

The Magnet in YOU

(Understanding the Law of Attraction)



Saturna Brown

At the Beginning...



See things you want as already yours. Know they will come to you at need. Then let them come. Don't fret and worry about them. Don't think about your lack of them. Think of them as yours, as belonging to you, as already in your possession.

Robert Collier

As a child growing up in a rural area in Florida, I had lots of time to sit and think about the world around me. Sometimes, I imagined being the only person on Earth and how that felt. In my mind, I traveled through great distances of colored lights. I did not know I was experiencing deep meditation.

Unaware of the law of attraction, which I will explain later, I did manifest my dream of getting a bike. My parents were having tough times with paying the bills and I knew they would never purchase a bike for me. I did not visualize the bike, but I kept asking for it, pretending it was on the front porch waiting for me.

About a month later, a neighbor gave me a twenty-six inch bike. It was old, but I loved it immediately. Unfortunately, I did not know how to ride it. Since the bike was really for an adult, it made the task to learn to ride much harder. For several nights, I dreamed of riding my bike on the dirt road near my home. I imagine the wind blowing through my blond hair and the sun on my back as I rode it.

One day my mother helped me get on the bike and gave me a push. I felt her hand on the small of my back. I continued down the road wondering how Mother was keeping up with me. When I glanced over my shoulder, I fell off my bike. Mother was not with me. She was in the yard watching me. Who had helped me? At that time, I did not know I had helped myself.

I grew up in a dysfunctional family. My father was World War II disabled veteran suffering from post traumatic stress disorder. My mother was a war bride, a native of Canada. She experienced difficulty in understanding the

Southern lifestyle. Mother always said when you understand the climate you can understand the people. She hated the climate. She disliked most people.

Mother was very thrifty with money. As such, we learned to make do with what we had. The idea of acquiring something more than what we could afford was considered 'wishful thinking' by Mother. As for Father, he believed in the impossible. He knew one day he would get better and he did. He just did not know it would take more than thirty years, because he did not request a time line. In using the law of attraction, one must be specific in what one wants. One must be grateful for what one has despite how small or trivial it may seem.

One of the great teachers of the law of attraction is Jack Canfield.

The Power of Visualization

Jack Canfield



“Decide what you want. Believe you can have it. Believe you deserve it and believe it’s possible for you. And then close your eyes and every day for several minutes, and visualize having what you already want, feeling the feelings of already having it. Come out of that and focus on what you’re grateful for already, and really enjoy it. Then go into your day and release it to the Universe and trust that the Universe will figure out how to manifest it.” Jack Canfield

Jack Canfield lived in a dysfunctional family. Both of his parents were alcoholics. His father abused him. Jack lived with low self-esteem, but somehow managed to become successful regardless of his upbringing.

Jack graduated from Harvard. He earned a Master's Degree in Education from the University of Massachusetts. He went on to become a high school history teacher.

In 1976, Jack Canfield experimented with a visualization tool, known as the abundance check. At that time, Jack was earning around \$8,000 per year and visualized making \$100,000 by writing himself a check for that amount. He taped the check to the ceiling of his bedroom, so that every morning upon waking and every evening before going to sleep, Jack imagined he would receive a check in that amount.

Within that year, after a sequence of coincidental events, Jack published his first book, One Hundred Ways to Enhance Self-Concept in the Classroom. His earnings for that year were only a few thousand short of his \$100,000 target.

Jack Canfield did not stop there. He used the same method to attract one million dollars. In 1990, Jack shared his vision of publishing 101 inspirational stories with his partner, Mark. The manuscript of stories remained untitled, until he visualized the image of his grandmother's chicken soup and remembered how she told him it would cure anything. This book would have the same healing

powers as that soup, not for the body but for the soul. The book was called, Chicken Soup for the Soul.

In the first month, thirty-three of New York's biggest publishing houses turned it down. Jack and Mark's manuscript was rejected by 140 publishers! To make matters worse, their agent told them he could not sell the book and gave the manuscript back to them.

In 1992, Jack and Mark attended the American Booksellers' Association Convention. There, they went from booth to booth talking to editors and sharing their vision of how their book would uplift humanity by helping people open their hearts, rekindle their spirits and give them the courage to pursue their dreams. They left a copy of their manuscript with Peter Vegso, President of Health Communications, Inc. who caught the spirit of the book and soon agreed to publish it.

The first 'Chicken Soup for the Soul' books were published on June 28, 1993, and had become a Christmas favorite by the end of December. People who bought one book returned to buy five more copies as Christmas gifts. Word of mouth led to a great demand for the book.

By April of 1994, *Chicken Soup for the Soul* had made some of the bestseller lists and by September it had hit the best seller's lists of The New York Times, The Washington Post, Publishers Weekly and USA Today, as well as five major lists in Canada.

In 1995, *Chicken Soup for the Soul* won the prestigious ABBY (American Booksellers' Book of the Year) Award based on the books that booksellers most enjoyed recommending to bookstore customers. Later, the book won the 'Book of the Year' award from Body, Mind and Soul Magazine.

In 1996, *A Second Helping of Chicken Soup* won the 'Story Teller World Award' for the best anthology of stories. In addition, this book was the winner of the American Family Institute's 'Non-Fiction Literary Award.'

Jack Canfield and Mark Hansen hold the prestigious title of 'The Best-Selling Authors of the Year,' by USA Today for both 1997 and 1998, selling more books during these two years than any other authors in America.

With 80 million copies sold, *Chicken Soup for the Soul* has made international publishing history. Jack Canfield keeps a framed copy of a million dollar check written to him by his publisher reminding him of the law of attraction.

A great deal about the law of attraction can be learned from Jack Canfield. The law of attraction is infinite, you can attract whatever you want if you truly apply the feeling that you will receive it. As for Jack Canfield, he knew what he wanted. He visualized getting it and took small steps to do it. He describes the law of attraction as

“Think of a car driving through the night. The headlights only go a hundred to two hundred feet forward, and you can make it all the way from California to New York driving through the dark, because all you have to see is the next two hundred feet. And that’s how life tends to unfold before us. If we just trust that the next two hundred feet will unfold after that, and the next two hundred feet will unfold after that, your life will keep unfolding. And it will eventually get you to the destination of whatever it is you truly want, because you want it.”

How badly do you want something? It does not necessarily have to be for wealth. It could be for bringing someone home.

A Helpful Stranger



What things ye desire, when ye pray, believe and ye shall receive.

Mark 11:24

Where was Andrew? It had been twenty-four hours without a word. I was sick to my stomach, but I managed to get down on my knees and pray.

“Please...Lord...send him a guardian angel to guide and protect him. Please bring him back home safely.”

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