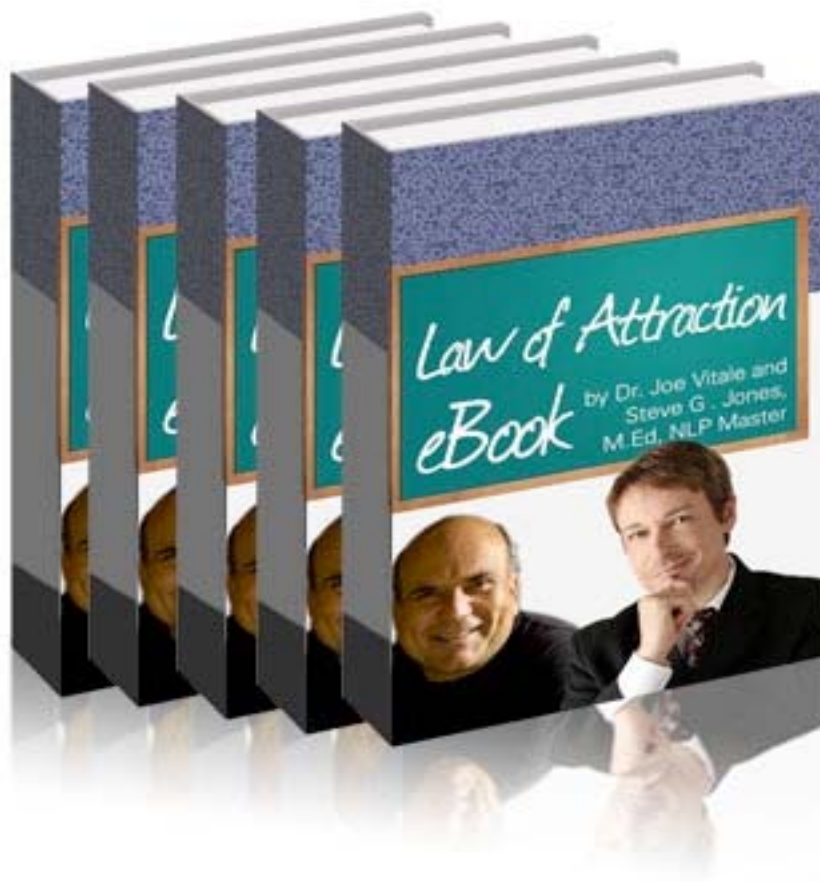


# Law of Attraction

## Basic Certification Course

### Book 4



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## Table of Contents

<b>Size Doesn't Matter .....</b>	<b>3</b>
<b>Establishing a Solid Connection with Desires .....</b>	<b>4</b>
<b>Are You Thankful? .....</b>	<b>8</b>
<b>Strategic Visualizing .....</b>	<b>10</b>
<b>A Simple Way of Purging Negativity .....</b>	<b>12</b>
<b>The Role of Forgiveness in Manifesting .....</b>	<b>15</b>
<b>Healing the Energy Channels.....</b>	<b>20</b>

## Size Doesn't Matter

Manifesting things requires diligence, because you have to be *in the zone* to receive all the best things that the Universe *wants* to give to you. *Size does not matter* when it comes to the law of attraction. To think that something is *too big* for you to receive is just plain wrong. Nothing is bigger than the Universe itself and its most primal law – the law of attraction.

The more you doubt the ability of the Universe to give to you what you need, the less the law of attraction will work for you. The law of attraction *wants* to give you what you need but you have to be clear about your desires and you have to *completely believe* that you have already received it. The Universe may have already responded to your requests but you just haven't been receiving actively.

If you do not actively receive, you will receive *nothing*. As for the time needed to receive what you have requested from the Universe, think of it this way: small things are easier to deliver than big things. But rest assured, if you wanted a large ocean liner to be yours, the Universe is doing everything in its power to attract one to you so that you can grab it for yourself.

Again, don't worry about the 'size' of your desire. Nothing is too big for the law of attraction. Just make sure that you are physically and mentally ready to receive what you have requested – because the Universe is getting ready to send it to you.

## **Establishing a Solid Connection with Desires**

One of the simplest ways to establish a connection with your desired outcome is to build *expectation*. Expectation is a powerful experience in itself. When you are expecting a positive outcome, all the negativity disappears and you instantly create a bond with what you want. The outcome that you desire is attracted even *more*.

Your positive transmissions will also be stronger and will *not waiver* as long as the expectation stays with you.

Expecting good things to happen will also have a profound impact even in the smallest details in your life. For example, if you are always worried about stressful days at work, *expecting* a better day at work and focusing intently on this one expectation will help change the negative cycle that has been causing so much grief in your life.

Expectations don't have to be big or monumental to begin with. Small, positive expectation can make all the difference in your life. Expecting *good things to happen* will help alter the signals that you are sending out to the Universe. This is yet another method of perfecting the first step in *approaching the Universe for your needs*. When you expect something, you are indirectly asking the Universe for something that you want. When there is expectation, redefined action becomes effortless, too.

Now there will be days that will not completely agree with your renewed positive outlook in life. There will be days when you feel that nothing is going right and it is very difficult to continue thinking positive thoughts and feeling positive emotions when these days roll in. What you can do during these times is to simply plan the following days through the process of *revision*.

Again, this process is not complicated nor does it require a high degree of skill. You see, the law of attraction pays close attention to even the minutest changes in your life. These changes do not occur instantly in physical reality. If you have been reading close enough, you would have understood by now that *nothing* in physical reality is *possible* without the power of thought and emotion.

Human civilization itself will not materialize without the law of attraction and all that it requires in order to create. With this in mind, you will understand now how important it is to *continue changing* any type of negativity that we may still have.

Bad things happen because we have attracted these events, whether consciously or unconsciously. The smallest gestures and decisions can attract either positive consequences or negative consequences. If you are *aware* that you are only attracting negative consequences at the moment, then a *revision* is in order.

Now, revision is another way of fine-tuning your own transmissions to the Universe. Revision is one method of *correcting* the frequency of your transmissions so you will begin attracting good things instead of bad ones. To prove the effectiveness of this method, we want you to remember a particularly bad series of events in your past.

Think back and *remember how the chain of bad events stopped*. It is likely that *one specific event* turned things around for you – and everything was corrected after this particular event. This one event changed everything because *it changed what you were attracting to yourself* in the first place. That is the power of just *one* positive change in one's life. Think of the power of a *hundred positive events*, taking place every day of your life.

We want you to *harness* the power of positive events such as this. This can be achieved through the process of *mental revision*. *Mental revision* can be performed anywhere, anytime. All you need is a quiet place where you can sit or lie down.

Once you are relaxed, think of all the events in the day that *did not* play out as planned. Animate these non-ideal moments in your imagination and *change the event*. For example, if you had an unnecessary argument with your spouse, recall the moment and change the direction of the argument so that it will be resolved. Do this until you have corrected or changed all of the unfortunate events that have transpired during the day.

Mental revision is performed to ensure that all your signals to the Universe are *corrected* so that positive events will be attracted *the next day*. We can do nothing about the time that has already passed, but we can do *a lot* about the days and months that have yet to come.

## **Are You Thankful?**

Thankfulness is such an underestimated trait that people barely slow down to think of the things that they should be *happy and thankful for*. If you want to attract *more positive things* in your life, you should also learn how to be more thankful. As a practitioner of attraction and manifesting, it would much easier for you to attract *more positive things in life* if you knew what these things *were* in the first place. Some people ask for cars, gadgets or even a new partner in life.

But our question is – what is it that really matters to you? What would really make you happy in the long term? Because if you are going to exert a lot of effort to use the law of attraction and your renewed, positive relationship with the Universe, you might as well attract the *best things in life* first. And believe us when we say that it is not just wealth that can make you happy.

Even the wealthiest people in the world will attest to the truth of our previous statement. Sure, wealth is a necessity in today's world and in many cases; wealth can really transform a person's life. But the challenge of attracting a more meaningful and satisfying life does not end with the quest for wealth. Wealth is just one part of the equation – and your life will *become* more meaningful if you fill in the missing parts of your life's puzzle.

Thankfulness or the practice of gratitude will *help shift* your perspective in life. If you feel that your life has been going nowhere these past few years, gratitude will change all that. Thankfulness will help *redefine* your own view of what is really happening in your life. You might be surprised how *many* things we should be thankful for.

The practice of thankfulness is tied integrally with the mental and emotional shifting we have explored early in this course. And of course, this all leads back to the basic principle of the law of attraction which is “like attracts like”. If you want to end the negativity in your life, *you* must first be aware of the *positive* things you already have.

Being thankful is a systematic approach to identifying these positive aspects in your life. By being more thankful for these positive aspects of life, we also break the vicious cycle of dwelling on the negative. How many times have we ignored the rest of our life because of debt, spousal problems, etc.? How many times have we failed to see the beauty of the Universe and one’s life because of temporary problems?

Thankfulness is not limited to personal contemplation of the positive and beneficial things in our lives. Showing others that you *recognize* their value and being thankful for that can also do wonders with your personal relationships. With this practice, you will also attract better relationships and fewer problems at home and at work.

## Strategic Visualizing

Visualization is such a big part of manifesting that we simply have to tackle it early in this course. Normally, people associate visualization with mere imagining. It is true that without the human imagination, visualization would be impossible. But that doesn't mean that you are *just* imagining. Remember our own theory of creation and manifesting? Without human thought, creation would be impossible. Thought is more than just synapses and electrical signals in your grey matter – it's the very stuff that animates your life and the world around you.

Visualization in the context of the law of attraction is quite different from plain imagining or fantasy. Are you ready to try it? Good – here's how it works. First find a quiet place where you can practice visualization. An ideal spot would be a quiet spot in the house that is cool and has low lighting.

You don't need extra distractions so if you can go to a room without any kind of noise, that would be ideal. Now focus on *one* thing that you want the most at the present time. Put this mental image at the very center and dwell on it.

*Feel it* and jump *into* the image as if you already have whatever is depicted in the mental image. If it's a new gadget, imagine yourself using the gadget, enjoying its features and getting a kick out of having *owned* it already. Make this simple visualization an

immersive experience. Do this for about a minute before slowly opening your eyes to end the strategic visualization.

What did you notice about the visualization? What did you *experience* during the visualization? The most common answer (which is also the simplest answer) is *happiness*. People feel extremely happy during such visualizations because they *experience creation firsthand*. You see, before anything can fall into your hands, it must first be *created* by your mind.

At a very basic level, you must first *attract and create* what you want through strategic visualization before you can actively receive it.

Visualization is not just imagining – it is actually an act of active creation. Visualization is one effective method of attraction and manifesting. As you create through strategic visualization, you are also transmitting powerful frequencies. And as we have already discussed, these frequencies *will* be reflected back to you by virtue of the law of attraction.

## **A Simple Way of Purging Negativity**

Negativity is the single biggest killer of attraction and manifesting. You have nothing to gain when your mind and heart are both in the negative realm. The negative realm attracts disease, debt and everything imaginable that could make your life a living purgatory.

This is the reason why we should do everything in our power to purge negativity from our lives. But how can we do this without spending too much time going over thousands of ill feelings and bad events that have already passed? There is a way. This technique is so familiar that many of you would have little trouble applying it. It's called the love method.

Many theorists have already touched upon this technique and you will gain a hundred fold in your quest for abundance and happiness if you learned and *applied* this method every day, from now on. The love method is quite simple actually: you must declare love for anything and everything that comes your way, even if you are suddenly confronted by misfortunes and not-so-positive events.

This may sound strange to some of you at the outset, but if you sincerely say "I love you" to both positive and negative things in your life, what you are actually doing is you are *purging* all the negativity while keeping the affirmative/positive thoughts and emotions intact. This purging or cleansing is performed so that your mind will always be clear to

receive what you have been attracting and manifesting. Love is actually a ‘complete package’ for the law of attraction.

Let us explain: the law of attraction requires several essential components before it can truly work for you: affirmative thoughts, positive emotions, genuine desire, gratitude, redefined action and active receiving. When you add love to the whole equation, *all of these components* manifest automatically. Because when one *loves*, it is impossible for anything negative to arise.

When one declares love for something, one becomes *thankful* that the event, person or circumstance is there in the first place. You start to see the positive aspect of everything that exists in your life right now. The smallest of things become gifts that are cherished. Challenges become less daunting and you are now searching for life lessons and silver linings, instead of excuses to give up and dwell on the negative.

Positive emotions and thoughts are automatically brought to the surface when you love something. You will feel light and happy as the mental and emotional baggage evaporates.

Saying “I love you” to the worst of situations also helps revitalize our minds and hearts and makes everything that much more manageable. This ritual purging is necessary if you want to sustain the effort of manifesting the things that you want the most. Because let’s face it: modern society can be challenging.

But a significant portion of our *living experience* is dependent on our thoughts and emotions. The world itself would be utterly meaningless without our thoughts and emotions. Life and creation would be impossible without your thoughts.

That’s why we have to protect your positive thoughts and emotions with the love method. Frequent declarations of love also facilitate better relationships with people. You don’t have to say it out loud. You just have to remember to *love* more than complain or hate. The changes in your life will be nothing short of monumental. Start loving today – you have everything to gain and nothing to lose.

## The Role of Forgiveness in Manifesting

Do you feel that despite your best efforts, something is still holding back what you are trying to manifest in your life? Do you feel that there is a solid gate between yourself and what you wish to receive? That obstacle may be *lack of forgiveness*. And like all other things that belong to the realm of the negative, lack of forgiveness has a large impact on a person's ability to manifest his or her desires.

Let's face it; modern society is rarely a forgiving society. From childhood, we have been taught that good deeds are rewarded while bad deeds are punished.

There is no real middle ground. Judgmental attitudes stem from this basic belief that forgiving has no place in a progressive society. Why forgive if you can punish? Why bother forgiving somebody if you can ostracize the person and forget about everything about the person?

Some people may not even consider this a problem. But let us consider this issue further, since we want you to be in the best position when you are ready to manifest your desires. When a person does not want to *forgive* someone or *something* (i.e. a bad event in one's childhood) he must hold on to a lot of clutter and baggage so he can remember *why* he doesn't want to forgive in the first place.

Forgiveness is as easy as breathing fresh air (if you are finally *willing* to forgive, that is). *Not forgiving* someone or something takes a lot effort – both mentally and emotionally. The majority of people on this Earth have a hard time forgiving because many folks fear that if they *do* forgive, they run the risk of being duped again. People associate forgiveness with *weakness* and *uncertainty*, especially if someone has really caused harm or injury (in whatever form).

But think about it: who is really the victim when you hold a grudge against a circumstance or a person? Who is being *harmed* on a daily basis?

If someone tricked you or stole your cash and you *do not* forgive that person for twenty years, who really won? Was it you or the person who wronged you in the first place? If you view forgiveness from this particular perspective you will begin to see how *injurious* non-forgiveness can be.

You don't gain anything from holding grudges. You are not strengthened by not forgiving people. You are actually *weakened*.

When you have a long-standing grudge, your mind dwells on anger and resentment. You *feel* that you have been horribly wronged by someone else and you feel injustice in your bones. You *feel* that people are really out to get you and the world is an evil place. You *feel* and *believe* that you are a victim and justice will probably never come.

Forgiveness resolves all of these negativity and complications. It *frees* you from the bondage of resentment and allows you to heal inside.

Now, after forgiving those *around* you, you must also learn to forgive yourself. Some of you may think: well, I'm not angry at myself at all. If you have genuinely forgiven yourself already, then that's good. But if something at the back of your mind is still causing feelings of guilt and sadness, that is a sign that you may have unresolved issues with *yourself*.

It is never too late to forgive yourself. Remember –if you do not learn how to forgive yourself, you are setting yourself up for a lot of failure down the road. Non-forgiveness in itself is a *limiting condition*.

It is a roadblock that only you can tear down and remove. If you don't forgive yourself for past mistakes and misdeeds, you will never feel that you *deserve more than what you have now*. This applies not just to wealth (general abundance) but also to other things like happy personal relationships, etc.

How can you improve your ability to forgive people? We must remember that slights and grudges arise primarily because of our own judgment of people and their actions. It is *judgment* that ignites anger and indignation. We are not saying that you should let go of

your common sense or anything like that. But if you want to forgive someone, there should be some degree of letting go – of your judgment, that is.

Here's an example: let's say someone borrowed your laptop computer and never gave it back. After two months you hear that the guy who borrowed your computer now lives in another city across the country.

You become extremely angry and you call your former friend a scoundrel, lowlife and thief. You hold on to that anger because in your mind, you repeatedly rehearse your judgment of the other person. After a few years, you still say to your friends that even the sound of the other person's name brings a bad taste to your mouth.

What's wrong with this picture? Sure, taking your laptop computer was definitely wrong. But what made the situation worse in this situation? That's right – your judgment of the other person created an entire world of anger and resentment. Your *personal judgment* is keeping you from forgiving the other person. It is your judgment of the other person that will continue to plague you.

If you relinquish your hold of your personal judgment, forgiveness will come more easily. Once you let go of your initial personal judgment, you will also begin to see *motivations* to forgive.

Motivation doesn't have to be special. For example, *peace of mind* is a good motivation. Having grudges does not give a person peace of mind. It does not give you any kind of peace *at all*. Resentment rises to the surface every now and then, and this not good if you are trying to manifest positive things in your life.

This method of purging negativity in your life may sound too extreme to some people, especially to those who have suffered from genuine injustices in the past. And we admit – this method takes time to learn and apply in real life.

Why are we advocating forgiveness? Look at it this way: from the viewpoint of the Universe itself, past actions *are* past actions. What has been done has already passed. The Universe does not dwell on past mistakes or anything that has already been done. It doesn't matter anymore.

The Universe does not attract stuff that you tried to attract twenty years ago. The Universe and the law of attraction are obedient only to what is happening in the *present* and what you are planning in the future.

So essentially, holding on to the past is not necessary at all. And here's another thing: holding grudges and being an unforgiving person requires a lot of energy. People have a natural tendency to shift to the positive realm. Dwelling in the negative realm requires

double the energy and the effort. So in the end, you really are just wasting energy on something that you cannot do anything about anymore.

It's good to learn from past mistakes but the learning process does not require grudges or resentment. You might feel that resentment is a good reminder to avoid certain kinds of people but it's not. Resentment is not positive or transformative; it is in fact negative and counter-productive.

So when we say "forgive everything and everyone" we really do require that you let go of your judgments so you can believe that nothing bad has been done to you. By relinquishing the last strands of anger and resentment, you can begin to form happier and more positive thoughts and emotions. Don't let history hold you back – forgive completely.

## **Healing the Energy Channels**

Traditional Chinese medicine stipulates that the human body operates on the basis of energy channels. When a person experiences disease or any type of malaise, one or more of these energy channels are obstructed. To establish harmony and relieve unnecessary stress on the human body, it is believed that these blockages should be removed. It is a good thing that it's fairly easy to do this on your own. Stress and negative emotions can all obstruct the normal flow of energy throughout the body. If energy channels in your

body are blocked, manifesting becomes doubly difficult because your mind is *not focused* on the act of manifesting and attracting what you want. We have prepared a short, step-by-step guide to remove blockages in your energy channels:

1. Find a quiet place to lie down.
2. Close your eyes and take deep breaths. Each breath should be between five to ten seconds long. Feel the stress and anxieties evaporation with each breath.
3. Imagine that you are able to see within your body. Find areas on your body that are experiencing tension or pain.
4. Once you find an affected area, what do you see? Some people see three dimensional objects while some see merely areas of color. Some even describe the affected areas by the emotions they detect.
5. Hold an internal dialog with the affected area. Ask why the area is there and acknowledge its presence.
6. Ask yourself: are you willing to release this affected area now? Visualize releasing the area of tension.
7. Ask yourself: is there something that might help me release this affected area?

As you hold a dialog with your own body, you will notice changes in your visualization. This is your body telling you that it is trying its best to adjust itself and find a renewed balance.