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Introduction to the Law of Attraction

The simplest way to define the Law of attraction is:

Your thoughts dictate your reality. Whatever you think about you attract into your life – whether you want to or not.

This sounds a little far out, but it has its roots in logic, and can be seen in all areas of everyday life. We will now quickly go into things a little deeper and give a proper introduction to the law of attraction and manifestation.

One Consciousness?

The underlying concept behind the Law of attraction is that we are all part of the same consciousness or that we are all connected both to each other, all things in the world and the whole universe.

We all all the same thing in terms of energy – **we all belong to the universal energy system**. By focusing our thoughts, and directing our intention in one direction we send our thoughts out into the universe – where they are received and sent back to us as manifestations. Simply put – we attract into our life whatever we think about.

Now, if you have just thought of a pink elephant and wonder why it isn't already in your living room, the explanation is simple: your thoughts don't manifest right away, they need to be focused and empowered by a strong emotion and the belief that what you're thinking about **is going to manifest**.

Some Everyday Examples

Here are a few examples of the Law of attraction at work:

- One easy example of this is that positive people attract – you guessed it, other positive people. No one wants to be around aggressive, negative, or angry people, and yes these people attract more of the same too. However, positive people attract other happy people to them. People want to be around them and the positivity spreads, and bounces between people.
- Another example is when you are thinking of buying a new car. You get your mind set on a particular brand and type. All of a sudden you see the car everywhere. You see adverts for it, you see it driving past you in the street etc. your thoughts are manifesting this car in your life.

- Finally, have you ever experienced the phenomenon where you are thinking about a friend or a family member and then the phone rings – and they are on the end of the line? Or perhaps you bumped into an old friend in the street just after thinking of them?

These are all natural examples of the LoA in your everyday life. However, the idea is to **take this one step further** – not just to think positive, but to really focus on things you want to bring into your life – really focus on that new job, the new girlfriend, even attracting money into your life.

And this is actually why we created [The Law of Attraction Library](#). This website was setup to help to ensure that you don't fall into the trap of wishing but not acting. We don't *only* talk about “manifesting”, “believing”, “taking action”, but also give a down to earth, straight forward view on the Law of attraction, and offer simple advice and practical steps which you can take to increase your manifesting success.

Chapter 1: Knowledge Is Power

The principle of knowing, or knowledge, is the first principle you need to understand, accept and act upon. It means that, if you want the LoA to work for you, you have to work on learning about the subject area – and that means two things:

Know How the Law of Attraction Works

Why it's important to understand how the LoA works – isn't it as simple as making a wish?

Unfortunately, no. Although the main principle of the Law of Attraction can be defined simply enough – **like attracts like**, or **you get what you expect**, making that principle work for you is more than just passively wanting for a change in your life to happen.

Think about it this way: you want to make a change in your life – say, to learn Spanish. Just wanting to learn it isn't going to get you far, right? Neither will skimming through the books or watching Spanish movies. If you really want to learn Spanish, you have to take a professional attitude towards learning, immerse yourself in it – including reading books and watching movies. You have to be proactive, to make an effort to understand the language principles, and to apply them. You can't do it just by sitting on your sofa and thinking “oh, it would be great if I could speak Spanish”.

It's the same with everything else you want to change in your life, and manifestation is no different. If you have only just discovered the Law of Attraction, the words like “you'll get what you expect” are exactly that – words.

Do you know what to do with them, how to apply them to your everyday life, how to change the way you're thinking? You don't.

It's important to know that the LoA exists and works no matter whether you are aware of it or understand it. It just works, like gravity. But if you want to turn it to work in your favor, you have to learn the way it works, the techniques that you can apply, the steps you can take. You have to get a full understanding of manifesting, and you have to take regular time to educate yourself.

The information and articles in this guide and on our website are a big part of that – they will help you stay focused, and be your foundation for success.

Often people who discover the Law of Attraction and the power of manifestation get so excited about the possibilities that it opens them up to, but neglect to make the effort and understand it deeper, and to act upon it; so it often boils down in their minds to “it's as simple as making a wish”, and when they see that nothing is changing in their lives, they simply proclaim that “this doesn't work”. And **nothing changes** in their lives. Never.

You see, the big secret is that it **can be** as simple as making a wish... but not right away. After a while, when you understand the principle, when you make the effort to change your attitude, your

thoughts and your emotions, and when you get the hang of it – it will be that simple. This guide and the entire Law of Attraction Library are here to help you stay on track, so consider them your new best friends :)

Know Exactly What You Want

This is the second aspect of the “know” principle. Your thoughts are your weapon for the manifestation of your dream life, and it’s important that you learn how to properly define them.

Many of us focus on what we don’t want in our lives: I hate my job; I don’t want to feel anxious; I don’t want people to avoid me; I don’t want to be fat. The truth is, the more we think about the things that make us unhappy, the more of them we attract, and we get more unhappy, we see these things everywhere around us – because our thoughts and the emotions they provoke have manifested them and brought more of them into our lives.

So, instead of thinking: I don’t want to feel anxious, think about what you **do** want. It’s usually the opposite of what you don’t want, so in this case it would be: I want to feel happy, relaxed, positive.

The Law of Attraction says that your thoughts and your emotions define your reality. Now, your thoughts will never, not even when you get the hang of it, manifest immediately (you don’t want that anyway – you’ll never be able to control every single one of your thoughts, and if you thought of a vampire, or of an elephant in your room, would you want them to appear in front of you?). That means that the life we’re living now is the product of our past thoughts.

If we continue to have the negative thoughts (I’ll never be rich; I’m so unhappy; my friends hate me), **we are creating our future life of misery.**

Think and feel the “happy thoughts”. To put it in the fairy tale language, happy thoughts allowed Peter Pan to fly, he couldn’t do it without them, even with the fairy dust. The analogy works perfectly for the Law of Attraction: even though the manifestation is real, possible to influence and accessible to everyone, you need your own material to make what you want out of it.

Changing your thoughts make your emotions change; when you picture your life of happiness in every detail, when you imagine it so vividly that you can feel it like it’s real – that will put the Law of Attraction in motion in the way that will make your life of happiness happen. And you don’t even need to know how it will happen. Just think your happy thought.

That’s why it’s important to be precise in what you want. If it’s a big house with a pool, then say it: I want a big house with a pool. And imagine it in every detail.

But first, you have to **know what it is that you want**. Not what you think is achievable for you – don’t limit yourself, the Universe will find its way if you are aligned with what you really want, no matter how unbelievable it may look right now. And not what you think you should want – release yourself from the expectations of others, these aren’t your wishes.

So what is it that you want? That you truly want in your life, right now?

This is your first exercise:

Take a piece of paper and write it down, every single one of your wishes. Give yourself 20 minutes or an hour and think of everything that you would like to have in your life, that would make you truly calm and happy. No matter if it's big or small, if you think it could or it couldn't happen - just write down what you want. In a perfect scenario, what would you include in your life? Or how could you improve what you already have.

Chapter 2: Focus Your Mind

The Law of Attraction, once you understand how it works, is essentially a simple concept: you attract what you think about the most to your life. Your thoughts, empowered by the strength of the emotions they provoke, are capable of manifesting and creating your life – in fact, no matter whether you're aware of it or not, whether you believe it or not, the life that you're living right now is the life you have created for yourself some time in your past by thinking it.

That sounds cool, right – we create our own universe. So why, you may ask, is your life crappy, why that girl doesn't love you back, why your job sucks? If you have read anything on how the Law of Attraction works, you should already know – or at least guess – the answer to that, but we'll explain anyway: because you were thinking it so vividly, your thoughts about the impossibility for that girl to love you were so intense that they have caused the strong belief that you were unworthy of her love – thus **creating the universe in which she probably doesn't even know you exist**.

It's tempting to make the Law of Attraction about your **wishes**. Only, it isn't. It's about your **thoughts**.

That's why the principle of focus is so important: first and foremost, **focus on what you do want, not on what you don't want**. What you think becomes your reality, so if you think: why doesn't she love me? – you're focusing on the negative things, the things you don't want, but they become real nevertheless simply because you believe they are. Or, as Henry Ford put it:

“Whether you think you can, or you think you can't – you're right.”

Define Your Wishes and Pick One Goal at a Time

If someone said to you: “Make a wish, anything you want, and I’ll make it happen.” – what would your wish be? Would you be able to define it so that it covers every little detail that will make you happy?

Most people can’t, and you’re probably one of them. Some of the usual types of wishes are:

I want a better life.
I want a great boyfriend.
I want to be married by the end of the year.
I want my children to be successful.
I want more luck.

Now, if you said to that person: “I want a better life” – how can he know what exactly you mean by that, what “a better life” means to you? He can guess, yes, but he can’t guarantee that you will be happy with what you will get. A great boyfriend – if you want him to be tall and handsome, say so; old, generous, chubby guys can also make great boyfriends. Married by the end of the year? Fantastic! You would be very happy if you married a guy who drinks beer all day long and enjoys slapping you every once in a while, wouldn’t you?

It’s the same with the Law of Attraction. You will get what you want/think about, but unless you’re **precise in every detail**, it may not be what will truly make you happy – or you may end up with nothing at all, because your “wish” was too abstract, and you were unable to focus your mind on it as intensely as you should have.

And now maybe you’re starting to realize why it’s not smart to start with “big wishes”. They dilute your thoughts and require too much concentration. So start small.

If you made that list of all the things that would make you happy, things that you’d like to manifest, and you can now start with the ones that are the least difficult: if a cup of coffee would make your day, then start with a cup of coffee. If it’s a boyfriend wish, then start by thinking about just meeting someone tall and handsome (or chubby and generous, if that’s what you prefer). Focus on it, and don’t think about anything else. Choose one goal at a time. And then, when you get confident and after you get a deeper understanding on how the Law of Attraction works, go bigger.

Defining your goals is one aspect, and focusing your thoughts on it is the second one.

Focus On the Things You Want to Attract

After you’ve picked your goal, it’s time to give it your full attention. That doesn’t mean that you should dwell on that cup of coffee all day long, but for a few minutes that you do, make it worthwhile.

Focus your mind and your emotions intensely on your goal. Imagine that you have already achieved it, the feeling that you would have once it manifests in your life. Positive thinking generates positive emotions, and the stronger your emotions are, the better and faster results you get.

You can use a range of tools to increase your focus and mental concentration, whatever works best for you. Meditation and guided meditation can help you take control of your mind; hypnosis and subliminal messages are often used to get you in a positive state of mind that makes manifestation much easier; visualization is probably the most popular method – and they all work, just pick the one that will work best for you.

Once you have mastered manifesting the smaller goals, you will be free to pursue bigger ones, and you'll know exactly how to do it. The Law of Attraction itself doesn't make the difference between big and small things – if you want to own a \$5 million house or to reconnect with your childhood friend, it's just the same in the order of how things work; but it makes a huge difference to you and to how successful you are in making it work.

And remember – there's no limit in what you can wish for, and no set number, so don't be afraid that you'll waste them. You can attract anything you want, and there's no rush, you don't have to do it all at once – but you do have to do it carefully, or it won't happen.

Your second exercise:

Take the list you made and choose the simplest thing on it, something that you feel you could attract without much effort. Then define it so that it accurately represents your wish (for example, if it's a cup of coffee, be clear if it's the espresso, decaf, with milk...).

Now dedicate some time to focus your thoughts on it: try to imagine yourself having it, what it would feel like, and try to be positive about it. Dedicate ten minutes every day to do this - the simplest way is to visualize yourself having/doing it (you can check the article [how to visualize](#) if you need more instructions). Decide for yourself if you'll do it for 10 or 30 days, but make a commitment to yourself and stick to it.

Chapter 3: Become Action Oriented

The third principle of the Law of Attraction is the most important one, and it is the point where, sadly, most people fail.

Understanding how manifestation works is the easy part for most people, and once they discover it, they get all hyped about it, making plans and thinking: “oh, I’ll do it right away, I’ll change this, I’ll attract that...” – but they don’t act – mentally they may make an effort, but physically they do nothing.

The law of attraction isn’t just wishful thinking, you do need to actively pursue your goals in real life – so our 3rd key principle required for success is to..

Take Action!

There is no easy way to success and to your dream life.

Manifestation is real, but it does require you to take action towards your goals still.

It simply helps to focus your mind on your goal, give you drive like never before, make you notice opportunities, and put you into situations and positions where you can capitalize on these opportunities.

The person who sits back and expects everything to come to him might actually just be doing a lot of things right – he might be positive, focused on a goal, but without taking action he doesn’t jump on the opportunity and so he doesn’t see the result.

Often what the Law of attraction does is focus you on your goal so that it brings opportunities to you. It might not just mysteriously leave a red Ferrari parked on your drive one morning... but you might start seeing them everywhere... but if you don’t seize the opportunity, if you don’t go and chat to the owner then you may never find out that he would like to sell it much cheaper than normal price.

The skeptic, the negative person.. they see the Ferrari driving past and they shun the law of attraction for not working – not knowing that this is manifestation in motion, and that following up these “leads” and opportunities is the difference between success and failure.

More Examples

The example above of the Ferrari is actually quite abstract and a quite extreme example of the law of attraction in motion (up there with the stories of getting mystery checks in the mail or manifesting your perfect husband right?) So lets look at just a few examples which should be simpler to see manifestation success coming from the result of taking action.

Manifesting and Finding a Girlfriend

- **The non action taker:** Uses LoA principles to wish for his dream girl – he visualizes the stunning brunette with the hourglass body, vibrant smile, she is intelligent and social and she is friendly and interested in him. He even focuses his mind with affirmations and hypnosis tools.. but he “isn’t the sort of person to approach a girl” and several beautiful brunettes walk by and dance on the dance floor as he stands by... he summarizes that the law of attraction doesn’t work.
- **The action orientated manifestor:** He too puts in the mental practice, the mental side of manifesting – stating his desire, writing some affirmations, putting a beautiful girl onto his vision board.. but the key difference is that when that cute brunette walks past him in the street later that week he sees the opportunity and stops to talk to her.. the LoA brought his manifestation into reality, and all he had to do was say “hello!”.

Manifesting and Landing Your Dream Job

- **The non action taker:** Is bored in his job. He dreams of quitting and of working in his dream career. He reads up on his career, maybe he even went to university to study in the area.. but now he sits in his office job, unhappy. Despite all of this focus and passion for his dream career, there is a lack of action and he stays in the job he “just fell into”. “Manifesting doesn’t work” he says, “I’ve been dreaming about this for years and nothing has happened for me”.
- **The action orientated manifestor:** He too has a dream career and is in a job he wishes he wasn’t. He reads about the law of attraction and puts in further effort to align his mindset to finding his dream job. He gets super motivated and starts taking action like never before – applying for jobs, networking with people already doing the type of work he wants to do, he wants it so badly that he takes a lower paid position as an intern – just to get the chance to follow his dream. The law of attraction changes his life by helping him to focus more than ever on his dreams and helping to fire him up to take massive action.

Manifesting an Exotic Lifestyle

- **The non action taker:** Goes backpacking to Thailand for 2 months, and is amazed at the beauty so different to his own country – the tropical jungles and the paradise beaches. Over and over he thinks about what it would be like to live there, to find work or a way to travel for longer. In the end he runs out of money and knows that he “has to get back to real life and his 9-5 job”, for him too – he thought about it but the universe didn’t bring his lifestyle to him.
- **The action orientated manifestor:** Also in Thailand and dreaming of staying, the manifestor creates their own dreams into reality – they actively talk with interest to everyone they can who is doing the same – the guy who was just passing through and has been working in a bar on the beach for 4 months, the scuba diver who learnt to dive and never left, and from one conversation to another his passion is noted and he hears about an opportunity to manage a hotel guesthouse for 4 months.. simply talking to people who were doing it, taking action that others wouldn’t think possible, he immersed himself in a new way of life and manifested it for himself too.

Can you see the difference? One person only desires, wishes, or “mentally manifests”, the other does this, and uses it as inspiration to really go out and take what they want – which person will

you be?

We hope we can open your eyes through The Law of Attraction Library, teach you about the LoA, and turn you into the real manifestor – the guy/girl who gets their dreams manifest into real life!

Without Action There is Nothing

Action is the critical missing factor – soooo many people watch The Secret and get excited.. but don't take action.

The law of attraction often sounds so magical and mystical, and on one hand it is. If you follow it's principles, and follow it up with real proactive action in everyday life then it can help you to create your dream lifestyle and really put you in control of your own life.

But this follow up is the key. You NEED to take action. Can you see that the law of attraction should really be “the law of action” – that this is the difference between seeing your manifestations come to life or wondering what you are doing wrong.

We love movies like The Secret, and websites that talk about the power of positive affirmations, but while we think that these are great tools and should be used, the real key, we believe, is in taking really focused, continuous action towards your manifestation desires.

Your third exercise:

When you start seeing things related to your wish manifesting around you, when you hear something or have an inspiring thought that might put it in your hands - jump on it! That's you attracting it in your life, and now it's you who has to take it.

Don't be like that guy who wanted to move to Hawaii: he found a flyer with an unbelievable good offer to fly to Hawaii – but he thought: no, that's not it, I'm not supposed to pay anything. And he passed. Then he connected with a girl who lives in Hawaii on Facebook, they started chatting, she invited him to come and visit her – but he thought: no, that's not it either, she's not very hot, if it was my manifestation, she'd be blonde. So he passed that too. His boss offered him a position in Hawaii – but the pay wasn't much better. He passed again. And that was it.

You will get only so many opportunities before the universe gives up on you. So don't miss them - they're manifestations of your desire, after all.

Chapter 4: Have 100% Belief

Belief is the fourth of the key LoA principles.

On some level, you have already achieved it if you are here: you wouldn't be reading this if you didn't believe at least that "there might be something to this Law of Attraction thing..." So congratulate yourself, and let's move on to strengthening that belief.

You see, if you want to succeed with this, you have to be confident that what you want to manifest will manifest; and to believe that, you have to believe 100% that the LoA works.

Belief is actually the first principle – if you don't believe in your power to use the Law of Attraction to manifest what you desire and to change your life, no positive affirmation, no focusing, no action taking will make it happen. It all comes from you, from your mind and your readiness to change your thoughts and your life to suit your needs.

Think of it this way: you know that electricity exists, right? People like Tesla and Edison have made the basic prerequisites so that we can use it today to make coffee and zillion of other fantastic things. Now, you probably don't have the technical knowledge to make the electricity needed to light a bulb, but you don't need it anyway – you know how to use a light switch to make the electricity – that you don't see and don't know how it works – work for you, and that's all you need to know. You don't have to **believe** that the electricity exists, because you **know** it does.

Now, imagine that you **didn't believe** that it existed – you were born and raised in the woods, like Nell. And imagine that someone tells you that you can turn on the light just by pressing a switch. You have two choices: you can start believing that what you will do will turn the lights on, or you can choose not to believe that it's possible. If you choose to believe, you will press the switch and you will have the light – or the coffee, or your clothes washed and dried without you breaking your spine and ruining your hands. If you choose not to believe... well, you get the picture.

And just like the electricity, the Law of Attraction exists and works, and there are the switches that you need to press to manifest this or that. Only, with the electricity, it's enough to turn the switch on. With the manifestation, not so much so. Are you guessing why?

Why You Need to Believe in Order to Attract Things Into Your Life

The Law of Attraction conforms to your thoughts empowered by your emotions. If you don't have the faith that you are able to attract things all by yourself, then the thoughts and emotions that you're sending out to the Universe won't have the power to bend the Law of Attraction and direct it the way you want. It's that simple. Belief gives you the power to become the master of your Universe and your life.

All the previous principles: getting to know how the Law of Attraction works, focusing your thoughts and taking action to manifest your success – they all come down to believing that you can do it. When you have these three things, you will believe, and you will have them when you believe; they're inseparable. When you 100% believe that the LoA works, when you focus on what you want to attract 100%, when you take action believing 100% that you will receive what you ask for, and when you confidently go out and ask for it – you will receive. Be grateful the moment you ask for it – that very moment the LoA starts working for you; be grateful, because your belief is already attracting the things you want into your life.

Tips For Increasing Belief

Over time, as you see that you're successfully attracting things, your belief will get stronger by itself, and you won't need to invest your energy in it; but as you're starting out with the Law of Attraction, you may need some extra help to stay on the right track. These tips can help you with that:

- **Follow the first three principles:** dedicate some time every day to learn how the Law of attraction works and how you can bend it to work for you. Investigate your own thoughts and wishes and focus on one desire at a time; practice focusing each day – you can use different external tools to help you gain better concentration and positivity; when you see that your thoughts are manifesting around you, and that the opportunities are showing up, take action, don't wait for everything to fall into your lap. Regularly applying these three principles will give you the feeling that you're involved, that it's up to you – they require you to be proactive, and to think about what you're doing every day.
- **Start small and go bigger:** remember the cup of coffee that we mentioned in the "Focus" part of the series? Manifesting is a new concept for you, so start with the small things, don't try to change your life altogether at once – it's a too big of a concept and it will probably dilute your focus, making you want to quit before you've even started. Or, as Will Smith said:

You don't try to build a wall. You don't set out to build a wall. You don't say, "I'm going to build the biggest, baddest, greatest wall that's ever been built." You don't start there. You say: "I'm going to lay this brick as perfectly as a brick can be laid." And you do that every single day, and soon you'll have a wall.

- **Read success stories:** you're not alone, there are others who are trying the same thing you're trying, and many of them are successful in it. Knowing that manifesting isn't reserved for the gurus, but that simple, normal people just like you are able to attract and accept the change they wanted to happen, is a strong motivator. There are many [success stories on our website](#), and all over the Internet, about how people have changed their lives using the power of the Law of Attraction and positive thinking – you can even send us your own if you want!

Let Yourself Believe

The hardest part is to start, to release the negative beliefs that can hold you back and to accept that the change is possible. It may sound silly sometimes – for example, you want to manifest moving in with Mr. Perfect (although you haven't met him yet), let yourself feel like you are really doing it: make plans, talk about it, think about what stuff you will bring with you, what the weather is like, write about it in your journal or talk to the strangers about it – like it's happening. It will help you feel the emotions that you would feel if it was true, empowering your thoughts and attracting that change into your life. Let yourself believe that:

- It is possible
- You can do it.
- It is happening (you've set things in motion, and it really **is** happening)

That isn't difficult, if you're willing to do your part in manifesting. That is, if you're willing to take part in the creation of your own life.

Your fourth exercise: Allow yourself to fully believe in the Law of attraction and in your own manifesting ability. Take a deep breath, relax and just trust that the universe has already rearranged itself so that you get what you want.

Chapter 5: The Importance of Positivity

By now you probably have a pretty good idea about how the Law of attraction works, so this shouldn't be a surprise: the key to a happy life is positivity.

Thinking Positive Thoughts and Feeling Positive Emotions

The Law is clear: you attract more of what you give attention to, be it positive or negative. Whenever, willingly or not, you focus your thoughts on something, you change your vibration and you start attracting more things that vibrate at the same frequency, or close to it.

That's why, even if you're not set to manifest any specific object or circumstance, you should strive to think positively: you will then be attracting more things to feel good about. But, unfortunately, this works vice versa, so if you're constantly complaining, feeling sorry for yourself, envying others - you will receive more things to complain about.

But it's not enough to just think about the things that would make you happy. You see, if the thoughts are the formulation of your desire, the emotions give them context - and you don't want your happy thoughts to be wrapped in black paper.

To illustrate what we're talking about: say you want to manifest a new romantic relationship. You know exactly what you want it to be like and you're constantly thinking about it. Depending on **how you feel about it**, you have two choices:

1. If you're desperate because you're alone, or in a bad relationship, you'll look at this new one that you're wishing for from the perspective of someone **who doesn't have it**. Desperation makes us focused on the "oh-I'm-so-unhappy-that-I-still-don't-have-this-relationship-in-my-life" kind of thinking, and the feelings that we're having regarding that relationship are all wrong.

What we'll manifest, what we'll start seeing more and more of, will be the things that have something to do with romantic relationship, but in some context that is negative for us (depending on the nature of our negative emotions): couples in love all around us, making us missing our soul mate more; reminders of our past romantic failures, making us believing that we're not able to have a healthy relationship; our dream person appearing in our life only to leave with someone else - strengthening our belief that we don't deserve to have a quality partner.

2. If, on the other hand, you are positive about the new relationship you're manifesting, if you feel with all of your heart that it's on its way, if you can feel complete joy, calm and love - you'll be able to manifest a relationship that is happy, healthy and exactly what you wanted. Positive feelings that you're experiencing upfront define the direction of your manifestation.

If you're infusing this kind of emotion to your thoughts, don't be surprised when you start receiving phone calls, party invitations, or if you just "accidentally" run into the person of your dreams. Then, of course, it's your actions that will determine the final outcome (we talked about that) - but this is manifesting in action: just like in the previous case, you have attracted exactly what you wanted, in the context you have given to it.

Sabotage of the Subconscious Mind

And now is the time to consider an important element that often prevents us from getting exactly what we wanted, exactly the way we wanted it - and that we're not even aware of it: our subconscious.

Our mind is a powerful thing, we know that. We can do anything we set our mind to - we know that as well. The problem is, we don't control 90% of our mind.

Our brain is capable of processing hundreds of thousands of functions every second. Think about that for a moment: you can't even count to 100 in one second. And your brain has done thousands times more work in that time. Of course, many of the processes it controls are related to the automatic functions of our body - but many are the thoughts we don't even know we have.

Now think about this: while you're sending thoughts and emotions to the universe (and you're doing that every second, whether you want it or not), you're in control of them roughly 10% of the time. You understand how the Law of attraction works, and you're dedicated to making it work in your favor with all of your conscious efforts. But your subconscious sabotages you, and the other 90% says: "No, I don't actually want that."

Why is that?

Well, the problems are most often related to our self beliefs, including self esteem and confidence. If you grew up believing that you weren't pretty, that you aren't worthy, that you can't earn a lot of money, that you can't be successful or happy, that you're meant to be fat... - these things you have learnt and stored in your subconscious. If all of a sudden someone came and told you otherwise, you wouldn't believe it. Why? Because your conscious brain would fight it, because it has "learnt" that the truth is what it already "knows".

So if, for example, you want to manifest your soulmate, but you unconsciously believe that you're not worthy of love, then your consciously directed thoughts will be falling on deaf ears. To every consciously spoken positive affirmation, like: "I am attracting my soulmate in my life", the little voice in your subconscious will just keep repeating: "You don't deserve to be with anyone decent" - and will be doing it thousand times more persistently than what you consciously can achieve.

The problem can also be in what we have learnt about the way the world works: if we've believed our whole life that everything is out of our control, that things happen and people meet randomly, that we can't influence what's happening to us - it's a strong belief that we sometimes

can't change consciously, no matter how much we read about the Law of attraction, and how much we see others changing their worlds with their thoughts.

These are just forms of negative beliefs and emotions; and so, as we have already explained the importance of having a 100% belief in the Law of attraction and in your own capability of changing your world, we will now offer some solutions for you to more easily overcome this obstacle.

Techniques to Improve Subconscious Thinking

Your self-perception and your perception of the world can be changed in many ways, and all of them require the conscious effort from your part. However, there are some techniques that can help you achieve that goal quicker and more easily, and we have dedicated entire sections of The Law of Attraction Library website to explain them, precisely because many people could use extra help with beating their negative subconscious beliefs.

The techniques described below are often used in combination.

Positive Affirmations

Positively affirming that the change you want to see in your life is already happening is the simplest technique that you can use every day - just repeat the positive things you want to include to your subconscious thinking.

You should always use the affirmations that you've either created yourself, or those that are pre-written, but that resonate with you personally. Also, do not use the affirmations that are too far from your current belief or circumstances, because you may easily trigger the opposite reaction and give more proof to your subconscious that it's right.

To learn more about positive affirmations, and how you can use them for manifestation and to deal with the negative beliefs, please visit the main page about [positive affirmations and the law of attraction](#) on our website.

Subliminal Messages

First of all, don't confuse the use of subliminal messages for self improvement with some kind of mind control - this has nothing to do with it. Subliminal audio recordings are simply positive affirmations that are recorded just out of the range of our conscious hearing, so that they enter our subconscious directly. Then they re-write our negative self beliefs, and replace them with the positive ones, allowing us to fully control and focus our thoughts.

You can listen to the subliminal audio recordings while you're doing other things, so in that sense it's effortless. However, each of these techniques should be consciously followed by some kind

of supporting action that will further strengthen your will to change.

You can learn more about subliminal messages and this entire process on our website - start with the [core page about subliminal messages and the law of attraction](#).

Hypnosis

Hypnosis works similarly to the subliminal messaging: a hypnotherapist, during a live or a recorded session, gives you suggestions that relax you and put into the hypnotic trance (it's only called a trance - you're actually quite awake, just fully focused on the suggestions that you're receiving), and then the other set of suggestions comes to place - those that eliminate negativity and increase positive thinking.

It's nothing like: "Now you'll bark like a dog", if that's what you're afraid of :) - it's more like: "You will feel confident and positive, free of the self doubt and negativity. See yourself in your excellence".

To learn more about hypnosis in the purpose of self-improvement, please visit our [core page about hypnosis and the law of attraction](#), and follow the links to the pages that explain in much more detail how hypnosis works, and what it can do for you.

Your fifth exercise: analyze your thoughts, and try to discover if there's any negative emotion or belief attached to your desires. If you're not sure how to do it, you can use the tips from the [how to release negative beliefs](#) article on our website.

If you find that your subconscious is against your desires, you can use the techniques above to turn the negative thinking into positive, to manifest exactly what you want.

Chapter 6: The Importance of Gratitude

Of all the positive feelings that you can attach to your thoughts, gratitude is the most powerful. The attitude of gratitude or, as people also call it, the law of gratitude, is inseparable from the Law of attraction concept, and it's pretty obvious why.

The Attitude of Gratitude

Being grateful for something means that you have it, and that you appreciate it. And that's exactly how you should treat everything you ask the universe for by applying the rules of attraction: to believe that you're receiving it, and to appreciate what you're receiving.

Feeling grateful is the confirmation of your belief in the Law of attraction, and in yourself. Everything you do in the sense of intentful manifesting should lead to and come from this feeling: focus your thoughts from the place of gratitude, inspired by the firm belief that your efforts will be fruitful, take action while being grateful for the fact that it's your manifestation that you're acting upon.

If you constantly feel worry, if you feel lousy, if you have no energy, you will constantly feel the lack of something in your life, and you should clearly understand by now that it will only manifest more of the feeling of lack, of not having. So, if you want success, happiness, calm, positivity in your life, you have to change something - and feeling grateful is the best place to start.

And it doesn't even require much effort. You just have to change the focus.

Instead of: I would like to have this, think: I am grateful that it's on its way to me.

Instead of: I am not a good person, think: I am grateful that I am working on becoming a good person.

Instead of: I don't have a boyfriend, think: I am grateful for my soulmate exists and is coming to me.

Hard to do from your current point of view? Well, if you think it is, then we absolutely believe you - you're the sole creator of your reality after all. But if you want to make that change happen, here's how you can do it.

How to Start Feeling Grateful Even When You're Down Down Down

Feeling grateful is, luckily, something that you can learn and practice, and finally master. Start with making a list of all the things and people you have in your life, that you feel appreciative of.

Seriously. Make the list now.

Now take one of the things on it. Take a random one. Take five minutes to imagine what your life

would be without having that thing or person in it. See where this is going? :) Now say out loud: I am grateful for having X in my life.

Repeat the process for every single item on your list. And then do it again tomorrow, and the day after tomorrow, and every day after that. As the time goes, you will start feeling gratitude the moment you take your list, and you will be adding more items to it, as you remember the others that you have forgotten about.

If you're so down that you feel that you have nothing to be grateful about, consider this: you are alive! You are experiencing the miracle of life every second without even noticing it - now is the time to stop and smell the figurative roses.

Doing Grateful vs Being Grateful

By regularly doing the exercise above, you have started the process of changing your focus. And it's great to appreciate every little thing in your life, to notice them and to acknowledge that you have already manifested so many wonderful things (most of them even without the intent!). But that was only the first step.

You were "doing grateful". Doing grateful means that you became aware of the things and people that surround you and make your life as it is, and it's great - but you have to constantly remind yourself of it, and it usually doesn't provide any major lasting benefits. You became grateful for the things you already have, and the feeling of gratitude that is provoked that way can disappear in a second the moment something bad happens.

Our goal is to help you move from "doing grateful" to "being grateful".

Being grateful is independent of actions and circumstances - it's just an overwhelming feeling of gratitude for everything you experience, including the things that are yet to come. It fills you with the constant consciousness of how wonderful it is to be alive, to be able to think and to shape the world according to your thoughts.

And "being grateful" is what will allow you to manifest effortlessly - because you will truly be grateful in advance for everything you've asked the universe for, with an unshaken belief that it's being granted.

This is the state of mind you should ultimately strive for. Now, this is a lot more abstract than the first part, so there aren't any strict how-to rules to help you practice it, but try this:

Make a list, another one - but this time of the things you aren't happy about. Then think about why you can be grateful about that as well: for example, you hate your mother-in-law, but you are grateful to her for giving birth to your beautiful wife.

Eventually, this little effort that you will be making can lead to the state of being grateful, every

moment of your life, for every thing in your life, making your wishes granted in advance.

Your final exercise: Make the list of the things you're appreciative of, and go through it every day for 30 days, saying: I am grateful for X, one item at a time. Include to that list one thing, just one, that you're trying to manifest, with the words: I am grateful for Y is on its way to me.

After 30 days, make the second list, of the things you aren't feeling particularly grateful about, and try to come up for a reason why you could be grateful for them. Write the reasons down, next to the item, if you have to, and add two of them to the first list every day, affirming that you're grateful for them as well.

Feeling Ready Now? :)

Ok, so this was a quick guide. Maybe not all that quick, but hey, it's the Law of attraction. There's a lot more that we haven't covered in this e-book, but it was enough to get you on the fast track so that you can start manifesting right away.

Start with something small, be persistent and work your way to the bigger changes. As you practice, be sure to read the articles on our website to get you more edge, and to learn more techniques for successful manifesting.

You know, the reason why we created [The Law of Attraction Library](#) was to share our own experience and some down-to-earth advice with the people who want to make a change in their life - so if you have your own stories that you'd like to share with us, please contact us and let us know how you get on, what is working for you and what isn't - we're all different, and your experience might help someone else.

So don't be a stranger! [Join us on Facebook](#) - we have a lot more to share with you, and we'd love to meet you and hear about your journey too!

Happy manifesting!