

How To
Think Positive
The Law
of Attraction

*A Quick Guide to Your
Hidden Manifesting Power*

VALDEMAR GALVAN

How To Think Positive: The Law of Attraction

A Quick Guide to
Your Hidden Manifesting Power

By Valdemar Galvan

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Dedication

This book is dedicated to you, the reader

PREFACE

You may have heard about the law of attraction already but perhaps, if you were like me in the beginning, I did not understand a whole lot about it, at least as well as I do today at the time of this writing.

More significantly, ever since the release of the movie "The Secret" a few years ago, flocks of people were introduced to this new thing called the "law of attraction", this concept gave a lot of people new hope, and a fresh perspective on topics such as wealth creation, relationships, health, feelings and pretty much tied all of them together with the mentioning of "like attracts like" and concepts such as "thoughts become things."

Although the law of attraction has existed all along since the beginning of time, it has probably been known by many different names and slightly different descriptions, but the general "idea" is the same.

The intention of this book is not to provide you with a massive three-inch thick (if printed of course) encyclopedia but quickly take you through very digestible chunks of what I believe to be the most useful and important information regarding the law of attraction.

Most of us learn more often than not from more than one single source. Sometimes all it takes for something to click is being able to relate to someone's perspective better than it does others.

Chances are you have already been introduced elsewhere but still feel like something is just not clicking. If you have taken

the law of attraction into practice and found out it hasn't worked as well as you thought it would, or not at all, then I will try to shed new light so that you better understand why that is.

As you draw on some of my own personal experiences, you will be able to take those and apply anything you can relate to into your own life.

Anything that we want to gain new knowledge or better understanding of can sometimes be achieved through a combination of learning from not just theory but also the experiences of others. It allows us to look at it from a spectator kind of view and be able to pinpoint the things that make sense because we are not trapped in it from our own belief system and way of thinking.

This is the reason you must keep an open mind with any new things you learn, and any things you are familiar with but not fully understand, you may be surprised to know that you acquired a few new things and gained a better level of awareness.

Open your mind, and heart and take what I'm about to share here openly, and perhaps most importantly, begin to apply new ideas into your own life because it is through the application and action that we make things happen.

The law of attraction is no different. You cannot just simply sit and look pretty thinking about that new car, and imagine that it is right there in your driveway. You must use your imagination and visualization but also do something! Take an action to get you a step closer to getting it.

I had many questions as I attempted to understand the law of attraction better. Through continuous reading, research, and coursework I was able to find the answers.

Something worth mentioning is that just like anything else; you cannot fully deem something as being a complete scam (where in some cases people may label the law of attraction as) until you gain a higher understanding of it. We humans tend to criticize, condemn, punish, ridicule and even be afraid of things we yet do not understand.

And I don't have to give many examples here. All I can say is that even scientists used to think at one point in life that our planet was flat, and anyone who opposed that idea was ridiculed.

As we continue to accept, adopt, and pursue our personal growth, we begin to see the positive effects in our lives and start to see the world in a whole different way, our level of consciousness and understanding of self-awareness increases to a point where we begin to see our connection to not just everybody else but the universe, and our world as well.

The world "sees this" and is able to respond and reflect the things that go in harmony with the way we see it as well.

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Introduction

Throughout my curiosity, research, and ever since I started to become fascinated with the human mind, and our purpose here in life, I have continued to make new discoveries, ideas, theories, fragments of history, and other mind-blowing pieces of information that really make you think to a deep level, some of this knowledge that you start to find as you seek it, can arouse an even deeper desire to continue to understand, and continue to find the pieces of the puzzle that we as humanity are barely starting to find and understand more significantly within the last couple of years to the present day of this writing.

They completely change your perspective of how you see the world. They change and raise your level of awareness to a point of not only wanting to learn more but also as if it plants a seed to continue to spread that awareness to many other people so that they too can become more self-conscious and realize that we are all living in a very low frequency of thought in these modern world times, this low frequency is characterized of low level emotional and vibrational energies, these energies are reflected into our world in form of disease, fear, worry, suffering, anxiety, war, and anything else that has a negative level of vibration.

As our thought vibrational frequency rises, so is our perception of reality and truth.

It is the reason I myself don't get stuck within one single belief system. I open my mind to all belief systems that contain good in them for they all have something to teach us, and we all can benefit from the teachings and ideas of each

one, however, I believe that truth begins to show itself as you become more self-conscious, not so much on what others teach you or tell you but what you start to discover on your own by trusting your intuition and what comes within your heart. We all have the capabilities and mechanism of emotions which tell us the level of frequency something is associated with and they are a “signal” that tells our physical bodies what to do about a particular state of vibration. If you are sad, change it for things that will promote happiness instead for example.

Our world is currently shifting in the level of consciousness; we are beginning to understand more things that previously puzzled us. We are beginning to uncover the veil of many mysterious things that did not make much sense before.

This understanding will not just allow us all to expand in consciousness but will make a tremendous jump into a new realm where we begin to see things in a completely different way. The discovery that we really all have an amazing creative ability will give us the understanding that we can create our lives instead of letting outside circumstances control it.

We are beginning to realize that we are all are not separate but connected to each other and all living things in a very special way.

It is the understanding of this connection that will help us make a huge leap in terms of how we see each other and that contributes to the global level of consciousness.

Where the law of attraction fits in this context and where it is incomplete in my opinion and understanding is that it is a

mere piece of the puzzle. There are other important pieces of knowledge that we need to be aware of and get a better sense of in order to in-turn understand and make the law of attraction work for us.

The law of attraction is a simple term given to a piece of the whole puzzle. But understanding this piece is a link that will lead to the better understanding and increase of our level of consciousness.

Understanding more about the law of attraction not only will give you the tools to improve your life in every area, but will get you a step closer to realizing who you are not only on a self-conscious level but at another level that you will be learning more about here.

- Valdemar Galvan

1

Understanding the Law of Attraction

What is the law of attraction?

The law of attraction is perhaps one of the most misunderstood laws in the universe, it has been present since the beginning of time even though we didn't quite know it existed or had a name and better way to describe it.

Those who knew about it would give it different names and describe it a bit differently but the law of attraction was essentially the same at its core.

Depending on how you begin understanding it, you may see it as a law of psychology, as metaphysical law, or as a natural law such as gravity. There are slightly different perspectives and opinions but essentially, it contains a bit of all those elements.

It involves the understanding of the power of our mind and how it relates to the connection it has to our body and with that, the connection it has with universal intelligence. There is a spiritual component that goes deep within us when it comes to the law of attraction, our intuition, feelings, and emotions are also related to it. It is also a natural law because it exists whether you understand it or believe in it or not, it really doesn't matter.

You can think of it as a combination of forces that work through what you may know as energy or vibration, a very simple way to begin to understand it is if you can think of it as the force of "magnetism" where you can feel the invisible

forces of a magnet placed in opposite polarity to another yet cannot see it.

Basically, the law of attraction in its most basic terms says that whatever you think you attract into your life. Whatever you put energy and focus within your mind you attract forces that in turn manifest realities in equivalence with whatever you are in harmony with beginning at conscious and powered by a subconscious level, these can be things you don't want or things you do want; negative things or positive things.

In my opinion it is a more practical and perhaps less sensitive or sometimes easier to understand force in comparison to what many of the religious concepts tell us but it transcends any specific religious beliefs or any of our differences as it applies to anyone and everyone despite of your beliefs.

It is important to note that many religious teachings are also related or tied in some way to a description of the law of attraction. Phrases like "The kingdom of God is within you", "Ask and you shall receive", "Blessed are those who did not see but believed", and "The mind is everything. What you think you become", among a few.

Whether you believe in it understand it or not, it will still be working, all day every day. Whether you decide to live as a pessimistic or negative individual, or just to live by chance not taking responsibility for your own life, your results and circumstances surrounding your life will reflect that.

The beauty of it is that; you can choose to take control of your life and instead of focusing on negative and pessimistic

things you can choose and begin a journey of positive thinking which will begin to emit a frequency into the universe which will then attract like a magnet circumstances, people, events, opportunities, ideas, and things in harmony with it.

As your understanding and awareness of this knowledge increases you will also be able to better recognize the things that are coming into your life in accordance to whatever energy and vibration you are emitting out into the universe.

Just remember that action has to follow after you gain a better understanding of the law of attraction because as you align yourself in vibration with the things you want focusing on that and all the positive things within it, you will find out that “the universe” will be ready to send your way the things you need to overcome certain struggles or achieve success, whatever your goals are.

It all has to start with you.

Yes great things will begin to happen, but you cannot just imagine something and wait in the comfort of your couch waiting day by day to “magically” appear.

As you start taking action, things will begin to appear! And as long as you have an open mind, and become aware of your senses, you will learn to recognize and see the wonderful experiences that will come your way.

2

How Does It Work?

How exactly does the law of attraction work?

The law of attraction can also be described as the law of vibration, this is another interchangeable term less often used, in essence, we attract things into our lives whether they are positive things or negative through our vibration.

In this context, you can think of vibration as energy movement that occurs within our being. You can build within yourself a positive or negative vibration. The way this happens is by way of your thoughts, emotions, and feelings. If you are worried, frustrated, bored, depressed, or in fear for example; you are in a negative vibration. If on the other hand you are feeling happy, excited, optimistic, motivated, or loving; you are in a positive vibration.

As you find yourself in any of these two types of vibrations, you are sending this “energy signal” out into the ether, or universe, which we are collectively a part of.

This energy is “returned” back to you by means of physical manifestations such as people, events, situations, places, circumstances, or opportunities depending on the type of energy you are signaling out into the universe, depending on the kind and level of vibration you have built-up within.

One thing that you have to know is that the universe doesn’t care whether you want something or not as it simply reflects the energy signals you send it, if for example you are trying to affirm to yourself and start thinking that you want to get out of debt and use an affirmation such as “I will get out of

debt” you are still basically giving out the signal about debt, because chances are you are “feeling the debt” and so debt you will continue to get.

How should you rephrase the affirmation then? Take out the word “debt” out altogether and change it to something like “I will earn more income.” Can you see and feel the difference? However, it doesn’t have to stop there; you can still improve on that phrase even further.

Be specific about what you want. Even though we have already improved the phrase, we need to ask for specific things we want or want to achieve because being vague about what we ask, will also lead to getting vague results back. I would then rephrase it to something like “I am ready to receive more income, and it comes to me easily and frequently.” As you affirm that, follow it with a goal attached to it to be specific and have an even more clear vision of what you want. You can phrase it like this: “I am ready to receive \$500 more a month, this and more income comes to me easily and frequently, abundance always follows where I go.”

This is a better way to ask for what you want, because if you are new to applying the law of attraction in your life, this amount of income you want to manifest may seem more believable and conceivable to you.

As you continue to learn and understand the law of attraction, you can slowly ask for bigger things because with each thing you manifest into your reality, your beliefs’ strength will grow as well.

This is the reason why a millionaire who has lost one million dollars was able to get them back, simply because their belief

has already manifested a million dollars previously and so they're at that level where they know and believe that if they already manifested it, they can do it again. It is more believable and conceivable.

It is exactly what happened with the first person who climbed to the top of Mount Everest. Before he did, it was thought to be impossible by just about everyone, so no one did. But after he started to believe he could and actually did it, suddenly many more came on board and started to climb to the top as well.

As you saw in this previous example of how you can begin to manifest something into reality, it is equally important to note that as you ask for something, you also need to be in the level of vibration to receive it. In other words, you must feel it, you must believe it, and you must expect it without any doubt in your mind and heart that you will attain it.

In my own personal experience, I found out that the law of attraction "worked better" by not only having aligned myself with the vibration of the things I wanted, but by also taking an action that moved me closer to it.

This was one of the first things I discovered that made a huge difference in the manifestation process because as I started taking even small steps towards something I wanted to achieve. I found out that almost "magically" I ended up in the right places, with the right people, finding the right information, book, etc.

3

The Science of It

So what is the science behind the law of attraction?

We as humans tend to believe only in something that has a full proof behind it, or only those things we can see and physically touch, taste, smell, or hear.

The interesting thing though is; have you noticed that even though there is no full proof or full understanding of let's say; gravity or electricity, we take it as good enough to "believe" they exist based on smaller "proofs" of their existence? Such as the fact that we don't seem to fall down despite being "upside down" in the planet if you were to take a look at it from the moon, or by having been shocked by an electrical charge, or having seeing lightning of electricity in the sky.

To me, it is simply the lack of understanding that steers us away from believing in something, especially when it is something beneficial with the potential to create better things for us.

I will explain how I understand the law of attraction and the "science" behind it and I will make it very easy for you.

Instead of wasting time and energy trying to argue within yourself or others whether there is a scientific proof behind it or not this is my recommendation to you, it is what I did myself:

Let yourself be guided by your own experience, if you are not happy with your life right now, change whatever you are currently doing! There are many things out there that can

help you but if you are continuously doing the same things and you see little to no change, then move on to something else. Change it!

Always be on exploration to find something that will work for you, but make sure you don't go too far without getting a good understanding of what you are doing right now before you move on.

Let me put it simply. I believe in the law of attraction because it just makes sense to me based on my studies of it, and based on my own experience with it.

Even if some super-genius came and made a solid case to disprove its existence, I would still rather believe in something that already helps me rather than something that has "proof" but doesn't help me, as simple as that!

Remember these following three words: "Beliefs Are Powerful." But they can go either way, positively or negatively. You can believe "you are not good enough" and you will make it true the more you program it into your mind.

Or you can choose to believe you are extraordinary, alive, in joy, excited, driven to succeed and you will make it happen.

Now, having said that let me quickly explain the science behind it according to my understanding in simpler to understand terms.

The Scientific Explanation

One part of science believes that the smallest particle, or unit of existence is made of physical matter, and that matter

makes up everything from rocks, plants, animals, objects, and even your own entire body. Other scientists have discovered that we are not made up of a physical component but an energy component instead.

In short, I also believe we are energetic beings living in a physical body. If we were physical at the core, we would disappear forever once we died. But there are too many cases, some that we have experienced ourselves when it comes to the belief of life after death, you know the talk about spirit, soul, etc.

Now, if we were not energetic beings, than you can pretty much forget about anything that has to do with soul, spirit, or what some may describe as supernatural forces, or metaphysics.

If you want to dig deeper in the subject, it is my understanding that Newtonian Physics is the science behind the concept that we are made of physical matter, and Quantum Physics has been digging deeper into the understanding that we are made of energy at the core. It is beyond the scope of this book to go deeper into each of those subjects.

The general idea that you should probably know about the science behind it then comes to deciding which one do you believe? Do you believe we are made of physical matter, or do you believe we are made out of some sort of energy?

Our natural being is made of energy. Our higher self, soul, spirit, or whatever you want to call it, but we are here with a physical temporary component that gives us the ability to interact with the physical world, and provides us an

opportunity to grow even more, for that is what we are here for, that is my belief and that is one of the first things you need to understand to make the law of attraction work.

4

The Fastest Easiest Way to Use It

How fast can I make it work?

When it comes to using the law of attraction you can't really say how fast you can use it, and what the easiest way is, this is simply because you are already using it! It doesn't matter if you believe in it, understand it or not, it is something that has existed since the beginning of times and is working right now at this very moment in accordance to your level of vibration.

Even the whole context and understanding of this book can completely change if you find yourself at a low or high level of vibration, it is also a reason of why many people claim to discover and better understand new things as they re-read a book, even after several times it has been read.

There are however, a few ways to sort of explain how you can easily use it, and how fast you can use it once you have a better understanding and awareness of it. You must first think about what you want, feel it, believe that you will attain it, and be ready to receive it.

You are already using the law of attraction, but now that you have some awareness of it, let me give you an example of how easy and how fast you can start applying it right now consciously.

You cannot manifest something into reality without having conscious thought about it first.

Having said that, let's say that you feel like drinking a nice cup of warm tea with sweet bread, obviously before you even

felt like drinking it you must have thought about it first. You pictured yourself drinking it as you have done many times before.

Now after you thought about it, you probably imagined yourself all cozy drinking it and taking a bite of the bread, perhaps you even salivated in the process, even if the imagination part lasted only a couple of seconds.

You have also attached the feeling to it, how warm it feels inside your mouth and all while you also enjoy the aroma and the comfort of drinking it in a relaxed manner.

Now that you have set yourself into vibration with that intention by first thinking about it, and by attaching a feeling, you now believe you will get it and are ready to receive it.

So you either take an action to make it part of your reality by getting up driving to the local deli store, or you call your wife or husband to get it for you on the way home.

Soon enough your tea is here, and so is your bread. You sit back and relax to enjoy the warmth liquid as it goes into your mouth and as you enjoy the aroma while taking a bite of the sweet bread.

Congratulations, you have just used the law of attraction to attract a cup of tea and bread into your reality. This whole process may have taken you as little as 15 minutes, an hour or two. Was this fast and easy enough?

Here's the nice thing about the law of attraction. You can apply this basic principle by slowly making it your intention to manifest bigger and better things into your life.

As you do this gradually, your beliefs will gain strength and as that happens so will your ability to manifest things that may have seen impossible to attain before.

How fast and how easy you can make use of this law depends on your current ability to conceive the belief that you can attain it within reason, how much thought you put into it, and how much emotion and feeling you fuel it with.

Whatever you put your thought energy and focus into is what you attract the most of. It is why you are most likely to continue being a pessimistic person if you align yourself with anything that promotes that, or a joyful person, unless your belief system about who you are changes.

5

Doubting the Law of Attraction

Is the law of attraction real?

There is a lot of doubt and skepticism when it comes to this often asked question. There are now many people who believe in the law of attraction and many people who don't.

The following is my humble take on this explanation based on some study but most importantly also based on personal experience which I think has a lot to say rather than reading simple theory.

Let me put this simply to start. Had I not experienced a total shift in my awareness and mindset and started to experience new great things in my life, I wouldn't have even written this book in the first place.

This book is just a small example of the limitations I started to leave behind. It's like a whole new world of possibilities opened up for my taking, and I no longer beat myself up or set all these crazy excuses for myself that only halted my progress in living a more fulfilling life.

All the things I learned and all the positive effects that learning more about the law of attraction brought into my life are my own simple proof of what it did for me in my life, I cannot deny that from long years of blindness-- as I can best describe it, I was able to find some light, and now I know there are greater forces out there in play that we yet don't fully understand yet they exist. We don't understand gravity but yet it's there and we know it exists, no one questions it.

The law of attraction is something like gravity as I have put earlier, it's always been here since the beginning, long before this movie *The Secret* made it popular and spread the awareness of it to the masses.

To answer it right off the bat, yes it is real! You are using this law right now! And I can tell you that getting a hold of this book is also part of you having attracted it to your reality whether you came across it by accident, referral or some other way. It doesn't really matter.

How do I know it's real? It is very simple. For a long time and long before I ever came across the two pieces of knowledge that confirmed there were some bigger forces out there, I was already using the law of attraction to some extent without knowing. I will let you know what those pieces of knowledge were in a moment. I just knew something was at work here; I was using it to get the jobs I wanted to get.

All I was doing at the time was simple imagining myself working there already, but I didn't just imagine it superficially, I felt it to the inside of my being, and it felt good, like some kind of inner peace that is already telling you that you will have it, for that is your intention.

Now, I didn't really know how I was going to land in those jobs, I just simply visualized it so vividly and felt it as if I had already accomplished it, I even smiled just at the thought of it. A very important piece I want to add to this however, is that I didn't just simply visualized it and felt it.

One of the most important things you also have to do is as I will re-emphasize is take action! What I discovered at that time is that by way of these three elements, visualizing,

feeling, and taking action where almost magically making things fall into place beautifully.

I remember I once lost a job because the company was doing badly but only to have fallen into a more rewarding and almost perfect job, the kind I wanted to get! This is part of the reason I don't believe in coincidences. I believe that all things happen for a reason, most of us are just too blind to see it.

On the negative side of the coin, during those times of triumph in the job world, I was also struggling relationship-wise. But I understand it now. What I was doing in my jobs is that I was putting my energy and focus on that so I kept seeing more of that.

As for my relationship, I was also putting energy and focus on it, but a negative kind. I believed I was in an unworthy relationship and even blamed others for my unhappiness in that area of my life; and because I saw others as the culprit, I kept getting more reasons to feel that way. Whatever your thoughts and feelings are aligned with, is whatever you attract in your life.

That wasn't all of course; the greatest turning point in my life was just about to come. This was a very difficult time. It was a time when all kinds of bad things came to me all at once. It was a time when I stopped dreaming, I stopped visualizing and believing, a time when I started to see no hope, a time when I started to blame everyone around me for my misery and for all the bad things that had come into my life.

Suddenly the world was unfair; it was a bad place to be in. I wanted out of this world, "What am I doing here" I thought, if

we just come to be in misery and suffer even when I try my best to be a good person, and not just that but it is like being dumped in this world to suffer due to other people's cruelty, ignorance, and malice.

I lost my home, I was buried in debt, my relationship was falling apart, and numerous other bad things that happened all at once it seems. The pressure was too great to bear, and all this is the kind of stuff that makes you want to grab a firearm and end it right there, no more suffering, no more to worry about. That's how low I came to be at once.

But in a way I am grateful for that, because later I understood what it means to hear that there is no light without dark and no dark without light. Right in the brink of giving up completely not only did I focus on the reasons I was here, but I gained just enough of a spark to gaze up in the sky and ask the universe why? Why did all these bad things happened to me? And it was that same spark that started leading me on a hunt and search for the answers.

I knew there had to be an explanation, answers to my questions, and maybe even find the reasons of why bad things happened. I had many questions in my mind. What is my purpose in life? Why am I here?

...What am I?

Then after beginning to dig for some of these answers, two life-changing pieces of knowledge came to me. The beginnings of becoming more self-conscious, with a better understanding of who I was, and the desire to think at a more deeper level having a curiosity to find answers for things I did not understand.

As I learned more about these concepts, many more answers came to me, and though I hadn't fully grasped the concept of the law of attraction, many more fragments of information pieced it together some more, the third piece that completed the greatest portion of the puzzle was the realization that I had "creative power."

Together all these three pieces of information made me understand the law of attraction better.

After that I only continued to expand my awareness, and started reading more books, seeking more and more information from different angles. The funny thing is it never really cross my mind how difficult it would be to find answers, or whether I would even find them given that many people who have looked for similar answers in the past, have become stuck and unsatisfied with their findings.

There are many of have even traveled to other lands in search of answers. Though that would have been nice for me, I didn't have the resources to do so, but guess what? The answers are within you!

Having given you some of my experiences in the discovery of this law, I want to now tackle the main question that you may be asking yourself if you are still doubting its existence.

As mentioned earlier, a common description of the law of attraction is that whatever you focus and put your energy and thought into you get. But this is hard for most people to understand without having lived it and experienced what this really means.

I have even seen some people out there that test this law by “thinking” about something they want to manifest for a couple weeks and say it’s a bunch of crap because it didn’t manifest. If you are reading this guide chances are you’ve heard of the law of attraction through a famous movie called The Secret.

You cannot simply “think” of something and wait for it to magically come into reality. Especially when you already doubt it may work the moment you start thinking that which you want to manifest. Practically, the moment you doubt it, the moment you stop it from working.

The law of attraction is among one of the understandings that has always been there but is now more significantly re-emerging and we are becoming more conscious and aware about it. New things that we didn’t understand are bringing science and spirituality together. The science part of it begins with trying to find a proof or explanation to it typically with Quantum Mechanics and the spiritual part simply because of the part that the law of attraction teaches us of us being energetic beings as opposed to physical or matter-composed bodies at our core.

The law of attraction does not deny God or what the general understanding of “God” is as “creation,” as many may have thought or misunderstood, in fact, the law of attraction involves asking and you shall receive, and this is directed to God, or to whatever other name you want to give creation, for example; Infinite intelligence, universal force, the higher power, the divine, the creator, higher self, mother nature, our planet. It transcends all religions and applies to anyone and everyone.

It does not tell you to believe in it or not, it simply happens.

The difference is if you become aware of it and believe in it, you can learn to use it for your own benefit and making for yourself a better life in all areas, it doesn't mean all will be nice and beautiful necessarily because we are still humans and can still experience various emotions, but it does mean you will be more in control of creating the life that you want and creating your own reality in this life, because you as all human beings have creative power.

If you choose not to believe in it, you will simply continue to use it by default, which means you may get a mixture of good things and bad things happen.

“The law of attraction” in short is just a phrase we have attached or decided to use to describe the “universal force” behind all these marvelous things that we can learn to harness to create or destruct for ourselves.

Do you need absolute proof that it is real? Perhaps it may never be proved just like anything else that is not proved 100%.

But let me ask you this. Is your life the life you want as it is currently with the set of beliefs you now have?

If not, there is no reason why you shouldn't choose to learn more about the law of attraction and understand it more, and most importantly use it.

I don't believe we came to this world just to suffer all the time, but to learn from our experiences good and bad, especially the bad by overcoming them. I believe we came to

this world to grow, and in the process gain the awareness that we can create our own reality and to choose to enjoy this world, help others, or whatever we choose to do while we are here.

6

The Flaw: Why the Law of Attraction Doesn't Work

Why doesn't the law of attraction seem to work for me?

I am assuming you have heard of the law of attraction before this book, it's probably why you landed to read this book in the first place. Chances are that if you are one of the many that has had no results with it or few if any, you are now lingering in between and wondering why it didn't work for you. Perhaps you thought about what you wanted so hard and it just didn't manifest.

There is a chance I may be opening a can of worms with what I am going to say next, but nonetheless, I feel it is necessary to mention it for in accordance to my own experience and beliefs, it is until I realized this that it made a significant difference when it comes to manifesting "real things".

You see. Throughout all the reading and research I have done on the law of attraction I never really found clear information about this, all the books I've read described the law of attraction as an almost supernatural law that kind of just floated out of space and didn't make much sense.

Many times did I imagined, visualized, and tried to think positive thoughts all the time only to find myself disappointed time after time.

In my book "How To Think Positive: Get Out of The Hole of Negative Thinking and Find Your Ultimate Potential" I mention in a couple of chapters about my understanding of

how our mind works, and how willpower does not have enough power to bring real change to your life.

Positive thinking is the equivalent of willpower; it simply does not have enough manifesting power on its own. It helps tremendously, it is a necessary part to manifest good things but you need more than positive thinking alone.

I want you to pay close attention to this next information for it may be the difference between making the law of attraction work for you or not at least as it did for me:

Real change comes NOT from our conscious but from our emotions AND subconscious mind! We need to tap into our subconscious to create real change.

What many don't realize is that our subconscious mind is programmed since we are born and begin to experience life, as soon as we interact with people, the media, our environment, and other circumstances whether negative or positive, they start to "record" in our subconscious mind!

What I realized when I learned about the power of positive thinking, it wasn't simply the mere positive thoughts that started to create the change.

Yes, they helped me a lot but it was the REPETITION of these that then started to affect and re-write the information in my subconscious mind.

Sure I had read, researched and experimented with the law of attraction, positive thinking, and affirmations, but when I started studying Neuro-Linguistic Programming and Hypnosis everything started to make more sense.

You see, all the things you experience from your childhood up to this point, all the multitude of habits and experiences with repetition go on to the next step and they turn into beliefs!

Once they reach this level and the repetition keeps going, the beliefs only get stronger and stronger and it becomes harder to re-write them, to discard them.

Unfortunately, many of these beliefs we develop don't serve us well, some really don't create real positive change in our lives, and many are just beliefs that halt our growth.

We only continue to see and experience the same things; life seems to change little if at all even after years because of this. We become stuck in an ongoing belief cycle that doesn't do anything for us, that doesn't create the real change we want.

Anything that you do consciously according to Neuro-Linguistic Programming has about 10% of the power from our mind but a whopping 90% of power resides in our subconscious mind!

When you begin to practice positive thinking, it is not that you are trying to ignore all the negative things and thoughts for that is IMPOSSIBLE to do! In fact, without negativity, we cannot experience the opportunity for growth by overcoming it.

What you are looking for in doing here is simply that you become self-aware, so that you consciously choose and make your positive thoughts the dominant thoughts, because what you focus on most is what you manifest most. You will still experience a degree of fear, pessimism, sadness, pain, and

other negative things but what we want is to experience more positive than negative thoughts. As you continue to grow in your self-awareness, it becomes easier to cope with negative things in your life.

The big flaw of the law of attraction in my humble opinion is then, that many times there is a failure to mention the difference between the conscious and subconscious parts of the mind. You don't just manifest things into reality by simply thinking positive, imagining, and visualizing.

Don't get me wrong, those are necessary. But the missing key here is that we are looking into aligning these with our subconscious mind through our emotions, making sure we also follow up by taking action.

Two major things played a big role as I started to create real change in my life: Meditation and having a better understanding of our mind.

Meditation allows you to clear your mind of any thoughts, neither negative nor positive. You are just one with yourself, you fall into a deep state of relaxation and peace and you lose sense of time and space allowing you to jump into a completely new realm of "nothingness". It's like you are somewhere in the middle between your subconscious mind and zero consciousness.

Simply start with ten minutes a day. Find a quiet low light place and clear your mind of any thoughts. It will be hard at first but as you practice you will experience an unmatched feeling of peace, and feel as if you are almost floating in thin air. Only after you experience this will you truly know what I mean.

Having a better understanding about the difference between the conscious and subconscious mind is what makes the “law of attraction” really work. The law of attraction has just become the new term to something that has existed since long ago.

Remember that “conscious” is understanding, and whatever you experience in life you may describe as “reality.”

“Subconscious” is what gets “stored” deeper in your mind and heart, depending on what that is positive or negative vibrational frequency you will also attract results reflecting that in your life.

So you can even call it whatever you want as long as you understand what the components are that make the difference in your life, it’s what really matters.

In addition, remember that to make the law of attraction work for you there are a few very important things that you need to understand, and these are things that I learned myself as well from personal experience.

Again, the way the human mind works for most people is that we tend not to believe in something that we have no proof for and like gravity, which we don’t fully understand but know it exists, the law of attraction works in a similar way.

Whether you believe in it or not it’s always working, and so basically if you chose to believe it doesn’t work after long thinking about something you want to manifest, then you are using the law of attraction to stop it from working!

One of the primary things then is that you must believe in it, and believe in yourself, because if you don't, you just won't be able to take control of your life to be able to use it by design.

And to believe in it more, we have to have a better awareness and understanding of what the law of attraction is as previously outlined from understanding our conscious and subconscious mind.

I found myself in the same scenario where many times I doubted it worked; this was especially in the early stages where I understood this law a lot less than I do currently. In the beginning it was hard to believe in it, it seemed illogical, I was very skeptical and thought it was some "load of crap" or some marketing stunt to brainwash people's brains out there.

How could "thinking about something" attract things into reality? After all, I tried manifesting a new car by so heavily thinking about it all day only to check that there was no new car in the driveway of my house the next morning, or week at that!

But after I got a little more curious to give it another chance by beginning to dig a little further into it I started understanding it better, by understanding myself better, one of those days it just clicked! I remembered how I was using what I used to describe as simply "daydreaming with some motivation and determination" to get better jobs, but it hit me the moment I understood I was really tapping into my subconscious mind.

As I became more aware and understood the mind concept better, it all started coming together like putting a puzzle piece together; and I realized I had been using the law of attraction all along! Through repetition I was slowly re-writing my subconscious mind, it was overwriting old beliefs that had me spinning my wheels. Not only was I changing the beliefs I had in regards to my jobs for the better but in another aspect and other areas of my life I was attracting many negative things because I was focusing more and more on that as well as it is what I had been programmed with for the most part all my life.

I can't even begin to tell you how powerful this realization was. As I studied it further I even found more and more examples of it until I almost started seeing it everywhere. My mind had reached another phase of powerful awareness that I never had before.

The main point is that you need to believe in it and to re-emphasize it again, you must understand the mind a little better in conjunction to be able to use the law of attraction effectively.

With each piece of knowledge you attain on it, you will notice your awareness elevating into a very special state of mind where you begin to see the world in a whole different way, you see no limitations, you see almost no point in focusing on negative things, or being pessimistic as the dominant part of your being and time.

It doesn't mean you won't feel any negative feelings, or be pessimistic from time to time but the more you increase this awareness and immerse yourself with positive things, you

will only attract more of that and many negative things will start to fade because now you have found a better focus, a better use of your time and thoughts, to think in ways that serve you better and make you grow with a high degree of optimism and enthusiasm.

You will then realize that you will start leaving negative thinking behind, no, you can't ignore it or vanish it completely; you will have just tipped the scale for focusing more on the better things instead. When you have gained a better level of awareness you will almost naturally also realize that you have to be specific about what you want to attract or manifest into your life, whether it's money, a better relationship, a better job, spirituality, etc.

The more specific you are about your intention, the better your "signal" will be. Feel your intention to a deep level, a type of feeling that you just know it will come true, like you already have it.

After being clear on your intention with a detailed image in your mind, and feeling the emotions running deep in vibration with what you intent in a repetitive basis, you must take action.

Action is one of the main things that should follow your clear intention to manifest something. What happens is that once you send the universe your intention, when you take action you will notice that things will fall into place, if you open your eyes you will be aware of many different opportunities that will present themselves before you, this can be in form of the right people, places, things, circumstances, etc.

These will get you closer to manifesting your intention, sitting in your couch simply daydreaming won't.

Remember that repetition is a key. As you continuously send out your intention you will keep it "charged" and it will also implant itself into the depths of your mind.

When your intention has been rooted in the mind and heart there's almost no question that you will make it happen.

Always believe on what you want to achieve as it being possible, as with your belief you will make the belief manifest itself into reality by law.

The Law of Attraction and Children

Where do children fit into this so called law of attraction?

As I learned more and continued to study the law of attraction I came across a question commonly asked by people. I actually asked myself that question as well because I too have children and wondered what the law of attraction says about them.

The question is a bit complicated because it can have many angles, perspectives, and opinions.

My take on this more sensitive and complex question is this: As soon as children begin to feel, which basically means as soon as they enter this world they already begin to use the law of attraction.

You can see an example of this by looking at a baby that cries because he wants to eat. The baby feels hungry and is “attracting his milk” this way.

One of the main things that make manifestation happen in the law of attraction is our feelings. Thoughts are important too because thoughts affect our feelings and as we become conscious of ourselves, our actions, and decisions, we can change our thoughts.

But if a young child does not have the conscious capacity to think as a more developed individual is, then he cannot make decisions to think happy or not. The child however, can feel, you can affect a small child's feelings in a negative way by

becoming angry with your spouse and starting to scream or positively by being nurturing and loving.

The question that causes controversy and confusion is this:

What about those children who have been beaten, abused, or mistreated? Did they attract that into their innocent lives?

My answer is that the child did not necessarily attract abuse into manifestation in their life but what many people miss is the energy or attraction of the aggressor attracting a negative manifestation into their reality, even that of the parents or those around in the child's environment.

Because the child may not have conscious control of their reality yet, they are living in the reality of those that surround the child.

Until we mature and become aware of making conscious decisions for our own lives, we are affected by the energy and vibrational harmony of our environment.

You have probably heard about the power of massive prayer as causing miracles. What this shows is that we are energetic beings that can radiate our energy and even affect those that surround us either in a positive or negative way.

If that child lives in a constant negative environment the feelings and thoughts tend to develop negatively as well as that child grows. Unless the child is mature enough to realize that he is a conscious being capable of deciding his own thoughts and designing his reality, the negativity will continue until it forms negative habits and these will in turn evolve into negative beliefs.

It is why those who are parents, are highly responsible for creating a loving and nurturing environment for our children, if parents themselves are living in fear, pain, hurt, resentment, boredom, frustration, or anger than they will attract and pass some of that energy to the ones they love especially their children.

It is then of most extreme importance for you to know that this is also why we are responsible of developing ourselves, because if we are not happy with ourselves we can't really pass on that true energy of happiness to our children.

8

What is Our Life Purpose?

Many who have discovered the law of attraction have asked themselves this question at least once

This is a very fundamental question asked perhaps for many years by a multitude of people. If you have asked yourself this question, you have probably gone through a life-altering experience that has slapped you in the face to wake you up and made you think for a moment. Maybe you have been experiencing little if any meaning to this thing called life and wonder what you are even doing here?

It's kind of the way it started for me. I remember that the only time I ever asked myself that question was during one of the most difficult moments in my life. The funny thing is that when I was a kid, it never occurred to me, even when my parents were struggling to provide for us at times, even with my tore-up shoes I had a few times, and the times we would "go to a picnic in the fields to gather up edible plants".

Little did I know that was actually part of surviving on a few occasions when my mother had no food to feed us. It all seemed wonderful back then for me that I didn't notice in a harsh way the struggles of the adults. I had my friends, and brothers to play with and loads of fun and that's really all I needed.

Anyhow, it is not until I was on the other side of the coin living difficulty and struggle first hand when "life" threw additional garbage at me as if I wasn't already going through

enough that I began to question "Why am I here", "What is my life purpose?"

I did not know that these adversities were going to turn into the beginning of perhaps the most important journey of my life. It is the reason why now I even learned to see certain beauty in difficulty because now I know that difficulty is one of the most important experiences we have on this earth from which we can learn the most from.

It corners us into a wall and forces us to become creative, lead by the belief that things can change and become better. It is the reason why I know in my heart that our life purpose on this earth is not to come here only to suffer, but to experience both sides of the coin, and learn to overcome suffering and adversity and grow into the highest being we can ever become. We can make of this earth a paradise or hell. It is up to us and how we learn to grow with the experiences we go through.

It is now that it makes sense of why if this world was perfect in good or bad there would be little to no point to existence within it. But then again, what if adversity is actually part of this perfection and this world is perfect after all? Besides, we already know that there is no light without dark and no dark without light, no positive without negative and no negative without positive, no men without women, and no women without men...You get the point.

The interesting thing is that there are still a lot of people out there living in their own little comfort zones of ongoing routine, who I like to describe as living an almost "robotic blind life". These people have not stopped to think for a

moment to ask themselves questions such as "What am I?", "What am I doing in this world?", "What is my life purpose?"

It is through a simple question such as this one, that life takes a totally different meaning given that you set out to look for the answers and be determined to find them.

This only leaves us with the conclusion that we all come here to be creators or destructors, and that we can choose between what we want either to destroy or create, but it is not until you become aware of this that you can realize you can design your own life and discover or create your own purpose to whatever you want it to be.

Becoming aware and understanding the law of attraction will become part of this realization so that you can decide what you want to design your life to be like and find your own purpose.

Get out there then, and YOU be the one to go and make life happen instead of letting life happen to you.

9

Attracting Your Dream Career

Say I want to become a professional soccer player using the law of attraction. Is this possible?

Most of us are raised to believe that we need to be very smart to be able to accomplish big things in life, and that you have to have a super high degree of formal education under your belt before you can even do something in terms of achieving your dream career.

But if you think about it, how many educated failures are out there? And how many people with little education out there are living their dreams? You can see examples of that everywhere if you look around.

Attracting your dream career is a matter of knowing what you want to begin with. You must have realized what you love to do and dedicate your life to it. Many times we don't even know what our true calling is because we are so buried with the struggles of everyday life.

What do we do then to begin to get rid of some of these everyday struggles? And I am talking about bills, living paycheck to paycheck, in a boring job we hate doing but can't leave as we see it is our only means of survival.

To have more meaning to your life you need to have goals. To achieve your dream career, shooting and working towards it should be one of those goals. You see; if we have no goals its like walking in the dark not knowing what we're going to hit.

But if we have a clear image of what we want and what our dream career is, we have motivation, drive and a reason to continue to take the steps necessary to make it happen.

You cannot make things happen if you don't know what you want to make happen in the first place!

Here's a game changer for you if you are working on a boring job and dragging yourself every day like I was for years: See your current job as a stepping stone that will help you on your path to achieving your dream career. If you see your current job as a waste of time, boring sick place to be in, you will only make yourself more miserable and kill any motivation to keep going forward.

It's all about the kind of mindset you develop within yourself. Really understand and use the law of attraction to make this happen.

Now that you have a better understanding of the importance of having a dream career or occupation as a goal consider yourself fortunate now that you have the law of attraction as one of your most important tools to make that happen.

Here's an idea to make it happen: Make yourself a vision board with actual pictures of what you want your dream career to look like. You can cut out pictures of magazines or get a little more advanced like I did and put them all together as a collage in your electronic device such as your smartphone or tablet.

Look at this board every single day, multiple times a day...visualize yourself as already being there, feel it down to the last bone within your being and bathe in it, breathe it,

smell it, hear it, and touch it. In addition to this, write it down on a card and carry it with you everywhere and read it every day as many times as you can. Trust me, this works.

The mind cannot differentiate between what is real and what is not, so planting this image to the depths of your mind will only align yourself with the right opportunities to make it happen. Just open your eyes and learn to take the opportunities as they start to show themselves.

10

Our Vibration and Energy

Having an understanding that we attract according to our vibrations and energy is paramount

Vibration is movement, we can be in positive or negative vibrations and according to those vibrations and their level, we can attract more of the people, things, places or circumstances into our reality in accordance to the vibration we are emitting.

Everything is made of energy, and our vibrations are the signals we send out into the universe, they are like radio waves being broadcasted in a certain frequency carrying the message that we want to receive more of the energy we're sending out.

Our bodies and our thoughts carry a combination of varying vibrations, and depending on these vibrations we become affected in a good way or a bad way.

Your vibrations affect the things you see around you in your environment and also affect other people and things. This in essence is the meaning of the term "bad vibes" that many of us have heard before but simply don't really understand it.

When you are in a bad vibration that movement of energy can affect those around you in a negative way, and in the same way can you be affected by someone vibrating a negative energy around you.

We constantly radiate and receive vibrations to others, the important thing to notice however, is that we have the power to change that vibration.

But how do you do that?

We come equipped with the tools necessary to design our own reality and make the things we want to have in our life happen through a simple but deep understanding of these concepts.

We can create better health, money, relationships, love, and even material things simply because they are all energy just as we are. The only one big difference is that we have the greatest tools to shape and create the frequency that we are in to be in harmony or disharmony with the energies we want to create. Our tools are composed of a conscious mind conscious of itself, vibration, thoughts, feelings, sensations and emotions.

However you feel at any given time determines your vibration. Remember that the law of attraction works through the law of vibration, and so if you decide to change your thoughts consciously which then changes your feelings, which in turn change your vibration, you are essentially positioning yourself as ready to signal out what you want to receive more of, it always works this way.

If you are in an angry vibration, which is a low frequency, you will attract more angry people and negative circumstances. If you are in a vibration of love and giving, you will in turn receive things and experiences in harmony with this higher frequency one way or another.

It's all connected. Our thoughts can be consciously changed by us on demand. Changing our thoughts will affect our emotions. And how we feel will determine our vibration.

When we are aware of how to make the decisions that will adjust our vibration and the energy we are putting out, we gain control of one of the great laws of the universe, the law of attraction.

It is upon this understanding that we can take control and design our own life, and not let it run by default or autopilot anymore.

11

How It Can Affect Your Health

Can the law of attraction affect my health?

As with all areas of your life, the law of attraction is always working. Its influence when it comes to affecting human health is no different; it influences our health directly according to how we use it upon our bodies.

The vibrations and energy that emerge from our being reflect upon the signals we send out into the universe, but it is important to know that this also affects in a direct way how it affects our body. Whether you send out negative or positive vibrational energy according to your thoughts and feelings, it equally affects our health.

You have probably even heard of doctors as sometimes recommend their patients to stay positive when they are battling an illness. Although they may not tell you, many doctors know about the effects that staying positive bring into the healing process when you or a loved one is sick.

Our mind is directly connected to our body, and whatever your “mind health” is like, it will reflect upon your body. If you are constantly focusing and immersing yourself in negative self- talk, negative feelings of anger, sadness, depression, fear, frustration, anxiety, and paranoia, then your body will be severely affected by it, causing potential illnesses to be attracted, or delaying the healing process if you are already sick or ill.

The negative or destructive thoughts inadvertently act on our body, intoxicating, altering it and polluting it. They are like a "poison" eating away inside us.

On the other hand, if you associate yourself with as many positive people, and things and surround yourself with positive talk, and promote to yourself activities that create positive feelings such as joy, laughter, optimism, motivation, enthusiasm, confidence, and love, then your body will also be affected in a good way with all this energy that you are now beginning to transfer into your cells, bones, and throughout your physical being.

I remember watching a television show a while back. The topic of the show had to do with strange medical diagnoses. It was about this young man in his early 30's who had a severe phobia to having an insect going inside his body, he was so paranoid about it that every single night he would check all his bed sheets, pillows, clothes, shoes and anything surrounding him to make sure that there were no bugs around to potentially "go inside his body", it was an everyday routine that got particularly worse for a period of a few months before something strange started to happen one night.

His wife began to hear faint screams in between her sleep, at first she thought she was dreaming, but after the screams got a little louder and kept going she finally woke up. She was puzzled and began to freak out as she saw her husband lying down in bed who appeared to be paralyzed!

He couldn't talk, he couldn't move, he was just breathing and frozen like one of those popsicles that get so cold and frozen-

dry, your tongue gets stuck as soon as you touch it. Well, obviously after a few attempts in trying to wake or make her husband move and after the screams paused and kept on going at regular intervals of a few minutes in between, she decided to call 911.

Soon enough, the paramedics arrived, and they too were puzzled as heck. They had no idea what was going on to the poor man, so they took him in.

Upon arrival to the hospital, the ordeal kept on going with doctors unable to figure out what was going on, he didn't seem to have any significant abnormalities in his tests, all they saw was a paralyzed man with short screams every few minutes, and some tears rolling down his eyes, the doctors were puzzled as well.

It is not until one of the doctors remembered to also check his ears that he noticed something unusual. The doctor saw what seemed to be a cockroach or some kind of insect inside his ear! "What are the chances!" I thought as I watched eager to know what would happen next.

The doctors were finally able to insert some tweezers and extract the insect in pieces. After a few minutes the man began to come back to normality, and to react normally again. His greatest feared had realized that he went into shock.

I can't forget this very interesting episode as it was during this time that I was in the middle of my law of attraction exploration, I don't think this example couldn't have arrived at any better timing as I was curious to know about the proof of this so called law of attraction.

In fact, now that I think about it, I don't think it was a coincidence either. Even though it may seem as a coincidence, I now believe in coincidences no more. And perhaps the universe sent me this convenient example of how the law of attraction can work.

This particular episode was a perfect example of both, the law of attraction in a negative situation and, had to do with the person's body as well. As you can see, the fear of having insects inside his body was so strong for this man, that he actually attracted it into reality!

I believe this is also what happens with many hypochondriacs who are sick all the time, I remember a brother of mine who was literally obsessed with a manual of diseases, symptoms, causes, and their treatments etc. He was always complaining that he thought he had this and that illness because many of the symptoms appeared to be very similar to what he was feeling.

I remember this time when I went to visit, he started talking to me about so and so disease, and how he thought he might have this and that. I immediately stopped him and said. *"You know, instead of reading and trying to find out how many diseases you may have, go read books on how to be healthy, eat healthy, and do some exercise. I really think that will serve you better!"*

I think he understood what I meant, because shortly after that I started to see a change in him. He looked better overall and wasn't talking about diseases, symptoms and stuff.

The almost funny thing is that every time he went to the doctor about suspecting some kind of illness, they couldn't

find anything; it's almost as if he was really frustrated because he knew he had something and the doctors were dumb and just couldn't find what it was.

Now, this is in no way me trying to make fun of someone suffering through something like this, but simply to illustrate the power of our mind, and how it relates to the law of attraction when it comes to our health.

Beliefs are extremely important to note when it comes to our health. And whether you believe you will get better usually you will. If you believe you will get worse, you will usually get worse as well.

The best thing you can do in any case is opt in for believing you will get better if you are sick, because how is thinking negatively going to help in the first place if you already know it doesn't make you feel motivated and optimistic?

I cannot even begin to remember of the many examples I have come across throughout my life where people with terminal illnesses were able to recover even after doctors said they had only a few months to live. Many immersed themselves in things that would bring them laughter, and joy. And others believed so strongly in their faith that they in fact got better and their illnesses disappeared completely.

These can be described as miracles, but there is a very important thing to note here with all these experiences. This is that our belief in getting better is so strong that it seems to transcend any barriers that the body can bring. It shows that our mind and heart are powerful, and when used in conjunction with our faith, belief, and the ability to associate

strong positive emotions, miracles can be initiated by and within us.

Imagine then, what would be the effect of many people, if they joined forces and directed positive energy into another person with the intention of curing, and making that person feel better?

This can be known by many as prayer or meditation. And even though I don't consider myself a religious person, I very strongly believe in a "higher consciousness" and strongly believe in the joining of this wonderful positive energy put into a combined intention by many people for the sole purpose of creating something extraordinary that may be known as miracles towards something or someone.

Our positive feelings and beliefs are what create and strongly amplify the possibility for our bodies to improve their natural healing process leading to the significant improvement if not complete healing of a disease we or our loved ones may be suffering from.

12

Attracting Money

A very common question we all want to know: how can I attract money with it?

Many people start learning of the law of attraction with the hope of attracting money into their lives. Why not, it seems money is needed and necessary after all, even those living in the modern world who do not believe in money or see it as evil cannot deny that it is a necessary resource.

There is absolutely nothing wrong with wanting or having money, yet there are many people out there still who still believe money to be evil and often blame money as something that corrupts the hearts of men. If you are one of these people, be relieved to know then, that money doesn't corrupt people, and money is not evil.

It is us. Money is nothing but another form of energy that we humans use, whatever we do with it either to build, destroy, or give is up to us because we are masters of money and not the other way around.

You have probably heard of phrases such as "Money is the root of all evil", "Money doesn't grow on trees", "Money is everything", "Money doesn't buy love", "Money makes the world go round", etc. Because of varying beliefs in our minds, money has different meanings to each and every one of us.

Just like anything else we need to understand money a little better and once we have that knowledge, then we can proceed on learning how to attract it into our lives. It is

important to mention and that you understand that it is ok to have money.

Why? Because with a good heart we can expand our message, and we can help many in need. We can help others without necessarily having it, but just imagine what you would be able to do to help yourself, your family, and even go beyond and help others by utilizing money in a good way to spread a positive message, reconstruct lives for those in need, or being able to support and provide monetary aid for good causes.

In my personal experience, there was a long period of time in my life where I blamed money itself for most of my unhappiness because I simply never seemed to have enough, even when I had two jobs, I always struggled to “make ends meet” and so I believed money was evil. But was it really?

It wasn't until I started immersing myself in the world of self-growth that I started to really learn not only about myself but also learn about the meaning of money and what it really meant to have it or not have it.

Once I was able to understand it as just another form of energy, I slowly stopped fighting it. I started to resist it less and less, making it and seeing it just like a “friend” and eventually just let things take their course. I was no longer trying to ferociously pursue it as before.

As I started to see it more as a friend, I made a relationship with and gave it permission to come to me my financial situation started to improve. What really changed everything for me was the fact that I no longer saw money as the means to pay for stuff and to get stuff, I stopped pursuing money itself and what I started pursuing instead was the freedom

that it represented in my life instead. From that point on it all started to change.

The law of attraction seems to work in mysterious ways that we do not fully understand, even more so in the beginning when we are merely trying to get a hold of what it is and how to use it.

You see, you have to clear yourself and your mind of the belief that you have to go crazy for the attainment of money. In fact, when you stop resisting it and instead of focusing on its lack in your life you start focusing on the freedom it may give you and your family, you actually start attracting it into your life.

I was focusing on the lack of having money for so many years, and because of that I kept pushing it out instead of attracting more of it into my life. When you focus on something with a lot of emotion you manifest it even faster and what the mind expects it will find.

Soon enough as I came to be at peace with money and not see it as the root of all evil, it started flowing into my life. I then started to focus more on the benefits and the great and nice things it would mean to be able to make ends meet and have more freedom; I started focusing more **not** on the problems it brought by not having it, but in the good things it could create for my life, my family and the possibility of doing bigger and greater things helping others in the way.

This is a great example and lesson that many familiar with concepts of the law of attraction such as like energy attracts like energy often misunderstand.

Because I was in an ongoing state of negative energy of lack and struggle I only kept getting more of it, despite my efforts to get more, despite having two jobs, despite working insanely on different projects and things I did to get me more.

When I was able to understand myself and money, and changed that vibrational energy within me, I was able to allow for the flow of money to naturally and almost effortlessly come to me.

The way that this happened was not money magically flying through the air and making its way through the window and into my pockets, but because of the energetic feel I now had coupled with some action it started creating me more opportunities and more money-making ideas started flowing in my mind that I started to apply guided from inspiration.

I started meeting more people that helped me out through this process, and strange “coincidental” events started to happen as well, some of my newly met friends reading this book will have a smile on their face as I mention this because they will perfectly know what I’m talking about, such relationships I started creating helped not only me but the person who I crossed paths with.

It now makes perfect sense of why no such people ever showed up before for many years, and any such opportunities and ideas either. It is one of the reasons I don’t believe in coincidence, but that we are able to deliberately create and shape our life, and money is included in it as well if we want.

To attract money into your life you need to clear all doubt, all negative feelings and fears you currently have. Once you do this and become at peace with yourself and with money you will start to release the block you have set for years from allowing its flow to you.

See money as a tool that also contains energy into itself and the energy that you radiate to it will also bounce back to you. If it is negative energy and feelings you have for money because of its lack, its lack is what you will get. Just like anything else in the world the way you feel, and the energy you radiate will allow for negative or positive things to happen, including the flow of money. So make sure you are cleared up of any negativity within you.

Once you have cleared the negative beliefs about money, start to align yourself in vibration with the flow of money into you, express feelings of gratitude for the money you now have, and for the one you will be starting to receive. Always associate yourself with positive things, and positive people and soon you will start to experience ideas coming into your mind, and opportunities start coming into your life.

Learn to recognize inspiration and act upon it. Inspiration is what I started to act upon whenever an idea came to my mind. I believe inspiration is a higher form of energy that comes to us from a higher force within us, you may describe it as spirit trying to communicate with you on a more deep and intuitive level. See it like the word “in-spiration” as being “in-spirit”.

Start to apply other powerful things such as visualization, affirmations, and meditation. What you are trying to do here

is to get yourself “programmed” in a mental state that will “magically” seem to start to bring you the right people, events, circumstances, opportunities, and ideas that will start bringing money into your life. It is exactly what started to happen in my personal experience.

Money can be a great thing as a resourceful tool to you, and it can have a positive energy in it as well, just align yourself with it, be at peace and align yourself with that good energy as well in order to allow its flow to you.

Remember to clear yourself up of negative thoughts, and allow positive ones into your mind, start taking some serious action powered by belief and started from inspiration.

13

Relationships

How does the law of attraction work in regards to relationships?

One of the most important things you should learn when it comes to the law of attraction when it comes to the relationships you have is that the basic principle of relationships is similar to the principle of life in this context. You must first give to be able to receive.

One of the hardest challenges in my personal experience when it comes to relationships was that it always bothered me so much to find how people acted a certain way and later on learn that they were very different from what they appeared on the outside. I began to look at people in a negative way and be overly distrusting.

But perhaps the greatest mistake was when I started judging or labeling people according to how they acted. It was as if all I saw in people around me were just the negative things about them, the mistakes they did, the negative way they made me feel.

This is what I believe a majority of people do, and you may have done in the past, or even be doing that still. Most people tend to look at the negative things about others first and it is when they start judging others based on their own experience and beliefs that the influence caused by the way others act actually starts affecting their own life.

You may start feeling anger, resentment, and hurt because of the things other people around you do. But you have to be aware of two very important things:

One is that what you give you will get in return. The second is that you are your own master, and you can control the experiences you want to have starting within your inner self, and then reflect that on the outside.

If you are having negative experiences in your relationships whether with your spouse, friends, family, or business; you have to realize that you must first give what you want to receive. If you give feelings, actions, and give others the experience of anger, by context of the law of attraction, and even common sense if you think about it, you will receive anger in return whether the other person expresses it clearly or not.

If you are married, you may remember that when everything started and you met your spouse everything seemed so wonderful, almost perfect. You were both happy and excited. But all that started to change when both of you started receiving triggers from each other and started to become judgmental of each other as well. The sad thing is that the more you keep doing this, the more the negative emotions and feelings start to accumulate within, even to the point of hating each other's guts.

What happened? Why is the relationship in chaos now, and nothing compared to when it all started? When one person, *and it really doesn't matter who*; but let's say you started to become judgmental, and gave negative criticism, insults, or any other way of negatively expressing towards your spouse,

he or she will fall into defensive mode and start to give you the same thing, inflict the same insults, anger, and negative criticism about you.

Very soon it all starts to escalate and it becomes a never ending loop going back and forth, and it doesn't stop unless one of you realizes this principle of giving what you want to receive. It only takes one person to start making change happen, and you will notice this as soon as you start being aware of this and vanish the judgment you feel towards your spouse.

It is really our judgment upon them which causes our suffering of negative feelings and emotions, if you let go of your judgment, you also let go of your negative emotions you have kept within your mind and spirit.

When you change the way you look at things, the things you look at change.

Now going back to the second thing you need to be aware about, which is realizing that you are your own master and can design what you want to experience in your life.

There are cases when a relationship is extremely damaged and the energy is so negative that you or your partner simply wishes not to fix anymore, perhaps even if one or the other stopped the judgment, released the negative feelings but the love doesn't exist anymore.

If you find yourself in a situation where you feel you have released any hate, and judgment and even feel good about yourself but the other person does not want to change then simply take action to get out of that relationship. That's the

power you have, because you own your own mind, heart and experience and can choose to change it by simply deciding to do so.

Sometimes all it takes is you realizing you have to give the experiences you want to receive, but sometimes you have to allow other people to find their own way.

By law of attraction, whatever you give, whatever you focus most whether it's being happy or being hateful is what you will attract and experience more of when it comes to relationships.

As you have seen here, even though I used an example of a love relationship, the same applies to any of your relationships with friends, family and business. It is why it is so important to be positive, truly caring, and being able to listen to others.

Whatever are the experiences you want to have in your life in any of your relationships you begin by starting with yourself and giving those experiences out to others first.

14

Improving Your Self Esteem

Self-esteem contains emotions that are in harmony with the law of attraction. We must develop and nourish it.

One very important thing that many people do not realize and often do not open their eyes to is that the way they talk to themselves not only starts to program the mind, but also experiences, circumstances, things, and people in harmony with it start to come into manifestation in physical form.

How many times have you seen a pessimistic person who always complains about something, and continues to complain even years down the road?

We see this all the time, and it is those people who are pessimistic and negative, that often lack a healthy self-esteem. It is insecurity, hurt, or other negative thing within that makes them fall into a mode where their low self-esteem is hidden beneath a personality that hides it at a subconscious level.

Improving Your Self Esteem

As a person, knowing how you see and love yourself and what you do is important. Having a good self-image contributes to how well you feel about yourself or how you think other people think about you. This aspect is most commonly known as self-esteem. Though esteem or confidence is one of the most common and important aspects of a person, a lot of people still fail to have it.

Most of the time, you're afraid to show your real personalities to the world. You are afraid that the community will hate you for your flaws.

You are not contented with what you have because some people have more and most of all; you can't accept yourself for who you really are. Low self-image leads to low self-esteem. As long as you don't accept yourself, you will not be able to showcase your real potentials.

Importance of Self Esteem

Self-esteem is important in expressing your real self. No one wants to live in jealousy and pretensions. You need to boost your self-esteem so you can have freedom to do things that you want without thinking of other people's concerns.

With self-esteem, you will learn how to accept criticisms and will use this negative feedback to improve yourself. You will feel complete with self-confidence and you will achieve all your dreams without being afraid of taking risks as you go along, discovering new things to help you and learning from your mistakes instead of beating yourself up.

Tips to Boost Self Esteem

To boost your self-esteem, you should be willing to open your eyes. Think about your flaws and perfections. Find a quiet time alone and accept your faults and differences. No one is perfect and neither are you.

List things and characteristics that you want to change with reasons on why you want to change them. For instance, you can add that you want to lose weight because you want to

live a healthier life. Write all the possible things that you can think of.

Start improving yourself. If you want to stop being angry all the time, then consult an anger management expert or dedicate some time to understanding anger and why it occurs. If you accept your flaws, you might as well accept the steps or strategies that you need to implement in order to solve the problem.

Stop comparing yourself to other people. You don't know what they have been through and they don't know what you have been through. They may feel they deserve what they have now and they have their own system of beliefs. You should start working on yours too. Love yourself and stop complaining or comparing. In this sense, you are perfect for who you are.

Stand up and be proud. Do not be afraid to show your talent and full potentials. You should be proud of what you are and you should stop pleasing other people for what they want.

Don't be afraid to fail. You learn from your mistakes. If you are not willing to try, you will have a hard time to succeed. You might as well fail and succeed than not to do anything at all, at least you will have the experience and learning from that experience.

Pray or meditate depending on your beliefs as both are good and will condition, and nourish your mind and heart. Seek guidance from other individuals whose consciousness and awareness are higher than yours.

These are just some tips that you might want to consider in boosting your self-confidence. At the end of the day, hard work, having a positive attitude, and an open mind will lead you to your journey.

15 The Power of Affirmations

Affirmations can be often underestimated, see how you can understand and use affirmations.

A positive affirmation is the process of stating a word, phrase or a sentence about a positive thought over and over. The process affirms a positive thought about you, an intention or to other people. It removes negative vibes and replaces it with a positive spirit to make things possible.

Basically, an affirmation is used as a relaxation, and reflexion technique that works on bringing back peace of mind and boosting self-confidence. People have the power to set their minds to achieve their goals big or small. An affirmation often times improves focus as well. It helps you achieve your goals in a natural and positive way.

Benefits of Affirmations

When you learn how to use an affirmation, you will slowly accept the concept of the process. You will soon believe that you can do things that you thought you couldn't. Affirmations are used to view life positively despite problems and issues that we normally encounter.

With an affirmation, you will be able to think differently and appreciate life more as it will raise your level of vibration. It will help you gain self-esteem and improve yourself image.

I, myself, had a chance to test if affirmations are effective. I started my day with a doubt in mind. "I can't do it!" That's what I thought and planted in my mind. In this instance I tried to escape one of my biggest fears – and that was

speaking in front of a group. I had prepared for that day but it was strange when I felt that I wanted to turn back and run as fast as I can.

I tried to find a quiet time to think. Then something popped into my mind – “why should I quit? I’ve been preparing for months! I have to do this! I can do this!” I thought about it over and over again. How many times? I don’t even know. Then, I just stood up with more confidence, saying that I could do it. Guess what? I delivered well and people liked my presentation and confidence.

I am sure most of you have experienced it too. The key is to encourage yourself as if you are your own friend. Think carefully about what will happen and aim for the best.

How to Use Affirmations

When you feel like you are down or if you think you can’t do anything, try to relax, acknowledge the feeling and take action to change it to a positive statement. Say it out loud and say it over and over again. It will help you release all doubts and convert them to positive thinking instead.

You can say positive things like “I am Strong”, “I can make it”, “I will get an A on our exam!”, “I will do my best”, you get the idea. Just face your fears and convert them to a positive thought. It can be about you or other people. The next thing you will know is that you are practicing what you are saying and that you already believe that it will happen.

Believing that things can be possible is important in boosting your confidence. Of course, when you are confident, you will

have more courage to do things that you want without any doubts or negative thoughts.

16

Forgiving and How to Forgive

We must let go of anger and resentment so that they don't interrupt with our vibrations to attract good things in our life.

Forgiveness not only eliminates the weight we carry within us but also opens the channels to manifest what we want in life. Being unable to forgive can make the manifesting process slow or even completely paralyze it when it comes to the law of attraction.

Being unwilling to forgive is one of the most halting energies reflected in our emotions which falls deep into the negative realm.

Not only must we realize and be aware of what the effects are when we are unwilling to forgive are, but we must also clear our mind and heart from past experiences as well as to be willing to forgive.

As difficult as it is to try to leave these feelings behind, you need to know that holding on to negative feelings such as resentment, hate, and hurt don't help you at all, it is only an immense amount of energy wasted.

This is because you are basically hurting yourself every time these negative feelings surface and are only making things worse, even more so if these have been caused by past bad experiences years ago.

Whenever someone or something has hurt you in the past, storing these feelings inside your being not only slows you or prevents you from moving on in your life but also blocks you

from focusing and receiving positive things that really matter and contribute to your overall well-being and happiness both physically and mentally.

Because the law of attraction works on the premise that the universe reflects back the vibrational signals you send it, having the type of block you create with feelings associated with being unable to forgive, prevents the positive vibrational signals you really intend to send out from having enough strength or being clear enough for the universe to manifest them into your reality.

The law of attraction also works on the basic principle of like attracting like, and if your manifesting intention is fuzzy because you still have negative emotions associated with previous hurtful experiences, your manifesting power can be uncertain and uncertainty is what you will get because that's the signal you are sending to the universe.

But how do you forgive? When a person has played you wrong, or has betrayed, hurt, or abused you in any shape or form, we naturally store extreme negative emotions and feelings of hate and resentment.

It is very difficult to vanish these feelings but with time and aligning yourself with positive things in your life, the act of forgiving can be attained. You need to let go and release your judgment towards the person who caused the hurt, because it is your judgment that created anger and resentment, it is your personal judgment that is preventing you from forgiving.

Letting go of the personal judgment of the person is the first step as it will open the channel to forgive more easily. You

will find yourself motivated with better feelings to want to forgive the person.

As you encounter peace of mind, which is a very valid type of motivation you will feel better emotionally and be better prepared and ready to forgive.

17

Overcoming Negative Thoughts

You can ease negative thoughts that hinder your positive manifestations.

Sometimes it may seem very difficult to overcome negative thoughts and the emotions associated with them. There are a couple of important points to note and understand to help us overcome and reframe these into positive thoughts. These are some of the ways you can begin to change negative thoughts.

Acknowledge them, meaning, be consciously aware that they are there.

Start to notice these negative thoughts and the negative emotions that come with them. If you can change your thoughts, you can also change the way you feel.

Once you do that, make the decision and choose to override them with something positive. The more you do this, the stronger you will get to be able to deal with future negative thoughts.

A simple way is by getting out of the situation or place where you are currently at; this is because a change of environment many times helps dissipate the negative thoughts by stimulating your mind as your surroundings change.

Another way is to realize that you can listen to a nice piece of music, or interrupt your thinking with an activity that forces the thoughts to be overridden, these activities are best when they include something you can have fun with, makes you

laugh, or feel a positive emotion such as love. It is important that when you acknowledge your negative thoughts you must take action quickly.

A couple more ways are to simply grab a book and read. As you continue to read your thoughts are redirected somewhere else to the point that you will forget about the negative thoughts, or read an inspirational quote that you can easily search for online.

Writing can also help as it helps release the emotions associated with the negative thoughts. The more you keep the negative thoughts and associated emotions inside, the harder it is to get rid of them.

What happens then, if you have no time to acknowledge them?

Have you experienced times where you just react immediately and have no time to think?

Then how in the heck are you supposed to be able to acknowledge those negative thoughts and change them?

You see, the times we simply REACT to thoughts that trigger our negative emotions, comes from our subconscious mind!

All your compiled experiences, habits, and beliefs create the life that you are living today, those affect your ability to change your thoughts, create or destroy things within your life.

Change that accumulation to positive habits, beliefs, and experiences and you will gain more power over your negative thinking.

You will gain a power to take control of your own life and give it the shape you want by your own design, and not merely let your negative thoughts and reactions take over.

The Mysterious Law of Giving

It is hard for many people to want to give, especially when they feel they are lacking.

The law of giving is mysterious for those who lack a better understanding. Whenever you give, it's the thought that counts, but what does that really mean? You have heard it before right?

I have talked about the importance of giving, and it is just amazing to experience the great things that happen when you do. Well just earlier this week at the time of this writing, I experienced yet another reason to confirm this.

I went to the local store to get some groceries, and just like previous times, I saw the man dressed in white with the red lines along his pants and sometimes white gloves, you know, those that stand outside a store holding a little bucket or container with a slot, asking for donations for I'm not even sure what, but some kind of charity I believe. I have wondered before about whether these people are actually legit or are just ripping people off. I really don't know.

But anyways, I went in about my business and got my groceries and thought for a minute, I wonder if these people actually do collect for some sort of charity. I considered whether to donate on my way out or not. Seeing many people walking by pretending not to see them and walking by as they don't even exist, just kind of made me think.

I said to myself, well I guess it doesn't really matter if I donate and they are not legit, at least I will give with a good

intention. And it will be in the person's conscience to be ripping people off if they are.

So I went and paid my groceries, took a couple of cash bills out of my pocket and on my way out I went straight to the little container, and slipped the money through the slot.

The man looked at me a bit surprised, and said to me "Thank you so much Sir, and may God bless you" perhaps no one had given anything all day or unless I had something funny in my face. It felt good to give regardless of any judgments I may have thought about previously.

Later in the evening I received a couple calls from two people I had talked to months ago about working on a special project with them. They were ready to start it and one even offered to pay me more than I had quoted.

Now, you may call it coincidence, or maybe even luck. But I not only believe but am sure there are greater forces, greater universal laws that many still don't understand.

This is not the only experience I've had with such "coincidences." But I thought it was very important to share, because many of the people out there in the world still don't understand this. It is all vibration and the level of frequencies that you start to generate within your overall being, it is the energy that you emanate and bring about from your heart.

Many people walk their daily lives seeing nothing but lack and difficulty, holding on very tightly to their possessions and knowledge. Little do they know that we must be in a constant movement of energy, and find ourselves on a constant flow of giving and receiving.

We cannot receive more if we are full with some of the things we can give. It's like having a bucket full of water where it gets full and you just cannot put any more water in because it simply starts spilling. That is how giving is.

We must maintain a constant flow of emptying some of that water in order to allow more to come in.

The beautiful thing for us human beings is that the bucket is forever expanding; slowly allowing us to hold more water which in turn also gives us the ability to give even more water.

Understand and apply this principle and you will be surprised at some of the great things you will start to experience in your life.

Conclusion

As you align yourself in a positive vibration and frequency beginning from your inner being, you will be bound to begin to experience great things in your life.

The law of attraction is better for you when you find yourself in a positive vibration. Remember that one of the keys to prosperity and finding yourself comes from the harmony that you will create from your repetition of good habits, which will turn into beliefs that are going to take root into your subconscious mind.

Always get in touch with your innermost being, for your heart, body, and mind must be in harmony to be able to create great and good things in your life.

Strive to continue to seek higher knowledge to raise your consciousness, because many of the things we experience in our conscious mind will ripple down to your subconscious, and it is in your subconscious that you have a greater power to create the change you want to have.

The lack of better understanding and even mentioning of the subconscious part of our mind is the flaw that I have come to learn about in regards to the law of attraction. It is this discovery and understanding that changed my experience with the law of attraction.

Not only was I able to make better use of it, but as I continued learning and increasing my awareness additional important pieces of knowledge started to come to me.

Life is full of many mysteries and things we do not fully understand but it is why being in darkness is lack of information, and finding the light is having information.

The law of attraction is one of those pieces of knowledge that can change your life and alter your creative abilities. Use it.

Always seek and find the knowledge, the information to increase your awareness and you will find the light to any situation you may be struggling with in your life.

About The Author

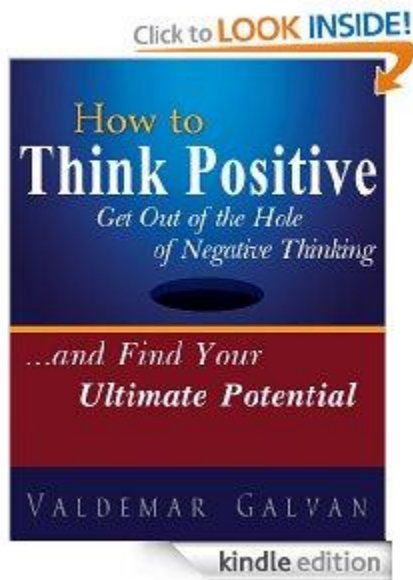


Valdemar Galvan is a Certified Law of Attraction Practitioner. He is passionate about personal growth, and is fascinated with the human mind and our human potential. It is how he got started into creating a vision and goal of helping others while at the same time striving to continue to improve in all areas of his life, he is a strong believer in the Law of Attraction and researches various other subjects such as Neurolinguistic Programming, Hypnosis, EFT, Human Consciousness and other related self-help material. Val is also passionate about web and computer technology. Enjoys reading and writing, spending time with his family, and is always looking to expand his knowledge and awareness to share his knowledge with other people all over the world.

Other Books By Valdemar Galvan

[“How to Think Positive: Get Out of The Hole of Negative Thinking and Find Your Ultimate Potential”](#)

Read about the simple but powerful things I learned that got me out of what appeared to be a never-ending cycle of depression, financial hardship, negative thinking, pessimism, and feeling of misery. How I ended years of being stuck in a deep hole and changed my life completely. As I share some of my experiences in conjunction with this “new awakening” I discovered you will find out that life doesn’t have to always be as bad as we think it to be.



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