

The Law Of Attraction Course



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Law of Attraction and Business Course

Part 1 – What is the Law of Attraction and How Does It Affect My Business?

Over the next 7 days we're going to cover some exciting information that should help you to boost your business through a simple process of improving your thoughts, emotions, beliefs and actions.

First, you may find it helpful to understand exactly how the Law of Attraction works. The Law of Attraction responds to your thoughts, emotions, and beliefs. Whatever you think, feel and believe the majority of the time will determine the experiences of your life.

Now, you may feel resistant to that idea because you probably don't feel like you're doing anything to attract negative experiences. Who would want to do that? However, understand that most of the time it's done by default. That is, we're not consciously directing our thoughts and emotions toward what we want, but more often toward what we don't want. This makes for some interesting turn of events – and not always good ones.

How does this work in relation to your business?

Your business grows (or doesn't) in relation to the ways you think, feel and believe it will. For example, if you constantly worry about having enough money to keep your business going (and growing), you probably experience plenty of financial snags that cause problems. Even worse, those snags cause you to worry more, which creates more snags, and on it goes!

Another good example: If you find it difficult to build your client base, you probably have a frequent perception of lack which translates into difficult or non-existent growth for your business. Even when you're successful at attracting new clients, older clients end up leaving or sales slow down because of other factors.

However, sometimes your influence is not as clear and simple as that. You may believe that you're doing everything you can to make your business succeed, but it's still not working. Sales are slow, clients are abandoning ship, and you can't figure out what you're doing wrong.

If that's the case in your business, don't worry! We're going to explore all of the facets of using the Law of Attraction to not only attract new clients, but also to turn your business into the shining success you want it to be.

Once you know how, attracting the success you desire is a simple matter of aligning your thoughts and feelings with what you want, rather than what you don't want.

Part 2 – Your Business is Your Vessel

Now that you know how the Law of Attraction works to create your experiences, you've probably got an inkling of the reasons your business isn't yet where you want it to be. If you're still trying to figure out where you went wrong, don't worry about it. Over the next few days we're doing to explore exactly how the process works, so you should have a clearer idea soon.

First however, I'd like to ask you a question. Why does your business exist?

Your first response is probably something like, "To make money." That's all well and good, and you're not alone in that expectation! However, have you ever noticed that truly successful businesses often have a bit more substance to them? Yes, their purpose is to make money, but they also contribute something of value to the world, rather than simply "making money."

What does your business contribute to the world?

The reason I ask that question is because I want to shift your perception of your business slightly. Rather than simply seeing it as a cash machine, I want you to see it as a vessel for positive change in the world.

Now, this doesn't have to be some lofty, divine purpose – just something that makes a difference in people's lives.

Once you have an idea of what that purpose is, write it down like the following statement:

"The reason my business exists is so I can _____."

Here are some examples:

"The reason my business exists is so I can help people save money."

"The reason my business exists is so I can help people reduce stress."

"The reason my business exists is so I can help children learn and develop."

Once you've got your purpose written down, put it someplace where you'll see it when you're working. You want to keep that purpose in mind at all times!

In fact, I don't want you to focus on money any more than you absolutely have to in order to run your business. Instead, focus on using your business as a vessel to serve others. Believe me, the money will come – just don't worry about it or obsess over it.

That doesn't mean you can't charge money for your products and services; you absolutely should! In fact, I want to encourage you to re-evaluate how much you're charging, because it may be too little. It's common for many people to undercharge for their products and services because they don't fully believe in the value they are providing to others.

The price you charge for your wares communicates a powerful message to your clients and customers – and to the universe! Charge too little and you appear not to value your own work. Charge too much and you appear to have a streak of greediness. Instead, honestly assess how much value your work provides to others, and price it accordingly.

Then – let the money stuff GO. Don't worry about it anymore. Focus only on providing something of value to others.

Part 3 – Providing Something of Value

Are you feeling more confident about the way your products or services help make others' lives better? Today we're going to cover exactly why this is so important – and it's not just "what you do" but HOW you do it.

Did you know that everything you create is infused with your energy? Whether you're writing something, creating a work of art or inventing an electronic gadget, you infuse it with your own unique energy brand. That may not sound like a big deal, but it is, simply because the person or people who receive your creation are also receiving the energy you put into it.

Obviously, if you do something carelessly, you'll end up with a lesser quality product or service. That much is clear. But even if the product or service isn't noticeably inferior, your customer or client will not "feel the love," so to speak.

You can probably think of products that you just felt attracted to without knowing why. Something about them just made you feel good! Yet, other products that looked very similar just didn't seem to have the same zing to them.

That's because of the love and attention put into them! I know it sounds a little out there, but people really DO pick up on the energy and passion you put into something.

This applies not only to your actual products and services, but the whole way you run your business too! Do you feel passionate and inspired about your business? Or has it become a chore? Do you look forward to sharing your products and services with others, or are you just focusing on trying to make a buck?

Believe me, the differences in energy you emit to the universe with these attitudes is tremendous! And the Law of Attraction responds to the energy and emotion you put out, so it really does matter.

Yesterday's assignment of writing a statement to clarify the reason your business exists should help a lot in giving you the right attitude to attract success. Just be sure you keep that purpose in

mind as often as possible. Let it inspire and excite you – and your customers and clients will pick up on that enthusiasm too.

Part 4 – Your Beliefs and Expectations

Are you feeling more inspired and excited about your business now? Hopefully you're gearing up to make another go at it and you're feeling eager to see some positive changes take place.

Today's lesson should help with that because we're going to explore your beliefs and expectations as they relate to your business.

First, your expectations.

Do you expect your business to do well? I know you probably hope it will do well, but that's not the same thing. If you spend most of your time worrying that your business won't do well, that means you're expecting it not to do well! I don't think I have to explain how that triggers the Law of Attraction, and what it probably sends in your direction. (Hint: lack, lack, and more lack.)

Instead, in order to use the Law of Attraction to create business success, you've got to expect success! How exactly do you do that? By CHOOSING to believe that your business is already successful. You can visualize, meditate, recite affirmations – do whatever it takes to expect good things to come to you.

At all costs, avoid worrying about having enough business, feeling anxious over getting enough clients or customers, and any other negative possibilities you may be tempted to focus on. Just keep expecting good things, knowing that the Law of Attraction is responding to you when you do.

Now, what about your beliefs?

Do you believe in your potential for success? Do you believe in your business, and your own ability to make it successful? Do you believe you deserve the success you desire?

If you don't, you won't allow these things to happen!

You see, your beliefs are like gatekeepers for your perception of reality. Whatever you believe is your TRUTH, and your subconscious mind will not allow you to create something that is contrary to your existing beliefs.

For example, let's say you have been working hard in your business, doing everything you can to attract the success you desire. But deep down, you hold a belief that you don't deserve to be successful and happy. No matter what you do, you won't allow such an outcome to manifest. Instead, you'll find ways to sabotage your efforts.

So, you've got to be sure you believe that the success you desire is possible, AND that you deserve it. One good way to find out is to recite a statement like the following examples and see if they cause any sensations of anxiety or resistance in your body. If you find yourself feeling anxious or jumpy when you say them, you probably don't really believe them.

Say these statements aloud and pay attention to how you feel:

"I know I deserve to have a successful business."

"I believe in my products (or services)."

"My business has what it takes to be wildly successful."

"I have what it takes to make my business successful."

If those statements do create feelings of resistance within you, you've got to work on changing them. Probably the simplest way to do so is to keep reinforcing more positive beliefs that will cancel out the negative. It will take time, but with persistence and self-awareness it will happen.

Part 5 – Promoting Your Products or Services

Today we're going to discuss something that makes many businesspeople cringe: promotion.

What is it about self-promotion that makes many of us shudder? Most often, it's the fear of appearing pushy, greedy or vain. We've been taught to be modest and humble, which is a great thing. That's something to be proud of. However, when our modesty begins to limit our potential for success, we're taking it too far.

In order to attract more business, you've got to toot your own horn a little bit! I know that idea probably doesn't appeal to you, but that's because you're thinking of it a little differently than I am.

When I say, "toot your own horn," you probably imagine that I want you to boast about how great you and your products or services are so you can get more business. It may look that way on the outside, but I want you to go about it from a different perspective.

Rather than boasting for the purposes of getting more business, I want you to think about **SHARING** your business with others in an effort to **HELP** them.

Yesterday we talked about the power of your beliefs, so I'd like to recap by asking again, do you really believe in your products or services? If you do, if you really see the value they provide to others, why would you want to hold them back from the people who need them?

Ah, promotion looks a bit different from that angle, doesn't it? Now you're focused on other people rather than yourself.

Let me tell you from experience that great things happen when you do this! You are moving from a “getting” to a “giving” perspective, and the universe responds favorably to that!

So – here is your assignment from here on. Every day, I want you to commit to doing at least ONE THING that will put your products or services in front of people who need them. Not in a pushy way either, but in a way that helps them see how you can serve them.

Even better, have FUN with it! Infuse your promotion efforts with lots of passion and enthusiasm. Remember, people will pick up on that energy and your results will be that much better!

Can you do that? I thought so. :-)

Part 6 – Opening to the Flow of Abundance

Today’s installment is all about learning how to open to the flow of abundance that your business can provide. In our previous 5 segments, you learned some helpful information about the way the Law of Attraction responds to your thoughts, feelings, beliefs, expectations and intentions as you perform your business duties each day.

Now it’s time to ask yourself, are you willing to receive?

Before you answer that, take a minute to consider what the question really means. You may be tempted to answer, “Of course I’m willing to receive; are you crazy? I’m dying to receive! Send the truckloads of cash my way!”

Unfortunately, you may be resisting abundance and success without even realizing it. It’s easy to think you want money and success, but let me ask you if you ever do things like this:

- Do you ever refuse gifts because you feel guilty accepting them?
- Do you ever get flustered by compliments and try to turn the attention elsewhere?
- Do you ever turn away from opportunities because someone else probably needs them more than you do?

These are just simple examples; there are many more situations that reveal the same mind-set. If you do things like this, it’s a pretty clear sign that you are not open to receiving.

Believe me, when you do things like this, you are sending a very strong signal to the universe! The signal says, “No thanks, I don’t deserve it, or I don’t need it, or I don’t feel comfortable accepting it, so go ahead and send it on to someone else.”

Here’s how to avoid making that mistake:

- 1) Every day, affirm that you deserve all good things. Be grateful for what you have, and affirm that you are open to more. The more you can develop a solid belief in your own self-worth, the more easily you'll be able to accept goodness in all forms, including money and success that your business attracts.
- 2) Express appreciation for everything. The more you can focus on the goodness surrounding you, the more you'll be open to receiving more of it. Do this not only with the gifts and compliments you receive from others, but also with everything you already have in your life, and everything that will be coming to you soon. Be appreciative, always.
- 3) Say aloud as often as you can, "I am open to receiving the abundance and success that is mine." As you say this statement, allow yourself to feel happy and excited about the wonderful things coming your way. When someone gives you a compliment or gift, or you have an opportunity drop into your lap, accept it with gratitude!
- 4) Be generous. The more you give to others, the more comfortable you'll feel accepting things for yourself. Be generous with your time, money, advice, support and more.

The whole point of these exercises is to get you into the habit of accepting more than you ask for, rather than turning it away. The more you do that, the more the universe will send your way!

Part 7 – Allowing Success and Growth

Today is our last course installment, and it's a very important one because it teaches you how to ALLOW more of what you want. As far as your business goes, that probably means more money, success and growth.

Allowing is actually a state of being, rather than doing. It means being open to the goodness the universe is sending your way, which is what we discussed yesterday. But allowing also means not trying to FORCE things to happen in the way and at the time you want them to.

When most of us want something, we tend to try to hurry it along so we can have it more quickly. In the context of business, you may be trying to hurry and make more money, or make your business grow, or any number of other goals.

But by doing that, you are affirming to the universe that things are not okay as they are right now. Maybe that's exactly how you feel. The problem is that when you FEEL that things are not okay, the universe will send you more "not okay". You don't want that!

So, allowing means shifting into the mind-set of knowing that the universe is working with you and everything is happening in its own perfect time. It means relaxing and enjoying the ride, rather than racing to the finish line.

As we already discussed, this imparts a fantastic quality of energy to your business! You can focus more on your passion and enjoyment of your day to day business activities, rather than focusing only on some distant destination.

The best and simplest way to “allow” the success you desire is by thinking, feeling and acting as if it were already here! Rather than forcing yourself to work too hard, or getting panicky about not having enough business, pretend you have plenty of business and you can afford to take time off.

Focus more on the enjoyment you get from your work, rather than the amount of money it yields. Focus more on what you can do for others, rather than what their purchases will do for you.

When you do this, you activate the Law of Attraction in very beneficial ways! The more you focus on goodness and abundance, the more goodness and abundance can come your way.

Many of the things you’ve learned in this course might be contrary to your usual way of doing things, but they work for many, many people! Give them a fair shot and see where they might take you. :-)

Law of Attraction and Career Course

Part 1 – What is the Law of Attraction and How Does it Relate to My Job?

Over the next 7 days we'll be exploring many facets of your career, including what your work really is, how you can attract a career that fulfills and inspires you, and much more.

For starters, let's go over the Law of Attraction and exactly how it works.

The Law of Attraction is activated by your thoughts, beliefs and emotions, and returns corresponding experiences into your life. If you tend to think and feel positively much of the time, you probably have mostly positive experiences. Likewise, if you tend to think and feel negatively much of the time, you probably have a fair number of negative experiences.

Your beliefs provide the framework for your thoughts and feelings, and the things you allow into your life. Even if you think and feel positively much of the time, holding limiting beliefs can block the things you would otherwise attract.

How is your career affected by all of this? There are many ways, but one is the type of work you do for a living.

Most often we choose our line of work based on a set of beliefs and preferences. Sometimes it may seem that you didn't even choose your work as much as it chose you! Did you make a conscious decision to pursue your current career, or did you kind of fall into it without much conscious decision-making on your part?

It's very common for people to choose a career because of limiting beliefs.

For example, you may have had dreams of one career as a child, but were repeatedly told by parents and other authority figures that it wasn't practical, so you settled for a career with more stability or security. Or you may have felt that your desired career wouldn't be possible because you didn't have the talent or confidence to pursue it, so you chose something you felt you could handle.

No matter what your specific circumstances may be, know that your subconscious thoughts and beliefs play a large role in where you find yourself in your career today.

That may make it sound like it's out of your control, but just the opposite is true! Even if you chose your current career without consciously intending to, you can learn how to shift your thoughts and emotions and alter your beliefs so that you PURPOSELY attract a career that suits you better.

Over the next 7 days I'm going to explain just how to do that. Whether you're just getting started on choosing your first career path or you're a seasoned veteran who's ready for a change,

by the time we finish our time together you'll have a solid idea of exactly how to attract a career that thrills and fulfills you!

Part 2 – What Your Work Reveals About You

Today I'm going to share some information that you may find surprising: what your work reveals about you - or to be more specific, what it reveals about the person you were being when you chose it (even if you didn't choose it consciously).

You see, your job is nothing more than an expression of who you are while you perform it – either who you think you are, or think you need to be at the time. In other words, your job reveals a lot about YOU! Not only who you are, but who you THINK you are.

Take a minute now to get a clear mental image of your current job (or previous job if you are unemployed now). What do you like about it? What do you dislike about it? Does it utilize your strengths, or offer a convenient excuse to avoid stepping out of your comfort zones?

If your current or previous jobs don't seem to match who you think you are, question why that is. It's NOT random, I assure you!

Jot down as many ideas and insights as you can about how you ended up in your current or previous careers, and what they reveal about your mind-set at the time.

Pay particular attention to your beliefs about yourself and your capabilities. Does your current or previous work reveal limiting beliefs about your value as a person or your potential for success?

For example, did you choose the job(s) because you didn't believe you could do better? Or because you didn't have a clear idea of what you really wanted? Did you simply go along with what someone else wanted for you, or did you choose your job because of how much it pays?

If you're not really sure, here's a good way to tell. Sometimes your subconscious mind will spill the beans if you read an open-ended statement and let the rest of it come out spontaneously. See if you can use this technique to gain clarity about your work. Take a look at the statement below and write down any answers that come to mind right away. Don't analyze it or try to come up with a good answer, just take the first thing that comes to mind:

- I am in my current career because _____.

Did your answer(s) surprise you? If you didn't receive any insights, write the statement down and set it aside. Focus on something else for awhile, and then try again. The trick is to catch your subconscious mind off-guard and trigger it to provide an answer.

You may think that this stuff doesn't matter, but it's important to understand where your focus was when you entered into a situation that doesn't match what you really want. By doing so, you will be better able to get clear about what you REALLY want, and know the right mind-set to attract it.

Part 3 – Getting Clear About What You Want

The question is: What do you want?

That's one of the hardest things to figure out because most of us are not used to choosing what we want. We're used to doing what we have to do, or what others expect of us, or settling for something that is "almost" as good as what we want.

When we try to figure out exactly what we want, our minds go blank. Part of the reason for this is that we're used to thinking in very limited ways. We've been told over and over that our dreams are not practical or realistic. We've told ourselves over and over that we don't have the talent or potential to do everything we desire.

So, we shut down our desire for more. Is that what you've done in your life?

Well I am here to tell you that NOTHING is impossible. If you can see something in your mind, you can create it in your reality. Whatever type of work you can envision yourself doing is just one possibility of many.

Here's a great way to figure out what type of work would make you happiest:

Imagine if you had NO LIMITS and could choose any kind of work that you wanted. Salary isn't a concern, so you are free to choose ANY kind of work you like. What would you choose?

I don't expect you to make a pop decision on this. Take your time and give it the careful consideration it deserves.

And you DON'T have to know how it will come about! That's another thing that usually stops us cold. Even if we know what we want, we have no idea how to make it happen.

That's the great thing about the Law of Attraction: you don't have to make it happen by yourself! The universe will work with you to make it happen. It will send opportunities your way and shift circumstances so that your dream job becomes a reality.

That doesn't mean you won't have to take some kind of action, because most often you will. But it doesn't have to be hard. It may take some time for you to get used to that, but eventually you'll realize that you just have to do YOUR part, and the universe will do the rest. :-)

So, your assignment for today is to decide what type of work would make you happiest. That's it.

Part 4 – Believing You Can Do Better

Are you feeling clearer about the type of work you want to do? If not, don't worry about it for now. Today's topic will probably help clear out some mental cobwebs.

Limiting beliefs can often be frighteningly powerful in their ability to block us from things we want. What makes them even more tenacious is that they usually exist beneath our conscious level of awareness.

As we discussed in previous lesson, the type of work you've done in the past was probably due to a belief: Either a belief about what you deserved, what you felt you had to do, or what others expected of you.

Even now, your beliefs may be holding you back from deciding what type of work you REALLY want. This usually happens when you know what you'd like to do, but you just can't believe it's possible so you won't entertain the desire.

However, let's start with a belief that's even more basic than these: the belief that you CAN do better now and in the future! No matter how badly you've disliked your previous (or current) job, you have the ability to choose something that makes you feel happy and fulfilled. And you have this choice available at ANY time. You must believe that before you'll be able to move on to something better. And remember what I said in my last email, you DON'T have to figure it all out on your own. Just believe that it's possible for you to have a job you truly love. The universe will work with you to make it happen.

Not only do I want you to believe that you can do better, I want you to think of your job as a higher calling. Remember, a job is not just a way to make money – it's an expression of YOU. Only you can do things in your unique way, which is completely different than the way others do them. Only you can contribute to the world with your unique talents and skills. If you don't think your talents and skills are really unique, remember that you bring your own brand of energy and personality to everything you do. Even if someone else is doing a job that is identical to yours, the two of you will contribute your own unique qualities to it.

Think of your work as your vehicle to make a positive change in the world. What would you like your work to say about you after you're gone? How can your work best contribute to others?

When you view your work in this way, it takes on greater meaning and opens the door to many more possibilities! So for the rest of today, jot down some ideas about which aspects of yourself you want your work to reflect.

Part 5 – Follow Your Passion

Today I want to talk about passion because it's truly POWERFUL when it comes to the Law of Attraction. Remember that the Law of Attraction responds to your emotional frequency. Feeling passionate about something is one sure way to boost the signal you send to the universe. That includes your work!

When you do something with passion and enthusiasm, you attract wonderful things into your life. Think of passion as a great big magnet that pulls everything good toward you. In the context of your work, that means more money, more satisfaction and raging success!

The trick is to figure out what you feel passionate about and make sure your dream career is related to it in some way.

What do you feel passionate about? Take a few minutes to jot down some ideas. Think about creative pursuits, hobbies, and any activity you really enjoy. If you could do any of these all day, every day, which would it be? Or would you find a way to combine all of them into one big, passionate pursuit?

Also be sure to consider your natural strengths and talents, as well as the skills you've developed through experience. Ideally your work should use them, while also helping you develop new skills.

It's important to pay attention to the ESSENCE of your passions; not necessarily the package they come in.

For example, one of your passions might be art, but you have no desire to be an artist yourself. You simply love art, love looking at art and talking or writing about the arts – which would lead you to a completely different career than actually being an artist yourself!

So, while you're writing down your passions, also consider WHAT about them you love so much. How do they make you feel? Which aspects of them fascinate or thrill you?

Being so specific really helps you to define the essence of what you want to spend most of your time doing. This is helpful because many people start off by saying, "One of my passions is watching soap operas, but no one is going to pay me to do that!"

Ah, but if you dissect exactly what about the soap operas interest you, you might discover that you have a passion for drama, in which case you'd love working at a local theater, or writing for a soap opera magazine – or any other number of possibilities.

See how it works? Identify the essence lurking beneath the activity, and you've got a solid idea for work that would be perfect for you.

Part 6 – Attracting Your Dream Job

All right, now you know the mind-set that led you to jobs you didn't enjoy; you've spent some time getting clear about the type of work you really want to do, and most importantly, you've identified some strong passions that you'd like your dream job to include.

Now all that remains is to actually attract that dream job! Don't worry; it's actually very easy to do, as long as you're willing to be open to the possibilities.

Here are three simple steps to turn your dream job into reality:

- 1) Tell the universe what you want. You already have a strong idea of the type of work that would make you happiest, but it's helpful to spell it out in minute detail and officially submit your request to the universe. However, word it in the present tense like so:

“I now have a fulfilling, fun job at a local art gallery working closely with artists as we prepare their work for exhibition. I earn \$50,000 per year and work an average of 30 hours per week.”

“I now have a great job as a pet massage therapist. I get to express my love and compassion for animals while contributing to their health and well-being, which makes me feel so fulfilled and inspired. I earn a generous \$75 per hour and I get to set my own schedule and work as much or as little as I like.”

You get the idea. Be very specific about what type of work you'll be doing, where you'll be doing it, how much it pays, how many hours you work, and anything else that matters to you.

- 2) Believe you already have it. Now begin reciting that statement as often as you can, and really allow yourself to BELIEVE you have it, even though it hasn't quite shown up yet. Be sure to avoid feeling doubtful or anxious about it; just keep believing that it's yours!

Say the statement with absolute confidence and conviction in your voice, as if it were indisputable truth.

At the same time, be sure to avoid contributing negative energy to the process by getting frustrated about your current job. Try your best to detach from what you don't want, and focus more on what you do want. Invest your energy and emotion only to things you want to multiply.

- 3) Finally, have patience. Don't expect your dream job to show up immediately (though it could). Rather imagine that the universe is getting the most perfect circumstances together before it delivers your desire, so you have no problem waiting a bit for it because it will be so perfect when it arrives!

Easier said than done, I know. But getting impatient will only prolong your frustration. Just do your best to keep affirming that it's on the way and will arrive at the best possible time.

This attraction process is actually a lot of fun if you allow yourself to enjoy it. The most important thing is to not try to force anything to happen on your own. If you happen to see an opportunity, great! Grab it! But don't try to figure out some big, elaborate scheme just because you don't trust the universe to work with you.

Part 7 – Opening to New Opportunities

Can you feel the sparkle of promise in the air? You've done something really wonderful for yourself and the world by choosing a more fulfilling career path, and good things are going to happen because of it!

Yesterday we covered a simple 3-step process for releasing your desire to the universe, and today is all about being open to the new opportunities your request will attract.

As we discussed yesterday, you want to be very sure you don't try forcing things to happen on your own. That doesn't mean you can't get the ball rolling by taking action – in fact, I encourage you to! However, it should be action that feels right to you, not just action for the sake of taking action. Make sense?

Here's a good way to tell the difference: Whatever new career path you've decided on, ask yourself if there are any simple steps you can take to move in that direction. Perhaps you could sign up for some evening classes to learn more about the field if it's new to you. Or you might want to consult with someone who is already working in the field you've chosen. Or you might even feel ready to apply for a new job!

Sometimes there won't be any clear actions you can take, and that's okay. In those cases, your job is to simply remain open to the possibilities.

In the days and weeks after you've released your request, you're probably going to notice new opportunities coming your way. It might be a newspaper advertisement related to your new career path, or you'll meet someone who can help, or – the possibilities are endless.

When these opportunities do appear, take action! Don't hesitate, don't analyze the situation to death, and don't let fear hold you back. Especially if the opportunity doesn't come in a form you would have expected. That's important.

Sometimes you might expect one thing, but it will arrive in a completely roundabout way that you never would have expected. That's why it's important to remain open to ALL possibilities, not just the way you think it will happen.

Finally, be sure not to discount opportunities that could LEAD to your dream career.

For example, you might want a career working in a local art gallery like one of our examples, but instead you see an advertisement to work with a local artist in his or her studio. That could be the opportunity you need to get your foot in the door of the art world.

Be sure you don't turn away from an opportunity just because it's not exactly what you asked for. Your specific desire could show up later as a result of taking advantage of a slightly different opportunity.

Just stay open to whatever comes your way, and have fun with it! I can't stress that enough. If you're too serious about it, you'll contribute a lesser frequency of energy to the process – and you don't want that.

Law of Attraction and Health Course

Part 1 – What is the Law of Attraction and How Does It Affect My Health?

Have you ever wondered why some people enjoy ongoing good health while others deal with a seemingly never-ending string of illness throughout their lifetime? Is it determined by genetics, lifestyle, or, as Law of Attraction experts tell us, that we create the state of our body according to our thoughts and beliefs?

During the next 7 days we're going to explore these concepts in detail. First, however, you may find it helpful to have an understanding about how the Law of Attraction works.

The Law of Attraction responds to your thoughts, feelings, and beliefs. In a nutshell, whatever you focus on the most is what you tend to attract into your life. Focus on positive things, and you'll usually attract positive experiences; focus more on the negative side and you'll attract more negative outcomes.

This is because your emotional state emits a specific “frequency” of vibration to the universe, and the universe responds by sending corresponding situations and events into your life.

But is that always true when it comes to our health and well-being? Does that mean that people who get cancer were focused on getting cancer? Not necessarily. More often the process is a subconscious one – and not specifically targeted. In other words, illness often develops as a result of many factors, such as lifestyle habits, the overall mind-set a person holds most often, and yes, probably genetics play a part also.

If your state of health isn't what you want it to be, I won't presume to tell you that you brought it upon yourself by “thinking wrong,” or anything like that. There is much more to it for most of us! The truth is, you may never know exactly why this illness has come into your life, but you do have a choice in how you react to it. Will you see it as a punishment? Your cross to bear? A learning experience? A challenge to be overcome? The perspective from which you view any illness or dis-ease will usually inspire different thoughts, feelings and actions, which will bring about a different outcome.

The most important thing to understand is that when it comes to health and well-being, there is not a cookie-cutter answer for everyone. What works for one may not work for another.

As we go through this course together, I encourage you to listen closely to your own inner guidance. You will know intuitively when something is right for you, or not. If something doesn't seem to fit, it's probably not right for you at this time. At the least, I hope to offer you some food for thought and helpful information that will change the way you perceive your body and the ways your thoughts, emotions and beliefs affect it.

Part 2 – How Illness and Dis-Ease Form in Your Body

I mentioned that there are often many possible causes of illness, such as lifestyle habits, genetics, as well as mood and mind-set.

To say that illness is always the result of negative thinking would be a bit presumptuous, because the Law of Attraction responds to more than your thoughts. Even so, why then do positive people end up getting sick too? According to the Law of Attraction, positive people should always be healthy, right?

Unfortunately, that is not usually the case. Rather, let's gear our focus along the lines of Eastern tradition, which views illness and dis-ease as blockages in the currents of energy running through the human body.

We know that everything in the universe is composed of energy at its most basic level. That includes everything around us and our own bodies. Since our thoughts, emotions and beliefs emit energetic vibrations to the universe, it stands to reason also that these energy currents can affect the state of our bodies.

Let's use the example of a positive person who becomes ill. Though it seems like they should enjoy great health because they are always emitting positive thoughts, we also need to look at their emotional state, their beliefs, and their habits.

Just because a person is positive doesn't mean they don't worry obsessively, hold fears or beliefs about poor health, or engage in habits that could compromise their health. When you consider all of these different facets, you see how much more than your thoughts matter.

From a purely energetic standpoint, illness can usually be detected as a blockage in the natural flow of energy through the body. Blockages can be caused by many different things, but common causes include negative thoughts and emotions, as well as limiting beliefs and stress.

Most often, what happens is the natural flow of energy through the body is clouded by thoughts of lack, fear, worry, stress or even negative habits, and a disturbance begins to form in the current of energy. Think of it like a pipe that begins to build up residue inside. If enough residues build up, they can block the flow of water through the pipe, and eventually cut it off altogether. Once that happens, the blockage must be cleared before the flow can be restored.

The same thing happens with our bodies. First the blockage is minor so we don't pay much attention to it. Over time, if the causes are not addressed, illness will form.

Illness and dis-ease are simply signs from your body that something isn't right. A blockage has formed and needs to be dissolved.

Regardless of whether you believe you caused an illness to form or there were other factors that contributed to it, only you can say whether you can heal it and go on to live a healthy, vibrant

life. Understand that even people who have been given the direst of prognoses by medical health professionals have somehow found it within themselves to heal completely. Do you believe you have the potential to do the same? As we move through this course, you'll come to realize just how powerful your beliefs can be!

Part 3 – Your Natural State of Abundant Health and Vitality

Yesterday we discussed the many ways illness can form as a result of energetic blockages in your body. Today we'll explore the opposite condition of abundant energy flow, resulting in optimal health and well-being.

Perhaps you can remember a time in the past when you enjoyed great health and vitality. You had tons of energy and felt strong and happy. Your body seemed to hum with well-being, and you felt invincible.

Sadly, most of us don't experience that feeling except in short bursts throughout our lifetime. Otherwise, we struggle with fatigue, various illnesses, excessive stress and the perception that our bodies are our enemies, always causing problems and not allowing us to do the things we want to do.

But imagine if it could be the other way around? Imagine feeling great the majority of the time, and only experiencing illness when rarely. How would we get to this state of being?

Again, since there are many different causes for illness, there is not a magic solution for everyone. However, there are certain mind-sets and activities that tend to foster good health more than others. Let's explore a few of them:

- 1) Positive emotion. Quantum physics is beginning to reveal the true power our emotions have over our reality, including the state of our bodies. Positive emotions tend to put us in a state of relaxation, peace, and happiness, while negative emotions create feelings of frustration, anger, and dis-ease – which can trigger illness to form.

To foster a state of well-being, positive emotion is one key that cannot be disregarded. What exactly is positive emotion? States of happiness, gratitude, joy, humor and love seem to be the most powerful.

- 2) Attitude and beliefs. In addition to positive emotion, attitude and beliefs seem to play a big role in the overall health and well-being of a person. If you believe you will get well, you are more likely to recover than someone who accepts a negative prognosis as absolute truth.

Also important is the attitude you hold about your illness. Do you believe it's a punishment of some kind? Do you believe you have terrible luck? Do you believe it's impossible to overcome certain illnesses? Those types of thoughts are more apt to create disharmony in the body.

In addition, the determination to become well again is vital - rather than allowing thoughts of doom and gloom to overtake your focus.

- 3) Proper nutrition and rest. Though our bodies are composed of energy, they are also nourished by nutritious food and clean water (though those are composed of energy too!).

By making sure you eat nutrient rich foods and stay fully hydrated, you give your body the fuel it needs to dissolve blockages and heal.

Getting enough rest is also important because when you rest, you free up more energy that your body can devote to healing disharmony and imbalance.

None of these things will guarantee that you'll never get sick, but they certainly contribute to the likelihood of better health!

More than anything else, BELIEVE that you deserve abundant good health. Too often we take our illnesses personally, believing we must have done something bad in order to deserve such suffering. Instead, illness and imbalance as an opportunity to create a healthful lifestyle and bring your thoughts, emotions, beliefs and habits into balance again.

Part 4 – The Wonder of Regeneration

Have you ever marveled at your body's ability to heal itself? You get a cut, it heals. You bruise yourself, it gradually fades away. Even illnesses that were once presumed to be fatal have shown that they are not impossible to heal, either spontaneously or through various treatment options.

Because we are used to thinking of matter as solid and unchangeable, we tend to view our bodies as lumps of material that we have no control over except to move them around. Instead, they are not really solid at all when viewed on a small scale with the right equipment.

In actuality, your body is like an intelligent machine that is constantly shedding parts of itself and re-growing new parts to take their place. Cells die, and new cells are formed all the time. Experts say that we end up with completely new bodies every few years!

Think about what that means. If it's really true that we end up with all new cells and tissues every few years, who's to say that we couldn't replace diseased cells with healthy cells?

Of course, no one really knows the limits of regeneration yet (if there even are any). We do know that certain species of animals can re-grow limbs and tails. Could humans do the same? Most Law of Attraction experts seem to think so. In fact, many of them say that the only reason humans haven't done it yet is because we just don't believe it's possible.

In any case, one thing we do know is that we have complete control over our thoughts, feelings, beliefs and actions – and those will trigger the Law of Attraction.

Even if you're not sure if you can regenerate parts of your body, you know you CAN regenerate your attitude and beliefs, right? Use that as a starting point, and expand your beliefs from there.

Take a few minutes right now to clarify your beliefs about regeneration and healing. Do you believe it's possible to heal illnesses, even if they've been with you for a very long time? Do you believe it would be possible for humans to re-grow limbs, improve vision, re-grow teeth, or heal scars? Why or why not?

It's important to get a clear idea of your beliefs about health and healing, because truly, what you believe is what you will allow into your reality. If you don't believe it, it won't happen. We'll be covering the power of beliefs in more detail shortly, but for now just get a general idea of what you currently believe is possible or impossible.

Part 5 – Calling in a Wave of Healing Energy

We've been covering some heavy topics over the past several days, and now it's time to lighten up a bit. :-) Today we'll be exploring ways to call in a wave of healing energy. You should find this information beneficial even if you're not dealing with an illness at this time, simply because . . . more energy feels good!

As we discussed recently, illness is often the result of a blockage of energy in the body. Conversely, good health means that the energy is flowing unimpeded through your body as it should be.

There are many great techniques that can help facilitate this, and below are a few of the most well-known:

- 1) **Breath work.** In many cultures, breath is believed to be the force of life. Often referred to as prana, qi, or chi, breath is thought to be the living essence of divinity within us. Breathing techniques are used by spiritual leaders in many traditions to prepare for ceremonies, achieve a deeper state of spirituality, and yes - facilitate healing!

One of the simplest techniques is deep, slow breathing. This means taking full breaths rather than the shallow breathing many of us do most often. You start by inhaling slowly,

allowing the abdomen to expand and then the chest. Once your lungs are full, slowly exhale while making a “shhhhh” sound until your lungs are deflated. Then inhale slowly and deeply again, repeating the process as many times as you like. Note: Be sure to do it slowly and pause in between breaths so you don’t get lightheaded or dizzy.

- 2) Meditation. It is said that quieting your thoughts and connecting more deeply to your spiritual center can instantly create feelings of peace and well-being, which will promote healing in the physical body.

If you’ve never meditated before, don’t feel intimidated by it; it’s very easy to do! Believe it or not, meditation is as simple as quieting your mind. You can also play soothing music if you like, or burn scented candles and incense, or anything you feel will help you relax.

Whatever you do, don’t expect to be able to “shut off your thoughts” right away. Expect to have your mind wander, and simply return it gently to a relaxed focus as often as you need to. Eventually your ability to focus will strengthen and you won’t have to do that as often.

- 3) Visualization. Visualization has been used in healing modalities with quite a bit of success in recent years. Patients have visualized healing light dissolving illnesses, or even a school of “fish” eating away tumors in their bodies – with surprising results!

The great thing about visualization is that it doesn’t matter what images you see in your mind (or even that you see any images at all), but rather how your thoughts make you FEEL. Remember that the Law of Attraction is activated by your emotional state. If you imagine a wave of healing light flowing through your body and dissolving all illness and disharmony, you will emit exactly that type of frequency to the universe!

What should you visualize? Try something like these examples: see illness as a pool of brackish liquid in your body, and healing energy as waves of clear water that flow in and wash it away. Or see illness as a negative belief in need of acknowledgement, and healing energy as the force that can resolve pain and transform illness into wholeness and joy. Or don’t focus on illness at all, but rather imagine waves of brilliant white or golden light sweeping over and through every part of your body, washing away all disharmony and disease.

Again, what you see does not matter – only how it makes you feel. So picture something that makes you feel empowered and whole, and really allow yourself to get into those feelings as you perform your visualization.

There are many more ways to call in healing energy, but these are probably the most common. Follow your instincts on which techniques would be right for you, and do what makes you most comfortable. Remember, if YOU believe it works, it works!

Part 6 – Beliefs and Health

What is a belief, anyway? A belief is a thought that has been repeated and reinforced in your mind so many times that it has become your “truth”. It’s hard to describe just how deeply beliefs control every aspect of your life!

Basically, I can’t say it any better than this: whatever you believe, is true. Whatever you don’t believe is not true. (For you.)

That’s important as far as the Law of Attraction goes, because you will NOT allow something into your life if you hold a limiting belief about it.

For example, let’s say you take all the right actions, think the right thoughts, feel the right emotions and basically do everything in your power to get well. If you don’t believe you CAN heal, you simply won’t allow it to happen because your subconscious mind will block it.

Likewise if you don’t believe you deserve to be healed. If you hold a perception of an angry or judgmental universe (or God), you may not allow a healing to take place because you struggle with unworthiness or fear.

How do you know if you are holding limiting beliefs? Most often you’ll experience a sense of conflict when you try to embrace a new way of thinking. For example, try repeating this statement: “I believe that I deserve to live an abundant, healthy life.”

What happens in your body when you say that? Do you feel tense, anxious or doubtful?

Try this one: “I believe that I can heal any illness or disharmony that forms in my body.”

Any feelings of resistance there?

If so, you’ve got some work ahead of you in order to turn those limiting beliefs around. Think of limiting beliefs as big boulders sitting squarely in the path that leads to your chosen destination. They cannot be moved or navigated around; they must be removed in order to proceed.

One way to do this is by replacing limiting beliefs with positive beliefs. First, of course, you need to have a clear idea of what your limiting beliefs are. Try writing down some statements like those above, and follow your intuition about which beliefs may be holding you back. Focus on two main things: what you believe you deserve, and what you believe is possible.

Once you have some statements to clarify the beliefs, say them out loud and pay close attention to any feelings that come up in your body, or any opposing thoughts that pop into your mind. If you experience any reaction like that, it’s a sure sign that you’ve encountered a limiting belief.

When you've got a clear idea of your limiting beliefs, explore them further. Why do you believe them? Were there experiences in your life that caused them and reinforced them? Are you willing to be open to other possibilities?

Believe it or not, turning limiting beliefs around isn't that difficult, it just requires an open and persistent mind. You can do this by creating a new belief that will contradict the limiting one. However, the trick is to make it believable the way you phrase it.

For example, let's say you have a limiting belief that you cannot heal a disease or condition you were born with. That's a pretty solid belief, especially if it has been reinforced through your entire lifetime by yourself and others. A good way to get around that and create a new, empowering belief is to word it something like this: "I believe that miracles happen every day, and I am just as deserving of good health as anyone." Or "I believe that this condition is an opportunity for me to see what I'm truly capable of creating in my life." Or, "I believe that my mind and spirit can choose health and wellness."

What you say doesn't matter except that it loosens the rigidity of your limiting beliefs!

Once you've got a statement that feels good to you, say it with confidence and say it often. Eventually, you'll find your mind opening even further to include beliefs that would have seemed foreign to you once.

Finally, keep in mind that YOU are the one who forms your beliefs, always. Your beliefs may have begun as messages from others in your life, but you can decide to change them at any time. And once you do, you open up a whole new world of possibilities!

That should keep you busy for awhile, (name). Be sure not to miss tomorrow's email because we're going to pull all of the previous 6 lessons together into one powerful, reality-shifting technique that can make ALL the difference when using the Law of Attraction!

Part 7 – Living From a New Perspective

Hopefully you now understand just how powerful your own thoughts, feelings, beliefs and actions can be when it comes to your health and well-being. I hope you also realize that numerous people have been able to heal even the most aggressive conditions, simply because they refused to believe it was impossible to do so. Medical journals are FULL of unexplainable accounts of healing – could you be the next one?

Today I'd like to share something that has been most powerful in my own life, as far as my health AND all other areas. And that is, learning to live from a new perspective. As we've already discussed, the Law of Attraction responds to your emotional and mental state. You know the importance of thinking and feeling positively, but here is where many people go wrong: they keep shifting back into their old state of dis-ease!

They may do well for a few hours, or even a few days, but before long they are focusing on their illness again, talking about their aches and pains, and living from the perspective of a person who is burdened with an illness.

Now, I'm not going to say it's easy to do otherwise. It's tempting to focus on that which displeases us. It's hard NOT to think about pain when you're experiencing pain. It's hard to feel joyful and happy when you just don't feel well.

But at the same time, living from a new perspective means finding a way to set the illness aside and live each moment as a person who is completely well and happy. Even if it means you have to take a trip to "fantasy land" for awhile.

Here are some suggestions for doing this:

- 1) Gratitude. Gratitude is a powerful state of mind because it automatically gets you focusing on what's good, rather than what's bad. You can focus on feeling grateful for the good things you already have, or you can feel grateful for what is coming – as if it were already here.

Be grateful for being completely healed, even if you aren't yet! Shift your mind-set and imagine that you have experienced a complete healing. How would you feel about it? Joyful? Awed? Relieved? Down-on-your-knees grateful? Allow yourself to feel that way NOW, and you'll help pull such a reality into your current circumstances.

- 2) Separate yourself from your pain and discomfort. This isn't always easy to do, but did you know that there are people who can control pain with the power of their thoughts? In fact, there are cultures that consider this ability a badge of honor. Warriors are tested on their ability to transcend pain through the focusing of their thoughts. You can learn to do this too!

One simple technique I learned years ago involves detaching from the sensation of pain or discomfort, rather than resisting it. When you resist pain or focus in on it, what happens? It intensifies, right? If you instead mentally and emotionally distance yourself from it and remember that it's simply a sensation in your body, not good or bad, it doesn't seem as difficult to bear. There is an element of acceptance involved here – instead of fighting against pain or allowing it to take over your body and mind, you simply accept that it's "there" and shift your focus to other things.

Again, this isn't always easy to do, especially if you're not used to it. But with practice you can get quite proficient at it. These two techniques are a great start, but most importantly just make an effort to think, feel, and act as if you had no blockages in your body, as often as you can every day. The more you do this, the more you contribute your energy to exactly that reality.

Law of Attraction and Money Course

Part 1 – What is the Law of Attraction and How Does it Affect Me Financially?

You're probably used to thinking of money as a tangible object that resides in your wallet and bank account until you're ready to use it. You pay bills with it, purchase products and services with it, and maybe even donate some of it to worthwhile charities.

Where does this money come from? If you're like most people, you probably have a job or business through which you exchange time, products or services for money. This is the most common way to receive money, but did you know you can also attract it with the Law of Attraction?

Have you ever wondered why some people have a lot of money and others have so little? You may be tempted to say that the former group must work hard and the latter group doesn't, but that's not always true either, is it? There are plenty of people who work VERY hard but still barely manage to make ends meet each month. There are also plenty of people who don't work at all, yet have millions of dollars in the bank.

Assuming that both groups have the same potential for opportunities, the difference between them is usually a little something called: MIND-SET.

One group has a wealth mind-set, and the other group has a lack mind-set. The Law of Attraction is activated by your mind-set – in other words, the things you think and feel on a regular basis.

Here's how it works: Your thoughts trigger your emotions. Your emotional state emits a specific "frequency" of energy to the universe, and the universe returns events and experiences into your life, that correspond with your emotional frequency.

When you think and feel positively on a regular basis, everything in your life seems to "flow" more easily, including money. When your thoughts and emotions lean more toward the negative side on a regular basis, you experience more problems, setbacks and financial lack in your life.

Also important are your beliefs. Your beliefs form the structure of what is possible for you. If you believe you have to work hard to have a lot of money, you'll create exactly that experience for yourself. If you don't believe you deserve more than a certain amount of money, you'll block more from arriving! Whatever your beliefs are, they are your TRUTH, and you will subconsciously create "evidence" that supports that truth over and over again until you learn to do things differently.

The good news is that you can learn to use the Law of Attraction to improve your financial situation, and it will be much easier than you might think! In the next several segments of this course, I'll be sharing plenty of tips for doing so.

Part 2 – How Is Lack Formed?

Yesterday we explored the ways the Law of Attraction works to create your life, including your financial situation. You now know that your thoughts, emotions and beliefs have the power to attract a more abundant lifestyle – or more lack.

What is lack and how does it appear in your life, anyway?

Lack is the condition of not having something. In other words, lack is the ABSENCE of something. But the absence of exactly “what” may surprise you. Lack is not the absence of money, or health, or love. Those are just the symptoms of lack.

At its core, lack is simply the blockage of ENERGY.

EVERYTHING IS ENERGY! When you experience lack of any kind, you are cutting off the natural flow of energy through your life. This can affect much more than your financial situation. In fact, you may notice that when you lack one thing, you usually lack other things too. Your relationships may be more strained or distant; you may experience poor health, lower energy, financial difficulties, or even appliance or vehicle breakdowns. None of this is a coincidence! When you block the flow of abundance, it can manifest in many different ways.

How does this blockage get started? By focusing on what you do not have, or what you do not want. Though it sounds like a bad joke, lack is formed when you focus continuously on lack!

Every time you worry about your financial situation, agonize over a shortage of money, or feel stressed about your bills, you attract the experience of lack into your life. The more you think about things and experiences you don't have, the more you'll attract an absence or blockage of the things you want.

This creates a nasty cycle that you can remain stuck in for years! Focus on lack, create more lack, which makes you focus even more on lack, which creates even more lack . . . and on it goes indefinitely!

It gets even worse too, because focusing obsessively on the lack in one area of your life can attract lack into other (even unrelated) areas of your life too. Next thing you know your entire life is in a major funk and you have no idea how it got so bad.

If you're stuck in one of these funks right now, don't worry! Turning it around is a simple matter of identifying the things you're doing that are creating more lack, and learning how to

focus more on abundance – which we will cover in detail in the next few installments of this course.

Part 3 – Thoughts and Emotions that Attract Lack

The more you lend your attention and energy to the existence of lack, the more you fuel it!

What exactly do I mean by “lending your attention and energy to the existence of lack?” There are specific thoughts and emotions that create lack and make it grow stronger in your life.

Here they are, in no particular order:

- Fear
- Anxiety
- Helplessness
- Hopelessness
- Pessimism
- Doubt
- Frustration
- Worry
- Jealousy
- Resentment

Every time you choose one of these focuses, you create more lack. In order to turn lack into abundance, you have to AVOID investing in these negative emotions. That’s not easy to do, I know. Especially when you’re feeling stressed by financial issues, your natural tendency is to obsess over them and try to find a solution. But every time you allow yourself to feel these emotions, you keep making matters worse.

There are two things you can do to prevent these emotions from creating more lack:

- 1) First, as I mentioned a moment ago, avoid sinking into feelings like those described above. As soon as you notice yourself starting to feel stressed or worried about money, immediately shift your focus to something else. You can engage in a bit of self-talk if it helps; say something like, “There’s no point worrying about something I can’t control, so I’m going to focus on something that makes me feel good.” Then spend time on unrelated activities.

I’m not suggesting that you ignore financial crises or shirk your responsibilities. Rather, give these issues the attention they require and do what you can to make them better. If it makes you feel better to get a second job or refinance/consolidate your loans, do it.

But most important is to avoid INVESTING NEGATIVE EMOTIONS into these issues as you work to resolve them. Stay as detached as you can while doing what you have to do.

- 2) Secondly, begin directing more positive emotions toward your financial situation. Even if you have to engage in a bit of fantasizing in order to do so, you need to get some positive emotions flowing to attract more abundance!

There are many ways to do this, but one that always works for me is to keep affirming, “I always have more than enough money for everything I need.” Just keep saying it over and over again, allowing yourself to feel confident and happy that your financial needs are being met. This is also a good thing to do when you notice you’re starting to feel worried or frightened about not having enough money. Just immediately turn the focus around and say, “I ALWAYS have more than enough money for EVERYTHING I need.” (Say it with power and conviction in your voice, and really believe that it is so.)

As you begin shifting your focus from negative emotions to positive emotions, you should start to notice your financial situation shifting to a better place also. You might receive an unexpected check in the mail, you might get a bonus or pay raise at work, or you may even notice you’re starting to receive unexpected gifts from other people or companies.

These are great signs that it’s working! Keep replacing negative emotions with positive as often as possible and you’ll keep the good energy flowing – which will keep inspiring greater and greater change in your life.

Part 4 – Activities that Intensify Lack

Are you starting to feel a shift in your financial situation yet? If not, be sure to keep choosing the positive emotions as often as possible. It may take a little time to notice changes taking place, but the end result is well worth it!

Today we’re going to cover some destructive habits and activities that contribute to lack, and offer helpful suggestions for turning them around.

To start, I’d like to ask you a question: How do you treat your money?

If money was a person in your life, would he or she feel honored and loved; or abused, neglected and disrespected?

Ouch. If you’re like most people, your relationship with money could probably use a little tender loving care. Attracting more money into your life means learning to treat money with respect and kindness.

I know, you're thinking, "What, respect and kindness for an inanimate object? Why?"

Because money is NOT an inanimate object at all! It is energy, remember? Even more importantly, it is a projection of YOUR energy. That means it is a part of you, and it has a life and intelligence all its own.

If someone treated you the way you treat your money, you probably wouldn't stick around for more abuse, would you? Money won't either.

Therefore, it is crucial to avoid these habits and activities where your money is concerned:

- Excessive spending
- Excessive debt
- Reckless disregard for the importance of money
- No savings plan
- Financial disorganization
- Poor planning

You see, the problem isn't that you don't have enough money. The true problem is that you are not managing your money in a way that attracts more of it!

Here are the best things you can do to begin honoring your money (and attracting more!).

- 1) Begin a savings plan immediately. It doesn't matter if you can only spare a dollar or two each week, but begin setting aside money into a savings account right away. And do not touch that money for ANY reason! This step is very important because it puts you into the mind-set of "having money" – even if the amount you have isn't a lot yet. The more you do this, the wealthier you're going to feel as you remember that you're not "living on the edge".
- 2) Avoid spending money on anything that doesn't contribute VALUE to your life. Do you really need that cute purse when you've already got a closet full of them? Do you really need more "toys" that will only gather dust when you tire of them in a few weeks? Instead, begin spending your money on things that will help you to grow and deepen as an individual. Buy books to expand your knowledge. Invest in business courses or career development programs. Better yet, begin contributing money to investment programs so it can grow and eventually work FOR you.

This doesn't mean you can't enjoy the occasional treat. You can still enjoy nice things, but be very choosy about what they are and how often you buy them.

- 3) Get organized. If you haven't balanced your checkbook in ages, or you have no idea how much debt you have, figure it out and create a plan for paying it off. The point of this exercise is not to make you feel bad, but to take responsibility for your financial situation. Trust me - you'll feel much better when you have a clear understanding of where you stand right now, and a solid plan for getting somewhere better.

Part 5 – Forming an Abundance Mind-Set

Today we're going to cover how to develop an abundance mind-set so you can stay focused on attracting greater prosperity into your life.

An abundance mind-set is pretty much the opposite of a lack mind-set, and it's easy to switch from one to the other – with a little conscious choice.

There are three main steps I'd suggest in order to create an abundance mind-set:

- 1) Give all of your attention and energy to abundance. Remember in a previous email I said you needed to avoid contributing energy and emotion to lack? Now you've got to start giving all the energy and emotion you can to abundance!

Here's how: As often as you can, keep aware of the abundance surrounding you. Look at your home and all the possessions within it, and marvel at how wealthy you really are. Feel grateful for all you have, and affirm that more is on the way.

Also be sure to notice abundance in the world around you. See how nature blooms and grows so effortlessly, and gaze in awe at store shelves that are loaded with anything you could ever want! Abundance is everywhere if you simply open your eyes to it!

- 2) Believe it's possible to have more than you can imagine. You're probably used to thinking of your financial situation in very limited ways. You earn money from a job or business, but you can't see any other way for money to come to you. Acknowledge daily that the universe has UNLIMITED options for sending more money into your life. Decide on a sum of money you'd like to receive in the near future, and then begin affirming that it is on the way to you. Don't worry about HOW it will arrive. Just believe that it will find a way to enter your life.
- 3) Expect to receive. Your expectations are very powerful! If you expect to have a limited amount of money, that's exactly what will happen. Instead, start expecting more money to come to you from many different sources. Affirm daily, "Today I expect great things to happen! Money, success and abundance in all forms will find their way to me effortlessly and quickly!" Then be on the lookout for great opportunities – and grab them when they arrive!

Do you see how easy it is to shift your focus from lack to abundance now, (name)? It's really just a matter of what you choose to focus on and invest in emotionally. However, there are also specific actions you can take that will help too.

Part 6 – Activities that Increase Abundance

Today I'd like to share a few tips about physical actions that can begin attracting more abundance into your life.

- 1) Do what you love. The more time you spend feeling GOOD, the more positive emotion you contribute to the creation of your life. This is true in relation to your financial situation, but also ALL other areas of your life.

Be sure to make a habit of doing the things you really LOVE to do. This can be everything from creative pursuits to reading inspiring books; spending quality time with friends and family, and making your own self-care a high priority. If it makes you feel light, happy, fulfilled and relaxed, do it as often as possible!

- 2) Open gateways for prosperity to enter your life. Are you doing everything you can to help the universe send more money your way? Or are you disallowing abundance by refusing to take action? The universe can find many ways to boost your abundance, but it can do so much more easily if YOU take action to invite greater opportunities! Possible action steps might include: applying for a better paying job, buying a lottery ticket, networking with successful people, sharing your talents and skills with the world, and anything else that will create an opening for abundance to enter your life.

Most importantly, do these things without attaching specific expectations to them. Instead, allow the actions themselves to be fun and enjoyable. Do them because you enjoy doing them, without expecting them to pay off in any other way. When you do this, you are “allowing” lots of great things into your life – including money and abundance in many forms.

- 3) Don't worry about the “how”. We're so used to trying to figure everything out on our own that it can be hard to detach from “how” abundance will come to you. Don't try to brainstorm money-making activities or focus obsessively on how to bring in more money. Instead, let the universe work on your behalf. Decide how much money you'd like to have in the immediate future, and then ask the universe to lead you to the best opportunities for attracting it. Not only will you discover better opportunities than you could hunt down on your own, you'll probably enjoy them much more too!

These three steps may seem very simple, (name), but they hold great power because they send a strong message to the universe that you are ready, willing and open to receiving greater abundance into your life – without grasping desperately at it.

Part 7 – Shifting Into an Abundant Reality

Did you know that you can instantly create change by simply SHIFTING INTO AN ABUNDANT REALITY?

Here's what I mean by that. Right now, you are living FROM a specific reality. Since you signed up for this course, I'm going to assume that your reality isn't exactly what you want it to be. You don't have as much money as you'd like to have, and perhaps you've got lack in other areas too. In your mind, this is your "truth" – it's the perspective you live FROM in every moment of every day. Right?

But what if you could change this perspective simply by changing your mind-set? You can!

You can do this by simply thinking, feeling and acting like you would if your reality were different.

How would you think, feel and act if you had all the money you wanted? How would you think, feel and act if you were successful, happy and content with your life?

I bet it would be different than you think, feel and act right now! Am I right?

Starting immediately, I want to encourage you to think, feel and act like a person who is already living the life you want to be living. Make list of words that describe how you would feel in this new reality. Examples:

- Happy
- Secure
- Wealthy
- Content
- Confident
- Fulfilled
- Passionate
- Alive
- Joyful
- Grateful
- Relaxed
- Peaceful

Keep this list of words handy, and then start thinking, feeling and acting that way as often as possible!

Now, keep in mind that you'll probably feel strange doing this at the beginning. It will feel almost like you're acting in a play, or like you are lying to yourself. That's normal, because your current self-image won't match up to the new self-image you're trying to adopt. That's okay!

The more you do this, the more comfortable you're going to get with it, and eventually your physical circumstances are going to start shifting in a new direction. Believe me, it works!

Just keep at it as often as you can, consciously choosing to live FROM your new reality. BECOME the person who is living the life you want to be living, and you will create that life for yourself.

More than anything else, the one thing I want you to take away from this e-course is the fact that using the Law of Attraction to improve ANY area of your life is as simple as learning to think, feel and act in different ways.

The way your life is right now is not an accident. It resulted from very specific things you did to create your circumstances. I'm not saying that to make you feel badly, but rather to show you that you DO have the power to choose different, BETTER circumstances too!

Knowing what you know now, you can call in much more abundant, passionate, fulfilling life circumstances and never feel like a victim again.

Law of Attraction and Relationships Course

Part 1 – What is the Law of Attraction and How Does it Affect My Relationships?

Over the next 7 days we're going to cover some great information that will help you to attract better relationships into your life, or better improve the ones you already have. You'll find that the information is geared more toward romantic relationships, but it can easily be applied to any other kind of relationships too.

First, let's go over exactly what the Law of Attraction is and how it applies to your relationships.

The Law of Attraction works according to your thoughts, emotions and beliefs. Your thoughts trigger your emotions and your emotions emit a "signal" to the universe, which then responds by returning corresponding experiences and events into your life. Basically, whatever you tend to focus on the most is what you'll attract into your life – including the types of people surrounding you.

Take a moment right now and think about the people in your life. Are your family members, friends, co-workers and associates the types of people you want to connect with? Or do you feel like you must have been dropped from a helicopter into a group of people you have nothing in common with?

What about your significant other? Do you have a loving, intimate connection with another person, or are you still waiting for the right person to come along?

Believe it or not, these circumstances are no accident. Your connections with the people around you (or the absence of the person/people you're still waiting for) are usually the result of your mental and emotional state on a day-to-day basis. Does that seem hard to believe?

That's because most of us create our lives by default. We don't purposely try to create problems and other things we don't want – we just don't know how not to.

The Law of Attraction simply gives you what you ask for – even if you don't realize you're asking!

Besides your mental and emotional states, your beliefs also come into play, either blocking or accepting the things you've asked for.

That's important to understand because even when you think you're emitting the "right" energy to attract something you want, your beliefs might still be holding it back.

If you don't believe you deserve loving, harmonious relationships, you will subconsciously block them from forming! If you believe that other people can't be trusted, or they're deceptive, or

they are all out to hurt and betray you, you will push them away – even if that doesn't apply to the majority of people you meet.

The subconscious mind works in mysterious ways!

We're going to delve into these concepts in much more detail over the next 7 days, starting at the beginning: with your relationship with yourself. This is important because that is where ALL relationships spring from.

Part 2 – Reflecting Your Relationship With Yourself

Now that you understand how the Law of Attraction is activated by your thoughts, emotions and beliefs, you may be asking yourself what on earth you must have been thinking to have attracted some of your previous or current relationships.

Remember, it's usually done by default, so don't get too down on yourself about it.

Believe it or not, ALL of your relationships are simply a reflection of your relationship with yourself. Have you ever noticed a correlation between the way other people treat you and the way you treat yourself?

Think about it for a minute.

If you constantly find yourself surrounded by people who disrespect you or mistreat you, think about how you treat yourself on a regular basis. Are you hard on yourself when you make mistakes? Do you demand a lot from yourself? Do you push yourself harder than you need to, or neglect nurturing and caring for yourself?

If most of the people in your life don't seem to care about you or really love you, ask yourself if that is true of your relationship with yourself too.

Take a few minutes to jot down some insights about your relationships with others. Include your family members, spouse (or ex-spouses or partners), children, friends, co-workers, colleagues, and so on.

Write down the ways they usually relate to you, and then compare those actions and attitudes with the way you usually treat yourself.

I bet you'll be surprised to see a lot of correlations there!

Now, take a few minutes to think about how you'd LIKE to be treated. What would you like your relationships to be like? How would you like others to treat you?

And, the most important question: Are you willing to start treating yourself the same way?

Something truly amazing happens when you do this. Other people start seeing you in a different light, and treating you in accordance with how you treat yourself!

I know it probably sounds unbelievable to think that you can change how others relate to you just by changing the way you treat yourself, but it's true!

ALL relationships in your life are a direct reflection of your relationship with yourself.

Now, what about the absence of relationships? What if you're still waiting for Mr. or Ms. Right to come walking into your life? What does that mean?

Usually, it means you are not open to a healthy, intimate relationship (or possibly the timing isn't quite right yet).

For starters, ask yourself if you really believe you deserve an intimate relationship with another. Is part of you frightened about trusting again? Are you afraid of getting your heart broken? Do you distrust your ability to tell a "good one" from a "bad one"? Ah, alarm bells are going off in your head right now, aren't they?

If not, you may just need to do a little further exploration before you'll know for sure why you're blocking an intimate relationship – but a reason does exist, I assure you.

Part 3 – Wholeness from Within

Have you discovered some insights about your relationships with others (or the lack of relationships you thought you wanted)? Most likely, you're beginning to see how your own thoughts, feelings and beliefs have attracted certain kinds of people into your life – and repelled other kinds of people.

More importantly, you understand how powerful your relationship with yourself is when it comes to the treatment you receive from others.

Today we're going to explore the concept of wholeness, especially as it applies to romantic relationships.

If I had a nickel for every person who expected a romantic relationship to make them whole, I'd be a millionaire! Logically, you probably realize that no one else can make you "whole," because you are already whole.

Yet, if you still haven't found your "soul mate," you probably feel empty somehow, like something is missing. That sense of emptiness is what usually makes people search for the love of their life, the missing connection that will finally make them feel "whole." You've heard the expression, "two halves of a whole," right?

That is a complete crock. Pardon my bluntness. I blame Hollywood and fairytales for making us believe that we have to be locked in a passionate embrace to feel like our lives are complete.

Don't get me wrong, romance is awesome! Love and passion are right up there on the list of the greatest things on earth. But you do NOT need a passionate love affair in order to feel like your life is joyful and meaningful!

Do you know what really causes that feeling of incompleteness? Your perception that you must be involved in a relationship to feel complete. And according to the Law of Attraction, such a belief MUST be TRUE! If you persist in believing that you won't be whole until you find Mr. or Ms. Right, you will make that your reality.

The problem with doing so is that you place an awful lot of pressure on any potential partner that enters your life. Even if you don't say it, they can sense that you are depending on THEM to make you feel whole and happy. That's not really their job, is it? It's yours!

In order to attract the love of your life, you need to be whole and happy ALREADY – before they enter the picture.

There's a good reason for this. Whenever you try to bring something into your life with the Law of Attraction, your emotional frequency emits the signal of what you want to the universe. When you feel like you desperately "need" something in order to be happy and whole, you are emitting the reality of "neediness," which will attract more of the same.

On the other hand, when you emit a frequency of happiness and fulfillment about your life, you attract other whole, happy people – including one that seeks a life partner too. ;-)

So, be sure to do whatever you can to fill yourself up from within! Do things you love. Create a life you love, even if Mr. or Ms. Right hasn't shown up yet. When he/she does, you'll want to be ready to welcome him/her with open arms!

Part 4 – Being the Perfect Partner for Your Perfect Partner

Yesterday we discussed the importance of being whole and happy before your perfect partner shows up, rather than relying on another person to make you feel complete. That's a powerful start, but there are also other things you can do to boost the likelihood of attracting the type of partner you want.

Today I encourage you to make a detailed list of the qualities and traits you'd like your perfect partner to have. What do you imagine he or she will look like? What type of personality will he or she have? What aspirations or ambitions for the future will he or she have?

Use as much detail as you can, covering everything from career to personality, spiritual beliefs, physical appearance and beyond.

When you're finished, read over the list. Did you include everything you want your perfect partner to have?

Now comes the fun part. Go back over that list and check off any of the traits and descriptions that fit YOU.

Do you have the same type of spiritual beliefs you want your partner to have? Do you have the same type of personality? Do you have the same level of goals and ambitions in life?

Don't worry if you don't have ALL the traits – that's not the point of this exercise. Instead, notice how many you do have, compared to how many you don't. Then ask yourself this question:

Would I be the perfect partner for this person I want to attract?

Obviously, you and your partner are two separate people, so there will be differences in your personalities and goals. But if the differences are too great, what makes you think your perfect partner would be attracted to someone they have almost nothing in common with?

If the traits and qualities on your list are important to you, you need to start developing them within yourself first!

Then when your perfect partner arrives on the scene, he or she will quickly recognize a kindred soul – and sparks are much more likely to fly. There are other factors involved, of course. But BEING the perfect partner for your perfect partner is a very big part of it.

Part 5 – How to Attract the Love of Your Life

Today we're going to talk more about the things you can do to actually begin attracting them. And the very first step is to STOP TRYING to attract your perfect partner!

What??? Bear with me; it actually makes sense when you think about it.

The more you obsess about finding your perfect partner, the stronger message of “need” you send to the universe. You'll enter every social situation with the expectation of meeting “The

One,” and if it doesn’t happen you’ll feel disappointed, which only sends more negative energy to the universe!

Instead, you have to be willing to let go of your expectations to meet Mr. or Ms. Right. You must DETACH from how and when it all comes about.

That’s not easy to do, I know. But it’s necessary because otherwise you continue to convey neediness and desperation to the universe – which is what you DON’T want.

Rather than walking into every situation with the expectation of meeting “The One,” make it your mission to simply enjoy meeting interesting people. Think of them as friends only, not potential love matches. If sparks happen to fly between you and one of those people, great! See where it might lead. But don’t EXPECT to have a match.

Make sense?

Another important thing to do is create openings for potential partnerships to form. After all, you want to make it more likely that your perfect partner will find you, right? That means engaging in activities that your potential partner would also be likely to engage in.

Now, you don’t have to go nuts with this and join dozens of clubs or exhaust yourself with excessive social activities. Your perfect partner can find you anywhere, really. But do what you can to increase the likelihood, within reason.

Now, is it possible to attract someone SPECIFIC with the Law of Attraction?

I get this question a lot, and my answer is always the same: Yes, but ONLY if that person feels attracted to you too! If he or she does not want to be with you, you will be wasting your time by trying to force something that isn’t going to happen. Please don’t do that to yourself.

If you have feelings for someone that doesn’t feel the same about you; or if you’ve broken up with someone who does not want to get back together with you – you MUST find a way to let them go. You cannot use the Law of Attraction to force them to want you. You just can’t.

Instead, be willing to believe that there is someone BETTER for you out there; someone who has many of the same traits as this other person, but who will be an even better match for you.

Part 6 – Making Room for Your Perfect Partner

You know the importance of being whole and happy on your own, as well as the importance of being the person your perfect partner would want to be with. Finally, you’ve now got some clear ideas of things you can do to help bring him or her into your life.

But, what will you do when he or she gets here? Is there room for this new person in your life?

Let's face it; new relationships take some adjustment before you settle into a comfortable routine. If your life circumstances are rigid and restricted, you may have a difficult time shifting them to make room for the addition of a new relationship.

However, you can begin the process NOW so your perfect partner will slip into your life with barely a glitch. There are 3 main areas you should give some attention to:

- 1) Time. Do you have time for a committed relationship? Do you work a lot, or have other demands on your time?

One thing that many of us do when we get involved in a new relationship is drop everything else. It's understandable because when we're in love we feel so happy that we don't want that feeling to end. So we might neglect our friends and family members, or even our work or other obligations for awhile, which isn't healthy.

Try to avoid this by instead making room in your schedule for your perfect partner. When he or she arrives, how much time will you spend together? How much time do your other obligations require?

You don't have to get too detailed with this, but do your best to make room in your schedule for the new relationship you're attracting. When you do, you create a space for it to arrive in your life!

- 2) Physical surroundings. The same thing goes for your physical surroundings. Is the passenger seat of your car loaded with so much stuff that no one else can sit there? Is your home crammed to the ceilings with your own belongings with little room for someone else's belongings?

Go through the same process of making room for your perfect partner in your physical surroundings as you did with your schedule, and you'll create a space for him or her to become part of your life.

- 3) Emotional. Finally, are you emotionally ready to welcome your perfect partner into your life? You may think you are, but I want you to have a clear picture of what it will be like to share your life with another person.

Are you ready to connect intimately and communicate deeply with another? Are you ready to open your heart and trust another person?

If not, you will find a way to sabotage any new relationship that enters your life. To avoid this, be sure to prepare and strengthen yourself emotionally beforehand. One good way to do this is by visualizing yourself feeling confident and strong from within as you open your heart and share your life with another person.

These three areas are key, but the point is to create a space in all areas of your life so when your perfect partner comes along he or she will fit right in!

Part 7 – Living From Your Perfect Partnership

Today we're going to explore the concept of living FROM the reality you want to attract. In this case, living from the reality of already having your perfect partner in your life.

One powerful way to work with the Law of Attraction is consciously being the person who has what you want. We've already discussed doing this on a physical level by being the person your perfect partner would want to be with, and engaging in the activities that your perfect partner would also be likely to engage in.

This time, however, I'm referring more to your mental and emotional state as you go about your daily activities. Are you thinking, feeling and acting like a person who already has their perfect partnership?

Or are you constantly focusing on how lonely and isolated you feel? Do you gaze jealously at other couples, wondering impatiently where your partner is? Do you feel sorry for yourself when you hear love songs on the radio or watch a romantic movie?

All of these things are sure to keep you living from the perspective of NOT having the relationship you desire! If you turn this around, you are much more likely to attract what you want.

Here's what I would suggest:

- Beginning immediately, give your best effort to thinking, feeling and acting like a person who is involved in a loving, committed relationship.
- Feel loved, cherished, happy, and secure.
- Be happy for other couples when you see them because you know the joy of feeling connected and intimate with a significant other.
- When you watch romantic movies or hear love songs on the radio, let your heart lift with joy and gratitude for the way they inspire you.
- Affirm as often as possible that your perfect partner is already here and will enter your life at the perfect time. Feel grateful and happy about it because you KNOW it's true!

That's as far as your thoughts and emotions are concerned, but living from your perfect partnership also involves taking the actions that you would take if you were already involved.

Would you eat in nice restaurants? Would you take long, leisurely walks on the beach? Would you go out dancing?

Whatever activities you picture yourself doing with a lover, begin doing them yourself! If it makes you too uncomfortable to do them alone, ask a friend or family member to join you.

The more time you spend living FROM the perspective of your new reality, the more quickly and easily your current reality will shift to include the things you really want.

That will do it for our Law of Attraction and Relationships E-Course, (name). Did it help you understand a bit better how the Law of Attraction works according to your thoughts, feelings, beliefs and actions?

Attracting your perfect partner is no different than attracting anything else you want. Simply get clear about what you want, make room for it, and focus your thoughts, feelings, beliefs and activities in such a way that pulls it right into your life.

I wish you all the best

Iain Legg

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