

The Law of Attraction

In studying how to get what you want in life, the Law of Attraction is considered as one of the most powerful forces on the planet. So powerful, a documentary movie was made about it called "The Secret". The movie portrays this "secret" as the thing very successful people learned that caused their outstanding success. The Law of Attraction explains why people tend to stay stuck in their circumstances and why some people have "bad luck" and some people have "good luck". The Law of Attraction is in essence:

What you think, you attract into your life.

Your thoughts are more than just voices in your head; they are like powerful magnetic signals that radiate out into your environment and draw-in and harmonize with similar signals. Basically if you are thinking negatively, you will attract bad things into your life. If you are thinking positively, you will attract good things into your life. On the surface, this seems like an obvious anticlimactic no-brainer, but it goes beyond just having a certain attitude. The Law of Attraction defines our thoughts as "things" that powerfully guide us and attract things to us. Our thoughts come from the mind which is connected to the subconscious which is connected to infinite intelligence, God, the creator, the universal field of energy. This is where "intuition" comes from. This is what explains how you can be thinking of someone who you have not seen in years and suddenly you see them or get a call from them. We all have a "6th Sense" that cannot be explained by anything we can see or explain on the physical level. It is this connection in which the Law of Attraction works.

You don't see the Law of Gravity, but it is ceaselessly working in your life. The same is true with the Law of Attraction. Although less obvious, it is working continuously in people's lives. I have often wondered why some people just have "no luck". Why people just keep struggling. Here's an actual e-mail I received from someone when I e-mailed them asking how things were going:

I am doing all right now but had a really bad upper respiratory infection for two months (Feb-Mar) that really slowed me down. Weight-wise, I am maintaining the weight loss I achieved before I got sick, which is pretty good considering they had to put me on steroids to shrink my bronchial tubes, plus I was very inactive during that time, and I watched my food consumption but not to the point of losing any more. Then in early April, I was out walking and twisted my ankle when it went into a hole! Grrrr.... Fortunately, it was just sprained but again it has slowed me down. It is just starting to feel almost normal, though I walked about ¾ mile on Sunday and it felt worse this week so I need to be more careful. Walking is really my favorite form of exercise so I am looking forward to doing more.

Hope all is well with you!

Can you see the Law of Attraction at work here? Sick for 2 months, on powerful meds, then step in a hole!?!

One can also wrap their mind around how the Law of Attraction works in thinking of your negative thoughts as **interference to the flow of information and guidance from your “guardian angel” or “infinite intelligence” through your subconscious.**

One can prove to themselves the existence of some “higher power” at work in their lives when looking back and seeing the things you’ve labeled as “coincidences”. A person has a feeling they should check their bills and they find a large bill that is due in a few days and they are able to avoid a \$50 late fee. A person comes through the front door of their business who later becomes their spouse. A person gets laid off from their job and decides to open a business and a passed relative leaves you \$10,000 in her will which you use to start your dream business!

All these things happened to me!

I could label them as “coincidences”, but even the most skeptical, when they begin to see all the big and little “coincidences” in their life, must come to believe that there is something guiding them beyond themselves. Because the source of this guidance comes from a source that is all-good and perfect, any of our conscious thinking that is negative interferes with the flow from this source.

This explains why when having a “good day” your thoughts are on good things and good things happen to you. You find a great parking spot at work. On your way home, you remember to buy toothpaste at the store. That evening you get great service at dinner.



This explains why when having a “bad day” your thoughts are on bad things and bad things happen to you. You cut yourself shaving in the morning and end up being late for work and having to park across the street. You come out from work and find your tire is flat. After getting home late, you remember you needed toothpaste at the store because your kids haven’t brushed their teeth in 2 days. That evening at dinner you get lousy service and the food is undercooked.

The important concept to understand about the Law of Attraction is that the many little things that go right or wrong can create ones belief in whether life is for or against them. And when

you believe life is for or against you, your thoughts that follow that belief ATTRACT and CREATE MORE OF WHAT YOU BELIEVE!

It is important for you to believe that life is FOR YOU!

If you believe that life is against you, you'll never lose weight permanently.

Your Assignment:



Watch the movie “The Secret”. You can purchase on Amazon or e-bay for around \$15. It is worth buying and having to watch again. It is very motivating and inspirational. I found I got more from it the 2nd time I watched it. And you’ll want to share it with others.

www.ebay.com

www.amazon.com

When watching the movie, ignore the movie dramatics and focus on the points the experts share in the movie. There are some brilliant ideas that you can adopt into your life to help you develop your ability to bring the law of attraction into your life. *(Open, print & read the other PDF for my notes on watching the move!)*

What I don’t like about the movie is that it does portray that you can just “think” things into your life implying without having to do anything. Many experts have criticized the movie in that they say it misleads people into believing they can just sit around and think about things and they will magically appear into their life. I agree. Things will not come into your life until you start to move and take action and do things that put into motion the events and



circumstances that will create what you want. In other words, a person who mixes visualization with action, calls into play the powerful forces of the Law of attraction.

The person who visualizes losing weight and decides to take action and join a gym feels compelled to join one of the three gyms she visits. At this gym, she meets a friend who becomes her workout partner. They end up becoming great friends and they decide to enter a 5K run together and really enjoy it. Later that year, she is approached by the owner of the gym who just lost an employee and is asked if she has ever considered helping others in the gym?

The owner offers to pay for her to study for and take the trainer's certification and she becomes a personal trainer.

Had this person just sat in their home and dreamed about getting thin, none of that would have happened. **Through visualization and taking action, the Law of Attraction kicks in to assist in bringing what one wants into their life.**

After watching the movie do you believe your thinking and what you believe controls your life (and weight) more than you thought before watching the movie?

What ideas and new beliefs from the movie are you going to implement into your life?