

# **YOUR MIND: FRIEND OR FOE**

**A CRASH COURSE ON HOW TO USE THE  
LAW OF ATTRACTION TO MANIFEST YOUR DESIRES**



**Francois Sylvain**

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## **ACKNOWLEDGEMENT**

I would like to thank Marielle, my wife, for having given me a book called *excuse me, your life is waiting* by Lynn Grabhorn. This book ignited my passion for the subject of self-development and started my journey into the understanding of the power of our thoughts. Suddenly, my eyes were opened. I discovered and understood that I had created every event, situation and person in my life with my thoughts and emotions. As I read and considered what I had accomplished and experienced in my life, it became crystal clear that I had found the missing piece to get more out of life.

Naturally, it may hard for some to accept the idea that each and every one of us is solely responsible for everything that ever happened in our life. However, once we come to this realisation and accept it, the good news is that we can undo anything we do not like in our life and now use our thoughts and emotions to create what WE DESIRE, not what WE DON'T WANT.

Now, we must not feel sorry or bad for what we have created or done in the past. Doing so would only attract more of the same, situations for which we would feel sorry or bad. Just know that everything is good as we are all here to learn and this is part of the learning process. Look for the benefit(s) in every situation as there is always at least one. Just ask yourself: What benefit is there for me in this or that... and expect the answer as it will be given to you. Just be present.

With this understanding, I would like to use this opportunity to thank every person that I have met in my life and everyone who has crossed my path as you were all sent to help me grow. It is because of all of you that I am today the person that I am. THANK YOU! THANK YOU! THANK YOU!

This book is meant to be another proof that the Law of Attraction/Creation is REAL. I wrote it so that you would desire, like myself, to take control of your thoughts and, as a result, your life. A great tool to help you take control of your thoughts is the Bug Free Mind Process, by Andy Shaw. I strongly encourage you to start the process. Here is the link:

<http://www.healthandwealthattraction.com/go/abfm>

## Chapter 1. What IS the Law of Attraction



***You are powerful Leading-Edge creators riding the most significant wave of expansion that has ever occurred. And it is our desire that you return to your conscious awareness of this so that your time in this physical body can be one of deliberate, conscious joy!" --Abraham-Hicks***

The Law of Attraction is about manifesting, making things happen with your mind. The Law of Attraction is real, as real as the Law of gravity. It's a law and it has rules. If you break the rules, do not expect your desired outcome. Step off the edge of a tall building and you'll have instant belief that gravity is real. The same applies to the Law of Attraction. But you can control what you manifest by learning and applying the rules that govern the Law of Attraction.

The film "The Secret" has been seen by over 2 million people. The reason why many who have watched "The Secret" or read books on the topic aren't manifesting the wealth they desire or their dream life is because there's something they are doing wrong. They are not applying the rules correctly.

**Did you know that the LOA is already working in your life?** You don't have to believe that? You do believe in gravity, do you? You don't really 'see' gravity but you know it exists. You can see its effects. The Law of Attraction is just the same. The Law of Attraction is at work 24x7, 365 days a year, whether you believe it or not or you think it exists or not.

The Law of Attraction is **working all the time**. The Law of gravity does not stop working because we are using it wrongly. When the Law of Attraction is not working for you, it means that it is working against you and you are doing one or more of the steps wrong. You just need to have a clear understanding of how the Law of Attraction works and apply the rules correctly.

***“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.” Earl Nightingale***

The Law of Attraction is a law, like gravity. We attract in our life or rather create what we (continuously) think about, whether it's wanted or unwanted. So we can use our thoughts intentionally to affect our life and create a life of abundance or lack, depending on our dominant thoughts.

We are in fact using quantum physics at the sub-atomic level to attract good or bad things, positive or negative situations, great or not so great relationships and more into our life. It's something EVERYONE has access to, but you need to know how it works (read the user manual and follow the instructions) to make it work for you (not against you).

The Law of Attraction is obedient. It will deliver what your dominant thought is. It really doesn't care.

We all are creators of our lives. If you are not happy with your results, the good news is that you can create different results simply by changing your dominant thought. Did you know that you must not doubt the power of the Law of Attraction? If you believe in it with all your heart, then allow the process to flow through and you will manifest amazing results.

## Chapter 2. The Law of Attraction at Work

***“If you can hold it in your head, you can hold it in your hand. Anything you can visualize will move into form in your life.” Bob Proctor***

Here is one of the many examples that I had in my own life that the Law of Attraction works.

A few years back, I was in Esteli, Nicaragua, to work on an agritourism project. The project required me to either stay in a hotel or rent an apartment or a house for a period of one to two years. I did not relish the idea of staying in a hotel for that length of time and I just didn't like the apartments I saw.

I also discovered that many foreign students and workers came to Esteli each year for periods of 6-12 months to work on humanitarian projects and finding nice or decent accommodations was a challenge for them.

I saw a real need and thought that it would be nice to offer nice accommodations to these foreign workers while I was living in Esteli until I could move into my new accommodations on the project I was myself working on.

So I expressed my desire to the Universe. I detailed exactly what I wanted. This is what I wrote down:

I want a large, recently built house with at least 7 bedrooms, most of them with their private bathroom, with large windows and nice views, a large kitchen area to accommodate 7-10 persons, parking spaces for at least 2 vehicles. I want the house to be located on the outskirts of town but very close to town. I want it to be easy accessible, secured and I want the rent to be no more than \$500.00 per month.

The idea was to give those foreign workers a more enjoyable stay in Esteli by offering them nice accommodations while I myself could enjoy nice accommodations for free.

As I wrote my shopping list, I spent time on each detail of my desire and felt the emotion and/or the feeling attached to each detail. I knew exactly the why of every detail, how each one individually would contribute to add to the enjoyment of every one living there.

At the time, I was working with two rental agents. One of them called me one day to show me a few listings and, to my great surprise and pleasure, one of those listings appeared exactly like what I had asked for.

It was a brand new house owned by a European who had married a girl from Esteli. The European owner still lived in Europe as he was 2 years away from retirement and wanted to rent his house until that time when he would retire and move to Esteli. The house was vacant.

The house was built to European standards and had 7 bedrooms, 5 of them with their private bathroom. There were 2 other bathrooms. All rooms had large windows, some with nice views of

the hills in the distance and the fields in front of them. The kitchen and dining room area was large enough to accommodate 10 persons easily and there were plenty of pantry cabinets.

There was parking spaces for 3 vehicles and a nice gazebo with BBQ area to enjoy the outdoors. The house was on the outskirts of town, less than 2 km from the town center, was easily accessible (about 400 meters from the main road) and the property was completely fenced. There was even a nice fountain in an inner courtyard.

I immediately told the agent that I was interested in leasing it for a couple of years. The agent said that he would contact the owner and get back to me. A few days later, he did and told me that someone else had expressed interest in the house and that, in fact, he had a letter of intent to lease the house by a certain date.

After I heard that, my reaction was that the Universe would provide something as nice or better, so I rejoiced for having been shown what I desired and gave thanks that it was on its way.

Several days later, the other agent I worked with gave me a call and said she had a house to show me that may interest me. She did not give me any details about the house and I did not ask for any. I took a cab, picked her up and she directed me to that same house that I had seen with the other agent.

When we stopped in front of the house, I told her that I had seen it with another agent and that someone else had signed a letter of intent to lease the house. She said she would check with the owner and, after she did, she confirmed that, indeed, the information was correct. I told her to let me know if the other party did not conclude the deal by the stated date. And I left her at that.

The day after the date that the other party was to conclude the deal, the second agent gave me a call and happily told me that the interested party had changed his mind and no longer wanted to lease the house. So I could lease it, if I still wanted it but the rent was \$700.00 per month.

The house had everything I had asked for except for the rent amount. So I told the agent to ask the owner if he would lease it to me for 2 years at \$500.00 per month. The owner accepted.

Now, what were the possibilities that I would find such a house in Esteli? Almost zero. Very few tourists visit Esteli and even less live there and those who do usually are renters. This type of house is found only with foreigners in Nicaragua and almost nonexistent in Esteli. I was surprised and dazzled by what the Universe had delivered. This was nothing short of magic or a miracle.

I gave you this example to inspire you and because I want you to know that the Law of Attraction **IS REAL** and that you can use it to manifest your desires, even the ones that seem impossible.

***“Our only limitations are those we set up in our own minds”. Napoleon Hill***

In the next chapter, we will get a closer look at how I manifested the house in Esteli.

### Chapter 3. The Correct Way to Use the Law of Attraction

***"If you fix upon your consciousness the fact that the desire you feel for the possession of riches is one with the desire of Omnipotence for more complete expression, your faith becomes invincible."*** Wallace D. Wattles

Follow this simple 5-step process to create anything that you truly desire

#### Step 1. Get clear on what you want

Define exactly what you truly desire. Clarity is the first step to manifesting your desires. Fuzzy thinking only leads to fuzzy results. When I manifested the house in Esteli, I wrote down every detail about the house that was important to me. On this particular occasion, the Universe delivered a house that matched exactly my description. It doesn't always happen that way. Be open as the Universe knows what is best for you and may replace one or more elements with something that will be best for you.

Do you desire a loving soul mate? If so, visualize what he or she may look like. Write it down, every characteristics that you would like your soul mate to have. Go over your desire just as I did with the house in Esteli. See what you want, get a clear mental picture of him or her as you wish him or her to be and feel the feelings associated with every characteristic.

If you desire to attain a certain wealth goal, be specific. How much are you shooting for? And think of what value you will give in return to people at work or in the marketplace in order to achieve that goal.

***"Give every man more in use value than he gives you in cash value."*** Wallace D. Wattles

The following idea has been proven true by thousands of people from all walks of life as well as NASA scientists, professional athletes and physicists alike!

***"When you visualize, then you materialize. If you've been there in the mind you'll go there in the body."*** Dr. Denis Waitley

***"If you can hold it in your head, you can hold it in your hand. Anything you can visualize will move into form in your life."*** Bob Proctor

You are literally creating the images in your mind. The images you are creating are the preamble to what you will bring into material existence. Clarity, details and emotion are all important factors that need to be present to ensure your visualizations are powerfully effective.

In theory, all goals are achievable and everything IS POSSIBLE, but you MUST really believe it's possible, otherwise it won't happen. It is vitally important that your emotional state agrees with your visualisation. So, pick a goal which you believe can be accomplished. Just have fun with the process and remember the sky truly is your only limit!



Personally, I am a strong believer that what we desire is already formed the instant we desire it. Our job is to allow it to come into our life.

***"It is Power seeking to manifest which causes desire."*** Wallace D. Wattles

***"Success is created in your mind long before you see ANY signs of it in your reality."*** Andy Shaw

## **Step 2. Feel that you have already received**

***"Picture yourself in your mind's eye as having already achieved this goal. See yourself doing the things you'll be doing when you've reached your goal."*** Earl Nightingale

What you want, the life or soul mate you desire, already exist. You just need to desire it and focus on it the correct way to bring it into your reality. You must feel and act as if you already have it because you already have it. Your desire wants you as much as you desire it.

***"It is Power seeking to manifest which causes desire."*** Wallace D. Wattles

Mentally place yourself in the future and see your goal as being accomplished or having already received whatever you desire as if it has happened. Feel the happiness and excitement knowing that you have accomplished your goal or materialized your desire.

Experience how it feels now that it has happened, see how happy you are with yourself for manifesting it.

The clarity and details are important because they help engage your emotions. You want to feel as many happy and positive emotions as you can during your visualizations. Be there. Experience it. A great way to connect with your emotions during your visualizations is to engage your 5 senses. What do you see, smell, hear, taste and feel while you are in this picture?



Feel how grateful you are that it is now in your life.

Feel the happiness, feel the success, feel the proud accomplishment of knowing that you demonstrated to yourself that you could use your own inner power to change your life. Imagine yourself celebrating your accomplishment. Your emotions are the fuel that shifts your own personal energy to be in alignment with the vibrational frequency of what you want to create.

Let's say that this future moment is the day that you start the new job or career you have been working towards, or the day you are enjoying the vacation you've been dreaming about or the day you are 20 pounds lighter.

Whatever it is, allow your mind to travel forward in time and FEEL the emotions of having had already whatever you desire or reached your goal. See how it didn't happen until it was the perfect time and in the perfect manner. How does it make you feel to know now that time wasn't important?

Look at how it came into your life. You're just dreaming so it could have come in any way as this is just one of the possible ways and it doesn't have to be that way... Feel how it just fell into place.

One exercise you can do is to write a letter, let's say to a friend. You do not actually send it. You just write it to tell your friend about a future event. This letter to a friend will become a magnetic factor in your life. Write your letter as if your desire has already happened.

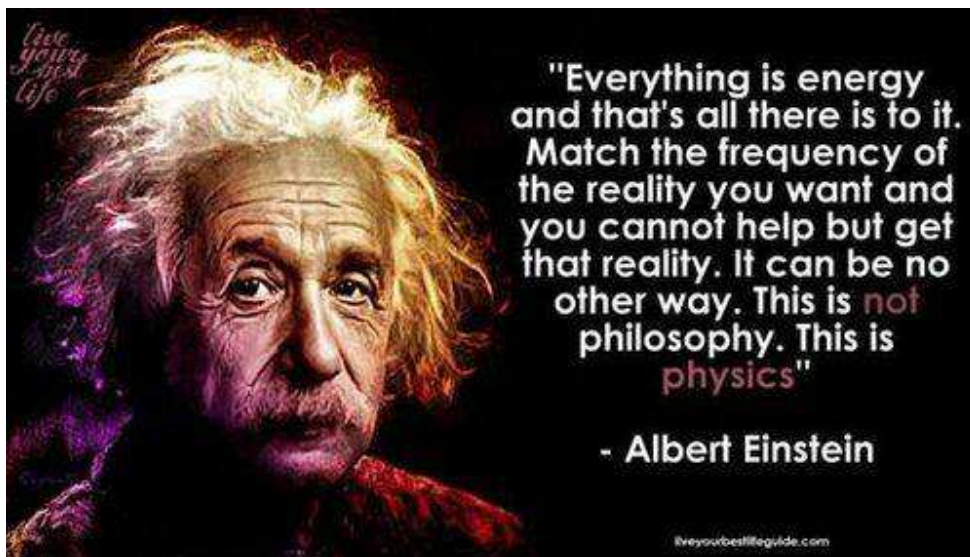
For example: "Dear John, so many good things have happened in the last four years. I am now living in Argentina on a 100 acre vineyard. I now produce my own wine and I love it. It's fun. I can see the snow-capped Andes from my backyard. I love cooling off in my pool while watching the Andes. The weather is just perfect. Hot and dry, just as I love it. You know me..."

Or, "Becky, I met the love of my life and we just got married. I am now in Australia and I have started my own internet marketing business and it's really taken off."

Describe all the details as if they have already happened. Get creative. You can write about your daily schedule and activities. Write your letter to a real person you know. This will help make it more real for you.

This step is extremely important. **Keep thinking about it UNTIL you feel that you've had it.**

Only when you have felt to the core of your being that you've had it can you move to step 3, not before. This can take as little as 5 minutes or a much longer period of time. It doesn't matter how long it takes. Time isn't important. **You can't skip this step!**



The Universe only responds when someone really 'feels' and believes to the core of their being that they have already received.

### Step 3. Detach yourself from the outcome

This won't work unless you have truly accomplished step 2...

Think about it. It has happened for real in your mind, so it's real. Do you still **need** it? Sure you'd like it, but you **don't need it anymore**.

At this point, this is the feeling you should be experiencing, ***'this is certainly going to happen at the right time and in the right way. It will happen when it's best for me.'***

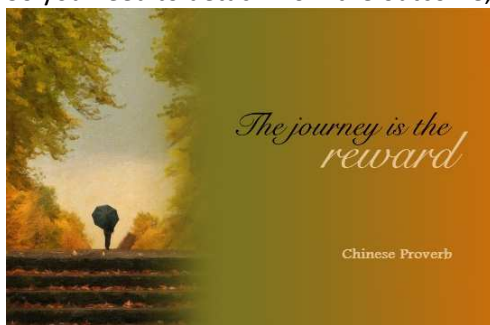
Do you have that feeling? That's the feeling you are looking for. Do not move on until you get it.

That's the feeling I experienced after I wrote down and visualized the house I desired in Esteli. I certainly was still attached to my desire. After all, I was looking for a place to live for myself but I was at the same time detached about the outcome and time wasn't important. I just told my subconscious mind what to get me in a cool and relaxed way and then got out of the way to let the Universe do its work.

When I first learnt about the Law of attraction, I was trying to force my manifestations. I don't need to tell you that I didn't get the desired results. I was anxious to manifest my desire so that was the energetic frequency I sent out and I just attracted more of it. That's because I had not done step 2 correctly. In my mind, I did not feel that my desire had already happened. It was not real.

Also, I was too emotionally attached to the outcome. This repelled what I wanted to attract because the dominant signal I sent out was the energetic frequency of wanting to have it now and as I had imagined it. We will talk more about that later.

So you need to detach from the outcome, regardless of what happens. Just rest assured that it is **always** the best thing for you and to your benefit.



Have this frame of mind that everything is for your greatest good. Hold on to the positive intention, without being frustrated if it doesn't manifest immediately.

It's important that you be patient as the process of manifestation may take time. Remember, time isn't important. The journey IS the reward.

It's true that some things manifest rather quickly.

Once I was promoting several artists' work in the United States. I drove from cities to cities and stayed continually in hotels. I was traveling with my wife and one-year old son then. We had been doing this for a while and, while driving to Houston, Texas, I told my wife that it would be nice to rent an apartment there for one month or two just to relax.

We arrived in Houston and stopped to order food in one of those take-out places. I parked my vehicle right in front of the restaurant and the person who took my order saw my license plate. Seeing that I was from out of state, he asked what had brought me to Houston. I told him about my work and, during the conversation, about my desire to find a place where to stay for a couple months. It turned out that he was about to leave town on a two month trip and was looking for someone who could stay in his apartment while he was away.

We made arrangements to meet at his apartment that evening and the place was just perfect for our need. We moved in the next day. This is how he was close to leaving...

Now this is a case of instant manifestation. As soon as we arrived in Houston, the Universe led me directly to that restaurant to give me my desire.

Now is also a good time to give thanks that you have already received your desire. After all, you have already received it, true?

When you are thankful for everything the Universe has bestowed on you, and particularly for having received your desire, you are sending out the very vibes that the Law of Attraction responds to. Also the happier you are, the happier you get. The more you are thankful for, the more you receive.

#### **Step 4. Take the appropriate actions**

You then start taking the appropriate actions to bring your desire into everyone else's reality. Remember, it is already part of YOUR reality. The appropriate action I took to find the house in Esteli was to work with those two real estate agents and go and look for the house. The appropriate action to find your soul mate is to look at the people you pass by every day, on the street, in the grocery store, doing your activities, etc. The appropriate action to get a new job is to search for it. Be proactive. Making things happen is way better than waiting for things to happen for you.

You must PHYSICALLY move in the general direction of what you want to ever see them come true. Make what you desire your dominant thought and focus. But do it without needing, without wanting in a very relaxed, detached but focused way. That's how you create what you desire.

Ask yourself: What is the next most practical action I can take? When you get the answer, if the answer feels right, take ACTION! Taking action, no matter how small, is the fastest and surest way of convincing your subconscious mind that you are serious about your desire, and will do wonders for the quick manifestation of your goals.

Just work diligently on what you desire and BE PRESENT. Keep your eyes and ears wide open and expect coincidences or synchronicities to 'just happen'. Like when I manifested the apartment in Houston. I was living in the NOW. When those moments arrive, make sure you take ACTION!

Often we get the answer or we are presented with opportunities but we fail to see them because we are not living on the present. Our mind is dwelling on the past or the future. So it is important

to live in the **NOW** because **Answers Come In The Now**. The answer can come in many ways and at any time, but it will always come in the present moment.

***"The present is a gift. This is why they call it present."** Unknown*

The gift of THIS moment transcends all others. If you give yourself the gift of being right here, right now, the benefits are overwhelming. You will have MORE of what you want by giving yourself the present of the Present.

### **Step 5. Keep Going Until...**

***"The starting point of all achievement is DESIRE. Keep this constantly in mind. Weak desire brings weak results, just as a small fire makes a small amount of heat."** Napoleon Hill*

***"If you think you can do a thing or think you can't do a thing, you're right."** Henri Ford*

You keep going until your desire, which is real to you and part of your reality, remember? ☺, has been brought into everyone else's reality too. So you simply decide to keep going UNTIL your desire manifest in everyone else physical world.

I can't say how long it would take for your desire to come to you. Sometimes the manifestation is nearly instantaneous, like the apartment in Houston. Other times, it might take months or years. One of my desires is still not manifested after three years and I can now see that it is a good thing it has not. I know it will come at the perfect time.

At this point you may use this consideration to keep your mind focused... *"If it hasn't happened yet, then it's either not supposed to happen, or I've missed something. Let's see if I've missed something. After all, it's going to happen at the best time and in the best way for me."*

I personally have used that many times when I have wobbled on my resolve. Do not try, like I did in the beginning, to force your manifestation into existence. Give the Universe enough time to do its stuff?

Observe your feelings and, if you start having doubts, remember that these doubts are destructive and **will not** get you what you desire. It's not a question of giving up... unless you no longer have a desire for it to happen anymore. But if you give up knowing this doesn't work, then you'll be right.

***"If you think you can do a thing or think you can't do a thing, you're right."** Henri Ford*

It is also important to remember that, when you envisioned the manifestation of your desire, you envisioned one of the possible way it could happen... that was just one of the various ways that it could happen... it could happen in many other ways. Finally, always be open for a greater manifestation as the Universe can always produce something bigger and better than what you envisioned.

In the next chapter, we will look at why the Law of Attraction doesn't work for some, despite their best efforts, and offer some solutions.

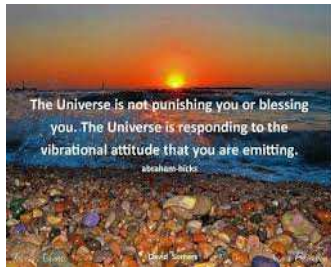
## Chapter 4. Why The Law of Attraction Does Not Work For You

Let us examine some of the reasons why you may be struggling to manifest the desired results with the Law of Attraction.

**1) Lack of Clarity.** Are you clear with what you really want? Have you changed your mind about what you want? Or do you keep changing your mind? Fuzzy thinking leads to fuzzy results. Go back and start again doing step 1. 😊

### **2) You are focusing on what you don't want rather than what you want**

Let me give you an example of why people can't seem to be manifesting what they want rather than what they don't want as this is one of the main reason why the Law of Attraction doesn't work for them.



Let's take an example of someone who wants more money. If their primary intent to have more money is to be out of debt, what are they focusing on? **They are focusing on being out of debt!** So by focusing on **being out of debt**, all they are doing is manifesting more debt in their life. You can't think or look at "not enough money" and feel anything but negative emotion, which disallows the flow of money. Instead of focusing on easily paying their bills and seeing themselves having money to save every month, they focus on what they don't want, debt.

The solution is to keep focussing on what you desire. When you have a thought, ask yourself: "Is this thought taking me toward where I want to go or away? Am I creating with this thought what I want or is this thought creating what I don't want? By thinking about debt, am I sending out the energy of abundance or the energy of lack?" Energy is tied to DESIRE. Anything that feels opposite to that energy or desire creates a situation that prevents you from having what you desire. The emotions that are evoked inside you are the vibrations you are sending out to the Universe.



Abundance is everywhere. There is abundance of trees, birds, fishes, plants, grass, animal life, etc. Look at the abundance in your own life and be grateful for what you have. By doing so you will send out the emotions of abundance and you will receive more abundance.

### **3) You have self-limiting beliefs or conflicting values**

Limiting beliefs are one of the biggest Law of Attraction killers in the world. They were implanted since we were very little. They came from our parents, religion, our education system, the television and our peers. Do not feel bad about it, as feeling bad will not help you manifest what you desire. It's not your fault. We all have been implanted with limiting beliefs. But it is your responsibility to invest in tools that will help you to clear those limiting beliefs.

If you believe you have to work hard to have a lot of money, you'll create exactly that experience for yourself. If you don't believe you're worthy of wealth, you'll block money from arriving.



Let's say that you once belong to a religious organization that believes that money is the root of all evil and that it is harder for a rich man to enter the kingdom of God. How do you feel about riches? How can you manifest riches if it is conflict against your core beliefs (implanted by someone else)? Question your beliefs? Ask yourself: Are my beliefs helping me or hurting me? You have to determine what beliefs serve you and get rid of those beliefs that are road blocks to creating your dream life.



You may want to take this quiz to discover if your mindset is the barrier that's holding you back from everything you desire. It's important you know because it affects not just 1, but EVERY area of your life.

<http://www.healthandwealthattraction.com/go/mindmovies>

#### 4) Low Energetic Frequency That Repels Positive Manifestation

### There Is A Battle Of Two Wolves Inside Us All



One is evil. It is anger, jealousy, greed, resentment, lies, inferiority and ego.

The other is good. It is joy, peace, love, hope, humility, kindness, empathy and truth.

The wolf that wins? The one you feed.

*-Cherokee Proverb*

Low energetic frequency is another name for negative energy. All types of negative energy will sabotage a person's ability to produce a positive outcome. Negative energy only attracts negative energy. Like attracts like.

Let's look at some low energetic frequencies. This is only a partial list.

**1. Impatience or Resistance.** Often times, when we want something so bad that we haven't received, the tendency is for us to have negative feelings, such as anxiousness, frustration, anger and anxiety. We become impatient and resistant. As soon as you notice yourself starting to have



those feelings, immediately remind yourself that your desire will come at the best time for you and shift your focus to something else.

Are you resisting a situation? The more you resist it, the longer it will stay with you. Deal with your situation or accept it. Don't resist anything, welcome it all! Resistance prevents the manifestation of your desire. A state of mind of acceptance allow the good to reach you.

2. **Victim mindset.** Do you hold a victim mindset? Do you feel that you are powerless? Do you find yourself locked into negative emotions like helplessness, pessimism, hopelessness, resentment? If you do, you are sending out the energetic frequency associated with your feelings. Change your vibration and you change the way the Universe responds to you.

3. **Blame mindset.** Don't blame the Law of Attraction or your circumstances or anyone if something isn't working in your life. You and only you are the creator of your life. A blame mindset is a sure way to attract more reasons to blame.

4. **Too attached.** When you are too attached to the outcome or cling on desperately to get what you want (whether it be your soul mate, or a particular job or a sum of money), you will create a flood of negative emotions like anxiety, stress, fear, desperation, worry and a general feeling of lack. This really cripples the manifestation process. Every time you experience emotions like these, you are creating more lack. In order to turn lack into abundance, you have to avoid having these negative emotions.

So what's the solution to this? Go back to step 2 and 3. Don't dictate to the Law of Attraction how you want it delivered. Get out of the way and allow it to happen. It pays to be patient and be detached. You will experience an upturn in your emotions. You will feel a sense of joy, expectation, calmness and serenity you never felt before. Eventually, everything in your life will change for the better. This whole process of creating with the Law of Attraction should always be fun.

5. **Desperation.** Desperation does not yield good results. You are not giving out a positive signal to the Universe, consequently, the Universe does not return positive results to you.

6. **Doubts.** Lack of faith and wavering belief are the main reasons why the Law of Attraction does not work for certain people. A commonly observed mistake noticed in individuals who fail to leverage the Law of Attraction is that they give up after the first attempt. If you do not get it right the first time, do not fret, do not be discouraged. Go back to step 2 and 3 and keep trying till you feel that you've had it to harness the benefits of the Law. The Universe always rewards deep faith.

7. **Fear of failure.** The fear of failure is the worst fear one can harbor. It prevents an individual from growing as a person. Fear of failure is a limiting factor that prevents you from achieving your dreams and your goals. Welcome failure as we learn more from our failure than our successes.

***"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success"** Dale Carnegie*

***"Defeat is not the worst of failures. Not to have tried is the worst of failure."** George E. Woodbury*

When your plan fails, treat that failure as feedback and nothing more. Too many people waste their time and energy trying to avoid learning to cope with failure emotionally . . . as if that were a bad thing.

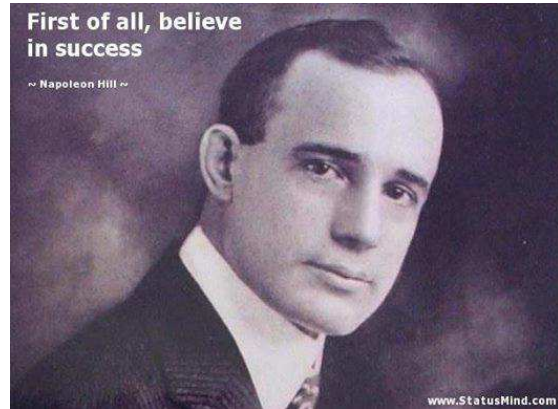
You can either ignore it, or you can learn from it and restructure your plan accordingly.

You are an eternal being who has come here to experience the ride of your life! Do not fear failure. Have fun following your passion.

***You were born to win, although to be a winner, you must plan to win, prepare to win, & expect to win.***

8. **Unhappiness.** All unhappiness is caused by denial of the present. Everything takes place in the now. Nothing exists outside of the NOW. What happened in the past, happened in the Now. Nothing will ever happen in the future. It will happen in the Now. The greatest obstacle to happiness is not living in the present moment and not following your joy. You cannot be unhappy and fully present now. If you are constantly focusing on the past or future, you are not using your mind;                      your                      mind                      is                      using                      you.

When you live in the now, a situation is either dealt with or accepted now. **Answers Come In The Now.** All creation takes place in the now. If you spend most of your time regretting and living in the past or worrying about the future, you place yourselves out of the present moment where all creativity and answers take place. If you send out a vibrational energy that you don't have what you want and are unhappy, you will end up with more of the same - having what you don't want and being unhappy. Remind yourself that the present moment is all there is.





When you focus on the good things you already have in your life and think about the things you want from an optimistic state of mind, you cannot help but attract more of them into your life. There are endless ways to begin focusing your thoughts on the things you do have and do want. Start a gratitude journal and jot down a few things each day that you are grateful for. This will definitely produce a higher energetic frequency.

***“Learn to be happy with what you have while you pursue all that you want.” Jim Rohn***

**5) Lack of Effective Action.** This is the component that was missing from the movie “The Secret” and what led many to give up on, or doubt, the Law of Attraction. We were led to believe that there were only three components to the Law of Attraction. Ask – Believe – Receive. It should have been: Ask – Believe – **Act** – Receive. Are YOU doing all you can within your power to obtain what it is you want? Ask yourself: “What can I do today to get me closer to my desire?” Without the action on your part, you will almost always be disappointed.

To learn more about the battle going on inside us all and how to defeat the evil one once and for all so that you may enjoy all the success you deserve, I suggest that you start the Bug Free Mind Process today and make 2015 your year. Just give it a try. Click on this link to get started today: <http://www.healthandwealthattraction.com/go/abfm>

## Chapter 5. Conclusion

We create all of the time by our thoughts so every thought is important. It is therefore imperative that we monitor and control our thoughts as what we think about will be brought into our reality. If we focus on what we don't want, this is what we will create. Also, we must not send out conflicting thoughts as this creates confusion.

The Law of Attraction is activated by the things we think, believe and feel on a regular basis. Our thoughts trigger our emotions. Our emotional state emits a specific frequency of energy to the universe, and the universe returns events and experiences into our life that correspond with our emotional frequency.

We have to create in our mind the thought that we have what we desire before we can have it. And we must feel that it has happened in our mind. We create the outcome in our mind by setting the vibrations. We then become detached from it as it has already happened in our reality. We then work diligently to make that a reality for everyone else and we keep going until we get there.

Your beliefs form the structure of what is possible for you. Whatever your beliefs are, they are your TRUTH, and you will subconsciously create evidence that supports that truth.

***Success is created in your mind long before you see ANY signs of it in your reality ~ Andy Shaw***

You already have everything you need. Just one brain, that's all you need to create an abundant life of friends, love, power and money.

## Chapter 6. Helpful Tools and Resources

If there are issues that you need to overcome, like removing limiting beliefs and unlearning bad programming and habits, there are tools such as hypnosis, brainwave technology, meditation, affirmations that can help accelerate the process of working on your subconscious programming. They contribute to reprogram your subconscious mind to believe *right now* that these things are possible for you, thereby releasing any unknown energetic blocks you may have.

### HYPNOSIS

One of the most effective ways to accurately program the human mind is through hypnotherapy. By positively aligning your thoughts with your area of enhancement, hypnotherapy will create a definite focus for your mind. The result is positive progression.

Steve G. Jones is the leading authority in *Hypnotherapy*. To learn more about Steve G. Jones, visit **BetterLivingWithHypnosis**. You can explore more than 100 products created by Steve that have made life-altering changes in thousands of people's mental, physical, and social lives. My family has used many of Dr. Jones hypnosis products to enrich our lives. <http://www.healthandwealthattraction.com/go/BetterLivingWithHypnosis>

### BRAINWAVE ENTRAINMENT

If you would like to experience the benefits of *brainwave technology*, my friends at Mind Power Mp3 have taken the beautiful music of Mozart, Tchaikovsky and others, and added revolutionary brain boosting technology so the positive effects of the music are multiplied. You can **Download a full album for free**. I frequently listen to this beautiful music while working. <http://www.healthandwealthattraction.com/go/mindpowermp3>

You may also want to check the **Brain Evolution System**. It uses a **highly specialized audio process** to create sounds that assist in achieving advanced states of meditation. <http://www.healthandwealthattraction.com/go/brainev>

### VISUALIZATIONS AND VISION BOARDS

Creating a vision board is probably one of the most valuable visualization tools. Our mind responds strongly to visual stimulation. Place on your board images and pictures of what you desire to attract into your life or the experiences you desire to have. By looking regularly at those images with the emotions your images generate, the vibrational energy produced by your emotions will activate the Law of Attraction. To learn more about vision boards and visualization, visit <http://www.healthandwealthattraction.com/true-lifes-path-2/>

## AFFIRMATIONS

Affirmations are a success tool which helps speed the journey of going from where you are to where you want to be. The reason to use an affirmation is to keep your mind focused on what you want rather than on what you don't want.

## MEDITATION

Meditation plays an important role in controlling the mind. It helps clear your mind of unnecessary tension, stress and anger, improves concentration, sharpens focus and relaxes the body thus helping you harness positive energy around you.

Probably the most powerful meditation program available today is "**The Meditation Program**". It is the world's most technologically-advanced meditation program. Using its special audio technology, The Meditation Program will literally meditate FOR YOU. <http://www.healthandwealthattraction.com/go/Meditation-Program>

## HOLISTIC APPROACH

For a holistic Mind/Body/Spirit approach to Be Who You Came Here To Be, [check Sage's website](#). SAGE is an Intuitive Abundance, Life Purpose & Business Acceleration Coach, internationally acclaimed author, spiritual teacher and dynamic speaker. Sage's Aligning With Abundance MP3 is extremely powerful. <http://www.healthandwealthattraction.com/go/HOLISTIC>

## Learn more ways to manifest

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