

# Mastering The Law Of Attraction

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# 1. You Get What You Ask For

In life we get what we ask for.

Now you surely say that it isn't true. You say you ask for freedom and happiness and all you got was feeling imprisoned and bad.

Let's have a closer look to how creation works and how our subconscious mind works. Because it's the same.

Everything that exists is created in someone's mind. Everything starts with a thought. A thought is an energy. Energy wants to manifest itself. A lot of thoughts in the same direction will, that's for sure, manifest in the real world.

This is the process of creation.

We are created by the same process. We use this process of creation all the time, without knowing it.

When we are not conscious, then we are like most people and use this power to create a negative life. We have negative thoughts and get negative results.

Once we learn how to think positive thoughts, we will get positive results in our life.

How come? Our subconscious mind is like the earth. It does not interfere with what we sow. Earth does not say :”Nja I have enough of these carottes, it’s every time the same thing, I will make potatoes of it!” Earth does not say : “Bah I don’t like red flowers, I will turn the red into blue for these roses!” Earth does not interfere. Earth is patient, works in silence and gives us exactly what we put in it. And we KNOW that! We know we will get exactly what we put in the earth. When we put yellow flowers in it, we don’t expect them to be red when they blossom. When we sow roses in the garden we don’t expect onions to come out in spring!

And yet that’s how we react in real life. We sow onions and expect roses. We sow negative thoughts in our mind (onions) and expect good things (roses) to come out! We fool ourselves! And we blame others. We look for who can possibly be the fault of that (usually we blame the parents or the husband/wife for what goes wrong in our life). And

then we cry and say we don't have any luck in our lives. We look at the neighbour and think he's lucky because he has roses in his garden, and we wonder what we did to the world to deserve only onions in our garden!

When the mainstream of your thoughts is negative, let's say for 85 %, then the outcome will be negative for 85%. Your thoughts fall into your subconscious mind, which executes exactly what you put in it. It is like the earth. It is like a computer. When you type in your computer : "I am stupid, I am fat, I am ugly, nobody loves me", are you angry with your printer when the paper comes out that says "I am stupid, I am fat, I am ugly, nobody loves me"? Do you throw a shoe at your computer and do you yell at him that he is the fault of everything that's going wrong? No, because you know you put that information in it and your computer does not interfere. The output matches exactly the input.

So works our subconscious mind. If you don't like the output, change the input. You get exactly what you ask for = what you think of the whole day. Don't be angry with your life. You are not angry with the onions, are you? You are not angry with your computer, are you? Instead of being angry, learn how it works and learn to get positive results in your life. Start thinking positive thoughts. Think

only thoughts you wish to see happen in real life. Think only what you want to become true. And wait for a while, be patient. One day you will harvest what you sew, like you know earth will give you back what you put in it. It is never lost. Just wait and see.

## 2. Does The Law Of Attraction Really Work?

“Thoughts Are Things” Napoleon Hill wrote it in his famous book “Think and Grow Rich” a few decades ago. Yet to this day not many people understand its profundity.

To someone who might not be familiar with the concept of manifestation, it seems like a nonsensical statement – even absurd! But to a success conscious individual, it is a powerful statement and within it contains life’s most precious secret.

Everything starts with a thought. The Wright brothers had a thought about making flying a reality. Soon enough it became a reality for them and we are the beneficiaries. Warren Buffet had a thought of being rich which led him to the right people, right opportunities that helped him along the way and he became rich. Bill Gates had an idea (thought) about making the computer easy to operate and accessible to everyone. His thought manifested. These

men (and women) and many other successful individuals understand the most fundamental law: the Law of Attraction.

The Law of Attraction states that similar things attract to one another, thus, the saying “birds of a feather flock together.” If everything begins with thought and the Law of Attraction plays a big role in manifesting the thought, then it can be illustrated as follows:

A THOUGHT (attracts) OTHER SIMILAR THOUGHTS  
(attract) OTHER PEOPLE OF SIMILAR THOUGHTS  
(attract) CIRCUMSTANCES THAT ARE IN HARMONY  
WITH THOSE THOUGHTS (lead to) THE THING  
DESIRED BY THOSE THOUGHTS EXPRESSED IN  
PHYSICAL FORM

At the level of thought “things” are nothing but random energy waiting to be “assembled”. Yet they are as real as electricity is real. We can’t see electricity, but we know beyond shadows of a doubt that it exists. We also know that thoughts are real because everything that has ever been invented or created in our physical world began with a thought. The manifestation of the “thing” from the invisible plane into our physical world is enabled by the persistence of thought.



Scientists teach us that the whole universe is made of energy. Energy has frequencies. Thoughts are energy in its primitive stage. Thought energies radiate frequencies just as radio antennas radiate frequencies. The level of thought frequency determines the kind of physical manifestation and circumstance that we have; low thought frequencies correspond to the physical expression of similar frequencies while high thought frequencies correspond to things, people, or circumstance of similar frequencies.

The key to keep in mind is that thoughts are as real as any physical thing. You must be completely convinced as that it is so just as you are convinced that the earth is round. Hold your thoughts long enough and in time you'll see them manifest in your reality.

### 3. How Much Action is Needed?

One of the grave mistakes for most people in applying the law of attraction is not fully understanding the nature of attraction. The greater majority of people who learn of the law of attraction limit their understanding only to their immediate thoughts. While that is important its still a limited part of truly creating their reality.

They judge their thoughts as negative or positive and use that as an indicator to what they can attract. They continue on as they previously did with over working themselves and taking lots of scattered action hopping to manifest their desires by simply thinking positively about their desired goal.

This method fails to produce their desired outcome. Action is needed in this physical realm to manifest the things we want. However, sometimes the only action that we do need is to develop a steady practice of creating the experience in our inner world.

How much action one would take would be in proportion to how strongly you connected with your vision. How much time did you spend creating your inner reality? As you strengthen your time mentally creating what you want, then much less physical action is required.

The stronger your inner creation the less physical action is required on your part. The less time spend holding your vision the more physical action you would need to take.

It's very hard for most people to understand that all that is ever needed to create the circumstances that you want is your ability to enter into that deep inner reality which is within you.

This requires practice. As you grow in discipline and focus the stronger your ability will become in manifesting your desires. The law of attraction by itself is powerful but an even deeper understanding of the creative process is needed to manifest faster and stronger results.

# 4. How to be a Match for What You Want

The law of Attraction is a very sensitive and tricky law to put into practice. When you don't understand how it works it can be quite a struggle to what you deeply want. However when you understand that everything about the law of attraction starts with yourself first then the rewards can be outstanding.

Wanting is not the only thing it takes for you to have. Your wanting can actually repel the things you want from coming to you. So how do you become a match for the things you want without repelling them?

Your feelings are a very great indication of what you will attract. How often do you have thoughts about the things you deeply want but also felt scared about actually having those things? Maybe you may have felt scared and worried about the possibility of not being able to get what you desired. Those feelings of fear, actually repels what you want away from you. You loose your magnetic power when you feel fearful or worried or even needy.

Fearful feelings can only mean that you are not a match because when you are truly a match for what you want. You feel that it is already yours because you understand the deeper aspect of how the universe works and you are in a state of knowledge, trust and faith.

Lack of knowledge breeds fear, worry and doubt, all of which actually kills your chances of attracting what you deeply desire. To be a match for what you want you must feel that it is already yours. You must feel good about it, you must feel deserving of it.

Those who are wealthy and successful with the law of attraction dive deeply into the knowledge and study deeply all aspects of it until they master it. The more knowledge you have of how the laws of attraction work the better able you become at making it work.

The more you are in contact with the teachings of the universal laws the more confident you become in learning how they work, why they work and when they work. Positive and negative thoughts alone do not make you a master of the laws of attraction.

## 5. The Spiral of Manifestation

The "Spiral of Manifestation" is a powerful, energy-based technique that assists you in getting "unstuck". It is a wonderful tool that you can access at any time and in any circumstance.

The Law of Attraction dictates that when energy goes out, it comes back in the same form. This is not a new theory, just one that has not been fully understood or mastered. Our thoughts and energetic patterns create our reality. Yet, are we fully aware of what we are thinking and what type of energy we are putting out? On a surface level you may "think" you are doing one thing- but on another, more powerful level- something else is actually going on. This is what creates distortions in our energy fields and causes our own power of manifestation to be stagnant. To illustrate this theory, let's look at a couple of examples.

You want to attract a romantic partner into your life. This is a very deep desire and something that you want with all of your heart. So, you set out to accomplish this goal using spiritual principles. You use affirmations, write out a list of what you desire in a partner, light some candles and pray.

On the "surface" level this seems as if it is a very positive exercise. But, for a moment- let's look at what could be happening behind the scene- on a deeper level in your energy field. What are your "true" thoughts? Why hasn't the relationship manifested? What is the hold up?

The reality is at the current moment you do not have a relationship in your life. You are lonely. When you roll over at night- there is nobody there to hold you. You go out and see all these happy couples walking around and it causes you to feel sad and envious.

You create a "battle" or distortion of energy. You keep saying and trying to think one thing- yet, another reality is showing up in your life. If you find this happening- just understand that you have some thought forms and energetic patterns that are stuck. This is creating "neutrality".

The first thing to do in this case is to be realistic. There are over 6 billion people currently living on the planet! There is someone there for you. Stop feeling sorry for yourself that only adds to the distortion. Be happy for other people that they have found an appropriate mate for themselves. You just have not met the right person yet. Period.

Use the "spiral of manifestation" to dissolve all the blocks in your energy field. When you start to feel the sad feelings come over you- visualize a beautiful spiral of energy. It can be any color or size you desire. I see it as a tornado shaped energy field. I like to see it in a luminous silver or white color because that represents purity. Just allow it to dissolve the sadness. Do not attempt to direct the energy in any way. Just allow the experience. Let the spiral cleanse and purify whatever feelings come up. Let your thoughts flow. The Creative Power of the Universe does not need your assistance. Trust in your own higher self and the unlimited power of creation to take you through this process. Let go. The Creator knows what you want and what you need. You must trust that. Get out of your own way.

Another example of this theory is that of Prosperity. You, like everyone else, wants great things. You want to be able to pay your bills and have lots of extra money left over to buy what you want. You want to provide for your family now and in the future. So, this is the goal- to increase our prosperity.

You begin doing affirmations, thinking positive and visualizing what you desire to happen. After about a week of affirmations and positive thinking- guess what? You are



still broke! You just got paid and it is gone! But, you keep on saying your affirmations. The battle begins. What we are doing is not working. Why? It is not working because there is an energetic conflict. We get angry, "I keep saying all these affirmations and thinking positive thoughts and I still do not have any money". Are you really thinking positive thoughts? What is going on in your mind? Do you believe what you are saying? The anger takes us out of the natural flow.

First, be realistic! There is unlimited abundance everywhere! There is no lack! The lack resides in your mental programming. Change how you see things. When you find yourself overcome with fear about not being able to pay your bills and the money you need is just not there- call the "spiral of manifestation". See it enter your energy field- cleansing away all distortion and un-truths. Soon you will find many wonderful ideas on how you can manifest prosperity. Creativity will flow and new and exciting opportunities will present themselves to you.

Open yourself up to the Unlimited Creative Power of the Universe. Remember, there is no lack or limitation of any kind. That applies for personal relationships, money, health etc. Being in a "stuck" space uses a great deal of energy- it blocks your ability to create and causes fatigue.

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