Law of Attraction
Basic Certification Course
Book 1

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Unlocking the Mysteries of the Law of Attraction

There are so many theories on the law of attraction that it would require several more volumes to discuss all of these other theories. The sheer number of people who are believing and applying the principles of manifesting and attracting what they want in life are growing day by day – and more people will be drawn to the idea that there is a singular force that truly determines the trajectory of one’s life, as well as wealth, health and overall success.

The purpose of the basic certification program for the law of attraction is to give you a broad yet in-depth perspective on the law of attraction. The primary focus of the basic certification program is to introduce the various theories on the nature of the law of attraction. Now as we progressively master the various facets of the law of attraction, we will also progressively connect the law of attraction to the various components of human life – your life as well as others.

The ultimate goal is to introduce to you the most effective ways of utilizing the law of attraction in such a way that you will be able to teach the concepts and tools to others. Before one applies something, there must be complete recognition and familiarity. This familiarity can only be developed over time. Due to the complex nature of the law of attraction, we will begin with an in-depth exploration of its character before we head
over to its applications in real life so that you will be fully armed when you are ready to apply the concepts.

The Stepping Stone

The law of attraction has been described as the doorway, the key to unlock life’s full potential and the *essence* that animates the whole universe. The law of attraction has also been called the primal source of power – the very foundation of societies and civilizations past. Now, one would think that if this law was *so powerful* that everyone else would know of it. *Some* people were able to discover and utilize it centuries ago – but through the progressive, *rationalistic* evolution of human thought this particular stepping stone was lost. The law of attraction is capable of giving you:

- A truly happy, content life
- Perfect health (or as close to perfect as possible)
- The ability to achieve whatever you want in life
- The ability to *become* who you wish to become in this life
- The ability to manifest both *small* successes and *big successes* – without limitations
- All the success that you want (it doesn’t matter if the success you want lies in personal relationships, in your finances, etc.)
- The ability to overcome present and future obstacles/hindrances in life
- The ability to manifest *miracles* in your daily life
- The ability to manifest *healing* in every aspect of your existence – not just physical healing but also spiritual healing

- The infinite source of individual wisdom and internal steering/guidance that every person needs to survive in harsh times and succeed in more positive, opportune times

**That Which Animates the Universe**

The law of attraction is over-arching in nature – it exists in the smallest components of the universe and also helps govern the various forms of life on Earth. The law of attraction is *not* magical nor does it exist *only* for small groups of people. The law of attraction can be used by anyone, anytime *as long as* a person is able to understand and properly apply its principles.

The law of attraction may be as big as the universe itself, but it is not unreachable. As we have mentioned earlier, it can exist and *work* for anyone, including you. Think of the wealthiest people in the world. Think of how they worked their way to the very pinnacle in their own fields of endeavor.
They have been able to attract everything they want in life because they think of nothing but their deepest desires in life. This strong desire, coupled with action and other factors, has allowed them to utilize the law of attraction fully. The law of attraction does not choose people; not at all. It works if you set things into motion.

It works if you erase negativity and embrace positivity. The law of attraction will also work even if you have already hit rock bottom in life – as long as you keep your thoughts positive and keenly focused on what you want in life. Think of the billionaires in the world – do you think they have never lost large sums of fortune before?

They have – it is impossible that they haven’t lost at least some fortune due to bad financial decisions. But they remain extremely wealthy. Why is this? It is the law of attraction, of course.

They know how to manifest what they really want in life and this gives them an extreme advantage over others. As we have discussed earlier, the law of attraction does not take sides. If a person thinks of nothing but the worst things in life – these negative things will come to that person, because that is precisely what he is attracting, either consciously or unconsciously. Are you still confused?
Think of the most basic law of physics – the law of gravity. When a ripe apple sways in the wind and is detached from its branch, an invisible force – gravity – pulls it down to the ground at a precise speed. This happens each and every time, and the gravity performs its sole function tirelessly and effortlessly.

You can *feel* gravity, but you cannot see it. Gravity cannot be heard, nor can it be touched. Gravity has no smell, too. But you *are aware* that gravity is there because it is with you when you run, walk, drive your car or perform bungee jumping off a cliff. The law of attraction works in the same way. It is there whether you like it or not.
The law of attraction acts as the cohesive force that makes whole civilizations possible. It is the force that allows individual groups of people to amass large sums of wealth. But unlike gravity, the law of attraction will only work for you if you know how it works.

Many theorists have used the imagery of the magnet to describe the law of attraction. The big difference between a regular magnet and the law of attraction is that the law of attraction will not attract the opposite of what you truly desire.

A predominantly positive magnet will attract objects with a negative charge and vice versa. If the law of attraction works in this manner, what will happen is when you are trying to manifest something good in your life, the opposite of what you want will be attracted. So if you wish to attract good health, you will end up attracting death. It is a good thing that when it comes to the law of attraction, like attracts like.

Here’s a good example. Let me ask you – when was the last time that you were faced with a big, negative issue in your life? Now I want you to think about the lowest point during that time. What were you thinking about? What happened when you started thinking about the problem? Did the situation seem better or worse as you slowly submerged yourself into the negativity?
Ten out of ten will say that as they thought of their problems, the worse the problems seemed to be. That is the law of attraction in action. Negative thoughts attract more negative thoughts. Positive thoughts will attract more positive thoughts. You are the magnet and everything you have right now in your life is the direct consequence of your own thoughts, emotions and desires.

When viewed in this light, our thoughts begin to take the central role in our lives. Many people think that thoughts are just thoughts – wisps of dust that have no bearing on our lives. Nothing could be farther from the truth.

If you have disregarded your thoughts and true desires up to this point and you are extremely dissatisfied with your life, then you already know why you are extremely dissatisfied. Remember: the law of attraction works in every aspect of our life. If you live a generally unhealthy lifestyle, you attract disease and death. If you eat and live well, you attract health. Good attracts good as much as bad attracts more bad things.
The law of attraction seems mystical to many people because our logical, rational thinking prevents us from seeing the larger truth behind reality – that everything within the realm of the *real* is there because people *manifested* those things. When a great leader takes the helm of a struggling nation – he manifests changes to transform a whole nation. His thoughts are transformed into reality.

Changes to what we consider *real* will not be possible without the thoughts themselves. On a smaller scale, a person will be able to manifest what he desires if he invokes the most essential law in the universe, which is the law of attraction. Attraction will work regardless of a person’s knowledge of the law. However, if he is not aware of what he needs to do to fully invoke the law, then the results that he wants may not manifest satisfactorily.

When a person invokes the law of attraction, two things happen simultaneously: a person fixes his thoughts and energies on specific thoughts and desires and as he does this, he *attracts* the things that so desires.

Imagine the human mind as a magnet that is capable of powering itself with just thoughts. As the mind is powered by the right thoughts, the end result is *complete attraction* of the desired outcome. The desired outcome can be anything – it can be good health, better
business, more wealth, etc. It doesn’t matter what you want – if you focus your thoughts on this desired outcome and you invoke the law of attraction, it will manifest.

If you feel a little skeptical about the role of the law of attraction, ask yourself: why is my life this way? Why is my life better than others or why are other people more successful than me? Your life now is the direct result of what you have thought before. Past thoughts, present thoughts and future thoughts all have a direct impact on your life.

The direction and quality of your life is very dependent on what you are thinking right now. We focus on the present because you can modify many coordinates in your life by focusing on the present. We remember past thoughts so that we may correct misshapen coordinates in the present. Our past thoughts are not washed away by years or decades – these thoughts actually stay with us in the form of the outcomes that we have attracted when we created and focused on these thoughts.

Do all of our thoughts have a large impact on our lives? Not necessarily – you see, there are two general classes of human thoughts. The first class is called dominant thoughts. These thoughts have far-reaching consequences in our lives.

Non-dominant thoughts on the other hand, do not have a large impact because these thoughts are minor and superficial, and they simply come and go. Our focus are dominant thoughts because these thoughts are always with you and even in one’s sleep, these
thoughts permeate our being. These thoughts are capable of invoking the law of attraction, repeatedly, through the course of our lives.

**The Frequency of Attraction**

Before attraction can take place, there must be a signal – and this signal will come from you, no one else. Forget about the others, because when it comes to the law of attraction, no one is more important than you. Your importance is heightened as your thoughts begin to attract *exactly what you want and need* at the precise moment that you begin using the law of attraction.

Your thoughts have a frequency (everything emits a frequency – even the humble atom has its own vibrations) and it is important that your thoughts emit a frequency that will attract the things that you want. Simple thoughts will begin to attract real things. However, if there is *resistance* to the idea that you can attract the things that you want in life, the effect of the law of attraction will be dampened. Remember the levels of consciousness?

There’s the id, the ego and the superego. All three levels of consciousness *must* believe in the primacy of the law of attraction so you would have *no resistance* to the idea that you can manifest the things that you want. Your thoughts are now shaping your reality.
Thoughts to reality – remind yourself every so often so that the resistance to the law of attraction will be finally broken.

*Believe* in the primacy of the law of attraction so that all other forms of thinking and rationality become secondary to the law of attraction. Forms of thought that only limit your ability to manifest things in reality should be discarded – because these so called ‘rational thoughts’ are actually the culprits to your success!

As kids, we have been taught that the world does not answer to us. We answer to the world. It is different when we want to invoke the law of attraction. We don’t answer to the world – we are not bound to this type of thinking.

Instead, we *use* the resources of the world so that we can achieve what want to achieve in life. We attract what exists in the real world so that we may satisfy our desires. At the very core of the universe is the force of attraction and this force is capable of attracting ‘parallels’ or like things. Positive thoughts will attract positive things; negative thoughts will attract negative things.

Have you ever underestimated the power of your thoughts? If you have, you are probably missing out on 90% of what you could *potentially achieve* in your life. Why? Because your mind is not emitting the proper signals *at the right frequency* to attract what you want.
How is this frequency attained? It’s actually quite simple: use your imagination. Create the right thoughts and focus on these thoughts frequently. As you create and focus on these new thoughts, a new pattern of thoughts will emerge. For example, if you imagine having a new BMW and you focus your energies and thoughts on this one thought, you will be sending out a complete signal to the universe that you want a BMW.

Now, when a person projects a thought that attracts, the thoughts are not lost once they are sent out. On the contrary, your thoughts form an invisible path to you so that the thoughts (and the things they attract) can find a way back to you. Think of yourself as a transmitter dish - you are capable of sending and receiving signals. You generate the signals with the right frequency and these signals will find a way back to you.

Unlike signals that are created with man-made instruments, signals emanating from your mind have no limit. Your dominant thoughts reach beyond your city or country. With your thoughts, you are able to communicate directly with the Universe and all that is within it.

And with your thoughts, you are reshaping your destiny and the final outcome of all your hard work. The law of attraction is much more powerful than ‘methods’ or ‘techniques’ for getting wealthy, etc. The law of attraction redefines the horizon so that the second step, determination can be carried out effortlessly.
The law of attraction is *not* wishful thinking. It is not just positive thinking. Alone, thinking will not give you the things you want. There must be an accompanying energy or action – this is called determination. Determination is life itself – the combination of time, energy and action. Without determination, there will be stasis, emptiness, *nothing*.

There would be nothing to achieve and nothing to attain. There will emptiness through and through. Many people choose *not* to follow through the process of determination, which is why manifesting wealth and health becomes impossible.

Even the law of gravity requires determination before it can do something for you. Before it can pull a pen to the ground, you must first consciously drop it to the ground. Do you see the required actions before this invisible force can act upon our own actions? The same principle applies to the law of attraction.
An Error That People Love To Repeat

People are usually unsure about what they want in life… But they are almost always sure \textit{what they don’t want}. People don’t want to be poor – so many folks are plagued with thoughts that center on bankruptcy and endless poverty. There is endless fear, anxiety and sometimes even resentment because life is not playing out perfectly.

Thinking about \textit{what you want} and thinking about \textit{what you don’t want in life} are two very different things. Some people might say that if you \textit{know what you don’t want} you automatically know what you \textit{want}, right?

Wrong. At least, that’s how it works when it comes to the law of attraction. Like attracts like – this simple yet complex concept of the law of attraction is the pitfall of many individuals. If you keep thinking about the things that you don’t want in life, you will, with certainty, attract those negativities into your life.

Does this sound incredulous or impossible? It isn’t. Because as you think more and more about the things that are making your life miserable or intolerable, you are forming mental signals that speak directly with the universe.

That’s why many people are unable to recover from challenges like debt. The more they think about their debts, the more they \textit{are submerged} in the negativity that the situation
has inspired. And in the end – that is all the Universe will give them, because they think of nothing else but the debts.

People usually react to this by saying: doesn’t the law of attraction know what’s good for me? Think about it – does the law of gravity know which things to attract to the ground? It doesn’t. When the conditions are right, the invisible force pulls anything to ground. It doesn’t matter where you are at the moment that the conditions have become just right for gravity to work.

It doesn’t matter if you are busy or not – gravity will still work. The same thing happens when we focus all our energies and thoughts on the negative. Whether we like it or not, the law of attraction works immediately (though subtly) to bring to you what you have been focusing on for the longest time. If you have a burning thought about poverty and debt, the law of attraction will attract the parallel – which is of course poverty and debt. If you have a burning thought about earning more money, the law of attraction will attract more wealth for you. It is that simple.

The law of attraction is not a man-made concept and it doesn’t work for people alone. It is present in the smallest components of life. What we are doing here is we are progressively learning the coordinates of the law of attraction so you can maximize the benefits and rewards that it brings – ceaselessly.
Repetition Attracts... Repeatedly

Often, people think of the things that they don’t want in life. People become anxious and worried and they think that ‘being on the alert’ will prevent bad things from happening in their lives. Unfortunately, this kind of thinking also activates the law of attraction. The process of manifesting the things you want to appear in reality is not complicated but it is not completely easy as well. The complication arises from the nature of the law of attraction.

For example, if you keep saying “I don’t want to lose my promotion” eventually, the determination that follows this negative thinking will attract a negative outcome (i.e. not being promoted). The law of attraction does not sift through our various emotions and intentions just to please us.

If your mind focuses on negative things, the law of attraction will give you negative things. And with the law of attraction, negative outcomes will repeatedly arrive on your doorstep if the conditions are just right (i.e. if you keep thinking of negative things). In short – negation is not an effective way of tapping into the power of the law of attraction. Here are some examples of what people think and what the law of attraction actually processes and attracts:
Thought: “I don’t want to have a bad day”
Transmitted: “I really want to have a bad day”

Thought: “I don’t want to lose my promotion”
Transmitted: “I want to lose my promotion”

Thought: “I don’t want my computer to break down”
Transmitted: “I want my computer to break down”

Thought: “I don’t want to miss my flight!”
Transmitted: “I want to miss my flight!”

Thought: “I don’t want my submission to be late”
Transmitted: “I want my submission to be late”

Thought: “I don’t want my car to be scratched”
Transmitted: “I want my car to be scratched”

Thought: “I don’t want to go down with fever and rashes”
Transmitted: “I really want to go down with fever and rashes”
**Thought:** “Don’t ever speak to me in that manner ever again”

**Transmitted:** “I really want you to speak to me in that manner and I like others to do the same”

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**Reflections in the Mirror**

The law of attraction is not trying to make your life miserable or anything. The law of attraction is doing its job – it gives people what they are thinking of the most and that is simply it. Now that you are more aware of the law of attraction, does this mean that it will start working for you just now? No.

This primal law has been working for you (or against you; depending on the quality of your thoughts and your determination of your thoughts and desires) since the day you were born. People who don’t know about the law of attraction will still be affected by it. People who think they can use the law of attraction to their full advantage will still be subject to its various complexities even if they already recognize it as a potent yet invisible force in their lives.

Let us now turn our attention to your *thoughts*. Earlier in this volume we explored the role of dominant thoughts in attracting and manifesting things in reality. Just how important are your thoughts?
Think of it this way: your past thoughts are responsible for *everything* that exists in your present reality. Every thought that you create and focus on *in the present time* will determine your life in the future. It is an endless cycle and the law of attraction works perfectly every step of the way. By “perfectly”, we simply refer to the immutability of this law and its presence in everything we do.

We can also like the law of attraction to planting seeds in a fertile field. The fertile field is your life and the law of attraction – and the seeds are simply the thoughts that you create on your own. If you are constantly thinking of your fears and anxieties, the field will bring forth events that will increase your fears and anxieties.

An apple seed will not yield oranges. Bad thoughts will not yield good things. It doesn’t matter if you find your thoughts completely agreeable or not at the moment that you create the thoughts. The law of attraction hears your thoughts clearly and gives you what you are thinking. The law of attraction is like a clear mirror that reflects objects in their entirety. If you are thinking about poverty, the law of attraction will reflect poverty regardless of your intentions and emotions. If you think about wealth, the law of attraction will reflect wealth and more.