, just made with scissors, glue, tons of magazines and online photos. Even better, If you have got a digital camera, get snapping, go and test drive your new convertible, get someone to take photos of you in it and stick them up. Do the same with your dream house, try on your new clothes, go sit in a new boat, bike, caravan, plane or whatever you dream of. Make it colourful and fun.

Look at your Board as often as possible with focused intent. You will be surprised to see the things on your Vision Board show up in your life – sooner or later- providing you keep putting your intention on them and stay positive.

By looking at your Vision Board on a consistent basis, you will manifest the life you truly desire and deserve!

How about creating your own online Vision Board, one that you could print, run as your screen saver or as your PC wallpaper.

[MyMasterBoard](#) is the perfect tool to put your dreams in front of you every day; MyMasterBoard is one of the most effective tools to help you stay focused on what you want. The pictures and affirmations you select keep you on target with the areas that are meaningful to you.

Affirmation Visualizations

There are word, images or pictures and scenario visualizations, all affirming positively.

Word Visualizations:

Take any single target word about who you are, your ability, or what you want to accomplish. Write it on a index card. Get yourself into a relaxed state, preferably just before you go to bed. Hold the card about 12" to 24" from your eyes. Focus your eyes on the word and concentrate your attention.

Hold this thought for up to 10 minutes working up to 20 to 30 minutes, as you practise.

Do this exercise nightly for at least two weeks. As you continue, you are burning the image of your goal word into your mind. It will be with you in your thoughts as you proceed in your everyday life.

Image Visualization:

Create or find an image of an object, person, or thing that embodies your goal for who you are, what your abilities are, or what you want to accomplish.

Get yourself into a relaxed state and either look at the picture or imagine you reaching your goal. Do this for 10 to 20 minutes each night for one month.

Get copies of your picture or a simulation of your goal, and tape them in places where you will see them as you go through your normal day.

Continue to keep your images in place until you have accomplished the goal, feelings of success or achieved the object success. The important thing is to believe that it is possible to achieve. This motivation is the most important step on your journey to success.

Scenario Visualizations:

Once you have a goal in mind for yourself, daydream a full colour movie in your mind of what your life would be like if you achieved the goal.

Get a tape recorder and talk out the whole movie on tape. Be fully descriptive, colourful, positive, and uplifting. Use your imagination to the fullest and describe how positively you will be handling the change resulting from your goal attainment. Describe how key significant others in your life will cope successfully with your change. Save this tape for future reference.

Write out a description of the goal attainment scenario, and keep it handy for future reference and when you are in a relaxed state, listen to the tape and read your description of the scenario every day for two weeks.

Refer back to the tape and script as time goes on until you have reached full attainment of your goal.

Gratitude Stones

One of the most important lessons we take from the Law of Attraction is the lesson of gratitude. If we begin to focus on right now, the things that we are grateful for, the Law of Attraction has no alternative, but to bring you more of the same. And, as we begin to utilise the lessons we have learned thus far, and show gratitude for the more things we attract, again, the Law of Attraction will have no alternative, but to give us more of the same.

Its an ever growing circle of, gratitude, good things, dreams, gratitude and even more good things, over and over.

There's a nice story in the film The Secret, to reinforce your gratitude regime, involving carrying a stone in your pocket called a Gratitude Stone. Every time you touch the stone in your pocket, when you filled or emptied your pockets at the beginning and the end of the day, you should pause to be grateful for someone or something.

By changing your focus to one of being grateful, your day will be pleasant and those everyday annoyances will become nothing but background noise.

The Grateful Stone

by CJ Heck

I have a little treasure chest
and only one thing is inside.
It's a very special treasure
and I found it at low tide.

To me it's really special.
I call it my grateful stone.
It showed me prayers work.
It's a sign I'm not alone.

See, Grampa had a heart attack
while we were at the beach.
He lives so far away,
so far away and out of reach.

Mommy had her cell phone
and the doctors called her there.

When I saw my mommy cry,
I knew I had to try a prayer.

I closed my eyes and talked to God.
Please let Grampa be okay.
Don't let Mom lose her Daddy
'cause we can't get there, no way.

When I opened up my eyes
and looked down on the ground,
I saw a shiny little stone,
smooth and white and oh so round.

I put it in my pocket
and I rubbed it two whole days,
praying Grampa would get better
if only God could find a way.

Then mommy's cell phone rang.
They said Grandpa could go home ...
That's why I have a treasure chest
for my special grateful stone.

How you find your stone, may or may not have meaning, for some, it will be just a stone they found, for others it may have some important event linked to it.

SwitchWords

[SwitchWords](#) Easily Give to You Whatever You Want in Life

Wouldn't it be great to have a wand that you could just wave at any situation or creative project, and have it turn out beneficially just as you wish? Actually, we all have such a wand! However, most of us have not been aware of it, and have never received an instruction manual for its use. So here it is.

Your word is your wand — and as you have come to understand intentional creative thoughts bring about intentional desired results.

People have customarily expressed their intentional creative thoughts as affirmations, declarations, or mantras consisting of many words. However, a researcher and genius named James T. Mangan (1896-1970)

discovered in the past century that using only a single word to create with, instead of a long sentence, is much easier and more effective, and gives your creative energy a powerful laser-like focus in this single moment of now.

James Mangan identified about 100 certain single words that are extraordinarily effective when used as an intentional creative thought, to bring about a specific desired result. He called these special words 'switchwords.' A 'switchword' is the essence of an experience, condition, or desired result, expressed as a single word. Declare, affirm, chant, sing, or even just mentally intend the switchword, and like turning on an electric lamp with a switch, the desired result reliably appears.

For example, whenever you are searching for something you've misplaced, like a key, a tool, or an important paper, just start chanting REACH silently or aloud, and let yourself move wherever you feel to go. You'll soon find yourself going to exactly where the object is and retrieving it. Or, if you've forgotten someone's name or a number, just say REACH to retrieve it from your memory. To memorize something you want to remember, say CARE.

Likewise, to get a ride, say ON; to make money, COUNT; to experience love, LOVE; to create beauty, CURVE; to be wise, SLOW; for peace and good health, BE; for protection, GUARD; and about 100 more for other specific situations! The greatest treasure, though, is the master switchwords, for a life of heaven on Earth and mastery of any task at hand: TOGETHER.

This is essentially a new operating system for our human biocomputer minds, and there is some profound science going on here. Albert Einstein revolutionized physics with his findings; James Mangan has revolutionized metaphysics with his. But please don't believe me; experiment in your own life and experience, and see for yourself. All the basic switchwords information and many useful switchwords are included in the first 43 pages of the [SwitchWords](#) e-book for free.

The first 43 pages contain the basic switchwords information, and are open and free to all. The entire e-book can be purchased from within the e-book by clicking on any page past 43. An expanded, somewhat different paper edition is also now available; Have some fun with it.

CHAPTER NINE

WEALTH BEYOND REASON

Utilising the law of attraction for wealth, health, happiness and everyday living.

Its not often that I would recommend anyone 'putting all their eggs in one basket', but when it comes down to fully utilising the Law of Attraction, for some, just reading the books, will not be enough.

I could write a book telling you how to drive a car, or how to play golf, but that would not replace the role of a golf or driving instructor. In the same way this book, for some, will not replace the Law of Attraction instructors.

The Wealth Beyond Reason program has two parts; the first is called Wealth Beyond Reason, and teaches you to purposefully activate laws of physics to generate the wealth you deserve. The second, Six-Figure Streams, is a step-by-step guide to creating a business based on your purpose and passions, which ensures your financial freedom.

So valuable is this instruction that, like the Master Key System, I have devoted a chapter to it.

Wealth Beyond Reason

If you have seen the movie The Secret, then you're familiar with Bob Doyle.

Since 2002, his [Wealth Beyond Reason](#) program has allowed thousands of people to reclaim their destiny, and begin creating lives of true abundance.

This valuable educational programme, teaches you to eliminate your mental blocks, helping you to utilise in full, the Law of Attraction, enabling you to reach your full potential faster than you thought possible.

You will learn how to use your vibrational resonance to attract anything and everything you wish. It may seem abstract at the moment, but this is absolutely what determines your experience of reality. So, to the extent that you can modify what you are vibrating the feeling of having your desires, you will create your reality around that experience.

The great thing about Bob Doyle's programme is, even as a free member, you really get to sample a big chunk of the course.

Bob will give you sample chapters from the Wealth Beyond Reason textbooks, audio interviews with Bob Doyle, where he does real teaching recorded teleseminars that Bob has conducted with his students (other people sell similar recordings online, but you'll be able to benefit from them at no cost!) with information on how to become a full Wealth Beyond Reason member and access our ever-expanding library of resources and tools.

There is some great evidence of Bob's results with [The Wealth Beyond Reason](#) programme, and I would urge you to get a taste of it. I promise you, you'll be absolutely amazed at what you find!

Six-Figure Streams

This program is for those who are seriously committed to taking full control of their lives - financial and otherwise.

This is not about MLM or network marketing. This is about creating products or services based on YOUR passions and interests, and making them available to others in ways that will exponentially increase your income.

Bob is offering two audio seminars free of charge, and give you all the details about our exciting new [Six-Figure Streams](#) program. These powerful audio programs will give you entirely new ways to look at your financial future, and give you a powerful edge over the majority of people seeking wealth through businesses of their own.

CHAPTER TEN

FINAL LESSON

We have discussed many aspects of the Law of Attraction and how you can utilise this law. I just wanted to add one important footnote to this book.

You now know the principles of the Law of Attraction, even if you do not quite fully understand the way in which this works. The important thing is not to understand the method, but to believe in the result. There are many of us who are not mechanically minded and don't understand the workings of the combustion engine, but it does not stop us using the car.

There is just one message that I want to relay to you in this short chapter, and that is, if you are not going to carry through with a task, don't start it.

To fully utilise the Law of Attraction it is my strongest recommendation, that you follow the Master Key System correspondence course to the letter,. However, unless you make the commitment to complete the course in full, I urge you, not to start at all. This is a fundamental lesson that you will learn from this educational material.

Are you aware of the saying 'Do not put off until tomorrow, what could be done today,' I would like to rephrase it to this 'Put off until tomorrow what you are not committed to complete today'.

If you have completed this book, then you have gained in knowledge and wisdom. Something attracted you to this knowledge, some how this wisdom was brought to you. It is now up to you what you do with this new education, you attracted the water, but will you drink.

You're today will shape you're tomorrow, the question is;

Will you mould it?

"God's gift to you
is more talent and ability
than you will ever use in one lifetime.

Your gift to God
is to develop and utilize
as much of that talent and ability
as you can, in this lifetime."

- Steve Bow

If you would like your own re-branded version of this book, with the potential to attract to you, over \$700, for every book you distribute, then visit the [eBookMarkit](#) and check out my featured item.

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The Miracle Man, Morris Goodman

montalk.net

UniversalLawsToday.com

Charles Haanel's, The Master Key System.

Napoleon Hill's, Think and Grow Rich.

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Bob Doyle's Wealth Beyond Reason.