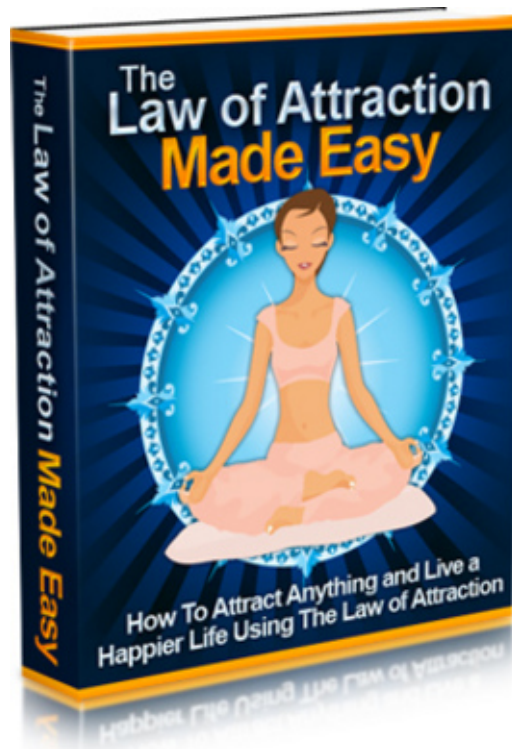


The Law of Attraction Made Easy

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Introduction

If you've never used the Law of Attraction (LoA) before, you might wonder what it is, why so many people believe it is true, and how you can use it to your benefit. Fortunately for you, this book is designed to answer each of these questions; and to provide you with a wealth of practical examples that you can put to use immediately.

But before we go any further, let's take a crack at answering these questions in the simplest way possible:

What is the Law of Attraction (LoA)?

The LoA was formalized by the School of New Thought; however, there is evidence that it has been around for many years before that. In brief, the LoA states that things that are alike will attract each other. That is, if I think positively and I concentrate on positive outcomes, then my thoughts will actually attract those positive outcomes into my life.

Now, at first, you might think this sounds magical. You might scoff at the idea of "attracting ideas" into your life through positive thoughts alone. However, in truth, this has a very practical meaning. And, in fact, the LoA recommends very specific ways in which you can change your life through actions, rather than just thoughts.

How so, you might ask? It's simple. By transforming your mindset to focus on what you want, rather than what you don't have, you will come to view the world in a different way. Each thought you have will bring you closer to your goal,

rather than bringing you down and focusing you on what you might never have.

In short, using the LoA keep you focused on ways to improve your life, rather than roadblocks that may simply be perceived, rather than true. And that brings us to our next question.

Why Do So Many People Believe It Is True?

As I said, the LoA actually has many practical implications for your life. It directs you to do very specific things you if want to change the course of your life. And this is precisely why many people believe it is true: Not only does it confirm what they have always believed to be true, but after they put it into practice, they see the positive results that it has; and these results transform their lives.

Indeed, it is the tangible, palpable progress that people experience once they have adopted the LoA that makes them strong proponents; and that encourages them to spread the word to others.

How Can You Use the LoA to Your Benefit?

The Law of Attraction has many uses. It can be used to achieve goals. It can be used to improve your financial situation. It can be used to get a promotion at work. And it can be used to improve your interpersonal relationships.

Indeed, the LoA is very powerful and useful. It can transform a person who is struggling with his career and who feels as if he can never experience success into a self-confident individual who is ready to accomplish his goals; and will not let anything step in his way.

Chapter 1: Law of Attraction – An Overview

How Should You Use It?

You now have a rough idea of what the LoA is and why many people have adopted it. But before we go further into the book, it's a good idea to give some stronger intuition behind the LoA.

The LoA is not only a statement about attraction, but it is also a suggestion for how we should think about situations in our lives. In particular, it urges us to think about about abundance, rather than scarcity. For illustration's sake, consider the following four situations. Decide whether you have an abundance or scarcity mindset.

1. You're deciding whether to help out a business associate with a new project he has in mind. You know that it has the potential to be successful; and you know that you can help him to implement it. But, ultimately, you decide not to do it. You decide that a small part of your customer base overlaps with his—and you don't want to lose even a single customer to him.

2. You're deciding whether to start an affiliate program to promote your new product, but you're discouraged by the fact that you have never done this before. Instead of seeking out help, you decide that it probably won't work out, so you don't do it.

3. You just started a new business. You want to rent an office, so that you have a place to send your employees. You know that this is a big risk, but

instead of letting this bog you down, you refuse to view it as an obstacle; and instead push forward, determined to make it work no matter how hard it may seem initially.

4. You're deciding whether to do something nice for your wife (husband). You know that you could make her life easier by doing this favor for her (him), but you ultimately decide not to. Instead, you decide to hold offer, so that you can offer to do it as a bargaining chip for something in exchange.

After reading these examples, can you see the difference between an “abundance” mindset and “scarcity” mindset? Can you see how the LoA directs you to think and behave in a way that will generate reciprocity and kindness from others?

And, furthermore, can you see how following the LoA directs you not to worry persistently about being taken advantage of; and not to live your life with the goal of extracting every last penny and favor from everyone else, while doing nothing for them in return?

These are important things to see and to understand about the LoA if you ever want to practice it successfully; and reap the rewards that it offers.

How Do You Know It Works?

Many people suggest that you shouldn't worry about whether the LoA is working. You shouldn't worry whether thinking positively and maintaining an abundance mindset generates better results for you.

But I disagree. As with all things you do in life, business, and personal relationships, it's important to evaluate whether or not what you are doing has actually. It's not only important to do this, so that you can refine your approach, but also so you can decide whether or not what you're doing is really working at all.

This is also true with the LoA, no matter what people tell you to the contrary. Now, at first, you might see this as a contradiction. You might wonder how you can simultaneously be positive and believing while also maintaining a degree of skepticism. But, in fact, it is entirely possible.

How can you do this? Start by setting a trial period. Give yourself, say, 3 months. In this period of time, commit yourself to following the Law of Attraction. During this trial period, don't let anything stand between you and your goals. Think positively and focus on achieving those goals, rather than focusing on the things that can prevent you from achieving them.

Also, during that trial period, adopt the "abundance" mindset. Don't worry about "winning" every social interaction; and don't focus on extracting every last dollar from your customers, your business partners, and your friends.

In short, behave as you would if you had already achieved your goals. If you were as wealthy, attractive, likeable, accomplished and intelligent as you wished to be, would you be scraping for every last dollar? Of course, you wouldn't. And, if you ever want to get there, you shouldn't behave this way, either.

So, give yourself a trial period of 3 months, put your all into it, and see what happens. I guarantee that living abundantly, thinking positively and

constructively, and giving to others without expecting something in return will transform your life, your business, and your relationships in a positive way.

Why Cynicism is Bad

When it comes to the LoA, many people make the mistake of believing that skepticism is bad. But, in truth, there's nothing wrong with skepticism. There's nothing wrong with thinking a deal through before we make it. And there's nothing wrong with wondering whether berries we picked in the forest are edible or poisonous. Skepticism is important and can keep us alive and improve how our businesses function.

On the other hand, cynicism is an entirely different animal. When we convince ourselves that nothing can be good, that nothing can work out well, and that everything in our lives is rigged against us, we cave into something that is very contrary to the LoA. Namely, we forget trying to attract positive things into our lives through visualization and action; and we instead harp on the things that have gone wrong.

If you are serious about practicing the LoA to achieve your goals, to mend and strengthen your relationships, and to become successful in business or at work, then cynicism is the first thing that must go. And you must replace it with an endless and persistent willingness to overcome challenges.

Why Focus and Visualization is Important

The Law of Attraction suggests that if we focus on positive things, then positive things will be attracted into our lives. This is why followers of LoA stress that we

set aside time during the day to focus on the things that we want and visualize them coming into our lives.

As a new practitioner of the LoA, you should begin setting aside time during the day to do this. You should start by spending several hours to clearly define your goals. And when you do this, don't only think about getting a certain amount of money, but think mainly about how you will use it (i.e. to make your family's life better, to get that house you always wanted, etc.).

After you have defined your goals, you should spend at least a half hour each day doing nothing other than focusing on them and visualizing them happening. It may seem excessive at first, but in fact, it is a method that many professional athletes and successful businesspersons do on a regular basis.

Once you have done this a few times, you will understand why it makes sense. It helps you to focus your attention where it should be: namely, on achieving your goals. It also helps you to walk through your goals carefully, step-by-step through visualization. This is important, as it will help you to form a very specific plan about how you can overcome problems and achieve goals, no matter how difficult they may seem.

How to Create an Environment for Focus and Visualization

We've now established that focus and visualization is an important part of applying the LoA. If you can focus on your goals, if you can visualize them happening, and you can accept their happening, then you can apply the LoA successfully and reap the personal and material benefits that follow.

With this said, it is important to think about how you can improve your focus and bolster your visualization techniques. You can start by employing the following techniques, which are known to improve mindset, calm nerves, and allow you to concentrate:

1. Burn incense or light an aromatherapy candle. Pick a scent that will energize you and focus you, rather than dulling your senses or putting you to sleep. Scents such as peppermint, grapefruit, or vanilla will accomplish this goal. Once the scent has filled the room, close your eyes and focus on your goals. Attempt to visualize how they will happen; and feel open and accepting as they do.

2. Get a massage. A massage can loosen up your muscles and make you feel relaxed and calm. This will make it easy for you to focus your mind on only one thing—namely, the process by which you will achieve your goal.

3. Take a warm bath with dim lighting. This will put you in a quiet environment away from other people, where you can relax and focus. Concentrate your mind on only one goal and how you will achieve it.

4. Practice meditation. One of the best-known techniques for focusing on one thought only is meditation. Learning how to meditate better will translate into better use of the LoA.

In short, focus and visualization are important parts of practicing the LoA. So, if you want to practice LoA correctly, then you need to find ways to focus and visualize better.

How to Avoid Bad Thoughts

As I said earlier, cynicism can be destructive to our use of the LoA. It can prevent us from trying harder by convincing us that things are not possible. And it can prevent us from focusing on an idea and following-through.

For these reasons, it is important for us to keep bad, cynical thoughts away when we are truly attempting to practice the Law of Attraction. Instead, we must focus on ideas that are positive and that reinforce our vision of the future.

How can we do this? There are a number of different ways. I suggest just a few below:

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