

Improve Your Life with



**ATTRACTION
MANTRA SECRETS**

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CHAPTER

1

**Universal Truth
Of Attraction**



Chapter 1: Universal Truth Of Attraction

Simply put, Attraction Mantra Secrets is the ability to use one's thoughts and intentions to attract things they want. The theory behind the Attraction Mantra Secrets is that we create our own realities. We are the magnet that attract our reality. It uses the power of mind to translate whatever is in our thoughts and materialize them into reality. This explains the significance of focusing on the positive things that you want to attract.

The power of the Attraction Mantra Secrets lies in the fact that whatever you think about and believe will ultimately become the reality you experience.

On the other hand, if you choose to focus on the negative doom and gloom you will remain under that cloud. Therefore, starve the negative thoughts by removing your attention.

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.

Once you understand the power of your thought and direct this powerful tool in the direction of things that you desire, then you will discover that the action part of your life is the way you enjoy what you have created through your thoughts.

Although the theory behind the Attraction Mantra Secrets is very simple, putting it into practice on a conscious level takes work. Negative and limiting belief systems are buried deep inside us. They are the ones which stop you from succeeding, achieving, and manifesting. Changing or ridding yourself of ideas and old habits that defeat you at every turn is possible. Are you up to the challenge?

Start by learning how to activate the "Attraction Mantra Secrets ". The activation process involves three steps to eliminate limiting beliefs and attracting all your desires.

Here are the 3 powerful tips to activate the Attraction Mantra Secrets:

1) Empty Your Mind

(i) Meditate - Get a place that's quiet to meditate. Avoid noisy places where dogs are barking or individuals talking. This may distract you from focusing and too many distractions may prove too much to manage and you might stop meditating as soon as you begin.

Get a comfortable, peaceful place with pleasant temperature to settle down. You don't want to meditate under the hot blazing sun or have all kinds of insects flying by, landing on you, biting you, and so forth. Initially these things may greatly distract you.

Once you have settled down, all you need to do is to sit cross-legged, relaxed and have yourself meditate undisturbed up to an hour.

(ii) Breathe - Observe your breath. There are a lot of things to observe... pace of taking a breath... the consistency of the tempo of breathing does it always remain the same as you sit?

The smoothness of the breath or the abnormality of it. The depth or shallowness of breath... and, does it alter over time or is each breath a carbon copy of the last? Where do you sense the breath? Your nose? Your throat? Your mouth? Your lungs? Your tummy? Do you observe your diaphragm muscle beneath your ribs contracting and decompressing to enable you to breathe?

Truly, only 2 things are required for excellent changes to happen inside your brain... a focus on the breath and mindfulness during the day when not meditating.

Begin your common sitting session with getting comfy in your sitting posture and watch all the matters going on with your body and brain... attempt to unwind and calm the brain down...Observe the physical sensations happening...

Observe the breath.

Watch the breath.

(iii) Exercise - Regardless of age or fitness level studies show that making time for exercise provides some serious mental benefits.

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Studies also show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function.

Working up a sweat can help manage physical and mental stress. It is one of the best ways to clear your mind, lift mood and boost energy.

Spend 20-30 minutes doing your workout. Shoot for at least 2-3 times per week. Once you begin to exercise regularly, you will discover many more reasons why exercise is so important to improving the quality of your life.

2) Create Your Own Reality

The Wright brothers wanted to fly, and people considered them lunatics.

Leonardo da Vinci, Thomas Edison and Bill Gates were considered as daydreamers, when actually, they were visualizing and imagining their vision.

Whatever they were imagining years ago, is now a solid reality..

Your imagination is a gateway to the possible and a bridge to your unconscious mind. It is your preview of life's coming attraction. It's the

limitless palate with which you craft your world and a built-in key to manifesting your hopes.

Your subconscious mind doesn't recognize the deviation between what is genuine and what is imaginary. Your reality mirrors what goes on in your mind.

When envisioning your desire, engage your imagination by using all of your senses. Imagine not only the visualizations, but also the sounds, textures, smells and tastes of your dreams coming true. Even more significantly, think of the feelings of the outcome you look for as these contain the strongest magnetic force for drawing in your desires. How you feel about what you imagine will decide whether you'll successfully draw it in or not.

Feelings are the language that talks to the Divine Matrix (the Universe). Feel as if your goal is completed and your prayer is already responded.

Rehearse the future you want to attract in your head on a regular basis. What sort of future do you desire? How would you look, act and feel?

Whatever you are grasping on from your past is what you are bringing into your present reality.

And whatever the mind can conceive and believe, it can accomplish.

A different key element to drawing in and allowing the realities you look for is a sense of worth.

If you do not feel that you deserve the truth you want, you'll block its manifestation or undermine it once it arrives. Your sense of worth reflects your level of self-value and is meddled by guilt, dishonor, self-judgment and negative self-concepts.

Self-love and self-forgiveness always increase your sense of worth.

3) Adopt An Attitude Of Gratitude

Science tells us that an "attitude of gratitude" is a good health choice. Being more grateful more often makes us happier and more optimistic.

Gratitude attracts what we want. The universal truth of attraction says that we will attract into life the things we think about and focus on.

It can immediately transform all areas of your life.

The fastest way to attain an "abundance mind-set" and align your emotional vibration with the flow of prosperity and joy, is to adopt an attitude of gratitude.

Gratitude will positively shift your energy instantly and clear out any negativity thoughts that have been accumulating throughout your day.

Counting your blessings is one of the fastest ways to improve your mood or outlook.

And focus on what you do what attract even more. What you focus on expands. When you are grateful for what you have, even when it is not enough, you'll attract more of the good things in your life.

Bear in mind that no matter how bad your situation or life may be, there is always something to be grateful for.

As soon as you find it, your life will significantly improve!

CHAPTER

2

**Self-Enhancement
Mantras**



Chapter 2: Self-Enhancement Mantras

There's a popular saying...

"I ought to change, but I've attempted and failed."

Does this seem familiar?

There's no doubt about it: change is hard. But, it is essential for your growth and development as a person.

Frequently, altering habits does seem insurmountable. A lot of us merely don't have enough motivation to alter our habits - all of our foul habits - in a way that would really affect our life. We hold them tight as we view them as rewards. But your habits determine your life.

To break a bad habit, it's helpful to reward yourself for engaging in the positive behavior.

Although the hardest part of any new habit is pulling through the first month, particularly the 1st several days. When you've made it through those first thirty days, it's much simpler to continue as you've overpowered inertia.

When we consider changing a habit for good, we frequently psych ourselves out before we start. Believing we have to give something up for a lifetime is too overpowering to even think about. Rather than making a huge change all at once, you aim to take one little step in the proper direction. When you have gotten comfy with that change, take a different little step.

Go forward taking little steps one at a time till you sooner or later reach your goal.

To replace the bad habits with great habits is a really good idea. Here you will find some really great habits to start that will benefit your personal development.

- Construct a fresh habit by tacking a job onto one of your habits you already have. Water the flowers after you have taken your lunch. Send off thank-you notes after you check your inbox
- Work out daily. Supercharge your metabolism, concentration, and mental clarity in half-hour a day.
- By choice make the job harder as challenging jobs are more engaging and motivating than ho-hum ones. Do physical chores like filing or cleaning with your non-dominant hand. Draw up poetic e-mails to answer other emails.
- Figure how long a job will take to finish. Then start a timer, and press yourself to complete it in one-half that time.
- Discover individuals who are already acquiring the results you want; question them; and adopt their mental attitude, notions, and behavior.
- Finish an otherwise dull task in an uncommon or crazy manner to keep it fun and intriguing. Make routine calls utilizing fake foreign accents. Take notes in wax crayon.

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- Interpose one task into the middle of some other. Study while eating lunch. Return calls while traveling back and forth to work. Listen to audio programs while shopping.
- When somebody does you a good turn, refer a thank-you card. That's a true card, not an e-card. This is uncommon and memorable, and the individuals you thank will be eager to bestow more opportunities.
- Cast out the negative people from your life; and affiliate with positive, happy individuals instead. Mentalities are catching. Be loyal to reality, affection, and might, not to pity.
- Investing in yourself may be the most profitable investment you ever make. So invest more time in yourself. The effort you put into consistently investing in yourself plays a large role in determining the quality of your life now and in the future.
- Explain your most ambitious issues to several others, and ask for all the advice, feedback, and constructive critique you are able to handle.
- On a sheet of paper, jot down twenty originaive ideas for bettering your effectiveness.
- Study books and articles, listen to audio programs, and go to seminars to soak up fresh themes and inspiration.

- When an undesirable task is assigned to you, re-delegate it to somebody else.
- Name the item on your job list that frightens you the most. Muster up all the bravery you are able to and tackle it at once.
- When an apparently senseless job is delegated to you, bounce it back to the individual who assigned it to you, and challenge them to rationalize its functional necessity.
- Quit clubs, jobs, and subscriptions that consume more of your time than they deserve. Declutter for more personal time.
- Hold up non-critical jobs as long as you potentially can. A lot of them will die and won't need to be accomplished at all.
- Switch off the television, particularly the news, and recapture a lot of available hours.
- Hire a personal coach to remain motivated, centered, and accountable.

CHAPTER

3

**Unlocking Your
Ultimate Potential**



Chapter 3: Unlocking Your Ultimate Potential

Every speck of scientific research on the subject of human potential says that we all have much more potential power and ability than we are currently using.

Do you know your true potential?

Have you reached your full potential?

Most of us are unaware of the accomplishments we can achieve in our lives. We become tied down to the daily routine that seems to be working, (for the most part) and settle in for the long haul. We either choose not to or do not have time to look deeper in to our true potentials.

It is of paramount importance to unlock your ultimate potential...

Not realizing your true potential is probably one of the bigger regrets as people get older; realizing that you could've been more is one of the biggest emotional upheavals you can experience in your life.

That is why it is quintessential that you do not let opportunities fly away; for those fortunate enough to live in a society where there is free will to do and be pretty much anything you want, you must capitalize the opportunity to self-actualize, to be the best you can be.

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