



# Law of Attraction Info

*Presents*

## *Attracting Wealth*

Articles on  
The Law of Attraction,  
Wealth, and Prosperity

Thanks to all the contributing authors.



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*“No man [or woman] is free until he learns to do his own thinking and gains the courage to act on his own personal initiative”*

*~Napoleon Hill~*

## **The Universal Law of Attraction**

What do you think of when you hear the word "attract"? How would it feel to be able to ATTRACT what ever you would like INTO your life? It's possible. You can come to depend on the Universal Law of Attraction, just has you have cometo depend on the Physical Law of Gravity.

You may have heard the Law of Attraction referred to in different ways throughout your life, but it has no doubt shown up. Here's a few ways we have talked about it...

1. What you sown you reap.
2. What you put out you get back.
3. Like attracts like
4. Law of supply and demand
5. What comes around goes around.
6. "As a man thinks in his heart, so is he." Proverbs 23:7
7. Emerson called it the Law of Compensation

Catherine Ponder, author of the Dynamic Law of Prosperity

defines the Law of Attraction like this: "What you radiate outward in your thoughts, feelings, mental pictures, and words you attract into your life."

Abraham-Hicks, defines the Law of Attraction like this: "That which is like unto itself is drawn." Yes, like attracts like. What does this mean for you? It means that when you are focused upon what you WANT to create in your life you will attract that....and when you are focused upon what you DON'T WANT to create in your life, you will attract that too. It means that you are indeed a magnet, and it means that you are a magnifying glass. What you focus on gets bigger...and comes to you quickly.

You may have had the experience in your life where you have wanted something very badly, and out of that passion, out of that pure desire, you were able to create it. There was no stopping you. You believed that it was to be, and you did not doubt that it was to come into your life. You said YES! to having that "something" come into your life.

You may also have had the experience in your life where you have wanted something very much, and have not been able to create it. Think about money for a moment... You want very badly to create the flow of money into your life, but you don't. You say, I want more money...but I hate paying bills, I hate that others have it and I don't, money is evil, or you just focus on the fact that you indeed can't create it. You take action, you ask, you pray and it still does not show up. You focus on the fact that it's not here, you focus on the lack of money in your life. What do you think you will create?

So, if like attracts like....and you focus on the negative aspects of anything, or focus on what you do not have - you will create more of what you do not have. If you focus on what is, you will create more of what is. If you focus (and sometimes we do very strongly) on what you DON'T want in your life, for example, I don't want cancer...I don't want poverty...I don't want this or that or this or that....you are saying NO to it, and that as well will bring it into our lives. What we give our attention to

comes into our life...it is the Law of Attraction. Whether you are saying yes or no to something does not matter - it is the focus that carries the vibration and causes us to attract unto us. Be careful what you say no to.

The key would be to focus on feeling good and focus on what you DO want! The key is to consciously be aware of your abundance mentality, and know that you attract what you radiate and vibrate into the world. Nothing is more important than feelings good! How you are feeling and where your attention is, is your point of attraction. Period.

You must remember that the universe is abundant - completely. There is no lack, only our perception of it. You must remember that there is always enough, and what you ask for is given to you. You must remember that you were meant to prosper... be wealthy on all levels of life. There is nothing that you can conceive of that you can not be, do, or have.

Most of the time we walk around creating by default...now it's time to create using the Law of Attraction. You can be or do or have anything that you desire in this life. You must acknowledge yourself as the powerful creator that you are and choose thoughts and feelings that make you feel good, and that are in alignment with what you really want in your life.

Lori Hamann  
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## About You Evolve Coaching....

**Lori Hamann, MSE** : Lori works with her clients to "attract" abundance and prosperity in their lives. She has a very eclectic approach, & integrates the principles of the Law of Attraction into her coaching. Lori is the author of this newsletter and can be visited at <http://www.youevolve.com/> If you would like to take your life to the next level, call (715) 355-2730, or [lori@youevolve.com](mailto:lori@youevolve.com)

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way you attract riches into you life - forever. You will become a magnet for personal wealth on all levels.



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*If you can imagine it, you can achieve it.*

*If you can dream it, you can become it.*

*--William Arthur Ward*

## Characteristics To Help Find The Work Of Your Dreams

Gloria Dunn

"Why am I not happy?" "Why is life a struggle?" "Why doesn't work, work?" We probe our soul with questions like these, but we will never hear the answers if we don't take time off in our hectic days to listen. Unless we slow down and take a deep breath, we cannot hear the subtle responses that come from within.

As we get older, the questions about the nature and quality of life come up. By then, though, we are so mired in the car payments and the mortgage and the daily routine, and we are so used to looking for answers outside ourselves, that we fail to recognize the simple truth: We need to find enough quiet space so that we can listen to the answers locked deep inside. We need to stop and let them surface.

Once we take that time, we can reflect on all we have done and all we hope to do, and decide if we are living the life we want or if, instead, it was programmed for us by others. Only then can we listen to our own voice, our own intuition, our own inner wisdom. Only then can we tap into our inherent skills, talents and inner creativity, which form the work for which we were individually designed. Then we will truly reap the rewards of joy and fulfillment as well as a paycheck.

Afterward, when we go back to our busy life, we find that we are whole beings again, not walking machines. If we have chosen to take a break from our careers, the work we choose when we return will be right and satisfying.

Regardless of how we use it, time goes by and then it's gone. The combined power of every ruler in the world could not change that by decree. So, in the end, the only thing that counts is how we used the time. Is what we're doing meaningful enough that if we were still doing it 10 or 15 years from now, we would be satisfied with that?

If you just keep going the way you are, ask yourself what you will miss and how it will affect you and the ones you love. If you are losing some of your spirit every year, what kind of husband, wife, father, mother or friend will you end up as after half a lifetime goes by? If you need to take time off to stop the downward momentum, isn't it worth it?

It takes time and perseverance to find the work and life of your dreams. Here are some characteristics to cultivate that will support you:

Vision -- great clarity about what you want. Describe your

vision in detail and visualize yourself in your new condition. The more you do this, the more possible, even probable, it seems that you will get there.

Strong intention -- determination to get what you want. Pursue your goals when you are thinking, writing, talking, exploring, reading and being, as well as in your actions. Be resolute that you will achieve your objectives. Stay focused and don't let anything or anyone stand in your way.

Unwavering belief -- a belief so strong that it stands up against challenges. Other people, sometimes believing they are being helpful, try to persuade us to be realistic, meaning that we shouldn't aim too high. Successful people keep their goals high and their expectations inline. People may tell us we are being a dreamer. Successful people are practical dreamers. They have dreams, and they figure out how to make them come true.

Action approach -- know what you need to do and do it. If a person wants to drive a car, he gets behind the wheel. To dance, he moves his feet to the rhythm. To find a new job, career or better skills, he researches his options, decides on a plan and implements it. Everything requires movement. Moves toward your goals.

Focus -- stay on course. Don't stop on the way or get sidetracked by fear or the myriad other things that hold one back. Even the best get waylaid now and then, but those who are sure of the path they are on don't let themselves procrastinate for long. They just put themselves on fast forward and fly.

Faith -- truly believe you will get it. Know it is just a matter of time. If things don't move as fast as you would like, if something goes wrong, if you get unavoidably sidetracked, it

doesn't have a permanent effect. When you fall off the horse, simply get right back on.

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About the author:

Gloria Dunn, President, Wisier Ways to Work(r). Develops winning corporate cultures by teaching leaders to lead, managers to manage, and work teams to play. Author of "From Making a Living to Having a Life" available at <http://www.workingchallenged.com/> and Amazon.com You can reach Gloria at [gloria@wiserwaystowork.com](mailto:gloria@wiserwaystowork.com).



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*All that a man achieves and all that he fails to achieve is the direct result of his own thoughts.*

**James Allen**

## **26 Principals of Life**

**1. All Are Related:** There is a Native American saying, which translates roughly to "All are Related". Everything in the universe is part of The Great Spirit, from a rock, to a plant, to a fish, to a human. The spirit flows between and within us all, and is the building block of everything. Since we are all part of the same whole, we should treat the rest of the whole as if it is part of us, i.e. with compassion and love. We are all part of the Great Spirit, just like all the different leaves on a tree are still part of the tree.

**2. The Energy Flow:** The universe is composed of energy. This energy flows between everything, us and within us all. When we have internal blocks, the energy fails to flow correctly, causing illness, lethargy and other symptoms. This energy can be directed consciously, we can see it, and feel it. How we feel affects our energy levels; negativity drains energy, positivity creates energy.

**3. We Are Beings of Both Spirit and Flesh:** We are spirits, but at the same time, we are creatures of the flesh. We inhabit both worlds simultaneously, even though we are often unaware of it. We should not shun the flesh for spirit or vice versa. Both are equally important. We have to walk with one foot in each of these worlds, and pay them both attention. Neglecting either world causes distress in the other.

**4. No One Entity is Superior to Another:** No one being or creature is any better or greater than another. We are all the same. We are all on different paths and have different levels of understanding, but that does not make any one of us better than another. Humans are not masters of nature, nor the animals and plants. They are our companions, and co-inhabitants of this planet. We are not superior to them, nor do we own them. We should treat them all with respect.

**5. Belief Creates:** How we perceive the universe is shaped by our beliefs. If we believe we are in a hurry, then everyone else appears to be going slow. Through belief and positive thought, we can create virtually anything. We should believe in our abilities and ourselves, and we will succeed. We can combine the power of belief with that of visualisation to bring anything into reality.

**6. Intuition:** Inside of us, a voice speaks and guides us. It is our intuition. We can choose to ignore it or to listen to it. Once we are in tune with our intuition and start to listen to it, we will be guided and will find that we can achieve more than we thought possible. We will begin to realise that the Great Spirit works through us - often in mysterious ways, but always to our benefit - in the long term.

**7. The Higher Purpose:** Everything that happens is for a reason and for the greater good. We have to learn to look at events in our lives from more than just the normal human perspective. We must see them from the perspective of the Great Spirit and to look at what good will come from these events. This is the old maxim of "is the glass half full or half empty". We can look at events badly, half empty, and our reaction will be worse. However, should we look at events better, i.e. half full, then we are more positive, which means our energy is higher, and our reaction will be better.

**8. There are No Ordinary Moments:** The past only exists in our memory. The future only exists as our expectation. The only time that really exists is NOW. It is a precious moment and we should treat every single moment as special and live it to the full. By being in the present, we have presence. To live in the now the conscious mind should be quiet and you must focus totally on what you are doing, not what you are going to be doing next week, or what you are going to have for lunch.

**9. There are No Limits:** The only limits we have are those we place upon ourselves, or others place upon us. To this end, we should avoid being put in a pigeonhole and labelled by others. If someone views a dog as being vicious, then it is more likely to be vicious. We should hold no expectations of others, and let them be themselves, just as we should be ourselves.

**10. Action not Reaction:** If we are tickled, our reaction is to laugh. We should be at a state where we do not react in a situation, but act. Reaction is unconscious, whereas Action is conscious. We should not let past influences affect our actions, e. g. if we were once bitten by a dog, when we next meet a dog, we should not let the past bite affect how we act towards it. There are times to act, as well as times to be

still. By living in the present and having control of the conscious mind, we can better direct our action.

**11. Positivity Rules:** Negative thoughts attract negative events and drain our energy. Positive thoughts attract positive events and increase our energy. To this end, we should look at our thoughts and the events which happen to us in a positive light, realising negative thoughts for what they are and releasing them.

**12. Posture, Pose & Breathing:** Energy flows through the body, as it flows through all things. If the posture and pose are bad, the energy can not flow cleanly and causes blockages, which manifest as pain or illness. We breathe in energy from the world around us. Therefore, our breaths should be deep and full, coming from the bottom of the belly, and not the chest. This enables us to maximise our energy. Deep breathing helps relax us. When we are stressed, angry or afraid our breathing changes and becomes shallow and faster. By consciously controlling our breathing and keeping it deep and even, we can release the stress, anger or fear, enabling us to act consciously in the situation.

**13. Everything in Balance:** The universe exists in a state of balance, as should we. We can do anything we wish, but should always do it to moderation, never to excess. Should we do things to excess, then they can become addictive, which drains energy and may become negative. Being balanced allows us to act better in situations. If we are sat on the fence, so to speak, we can jump off either way should we desire to.

**14. Intent is Action:** You can intend to do anything, and your intent is important. However, unless the intent is followed with action, then the intent is nothing. As an example. I may intend to get fit, but spend all my time sat in front of the TV eating pizza and drinking cola. I have my intention, but my actions do not confirm or create the intention. Therefore, if you intend something, do it, don't just talk about it. Action turns knowledge into wisdom.

**15. Freedom of Choice:** We all have free will, and can choose to do anything we wish. There is no situation where we do not have choice. It may appear that we do

not, but there are always options, if we have the courage and strength to take them. We just have to have the courage of conviction to make the decisions.

**16. Change Happens:** Change is continuous and is always happening around us. We can not actually perceive change, but can see the end result of it. Change is not a bad thing nor is it to be feared. Through change we can grow and go forwards.

**17. Taking Responsibility:** Our actions cause a reaction - it is a law of nature. We have to be aware of our actions and take responsibility for them and for the consequences of them. It is no good doing something and then saying you did not mean to do it. Had you not meant to do it, you would not have done it. By taking responsibility for our actions, so we can take back our power and freedom to choose. We have to accept that no one will live for us, and that sometimes our actions will cause others, or ourselves, a measure of discomfort. Remember though, that discomfort is one way of helping us grow and to show us where changes need to be made.

**18. One Step at a Time:** To get to any goal, break it down into a number of small steps. If you have many small successes, then this will lead to a big success. If you aim for a big success straight off, you may fail. Remember that a journey towards any destination starts with a single step, and then a second and a third, and as many as required until you reach that destination. Remember to reward and praise yourself for your successes, however small they are. By acknowledging them, you increase your power and will to succeed, strengthening your belief in yourself.

**19. Judgement:** We have no right to judge another for their words, thoughts or deeds. They have the freedom of choice to do as they please and act as they wish, just as we do. We are in no position to judge anyone, as we are imperfect ourselves. It is easily done, for example, you see a big man with tattoo's, a skinhead and wearing leather, and the automatic assumption is that he is trouble. He may be a florist for all we know. This colours our judgement of people and changes how we act towards them. By having no preconceptions of other people, we can interact better with them, and perhaps make a new friend.

20. **Integrity:** Integrity is all about how we act when no one is looking. We must live to our own standards and should not judge others by them. This is about living in line with our highest vision despite urges to the contrary.

21. **Air Your Doubts:** By airing your doubts, fears, and worries, by looking at them and seeing them for what they are, so you can conquer them and rid yourself of them forever. By refusing to confront them, so they gain power over you, and become even more deeply rooted. After you realise what they are - release them.

22. **Failure:** It is very rare for us to fail. We only ever choose to stop trying. That is us exercising our free will. We can stop trying any time we wish, but those that succeed never stop until they get to their goal. Success often does not come easy, and does require work and effort from us. You will find that most 'overnight successes' have been working hard for that success for many years. Failure is not something to be feared or worried about, because we can never fail! Everything we do, no matter whether we view it as a success or failure is a valuable lesson for us to learn. By looking at a perceived failure as a valuable lesson, it no longer feels as bad. The only true failure is not learning the lessons our mistakes teach us.

23. **The Ongoing Journey:** Our journey of exploration through life never, ever stops. The destination is not the reward or the goal. The journey to the destination is the goal itself.

24. **Don't Mind:** If we take an objective view of our mind, then we can see that lots of thoughts drift through it, many of which we are unaware of. A sad, angry or fearful thought may drift up from the sub-conscious and change how we feel for no apparent reason. We must take control of the mind through tools such as meditation, and become aware of these thoughts and realise them for what they are. Then, we can let them go and stay relaxed and centred. By consciously focussing on our breathing, and keeping it deep and even, we can help to release these negative thoughts.

25. **Emotions:** Emotions come and go. They flow through us all the time, often

without us even realising. Many of us do not express our emotions because we feel we have to "Be manly" or "Be responsible" or "Be cool". When we feel the negative emotions, we can feel our bodies tense. If we do not express these emotions when we feel them, the tension is stored within our bodies. Having emotions is not to be feared and should be celebrated. When you feel an emotion - express it! If you are happy - smile and laugh, if you are sad cry. Expressing your emotions releases the tension they give, and helps you live more fully in the here and now. Once you have expressed an emotion, it is gone and will not return with the same force for that situation. If we refuse to express them and store the emotions up, then, like damming a fast river, eventually the water level will rise too high if we do not provide it with an outlet.

**26. Play:** As children, we play exuberantly. We have fun, enjoy ourselves and have lots of energy. Then something happens, we grow up, and we no longer play believing that adults have to be adult and they don't play. Playing is one of our greatest sources of pleasure. It takes many forms, from sport to games to laughing and joking with friends. Playing increases our energy and makes us more positive. It makes those around us more positive and generally lifts the spirits of all involved. There are times to be serious, yes, but there are times to play too, and that is what we must not forget.

*By Jason Johns*

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*Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.*

**~Brian Tracy~**

## **10 Ways to Manifest Your Dreams**

**by Anisa Aven**

1) **Keep the END in mind** . Ask yourself, what specific quality of life will the object of my desire bring to me? Why do I want this? Will it bring more Love, Harmony, Joy, Peace, Wisdom or Prosperity? Once you identify your real goal, do your best to assimilate that quality without the object and you will be deliberating achieving a vibrational harmony with the object you desired in the first place. When you acquire vibrational harmony or magnetic sameness with your desire – the object of your desire or something better HAS to come into your life – for it is the Law!

- 2) **IDENTIFY what you want.** The number one rule to Manifesting your Dreams is to "keep your eye on the ball." The Universe does not process negatives – only energy. Therefore the question to ponder is what do you want? The question is NOT – what do I not want – except to identify more of what you DO want.
- 3) **EXPECT your dreams to come true.** Expectation propels your desire and opens the runway for your dreams to land quickly, easily and gently. Additionally, with expectation as your fire, you will be less likely to run out of "desire fuel"!
- 4) **IMAGINE it in the now.** Imagine how it FEELS to have what you desire RIGHT NOW! Abraham through Jerry and Esther Hicks says, "Your point of attraction is now." Therefore, whatever you are feeling and focused upon right now is what you are in vibrational harmony with and are attracting into your life.
- 5) **Be ENERGY efficient** - be conscious of your "energy." Keep in mind that like energy attracts like energy - therefore "what you sow you shall reap." Feeling the lack of something only attracts more "lack of that something." On the other hand, deliberately choosing positive feelings and focal points will keep you in alignment with your desires.
- 6) **Maintain a LASER FOCUS on what you want.** Give it your attention. Use tools such as setting goals, writing and repeating affirmations, visualization, gratitude journaling, creative collage, treasure mapping, creation wheels and meditation. Relax, listen to yourself, state the affirmation and visualize the accompanying action and feeling. Remember, "Wherever you go, there you are!" - therefore, *BE* mentally and emotionally where you want to *GO* physically.
- 7) **Be UNATTACHED.** Maintain your desires but be unattached to the specifics of the outcome. Never limit the Universe by being disappointed if it isn't in your life right now or isn't coming as fast as you think it should. Be careful of being attached to the how, when, where, and who details. Turn it over to God and release your dream with statements such as – this or something better is manifesting in my life right now. I let it go and prepare to receive my good. ALLOW the universe to let it flow to you—easily!
- 8) **Go on an APPRECIATION RAMPAGE and preserve an ATTITUDE OF GRATITUDE.** Relish the moment and be appreciative of all that you have. Be aware of every opportunity that comes your way and honor where you are on your path. Look at each experience as neither good nor bad, but as an opportunity to learn and grow.

Don't scold yourself when you make a mistake. Develop an affirmative statement, describing your correct performance, in the present tense and allow your light to shine! See through the eyes of love. Choose to live in joy and spread it to all you meet!

9) **Let Go of the PAST and follow your HEART!** Once and for all. Release the fears and prejudices that come from previous experiences. "Heaven's not beyond the clouds... it's just beyond our fears." Regret and fear are the thieves that rob us of today. Accept responsibility for your life. Know that there are no victims. This means really forgive and forget, live without opinions, throw out your old baggage and live fully present in the moment at hand while following your heart's guidance and desires for tomorrow. Your heart will never speak in fear – only in love. Follow your heart and you will have all that you desire.

10) **DREAM BIG!** Ask for more than you "need." You are the child of a rich father in heaven – claim your Divine birthright to unlimited Prosperity, Peace, Joy, Love and Harmony. Ask for all that you desire (in alignment with your values) and have the faith to relax and enjoy the journey. "I tell you the Truth, If ye have faith as small as a mustard seed, you can say to this mountain, move from here to there: And it will move. Nothing will be impossible for you." Matthew 17:20

If you enjoyed this article SEE ALSO - [Manifest Your Dreams Audiotape](#).

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*Nothing is as real as a dream. The world can change around you,  
but your dream will not. Responsibilities need not erase it.  
Duties need not obscure it. Because the dream is within you, no  
one can take it away.*

*Unknown*

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**Ah, Abundance!**

Why aren't you rich already? That is a pretty strong question... but a good one. Mark Fisher illustrates the importance of this in his book when an old millionaire asks this very question of a young boy.

Ask yourself again..... "Why aren't you rich already?" Listen very closely to what comes up for you. What do you hear? Do you find yourself coming up with excuses? How does it make you feel? Do you laugh, or cry about the amount of time that has already gone by?

If you find yourself thoughtless consider the fact that you may not be ready to address the question. Instead then ask, why are you not willing to take a look at your personal blocks to your success?

The truth of the matter ~ our reasons or excuses are valid to where we are on our life's path, but you may want to rethink how long you will let those excuses have the power on abundance matters in your life. For example, you may say, "I am not financially wealthy because I didn't go to college" or "because I had children when I was young" or "because I had children later in life", know there are many reasons for all of us. You are far from alone.

The most accurate excuse as to why you are not rich already is because you have not DECIDED to be rich. That's an excuse you can live with. At least you hold the power here, and at least you can make a decision to be rich any time you want.

Why not make that decision today? Now, I wish it were as easy as snapping your fingers and having a cool million or so show up in your bank account. It's not, but there are some major determining factors that lead to your success. Here's how to jump-start that abundance mode.

~ Know there is enough money for all of us. This way of thinking in itself sets us light years ahead. It's called prosperity consciousness, and the more you have of this, the more you get. It's your attitude that has a major impact on what you receive in this life. Think you will never be rich and guess what? You won't.

~ Get your decision making hat on, it's time to make the final decision.

Time to not settle for anything less than riches. Make the decision and be as committed to it as you were to brushing your teeth this morning. It's just a part of your whole routine. Nothing new and fancy and out of the box – just part of who you are, and that is your decision. Period.

~ Believe in yourself. Know you have the ability to be wealthy. We all do. We are put on this earth to flourish, learn, and love. Liken yourself to a flower – it's a flowers job to grow, and the flower believes in it's own potential and just grows. You can too, just start believing in yourself. Start growing.

~ Take some action. Any action will do. Ask yourself, "what do I need to do right now that will effect the state of my abundance tomorrow?" Write it all down and do it. You are on your way.

Lori Hamann

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Lori Hamann, MSE, brings a passion for motivating others and many years of coaching experience to You Evolve Coaching. In addition, she has over 10 years of successful counseling experience. She coaches a variety of entrepreneurs and professionals, who have a desire to succeed and exceed what they believe possible for thier future. She has presented to a variety of groups on the topics of achievement, success, and abundance. She inspires people to take action within the context of being a conscious and deliberate creator of their own lives, and teaches the philosophy of the Law of Attraction. Using humor, enthusiasm and warmth, Lori inspires her clients to create and attract their best life.

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*“Our minds become magnetized with the dominating thoughts we hold in our minds and these magnets attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts.*

*-Napoleon Hill*

## **"Top Ten Ways to Attract Prosperity"**

by Lynn Robinson  
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"The greatest discovery of my generation is that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

- *William James*

### **1. Be Clear About What You Want**

What would your life look like if you had all that you wanted? Sometimes in the midst of struggling with what we DON'T want in our life, we forget to ask that question.

### **2. Listen to Your "Inner Prosperity Guide" - Your Intuition**

Pay attention to what your intuition is telling you and act on its wisdom. I define intuition as "when you know something, but you don't know how you know it." Intuition provides quick and ready insight. It may come to you through a feeling, an emotion, a gut sense, a voice or a nudge to take a certain path of action in your life. It may lead you to new work, the right contacts for your business, or a book to read that opens a door to greater abundance.

### **3. Use Positive Prosperity Statements**

Clarify and write down your goals, visions and dreams. Write a short positive statement that sums up your goal. Here are two examples: "I easily attract \$\_\_\_\_\_ a month/year." "Money flows easily into my life as I do what I love." Say the affirmative statement several times a day.

### **4. Visualize Your Goal**

Imagine what it would be like to have your goal. Are there one or two "snapshots" you can create in your mind of having the prosperity you desire?

### **5. Pray and Meditate**

Ask for guidance from God (Universal Mind, Higher Power). State your intentions and ask for help if you're having difficulties. Spend time each day meditating or simply imagining yourself in the flow of Spirit. Listen for God's wisdom.

### **6. Take Action - "Feel the Fear and Do It Anyway!"**

Goethe wrote, "Whatever you can do, or dream you can, begin it.

Boldness has genius, power and magic in it." Making any change in

your life often feels uncomfortable at first. Continue to take action. Small steps count. Put the energy to create new things in your life out into the world. The Universe will respond!

## **7. Pay Attention to Your Thoughts**

Listen to what you tell yourself about your life situation. Pay special attention to your beliefs about money. If you find you have pessimistic or negative beliefs about money ask yourself, "What's another way of thinking about this?" or "What do I want to create in my life?" Would you rather be right or would you rather be happy?

## **8. Understand That Life Has Ebbs and Flows**

Life doesn't always go in a straight line even when you're doing everything "right." Just as nature has seasons, cycles, ebbs and flows, so does your life. Learn to recognize and optimize them. There may be a time for action, networking, promoting, taking classes, giving talks, creating business. There may also be a period of time when you feel the need for introspection, dreaming, writing in your journal or meditating. All of these times have a gift in them for helping you create the life you chose.

## **9. Let Go of What Drains You**

Negative people and situations can hold us back, bring us down and immobilize us. Is there a client that takes too much of your energy for the money you receive? Is there so much clutter in your life that it's difficult to organize yourself to do your best? Somerset Maugham once said, "It's a funny thing about life. If you refuse to accept anything but the best, you very often get it."

## **10. Pay Attention to What you Feel Passionate About**

What's fun for you? What do you feel excited about? These are some of the ways your intuition informs you about your purpose in life. Can't figure out how to make a living out of it? I've found that when you start taking steps towards your passion in life, the Universe opens doors you never imagined were there. What would you do if you knew you wouldn't fail?

Lynn A. Robinson, M.Ed., is one of the nation's leading experts on the topic of intuition and its role in contributing to both business and personal success. President of Intuitive Consulting, Inc., she works with entrepreneurs and executives to help them define their vision and achieve their goals. She is the best-selling author of four books on intuition including "Divine Intuition," "Compass of the Soul," and "Real Prosperity." She can be reached at 800-925-4002 or through her web site at <http://www.LynnRobinson.com/>.



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*True wealth consciousness is the ability to have anything you want, anytime you want, and with least effort.*

*--Dr. Deepak Chopra*

# Building Success and Prosperity Exactly

Prosperity, wealth, is something that almost everyone in the world seeks, yet find it hard to attain for some 'strange' reason. Money issues is what we do much of the time, yet it is not taught in schools. When we are busy doing marketing, web design, or any sort of work, job or business, we are simply working on issues related to wealth and prosperity in various forms. Here, then, very quickly and directly stated and explained, are the steps you shall take to have guaranteed prosperity for the rest of your life:

## Step 1

The first step in creating wealth is building Wealth Consciousness within yourself. Prosperity is an inside feeling that becomes expressed on the outside as material wealth and success. Any wealthy person will tell you that. When you are in the presence of a truly and highly successful and prosperous person, you can feel their calm and confident presence, a knowing that surrounds them. This is what you should first build within yourself. And you can do it right now. Anyone can. Without wealth consciousness, building wealth becomes very difficult, elusive and erratic. This not a threat, it is a reality. Wealth starts within and is evidenced outside. Your mind may tell you "I want money now, so I want to act now, forget the wealth consciousness bit. I don't have the time or patience for that. Just show me how to make money and I will". That is what most people say, and they end up working hard all their lives with little change happening in tens of years. Life becomes a dull repeating event. You must build wealth consciousness if you wish to start creating an exciting and glorious life and stop living a survivor's hard life. There is no other way. Even people who win lotteries hardly keep their newly found wealth. Most lottery winners destroy their

new wealth within a year! Why? Because without wealth consciousness, wealth hardly hangs around.

## Step 2

Once you build Wealth Consciousness in yourself, you then create wealth using the following strategies:

1. Create multiplied independent assets and efforts: Multiply your efforts and income by having multiple assets that work for you 24 hours a day without needing your further involvement. You can achieve this right now, no matter where you are.
2. Investment and growth: Take advantage of compound interest. Even one dollar can grow to a billion dollars at a certain interest rate and amount of time. You can never have too little to start with. You shall also see how here.

You should combine both of these two strategies. Have multiple streams of income and investments that grow well on the long term.

Today, your financial life may be summarized as follows: all or most of your income from your job goes to your expenses and debts. That will never create wealth and financial freedom.

Within a few months, you can change it to look like that of a wealthy person, which is: your income goes to build assets and investments. These investments and assets grow that income into something bigger than it was. In this way, your money works for you. The extra cash is then used to pay for your expenses and build more income streams. So, you never work for expenses and liabilities, for that will never release you. Instead you work for assets. Then the assets work for your expenses, leaving you

free to do as you wish and to create more assets and income streams.

## Multiple Sources of Income

A very important and fundamental key to wealth is multiple sources of income. Build multiple sources of income for your life. Multiple sources of income are your key to financial freedom. They are a manifestation of your dynamic, free and multidimensional nature.

More accurately, make sure that each income stream is a business and not a job. A job is something that requires you to be there for it so that it can make money for you. A business is something that once set up, does not need you to be there to keep going or growing. A job needs you, a business does not - that is the difference. Some businesses are actually jobs. You may own a business that is a job for you. It needs you to tend to it; without your constant attention, it falls. Jobs take your time and freedom; businesses give you time and freedom. A person with multiple streams of income from multiple businesses ends up with free time that he or she can use to live well and to launch more businesses if need be. Jobs never allow such liberties of free time to diversify and be free to enjoy other aspects of life.

So, have multiple sources of income, but ensure each source is independent of you and has been built to do well without your constant attention. If your multiple streams of income are jobs and not businesses, they will literally drain your life, take away your freedom, and kill you slowly. Choose well. Love your work, but set it up so that you can be free to choose when and where to work, or to take time off for other aspects of life.

Remember, have multiple streams of income that do not need you to

be present for them to keep producing. To have multiple sources of income, simply desire it to be so, make it part of your goals, visualize and start buying books, magazines and talking to people about it. The right businesses, investments and sources will then simply start coming to you. And always keep wise counsel. For everything, have a person who is of wealth consciousness and of specialization in that area to advise and counsel you. Learn also to trust your feelings but not your emotions. Follow your desires, but maintain detachment. The fruits lie within the reaching into the unknown, not only in attaining the goal. The reaching is the key, the thrill and the growth. The attaining of the goal is icing on the cake. It is easy.

## Investment and Growth

A major key to building wealth is in making your money work for you, instead of you working for your money. If you work for five days in a week and spend all your income without investing any of it, you will have forever lost those five days of work. Forever. Wealthy people take a portion of the income from each day and put it into investments that grow on their own, automatically and without any further work, over a long-term period. That way, a portion of each day that you work for money ends up working back for you for many years to come. That is a major key to wealth, getting a percentage of your income every day to work back for you without your intervention.

You do this by taking at least 10% of your daily income before taxes and bills, and putting that into a long-term investment for a minimum of about three years.

Good investments include stocks, mutual funds, certain types of bank accounts that have high and above-inflation interest rates, real estate investment vehicles, bonds, royalty-producing assets,

self-maintaining businesses, and so on. These investments do not require you to work for your money. You simply invest, walk away, and your money grows all on its own.

Even one dollar can turn into a million dollars in a certain amount of years at a certain compound interest rate. One dollar, just one dollar, can grow into a million dollars all on its own without your intervention. You would be pleasantly surprised to know that a single dollar placed into an investment that grows at 20% a year will become \$1 million in 75 years. That is just one dollar! All you would need to do is leave it alone, go away, go to sleep for 75 years, just leave it alone. When you return it will be \$1 million without any effort from you, other than your placing that single dollar at the beginning!

Now, if instead you put in a dollar every single day into the same 20% a year growth investment, you would end up with \$1 million in 32 years instead of 75. In fact, a dollar a day would become \$1 billion in 66 years at a 20% a year growth rate. A higher interest rate would dramatically shorten that time.

This shows you that you can never have too little to start with. Whatever your income today, force yourself into the habit of investing 10% of your income before you pay bills or taxes or anything else. Pay yourself first - it is your money and your life. And it gets even better. The 1990s was an era where stocks rose phenomenally. In the 1990s decade, over 200 stocks rose by 1000%, some by up to 20,000%. Many fell again in 2001 but on the long-term, all good companies always rebound to even higher heights. People in the 90s invested various amounts and found themselves wealthier for that. Some invested just \$50 a week, and if that was their 10%, that was good enough. It grew. Others invested more. \$10,000 invested just once at the beginning of 1990 in certain stocks turned out to be valued at around \$5

million by the end of the 90s. Others turned a few million dollars into well over one billion in the same period. All this wealth growth happened without any extra effort except putting money away into the investment.

These people were not doing anything secret - they were investing in publicly available investments. They were investing in well-selected shares in the stock market - and anyone can do this. You can do it as well starting now. Just remember, choose your investments well, invest consistently, and put 10% aside from every single paycheck or income. Consistency is the key. Compound interest will always work for you without asking anything from you. Your only part is to be consistent, to choose good investments, and to stay put on the long term. Short-term investing usually does not earn as much as long-term investing and it is usually a lot riskier.

As you can see, there isn't much to it. It is all in the inside job and the outside execution. You can do both of these starting today. No one is in a position whereby they are unable to do anything. There is nothing you cannot be, do or have, because it all starts within you and nothing outside you can stop you. As Henry Ford once said, "Whether you think you can or you can't, either way you are right."

Article written by David Cameron, CEO ImagesOfOne.com, author of Raising Humans and A Happy Pocket Full of Money, and developer of the Prova LifeGoals Effortless Achiever+ and Prova LifeMap Numerology software. These and titles such as Think and Grow Rich, As A Man Thinketh, and more are available for download at <http://www.ImagesOfOne.com/>.

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*"Your world is a living expression of how you are using and have used your mind."*

*Earl Nightingale*

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*Do your work with your whole heart and you will succeed - there's so little competition.*

*Elbert Hubbard*

## Creating a Prosperity Mindset

By Randy Gage

So how is a mindset created? What makes you have a mindset that has you expecting breathtaking success every time you attempt something? Well, a number of things come to mind.

You don't suffer from jealousy about the success of others. George Lucas doesn't have to have a bomb so Steven Spielberg can have a hit movie. Madonna's new album doesn't have to tank so that Whitney Houston can have a hit. There is enough prosperity to go around.

So it's important that you celebrate the success of others. Even if you perceive them to be your competition. In most cases, competition enlarges the available market.

Another important thing is to study people who have been successful in the area you are interested in. This does a few things.

First and foremost - it builds your belief that a successful outcome is possible. If you're fighting cancer and you read Lance Armstrong's book - it gives your beliefs credibility.

Second, this just gives you overall positive programming. And when you're getting positive programming - it means you're not getting negative programming!

Finally, studying people who are successful in your area gives you the opportunity to model what they have done. You learn from their experience and can achieve your own sooner.

Another important factor in developing a success mindset is hanging around successful people. Jim Rohn or whoever suggested taking a millionaire to lunch had a very good idea.

It's been said that your income will be the average of your five closest friends. Not only do I believe that is true for your income, but I also think it holds true for your health, happiness, self-esteem and just about everything else. Including mindset. When you hang around successful people, their belief, habits and actions start to rub off on you.

Of course you have to restrict the negative programming you receive from the data-sphere and counteract it with positive programming.

Give this all some thought. And give yourself a grade on what you're doing to develop a mindset of breathtaking success.

\*Excerpted from Randy Gage's The Daily Awakening

Grow your prosperity consciousness and start living a life of true abundance.

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For more than 15 years, Randy Gage has been helping people transform self-limiting beliefs into self-fulfilling breakthroughs to achieve their dreams. Randy Gage is a modern day explorer in the field of body-mind development and personal growth. He is the author of the best-selling albums, Dynamic Development and Prosperity and director of <http://www.BreakthroughU.com/>.

For more resources and to subscribe to Randy's free ezine newsletters visit <http://www.RandyGage.com/>

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*"Nothing great was ever achieved without enthusiasm."  
Emerson*

## **DEVELOP A PROSPERITY CONSCIOUSNESS**

By Linda Overstreet

The starting point of all riches is the development of a prosperity consciousness. You must become a financial success in your thinking long before you achieve it in your reality. Both poverty and riches are the result of a state of mind, and the most important single step you ever take on the road to wealth and financial independence is the decision to change your thinking, to impress into your mind an unshakable belief that you can and will achieve your financial goals.

This must happen before anything else happens.

## **THINK AND GROW RICH**

When I was growing up, I was fascinated by stories of successful men and women and how they made and lost their fortunes, and then made them over again. I read about the importance of a prosperity consciousness in the book, *Think And Grow Rich*, by Napoleon Hill, several times. But I never fully understood what it meant until about five years ago. Then it hit me and I've never been quite the same since. Every aspect of my life has improved dramatically, especially in the area of accumulating wealth, since I finally understood what it meant by a prosperity consciousness.

## **TWO GREAT DISCOVERIES**

Here are two of the most exciting principles ever discovered in the long search by mankind for the secrets of health, happiness and great personal wealth.

## **YOUR MIND IS THE ANSWER**

The first principle is this. Using your mind is the solution. That means that everything that you are or ever will be, will be as a result of how you use your mind. You are merely a mind with a body to carry it around with.

The entire man made world that you see is simply an expression of thought. Your entire life is an expression of your own thinking. And since the quality of your thinking determines the quality of your life, if you improve the quality of your thinking, you must, you will, inevitably improve the quality of your life.

## **THE LAW OF EXPECTATIONS**

The second principle is what we call the law of expectations. This law says that whatever you expect with confidence, positive or negative, becomes your reality.

If you confidently expect to succeed, if you confidently expect to learn something from every experience, if you confidently expect to become

wealthy as a result of applying your talents and abilities to your opportunities and you maintain that attitude of confident expectations long enough, it will become your reality. It will give you a positive optimistic cheerful attitude that will cause people to want to help you, and will cause things to happen the way you want them to happen.

## **ACTION STEPS**

Here are two things you can do immediately to practice these principles in your day to day life:

First, start thinking today in a positive, optimistic, confident way about personal and financial success. Continually imagine what differences it would make in your life if you were financially independent. This is the starting point of developing a prosperity consciousness.

Second, develop your own attitude of positive expectations. Look for the good in every situation. Look for the valuable lesson in every setback or difficulty. Be positive and cheerful about everything that happens and you will be amazed at the difference it makes in your life. [Click here](#) for more ways to help you get rich.

\*Article by Linda Overstreet. Linda's site has helped 1000's of regular folks profit online. Visit <http://www.wealthhere.com/> for FREE "how-to" assistance, software, manuals, web services and more. \*

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*"Man's main task in life is to give birth to himself, to become what he potentially is." -- Erick Fromm*

## Imagination: The Most Powerful Force

*Albert Einstein said that imagination is the greatest creative force. Why would such a great man say something that sounds so silly and trivial? Look at those words again: 'greatest creative force'. Imagination? Not education? Nor money? Nor luck?*

Napoleon Hill, author of *Think and Grow Rich*, said that imagination is the most marvelous, miraculous, inconceivably powerful force the world has ever known. Before you pass him away as a crackpot, know that Mr. Hill was an advisor to two U. S. presidents, was commissioned by the great and wealthy Andrew Carnegie to teach people about making their dreams come true, and has been thanked by many of the greatest people around the world for the success he helped them achieve. People like F. W. Woolworth (founder of Woolworth's), Woodrow Wilson (former U.S. President), George Eastman (founder of Kodak), W. M. Wrigley, JR. (Wrigley's), and many others have used his teachings to manifest their dreams.

Imagination is the force that takes you to places you have never been.

Henry Ford relied on imagination and belief. Walt Disney said that had he not seen Disneyland in his mind, the rest of the world would not have seen it on earth. Bill Gates first imagines his products before they become actual software that we rely on. And it would serve you well to remember that many of the world's greatest people started with nothing and built empires. They had a dream. And the universe conspired, as it always does, to let them experience their imagination. The universe always lets you experience your imagination, whatever it may be.

The Bible says 'As a man thinketh, so shall he become'. It also says 'Without vision we perish'.

Your mind's images are literally the blueprint from which your world is built.

Your mind is infinite. What are your limits? What are limits, except those that you say are so? Why else would two different people have different 'limits'?

Life is images of the mind, expressed. What this means is that Life, The Source, uses your thoughts, your mental images, as the instructions by which to create your reality in the material world. Life expresses your mental images into physical reality. To express is to make known, to state, articulate, communicate, convey. The force of Life makes known your thoughts to yourself and everyone else by forming them into experiences and objects that can be experienced, here in the physical world. You experience your own thoughts first hand, your images of your mind, so that you may know which ones are suitable and which ones are not. That is how you know yourself, that is how you experience your self, and that is how you grow. This is the supreme purpose of this physical world that we are now in. It is designed to enable you to experience your Self. It is designed to enable you to experience an idea and its effects and consequences.

Life does not select which ones of your images to express and which ones not to. How would it choose for you? It therefore expresses all of them to the extent that you have them and believe them. You have true free will. This free will is truly free because of the fact that all of it is acted upon without filtering or favoring. Free will is truly free because of the fact that it actually gets results all the time, not just some of the time, and it gets them exactly.

Your ideas, visions and dreams, whatever they may be, are the prophecies of what you shall one day become and achieve. You can predict your outer life tomorrow by looking at your inner self today. You can change your tomorrow by changing your inner self today.

As you think, there do you find yourself. You attract the people that have something to teach you in line with your thoughts, people who have something to learn from you in line with your thoughts, and you repel those who have nothing more to learn from you and give you in line with your thoughts. The same goes for places and conditions, situations and environments.

Many things influence your imagination – past fears, desires, poor mental training, lack of awareness, sub-personalities, lack of goals – any much more. But anything that influences your imagination is under your control. You can stop it simply by becoming aware of it and releasing it. And this is where awareness, consciousness, comes in as the key to clearing your mind of the debris that brings suffering to you and sabotages your success. If you would like to know more about these things, see [www.ImagesOfOne.com](http://www.ImagesOfOne.com).

Article written by David Cameron, CEO ImagesOfOne.com, author of Raising Humans and A Happy Pocket Full of Money, and developer of the Prova LifeGoals Effortless Achiever+ and Prova LifeMap Numerology software. These and titles such as Think and Grow Rich, As A Man Thinketh, and more are available for download at <http://www.ImagesOfOne.com>.

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*“Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true.”*

*Napoleon Hill*

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## *Intuitive Prosperity....*

Intuitive prosperity...has a nice ring to it, doesn't it? What if we could become prosperous based purely on our intuition? I can hear the debate... one side of the room argues that this is the only way one can be prosperous, and the other side argues that intuition has nothing to do with success. What do you think? I believe that prosperity is greatly dependent on our ability to be in touch with who we really are...what we really want....and the ability to listen to guidance from our higher self in the decisions we make along the path we are on. I believe it starts with intuition, and knowing thyself. I believe when this happens we can then begin to act, and think, to bring our dreams into reality.

Often times intuition is not given the credit it deserves. We over look the ways in which we use intuition in our lives. Think of the business person who has "a solid business sense". Take a look at the language we use.... we aren't talking about a strong business intellect! We use intuition every day to make decisions that effect the financial prosperity in our lives. What would happen if the we took the time to fine tune our intuitive abilities? How would that increase your prosperity?

Using your intuition, and becoming really good at listening to it is a wonderful tool that can give you many benefits. First off it gives you quick and reliable insight for what will lead you down the road of prosperity - in any area of life. Intuition is your own natural radar, if you tune into it you won't be walking in the dark anymore. It also is one of the highest ways to honor yourself. This benefits of this are endless.

There are a few things I want to say about intuition...The first thing is, we all have it, and you don't have to be an intuition guru to benefit from your own intuition. Often times we hear it referred to as "women's intuition". The reason being is that women have been given permission to explore that sensitive side of themselves, whereas men are conditioned to shut out "feeling" from a very young age. Men are also very intuitive. I remember my father just "knowing" when someone had come to our home when we weren't there. His "protect the family" radar was on, and still is, at all times. This is about his intuition, his gut feelings. If you have not regarded yourself as "the intuitive type" take a look at your daily life. See how many times you use it - without even knowing you did. Think about the many times you just knew who was calling on the other end of the phone. Think of the many times you followed your gut feeling and things ended up to be ok. Think about the times when you didn't follow that intuition, and said "I knew I shouldn't have done that!"

Remember to trust yourself. Know that you have everything you need to succeed. If you have an intuition, an inkling, a hunch... about something, trust that. Watch how your prosperity and your success begins to increase as you follow what your intuition is telling you.

Be aware of how your intuition comes to you. It is a voice in your head? A voice in your ear? Is it a vision in your minds eye? Or do you get feelings in your stomach or other parts of your body? Some people get a sense of "knowingness" through their whole being. What's it for you? Being aware of how you sense intuitive feelings or symbols will make it easier for you to tune into them.

Don't be afraid to ask your intuition extra questions for clarity. Say you

have had an intuitive hit about a person you have just met. Take it further. Ask your higher self - "What do I need to know about this person?" Say you get a very clear message to not partake in a business transaction. Ask - "What am I suppose to be learning from this situation?" or "What do I need to be weary of?" Your intuition is there to help you along your path, for your intuition is your best friend. Know that the more you practice using your intuition, the better you will get at receiving intuitive information.

A great way to get in touch with your intuition, is to get in touch with your creativity. Know that creativity for all of us means different things... from crafting pottery, to crafting a novel, to crafting your body, to crafting a smashing business plan. What ever that is for you, gets you closer to receiving clear intuitive information from your higher self. Did you ever notice a time when you were so enveloped in something you were doing it seemed effortless, time flew by, and you were totally energized and inspired. You felt at peace with yourself. At those times, tune into what is coming to you. Listen to yourself in these times of creativity, as it is true intuitive blessings. At these times, ask, "What is my next step on my personal or professional path?" Listen to this inspiration...as is it "spirit coming in".

So, intuitive prosperity can be yours...given an openness to listen, learn, and apply a few principles to your life!

**Lori Hamann, MSE** : Lori works with her clients to "attract" abundance and prosperity in their lives. She has a very eclectic approach, & integrates the principles of the Law of Attraction into her coaching. Lori is the author of this newsletter and can be visited at

<http://www.youevolve.com/>. If you would like to take your life to the next level, call (715) 355-2730, or email [lori@youevolve.com](mailto:lori@youevolve.com)

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*"Wealth will never be achieved when sought after directly...it only comes as the by-product of providing useful service."*

***-Henry Ford***

## **The Big Secret**

Today I want to tell you the BIG SECRET

What is the one thing that determines whether you live a rich, successful life?

Is it the school you went to?

Well, there are a lot of doctors, lawyers and top-tier MBA's wishing that were true.

Is it whether your parents were rich or poor?

The history of the world is told, it seems, by those bold and daring folks that came from humble beginnings to make a rich and lasting contribution to the wealth of humanity.

Is it what country, station, race, gender or religion you were born to?

Gandhi, George Washington Carver, Carrie Nation, Sam Walton, even the Beatles testify to the folly of such thinking.

The big secret to wealth is and always has been very simple. So simple in fact that we have for centuries ignored its effectiveness. And when you hear it now, you may be tempted to discount it as a homily or even a remnant of religious thinking.

The truth is we use this secret in a very specific and systematic way to become Rich Beyond Our Wildest Dreams. And you can too.

Ask and Receive.

That's the big secret. You can have anything you want, all you have to do is ask correctly and be willing to receive.

It took my family from a 2nd personal bankruptcy to a rich and happy life.

Regardless of where you start, the simple system we teach can help you live the life of your dreams.

Register for our free 5-lesson course we will tell you a few tricks about money.

Good Luck and Great Adventures,  
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*The state of your life is nothing more than a reflection of your state of mind.*

Dr. Wayne W. Dyer

## **Manifesting Money**

Do you ever get the sense, that if you could just make more money, all of your problems would be over? Do you ever feel like money controls you, instead of you controlling your money? Money gives you things, yes, but more importantly it gives you freedom. Freedom to spend, freedom to have, and freedom to just be. You want money so that life can be and feel easier...You want money so you can experience freedom.

Isn't it funny - how we all want to manifest more money in our lives, (and not have to work for it!) - but so many of us hold to the belief that in order to have an abundance of money in life you must work very hard for it?! The key is, if you feel that you must work hard to create money, you will.

Isn't it funny- how we all want to manifest more money in our lives, so we will feel better about who we are - but so many of us hold to the belief that the rich are evil or stuck up? The key - if you feel negative feelings about those who create money around you, you will repel abundance and money away from you.

What is your dominant belief or feeling about money? What do you think you are "vibrating" about money? Are you inviting money to come into your life, or are you repelling it away from you? Have you been stuck in the same place with your money for a long time?

Manifesting, or creating for that matter, can be explained in a few short steps. You ask, you receive, and you allow "it" to come into your life, whatever "it" maybe. Whether it's a new car, a relationship, health, or money - those are the simplified steps to creating anything you want in your life. You have heard the expression, "be careful what you ask for, you might just get it!" True.

So it may sound too easy and simple. We ask and we receive? Boom, just like that? Yes, just like that. What we struggle with is "allowing" the manifestation.

How do you hinder money from coming into your life? You hinder the allowance of

money flow into your life with contradictory thoughts, beliefs and feelings. You say, "This year I will make \$50,000. But, I want to (or wish I could) make \$100,000 or more." Which of these projections do you think will manifest? So many times it is the limited belief that is manifested in life, because it hold the bigger focus for you. By the Law of Attraction, what we focus on gets bigger. If you are focused on lack, you create lack. If you focus on abundance you create abundance. If you focus on nothing, you create nothing. If you focus on what is, you create more of what is. If you would like to consciously create in your life, it calls for a shift in focus. A shift towards what you want vs. what you don't want.

Here are a few tips to get you started - so that you may begin to attract the money that you would like in your life - so that you may experience the freedom you desire.

## **How to Increase the Flow of Money Into Your Life**

- 1. Be conscious of the Law of Attraction :** Abraham defines the Law of Attraction like this - "That which is like unto itself is drawn. " So what you are radiating and vibrating in your life with your thoughts, words, emotion and beliefs you will attract to you. Again, focus on abundance, get abundance. Focus on lack of money - and you will create more of a lack of money. Also remember that first you ask with your desire, you receive, and then you allow "it" to come into your life.
- 2. Say YES to money :** Have you made a decision to have money in your life? Have you said YES to money? Remember that when you say yes to money, you include that in your vibration, and you will attract money. If you are saying NO to money - with your feelings, thoughts or beliefs, you will also include that in your vibration. Decide to say YES to money. Line up what you want with what you feel. Don't settle for what life throws your way - create your life just as you want it to be.
- 3. Consciously vibrate positive feelings about your money:** As you think about your money, focus on what you have, vs. what you don't have. Allow what you "don't have" only to serve as a light in helping you to see what you do in fact want to create. Think positive thoughts about the money that you do have, see it growing, see it flowing in and out of your bank account with ease. See that you have enough, and that we all have enough. Come from a place that lack will only be our experience if we believe and project lack. See money as a wonderful source of energy that is a God given form of

exchange. Get excited about creating money and feel good about it. Nothing is more important than that **YOU FEEL GOOD** when you are creating your life.

**4. Be aware of where negative beliefs about money sneak up on you :** Negative beliefs have a tendency to sneak up on you. Pay attention to your emotions - they will guide you. If you are not feeling good, check out your thoughts behind it. You may find a negative belief. If you find yourself feeling angry that someone makes more money than you, examine what your belief is. If you find yourself feeling sorry for another is not as prosperous as you, and you feel bad, examine that as well. Begin to unhook from negative beliefs through awareness, reframing, or shifting focus - which will allow you to flow your energy positively. Look for as many positive aspects of a situation that you can possibly find. Write them down.

**5. Make sure that what you want, and what you are vibrating, are the same :** This of course ties in with your beliefs. People tend to have mixed attitudes that stem from greater belief systems, when it comes to creating money. You might say, "I want to create an extra \$500 to pay for that seminar I want to take..." But then you might find yourself saying, "There is no way I am going to get that extra \$500....or, I can't afford it....or, it's too much....or, I have no idea how to get it....or, it's probably not worth it anyway....or, or, or. Those beliefs or attitudes are in no way a match to what you actually desire - which is to go to that seminar. Can you feel the difference in the vibration even as you read the words? You make sure that what you desire, and what you are vibrating (about that desire) be in alignment.

**6. Clean up your money clutter:** When you clean up any space in your life, including your money space - you create space for more of what you want to come in. If you are wanting to create more money in your life, it is important to create space for that money! Pay your bills, pay those you owe, ask for payment for those who owe you, straighten your files, create a plan for your money, or handle your emotional issues around money. Remember that you will, as an end result feel clear. When you feel clear, you feel good (it's like cleaning the house). And when you **FEEL GOOD**, and are coming from a good place about your money, you will be vibrating a pure vibration which aligns you with what you want -- more money!

**7. Love and appreciate your money :** You may have had the experience, as you sit down to pay your bills - that you **HATE** to pay your bills. You see your bank account drain once again, and the fury builds from within. It's important to note that what you

love and appreciate you will attract more of, and what you depreciate you will repel. If you want more money, match your vibration to what you want, and the best way to feel good about something is to appreciate it, and allow your self to love it. Society tells us that it is not ok to love your money -- in fact it's not right even to talk about it. Break the chain of societal beliefs about money.

**8. Love and appreciate yourself:** It was said before, nothing is more important than feeling good. When you feel good, and happy, and passionate, and peaceful, and aligned with you true self , the process of manifestation can begin! Part of self appreciation is honoring yourself enough to look within for the "answers". It is tuning into your inner self and your intuition. It is paying attention to your emotions. If you feel negative, then you are not in alignment. If you feel good, then your are in alignment with your true self and your desires. Self appreciation also comes from choosing your thoughts, beliefs, and feelings - and acknowledging your power as the creator of your life!

Lori Hamann © 2003

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Lori Hamann, MSE, brings a passion for motivating others and many years of coaching experience to You Evolve Coaching. In addition, she has over 10 years of successful counseling experience. She coaches a variety of entrepreneurs and professionals, who have a desire to succeed and exceed what they believe possible for thier future. She has presented to a variety of groups on the topics of achievement, success, and abundance. She inspires people to take action within the context of being a conscious and deliberate creator of their own lives, and teaches the philosophy of the Law of Attraction. Using humor, enthusiasm and warmth, Lori inspires her clients to create and attract their best life.

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Check out this wealth consciousness material. Learn how to attract wealth using The Law of Attraction. This is a great package and I highly recommend it.



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*Imagination is more important than knowledge.*

~ *Albert Einstein*

## **You - The Powerful Chooser**

Tonight I tucked my little one into bed, and she said to me, "Mommy... I just can't get last night's bad dream out of my head!" She tossed and turned and whined a bit, seeking a bit of empathy from me. "Hmmm... you just need to start thinking about something else that makes you feel happy... like butterflies, or kittens, or playing with your brother." I said. "I just can't do it, I don't know how! She whines again. The bad dream is in my head and it won't go away!"

The two of us went back and forth about it a bit more...I of course telling her she can think about what ever she chooses to, and she of course fighting for that last ounce of attention, holding onto that bad dream for all it's worth.

I am wondering if this scenario sounds familiar...I am wondering if you can see yourself - yes your adult self - in this little scene? Here is what I mean. Life, has dished you up a heaping serving of something not so pleasant. Something that you would rather have done without. Perhaps your relationship is on the rocks, your car broke down, or you have new bill to pay. Your job sucks, you have a cold, and you are probably never getting married. Perhaps it was just a bad dream and you just can't get back to sleep. Whatever the situation - we all have them.

How are you choosing to view these situations? What is your dominant thought? Your dominant feeling? How are you holding onto them, with your pattern of negative thought?

People often deal with negativity in life with just more negative thought. You may observe something that you don't like in your life, feel bad about it, mill it around for awhile, and then you mill it around some more. You tell your friends how bad it is...you lose sleep over "why" this is happening to you in your life...and you are certain that no one has ever had it this bad. You focus on all the negativity about a situation, you get swept up in your negative feelings - and you feel trapped. Rationally, you know that you are responsible for the way that you feel in your life...but "this one" is a doozy, and therefore changing your thoughts or feelings about it is certainly out of your control, and out of the question. There are things in life that are not in your control right? Remember that you are in control of your experience - always, and your life is a perfect reflection of what you have been attracting up to this point. With all of this negative focus, you attract even more of what you don't want into your life.

The [Law of Attraction](#), as you know says, like attracts like. It says, what you focus on grows. It says you are a powerful magnet, and you pull into your experience that which you vibrate on an energetic level. So it would make sense that if you are choosing to hold onto negative feelings in your life, you are choosing to create even more negative experience. It would make sense that if you think life controls you, it will, you will get more things in your experience that are "out of your control." Life then just happens to you.

I can hear you saying - "But, I don't know HOW to have it be different. I want to create my life the way I desire, but I just can't. I have tried and nothing works. I have to accept that things are out of my control, and just deal with things as they come up."

Back to my little story for a moment. So...I tell my little one that I am going to install a little switch on her arm, right about at her shoulder, and all she needs to do to help her get thinking about something that makes her feel good is "flip the switch". She found a bit of joy in our game, and she chose to flip the switch to "kittens"...and went to sleep. Simple as that. And it is as simple as that for you too. You can choose to flip the switch, and basically create a new reality - a new dream. We create (what we want - even if it's a million dollars) based on how we are feeling... So, if you want something, and you do not have it, then you are not in vibrational alignment with it. If you were, it would be yours.

We have a tendency to walk around feeling like we are not at choice - we "know" we are at choice, but what we "feel" is like victim of circumstance, history, and yes even karma. Negativity can be a little addictive. It can get our needs for attention met. It can give us excuses and reasons, outside of ourselves, for not living and creating the life that we want. It helps us to understand "why" things turn out the way they do...but the Law of Attraction abounds, and the negativity perpetuates a vicious cycle that ensures that you will NOT create the life that you want, if the balance of your thought is focused upon what you in fact don't want. Put out negativity, get back the same.

Imagine trying to get thin by focusing on how fat your are. Imagine trying to make more money when you are focused on how poor you are or hate your bills. Imagine trying to create health in your life by talking about how sick you feel. It doesn't work... it's contradictory. What you want and what you are "vibrating" (feeling) MUST be in alignment. Here is where choice comes in....

Understand this: YOU are the only creator of your life. If you choose a

thought that makes you feel good, you are then choosing to attract goodness into your life. You are choosing to vibrate in alignment with what you want, vs what you think you can't have. You are choosing to attract well being and abundance. When you are in a space of pure, positive energy, this is your point of attraction, and you are literally a magnet for all good things and desires in your life.

It is very important to fully acknowledge the powerful, powerful, choice you have in your life. If you are buying into the belief that you are not at total choice in your life, then you are buying into the social consciousness of scarcity and lack -- and this quickly becomes your point of attraction! What then do you create in your life? Scarcity, lack, and loss of personal power.

Today, is a new day. Remember that your point of attraction is how you are feeling at any moment, its how you are feeling right now. Choose to operate in the now, and pay attention to how you are feeling. Choose to acknowledge yourself as the empowered creator that you are. Choose to be grateful, and appreciate all the goodness around you. Choose to "reach for a better thought" as Abraham-Hicks would say, and vibrate in alignment with what you want to attract in your life. Choose to flip that switch!

The challenge: Beginning today - start to pay attention to how you are feeling. If you are feeling bad, or negative, or resistance to something, stop, check in, and reach for a better thought. A happier thought, even a neutral thought, or a different topic all together if you have to. Do something that will make you feel better...appreciate something, take nap, listen to music, meditate, read a book, read the comics. Anything to help you shift from negativity to a better feeling place. Remember your

point of attraction is where you are at right now...want to attract the good stuff? Then feel good. Nothing is more important than feeling good. This is most important to manifesting abundance in your life.

All the Best,  
Lori Hamann

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**Lori Hamann, MSE** : Lori works with her clients to "attract" abundance and prosperity in their lives. She has a very eclectic approach, & integrates the principles of the Law of Attraction into her coaching. Lori is the author of this newsletter and can be visited at <http://www.youevolve.com/> If you would like to take your life to the next level, call (715) 355-2730, or [lori@youevolve.com](mailto:lori@youevolve.com)

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*"If we don't like what's happening to us in the world, all we have to do is change our consciousness -- and the world out there changes for us!"*

*-- Lester Levenson,*

*"Keys to the Ultimate Freedom", 1993*

## **On Deserving Wealth & Money**

What are your beliefs about money and wealth? Do you deserve to be wealthy? Do you

deserve to have money? Answer those questions in an honest way...you may find that there is a part of you that feels that you don't deserve to have money, that you haven't worked hard enough for it, or you haven't paid your dues. Listen closely to what your logical mind says versus your gut level responses. There may be a belief standing in the way of your prosperity!

Maybe - you think that *you* deserve money but you think that your "awful boss" or "greedy neighbors" don't deserve it. Have you ever felt negatively or felt that life was unfair when observing another's prosperity in comparison to your own? If so, you are buying into the fact that having money only goes to those who play by certain rules. What if you don't play by those rules at some point in your life? Then you won't deserve money either. Right?

These beliefs don't serve you or your ambitions.

So, let's think about the rules that society has made up about being deserving of wealth.

A person should...

- ~Make few mistakes
- ~Be kind all of the time
- ~Share nicely with the rest of us
- ~Like money but not too much
- ~Have gone to college and earned it
- ~Have lived a hard life and have earned it
- ~Have worked really really hard for it and earned it
- ~ETC ETC ETC!

And that is just a few. We have many beliefs and rules around money, and who should get it - and who gets our permission to have it without our resentment. Seriously think about what you believe to be true about money in this way. Beliefs such as these only serve one purpose, and that is to become a block in your ability to manifest all the money that you want in your life.

The truth: We all deserve money. We all deserve to create as much of it as we want. We were born creators, and thus we were born with the right to create our hearts desire, whatever that maybe. Money is not attached to deservingness - it's only attached to our willingness to create and cultivate our wants and desires...and that takes passion and positive attitude.

Let's get logical around money. Negative emotional ties about money only jam up your flow of prosperity. It's best to look at money as something that comes and goes in your life, something that is just energy, and something that you can have a love affair with. Think of yourself having full access to as much money as you want - at all times. My daughter calls the bank "the money store"...doesn't that feel a little easier? Bringing envy, jealousy, or negative rules about who should have money will only make less of it for you. Feeling that you don't deserve money will only show up in your life as less and less money in your life. Why? Because you don't deserve it and you will go out and create that reality based on your thoughts and emotions.

Who's money rules to you want to play by? Society's or your own?

Make up new rules about money! It's time to redefine your level of deservingness about money. Start here..

~I deserve to create and have all that I desire.

~I love having money and I know that I can have as much as I want at any given time.

~God/Higher Power/Universe provides for me and I trust that all is well and that all of my prayers are answered.

Be happy for people who have money - no matter what. If you find yourself cringing and feeling that others are greedy or you find yourself judging them, instead bless them for their passion and drive. Look for the positives in others so that you may attract that unto yourself. And, be happy for yourself when wealth comes into your life in anyway, express gratitude and thanks. Focus on the money that you do have, you will notice more wealth coming into your life. Take charge and disconnect the beliefs that are not serving you...you have the power to do this. Live consciously!

All the best,

Lori Hamann

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*“Our minds become magnetized with the dominating thoughts we hold in our minds and these magnets attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts.”*

*- Napoleon Hill*

## The Power of Thoughts

Thoughts are the second strongest power in our life next to the spirit. Our predominant thoughts influence our behavior and attitude and control our actions and reactions. As our thoughts are so are our lives.

This means that it is very important to be careful of the thoughts that we entertain. Thoughts are like a videocassette that we play in the VCR of our minds. What we play is what we see. What we think is what we live.

To make changes it is necessary to eject the videocassette, and insert a new one that we like better. Then, after a while, our life will start reflecting our thoughts.

One single thought is not strong enough to cause a change, but if the same thought is repeated often, then each time we think it gains strength. Ultimately the subconscious mind accepts it and acts on it. The great thing about this process is that we don't need to strain or overexert ourselves. Everything changes in a most natural way.

Suppose you are shy in the company of people, and you want to get over it. If you force yourself to talk when in company, you might find it difficult. You might feel timid and awkward. You might find it hard to force yourself to talk, and if you do, you start to stammer. You might find it hard to get the attention of the people you want to talk to.

You don't have to force yourself to talk when you daydream. It is quite easy then, as it is only in the mind. Practical daydreaming is actually using the power of thought. You can visualize being in the company of other people and conversing with them calmly and with ease. You can imagine how the words just flow from your mouth, and how everyone is paying complete attention to what you say.

It is quite possible to build in the mind a perfect scene of whatever you want to accomplish. You can put a lot of detail, color, sound, scent and life into these

mental scenes. If you repeat them often with faith and attention, the subconscious mind accepts them as real experiences. It does not differentiate between real and imaginary experiences, and accepts them both as real. An experience repeated often turns into a habit. A habit is an automatic activity that we perform naturally, without thinking. What does this mean to us? Taking the above example of a shy person, with constant positive visualization that person begins to feel at ease when in company. The continuous visualization has developed the habit of feeling comfortable with other people, and of being able to converse fluently.

There is no need for this person to strain, sweat and feel inconvenient. It is as if new software has been installed in his mind. He has developed a new ability

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without any inner fight. Well, it does not happen overnight. It needs time, and depends on how sincere he is, and how much time and concentration he puts into this action.

This process can be used for changing, improving or gaining any kind of habit, ability or expertise. The only effort is mental effort.

This technique is good not only for improving and changing attitudes and habits. It is good for gaining money and possession, promotion, improving relationships and traveling.

You have to choose what you want to get, and think about it often during the day or at several specific times during the day. These repeated thoughts gain strength and spur you to take action to realize them.

Other people may perceive your thoughts and unconsciously fulfill your desire. Constant thinking about the same subject causes you to be more acutely aware of opportunities, and when you see them, you find out that you have the energy and ambition to make use of them.

Pay attention to your thoughts. They are powerful. Learn to accept only the thoughts you choose.

Article written by Remez Sasson

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*“Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true.”*

*- Napoleon Hill*

## **Keep Your Attention On What You Want**

**by Rebecca Hanson**

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Have you ever wondered: "How does this 'Law of Attraction' really work? Can I really attract only what I want?"

**You Can! It requires you to make many conscious choices.** Most of the time it seems much easier to notice what we don't like or want and to focus by complaining about that. The **\*\*\*trick\*\*\*** is to become clear about what **DO** you want and to keep your attention on **THAT!**

I'll share a personal story that will demonstrate how the Law of Attraction works in every day life:

I am going to move to the west coast soon. Having lived on the Canadian prairies for more than 30 years, the prospect of returning to a warmer climate is bringing me much joy!

I am keeping my attention on where I want to live. In fact, I just visited the city I have my attention on, did a whirlwind tour with a realtor and found the ideal area I want to live in.

In the old days, I would be focused on (obsessed with) my current situation and what I need to do to change the "reality" of where I am right now. But according to the Law of Attraction, placing my attention on what I do NOT want would bring more of THAT into my life.

It is so much more fun to think about where I am wanting to live. I took a walk along the ocean and discovered some special stones, which I brought back to Saskatchewan. These stones are now arranged in a small bowl next to my computer monitor where I can see them all day long. They provide a good focal point for keeping my attention upon where I want to be.

I have placed sea shells and starfish throughout my house as reminders of the ocean--where I am wanting to live. There are sea shells in the bathroom, along the

bath tub and next to the sink. In the kitchen, I arranged sea shells in a dish and placed them on a counter top where I can't miss seeing them. I've placed sea shells and a starfish IN my bed, so that if I awaken during the night, I can reach for them and remind myself of where I am wanting to be.

More and more I am daydreaming about my new location. While I was physically there, I made many mental pictures--pictures of myself shopping or having coffee at a sidewalk cafe or entertaining friends in my new condo--pictures of everyday life as I want to be living it.

At first, when I told people about my upcoming move, I felt uncertain and tentative about my decision. That's normal. We are only comfortable with what we know already...anything new or unexperienced will feel strange--until the "new and unexperienced" becomes so normal and real in our minds that the Universe just HAS to give it to us.

In fact, that is all the Universe is waiting for--for you to spend so much time living the life you want in your mind that the ONLY thing left is to give you the life you are wanting!

In closing, bring to mind something that you are desiring...close your eyes and picture yourself actually enjoying what you are wanting. Engage all your senses--pretend to smell it or taste it. What would it physically feel like? That's the first step in deliberately attracting what you REALLY want!

**Do you have a secret dream, desire or hope?**

**Contact Rebecca ,**  
[rebecca@youcanhaveitall.com](mailto:rebecca@youcanhaveitall.com) **Toll Free at 866.472.1949** to learn how YOU can  
live your dream!



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*A mind once expanded by a new idea,  
Never returns to its original dimensions.*  
**Oliver Wendell Holmes –**

## **The Power of Negative Thinking**

**By Remez Sasson**

For some reason, most people find it easier to think in a negative way than in a positive manner. It seems that some effort is needed to think

positive thoughts, whereas negative thoughts come easily and uninvited. This has much to do with education and the environment one has been living in.

In order to understand how positive thinking works, and how to use it efficiently, it is important to understand the power of negative thinking.

If you have been brought up in a happy and positive atmosphere, where people value success and self-improvement, then it will be easier for you to think positively and expect success. If you have been brought up under poor or difficult situations, you will probably go on expecting difficulties and failure.

From an early age people let outside influences shape their minds. They view everything through their predominant mental attitude. If their thoughts are positive, that is fine, but if they are negative, their lives and circumstances will probably mirror these thoughts.

If you believe that you are going to fail, you will unconsciously sabotage every opportunity to succeed. If you are afraid of meeting new people or having close relationships, you will do everything to avoid people and relationships, and then complain that you are lonely and nobody loves you.

Do you often think about difficulties, failure and disasters? Do you keep thinking about the negative news you have seen on the TV or read in the newspapers?

Do you see yourself stuck and unable to improve your life or your health? Do you frequently think that you do not deserve happiness or

money, or that it is too difficult to get them? If you do, then you will close your mind, see no opportunities, and behave and react in such ways, as to repel people and opportunities. You let the power of negative thinking rule your life.

The mind does not usually judge or examine thoughts and opinions before accepting them. If what it hears, sees and reads is always negative, it accepts this as the standard way of thinking and behavior.

The media constantly bombards the mind with a lot of information about disasters, catastrophes, wars and other negative happenings. This information sinks into the subconscious mind, and let the power of negative thinking grow. By occupying the mind with negative thoughts and expectations one radiate negative energy into the surrounding world, thus creating and recreating more negativity, failures and disasters.

The mind can be directed towards positive thinking or negative thinking. The power of thoughts is a neutral power. The way one thinks determines whether the results are positive and beneficial or negative and harmful. It is the same of energy acting in different ways.

Persistent inner work can change habits of thoughts. You must be willing to put energy and time to avoid negative thinking and pursue positive thinking, in order to change your mental attitude.

Each time you catch yourself thinking a negative thought, change it into a positive one.

If you catch yourself visualizing failure, switch to visualizing success. If you hear yourself repeating negative words, switch to positive ones. If you hear yourself saying, "I cannot", say to yourself, "I can".

Do you repeat useless and unnecessary negative words and phrases in your mind? Change them to positive ones.

Open your mind to positive attitude, happenings and events. Expect them and think about them, and soon your life will change for the better.

Decide that from today, from this very moment, you are leaving negative thinking behind, and starting on the way towards positive thinking and behavior. It is never too late. Soon your life will turn into a fascinating, wonderful journey.

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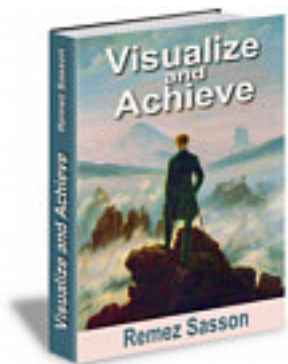
Remez Sasson writes and teaches about spiritual growth, meditation, positive thinking, creative visualization and mind power. He is the author of several successful books, and the publisher of the biweekly ezine, "Consciousness and Success".

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<http://law-of-attraction-info.com/>

*I believe in abundance, I desire abundance, I receive abundance.  
Shakti Gawain, Reflections In The Light, New World Library, 1978*

## **We become what we think about**

*"Obstacles are what you see when you take your eyes off the goal"*

You have far more control over what happens to you than you may think. The dawn of the new year is a powerfully symbolic time to exert some of that control.

Napoleon Hill, who interviewed the most successful people in the world in the early 1900s, found that all of them were absolutely obsessively focused on their vision, not on where they were to start with, or on the obstacles in the way of their goal. The vast majority of the population focuses on the obstacles, and they don't attain anywhere near the same levels of success and harmony in their lives as the people Hill

interviewed. As Earle Nightingale said, we become what we think about.

What Hill and Nightingale discovered is that, to a large extent, we program ourselves, our behaviours and our results by our thoughts. If we focus on opportunities, and on things we can influence, that's what we see. If we focus on problems and on what we can't control, then that's the world we see. As in marketing, our perception becomes our reality. If you doubt this, [click here](#) to try the simple exercise in an earlier article.

Think about a time you succeeded in a goal. What were you focused on – the goal or the challenges? Now think of a time you struggled and perhaps failed. Were you focused on the goal or the challenges?

Our conscious mind can only focus on about 7 things at a time. For example, until I mention it, you're probably not consciously aware of how your clothes feel on you right now, or on some of the background sounds around you. The sensory information was going into your brain, but you weren't consciously aware of it until I mentioned it.

Since your conscious mind is so limited, it simply can't perform even the most rudimentary behaviours. It takes literally thousands of muscles to pick up a pen or to walk. With only 7 things to focus on at a time, you couldn't hope to perform these simple actions with your conscious mind. What you did, over time as a child, was learn the most fundamental behaviours like walking or talking and you trained your *unconscious* mind to do it all.

I'm seeing that process with my toddler now, and it's amazing to watch. As an adult, all you think is 'unscrew the lid on the bottle', and you do it. As a toddler, he's trying it over and over and over again until he gets it and can do it smoothly. In a similar way, you've taught your unconscious mind how to perform all of your basic functions.

The role of your conscious mind is simply to *program* your

unconscious mind, by focusing on the actions and/or results you want. The programming language is pictures, infused with emotion – basic visualization.

That's what wins most major athletic events now – psychology, not physical conditioning. When you watch a skier just before they go down the hill, you'll often see them with their eyes closed, swaying back and forth, imagining that they are performing the course perfectly. It's been found that your mind doesn't know the difference between what you imagine and what you actually experience. If you imagine yourself performing an action perfectly, your body actually starts to believe that's the way that it should behave and your performance improves.

This doesn't just apply to physical events. It also applies to all aspects of our lives – business, relationships, fitness, everything. If you can see how you want to behave and see the results you want you can realize them. Everyone who succeeds on a regular basis gets there because they became obsessively focused on their vision, on their goal. Similarly, those who have difficulties and are constantly challenged are those who focus on the challenges. They often go over them again and again in their heads and share them with others, reliving them, effectively programming themselves to repeat the cycle over and over again.

Studies have shown that while most of us have tens of thousands of thoughts each day, the vast majority are exactly the same as we had yesterday, or in most of the days before. If you want to find out what you focus on, look around at your world, and at the people around you, and what's happening with them. That's the mirror for you.

It takes conscious effort to change our thoughts and to focus on where we want to be, rather than on all the problems in the way. A lot of us have a vested interest in where we are, and in our 'story' of how we got here. All of that past forms our identity, and as unpleasant as it may be, it's pretty challenging to leave it behind for something we're not sure about. It's all we're familiar with. And yet it's leaving that

behind that allows us to focus on where we want to be. Focusing on the past only keeps recreating that past in different forms. Our life may get 'better' in some ways (more 'toys' and 'bells and whistles'), and yet the same patterns keep reoccurring.

Bob Proctor speaks of his early days, when he could hardly make it from paycheck to paycheck. One day he was sitting in a bar, looking around thinking, "all these guys are losers." Then a realization hit him: "I must be a loser too!" At that moment, he vowed to make a change. He walked out of there and never returned, and within months became an outstanding business success, making more in a week than he had previously in a year. It took that stark look at where he was, at his justifications for being there, and a decision to leave it all behind.

Most of us aren't surrounded by 'losers'. In fact, it's not necessarily all that bad. But is that where you really want to be?

The new year is a powerfully symbolic time to focus on where you want to be. An [earlier article](#) helps you articulate and prioritize your goals. The challenge, after articulating them, is to stay focused on them, and not to focus 90% of your thoughts on where you've always been. If you focus on your goal, you'll have a better chance of seeing the opportunities that could help you get there.

There are many ways to do this. Write out your goal. Read it and visualize it daily. See yourself living it, and feel what you would be feeling as if you were actually there. Write a short synopsis of it in a note you can carry with you and read three times a day. Put reminders of your goal into your daytimer to help you focus on it again and again throughout the day.

First comes your decision. Where do you want the new year to take you? Do you want more of the same, or do you want better? That's your choice, and only you can make it. –

**Ravi Tangri**



<http://law-of-attraction-info.com/>

*"A man is literally what he thinks"*  
**James Allen**

## **What You Think is What You Create**

**by Nisandeh Neta**

Creativity requires courage and is therefore avoided by the majority of people.

The creative process cannot take place until you are willing to let go of what you presently have and replace it with something new.

Often it requires confronting what you are currently holding on to (e.g. an unfulfilling relationship or an unfulfilling job), choosing to leave whatever it is, and then moving into a temporary void or chaos.

It is only then that sufficient space is created, allowing a new vision to begin taking form.

Most people lack the self-esteem, confidence and courage to pass

through this experience of nothingness.

Instead, they seek to avoid creativity and passively wait for the next predictable experience or event to happen in their lives.

People all over the planet are waiting.

Waiting for their parents' approval, waiting for their boss to give them a pay rise, waiting for their lovers to bring them into a blissful orgasm...

Waiting, waiting and more waiting...

At a first glance it seems that 'waiting' is harmless.

But whilst those in waiting complain, whine and make excuses - they infect others with their apathy, disgust and general avoidance of contributing to the planet.

Instead of participation, they simply suck off those who choose to create, complaining that 'they' have all the power, influence and fun.

The bad news is that most of us, at some time, suffer from this 'waiting' illness.

The good news is that we all can change, and do it differently, if we are willing...

Willing is a key word.

It is what creates the energy and courage to create.

Wanting, by itself, just isn't good enough.

In other words, wanting a better job, a loving relationship or a healthier body doesn't create them.

Being willing to have them is what creates them.

Being willing moves you beyond your limitations into greatness.

Wouldn't it be nice to be able to simply point your finger at an empty space in your room, whisper a magic word and...

POOF... whatever you ask for is suddenly manifested?

Manifesting is the magic of transforming a thought into a physical reality.

And you are capable of manifesting!  
Actually, this is how everything, both positive and negative, in your reality is created.

Birds fly, fish swim and humans create. This is our nature.

Let's take this chair that you are sitting on.  
Someone had to think about it, design it and create it.  
First there was the thought, only later there was the chair.  
You also had first to think, "I need a chair" before you went to the shop, looked around, chose and finally purchased the chair.  
First there was the thought, only later, the chair...

Whether you are consciously or unconsciously creating the thought, you are the cause and therefore the creator of your life.

We all are motivated by our currently dominant thoughts.  
We become what we dwell upon.  
You are what you think about most.

Unconscious people are motivated by their fears and obsessions (e.g. "I don't want to be sick", "I don't want to stay alone").  
These are physically manifested in their lives, their living conditions, health, finances, etc...  
Simply, they become what they fear!

Conscious people are inspired and motivated by desires rather than fears and even see problems as opportunities.  
This is the most fundamental belief behind inventors, artists, innovative scientists, etc...  
They create their lives the way they choose to, expect to and are willing to - they are basically optimists.  
Eventually they receive what they are expecting.

At the end of the day, both optimists and pessimists are proved to be right.

You become what you think...

The only thing that keeps you away from realizing that you are the creator of your life is the lack of awareness of the creative process.

When you become conscious of your ability to manifest thought as objective physical reality, you move beyond the concepts of fate and destiny, beyond being fortunate or unfortunate.

You also joyously take responsibility for creating and having created your entire life.

Here are a few steps, taken from the Manifesting Results course, you can do in order to manifest successfully, anything you are willing to create:

Make a list of 10 results you are willing to create.  
Commit it to paper. (Contemplation is not enough)

Start by asking, "What am I willing to have?"  
Do not limit what you are willing to have, based on what you think is possible.

This takes practice because we were often taught to censor our creativity and dreams and shrink our vision to 'realistic' results.

Keep your results simple, clear and detailed.  
Instead of "making a lot of money" use "I earn xxx a month".

Do not limit what you are willing to have based on how you will get it.  
Premature focus on the process, how they can manifest, will restrict the creation of your results.

Ask yourself: "If I could have it, would I take it?"

Create (visualize) a clear picture of your results in PRESENT TIME as if they were already realized.

Involve all your senses in this picture (see it, smell it, touch it,...)  
Bring to the picture positive emotions such as joy, fun and excitement.

Repeat the thought and visualization process of your results (step 2) twice a day.

It takes about 20-25 minutes a day, and is worth the investment of time.

Take a step every day towards realizing your results, no matter how small. (This can even be a mental action)

A daily step towards each result ensures that you are not unconsciously being amongst 'those who wait'.

In addition, this daily step speeds up the realization of the desired result faster than you can imagine.

Acknowledge yourself for any step you complete on the way to realizing your result.

**START TODAY!**

Why wait when you can create?

Article by **Nisandeh Neta** - trainer and success coach.

Start living each day at a higher level of success, passion and fulfillment. No Hocus Pocus! Just awareness and open mind.

Learn how, on his site <http://www.inspiration2go.com/>

Send a blank e-mail to [subscribe@inspiration2go.com](mailto:subscribe@inspiration2go.com) to get his newsletter and a **BONUS** - inspirational e-book.



<http://law-of-attraction-info.com/>

*Prosperity is the experience of having plenty of what we truly need and want  
in life, material and otherwise.*

*~Shakti Gawain~*

I hope you have enjoyed reading these articles.

I also hope you will visit my [web site](#) because I am always adding more information as I continue to learn and grow. You can easily subscribe to our newsletter, "Magnetic News" by visiting:

<http://law-of-attraction-info.com/subscribe.html>

I would like to mention two programs that I highly recommend.

They have been and continue to be such wonderful resources in learning about The Law of Attraction and how to "**Attract Wealth.**"

The first is [Wealth Beyond Reason](#). Bob Doyle has put together a super package of e-books, interviews and so much information about wealth consciousness, quantum physics, and The Law of Attraction. I can't say enough about this. Take a look at [Wealth Beyond Reason](#) and see for yourself.



<http://law-of-attraction-info.com/>

*"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."*

Ralph Waldo Emerson

The second program is called "[Get More Green Back](#)." This shows you how to **Train Yourself for Wealth** and make 100% profit, sharing the product with others who want to do the same! Active as well as passive income! This is a great way to get started on your way to abundance and wealth. Visit [Get More Green Back](#) now.

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*Attract your desires now!*



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