

THE AMERICAN MONK

LESSON 3

by
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The Law of Attraction & You

There is a wonderful story about the disciple who went to his guru and asked:

“Guru, I seek enlightenment. How do I get to it?”

The guru explained that enlightenment will come when we desire it, that our reality is created by giving our attention to those things we want the most.

“But I desire it. Why has it not come to me?”

“Because you do not truly desire it” replied the guru.

The wise guru knew that a mere craving or simple want was not enough to turn desires into reality. He knew that he would have to show his disciple the degree of desire necessary to achieve such a manifestation.



be grateful for what you have





In just a second, I'm going to tell you how the guru demonstrated such a deep level of desire and even more importantly, how you can achieve this same level to create the reality you've always wanted.

But first, I want to back up just a bit and share with you a story...

THE STORY OF THE DENTED FENDER

While teaching a class many years ago, some of my students and I left to go out for lunch. As we approached my car, we saw that it had been hit and whoever had done it had driven off without even leaving a note. The three students looked at me and waited for the blowup.

It's true. When I first saw that dented fender, my mind flew off into all kinds of directions. For a moment I could feel irritation and my body tightening with anger, and I knew immediately I had to redirect that negative mental activity. So I focused on finding a way to change the negative thoughts into positive action.

Jumping into the car I said to the three, "Let's go. There's a body and fender shop just down the street."

"You going to get it fixed right now?" one of the students asked.

"Nope." I answered,

"What I'm going to do is to get a price on what it costs to repair the dent, and whatever that price turns out to be, I'm going to create something that I'm not doing right now, and I'm going to make three times the cost of the dent."

We drove to a nearby shop and I was told that the cost of repairing the fender would be \$450.00. I immediately tripled the figure and thought, "\$1,350, I've got to earn \$1,350 with something new."

Now whenever I looked at the dent in my fender I didn't mentally start cursing the person who dented it and ran off. No, not at all. Now when I looked at the dent I thought, "\$1,350.00, I've got to earn \$1,350.00."

I kept thinking about how I could make that amount of money. It had to be something that I wasn't doing at that time. I thought about it, and finally came up with the answer.

I would create a brand new seminar for my friends. If they liked it I would send out a mailing to all the people who had been through my classes, and would set a goal of making \$1,350.00 from it!

And so I put the seminar together and did it free-of-charge for fifteen friends. They loved it. I then sent out a mailing and conducted the new seminar. Imagine my surprise when I realized that I had made more on that seminar than the new car cost! And all because someone dented my fender.

The Law of Attraction: Why Wise Monks Refuse to See the Negative Side of Things

Instead of focusing on the negative repercussions of the event, I turned my attention to the positive possibilities that could come from it.

But to do this, I had to understand the power behind my thoughts.

YOU THINK YOUR WAY INTO REALITY

You might remember in the last lesson, I asked you if it was necessary to believe in a specific emotion in order to actually have that emotion. In other words, was it possible to be angry or sad or envious if you didn't truly believe that you felt that way?

And if you thought about this question, you quickly realized that the answer was no. You can't be angry if you don't believe that you are, just as you might find it hard to smile when you believe you're having a bad day. This is because what we believe is truly what IS.

***Our thoughts create
our reality, right
down to the very
last detail.***



Do you recall our discussion about the negative self-talk that often accompanies depression? This self-talk is a way of reinforcing your beliefs that you are incompetent, unattractive, unsuccessful and/or undesirable. Once we believe that we are "less" than the rest of the world, we will in fact behave as if we truly were. We'll expect bad things to happen and of course, they will because we are giving those thoughts all of our energy and focus. The Universe then creates that reality, proving our assumptions to be true.

A VICIOUS LITTLE CIRCLE ISN'T IT?

And of course, the depressed person will never believe that they are creating this reality themselves. Instead, they have been dealt a rotten hand of cards by fate. They are just destined to fail no matter what they do, so why even try. They will never amount to anything in life because success just isn't meant for them.

But stop for a minute and think about just how ridiculous that thinking is: regardless of what God or Higher Consciousness you believe in.

“If we believe that we live a prosperous and abundant life, then that is exactly the kind of life we’ll experience. Likewise however, if we believe that nothing is ever going to go our way, that we move around with some sort of black cloud hanging above us at all times, that black cloud will most certainly always be present.”

Do we really think that our creator would pick and choose some to have wonderful fascinating lives while dooming others to suffering and despair? What kind of creator would that be? And what purpose would such a system serve?

It is not a higher power that determines if we will enjoy success or suffer failure. It is not a higher power that leads us to our soul mate or insists that we remain alone. It is our own state of mind, our own ideas and beliefs about who we are and what we deserve.

This is true no matter who you are. Regardless of where you were born, how much money you have or what kind of childhood you remember, **your thoughts are what create your existence.**

This is important because the universe doesn’t distinguish between “bad” and “good.” It simply responds to the desires you send out. So, if you believe things are good, then things are truly good. If you believe things are bad, then you can be sure things will always be just that.

THE THREE TYPES OF REALITIES WE CREATE FOR OURSELVES

Why was I not upset by the dented fender?

Because I knew I could not AFFORD to be upset. My thoughts, just like yours, shape my reality.

If I allowed myself to be upset, my dominant thought would be on the feeling of frustration, the stress of getting it fixed, the worry about finding a mechanic that would not overcharge, the anger at losing \$450 from someone else’s mistake....

These thoughts would not do me any good. Worrying about being frustrated or losing money would just attract more frustration or lack of money into my life.

So, to pull myself out of this negative spiral, I sought to turn this into an opportunity. I looked at the fender and set a goal to attract 3 times the cost of repairing it.

As soon as I set this goal, my dominant thoughts were now on attracting money. The dented fender became a non-issue.

I had pulled myself out of the “current reality trap.” I had avoided a negative reality and instead created a new positive one.

And that new reality manifested rather quickly...

To understand what's going on here, you need to understand that when it comes to the Law of Attraction, there are three kinds of people.

Type 1: The Negative Thinker: You believe that your life is plagued by bad luck. Perhaps 40% of the population fit this mold.

Type 2: The Ordinary Joe: Quite happy with where you are in life, but occasionally worry about losing those things you hold dear such as your job, your relationships, your income, your health and so on. Perhaps 58% of humanity fits this bill.

Type 3: The Creator: Pays little attention to the current reality or to negative things. Focuses on attracting into their life new, wonderful experiences. Less than 2% of humanity has come this far.

Now it's important to note that throughout life we may bounce between these stages. Even a Type 3: Creator may fall into a negative spiral at some point, perhaps during the death of a loved one.

And a Type 1: Negative Thinker may occasionally experience profound joy, such as during the start of a relationship (but they often cause these to end due to their own self-sabotaging mindset).

In this lesson, you'll learn where you stand. And I'll provide an audio to help you move towards being a Level 3: Creator. At the current evolution of humanity, less than 2% of us have attained Level 3. We're mere infants when it comes to self-realization. My goal, with these

free lessons, is to help move another 1 million of us to level 3. I hope you'll help me by sharing these with your friends.

Now let's explore these different types of people and figure out where you stand...

TYPE 1: THE NEGATIVE THINKER CREATES ITS OWN AWFUL REALITY

A negative thinker is someone who expects the worst. They just know things are going to turn out badly, no matter what the potential might be for success. They see the world as a greedy, selfish and conniving place, full of people who are ready to "get the best of them" every chance they get.

They expect others to lie, cheat and steal. They assume that they won't get the promotion and what's worse, it will be given to the new guy that they trained. They believe that they will always live payday to payday because they just can't seem to get ahead. And no matter how hard they might try, the Universe just seems to be out to get them.

The ironic thing is, negative thinkers are usually right. They won't get that promotion and they'll always have the experience of just barely making ends meet. They'll encounter the rudest of people, pay the highest of prices and find that they suffer a variety of setbacks, illnesses and defeats. "I knew this was going to happen," they'll tell you and in truth, they absolutely did.

This is because for the negative thinker, their real desires – the abundance, prosperity and

happiness – are overwhelmed by their belief that things are never good. Rather than give their attention and energy to the things they truly want, they instead focus on all the bad things that might be coming their way.

And as we’ve already discussed, the Universe simply responds to your flow of energy...

The negative thinker clings to this mindset because it prevents them from being disappointed. After all, if they expect the worst, they won’t have to deal with the emotional letdown when the worst comes along. If however, things turn out well, that’s just a nice surprise.

This kind of thinking gives the negative thinker a sense of control. They get exactly what they expect and while it isn’t really what they want, they know how to prepare for what’s coming. You might know such people. They are the friends who always seem to have the worst “luck”. For example:

- * Their car breaks down every other day..
- * Their washing machine just went kaput
- * Maybe they’re having marital difficulties but you notice that they don’t really seem to be doing anything to fix the problem...
- * They just seem content with complaining about how bad things are at home...

Maybe they’ve lost their job and can’t find a new one or they have a job, but it’s the worst place in the world to work. Of course, they don’t bother looking for something better or if they do, “no one wants to hire them”...

Life just seems to be an endless stream of bad experiences for these people and while you might want to help your friend pull out of their rut, they have a counter argument for every solution you might offer.

If you’re a negative person, or if you find yourself falling into the negativity trap, let me help. The first technique you will learn in this lesson will help you avoid negative spirals. It’s called The Energy Shield.

The Energy Shield is a technique to prevent negative thoughts or the negative energies of others from affecting you. Think of it as wrapping yourself in a protective bubble of energy.

At the bottom of this lesson, you can download a guided meditation where I will guide you through using this technique.

But first, let’s go on to the next stage. You may not be a negative thinker, but you may be “ordinary.” These are people who have good things in their life, but rarely strive for more. Worse, they often worry about losing what they have.

I’ve got news for you. What you fear to lose – you almost always will lose. Unless, that is, you learn to give up your fear.

TYPE 2: THE ORDINARY, UNFULFILLED JOE.

Ordinary Joe represents most of us. They are content with where they are, mostly satisfied, but

their lives are filled with worries and fears – of health, lost relationships, loneliness, ill health, aging... the list goes on.

The problem with this belief system is that the ordinary thinker can never evolve.

They will never get to experience the elation of success because they won't waste their energy on the possibility that it could happen. Instead, they simply continue to recreate the same set of circumstances which of course, produce the same set of results.

THIS IS CALLED THE "CURRENT REALITY TRAP.

Ordinary Joe's are the opposite of goal-setters. Rather than aspire to do great things, their minds are dominated by the day-to-day thoughts that keep them trapped in an ordinary life.

These include office politics, fights with their spouse, health problems, car problems, money problems—it's an endless list. Ordinary Joes have yet to discover the powerful nature of their thoughts—and so they are prone to one of the most dangerous mental habits—WORRYING.

DON'T WORRY, BE HAPPY

Inspired by a famous quote by Indian guru Meher Baba, this uplifting little tune was recorded by Bobby McFerrin in the 1980's and even won Best Song of the Year in 1989. While many believed that it promoted a state of denial, the message was actually much more profound.

"Do your best," said Baba, "and then don't worry. Be happy."

Though simplistic in its nature, this concept captures the essence of the Law of Attraction, a law that has been true since the beginning of time. Basically, it works like this:

We attract what we think about. Whatever we give our energy to is what is drawn to us.

That's why it's so important to maintain a positive state of mind and avoid negative thoughts—if your energy is expended on negative possibilities, what do you suppose the universe will send your way?

Worry is one of the biggest and most debilitating ways to conjure up negative energy. When we worry, we're actually hoping that something bad doesn't happen, whether it be an event, an encounter or a set of circumstances we want to avoid. But the very act of worrying about a thing puts that thing at the center of our attention. We dwell upon it, we dread its coming and we ponder the various ways we can counter the event if by some chance it does actually appear.

That's a lot of energy going into something you don't want. Inevitably, the thing you've worried so much about will eventually be drawn to you. It has no choice – by giving it all of your attention and energy, you've told the Universe that this is what you expect.

That's why when you worry about losing

something, you actually push that thing away from you. You will lose it simply because you believe that it is slipping away.

Likewise, if you worry that something is coming, that thing will most certainly arrive, just as you believed that it would.

Either way, you knew it was going to happen. It was just a matter of time.

Now let's look at where you should be...

LEVEL 3: THE CONSCIOUS CREATOR

As you begin to discover the importance of your intentions or rather, the desires you give your energies to, you may also be noticing that the strength of those desires will determine their ability to manifest.

Remember the story of the wise guru I began earlier? Wanting to teach his disciple how to achieve enlightenment, he knew he must show him the level of intent needed to manifest his desire.

To do this, the sage took the young man down to the bank of the Ganges River and had him kneel with his head over the water. Then the guru put his hand on the young man's neck and pushed his head below the surface. After a minute and a half, the young disciple was frantic. He pulled and heaved and flailed his arms, but the guru did not let him up. He could not get his head out of the water no matter how hard he tried. After two minutes, just when it seemed as though his lungs would burst, the guru released

his grip and the disciple lifted his head, eagerly gulping the air that awaited him. The guru smiled.

"Tell me," he said. "*What was your greatest desire just now?*"

"To breathe," the young disciple said, exasperated.

"Ah," said the guru, "*when you desire enlightenment to that degree, it shall be yours.*"

WHAT DEGREE IS YOUR DESIRE?

Do you want it as bad as the young disciple wanted to breathe, or is it simply a passing fancy; a "wouldn't that be nice" kind of want?

Does your intent fill every inch of your being or does it simply cross your mind now and then?

When we desire something, our level of intent determines how much energy this desire will receive. Many of us desire to be healthier for example, but to what extent? Is that desire so strong that we change the way we eat? Does it cause us to exercise and take vitamins? Or do we continue with our same lifestyle, unwilling to make the changes necessary in order to achieve our results?

When the disciple desired to breathe, that desire went well beyond a novel idea. He strained for it, he struggled for it and he devoted every ounce of his energy to achieve it. On a scale of 1 to 100, his desire ranked right up there at the top. So, now I pose the question to you: Where do your

desires rank? On that same scale of 1 to 100, would your desires rank a 10? A 20? Or like the disciple, do you pour yourself into your intentions and give them the energy they deserve?

THE SECRET OF MANIFESTATION

The Law of Attraction is also a belief system, but one that requires no judgment or limitations in order to remain true. It doesn't discriminate and it isn't selective. It just simply "is," equally, evenly and without fail.

*To put the Law of Attraction to work,
you only have to have the expectation
that a thing will occur.*

That's right, expectations. The same expectations that can limit your experiences can also be used to enhance them.

Expectation is nothing more than your belief. A belief that an event will occur or that a particular circumstance will present itself. Through expectation, you can draw those things to you that fit with your desires and at the same time, you can repel those things you don't want, simply by removing any expectations of them.

The problem with using the power of expectation is, again, that little thing called belief. If you say "I expect "this" to happen," you also immediately hear that little voice that says, "are you kidding?"

The trick is to show the little voice that you're not kidding at all. You're actually quite serious. As you begin to plant your seeds, you'll notice that things start to happen. Maybe they're little

things at first, a chance meeting with a specific person for example or a new idea that would put you closer to your goal. This is cause and effect, and it is the method by which everything manifests.

Pay attention to these little things. Don't ignore them or brush them off as coincidence. Each time you notice a new effect, consider it one of your 100 first tries. Manifestation doesn't happen overnight. You can't simply wish for a million dollars and then discover that your bank account has magically grown the next morning. The Universe doesn't work that way.

Instead, the seed that you planted to create a million dollars will grow into a million opportunities. You'll be presented with new ideas and possibilities. Again, this is cause and effect. The Universe will present you with what you need to achieve your goal. It is up to you take advantage of each opportunity.

And each time that you do, you are reinforcing your new Truth. You are breaking away from the voice that says, "I can't" and replacing it with the inherent belief that, "Oh yes I can!"

The more you manifest, the more this belief is reinforced until, like any other belief system, it becomes a fundamental part of Who You Are. You become the gymnast who can flip in the air without a second thought. And all because you believe that you can.

LEARNING TO THINK BIG

As you begin to practice manifestation, I'd like

you to pay attention to the things you choose to manifest. Are you broadening your horizons and “thinking big,” or are you staying close to home, careful not to venture too far outside your comfort zone?

We have been conditioned to think in small steps. For the average man or woman, the idea of becoming a great leader or attaining great wealth is nothing more than a far-fetched fantasy. Not that we wouldn’t enjoy it of course, but in our hearts, we don’t believe we possess the moxie to get us there.

This doubt is nothing more than a lack of self-esteem. We have been taught to “make the best of what we’ve got” and not set our expectations too high; well-meaning concepts meant to

protect us from disappointment and selfishness. But the result is that we have learned to believe that we are not capable of greatness and this is simply not true.

People who have attained Level 3 and have become Conscious Creators know that they lead lives without limits. They know that the power of their thoughts determine the reality they move into.

Lesson 3: Download & Listen To The Energy Shield Technique [here](#).

