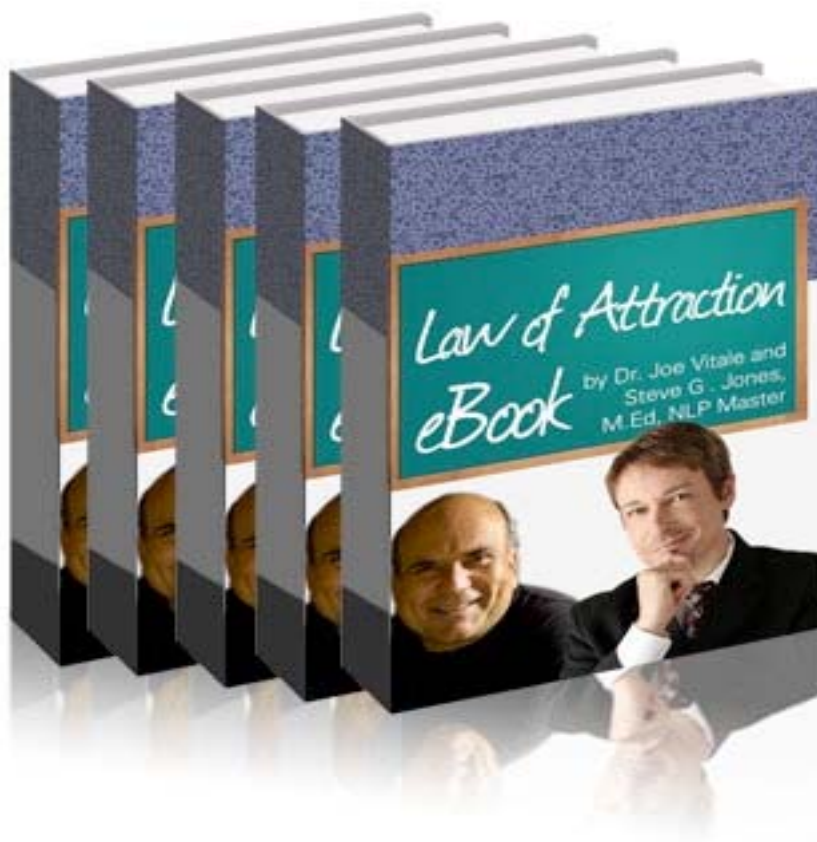


Law of Attraction

Advanced Certification Course

Book 4



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Working on Advanced Manifestations

In the last volume, we discussed how you can jumpstart your new skill in utilizing the law of attraction. As you get used to the idea of using the law of attraction to make small yet profound changes in your daily life, you will soon be ready for *advanced manifestations*. As you may remember, we encourage everyone to *think big* when it comes to the law of attraction. But for the purpose of *refining* your skill, we also added a small note that emphasized the need for frequent manifestations to improve the skill itself.

Your readiness for advanced manifestations will be determined by how much you practice. If you don't practice your new skill, don't expect advanced manifestations to succeed overnight. It's not just the *skill* that we are trying to improve either. When a person is deeply in touch with his natural ability to attract and create, he *constantly changes and improves* his life and reality.

As he improves his own reality with positive changes, he literally becomes *more qualified* to manifest his biggest dreams because his *current reality* has already aligned well with the Universe itself. A person who practices attraction/manifesting will also be mentally and emotionally ready to receive bigger responsibilities associated with manifesting bigger desires.

For example, if you are trying to attract a multi-million dollar business, you would be able to attract this much more quickly if you tried to attract a better-paying job first, then a successful small business, etc. The road to big manifestations can be smooth – as long as you keep attracting the right circumstances through the law of attraction.

As you build the momentum that would ultimately lead to the manifestation of bigger desires, it is important that you do not become attached to the idea of attracting something. By ‘attachment’ we refer specifically to the feeling of worrisome neediness that is common in all beginning PR actioners of the law of attraction.

Once you have stated your intention and you have begun receiving what you asked for from the Universe, you need to let go of anxiety that the desire may not manifest. Worrying and anxiety *will* prevent you from manifesting what you want more quickly. The negativity generated by this type of ‘neediness’ will also drain your mental and emotional energy, which you can use in actively receiving what you asked for instead.

What if the Universe does not deliver what you asked for at a particular date? Should you give up? Of course not. Timeframes are useful for personal motivation because it prompts the person to set things into motion.

But the truth of the matter is it takes time and effort to attract something and if you are *not* actively receiving and manifesting something, it won't come. If you are trying to manifest something urgent (i.e. extra money to pay bills) and for some reason, the money did *not* come on or before the deadline or time frame that you predicted, don't get angry at the Universe. Do not lash out at the world and most importantly, don't stop attracting what you asked for.

We have stated this frequently throughout the two courses, but we are going to reiterate once again: once you end a positive cycle of attraction because of anger, disbelief or any other negativity, you prevent manifestations from occurring.

If you keep telling yourself that the money you need will never come and you have just wasted your time believing in the law of attraction, the Universe will reflect this negativity back to you. If the Universe can talk to people who wallow in negativity all the time, a regular conversation would probably look like this:

Person: I'm always in debt! I'll never get out of debt! I'll never have enough money.

Universe: Is that so? Is that really what you want?

Person: My life is a living hell. I never have enough money.

Universe: Is that all you have to say? Is this all you think of everyday?

Person: My work has never satisfied me personally and financially. I'm a born loser!

Universe: Okay, I understand. You've asked for more debt, little or no money, life that is a living hell and a poor job. Counting down to manifestation of these desires. Wait for them, your desires are coming.

Now look at this dialog variation which takes place between the Universe and a person who is actively utilizing the law of attraction to manifest desires:

Person: I want \$1,500 so I can pay off my bills! I'm ready to receive it!

Universe: I heart that you want \$1,500, counting down to manifestation.

Person: I feel the \$1,500 is on its way so I won't worry anymore. I'll get busy receiving it. By the way, I also need \$10,000 because I'm planning to buy a new car. I'm ready to receive that too.

Universe: Noted, you've been thinking of that car for a long time. The time is ripe for a new car. The car is yours.

Person: I feel great because all of these things are already on their way – nothing can bring me down anymore.

Universe: I sense that you want a more satisfying life, you are already receiving it.

Now, we are not saying that this is *exactly* how the Universe operates but based on the law of attraction, the Universe's interaction with humans is based on "like attracts like". The Universe is open to both emotions and thoughts, which is why reflection of is imminent and often, immediate.

Manifestation of desires are also dependent on pre-existing societal structures and if as you can already imagine, if the Universe 'sends a package' it will have to pass through the various channels and structures set forth at every particular social milieu. It's your job as the creator to maneuver these societal norms and structures to receive the Universe's 'package' for you.

As you continue to build a new life with the law of attraction, you are paving the way for even more positive changes in your life. Imagine yourself clearing your own highway that leads directly to the bounty of the Universe. Every day this highway becomes smoother and more convenient to use. The path itself becomes familiar and at one point in time, you will feel that you have *always* travelled this path.

Travelling the path to the bounty of the Universe requires patience, diligence and the *right direction*. We simply shifted parlance; in the basic certification course we introduced the concept of transmitting positive frequencies to the Universe.

‘Walking the right direction’ is identical to ‘transmitting positive frequencies’. With positive thoughts, emotions and actions, you are creating your *own personal road to riches, success and health*. This road belongs to you alone and you can use it every day for the rest of your life and *no one* will be able to take this bountiful road away from you.

Negative People You Will Meet Along the Way

As you create the life that you have only dreamed of before, you will have to deal with negativity from the world at large.

Though you have already scrubbed negativity from your own system, there will be times that you will have to interact with individuals whose negative outlooks in life are so strong that you are positive that they are affecting you, too. The first step in defeating negativity is recognizing it in its many forms (especially when it comes to people who are harbor negativity most of the time):

1. The first class of negative individuals is composed of people who feel that they are always the victims in this world. These folks generally complain most of the time about the smallest details of their lives and it seems impossible to please these individuals.

These people not matter how hard you try to lift their spirits, *choose to* be anxious, angry, depressed, etc. They have wallowed so long in negativity that they no longer feel that there is a ‘way out’ of their conditions.

Negative individuals who belong in this category have created their own prison of negativity and they have stayed in this prison for so long that they have forgotten what it's like to step out of this man-made jail even for a few moments. Negativity has become *the norm* and anything that disturbs what's normal for them is rejected outright.

2. The second class of negative individuals is composed of people who *project* their negative outlooks in life by *doubting* nearly everything that they encounter. Planning to start a business? They think it will fail. Planning to buy a new car? They think a new car is splurging good money. Want to earn more money? They think that money only brings problems. Their negativity is so intense that they want you to become just as cynical as well.

You know you've met one from this class of negative people if you feel that your ideas are being put aside as childish, unprofessional, etc. These people don't *want* you to improve your life. They don't *want* you to feel good. And because we are successful practitioners of the law of attraction, we don't want these people in our lives.

3. The third class of negative people is composed of people who do nothing but criticize others. Now we have to make a clear distinction here. The word "criticism" has a negative connotation in popular culture but it doesn't mean that

all forms of criticism are negative. In fact, if a person told you how to you can improve your work by refining your method that is already a form of criticism.

Constructive criticism is always positive and should be viewed as part of the process of receiving something good from the Universe. *Negative criticism* on the other hand (in the context of the law of attraction) focuses only on the flaws and mistakes of people. “Criticizers” as they are called make a game of pointing out how flawed and wrong people are.

They hurt people because they have evolving ‘standards’ that they can switch and modify based on the situation. You can never truly negotiate with a criticizer because like the complainers and the lifelong cynics, they will find a way to punch holes through your positivity so the situation can become negative once again.

Since we have to deal with many people on a day to day basis, we cannot completely shield ourselves from negativity. There will be times that other people’s negativity and cynicism will rub off on us especially if we are dealing with tough decisions.

The best that you can do is to *keep your focus on the desired outcome* and negotiate with negative people so that you will *not turn away* from the affirmative path that you have already set for yourself.

Your main goal is to always focus on manifesting things in physical reality. You are doing this for yourself because you firmly believe that you deserve the best that the Universe has to offer. At every level of your being, you deserve only the best – and you should not give anyone the right to make you feel otherwise.

Awakening the Creator Within You

Each person has been given the power to create and attract the things that he needs. This is *not* apparent to everyone because people are ‘thrown’ into different social settings and at the outset, you would have to immediately manage pre-existing circumstances in your own life.

This doesn’t mean that you are any less deserving than other people when it comes to attracting the things that you want and need in life. However, there is an urgent need to *awaken* the creator that is sleeping in your consciousness to truly begin the process of manifesting desires.

If this creator within you is not awakened, you will have difficulty *focusing* on the process of manifesting. You will have trouble focusing on active receiving, thankfulness, etc., because you will still feel that you are bound by your old life and all the negative circumstances that have made your life depressing and unsatisfactory.

Your ability to create and manifest things in physical reality *is already within you* but you have not consciously activated it until now. As the new skill and ability comes to the surface, your life will be *transformed* by it because now you will have *more control* of

your reality. Now that you are conscious of your skill, you must also regain the natural focus that comes with the skill.

This razor sharp focus is actually your *first defense* against the negativity that surrounds you. If you have a strong focus on attracting/manifesting, no degree of negativity can distract you from your target outcomes.

You will begin to *live, breath* and *feel* the law of attraction because in the end, a life that fully utilizes the law of attraction is an abundant and productive life indeed. How do you protect your “creator’s focus” from negativity? Here are some ways that you can do that:

1. Do you remember our discussion on pervading thoughts and emotions? Well it is possible that your own mood can be directly affected and modified by the moods of people around you. Negativity can easily rub off on people.

Now, if you think this happens frequently to you and your whole day can be ruined easily by people who have a foul mood, you have to learn how to *progressively transition* from having a foul mood to having a positive mood.

Remember, your mood is *not* just your emotions. Your mood affects the way you think and if you are trying to manifest something for *that day* chances are your foul mood will ruin your manifestation.

Transitioning out of a bad mood is different from just telling yourself that you are in a good mood. The process is *conscious* and it requires some effort. So let's say that you were in a perfectly good mood and you're feeling really positive for the day. Then some colleague talks to you about his family problems and he rubs off some of his bad mood on you.

After your dialog with your colleague you feel bad, too. Sometime toward the middle of your day, you feel your energy waning and you're already thinking about similar bad situations in your life. Your mood has changed already. What do you do in this kind of situation? Here are the steps.

- First, acknowledge that you are in a bad mad mood. List down the reasons (mentally) why you are in such a mood. Acknowledgement is not the same as dwelling on something. You are simply acknowledging the mood so you instantly gain power over it.
- Once you've acknowledged the foul mood, think of something related that gave you positive feelings instead of negative feelings. For example, if you had a bad conversation with an irate colleague, think of another conversation with a different colleague that made you happy.

Focus on the emotions and thoughts that came about in the positive conversation you had and slowly relinquish the feelings and thoughts that were generated by the negative conversation.

- As you build your momentum with even more positive feelings and thoughts, don't stop there. Branch out to other situations that brought you that happy feeling. Do this until the bad mood that you had previously has been completely eliminated.

Sometimes all it takes is a few minutes to completely rid yourself of a bad mood. It sounds extremely simple but we have to explore this here because if you don't have masterful mood control, your ability to manifest can be affected greatly if you are easily affected by other people's moods.

2. The second method is like flicking on an affirmative shift within yourself whenever you are faced with a negative person or situation. All you have to do is to *act at the moment* that the negative situation occurs. For example, let's say you attend an important meeting at work but everyone in the meeting (except you) is in a bad mood.

You don't want to end up in a bad mood and yet, you cannot escape from the situation. So what should you do? You can create a shield from the negativity by performing an instant affirmative shift. All you have to do is to separate yourself from the situation (either physically or just mentally) and re-affirm your previous, positive mood.

Visualize that you are forming a whole-body shield against negativity and remind yourself that you do not have to accept a single iota of negativity from those around you. When you're done visualizing, go back to the unavoidable situation (e.g. your meeting) and just keep yourself happy throughout the situation.

3. Vigilant avoidance is another way that you can protect the creator's focus from harm. Simply identify situations, conversations and *people* who cause negativity in your life, based from experience. Take note of everything that you have listed and remember that these things have to be avoided at all cost.

If you think some of your friends are causing negativity in your life, it is important to limit your contact with these people. If someone is causing a lot of negativity in your life, that means there is no reason to communicate with this person anymore.

If you routinely interact with this person, limiting your contact with this person in the future will help scrub off the negativity. If you continue to interact with negative individuals, you will have a tough time creating positive changes in your life because you *choose* to retain negativity within it.

4. Here's a quick visualization exercise that you can use instantly when you are faced with negative situations, conversations, etc. You don't have to separate yourself from the situation at all – because you are going to actively counter each piece of negative thought and sentiment.

Here's how it works: let's say you are having a very unpleasant conversation with another person. Since you cannot dismiss the other person or leave the conversation immediately, you have to put up with the other person's cynicism and negativity. Instead of absorbing the other person's negativity, visualize that you are in a clear field with the other person.

As the other person speaks, imagine his thoughts and words as flimsy bubbles that float away as he speaks. Now we want you to *pop* these bubbles as they emerge. Pop every piece of negativity that comes your way and turn the situation into a visualization 'game'. If you find this exercise humorous, that's fine – humor is a positive force and it is much more powerful than cynicism or any other negativity in the world.

5. Have you ever wondered what to tell negative people when they insult you or criticize you? It's easy to argue with negative people because they are always ready to add more negativity in their lives. We can say that negative people *enjoy* arguments and negative situations because these situations help reaffirm their skewed view of reality and the world itself.

You don't have to interact at all with negative people when they say something bad to you. Just say "*Thanks, but no*" and end the conversation. End a negative conversation with something positive and the other person would have no reason to continue, because you did not entertain their desire to engage you in a pointless battle.

So the next time someone insults you, do not accept that person's insults and pointless criticisms. Just say: "*Thanks, but no*". By doing this, you are acknowledging the negativity (this puts you at a position of power) and you are consciously *deflecting* the negative thoughts and emotions.

You don't want any of the negativity anymore. You are making a choice *not* to absorb any negative emotions and thoughts anymore. Once you get used to the idea of *refusing negativity*, negative people and situations will no longer have any significant impact on you.

Mastering Creation in the Middle of Chaos

At its very core, the act of creation is essentially attraction. Every human desire that has been manifested in this world began with a *thought* and this thought attracted all the necessary materials and circumstances to ensure the manifestation of the desire in physical reality. Some people have a natural ability to manifest their desires with little or no difficulty.

Since not every is capable of manifesting their desires in this manner, we turn to the process of *deliberate attraction* or *deliberate creation*. We emphasize the word ‘deliberate’ because we *must* continue to create and attract what we want and need in this life despite chaos and societal pressures.

Sometimes this might seem impossible, but that is simply not true. As long as you can think clearly, you can continue to deliberately manifest what you want. The basic problem is that when a person tries to manifest something and problems suddenly emerge, the tendency is to *quit* or abandon the process of manifestation.

Instead of abandoning the process of attracting something, you have to find out *why* there is chaos in the first place. If a problem suddenly pops up that directly prevents you from manifesting *a particular desire* you have to analyze why the problem emerged in the first place. Here are some of the most common causes of obstacles and problems when you are trying to attract something:

1. If you are a new practitioner of the law of attraction, it is possible that you are still sending out old negative signals to the Universe. Remember, we send signals and manifesting desires every single day. You may not notice it but everything that we experience in our lives are *attracted and manifested*.

If you have been manifesting negative circumstances before, it is possible that you are still attracting *some* negative residuals right now. Don't worry if there are delays in manifestations; however, you must ensure that you are mentally and emotionally prepared for the process of attracting. Otherwise, expect delays because there are still some signals blocking what you are trying to attract.

2. It is also possible that the desires that are *not* manifesting immediately are still fairly new and you have not yet received the inspired action needed to attract these desires in physical reality.

3. Often, delays in manifesting desires are not really delays. The Universe knows when to reflect signals back to its source. However, we must take into account the fact that physical reality has its own set of rules and *individual life circumstances* vary.

So when you want something, the Universe has to not only send what you asked for but it also has to modify existing circumstances to make the manifestation one hundred percent possible. It is possible that any delay that you may encounter is actually the Universe working hard to attract your desire. So give the Universe some time; it is simply counting down to the actual day of the manifestation.

4. Deep down, do you feel that you *really* want something? Do you feel that you *deserve* to manifest the desire that is *not* manifesting right now? If you are unsure about the answers to these questions, then it is possible that you are subconsciously blocking the manifestation of your desires.

For example, if you want a new house, it is possible that you are worried about the many adjustments that have to be made when you move out of your old home. If you are not one hundred percent committed to the manifestation of a desire, that desire may not come at all because you are telling the Universe *not* to send it your way.

5. Urgency has never helped anyone manifest anything. If you feel flushed and pressured to manifest something, the whole ‘attractor structure’ in your mind collapses. Pressure overrules good sense and everything you have created to attract your desire. So don’t fret about ‘urgent needs’ and such.

Ask for it once and consider your wish granted. *Actively receive* your desire through *inspired action* and stick to this route until what you wished for is finally manifested in physical reality. Also, if you feel stressed, pressured and panicky all the time, you are telling the Universe that you *like* being stressed and pressured. And you know what that means – the Universe *will* reflect what you asked for.