Law of Attraction
Basic Certification Course
Book 2

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One of the most basic misconceptions about the law of attraction is that it is an *instant* source of gratification or happiness. It isn’t. The law of attraction is not the fountain of youth nor is it the sorcerer’s stone, from which people can draw gold and the elixir of life. The law of attraction is not magic nor is it any form of witchcraft or ‘new age nonsense’.

The law of attraction, as we have discussed repeatedly, is a primal function of the universe and is as natural as the air we breathe to live. The beautiful thing about the law of attraction is it does not take sides nor is it critical of what it gives to people. It works slowly and progressively and it gives people what they want – deep inside.

These things may be positive or negative. By “want”, we refer to the process of thinking, focusing and determining. That is why we always warn people about focusing too much on the things that we don’t want in life. Because if you are always sending out these negative signals to the Universe, the law of attraction will make *sure* that these signals will be reflected back to the source – and the law of attraction never misses its mark.
Think about this basic concept and remember all those times that you felt that things will never work out the way you intended. Why do you think bad things continue to happen to you during those times? Why do you think the same misfortunes befall you even if you know in the deepest part in your being that you do not want those things to happen to you anymore? Does it all make sense now?

If you are starting to see how deeply important the law of attraction is to human life, let us continue with another important point regarding this law: awareness. Awareness plays a crucial role in activating the law of attraction in one’s life.

By ‘activation’ we simply mean ‘active use’ or ‘conscious use’. Of course, the law of attraction works in everyone’s life, regardless of a person’s actual knowledge of the law. But being aware of the law in all its glory puts one in an obvious advantage, as you are already beginning to realize.
Learning & Un-Learning

But before one can fully take advantage of the law of attraction, there must be some un-learning to do. We are all aware of the process of learning. What about un-learning? Let us compare these two processes so you will know exactly what to do later on. When a person is learning, he is mostly accepting input, processing and storing information for later application. The process requires skill and a conscious desire to acquire new information.

Un-learning on the other hand is also a form of learning – but, let us emphasize something very clearly at the outset: un-learning requires both learning and complete discarding of concepts, theories and long-standing beliefs.

Un-learning also requires skill and desire. However, many people fail at this process because it requires discarding. Some people say that it is possible to learn new things without completely discarding long-standing beliefs. That may be true for some other situations, but not for the process of learning and applying the concepts of the law of attraction. There must be conscious learning and a complete discarding of old beliefs.

When one learns about the law of attraction, it is as if a dark and heavy fog has been lifted from right in front of us. You will begin to see the beauty of creation itself – in its entirety. You will begin to see the importance of active creation in your own life.
Creation is not limited to the larger world; it is present in your life, in everyone’s lives. You create you’re the circumstances of your own life – no one else does. If you think people are controlling your fate and everything about your life, you are sorely mistaken. One’s life is one’s sole responsibility – and what a beautiful responsibility it is.

Every human being born into this world is given the ability to create with his own thoughts. Thoughts are inscribed unto reality and reality has no other choice but to comply. Regardless of how much you may be ignoring this truth before the law of attraction works tirelessly to give you what you want – even if you are not conscious about the act of creation through thoughts.

In an earlier part of our discussion we briefly touched upon the process of un-learning. What should be un-learned in order to fully utilize the law of attraction?

The answer is simple: you must un-learn the common belief that thoughts have no direct impact on your reality. In our cold, logical society it is unfortunate that human thoughts are often relegated to the level of fantasy and the whimsical. This probably explains why only a fraction of the population is truly happy and content – because not everyone is paying close attention to what they are manifesting in their own lives.
There is another common belief that life ‘deals the cards’ and you must ‘play the hand that you are given’. One may be born into a particular social milieu but that doesn’t mean you are stuck there by birthright or by ‘fate’.

One should also un-learn this harmful belief because it limits one’s ability to see and act upon all of the positive opportunities in one’s life. The opportunities exist – they have never left you. You only have to see the opportunities first before the law of attraction can be set into motion.

We can spend the next few days discussing all of the things that can prevent a person from enjoying the benefits of the law of attraction. But we are going to let you in on a little secret: you can track down these beliefs yourself and eliminate them, one by one.

You see, there is one commonality among all of these non-beneficial thoughts and beliefs – all of these are limiting, in various degrees. If a long-standing thought tells you that you can’t do it or that it can’t be done, that particular belief is a limiting belief and should be un-learned. Because the more this belief becomes ingrained in you, the more negativity in will bring in your life.
Dominant thoughts take two forms – affirmative thoughts and negative thoughts. People have woken up from the psychological slumber that society has placed upon them usually panic when they take stock of their current mindsets and discover that *most* (if not all) of their dominant thoughts are *negative* and not affirmative in nature.

There is no need to panic – after all, we all have to start somewhere and there is nothing wrong with acknowledging that some of your dominant thoughts are indeed negative.

And here’s another thing about the law of attraction: it is not a lightning fast force that punishes people for thinking negatively sometimes. It actually takes a lot of effort to bring serious negativity into one’s life. You would have to think of nothing *but* the most horrible things that could possibly happen before such degree of negativity is reflected back to its source.

There must be a *persistent effort* to bring negativity into one’s life. Thoughts shape one’s reality and negativity is so common in our society that it’s fairly easy to attract negative parallels. This is the kind of cycle that we would want to break at the outset.
If you are now becoming more aware of a serious negative cycle that is occurring right now in your own life, then by all means, break the cycle. Don’t be frazzled by the seeming enormity of the cycle. Trust us – no negative cycle is larger than life. It may seem unfathomable to you but whatever you are facing right now, believe that is manageable and conquerable. Let this newfound belief ignite a newfound positivity in your life so you can create anew.

Creating a positive cycle requires conscious desire to do so – because not everyone is accustomed to the process. Many people are accustomed to thinking negatively; not everyone is an expert in thinking affirmatively. Why should you choose affirmative thoughts instead of negative thoughts? Apart from the obvious benefits (i.e. transmitting the right signals to the Universe), thinking affirmatively gives one clear direction and a clearer vision of what one wishes to achieve or what one wishes to acquire in the short term or in the long term.
Mastering Dominant Thoughts

Should you fret or worry about negative thoughts that may pop up every now and then? Of course not! Remember: you are in charge of yourself and your thoughts. You are more powerful than all of your thoughts combined and yet, your thoughts have the ability to inscribe a new reality for you.

As we have discussed before, the law of attraction does not work instantly. There is often a delay between the manifestation of one’s desires and wants. This is a good thing because if everything we focus on manifest instantly, it would be a very difficult life indeed. The delay allows us to re-think our desires and needs. It allows us to re-assess what we really want in life so we can make corrections if needed.

Also, the time between manifestations of our desires allows us to set the law of attraction into motion through intention and determination. We are responsible for manifesting what we want in our lives. If you are currently manifesting bad things in your life because all you think about are negative thoughts, you now have the chance to alter the trajectory of your life by changing your stream of thoughts.
Remember, affirmative thinking gives birth to more affirmative thoughts while negative thinking gives birth to negative thoughts. Thoughts increase exponentially through time – and if you focus hard enough, whatever you are thinking of will be attracted by virtue of the law of attraction.

Do you see how essential your thoughts are for the purpose of using the law of attraction to manifest anything that you want in life? Your thoughts are central to the process, which is why you should learn how to completely master your mind. Mastering one’s mind entails complete awareness of all the thoughts that you create on a daily basis. There is awareness and there must also be a degree of control. We highly recommend that you try any form of quiet meditation on a daily basis to help clear your mind and master your thoughts.

Why try meditation in the first place? Well, people are often plagued by a ‘fog’ of confusing thoughts on a daily basis. We have so many concerns and issues that often, the most important things in life are lost to the slew of ‘urgent’ issues and other concerns in life. It is now time to clear your mind of these confusing thoughts – because only then can you begin to create affirmative thoughts to manifest the things that you love in life. Again, it does not matter if you want wealth, health or better relationships – the law of attraction will attract whatever it is you want in life for you.
As you create brand new affirmative thoughts, a renewed version of yourself is also emerging from the woodwork. This new version of you is focused on the things you truly need in life and is no longer bound tightly by the petty issues of daily living. You will no longer be stressed over what to cook for dinner. You will no longer be plagued by the oddities of your colleagues at work or the annoying behavior of your boss or project manager. You are above these issues because you have a new mission in life: to manifest ideal conditions in life.
Emotions & Frequencies of Attraction

Do emotions have a role to play in the process of maximizing the benefits of the law of attraction? Yes. Emotions are tied integrally to the human thought process. What you feel right now is a direct reflection of the things that you are thinking about – even if you are not aware of these thoughts. Thoughts swirl in the human mind and we can only be aware of one thought at a time. There are thoughts that are being processed as we speak.

Even if we are not aware of these thoughts, our emotions tell us what we are thinking of at the moment. If a person feels anxious, he is probably thinking of something that may potentially cause harm to himself or his family. If a person feels angry, he is probably thinking of someone who has done him some degree of harm in the past. If a person feels happy, he may be thinking of a past achievement, a reward or some other beneficial event that he views as a positive development in his life.

Emotion is the twin brother of thought. When one thinks, an associated emotion emerges – and we are more adept in detecting emotions than thoughts. Have you ever experienced feeling so depressed but you didn’t really know why you were feeling that way?

You were probably thinking of something really bad – and your emotions were simply responding to your thoughts. Your emotions come automatically and there is no need for a conscious monitoring of all your thoughts and ideas. So the next time you feel really
bad, ask yourself: what am I really thinking about? You might be surprised at what this exercise will reveal about yourself and most importantly, how you process affirmative and negative thoughts on a daily basis.

Some ‘experts’ say that emotions are irrational and should never be regarded as a crucial factor when it comes to important decisions in life. Nothing could be further from the truth. If you ignore your emotions now and you *continue* to ignore your emotions in the future you will never be able to master your own thoughts.

Mastering your thoughts requires *mastery of your emotions* as well. You must be conscious of what you are *feeling* so you can easily trace the path toward *what you are thinking*. An emotion will always have a twin thought.

Emotion can be viewed as a map to your own thoughts – it leaves a clear trail for you to follow. Emotions should never be shut out or stifled. Instead, embrace the emotions and try to find out why you are feeling that way. This way, real-life obstacles and problems can also be resolved easily.
Always remember that emotions do not exist in a vacuum. Emotions are always there to remind you of your past and present thoughts. If you feel awful a thought or several thoughts are causing your weariness and anxiety. If you feel angry, the same principle applies. Emotions also send out signals with a definite frequency to the universe.

If you feel horrible every day and you do not do anything to quell the thoughts that are causing your misery, you are telling the Universe that you enjoy your miserable feelings and you want more of it to come into your life. Though this might not make sense to someone who is feeling depressed, that’s how the law of attraction works. It does not weigh the good or bad for you – you are responsible for that. You are responsible for what you create in your life and what you attract.

What role does emotion play in manifesting and attraction? Well, let’s look at it this way: when a person feels good, he encourages himself to focus on affirmative thoughts and the things that he really wants to manifest in life.

If you focus on affirmative thoughts and positive feelings, your emotions will also attract events that will bring even more happiness and positivity in your life. Positive emotions will attract even more positivity (and not the other way around).
That is why you should always celebrate the best feelings in your life because these emotions will directly shape outcomes later in your life. Experts on the law of attraction acknowledge that there are no known limits as to what you can manifest – but there is one inherent limitation. The inherent limitation lies in the domain of the individual or agent and not with the primal law itself.

If you don’t feel good or if you don’t feel positive, even the best thoughts will not manifest what you want. If there are unresolved issues that are hindering your ability to focus on what you want to manifest, it may take longer for these things to actually appear in your life. Or in some cases, the emotional hindrance may completely prevent you from manifesting the things you want.
Are You On The Right Track In Life?

Some people are born with the innate ability to know whether or not they are on the right track. These people are usually naturally inquisitive and they know when to use their instincts. These people also know how to tie their thoughts with what they are feeling at the moment. In short – these individuals know how to use a finely tuned steering/guiding mechanism that every human being has.

This guiding mechanism is complex and yet, we all know how to use it from the day we are born. This is the reason why there has to be a degree of un-learning if you truly want to use the law of attraction to your advantage. People usually listen to their emotions lastly. In fact, people are sometimes more willing to listen to other people’s opinions than their own thoughts and emotions.

This is plain wrong – because if you listen to other people only and you forget to listen to your own guiding mechanism, you will simply be channeling the thoughts of other people. In some cases, this might be helpful – but if you are healthy and there is nothing preventing you from thinking clearly and making decisions on your own, then there is no reason for you to simply keep channeling other people’s thoughts.
The law of attraction listens intently to you and you alone. You are the star, the source of all the magnificent thoughts that are attracting parallel events and conditions in the Universe. Pay attention to your own analysis of what is happening to your own life and transmit positive images to the Universe so that this positivity can easily be reflected back to you.

Why are we paying close attention to emotions anyway? Well, as we have already discussed, emotions are a magnificent indicator of what’s happening deep inside your mind. At any moment, a person has thousands of thoughts – but only a few can be examined consciously by a person. If you try to examine every thought in your mind, it will take days before you can even finish a fraction of all those thoughts.

Our guiding mechanism is very intelligent. It does not respond to minor or insubstantial thoughts. For example, thoughts like “I like donuts” will not trigger an emotional response in a person (unless the person is particularly passionate about donuts, which is beyond the norm). However, dominant thoughts (even the ones that we try to repress and suppress) will trigger emotional responses.

For example, let’s say Person A has been a long-suffering employee in a small company. He has done his work well these past 5 years and yet, he has not been promoted even once. He feels underpaid but because of his financial obligations, he doesn’t want to entertain thoughts of leaving the company – because his job feeds his family.
He tries to suppress all thoughts that encourage him to leave the company. As he represses these thoughts, his internal guiding system understands his situation and it sends out an emotional signal. He feels tired, weary and depressed.

In his waking world, he thinks of his duties in the office and what to eat for dinner later on. But on a deeper level, this person is thinking of his lack of promotion and his low salary. At one point, he begins to wonder why he feels extremely depressed.

He tries to ignore it and it doesn’t do him any good. The emotions linger and he feels extremely drained. He doesn’t want to confront his emotions because deep down, he knows where this form of self-questioning will lead. This person is stuck in a vicious cycle and if he receives no help, he will stay in this weary loop for a very long time.
Transmitting Simultaneous Signals

At this point, you are already aware that your emotions are an excellent indicator of what’s happening in your mind – but did you know that emotions are also a feedback system from the Universe itself. Think about it – when something bad is happening in your life, you feel depressed, sad, angry, etc.

You feel these things as you examine reality. The tendency of some people is to dwell on these bad things. When you dwell on these bad things, you are sending out a signal to the Universe that attracts more negativity.

If we didn’t have any internal guiding mechanism, we wouldn’t be aware that bad things are already happening to us. Emotions tell us that we are broadcasting the wrong kinds of signals to the Universe! If you feel horrible, angry or sad, this simply means that your current frequency is attracting negative forces and events. If you change the frequency that you are broadcasting through your thoughts, the manifestations in your life will also change.

So whenever you feel down, force your mind to discard the negative thoughts. Dwell on affirmative thoughts and slowly embrace positive emotions as well.
As you do this, you will also discard the negative frequency that links you to the Universe, via the law of attraction. Do this and within days or weeks you will see a noticeable improvement in your life. The positive changes may not be big but they will come – because you have allowed these positive changes to occur by shifting your thoughts and emotions.

There shouldn’t be any separation when transmitting signals to the Universe – you should transmit affirmative thoughts and positive emotions simultaneously. Manifesting would be that much quicker if everything is balanced and in harmony – internally and externally.

The determination of the things that you want in life would also be easier since you are in pristine condition to do so. Without determination – nothing would happen. Without determination, the law of attraction will simply not work. But with the help of the law of attraction, everything that you need will come much more quickly than before.

Does this concept of simultaneous transmission sound awkward or strange, perhaps? If it does, try this exercise. Think of one thing that you want more than anything in the world. Meditate for a few minutes to clear your mind and place this thought at the very center of your mind. Keep your mind’s eye focused on this image and slowly give color to it.
Animate the thought. Breathe and live the thought. As you do so, begin to feel happy as if your biggest desire in life has already come true. Let the feeling of happiness spill over your entire body. Feel it in your chest, your tummy, your fingers and your toes. Imagine a radiant white light washing over you as you imagine your biggest desire.

Receive it and relish its presence. Close your eyes and give your one hundred percent attention to this one thought. After a minute or so, open your eyes but keep the emotion and thought with you at all times.

Whenever you feel sad or depressed, invoke this thought so you will continue transmitting the same signal continuously, day by day. Invoke this thought and the emotion that you have attached to it before you go to sleep so that you will continue transmitting good signals even in your sleep.