

**TOP  
3  
UNIVERSAL  
LAWS**

# The Top 3 Universal Laws

There are many Laws of the Universe. This report will give you what I consider the top 3 Laws that will help you create your ideal life or business. This is an overview of each Law and steps on how to implement them.

Of course, as with anything, you need to take action. Knowing something isn't enough as there is an action component tied to it. Without taking action on the knowledge you gained it becomes entertainment. Of course it also always helps to have a coach or an accountability buddy to help keep you on track as well. So let's dig into the top 3 Universal Laws.

# Law of Attraction

I would like to start out by asking what you think the law of attraction is?

Who has heard about the universal law called the law of gravity? Do you know how or why the law of gravity works?

So is it fair to say then that we do not have to know why or how the law of gravity works we just know that it works. Would that be a fair statement? The same is true about all of the universal laws but the most powerful and well-known of these universal laws is the law of attraction. We do not have to know why or how the law of attraction works but just know that it does work just like the law of gravity.

The movie the secret, in my opinion, did a disservice to most people as to how it came across. Most people not familiar with the LOA thought that all you have to do is think of something and keep thinking about it and something would magically appear.

What the movie didn't tell you is how to use the LOA and it is more than just thinking positive thoughts and focusing your thoughts on what you want. It has to do with feelings and the vibrations you are putting out.

When I first started teaching **Law of Attraction** to larger groups of people, a common question I was often asked was, "Isn't this just positive thinking?"

Well, thoughts **are** part of **Law of Attraction**, but it is the **feeling** (vibe) behind the thought that is most important. There are only two vibrations, negative or positive. We know when we are emitting or sending out a negative vibe because we feel negative when we do that. The words we use and the thoughts we think cause us to send a vibe (vibration). **Law of Attraction** has only one duty; **it matches vibrations**. To know what vibration YOU are sending right now, check TWO things. Are your feelings positive or negative, and what you are attracting? You **always receive** a simple reflection of the vibration you are sending or putting-out.

I like Michael Losier's definition of the law of attraction. "I attract to my life whatever I give my attention, energy and focus to, whether positive or negative." That is about as simple explanation of the law of attraction is you are going to get.

I am going to talk about some things tonight that most of you are familiar with yet I might put a different spin or a different perspective on it for you.

In the movie the secret they got part of it right when they wanted you to focus your thoughts on what you want. Where the movie let us down is the rest of how the law of attraction really works and what the law of attraction really is. Why is it that we should focus on what we want? What makes the law of attraction work if we focus and keep our thoughts focused on what we really want?

1<sup>st</sup> I would like to cover briefly because most of us know what this is already the conscious and the subconscious mind and what each role-plays. Our subconscious mind is our hard drive. This is our habitual mind where all of our habits and beliefs are stored from the time we are small child. Our beliefs and our habits start to be formed at an early age by what our parents are doing and saying to us.

**“It is now widely accepted that by the time we are seven years of age, 90% of all the learning and knowledge we will have in our lifetime has been absorbed.** - We will have learned to walk, talk, think, and have many of the coping skills required for survival. It is this programming that will influence whether we will succeed in life's endeavors or not. During this time frame we will also develop the beliefs that we have. Beliefs around success, relationships, body image, and who we are in the world are developed within that key first seven years. We can equate this time as a time where we are receiving and being programmed. Programmed to be successful or fail, programmed to like ourselves or not, programmed to live a happy and carefree life or not.“

How our mind works – how beliefs are developed - **Our life unfolds, for better or worse, as our mind goes through the following steps. 1) Things stimulate our senses and create thoughts in our conscious mind. 2) The thoughts are sent to our subconscious mind where** you interpret events in your life that is also a habit and can result in either a positive or negative attitude. This is how the subconscious mind works to control your life. All the habits and beliefs you're holding onto in your subconscious are working to keep everything in your life the same. You have a habit of making a certain amount of money, a habit of having successful or unsuccessful relationships, a habit of eating a certain amount and type of food, a habit of exercising regularly or not, a habit of having a positive attitude or a negative one, a habit of procrastinating or taking consistent action. The list is almost endless.

The conscious mind is where all our decisions are made. This is where we can start to change our beliefs and our habits into the ones that support our goals and our dreams. Most of you know that 90 to 95% of what we do on a daily basis is unconscious. That means we are operating on autopilot about 95% of the time. What that means is our hard drive or our subconscious mind and our beliefs and our habits are in control.

So the results formula that I have created is called  $T + B + A = R$ . Our thoughts become our beliefs our beliefs drives our actions and our actions equals our results. So what you are operating on is autopilot and you are not getting the results you want in any

area of your life than you have to take a look at the actions that is getting you those results. Then you take a look at the beliefs that driving those actions is your internal programming and then you want to take a look at the recurring thoughts that is adding to those beliefs.

This is where awareness comes in because the 1<sup>st</sup> step in change is awareness. When you become aware of your thoughts and those thoughts are negative or going against your dreams or beliefs this is where your conscious mind takes control and you then make a decision to either restate that thought or belief or to leave it be. This is where you 1<sup>st</sup> start your reprogramming process to start changing your beliefs and your habits.

You are probably wondering what this has to do with the law of attraction. Again it is about focusing our thoughts on what we want. In one of our meetings last year I spoke about the farmer's field and how the field does not care what gets planted in it but gives the farmer back exactly what he plants in it. That is the same thing with our mind as well. It does not care what we plant in it but will give us back exactly what we plant in it.

That is why being aware of your thoughts becomes important because you want to get back exactly what you planted in it deliberately. We are always in a constant state of creation. Most people create their lives by default which means they just let circumstances in life take its course and there just along for the ride. Most of these people are usually not satisfied with the life they lead. They accept a life they lead and accept mediocrity into their life because their parents did and their parents did before that. They do not know how to get out of this rut of mediocrity.

Then they hear about the law of attraction and they try it. They focus their thoughts on what they want and they never receive what they want. Why is that? Well it has to do with 2 things. The reticular activating system and their belief system and the vibrations that they are putting out.

We can focus our thoughts on what we want but if we have a limiting belief that we will actually receive it the vibrations that we put out are on the negative low-level vibrational scale and we will always attract whatever vibrations we put out.

The reticular activating system works hand-in-hand with the law of attraction and without the reticular the law of attraction probably would not really work. The reticular activating system, and we touched on this in our last meeting, is what helps us see the opportunities that we have that are already there but we are not seeing.

This is why it is important for you to focus your thoughts on what you want. This sets your reticular to start looking for the opportunities that is going to be presented to you to manifest into your life what you are wanting. The opportunities are already there but

you just do not see them or recognize them because your reticular is set to something else.

**Law of Attraction** has only one duty; **it matches vibrations**. To know what vibration YOU are sending right now, check TWO things. Are your feelings positive or negative, and what you are attracting? You **always receive** a simple reflection of the vibration you are sending or putting-out.

The words in a positive sentence can indeed be positive, however, that does not mean you will feel positive when saying them. In the follow sentence, how many of the words are positive?

***I have a happy, slender body.***

Did you guess 2 or more? The words "happy" and "slender", right? If that wording describes the body you want to attract, happy and slender matches your goal (or desire).

Now, as you say these words, they may cause some thoughts like:

*Well, I don't really like my body (negative vibe)*  
*It does not look happy or slender to me (negative vibe)*  
*I feel bigger than ever before (negative vibe)*  
*I don't like my stomach (negative vibe)*

Your one sentence, "I have a happy, slender body" has now generated a negative vibe from you. And as always, Law of Attraction responds in the same way it always does. It matches the vibration you are sending!

**LAW OF ATTRACTION** RESPONDS TO HOW YOU FEEL ABOUT WHAT YOU SAY AND THINK.

That same sentence, "I have a happy slender body" can feel positive for a person who IS happy and slender and negative for another person who is **NOT** happy or slender!

**Positively worded sentences do NOT guarantee positive vibrations.**

Here is a slight change-in-words technique you can use to reword the sentence so you can feel positive (and send positive vibes) from these types of affirmations or statements.

**I'm in the process of attracting my ideal slender body.**

The key words are ``in the process".

**This phrase when put in front of any affirmation or desire creates positive vibes.**

**NOW**, you have set the energy in motion for you to start attracting whatever you need to do, know or have that is in alignment to your desires.

**NOW**, **Law of Attraction** is matching THAT vibration.

**You get what you vibrate!**

# Law of Deliberate Creation

As I stated earlier we are always in a constant state of creation. We are either creating by default or we create deliberately. Most people create by default which means they just let life happen and let circumstances and situations dictate how their life will turn out.

The people who create deliberately and with intention are the ones that have a fulfilling life and are creating the kind of life that they dream of. By deliberately creating your life you are intentionally and consciously creating the circumstances and situations that you want to have and not letting them just come to you.

The law of deliberate creation states, “that which I give thought to, I begin to attract. What I give thought to with a motion in intention, I attract more quickly. That which I think about I receive.”

Any time you give thought to something that you are desiring with an expectation or belief that you will receive it, you can put yourself in a place to receive it quickly.

The big difference between the law of attraction and the law of deliberate creation is that the law of attraction is like a boomerang. In other words, whatever we give out with energy and thoughts and feelings we will receive the same back. Now these thoughts and feelings can be positive or negative and will receive the same back. This is creating by default as we are not controlling our thoughts and our feelings.

The law of deliberate creation is offering a vibration knowingly, and that is creating with intent and deliberately. Most of the time, and less people are aware of these laws, you are unknowingly offering vibrations that you do not want. Let me give you an example. Let us say that you are witnessing something that makes you happy, you are then raising your vibration and then you will vibrate out happiness through your thoughts which is creating a vibration.

On the other hand if something makes you angry, you are offering the same vibration as anger. The law of attraction will respond to whatever vibration that you are giving out and will receive more of the same.

If you do not apply the law of deliberate creation you become an observer you create your life by default. You are focusing on your current reality and you give off of vibration which can either be positive or negative, the law of attraction will respond to that vibration and you will receive back more of the same. Let us say you are deeply in

debt. As you are thinking about your debt which is your current reality and observing that you do not have enough money to pay your bills, and you are focusing on having the lack of money, you are unconsciously offering a negative vibration which is fear, worry, doubt, stress, etc. The law of attraction will respond to that negative I am in debt or lack vibration and as a result of that negative vibration the law of attraction brings more of the same of what you are vibrating which is I am in debt and having a lack of money. This feeds the **non-deliberate attraction cycle**.

When we start to deliberately create our life you become like a magician. It seems like that you can create whatever you want to nothing. There is absolutely no judgment on what you create that there are consequences that will follow your intent. Your thoughts, emotions, feelings, visualizations, beliefs, behaviors, attitudes, expectations, your words and deeds and actions all must be aligned with what you intend to create.

That is why it is important for you to know what limiting beliefs you have and learn how to release them because limiting beliefs and your life will cause resistance for what you are deliberately creating. Many people were frustrated after watching the movie the secret because they were not creating what they desired. After watching the movie they got excited about the possibilities, and started to think positively, and then they expected that they would create major changes in their lives. But were they aware of the **vibration** that they were giving out to the universe?

What I teach and help my clients understand and apply is that the manifestation of anything that you are desiring and wanting already exists in the universe. It is totally up to you to bring it into your reality into the physical world. You are probably asking how you do that. Well here is how you do that.

- Declare your intention
- even though you cannot see, touch, here, smell, or taste it, you have to believe that it is real and already exists. In other words you have to feel it.
- Think about it, focus on and pay attention to why you want this.
- Determine how long, and within reason, it should take to manifest this reality.
- Focus your mind and being grateful for already receiving it. Your subconscious mind does not know the difference if it already exists or not and will start creating it in your experience. Remain fully confident you can do whatever it is required to manifest this reality.
- Expect nothing less than total success.

- Trust the process as the law of deliberate creation enables the manifestation process to unfold.
- Do what you need to do and trust the process. Remain detached from the results or the outcome.
- Take the required steps in the universe will manifest your intentional creation.

Your thoughts start the creation process of your reality. Your total belief system enables this process to manifest by directing the universal energy to apply itself to unfold the law of deliberate creation is easy as it unfolds the law of gravity. We were all taught that “seeing is believing” but that is not the way in the world of manifesting. Believing is seeing not the other way around.

# Law of Allowing

This law is based on the principle of least action and no resistance. The application of this law will bring absolute freedom to your life. You will feel free in your relationships to be who you are, feel free to choose the career that you want and feel free to create anything that you desire in your life.

There are 2 ways you can apply this law. The 1<sup>st</sup> way is to allow others to be as they are and the 2<sup>nd</sup> way is the way we allow to receive from the universe to deliver all that we desire.

If you will just allow yourself to be who you really are which is a part of the universe, and the law of allowing will magically unfold in front of you. When your motivation is by love and your connection to well-being then your positive energy just seems to flow. You can then use this surplus energy to manifest what you want to deliberately create. Your inspiration and creativity can then flow through you and then your un-manifested desires will start to manifest.

Let us 1<sup>st</sup> talk about allowing others. I am that which I am. While I am that which I am I allow others to be that which they are. People can share similar traits but there are no 2 people the same. If you can accept and not just tolerate another person's differences and similarities then you completely understand the law of allowing.

On the other hand if you are out of alignment with the law of allowing than you believe that another person should think, feel, belief, and act according to how you think they should. This is the opposite of accepting another person as they are. If you have some type of fear that unless everyone around you thinks, feels, believes, and acts in a certain way, in other words your way, then they are somehow wrong. You are then sitting in judgment of them and judgment is a low level vibration and based on the law of attraction you will attract more negative people, circumstances, and negative situations into your life.

Let me give you an example here. If you observing that someone is obese and you are not practicing the law of allowing, you will judge that person and think to yourself that they are sick, gross, wrong, and do not care about themselves and the way they look, or just fill in the blank. You sit in judgment of them because you want them to change. You probably then feel that if that person changes the threat of you becoming obese similar to that person will disappear.

If you are not in a state of allowing than you are in a state of resisting. You cannot experience freedom if you are in a place of resistance with her you are resisting manifestation of things you asked the universe for or resisting the behavior of your partner or resisting the way your friend is speaking to you.

What is resistance? A few examples of what resistance is, fear, doubt, disappointment, lack, loneliness, stress, anger, hurt, envy, guilt, judgment, jealousy, just to name a few. If you are experiencing any of these you are in resistance because these again are all low level vibrations that you are sending out and not allowing the manifestation of what you want to be taking place.

The 2<sup>nd</sup> way to use the law of allowing and how would affect your life is too released resistance of the universe can bring to us all that we desire. The 4 step process of manifestation of ask, believe, receive, and act is part 3 of the receiving part.

1<sup>st</sup> you want to release a resistance because that is the negative emotion that keeps us out of the flow of our positive energy. When you desire something to manifest from the universe and you are feeling negative emotions you are blocking that creation from coming into your experience and manifesting itself.

Another way we block the things we desire from manifesting is to thinking about receiving it in a certain way. Instead of letting the universe and the law of allowing unfold and bringing to us in whatever form it comes in we are thinking of a specific way we should be receiving it.

For example, you may be wanting to manifest an extra \$1000 to take a vacation. You do not know exactly where that \$1000 may come from but your thinking it may come from a bonus that you are expecting at your job. In fact you can even see yourself receiving that bonus. So you are waiting week after week for that bonus to come through.

In the meantime, you may have missed an opportunity that came along for you to do something to earn you an extra \$1000. Because you are expecting your bonus to be the one vehicle for you to receive the thousand dollars from, which means your reticular was set to that bonus, you miss the opportunity that could have earned you the extra thousand dollars with very little work.

Whenever you set a goal or want to manifest something into your life then use the law of allowing to bring it to you in whatever form or fashion that it may come. This opens up all possibilities for you and for you to be able to recognize opportunities when they appear. By applying the law of allowing and telling the universe that you will receive this and however the universe will manifest it for you, you will open up your reticular to be able to see those opportunities that will present themselves.

Keith Young

Personal Effectiveness Coach

Law of Attraction Specialist

[InnerGameMagic.com](http://InnerGameMagic.com)