

**YOUR DESIRE**  
**AND THE**  
**LAW**  
**OF**  
**ATTRACTION**



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# Table of Contents

Foreword

## *Chapter 1:*

LOA Basics

## *Chapter 2:*

Learn to Use Meditation

## *Chapter 3:*

Be Sure You Are Attracting the Right Things

## *Chapter 4:*

Ask the Universe

## *Chapter 5:*

Write Affirmations

## *Chapter 6:*

Feel That You Already Have

# Foreword

If you are experiencing hard times in your life, it is very important that you become familiar with the term “law of attraction,” or LOA. The law of attraction states that you are basically responsible for all the circumstances of your life, whether good or bad. You draw everything into your life that exists. You have the power to create positive circumstances in your life, you just have to know how to harness the power of the law of attraction.

The law of attraction has to do with every part of your being. Everything from your thoughts, to your emotion to your actions either adds to this power or takes away from it. Would you believe me if I told you that it is possible for you to accomplish all of your dreams and be truly happy in life? Well it is true and it is much simpler than you probably think. All you have to do is believe and trust in the universe and use the power of the law of attraction and you will surely be rewarded for your efforts.

It is important to remember that change almost certainly will not come overnight. It will likely be a while before the full effect of the law of attraction sets in. From the first moment that you understand the law of attraction and begin to use it properly your life will begin to come together. The pieces will begin to fit better and everything will make more sense.

The following chapters of this book will go over the law of attraction and will help you to better understand it.

# **Your Desire and the Law of Attraction**

# Chapter 1:

## *LOA Basics*

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### **Synopsis**

There are some basic principles that need to be understood when speaking about the law of attraction. Basically, as stated before, everything that happens in your life is attracted by you. It is important that you understand and take responsibility for the fact that everything that happens in your life is a direct impact of your decisions or thoughts.

A good way to understand the law of attraction is to think of yourself as a big magnet. Now everything else in the world is objects that are attracted by the magnet. It is important that you know what objects you should stay away from and what thoughts you should try and keep from your head. Even if you do not speak out on a thought it can still draw certain things into your life. It is important that you learn to train your brain and do your best to not think negatively.

The law of attraction can work some real wonders for your life. You just have to have a proper understanding of it and use it correctly. One important thing to remember is the fact that even if you do not use the law of attraction to your advantage it still exists and is always working, even if negatively. So you may as well get a hold of it and harness the true potential of its power.

The following chapter will go over the basics of the law of attraction so that you can acquire a better understanding of what it truly is.

## **The Basics**

Everything in life is brought on by the law of attraction. Basically, you had a thought or made some take of decision or took some type of action that makes everything happen the way it does. It is like a big circle, things go around but they come right back to where they started. Therefore, if you do things or have good thoughts, good things will eventually come back around your way. On the other hand, if you do negative things and have negative thoughts and feelings, nothing but negativity is going to come back your way.

There is no escaping the law of attraction or hiding from it. It truly takes a toll on everything in our lives. Even the fact that I am writing this book or that you are reading all has to do with the law of attraction.

There are many people out there who do not believe in the power of attraction. They believe that everything that happens in their life is just luck of the hand of cards they were dealt. In most cases these people's lives are out of control or are in the progress of falling apart. Living life without adhering to the rules of the law of attraction is like driving a car without using the steering wheel and just hoping that you make it to your desired destination without any bad things happening along the way. This is a crazy thought right, well so is thinking that you do not bring into your life what is there.

A lot of the law of attraction relates back to what we were all taught as children. We were taught that every action we make has a reaction and this could not be any more true. Everything we do causes something else to happen which causes something else to happen and on and on until it ends

up right back in your lap. Now when it comes back around do you want it to be positive or negative? Surely you would like it to be positive. In order for you to receive positive things from the universe you must believe in the power of the universe and you must do positive things.



# Chapter 2:

## *Learn to Use Meditation*

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### **Synopsis**

There are many different benefits that can come from learning the art of meditation. It can not only reduce stress and do other wonders for your health but meditating can also be very beneficial for using the law of attraction. Meditating gives you a chance to tune out the world around you and to connect with yourself on a very deep level. You will be able to hear you innermost thoughts and desires when you meditate and many things in your life will begin to make more sense.

As mentioned before, everything you do impacts how the law of attraction will behave in your life. This is true all the way down to the thoughts that you have. It is true, actions will have more of an impact than thoughts do but thoughts still make a difference when it comes to the law of attraction. Meditation can be a great tool to use to get control over your thoughts and begin to change your thought process entirely.

The following chapter will go over some of the numerous benefits that you can receive from learning the art of meditation. You will be given some pointers on how to better meditate. We will also go over how meditation ties into the law of attraction.

## **Use Meditation**

There are many benefits that can come from learning how to properly mediate and from practicing this skill on a regular basis. Many people are unaware of the powers of meditation or how deeply it ties to the law of attraction. Well it is true and you will never understand until you experience it for yourself.

The following are some examples of the many benefits that can be provided by the art of meditation:

- **Meditation Lowers Stress**

The art of meditating is a great way of reducing your levels of stress. Learning how to block off the outside world and focus on yourself is very beneficial when it comes to trying to lower your levels of stress. High levels of stress can cause us to act in ways that we would not normally act such as being aggressive or irritable. As mentioned before, everything you do in life down to your thoughts and attitudes influences the law of attraction. That is why it is so important for you to find a way to lower your stress levels and meditation is honestly one of the best ways.

- **Meditation Helps Us to Learn Our True Self**

Your body is nothing more than a temple for your true self. If you want the law of attraction to work in your favor you will have to learn who the real you is. You will have to learn how to look beneath your

outer shell and see who you really are. The true you is in your soul and your mind, not in the body that is there to protect it. Meditation allows you to shut off the outside world along with all of its distractions. This will allow you to analyze who you really are and what you really want from life.

- **Meditation Helps to Cope With Emotions**

Along with many other things, meditation can help a person a great deal when it comes to handling and coping with their emotions. Things can happen in life that can cause us to feel down or depressed. Continuing this path of negative emotions will just bring further negative consequences into your life through the power of the law of attraction. People who learn the art of meditation will learn to better understand their emotions and how to better control them. When they become more in control of their emotions they will be able to see the brighter things in life which will in turn bring on more positive things due to the law of attraction.

- **Meditation Helps You Become A Better Person**

The art of meditation will help you to become a better person as a whole. The effects will not be immediate but in time you will surely notice the differences in your life and how much better things have become. When you become a better person you will be blessed by the law of attraction. As discussed earlier in this book, the law of attraction can be thought of as a big circle, if you put good into it good will come back around. If you become a better person you will surely be putting much more good things into this circle which means you

will have a great deal of good things that come back in return. In this way, meditation can truly be a blessing for your life.

- **Even When not Meditating it is Still Working**

One of the best things about meditation is the fact that even when you are not meditating you will still feel the effects of your meditation practice. You will notice the everyday problems that used to really stress you out are no longer that much of a big deal. You will be better able to cope with problems in your life and will learn to always see the brighter side of things and to believe in the universe. All of these things will contribute to the law of attraction bringing blessings into your life.

The above were just a few examples of the many different benefits that can be received from meditating. There are many more but we would be going over them all day.

Meditation is deeply tied into the law of attraction and if you want to use the law of attraction to your benefit you are going to have to learn how to master this skill. You are going to have to learn how to tune out the world and focus on your connection with the universe and your true self.

# Chapter 3:

## *Be Sure You Are Attracting the Right Things*

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### Synopsis

The law of attraction is very powerful and it will continue to attract things into your life, both good and bad, depending on the decisions you make and the thoughts and feeling that you have on a daily basis. You want to make sure that you are attracting as much positive you can from the universe and as little negative as possible.

As mentioned before, there is no stopping or hiding from the power of the law of attraction so you need to learn how to control it in order to draw only beneficial things into your life. The last thing you want is for everything to be going good and then you draw something into your life that ruins everything.

Learning how to use the power of the law of attraction to your advantage will take time, patience, and effort but in the end it will be well worth the effort. You will be amazed by how blessed your life becomes when you understand LOA and use it for the better.

The following chapter will go over the importance of drawing the right things into your life and will give you some idea on how you may start to draw in more positive things. Remember that this is going to be a learning process and it may not be something that you are able to master right away.

## **Bring In the Good**

Your inner self projects energy into the universe that can be thought of kind of like radio signals. These signals contain your thoughts, desires and actions and the law of attraction will pick up on these signals. As mentioned before, everything in your life influences the law of attraction. You can use this power to bring in an ample amount of good things and opportunities into your life.

You want to make sure that you are always projecting positive signals for the law of attraction to pick up on. The law of attraction will bring in to your life what you project that you want. The thing is, sometimes we project signals without even knowing we are doing so. It is important that we get in touch with our true inner selves and learn how to communicate with them. We need to learn how to control our emotions and our thoughts. The way that we think influences the way that we act as well as the things that we do in our daily lives. That is why it is important that we find ways that we can begin to control our thoughts so that we may make better choices and actions and be blessed by the law of attraction.

The law of attraction can be influenced by other things as well such as the friends that you may have in your life or the people that you choose to associate yourself with. If you choose to be around negative people you will be influenced by negative energy. This negative energy will be picked up by the law of attraction and you will begin to naturally attract negative things into your life. You will soon see that everything is spiraling out of control and that nothing but negativity comes into your life. On the other hand, if you surround yourself with good people who emit positive energy you will

be blessed by the law of attraction as you will begin to attract more positive things into your life.

Ultimately the choice is yours when it comes to what you want the law of attraction to bring in to your life. If you are still having a hard time believing how powerful this law is you need to think of the evidence of its existence that is all around us. Think about it, every action has a reaction so make sure you are making positive actions that will have positive reactions.

# Chapter 4:

## *Ask the Universe*

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### **Synopsis**

The universe is very powerful and can provide you with the best life possible if you know how to ask it for what you want. Many people are unaware of the benefits that they can receive from asking the universe for what they want. On the other hand, there are people who are aware of the power of the universe but are not aware of how to properly tap in to their inner self to see what they really want.

In order to be able to properly harness the power of the law of attraction you need to have a proper understanding of how to speak to the universe and how to ask it for what you want. Keep in mind, when doing this you are not advised to expect to see results immediately. You have to have faith in the universe and show trust in it that it will be generous to you. By doing this your trust will be rewarded by the law of attraction and blessings will surely be brought into your life, even if they are a blessing in disguise.

The following chapter will go over the importance of the universe and will go over how asking the universe for what you want ties together with the law of attraction.



## **Ask For What You Truly Desire**

You are truly setting things into motion when you ask the universe for what you desire. The law of attraction will bring into our life what we want we just have to ask for it. At the same time, you need to live your life as a good person or no matter how much you ask for you will not receive.

You will be amazed by the speeds in which everything you need to get everything you ever desired begins to fall into your life when you ask the universe for it. Everything begins to manifest and your life begins to become truly blessed. All of the resources and determination you need to accomplish everything in your life that you have ever wanted will begin to come into your life and you will not have to do anything, as long as you are truthful when you speak to the universe.

You will not be able to ask the universe for what you want if you do not know what it is that you want. This is where meditation and other forms of inner self communication come into play. You need to be able to look deep inside yourself and discover what your true desires are. You need to be able to tune out all outside influences and discover what it is that you truly want and not what other influences want. Once you are able to communicate with your inner self and learn what your true desires are you will be able to ask the universe for what you want much easier.

In order to receive what you want from the universe you must make sure that you are very clear about what it is that you want. You cannot be vague and you cannot leave out any details. The universe cannot read your mind and if you want it to bless you with what you desire it is very important that you let it know exactly what it is that you want.

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