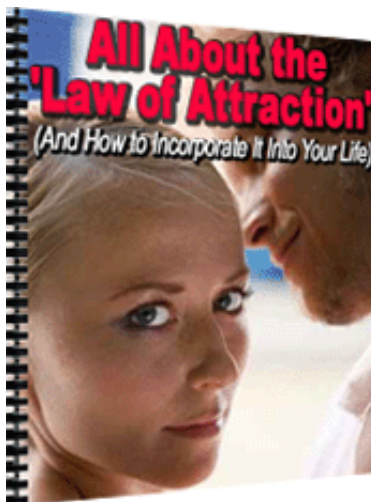


All About the 'Law of Attraction'

by Admin

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All About the 'Law of Attraction' (And How to Incorporate It Into Your Life)

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Topics Covered:

Basic Law of Attraction Concepts, Gratitude and the Law of Attraction, The Law of Attraction and Relationships, The Law of Attraction and Your Body, The Laws of Attraction and Finances, The Law of Attraction and Physics, Some Fascinating Books on the Law of Attraction, Famous Law of Attraction Personalities, Problems People Have with the Law of Attraction, How to Practice the Laws of Attraction, All About the Law of Attraction (And How to Incorporate It Into Your Life)

Basic Law of Attraction Concepts

If there is a secret in the universe that can bring you good things, it could be the Law of Attraction. This can bring you happiness, wealth and physical well-being. You only have to know how to apply it. A few basic concepts of the Law of Attraction can help you on your way.

One of the concepts central to the Law of Attraction is that the things you think become reality. The things you think are energy, just as the entire universe is energy. As you ponder your reality, or simply let thoughts run through your mind, you are shaping your reality. You do this by means of the Law of Attraction.

The energy you send out collects with like energy. Then, the universe responds to your feelings by returning the energy back to you. This happens for good or bad feelings.

Another basic concept is that it is too difficult to monitor every one of some 60,000 thoughts you have every day. The goal, instead, should be to foster a feeling of happiness, gratitude, and well-being. This will go further than trying to change every thought individually. Feelings are important to the Law of Attraction.

One assumption of users of the Law of Attraction is that life is meant to be joyous and fulfilling. Many people feel that their lives can be no more than

difficult work situations, unhappy relationships, poor health, and a mountain of debt. Unless these people change their attitudes, they can never know the abundance they can get through the Law of Attraction.

There can never be a lack of anything that you want if you follow the Law of Attraction. This is another concept of the movement. It means that there is enough for everyone to have what they want. This is especially true because some people want certain things and other people want something else.

According to the Law of Attraction, what you want is always possible. One concept of the Law of Attraction can be stated as something like, "what you get is what you see." What this means in this case is that when you see a result, you will vibrate with energy based on that result. If you see good, you will send out good energy.

This energy will return to you in the form of more positive results. So, if you want positive results, you need to find a way to see the good in situations. This is how the Law of Attraction works. If you see good, more good will return to you. The concept of asking for particular things is a part of the Law of Attraction.

When you command the universe to give you what you want, you can get it. To do this, you must believe in it. Then, you must accept it as if you had already gotten it. Then you will find the Law of Attraction bringing all kinds of good things your way. The Law of Attraction is at once both simple and complex. You must only ask and receive. Yet, to do that in confidence, you must work to restructure your whole way of thinking. To do this it is good to study the concepts of the Law of Attraction.

Gratitude and the Law of Attraction

If the Law of Attraction works, you will surely be grateful for all that you receive as a result of practicing it. Life will be easier and more abundant. However, you actually need to start out with a feeling of gratitude before you

can expect good things to come. This is what the Law of Attraction is about.

When you believe fantastic things are already happening for you, you will be grateful. According to the Law of Attraction, it is important to believe. Furthermore, being grateful for something you believe is happening sends out positive vibrations into the universe. This brings the good things to you by way of the Law of Attraction.

Without even thinking of the future, you can use the Law of Attraction to draw the positive things to you. If you are thankful for the things in your life, you will be focused in on the good energy inherent in your grateful mind. The Law of Attraction is evident in the way being grateful brings you more to be grateful for.

Think of the way things snowball, both the good and the bad. You might wake up in a bad mood because you resent a noisy neighbor for keeping you up late. If you let that bad mood win out, more negative things will continue to happen to you all day long. When you consider the Law of Attraction, you will see why this happens.

If, however, you brush off the bad feelings and replace them with gratitude you will be surprised at how much better your day will go. Use the Law of Attraction to help you along. You may be thankful that you woke up beside your loving spouse, or you might be grateful that you have a job to go to. Whatever it is, the Law of Attraction will make it work for you.

So, the Law of Attraction works on a system of gratitude and reward. You need a way to remind yourself to always be grateful for the good things in your life. Some people set aside a certain time each day to list the things they're thankful for. They might compile them in a journal and look over them all from time to time.

The Law of Attraction is built on good habits. You can carry some sort of talisman. It can be anything from a rock to a coin. It can be anything you will

handle daily. Some people put these items in their pockets. Some put them on a string around their necks. The idea is that every time you touch it, you feel gratitude.

If at all possible, you express that gratitude to others. Your mind will become geared towards thinking in terms of what you are thankful for. This will allow the Law of Attraction to do its work.

Your mind controls who and what you are. According to the Law of Attraction, it can also change what you have. This may be material possessions, relationships, or health. If you are in a mindset of gratitude, you are in a position to make the Law of Attraction bring to you all that you desire.

The Law of Attraction and Relationships

It has been said that the Law of Attraction can manifest itself in matters of wealth, health, and happiness. Part of the happiness is having fulfilling relationships. These can be romantic love relationships or familial relationships or simple friendships. The Law of Attraction affects them all.

Whether you are trying to put the Law of Attraction to use in your life or not, it is always at work. You are always putting out vibrations into the universe. They are always collecting with like energies and coming back to you.

The difference when you deliberately use the Law of Attraction is that you focus on the things you want. Then, these positive things return to you. What you give your attention to is what becomes important in your life.

Once something becomes important to you, you will develop an excitement about it. That excitement will turn into a power that is greater than any you can drum up by simply repeating words about what you want. The Law of Attraction works in relationships as well as it does in anything else.

By deliberately using the Law of Attraction, you can find that special person

you are looking for. One step is to determine what it is you want from a mate. Make a list. Write down strengths you would like the person to have. Write down joys you would like to share.

Once you have a more concrete idea of what you want, the universe will bring you to your mate through the Law of Attraction. This will happen through matching of frequencies. You send out the frequency of what you want. That vibration goes out and collects with other frequencies like it. In other words, it matches.

When your frequency is vibrating in concert with another frequency, it will only be a matter of time before you meet someone. The Law of Attraction will be at work. At this point, you should follow your hunches. If you have the urge to do something on a different schedule than usual, then do it. This may be how you find your mate.

Just let the Law of Attraction do its work. Continue to reaffirm in your mind the fact that the person you are looking for exists. Believe that you will find that person. Draw your attention and excitement to the subject. Things will happen.

Other relationships work on the theory of matching as well. You put out energy towards a person in your life. That energy can be for or against them. Whatever energy you send them will match whatever energy in them that is like that frequency. You will get the result you expect. This is the Law of Attraction.

If you are feeling down, the Law of Attraction will supply you with a companion in despair. As the two of you spiral down, you will be better off if you decide to let the Law of Attraction work for you instead of against you. Find ways that your frequencies can vibrate in harmony in a positive way. This will strengthen and lengthen friendships like nothing else.

Your relationships can develop into more than they ever were before. Your

friendships can be deeper. You can live in harmony with your relatives. Your love interests can become life-long partners. The Law of Attraction can make it all come true.

The Law of Attraction and Your Body

The Law of Attraction has worked for many people who sought to gain financial freedom. It has helped many to experience fuller lives through better relationships. The Law of Attraction can also have a profound affect on your body.

Think first of how the Law of Attraction works. You are made up of energy and the energy you send out is positive or negative. This will depend upon whether you focus on the good things in life or the bad.

This will not only affect others, but it will affect you as well. If you want to send out positive energy, you will want to concentrate on the upbeat things in your life. One way to use the Law of Attraction to do this is visualization.

Athletes use a form of seeing what future actions will hold. This technique is called Visual Motor Rehearsal. These athletes are practicing the Law of Attraction. They can be hooked up to all kinds of monitors and then practice an athletic event in their minds.

The monitors will show that their muscles obey their thoughts even though they are not being actively used. Then, when it comes time to actually do the activity, they are very much prepared. This is the Law of Attraction.

With the Law of Attraction, you can feel the reality of your plans and dreams coming true. This can be done in the same way as the athletes do it, by visualization. This can help you with a physical task you are about to undertake.

You might be planning to climb Mt. Everest or simply swim your first lap

around the pool. If you can use the Law of Attraction to visualize it and believe the results, you can make it happen. Your positive feelings about accomplishing a difficult undertaking will come back to you in the form of positive energy for you.

The Law of Attraction has also been used for healing. No one suggests that medicine should not be used. However, thought among those who lecture and write about the Law of Attraction is that the medicine can be helped immensely by the use of positive energy. The placebo effect should prove that thinking can influence your health. If people feel good about a medicine they are being given, they will more likely be healed by it. This is true whether the medicine is a highly developed scientific formula or a sugar pill.

Some conditions require much treatment and medication. People with these conditions often get depressed or discouraged. If they can keep their focus on positive things, they have a better chance of survival. Knowing the Law of Attraction can help them to do this.

Part of using the Law of Attraction to heal is to visualize the process of getting better. As you come to believe you are getting better, it turns out that you actually do. Another way to use the Law of Attraction is to dwell on the good by surrounding yourself with things you enjoy. This will keep the focus on the positive energy.

The Law of Attraction is not only good for your wallet. It can help other aspects of your life, too. If you have a physical challenge to overcome, the Law of Attraction can help you.

The Laws of Attraction and Finances

What if you didn't have to live payday to payday? What if you had all the money you wanted instead of overwhelming debt? Maybe that sounds too good to be true. However, the Laws of Attraction can change your financial outlook forever.

One part of the Laws of Attraction is that you get things according to the energy you put out into the world. The universe will respond to it and send it back. For example, one person might go to the mailbox and say, "I hope I don't get too many bills today." Another person might say, "I wonder who's sending me money today."

Who do you think will have a better mail day, on the average? The Laws of Attraction say that the person who sends out the negative energy of worry and fear will get more to worry about and fear in return. The person who is positive will get things to be joyful about, according to the Laws of Attraction. In this case, he/she has a certain likelihood to actually get money in the mail.

Money itself may be one of the more difficult things to get through the Laws of Attraction. This is not because the Laws of Attraction don't work as well. It's just because it's hard to be passionate about money itself. It is easier to get excited about the things money buys.

The Laws of Attraction work hundreds of times better if you are very passionate about something. This translates into a high level of positive energy, or vibration, that you are emitting into the universe. It works to make things happen quickly. If you can get that excited about money itself, then the Laws of Attraction can bring you the money you desire.

More likely, the things you will be the most enthusiastic about will not be little green slips of paper. They will be vacations, houses, cars, maybe even airplanes. These things will excite you if you allow yourself to dream about them. Then the Laws of Attraction can help you to get them. If you want to use the Laws of Attraction, one way to intensify your desires is to find some visual way to make them real. Take pictures of the things you want. Post them around your house where you will see them often. Because the Laws of Attraction will bring you more of the energy you send out, make sure the images in your home are conducive to a positive outlook.

Only when you are clear about exactly what you want can the Laws of Attraction work for you. Sometimes, you can't actually take a picture. Sometimes it is easier to go through magazines and find pictures and descriptions of what it is you want. Cut them out and hang them up. The more, the better. The Laws of Attraction in the universe will respond to your desires.

Then, too, you can seek out your dreams by going on homes tours and test driving cars. Whatever you can do to put yourself in contact with the reality of your dreams helps. It makes the Laws of Attraction work for you. People say that money doesn't buy happiness. It's true that money alone can't make you happy. However, if you use the Laws of Attraction to improve your financial situation, that can only be a good thing.

The Law of Attraction and Physics

The Law of Attraction says to live in the knowledge that you are getting what you want. It may seem like a feel-good philosophy and nothing more. You might think it is worth considering, but not something that exists in nature. However, the Law of Attraction is based upon the science of physics.

The Law of Attraction and quantum physics shows us that all in the universe is made of energy. This includes both what we call "solid" objects and something as ethereal as thoughts. The truth is that even so-called solid objects have a high percentage of empty space in them. They are made up of energy. The Law of Attraction takes this fact into account.

The Law of Attraction is based upon the fact that the energy in our bodies and minds are always vibrating. This makes wavelengths of different frequencies. We send these frequencies out from ourselves into the larger world.

The world itself-in fact, the whole universe-is all made of energy as well. The whole thing is constantly vibrating. It is always full of possibilities. Our individual frequencies go into this vast ocean of movement. The Law of

Attraction can affect this.

Once our frequencies are emitted, they attract frequencies that are like them. So, you are constantly using the Law of Attraction to bring things to you. If you are sending out negative vibrations, you will not like what returns to you. This is because, by the Law of Attraction, those negative frequencies are clumping together with others of their kind.

You can deliberately use the Law of Attraction to focus your thoughts and your being on a positive outcome. The frequencies you emit will stick with other good ones and return to you as a joyful result. This is not simply a matter of wishful thinking.

It involves living in the state you choose for yourself. You don't need to start out with millions of dollars in the bank to feel wealthy. You can think, speak, and act like a millionaire. You just need to believe that's what you are deep inside. The Law of Attraction will do the rest.

You need to feel excited by your choices for the Law of Attraction to work well. That is because the level of excitement determines the level of vibration you are sending out. If you choose something in a half-hearted way, it will return to you in the same way.

However, if you are excited by your choice, you will increase the power of your vibrational frequency. The results will come rolling in. You must do what you can to maintain your excitement. This will bring your dreams into reality by the Law of Attraction.

On the other hand, if you complain about something, or fight against something, that is the thing you will bring to yourself. The Law of Attraction works this way because the universe only has a way of grouping like with like. Your negativity about a subject will return to you as more negative results for that subject.

Several people with doctorates in physics have studied the power of the Law of Attraction. Many of them believe that the mind controls the universe. They believe that this is done through the Law of Attraction.

Some Fascinating Books on the Law of Attraction

The concepts embodied in the theory called the "Law of Attraction" have been around for centuries, at least. Now, several authors are exploring the subject and writing on it. There are many fascinating books on the Law of Attraction.

One book is simply titled *The Law of Attraction*. It was written by Esther and Jerry Hicks. These people are informed by a spiritual entity they call "Abraham." This Abraham guides them in instructing people to get what they want by believing in it. The book is based on the principles and the practicalities of the Law of Attraction. When you finish it, you should have an idea of how things come to be. You will understand your role in the making of the events around you.

The Law of Attraction is not for everyone, though. Some are put off because it makes religious references. However, if you want to know what the Law of Attraction is all about, you can find out how to apply it in this book.

Esther and Jerry Hicks have written several books on the Law of Attraction. One is called *The Amazing Power of Deliberate Intent*. This book is all about having balance in your life. It uses the concept of an Emotional Guidance System to explain how you can keep your life on track using the Law of Attraction.

An earlier Hicks book was *Ask and It Is Given*. This book is a very practical exercise in the work of creating the life you want. It outlines twenty-two processes that can help you use the Law of Attraction to send you on your way. Another book about the Law of Attraction is *The Secret*, by Rhonda Byrne. This book focuses on the knowledge of these principles being handed down over time. It concentrates on successes of particular people, both past

and present.

The people involved in current Law of Attraction thought discuss how the process works. They tell why it works. They tell what it has done for them in their lives. The book is one of the most famous books on the subject.

A fairly new book is Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't Want. Its author is Michael J Losier. The book talks a lot about vibration, both negative and positive. It is about using Deliberate Attraction to change that vibration to get what you want. It is done in a step-by-step format.

Secrets of Attraction: The Universal Laws of Love, Sex, and Romance, by Sandra Anne Taylor discusses how the Law of Attraction can work for you in your love life. She begins by emphasizing that love is energy, not a feeling.

This is a specific use of the Law of Attraction. She speaks of a "personal energy field" that affects the way people perceive you. She explains how this has an influence on the way the people around you react to you. The theory is that if you can change your energy, your love life will change as well.

Of course, there are countless other books on the subject of the Law of Attraction. If you are interested in more, you can go to the library and look up the subject in the on-line catalog. Or, you can just go on the internet to find them. They could change your life.

Famous Law of Attraction Personalities

According to the Law of Attraction, all things are possible to those who can believe and visualize them. Different speakers and writers have slightly different takes on the basic principles of the Law of Attraction. These famous Law of Attraction personalities have a lot to say about the subject.

One Law of Attraction speaker and teacher is Jack Canfield. Most people

know of his Chicken Soup for the Soul, etc. books. He has also been teaching success strategies to people and businesses for three decades.

If you listen to Canfield, you will accept that your thinking, feelings, and actions will work together to make your life what it is. This will happen if you are in a good state of being or a bad one. You get what you put out there. That's the Law of Attraction.

The Reverend Dr. Michael Bernard Beckwith has been working with a spiritual version of the Law of Attraction since 1986. It was then that he started up the Agape Center. This center is something like a church, but is not exactly one.

The Agape Center is built around the concept that if you want good things for the world, you will help to make them happen. This could happen when you suddenly get an inspiration to do something to help people. His goal is to make the world a better place by using principles such as the Law of Attraction.

There is one man, Dr. Joe Vitale, who takes a rather hard line on the Law of Attraction. He is of the opinion that you bring to yourself all that happens to you. This can be a horrible wreck or a fire. It doesn't matter. If it's in your life, you created it. Of course, he gives credit for the good things you bring yourself as well.

An interesting character in the study of the Law of Attraction is Dr. Fred Alan Wolf. This man has been studying theoretical physics for over forty years. His specialty now is quantum physics and how it relates to the mind. He studies this with the Law of Attraction in mind. He also won a National Book Award in 1982 for Taking the Quantum Leap, which is based on this type of study.

There is a therapist that is fairly well known for her work with the Law of Attraction. Her name is Jayne Payne. She sees patients who are bogged down in the misery of their past. All they can see is what they need. She helps them to forget that and believe in what they want by using the Law of Attraction.

Esther and Jerry Hicks have written several books on the subject of the Law of Attraction. They have made names for themselves by speaking for a being of sorts they call Abraham-Hicks. To some, it sounds a little unusual, but others feel enlightened by the books.

Jerry first became interested in related subjects. Then, Esther eventually followed his lead. Soon, they were completely involved in the movement. Now, the Hickses teach seminars and lecture. Of course, they continue to write works on the Law of Attraction.

The Law of Attraction has been an important source of discussion for many years. Before it was ever thought about in the way it is now, it was referred to by great leaders for centuries. There is an abundance of people willing to speak of it now. So, it is certain that the concept will live on for generations to come.

Problems People Have with the Law of Attraction

The Law of Attraction seems so easy for some. Others try and try and have no success. They wonder why this should be true. There are some very good reasons why people have problems using the Law of Attraction.

The most obvious answer to the question of why it isn't working is that you might be expecting to instantaneously have what you ask for. You have to realize that you are simply sending out positive energy surrounding a subject. You must trust Law of

Attraction to send it back to you in its time.

When trying to use the Law of Attraction, you may find that you are always tapping your foot and asking when it's going to happen for you. If you do, it may mean that you are not really coming into it believing in anything. You are just testing the waters and not willing to commit to anything.

You might also be expecting the answer to your demands to come by a certain method. For example, you might ask for money. You are hoping someone will just give it to you. This may be your idea of the Law of Attraction. However, if you are alert to the universe around you, you may come across another means.

An idea might come to you that would bring you the money you desire. It might involve some work, but the end result would be the same. If your energy is positive, you will look upon this circumstance with gratitude and joy. By the Law of Attraction, this can only multiply the good in your life.

Another mistake people make in using the Law of Attraction is to put too much emphasis on the evidence they see. When they see things that seem to prove that the Law of Attraction is not working, they quit believing. They get frustrated and become a mass of negative vibrations. This will bring more of the same.

The truth is that if they really understand the Law of Attraction and the science behind it, external evidence will have little effect on them. This is because they will have total belief and trust that the Law of Attraction has been working all along. What is happening in the beginning is only a manifestation of earlier bad energy.

Their new positive, focused thoughts, without doubt, will come to fruition in the future. This is the outlook of a person who has mastered the use of the Law of Attraction. That person will believe in the outcome because he/she believes in the process.

A person might also have problems fully using the Law of Attraction because their past outlook has been so limited. They have strong emotions about things they consider too hard to conquer or too much or too big to have.

When these emotions come up, it changes the energy you are sending out. Lecturers and writers of the Law of Attraction have developed ways to release

such emotions. These methods allow the person to fully use the Law of Attraction.

If you properly use the Law of Attraction, you will have what you want. It is and isn't easy. You only need to change the way you think and feel about things. If you can come to understand the Law of Attraction fully, you can make it work for you.

How to Practice the Laws of Attraction

Imagine that you had all the money you could ever want. You had great relationships and perfect health. Imagine you spent your life in peace and joy. If you practice the Laws of Attraction, these things can come true for you. The first thing you must do to practice the Laws of Attraction is to embrace a feeling of gratitude. Be thankful for everything that you have. Focusing on the good things in your life will help you key in on positive feelings. These positive feelings will translate into a positive energy, according to the Laws of Attraction. When you send out this kind of positive energy, you will see good things come back to you in return through the Laws of Attraction. You can concentrate on the positive things by holding some kind of talisman in your pocket, for example. This will help you remember to be thankful every time you touch it.

Another thing to do in practicing the Laws of Attraction is to become aware of what kinds of thoughts you are having. Most people go through the day with thoughts flitting in and out of their heads. They pay them little heed.

If you are aware of the Laws of Attraction, you can monitor your thoughts to a certain degree. You can get a feel for just what direction your thoughts are going. Are they leading you toward a negative situation? If so, it's time to use the Laws of Attraction to change all that.

Figure out what it is that you want. Don't limit yourself to easy things to get, either. The universe gives out no different effort to give you a little thing than

it does to give you something that is fantastic. So, go for your dreams. The Laws of Attraction can supply them.

Maybe you don't really know what you want. You've been told for so long that you can't have it that you've stopped wanting it. It's time to do some soul searching and really find out what you could get through the Laws of Attraction that would please you. Look through catalogs and go to showroom floors and model houses. You might get some ideas. Once you become excited about something, your positive energy will become all the more powerful through the Laws of Attraction.

Once you know what you want, it's simple. Just ask for it. Say it, write it, and believe in it. Think of it as if it has already happened. Imagine that it has, using the Laws of Attraction. Don't do this in a whimsical, "gee wouldn't it be swell" way, but actually close your eyes and visualize it.

Don't expect to know the method by which your dreams will come true. The Laws of Attraction don't work that way. You just need to trust that a good thing will happen, and leave the "how" up to the universe.

Knowing the Laws of Attraction can change your life. It takes a certain mindset to work with the Laws of Attraction, but it is not hard to master. It just takes some time, patience, and most of all, a lot of faith.

Wealth & Success Info Products

[The Forgotten Laws](#)

- The Law Of Attraction in Action

[Mind Secrets Exposed 2.0](#)

- Self Help/wealth Generation Success Package. Mind Power, Hypnosis, Law Of Attraction. Subconscious

[Unleash Your Mind](#)

- Subliminal Videos That Can Change Your Life.

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