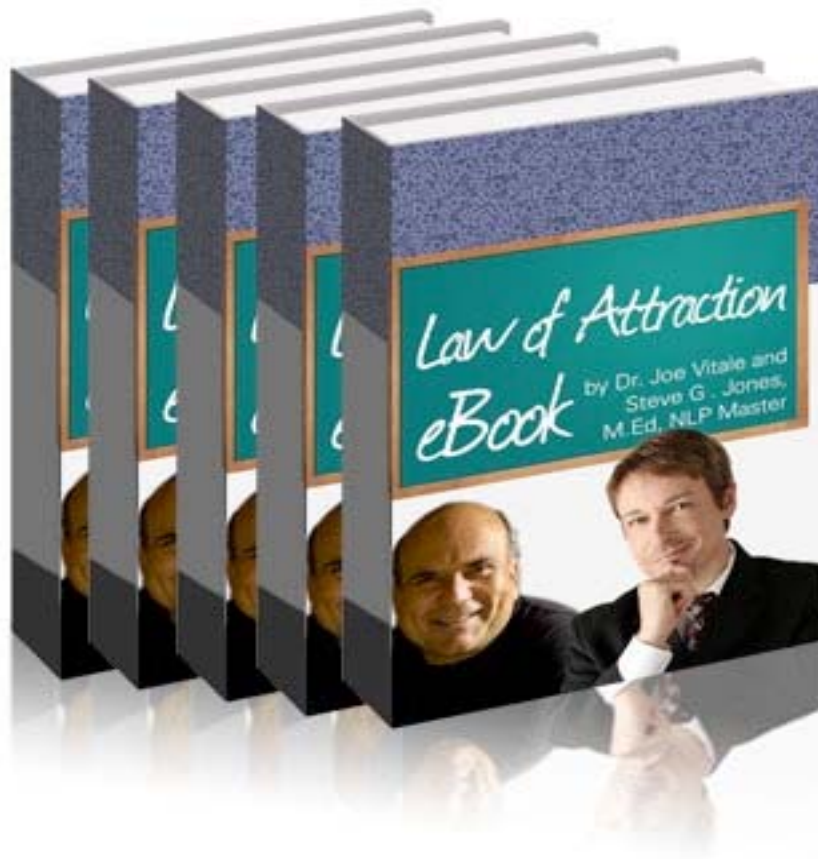


# Law of Attraction

## Advanced Certification Course

### Book 3



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## Welcoming the Bounty of the Universe

If you are done asking the Universe for something that you want and you are using *inspired action* to manifest your desire, it won't take long before your desire to actually manifest in physical reality. And when it does manifest, you must be ready to receive every bit of it. Once you receive something that you have asked for, we can be sure of the following:

1. *You have scrubbed most of the negativity from your emotions and thoughts.*
2. *You have successfully transmitted a positive frequency to the Universe.*
3. *You have told the Universe what you wanted.*
4. *You received inspired action from the Universe.*
5. *You have attracted what you asked for and actively received it through determination (inspired action)*
6. *You are reaping the benefits of your hard work.*

From this point going forward, you have already mastered our comprehensive method of attracting what you want through the law of attraction. The only thing missing from the formula (actually we have already touched upon this step in the basic certification course, but only cursorily) is *receiving*.

When the Universe has finally made conditions right for specific desires and needs to manifest, the only thing left to do is to *welcome the bounty* from the Universe. Some folks might say: that's the silliest thing in the world; of course I'll welcome what I asked for! Again, simply *receiving* something is not enough.

## **Thankfulness Revisited**

There are steps that you have to take *after* the arrival of what you have manifested to ensure that the bounty will continue in your life. You wouldn't want the bounty to stop after one active manifestation, correct? Don't worry – we are here to ensure that the positive cycle that you have begun will *continue* so that the bounty of the Universe will continue to flow into your life.

In the basic certification course, we highlighted the importance of *thankfulness* or gratitude. Being grateful for something helps a person *attract* positive changes as much as it helps *prolong* the positive cycle of attraction.

When you finally receive something from the Universe, you have to be *continually grateful* for the fine things that you have received. In doing so, you are actively communicating to the Universe that you want more of the *same*.

If you focus on discontent or negative drives like greed, the positive cycle of attraction will be broken and you will begin to send out a *negative frequency* to the Universe. Do this long enough and the Universe will take your actions as a signal that you no longer want to receive wealth, health, etc.

Gratitude is also important in the context of receiving something from the bounty of the Universe because it helps people *focus* on the determined action needed so that you can *keep receiving* what you have asked for. For example, if you asked the Universe for \$1,000,000 – do not expect the money to just magically appear under your bed overnight.

The law of attraction does not work that way. The law of attraction helps *magnetize* the correct circumstances for things to manifest in your life but it won't do everything for you. *You* are the creator – not the law of attraction. The law of attraction is just like every

other natural force in the Universe. It serves a purpose and if you are able to use it well, you will gain from using it.

## **Impatience is Destructive**

Thankfulness also quells negativities like *impatience*. Often people are impatient when it comes to receiving what they think would finally complete their lives (i.e. more money, better cars, etc.) If you are generally impatient, we invite you to change this particular facet of your personality if you wish to fully utilize the law of attraction.

Impatience negates the positive cycle of attraction – and once you say that it isn't real and that there was nothing to be gained from inspired action, it is possible that you are also actively *preventing* your desire from manifesting.

To illustrate this point, we invite you to visualize setting fire to a pile of wood with a simple box of matches. You set the pieces of twigs and wood on the ground and you begin creating a small pile that would catch fire easily.

You have the *tools* already; you just have to perform certain actions to create the desired outcome. You set fire to a few twigs and you see fire flicker from under the pile of wood. You begin to see small puffs of gray smoke from the pile of wood.

You continue to work on the wood so that air can circulate through the pile and the whole pile will catch fire. It takes time, but you know in your heart that the pile will eventually create a large fire that will provide warmth. As you actively work on the pile, the larger pieces of wood finally erupt in flames.

Now, this is what would actually happen if you patiently ‘receive’ the desired outcome. As you work diligently (determination through inspired action) on receiving the desired outcome, you will eventually physically manifest it.

*However*, what would happen if you are impatient and you just give up because all you see are small puffs of gray smoke? That’s right – the impatience would slowly interfere with your ability to create the desired outcome.

Remember, you are the creator and nothing would be possible without your thoughts and actions. Every little thing that you devote to the process of attracting something contributes to its manifestation. That’s why when you are grateful and patient about something; you attract nothing but positive things into your life – because these are *necessary* mindsets that literally feed the law of attraction.

You also need to be patient because as you ask the Universe for more and more complex desires, you also have to take into account that before something *big* can take place for you, certain events have to take place and certain structures have to be put in place before the outcome is finally achieved. Complex desires may take longer to actively manifest, but that doesn't mean that those desires are not yet on their way.

## Enjoyment, Change and Continuity

This may sound commonplace to some, but we are going to remind you anyway: do not forget to enjoy what the law of attraction has helped attract for you. Why would you want to enjoy something that you have received, in the first place? First of all, you exerted a lot of effort to get it. Even though you used the law of attraction to attract something, you still needed to set things into motion through inspired action.

You attracted something so fervently into your life because you *needed* it and because you thought it would make your life better. *Change* is a very important concept when it comes to the law of attraction.

Believe it or not, *change*, *enjoyment* and *continuity* are all related activities. When you *attract* something good into your life, you are actually magnetically attracting *change*. Once you are able to attract what you desired, you must learn to *enjoy it* and *be grateful* that it manifested so that you will continue to attract more of this positive change.

Enjoyment in the context of the law of attraction is *conscious enjoyment*. When that \$10,000 payday manifest, you don't spend the money like nothing special happened in your life. You spend the money on the things you want *as you consciously enjoy* the purchasing power that comes with having more extra money to spend. You must also consciously enjoy what you have even *after* you've acquired it to sustain the positive cycle that you have started in your life.

Conscious enjoyment is *not* limited to feeling satisfied and happy with what you have attracted. Here's a good example: what if the Universe gave you tens of thousands of dollars of extra cash through an unexpected project or something similar? How can one consciously enjoy the financial bounty? Here are some ways:

1. Spend some of the money on things that you wanted to buy for so long.
2. Do things that you were not able to do before because you did not have the funds to do so (i.e. long overdue vacation, upgrading an old car, etc.)
3. *Feel* that you have become wealthier and better than before. Having wealth should help improve your life quality and your *state of mind* as well (and not the other way around).

4. Enjoy the ability to spend money whenever you want to without having to worry about the future.

After conscious enjoyment, you must then show the Universe how appreciative you are for all the things that you receive from its bounty. Thankfulness, as we have already discussed is not a 'one time' thing (i.e. being thankful for a few days and forgetting about it).

True thankfulness means constantly taking stock of the positive changes you have manifested in your life and thanking the Universe that you have received these positive changes. A simple acknowledgement every day is enough.

This is one crucial step in the process of completely transforming your life by using the law of attraction. The more you become thankful, the more *powerfully* you pull positive things toward you. By being more thankful of the things that you have and the things that are already on their way, you also create a positive mindset that does not leave negativity any more space.

Of course, there will be times that you will feel depressed or anxious. Humans have an instinctual fear of the unknown but this should not stop you from using the law of attraction. If you still feel somewhat fearful of actually *manifesting* the things that you

have wanted for so far, you have to counter those negative feelings by ingraining in yourself that you deserve everything little thing that you want in this life.

Everyone deserves what they want – and there is no single force in this Universe that can prevent you from manifesting what you want *as long* as you know how to attract it through the law of attraction.

After enjoying and thanking the Universe that you have finally received what you want in life, it's time to *surround* yourself with the things that you love the most. You see, we have to make sure that at *every level* you are showing the Universe that you want more of what you have deserved.

Your thoughts, emotions and actions serve as the levers that operate the law of attraction. Imagine that the law of attraction is a powerful machine that is able to directly access the complex bounties of the Universe. Alone, you cannot do it – but with the machine (the law of attraction), you *can* do it and no task is too big for the law of attraction.

The law of attraction has never failed because it is a *natural force* that keeps the Universe and the planets spinning. Without the law of attraction, there would be no creation and not even a Universe to speak of. Everything that has been conceived in the Universe as we know it, from the smallest particles to the largest star clusters, was made possible by the law of attraction.

## Lending Power to Your Ability to Attract

At this point in time, you have already learned the essential framework for manifesting desires through the law of attraction. We are now confident that you are masters of the law of attraction in your own right and in time, you will be able to appropriate the various methods we have already outlined to create your own magnificent method for tapping into the law of attraction.

Our individual lives differ, which is why you *must* feel free to appropriate different methods as you see fit. *Appropriation* in the context of the law of attraction means using different tools to achieve the desired outcome. It does *not* mean letting go of essential principles or core concepts. The masters of every field of discipline know how important core concepts are – and this mindset is important if you want to use the law of attraction for years to come.

If you have been applying the essential principles of utilizing the law of attraction, you have probably begun *consciously manifesting* good things into your life. And with the methods we gave you, you are probably *aware* of the things you are attracting and you already know (in theory and in practice) how to keep attracting the same things, if you wish.

Utilizing the law of attraction is a *skill*; it is comparable to just about any other skill you can think of. Since this is a new skill, you should constantly apply what you already know and at the same time, consciously *lend power* to your newfound ability.

The real challenge here is *giving importance* and utmost attention to the process on a day to day basis. Since people are almost always preoccupied with other day to day concerns, you may find it difficult at first to lend a significant percentage of your attention to the law of attraction. This is common and it is fortunate that there are methods that you can use to continually *improve your ability* to manifest desires.

View this part of the course as a means to improve *your practice* of attracting good things into your life. You already have the methods you need – you just have to make sure that you are always operating at a hundred percent. If you can do this, *nothing* will stand in your way. Every success that you seek will automatically be drawn toward you so you can actively manifest it in physical reality. Let us begin our exploration of the various ways of lending power to your newfound skill.

## Controlling Pervading Thoughts & Emotions

Mood, in its simplest context, is defined as the *dominant mental and emotional state* of a person at *any time*. Though many people tend to ignore their mood through the course of the day, did you know that your mood has a direct impact on your ability to manifest your desires?

Your *mood* is like a mirror reflection of both your dominant emotions and pervading thoughts. If you are constantly in a bad mood, that means you are actively harboring and sustaining negative thoughts and emotions. And you know what this means – you are sending out a message to the Universe that you can't wait to receive more negativity in your life, because that's all you think about.

Remember – the law of attraction is *impartial and very precise* when it comes to reflecting signals to its sources. Sources of negative signals will receive more negativity, while sources of positive signals will receive only positivity. That's how this primal law works and because it *works*, human life and active creation are possible.

Humans are ruled by both *emotions* and *thoughts*. At the very core, we also tend to follow emotions *first* before conscious thoughts. That's why mood control is imperative if you want to constantly improve your ability to attract positivity and change into your life. You *can't* manifest things if you are constantly in a foul mood and if you feel that nothing good is coming out from your hard work and efforts.

The following are some methods that you can use to shift your pervading mood:

1. In the first course, we discussed 'automatic anchors' that you can use to change your current emotions and thoughts. For some people, this is enough to make them feel better the whole day.

To some, this might not work immediately. In such instances, we recommend that you *stop what you're doing* and set aside some quality time *for yourself* so you can actively engage in an activity that will replenish your emotional reserves.

As for the actual activities, all you have to do is to make a list of things that you know you *love* from the bottom of your heart. Some like skating in the park. Some like sleeping and relaxing for a few hours. No activity is too common or mundane – just make sure that it will *really* improve your mood after you've done it.

2. Excessive stress can destroy humans from the inside out. If you are under extreme stress all the time, you run the risk of emotional, mental and physical harm. Fortunately, stress is something that you can *control* no matter how bad you think your stress is. Remember, stress is a physiological response to perceived threats and dangers.

At its core, stress plays a role in human survival but taken to extremes, it can harm you. There are many stress management techniques that you can use to lessen the stress in your life. Try to find one that you can perform at home (at the very least) so you can always rely on that method for stress relief.

Some examples of stress relief are: therapeutic massage, biofeedback, yoga and meditation. Meditation is notable because there are many actual studies that show how effective it is in reducing blood pressure and heart rates. Meditation is also a powerful method of clearing the mind so you can start attracting your desires more quickly.

3. Happiness is a *choice*. Having a good mood is also a choice. No one is born harboring a 'natural' foul mood. It actually takes effort and energy to develop a foul mood – so if you are constantly in a bad mood, let's face it: you brought it on upon yourself.

Acceptance and acknowledgement are always the first vital steps in resolving a problem, so you have to accept that you *chose* to be in a bad mood constantly. Do not take this lightly because your pervading mood affects your work and most importantly, your interaction with your children, family, friend and the ultimately, the Universe.

Once you have accepted that you are *responsible* for your dominant thoughts and emotions, you now have the power to *change* your mood. Take baby steps – and as you do, you will start attract more events in your life that would really put a smile on your face. That's the law of attraction working instantly for you!

## **Increasing the Frequency and Scope of Manifestations**

To some, the law of attraction may seem like a complex process. The method may seem complex because we have explored even the smallest details; but the truth of the matter is that once you have learned the core concepts by heart, it is easy to attract the things that you want.

If you want to improve your ability to manifest things in physical reality, you need to *constantly practice* your new skill. *Small yet frequent* practices in manifestation are

important so you can make manifesting a *normal activity*, much like your other routines throughout the day.

You might be surprised at how many routines an average person *has*. You don't notice precisely because much of your normal activities are already routines. The goal is to *add* another routine to your list – and that routine is manifesting desires. Here are the steps:

1. The first step in increasing your manifestations is re-affirming your connection and partnership with the Universe. Have you ever tried directly addressing the Universe? If you haven't done that by now, we encourage that you do.

Addressing the Universe directly will help improve how you transmit the right signals when you want to manifest something. Some people view the Universe as being cold and heartless. It isn't – the Universe is actually an endless bounty that is open to everyone through the law of attraction.

Here's a sample affirmation: *"Hello Universe, my name is \_\_\_\_\_. Before I didn't know that I had the power to manifest the things that I wanted and needed in this life, but now I do. I would like to change my relationship with you. Before, I didn't acknowledge the bounty that was the Universe."*

*“Now, I am acknowledging that and I would also like to be a creator. I would like to attract the things that I want in life every single day. I request that you help me in my new mission by attraction the right conditions for me. I also ask that you help quell troubles and obstacles that may appear as I try to manifest my desires.”*

After addressing the Universe in this manner, you can ask the Universe for a small sign or confirmation that your message has been transmitted. Ask for a sign that is uncommon, so you really know that the sign is for you.

If you want, you can imagine clearly in your mind what you want to see and transmit this message and image to the Universe. As long as you are following the basic concepts in transmitting the right frequencies, you will get a response. You will attract the sign that you thought of.

2. After re-affirming your relationship with the Universe, it is time to re-affirm your commitment to daily manifestations. This is done by actively setting an *intention to attract* every single day. There are two kinds of intentions that you can use: general intentions and specific intentions. Here’s an example of a general intention: *“Today I intend to attract positive things so that my business will continue to grow unabated. Universe, help me attract these things so I will have a great financial future!”* And here’s an example of a specific intention: *“I intent to*

*attract \$500 today so I can easily pay off my extra credit card debt this month. Universe, help me attract the extra cash. I will keep my eyes and ears open for your instructions as to how to attract this extra money today.”*

3. The third step is to try to attract and manifest things that you need *at the moment* instead of attracting what you need in ten or twenty years. The law of attraction works closely with *what you have* at the moment and what you have been attracting for the longest time.

If you are deeply in debt and you have spendthrift ways, attracting lots of money may take a long time especially if you have not committed yourself one hundred percent to the process. So instead of manifesting big things, we recommend that you pace yourself and focus on baby steps instead.

Baby steps in manifesting simply means you concentrate on manifesting things that you need at the present. Small desires are almost always easier to manifest than large desires (i.e. your own business, a new house, etc.)

We're not saying that you should start manifesting your biggest dreams in life. But don't focus on just *one big desire*. Manifest small desires *every single day* so the law of attraction is always at the forefront of your waking consciousness.

Now, when you try to manifest small desires it is important *not* to worry about your needs after you have transmitted to the Universe what you need. For example, if you need an additional \$3,000 this month, state your intent and receive the inspired action needed to manifest the money. Focus on *manifesting* what you asked for and *not* on the perceived problem. You need to let go of the anxieties and worries once you've asked the Universe to help you manifest something. That's how the law of attraction works.

4. Practice the law of attraction *in your everyday life*. The law of attraction works not only for your individual desires but also in our interactions with people and the world at large. For example, if you want a person (like your boss) to be a little easier to deal with, you can set an intention that focuses on resolving this particular problem. Try this every day and you will see a visible difference in the way people will interact with you. The law of attraction can attract *positive changes* and other people can be affected by what you are trying to attract. Remember, you are a *creator* and everything begins with what's happening in your mind. Your thoughts have a direct impact on your world – and you have more control over your reality and your interactions with people than you think.