

Magnetic Thoughts

Magnetic Thoughts
Secrets To Attracting A Life Of Abundance!



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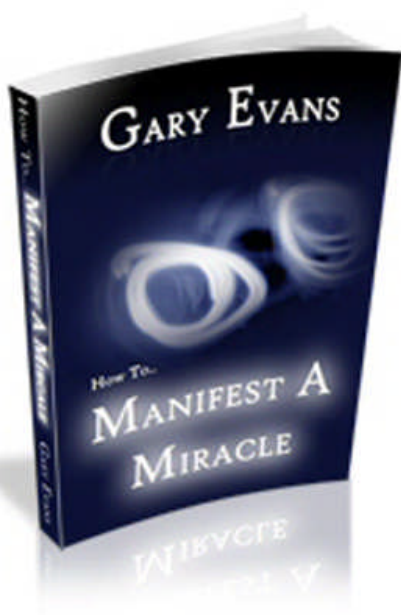


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Introduction

Imagine for a moment that you have in your possession a source of complete and total power. You alone can command the warmth of the sun, the fall of the rain, the turn of the tides and the direction of the winds. What would you do with this kind of power? Would you abuse it causing the world to fall into utter chaos? Would you be benevolent and merciful, using your power to help the people of your planet achieve their ultimate potential?

Unfortunately (or fortunately, as the case may be) there is no way for a person to have that much power. Mother Nature controls the planetary systems according to her own rules and her own designs. You will never be able to have utter control over the environment you are inhabiting.

What if you could, however, have the power to determine the course of your own life? What if you could accomplish great things and acquire great riches just by using the power of your own mind? What if I told you, that this does not have to be a “what if?” What if I told you that you possess in your psyche the power to chart the course of the rest of your life on whatever path you see fit?

Chances are you would tell me that I had obviously been watching too much Sci-Fi and needed to get out of the house more often, not to mention my obvious need to expand my vocabulary, considering the number of times I have used “what if” in this conversation. You would be wrong (about the Sci-Fi, anyway). Every person holds in their mind the power to shape the events of their life to achieve whatever end they see fit. **This power is what is known as the law of attraction.**

Chapter 2: What is the Law of Attraction?

The belief held by many theorists is that the universe is governed by a set of universal laws; these laws cannot be changed, cannot be broken and apply to every individual, regardless of age or nationality. These laws are the riverbanks which guide the flow of their lives on its journey to its ultimate end.

The law of attraction is one such law. The law of attraction is the belief that anyone can determine their destiny through the power of their minds.

"The Law of Attraction attracts to you everything you need, according to the nature of your thoughts. Your environment and financial condition are the perfect reflection of your habitual thinking." Joseph Murphy

The History of the Law of Attraction

Before we go too deep into the modern applications of the law of attraction it is important that you understand that this is not simply New Age nonsense (most descriptions of the law of attraction refer to it as a product of a New Age Mentality). The principles of the law of attraction date back far beyond the new found popularity of the New Age.

The immortal Buddha was actually one of the first to introduce man to the law of attraction. He said, "What you have become is what you have thought." This was a principle that the people of the east were acquainted with for centuries before it began to sweep into the western hemisphere.

The concept of karma also may have drawn its roots from the law of attraction. Karma states that you will eventually be revisited by that which you have sent out into the universe. If you have practiced kindness and compassion you will receive in kind. If you have been deliberately cruel to another you will receive back into your life that cruelty which you have sent out. Your actions and thoughts morph into physical entities, causing the universe to react in kind.

The law of attraction began to gain popularity in the western hemisphere in the 19th century, as people began to appreciate the power of positive thinking and apply it to their life. This new concept was first introduced to the general public by William Walker Atkinson, the editor of New Thought magazine, who published a book called **Thought Vibration or the Law of Attraction in the Thought World in 1906.**

As you can see, the law of attraction is not new. The concept that thought can have a predominate affect on the course of a man's destiny has been taught by wise men throughout the ages, and has given rise to a whole new era of beliefs.

Chapter 3: What is the Premise of the Law of Attraction?

The theory behind the law of attraction is the belief that energy attracts like energy in the vast expanse of space and time that comprises our universe. Each person's being is constantly radiating energy out into space; the type of energy being radiated is determined by the emotional state of the individual in question and may differ from day to day-sometimes even hour to hour!

This emotional energy is what is commonly known as a "vibe" and is referred to as a vibration by scientists studying the law of attraction. Chances are that you are familiar with the term.

Have you ever been with someone who is so happy they seem to be radiating a "glow which inspires happiness in all those around them? By the same token, have you ever spent time with someone who was so critical and unhappy that they consistently gave off a "negative vibe" which seemed to suck the life and happiness out of all those around them?

You do not have to possess psychic powers to be able to feel the vibes that people emit; this energy is very real on a psychological plane and will affect anyone, anywhere at any time. Our vibrations are usually an unconscious response to some form of environmental stimulus; something has happened which has caused us to feel happy, or sad, or scared, or confused, or stressed, etc., and our subconscious response to this (because vibes are generated and projected from the subconscious rather than the conscious) is something that is beyond our control.

Chances are the person who is emitting a negative vibe does not choose to be unhappy, nor do they wish to inflict their unhappiness on all those around them by the simple fact of their presence. (Before you say what you are thinking, yes, there are some exceptions to this rule. Misery does love company and there are many who take a great deal of delight in inflicting their pain on other people. It is important to understand that this is not usually done in a desire to cause others pain but out a desire to not feel so alone in their unhappiness. But we digress...)

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There are a number of feelings which lead to positive and negative vibes being emitted, and it is important before we continue on any form of discussion about the law of attraction that you understand what each of these are (you'll understand the reasons for this a little later).

Positive vibes

Positive vibes are generated from good feelings, such as:

- ❖ Joy
- ❖ Love
- ❖ Excitement
- ❖ Abundance (of anything that causes a positive response)
- ❖ Pride
- ❖ Comfort
- ❖ Confidence
- ❖ Affection

Negative vibes

Negative vibes are generated from negative feelings, such as:

- ❖ Disappointment
- ❖ Loneliness
- ❖ Lack (of any of life's necessities or luxuries)
- ❖ Sadness
- ❖ Confusion
- ❖ Stress
- ❖ Anger
- ❖ Hurt

Chapter 4: What do Vibes Have to With the Law of Attraction?

As we mentioned earlier the fundamental principle of the law of attraction is the belief that life energy attracts like energy. This means that if a person is emitting positive vibes they will draw good things to them and if they are emitting negative vibes they will draw bad things to them.

"You are a living magnet, attracting what you want."

You have seen this principle in practice before. Have you ever known someone who was always upbeat and positive and seemed to be too lucky to be true? On the flip side, you have certainly known someone who loved to complain and look on the darker sides of life that always seemed to have something new to complain about because things were always going wrong in their life. These examples show people attracting the results of the energy they are giving off.

"Remember, you attract to your life whatever you give your attention, energy and focus to, whether wanted or unwanted." Michael J. Losier

Does this mean that all of the bad things that happen to you in this life are because you subconsciously wanted them to? This is one of the most common arguments against the concept of the law of attraction and it often the hardest to refute because people have not yet recognized that the law of attraction is not a pipe dream or something that someone dreamed up while sitting on their porch one hot summer night. It is a fact of life, and its effects are far reaching.

In answer to your question, no, not everything bad that happens in your life is a result of you subconsciously wishing for it to happen. Sometimes it is a result of someone else wishing for it to happen. To quote an example from a website pertaining to the law of attraction a child or a

spouse who is abused is not abused because they wished for this abuse to happen. This abuse happened because the abuser allowed their negative thoughts concerning their child or spouse to creep across their subconscious until they eventually began to dictate their actions.

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The mind is a powerful thing, and where the mind goes the feet will soon follow. The foundation of any success you are going to encounter in lie is not the ability of your physical body to overcome the obstacles but of your mind to believe that a way lies around them. “Where there’s a will, there’s a way.” Where your mind can believe that there is a way for the body to achieve its heart’s desire a way does exist.

Chapter 5: How Can I Use the Law of Attraction?

This is an excellent (and very important) question. After all, it doesn't do you much good to know what the law of attraction is if you do not know how to use it to achieve success in your own life. Once you have mastered the basics of the law of attraction you will be able to apply it to any area in your life.

1) The first step in finding success through the law of attraction is to accept responsibility for the things that have occurred in your life, both good and bad. This is often the most difficult part of achieving success through manifestation because we are taught from childhood to believe that our environment contributes in a large part to the circumstances in which we find ourselves. It's very hard to take the responsibility and acknowledge the fact that your environment was not the major contributing factor in each of these events; in many cases you will have no one to blame but yourself.

In order to help yourself move past these events take a moment and write down on a piece of paper all of the major events in your life (again, both good and bad). Leave plenty of room underneath each one. Now, take a moment to go back and review these events. Write down what you were feeling at the time they happened, how you felt before they happened and what events had occurred prior to this. Chances are you are going to find that events occurring in your favor occurred at times when you were possessed of a positive attitude and other things in your life were going right. On the flip side, events which occurred probably happened concurrently with other events in your life which caused you to have a negative outlook on life. Coincidence?

2) Once you have accepted the fact that you are responsible for your own fate it is time to go one step further and determine what it is about your life that you would like to change. Do you want to find another job? Move to a new house? Enter into a meaningful relationship? Receive a promotion?

Identify the things you wish to achieve and write them down. Display them in a prominent place; constantly being able to view the anticipated results of your endeavors will help to keep you on the right track. In essence, with the creation of this list you are asking the universe for what you want. Take the time to think on this for a while so that it is embedded firmly in your mind, and keep your goals specific; making a goal too big or

too general is an almost certain guarantee that you will not be able to achieve it because you will be too busy worrying about how you are going to achieve it.

3) Raise your vibrations so that they are all positive. Act and feel as though you are confident that the end result you are hoping for is going to occur. This is an essential part of the law of attraction because it is very easy to allow your mind to begin to wander to all of the difficulties which you may encounter when trying to achieve your goals. This will cause your vibrations to become negative and will work against you rather than for you.

4) Accept that it can happen. Many times your subconscious is your own stumbling block; you will be attempting to convince your conscious mind that something can happen while at the same time your subconscious is picking out the reasons that it will never work. In order to help yourself overcome this stumbling block and have absolute faith in the fact that you will be able to effect this change in your life you should look again at the sheet of paper upon which you have written your goals and attempt to write them in terms that will help your mind and body accept them as fact.

It is recommended that you write these statements in the third person rather than the first; it is often difficult for the mind to accept something as fact when it is couched in such relative terms as I, me or my. For example, if you are attempting to find a new job you could say, "Millions of people every year work in jobs which make them happy." If you are seeking to enter a meaningful relationship you could say, "Millions of people around the globe have found their soul mate and are now happily settled in comfortable, established relationships".

The purpose of writing these statements down is to purge the negative vibes and doubts from your mind. If you are unable to accept the outcome as fact your subconscious mind is going to conjure a different outcome, and it is going to be this outcome that your mind and body focus on; therefore, this outcome is going to be the one that will become your reality and you will walk away absolutely certain that the law of attraction is one hundred percent false.

Chapter 6: What Can the Law of Attraction Do for You?

"Why is true success so relatively effortless? It might be likened to the magnetic field created by an electrical current through a wire. The higher the power of the current, the greater the magnetic field that it generates. And the magnetic field itself then influences everything in its presence." David R. Hawkins, M.D., Ph.D.

The law of attraction can help to determine the course of your future, and the successes or failure which you may encounter along the way.

Work

Let us for a moment consider the possibilities of the law of attraction when applied to your working environment. For those who are searching for a job it may be impossible to find one which suits them. Is this because such a job does not exist, or is it because in their subconscious mind they believe that they will not be able to find a job and consequently are releasing so much negative energy out into the universe that they are actually driving these jobs away?

Anyone who has ever tried to search for a job (or known somebody who was) knows that you have a drastically improved chance of finding gainful employment when you are already employed elsewhere than when you are unemployed. For someone who has lost their job and is currently without employment it may seem easier to climb Mount Everest than to get that first all-important interview. It seems as though job after job simply isn't interested in what they have to offer.

Why is this? It certainly cannot be because there are no employment opportunities out there; after all, chances are they would not have applied for the job if the job had not already made its interest in recruiting new employees clear. Why, then, do people suffer from unemployment for months or even years at a time?

The answer to that is they often believe they will not be able to find a job, and consequently they have stopped trying. In their subconscious minds they do not truly believe that any of their efforts will bear fruit, and so they are projecting that negative energy all around them.

On the other hand, an individual who already has a job is secure and confident in their ability to find a job and do it well; after all, someone has obviously thought them worthy enough to hire them (and keep them) in the first place, and chances are if they are searching for a new job it is because they are confident enough in their abilities that they believe they deserve a job that will treat them better/pay them more/provide more stimulating work/etc.

It is this quiet confidence that will lead to the effects of the law of attraction becoming obvious. Since they are projecting this positive energy around them they will be drawing in positive energy as well, attracting the job that they truly want. Remember when you were listing your goals above and you had to accept the fact that they could happen?

Chances are that you too are looking for more from your career than you have right now; if you are not, then you probably don't need to be reading this because you have obviously already mastered the ability to chart your own destiny. If you are still seeking for that golden opportunity, ask the universe for it, then sit back and wait, secure in the knowledge that the universal law of attraction will bring it to your doorstep. It might not be today, it might not be tomorrow, but it will occur.

Let us say that you are satisfied with the job you have but you are seeking a promotion; after all, no one wants to be at the bottom of the totem pole forever.

In order to get the promotion you are dreaming about the first thing you must do is remove any doubt from your mind. Walk into the interview one hundred percent sure that the position will be yours; remember, if you are still living with the belief that the position may be above you and you are not certain that you have the necessary skills to fill the position you are absolutely right.

“We are unlimited beings...we have no ceilings”

Michael Beckwith

The same principle can be applied to the opening of a new business as well. If you have ever gone to high school you have probably received the lecture on what to do and what not to do in an interview. One of the biggest don'ts in interviewing protocol is to let the interviewer see that you are nervous. By showing the interviewer that you have confidence

in your ability to handle any job which they throw at you, you are increasing your value as an employee in their eyes.

The same can be said of any attempts to open a business. It is essential when approaching prospective investors that you have one hundred percent confidence in yourself and your business in order to guarantee that they will be willing to take a chance on you.

Is this need for absolute confidence a coincidence only, or is it the law of attraction at work? By having confidence in your abilities you are sending positive energy out into the universe, and consequently drawing the positive energies currently existing in the universe back unto yourself.

It is impossible to over-emphasize the importance of vibrating positive energy when you are talking about the law of attraction, and you will see this theme repeated in any and all conversations pertaining to it. The release of positive energy into the universe is what allows you to chart the course of your destiny on a strong route to success rather than a wavy road of uncertainty that will eventually lead you unhappiness, either through the failure to achieve the goals for which you have worked so hard or through the constant up and down flow of your life, never being certain which is going to dominate.

Love and Family

There are two parts of their life which people generally try to change; their work environment and the relationships which they have with their families and their significant others. You may be asking yourself, "Can the law of attraction really help me to build relationships with the people that I love, and to mend broken fences?"

The answer is, absolutely! The people you love are governed by the same ebb and flow of energy as you yourself are, and as such their energies will naturally be attracted to like energies which are being emitted from another person. If you are vibrating positive energies and emotions they will respond in kind. They will not be able to help themselves; it is simply the way of the world.

Let us consider your family first, as with family there is already a subliminal bond which will help you to improve your relationship right from the very beginning. There are many reasons why family members may find themselves at odds with each other; it is not necessarily a pre-requisite that you like the people you love, and for families who often find themselves in each other's back pockets and competing for common resources the fights can become vicious.

Regardless of the reasons you and your family may have had for your falling out it is never good to leave relationships festering like that. You need to fix them in order to achieve true serenity and harmony in your life (have you begun yet to notice how closely the law of attraction interacts with other laws which govern the universe?). In order to fix a relationship that has been broken you must first be confident in the fact that you not only are going to be able to mend the broken ties, but that you truly want to.

It is very easy to utter lip service to the people around you, telling them that you want to mend your broken fences (and often blaming the fact that they are broken on the other party involved, of course) when in reality you continue to carry the stain of dislike that you hold towards the other person in question. You don't really want to mend your fences, or if you do you have not yet let go of what has caused the separation in the first place.

Letting go of your resentment is an essential ingredient in finding harmony, for in order for the law of attraction to be able to work to smooth your way you must first rid yourself of all of the negative energy you have been sending towards them so far. It is important that you accept the fact that you can forgive and forget, allowing the two of you to move on with your life with a much happier relationship than you have experienced to date.

The process of attracting a significant other is much the same; however, in order for the law of attraction to be able to attract them to you, you must be very specific when making your request to the universe regarding exactly what it is that you are looking for in a relationship.

This does not mean that you should outline the color of their hair, their eyes, their political background (although if this is of primary importance you it may be worth submitting it for consideration) or their political position in society. Remember, the law of attraction means that your subconscious mind is going to be drawn to their subconscious mind, and politics

are not going to be of primary importance there. Instead, focus on the kind of values you wish for them to possess, the type of relationship that you are looking to share with them (do you want to get married, date casually, etc) as well as personality traits which you feel are especially important. Then allow yourself to believe that you are going to find this paragon of virtue.

The last step here is the most important. As was the case in the example we used pertaining to the ability of an individual to obtain employment, the belief that a relationship with the person of your dreams is beyond your reach is going to result in you being absolutely correct. Remind yourself that every day hundreds of men and women are building a life with the person of their dreams; there is no reason for you to be excluded from this number.

It is essential that once you have placed a request for a significant other with the universe that you be willing to have patience for the desired results to occur. The whys and wherefores of this will be discussed in more depth a bit later but for now, let us look at the obvious. The universe is not always going to give you exactly what you want, exactly when you want it. It does things in its own time.

Now, imagine that you have asked the universe to give you the man or woman of your dreams, but you become impatient because they have not yet become a part of your life within a few months of making the request. You begin to date someone else, and that someone else begins to occupy your mind and your attentions until they are all that you see. They are not the person which you asked the universe for, however; they are simply someone intended to fill the time until that person arrives.

Over the course of time that you are dating this other individual, however, you have become acquainted with quite a lot of new people. These new people are shadows passing in and out of your life because they are not this new person whom you have begun to date. What would you do if the person you had been waiting for was among that number? What if they had come looking for you, but you did not recognize them because you were so busy trying to keep yourself busy until they got there?

It is essential that you not close either your mind or your heart to the universe because of external distractions; this is the most fatal mistake you could make, for it means that you

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have lost faith in the ability of the energies of your mind to interact with the energies of nature to bring you your desired results, and the negative energies generated from these thoughts will result in the person of your dreams walking away from you before you even knew they were there.

Chapter 7: When Doesn't the Law of Attraction Work?

As you will have gathered from previous sections, the law of attraction does not always work the way that all parties involved would like it to. Why is that? After all, in the law of attraction is universal, why does it only work part of the time?

The answer to that is found in the minds of the people who are attempting to use it to their own benefit. The only thing standing between you and success is yourself; this was discussed earlier. If the mind is clogged with so much negative energy that it cannot release the positive vibes which will attract the positive energies of the universe, the law of attraction will not be able to help them. They must first rid themselves of all of these negative vibes and start fresh.

Common Mistakes

As with any skill it takes time, effort and devotion to truly master the use of the law of attraction in your life. There are a number of factors which can cause the law to behave in ways which you may not have expected, almost all of which fall back on the user's ability to follow the guidelines required to find success with this fabulous new tool.

Fortunately, the mistakes which are made with regards to the use of the law of attraction are as universal as it is, and therefore very easy to identify and correct.

Five Common Mistakes

1) Believing that positive thinking is enough to attract what you want

Positive thinking occurs only on the conscious level; this is why positive thinking is not enough to put into effect the law of attraction. It is necessary for belief to enter the subconscious as well.

The mind is always operating on two levels, the subconscious and the conscious. The conscious mind is being given hundreds of tidbits of information at any given time from all five senses. This is an incredible amount of information to process,

even from such an advanced tool as the human brain. The mind would slowly go crazy if it had to deal with all of that information all of the time.

Instead, the mind developed the conscious mind, which serves as a filter to review the information sent to it by the senses and retain anything that it deems important. Anything that it does not deem important is passed along to the subconscious. It is the subconscious which will retain this information, acting as the guardian of repressed memories until such time as those memories are needed again.

It has long been held that the subconscious has a direct effect on the actions and beliefs of the conscious mind, a topic which will be discussed in greater detail a bit later on, but for now it is sufficient to say that if the conscious mind is attempting to think positive thoughts while the subconscious retains a negative energy the two will cancel each other out, and the desired effect will not be achieved.

2) Becoming impatient

The universe works at its own speed; remember, every action carries with it an equal and opposite reaction. It is essential that the other environmental conditions be right in order for an event to occur just as it should.

This means that the law of attraction may take weeks, months or even years to effect a fruitful reaction to the desires of a single individual. People of today's society are spoiled; they want what they want and they want it now. A new theory that does not produce instant results is not going to be received with a great deal of favor.

In addition to that, disbelieving in the law of attraction because it does not meet your established timetables (after all, it never says precisely when all of these wonderful rewards will be reaped, only that they will) is a direct violation of the guidelines required to see positive results in and of itself. You were merely testing the law in order to see if it will produce results; if you were confident in its ability to effect the

desired results you would be content to sit and wait, knowing that what you want most will come to you in time.

On the other hand, the fact that you are not indicates that you do not have confidence in its ability to bring about the desired results. This means that somewhere in your being is a small kernel of negative energy, sufficient to throw a monkey wrench into the whole process of positive attraction. Remember, if you are vibrating negative energy you will attract negative energy back onto yourself.

3) Determining ahead of time how and when you will attract what you want

Let the universe work! It is possible to become so focused on what you think is going to happen that you manage to totally miss the event when it occurs if it does not occur in precisely the manner you pictured it would.

As we said before, the universe will choose its own time and place for all things to occur, and these events may take place through rather unusual means. By predetermining exactly how you will receive the rewards which you are seeking you are taking away the choice from the hands of nature, which direct the ebb and flow of the energies of life, and setting yourself up for a hard fall.

By taking the ability to choose upon yourself you are essentially saying that you do not have faith in the ability of the law of attraction to effect the desired results in time; again, by setting your own timeline for events to occur you will eventually come to disbelieve in the law of attraction (after all, it didn't do what it was supposed to, did it?), which will cause your subconscious to radiate the negative energy which will drive the positive energy away.

4) Allowing your emotions to be led by external evidence

In order to reap the full benefits of the law of attraction you need to believe that what you see now is a result of what you have been attracting to this point; again, it is essential that you realize that what has occurred in your life to this date and what will happen later on is determined by you. Whatever successes or failures you have experienced have been the result of the energies that your mind and body have released out into the universe.

It is very easy to look at the events of your life and think, “I certainly didn’t want that to happen; the law of attraction must be untrue because I would never wish for something so awful.” What you have to realize is that it is not always what your conscious mind wishes for that influences what your subconscious mind is projecting.

Which leads us to the fifth most common mistake

5) Not removing limiting beliefs

There are many occasions in which people fall into a self defeating cycle because they are unable to control the thoughts and attitudes of their subconscious. A

common argument against the law of attraction is, “Why is there so much suffering in the world if people have the ability to determine the events of their life?” No, these people have not chosen a life of starvation and servitude; however, due to their history many of them do not truly believe that they have any choice.

This disbelief in their ability to change their circumstances because “it is the way that it’s always been” means that they will continue to live this way. Their subconscious continues to project that disbelief and negative energy out into the universe, drawing back negative energy which will cause them to continue to live in this self destructive cycle of events.

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It is those who have dared to dream, and believe in the possibilities presented by these dreams, who have effected the greatest changes in the world. Do you think that if the colonists had really believed that they would never be free of the British they would have been able to win the revolutionary war? If Henry Ford had not truly believed that man could ride in a car, do you think that the Model T could have been invented? If women really believed that they were destined to live the rest of their life under the thumb of their fathers and husbands, with no say in the lives they would leave, that women's liberation would have occurred?

The removal of limiting beliefs such as these is absolutely vital to the ability of the law of attraction to work as it is intended to. If you truly feel that the law of attraction is not working for you, take a moment to consider the things that you are wishing for. Do you truly believe that these events can take place, or are you merely making idle wishes? Do you secretly believe that you have a "one in a million" chance of any of those things actually taking place for one thing or another?

In order to project the positive vibes which are necessary to draw the energies of the universe to you it is essential that you be one hundred percent confident in your ability to effect a change and willing to believe that all of the events occurring up to that point have been a necessary prerequisite to bringing these events to be.

The key to the Law of Attraction is the ACCEPTANCE of YOUR responsibility.

"...When the voice and the vision on the inside become more profound, more clear and loud, than the opinions on the outside, you've mastered your life"

Dr. John F. Demartini

Chapter 8: Arguments Against the Law of Attraction

While the law of attraction can be universally applied this should not be misconstrued to mean that it has not been the recipient of its fair share of criticism following the revelation of its potential to the general public. Numerous scientific and theological societies have gone to great lengths to voice their disapproval of this upstart new theory.

Science

Among the most fervent of the protestors are those who choose to poke holes in the scientific foundation upon which the law of attraction is built. This scientific theory is best explained by Michael J. Losier in a segment of his recently published novel Law of Attraction.

“There is a physiological foundation for positive thinking and its effect in creating the law of attraction.

As you may recall from your high school science classes, there are many forms of energy: atomic, thermal, electromotive, kinetic and potential. Energy can never be destroyed.

You may also recall that all matter is made up of atoms, and each atom has a nucleus (made up of protons and electrons) around which orbit electrons.

Electrons in atoms always orbit the nucleus in prescribed “orbitals” or energy levels that ensure the stability of the atom. Electrons may be compelled to assume “higher” orbits by the addition of energy, or may give off energy when they drop to a “lower” orbit. When it comes to “vibrations,” if atoms are “aligned,” they create a motive force, all pulling together in the same direction, in much the same way as metals can be magnetized by aligning their molecules in the same direction. This creation of positive (+) and negative (-) poles is a fact of nature and science. Suffice to say, science has shown that if there are physical laws that can be observed and quantified in one arena, there are most probably similar laws in other arenas, even if they cannot at this time be quantified.

So you see, the law of attraction isn't a fancy term or new age magic; it is a law of nature that every atom of your body is constantly responding to whether you know it or not.”

The ideas contained within this explanation were briefly touched on in previous explanations concerning the foundations of the law of attraction; however, in order to understand the controversy surrounding these assumptions it is important that you first understand what these assumptions are.

Supporters of the theory claim that the effectiveness of the law of attractions stems from its origin in the field of physics and its supporting facts in the field of quantum mechanics; after all, the primary argument against many metaphysical occurrences is that while their origins may be speculated on, these origins very rarely have more than a small amount of circumstantial physical evidence to back them up. Who is going to argue about the validity of a theory which, although assumed to actually be manifesting itself on a higher plane, has its roots planted firmly in the grounds of modern science.

Unfortunately, much of the “scientific evidence” which has been brought forward to date in support of the law of attraction has not been conclusively proven with sufficient reproducibility to allow it to be considered an actual law of nature. The entire axis upon which the scientific world revolves was best described by Richard Feynman, one of the finest physicists of his time and a man whose writings and teachings can still be found in almost every bookstore and college campus in the country.

In his book Six Easy Pieces Feynman states:

“...nature, as we understand it today, behaves in such a way that it is fundamentally impossible to make a precise prediction of exactly what will happen in a given experiment. This is a horrible thing; in fact, philosophers have said before that one of the fundamental requisites of science is that whenever you set up the same conditions the same thing must happen. This is simply not true, it is not a fundamental condition of science...We stated...the sole test of the validity of any idea is experiment. If it turns out that most experiments work out the same in Quito as the do in Stockholm, the those “most experiments” will be used to formulate some general law...We will invent some way o summarize the results of the experiment, and we do not have to be told ahead of time what this way will look like. If we

are told that the same experiments will always produce the same result, that is all very well, but if when we try it, it does not, then it does not.”

That’s right, straight from the mouth of one of the most revered names in science to your eyes. Contrary to what your teachers told you in grade school it is not necessary for an experiment to reproduce itself in order to be considered both valid and significant. This is an important lesson to remember throughout life; however, with respect to the process of a theory becoming established as a law it is important that any experiment conducted with that theory as its fundamental backbone be reproducible under most circumstances.

The experimental trials of the law of attraction which have been performed with the use of test subjects have left a great deal of grey in the decision as to whether or not the law is actually a law at all. Since researchers are dealing with the human psyche rather than a physical object which can be manipulated and controlled it is all but impossible to establish proper testing conditions which will guarantee a high level of accuracy and completely unbiased results.

In order for a trial of the law of attraction to be considered conclusive it is necessary that the test subject follow the guidelines meticulously. This means that they must remove all of the negative energy from the subconscious portion of their psyche. This is a condition that is considered to be “mission critical” in an experiment yet is impossible for researchers to control.

A test subject cannot be forced through any artificial means to remove negative thoughts from their subconscious; they may not even know that these negative thoughts are there (after all, there is a reason that it is called the subconscious). Since the key element to finding success with the law of attraction is to allow positive energy to dominate your thought processes any negative energy remaining, even deeply buried away from the conscious mind, will have an adverse reaction on the results of the experiment.

In addition, since researchers are dealing with the human psyche there is another factor which has never been officially proven through scientific means but which is accepted as fact all around the world: the power of the human mind. You may be looking at this in confusion, asking yourself why the power of the human mind would be a problem when it is

the power of the human mind which you are attempting to harness in order to find success with the law of attraction.

The reasons are simple. There are three main factors which stand in the way of a person achieving their goals. One of these is the body, the other is the environment. Each of these plays a small role in a person's ability to carry out a task which they have chosen for themselves; however, they are not the key factor responsible for the success or failure of a person's appointed mission. The human mind is the primary obstacle standing in the way of a person and their dreams. If they do not believe that they will be able to overcome the other environmental and social obstacles standing in the way of achieving their goal then they will not be able to. On the other hand, if they believe that they will be able to triumph over these adversities they are almost guaranteed success. This is not always due to some form of cosmic influence, however.

Let us look at this dilemma through the eyes of a young adult who is straight out of college and attempting to start his career. If he has a great deal of doubt in his ability to succeed in his chosen field and land a job he will be happy for his mind will recognize that negativity and make it fact. He will not be as aggressive as he needs to be in hunting down jobs, and when he does find a job he will almost inevitably crash and burn in the very first interview because he will be so sure of his failure that he will not be able to put his best foot forward. On the other side of the coin, if he is confident that he will be able to succeed he will portray that confidence in everything that he does, allowing him to get through his interview with flying colors and land the job of his dreams.

There was no cosmic influence here, merely a readjustment in attitude that led to a readjustment in presentation. It is impossible to look at the results of an experiment relating to the law of attraction and be able to say with one hundred percent surety that the positive results of these trials were a result of some form of cosmic influence rather than sheer human determination.

Experimental results are not the only issues causing contention among the scientific community. A large portion of the theory has fallen under fire as well. The simple truth of the matter is that from a scientific standpoint the cold, hard evidence supporting the physical existence of the law of attraction in nature is weak indeed. Unlike many other experiments

dealing with non-metaphysical properties of science it is virtually impossible for scientists to actually examine the individual components which make the law of attraction.

Vibrations being emitted from the body with respect to moods and emotions are still largely a conceptual idea, and while scientists may be able to pinpoint the precise energy signatures being emitted by the body the technology to recognize whether it is good or bad, stemming solely from the body's physical self or having some foundation in the body's emotional channels simply does not exist.

In addition to these difficulties scientists do not yet have a means with which to identify the specific energy waves which comprise an event. For every change dealt to the status quo in nature there is both a waterfall of precursor events which must occur in order for events to proceed as needed for a specific outcome and a "ripple effect" of changes which will occur as a result of this change. It is impossible to determine whether or not there is, in fact, an energy based reason for each of these events, and how the various forms of energy which must collaborate to bring circumstances to these ends work together is still a mystery.

Are you confused yet? Probably, which is precisely the point upon which a great deal of the controversy surrounding this law is founded. The theory simply does not make sense in any manner that can be specifically addressed by a scientific team and proven using scientific methods. Where does that leave the scientific community? Still turning its wheels looking for answers.

Religion

As we mentioned before, scientists are not the only ones with a bone to pick with regards to the law of attraction. Various religious sectors have taken great offense to the concept of a person being able to decide their own fate based entirely on the power of their mind. Why is that? After all, one would think that if anyone would appreciate the potential of a person being able to direct their own course in life it would be those who have a deeper understanding of all things unseen.

The reason for their opposition is the fact that if people are able to control the course of their own lives it more or less usurps the position of a God in this lifetime. The theory of the role of a deity in most religions is that it is prayer and sacrifice to this deity which will determine your lot in

life, as well as in the afterlife. The ultimate decision with regards to your ultimate fate rests entirely on their shoulders, and if you are fortunate your deity will be a forgiving one and grant you much prosperity in life.

If you choose to follow a path that you believe will allow you to take control of your life out of the all knowing hands of your deity what does that say regarding your faith? It is argued that belief in the law of attraction means that the believer doubts the power of their deity, an action which not only sacrifices the fundamental principles of any religion (the ultimate, unquestioning belief that is the platform upon which any deity rests; after all, what is a god but someone who has found someone to worship them?) but could cause doubt to fall upon the entire religious caste, an event which most societies are simply not ready to deal with.

Another belief that has suffered a hard hit in the presence of the belief in the law of attraction is that which states that the universe exists in a delicate balance, and all events which occur are a result of the universe attempting to maintain that balance. The possibility that man can decree the events that happen in his own life is a slap in the face to the belief in that balance; after all, if man can decide the events of the future what is there to ensure that that balance remains? How can humans live comfortably knowing that at any time their entire way of life as they know it could come to an end as the power of the law of attraction could cause the play of events in the world to be changed entirely?

Chapter 9: How Does the Law of Attraction Compare with Other Subliminal Programs on the Market?

As the power of positive thinking has grown there have been many which have attempted to make a profit from this incredible discovery. This has spawned a new era of “subliminal products”, which retailers then proceed to sell on the market for a ridiculous price and reap the profits.

The difference between other subliminal messaging products and the law of attraction is the profit margin. Quite simply, there isn't one. You don't need to have any special equipment to maximize the power of the law of attraction; it is all there in your own mind. Neither do you need a teacher to teach you how to use it; once you have mastered the fundamentals upon which the law of attraction is built you are ready to put it into practice.

These same sentiments cannot be expressed with regards to many of the other subliminal programs on the market. These programs claim to be able to help their users lose weight, stop smoking, become smarter, get a new job, move past their shyness, improve their relationships, etc. Do they work? Not always. The law of attraction is the only subconscious means by which to ensure success in whatever endeavor you choose to undertake.

Various Other Subliminal Programs

It is only fair that if you are studying the law of attraction you learn a little bit about the various other subliminal programs available on the market. This will allow you to compare them all and understand why the law of attraction is the only one which has been proven time and time again (regardless of what the researchers would have you hear).

1) Subliminal Messaging

Subliminal messaging is one of the oldest forms of subliminal manipulation, and has been the one to face the greatest amount of controversy. The belief held by the believers in subliminal messaging is that since memories can often be pulled forth from the subconscious to the conscious mind, the subconscious must continue to have some effect on the conscious, whether the owner of said consciousness is aware of it or not.

Those who use subliminal messaging attempt to use various methods to introduce an idea to the subconscious, which will then transmit that idea to the conscious when the proper occasion arises. This is done through the introduction of a brief (often a thousandth of a second) to the audio and/or visual senses. This message will be so short that the conscious mind will immediately disregard it as being unimportant, while the subconscious will take the information and store it away.

Subliminal messaging was first introduced in the late 19th century and was introduced in the 1950s as a possible marketing tool. Mr. James Vicary claimed that during a film shown in his New Jersey theater he had used a tachistoscope to broadcast the words “Drink Coca-Cola” and “Hungry? Eat popcorn” for 1/3000 of a second at five second intervals, and that during the time of these broadcasts sales of both increased dramatically.

This sparked a huge debate among the people of the United States, who were afraid that the government would now use subliminal messaging to attempt to control the things they thought and did; they would not be able to do anything about it because they would never know. This controversy led to the banning of subliminal messaging for any type of marketing purpose.

Although Mr. Vicary later admitted that the experiment had been a fraud the concept of subliminal messaging had been brought out into the open, and its possible benefits were explored at length; however, to date no study has definitively shown subliminal messaging to be an effective way to control behavior.

2) Affirmation

Affirmation is the firm declaration of something to be true, and is intended to convince the mind that what it wants to happen will. For example, stating over and over again, “I can get any job I want” is intended to instill in the mind the confidence to go out and get any job that it wants. This resembles the law of attraction, but is not sufficient to sway the subconscious until other methods are employed as well.

Wikipedia describes affirmation as so (this was interesting, showing very well how affirmation and the law of attraction are joined together, and would not have been the same if it was altered in any way).

"In spirituality and personal development, an **affirmation** is a form of autosuggestion in which a statement of a desirable intention or condition of the world or the mind is deliberately meditated on and/or repeated in order to implant it in the mind. Many believers recommend accompanying recitations with mental visualization of a desired outcome. Affirmation could be viewed positively as a mobilization of one's inner resources, or negatively as a kind of self-induced brainwashing, depending on the psychological depth and wisdom of the affirmation. For example, believers would consider "I am making more room in my life for success every day" a much wiser affirmation than "I will win the lottery today!" Affirmations are always phrased in the first person and usually in a present tense ("I am") rather than a future tense ("I will") in order to increase the realization of the statement for the affirmer.

Affirmations are believed to be a very powerful means of reprogramming the unconscious mind. They appear to be most effective when repeated in a quiet and restful state of mind and body, and when the desired outcome is vividly experienced in one's mind and resulting emotions are felt. They are an intrinsic part of many New Age groups including I AM Activity and the Church Universal and Triumphant of Elizabeth Clare Prophet. However, in these groups affirmations are generally recited in flat, mechanical voices at top speed and volume, in order to elevate participants' "vibratory levels".

Perhaps the most often used and well-known affirmation is the word "Amen," which can be translated simply as "so be it" or "and so it is," affirming the truth of whatever was written or said immediately prior. While often used to conclude prayer, the word itself is neutral as to its context and exemplifies a logical affirmation more than a spiritual one.

3) Visualization

Visualization works in much the same way as affirmation; you visualize yourself achieving something and your brain will come to believe it is so; therefore, you will be

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able to do it. Again, this is closely related to the law of attraction but does not address any underlying issues which could contribute to negative vibes.

Chapter 10: In Conclusion

Although the power of the law of attraction has yet to be supported by any physical means its effects have been proven time and time again. In spite of the opposition which you will surely face, both within your own mind and throughout the rest of your societal acquaintances, if you adhere carefully to the guidelines set forth you too will be able to unlock the power hidden within the depths of your own mind and chart the course for your own destiny.

**** Bonus Articles ****

We always believe in providing immense value to our readers. Hence we are adding several bonus articles that give you more information on this subject. Enjoy!

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Finding Your Inner Child with Self Talk and Positive Attitudes

Vow to tag on* the self-confidence-have a discussion with process now* and move your inner youth to mundane thinking before to advance your overall health. It is topmost-page* to improve your preteen now so that you can live a productive life through positive self-image-discipline you have instructed from self-talk. Your inner little angel* often has dark spots, which you can connect with to learn self-assurance-will completely self-talk practices.

You have a little angel inside of you. Sit down and become acquainted with this little man, since it has been proven long-before this little man developed that failing to know your inner child can cause you heartache for years to come.

When you meet your inner child and become controller of your mind, it will assist you with counteracting diseases like heart and miner's lung disease or cancer. You will find it easier to stay stronger when you use self-talk to meet your inner child.

Start with:

You can interchange the way you think by putting some effort into meeting your inner child. Take time to create a log of the changes you want to occur, and don't forget to talk about boosting your self-subordination. Be forward-looking off-and-on writing the list out while discussing these changes with your inner child.

In an effort to triumphant, we necessitate to feel secure and to employ our positive thinking abilities to uphold our positive self-image-discipline, staying in control. We need to be in panel of our lives in order to succeed in the world today. Learn to stay in control with self-discipline by thinking positive.

Thinking negative thoughts all the time like then revert your thoughts. Enjoin yourself distinctly, telling your intellect progressive things that it must needs* to auscultate in order to overcome the gloomy thoughts.

Construction up self-limitation is periodically stiff to do. We all demand preparation in order to be flourishing with all the commands and problems with just day-to-day life. Build up your life by coming near to your inner child and learn self-discipline with positive thinking and self-confidence-talk.

Vow to join the self-assurance-confidence-talk hold now* and suggestion your inner nipper to practical thinking to develop your taken as a whole health. It is fore-page* to develop your inner child now so that you can live a industrious life by encouraging positive self-image-cultivation you have developed from self-have a discussion with your inner child. Your inner child often has dark spots, which you can connect with to learn self-confidence-self-restraint through self-talk practices.

Your inner child requires development, which you could connect with to learn your inner child through self-talk practices.

Take control of your positive self-image-self-mastery with positive thinking aforetime it takes over you. Without self-education your health will drop, you'll make broke* decisions or your self-esteem will decrease dangerously.

Don't let this happy. You are a winner. The only reason that you haven't won the whole race is because your left your inner child behind.

We have to like ourselves to be successful in life. Self-curb with positive thinking can sustenance us to incline the person we want to be by making goals and meeting your inner child. Write down your principles that you want and work unyielding by thinking positive and telling yourself that you can and demand estimate the pot of gold at the end of the empty wish. Don't forget to include your inner child so he/she doesn't feel left behind again.

As you reach each goal, reward you and your inner child by enjoying something special. Think positive what you'd like succeeding scopious each limit you set with your inner child.

How to conduct a relaxing positive self talk session through preparatory relaxation exercises

Is it that important if I am relaxing during my self-talk session?

It may not be the most important thing about your session but it is certainly one of them. It is best to know how to set up your self-talk “station” to make yourself relaxed and comfortable as you conduct your session. These relaxation exercises will prepare you both for the positive self-talk process and to be more receptive to the suggestions you are giving yourself.

How do I conduct these relaxation exercises?

To begin these relaxation exercises it is very important to find a location where you can be certain that you will not be disturbed. If it is possible, it is also best to lock your door. Try to choose a time to conduct your relaxation exercises when there is very little external noise to distract you. If you live in a noisy or busy area or if the only time you have in which to conduct your exercises is likely to be a very loud or active one, you will want to invest in earplugs to help reduce external distraction. It is also best to choose a time when you know you will not be too tired to focus or indeed too worried to focus. Try to choose a time when you will not have a whole list of household chores or jobs lined up and waiting for you immediately after you are done. It is best to choose a time when your mind will be as clear as possible, and because of this it would be ideal for your relaxation times if you were able to take some time before them to just clear your mind and settle in.

Begin by arranging yourself comfortably on a soft but supportive surface such as a sofa or even a bed. Some people actually find that these locations are not conducive to relaxation since it makes them think of sleep, or relax too much, so they do better if they arrange themselves on the floor supported by a soft rug. It is best if the subject experiment with a variety of surfaces and locations before determining what best suits a personal need. Sometimes a flat pad or firm cushion or pillow can also be helpful in being settled.

At what time you are sure that you have chosen the position that will offer you the greatest comfort and support available, lie down flat on your back with your arms resting on the floor at your sides, but not touching your body. Look up at the ceiling, and be careful that you do not

stare but just allow your eyes to relax, and even to wander a little if that is what feels most natural to you when conducting this relaxation exercise. Give yourself time to breathe in and out in a relaxing and regulated fashion. Do not rush breaths or force them, but simply find the rate of breathing that is most comfortable in your position and maintain it.

As you practice your relaxation techniques, it is also helpful to practice your positive self-talk technique. As you begin to relax and settle in, encourage yourself by speaking in a level tone phrases like the following:

“It will take some time and patience for me to properly learn this relaxation technique. It will take some time for me to become very good at this, but I have the patience and desire to accomplish it.”

“I am going to master this relaxation technique.”

“I am going to convince my body to work for me. I will be able to improve my outlook on life by mastering this relaxation technique.”

Know what to do next in Self Talk and Positive Thinking

Your inner actor presents itself in your behaviors, attitude, verbal communication, body language and so on. Sometimes it may seem that this negative actor refuses to vacate the premises and lingers with you for a long time. The gnarly* revelation* however enables you to control your thoughts. You can use self-talk to control your mind making it an assister to you, rather than a master of your every action.

Broadening your awareness is a great start to thinking positive. You can do this by encouraging self-talk in your daily life. Rather than beat your self down each day, start inspiring your mind to talk good about you. "I am a good person and deserve success." This is a start.

You must ripen into aware of the inner confab. Start by learning to note signals from your negative thoughts and then review to see what is tattling you. Open your awareness. Assume your intonations, visualizing them as you. Keep in mind that these voices is not you, rather it is your historic voices holding you back.

The verity that you have the ability to thrash out* means that you can recognize you have negative thoughts. Induce to pay deliberation to what you visualize you to be. Watch closely without buying into the negative thoughts. As you notice interruptive thoughts, rather than reject them, discuss with your mind why those thoughts exist.

Next, rather than reacting to what your thoughts tell you. You do not have to act in response to the disillusion in your mind. You can master this negative thinking by becoming aware of these thoughts as they emerge.

Nothing flat* you can tag along with your thoughts, just realizing these thoughts are not your commander, rather you are the master of you.

When you feel as though you are crashing with your inner self, observe closer. Fill in the gaps with positive reflections. Use these gaps to your advantage.

You will start to notice this arriere-pensee being that these negative thoughts have drown you for many years.

Initially you created these shortly, negative dogmas about you, from the negative input you heard originally from your biological parents, faculty members or others who had demonstrated influence over you. Now, that you are a grown-up your being to discover that you have deep-seated this negative feedback into your own individuality type.

Now start your self-talk process.

The people that gave me negative feedback were immature and had no influence on me. Rather than being the person they think I am, I am the person I desire to be. I can accomplish anything I put my mind too and have achieved much from my life.

Sit down and review your accomplishments. What did you accomplish? Think about how you accomplished each reward you received.

Continue until you start feeling positive about you. Write down new thoughts that come to mind to help you recall these great accomplishments.

Sometimes your thoughts will border sporadically. When you are challenged with your performance or something that is arguing against, or has a negative effect on your mind, challenge it rather than allowing these thoughts to take control of you. Review what you learn as you practice self-talk so that you can learn from it without forgetting what you learned.

Well-behaved consciousness throughout your self-talk process is the start of learning to control your life. The mechanical coolers you have to the relentless offensively negative esprit d'escalier, afflictions as well as your assessments will uphold you, especially when you feel overwhelmed. Master them through self-talk, rather than allow them to master you and turn your thoughts in to positive ones.

Positive Reflections and self talk

Manage your self-talk with positive thinking and self-talk

Learning to manage your emotions by changing to positive thinking takes time and practice. We all need management skills one time or another in order to make good decisions in order to perform our daily task as well and the ones that jump in without notice. Building up aplomb-discipline is intermittently inflexible to do. We all require self-restraint in order to be successful with all the challenges and problems with altogether daily life. Put up your self-will with positive thinking and self-talk.

In order to successful, we need to be strong and use our positive thinking guts to keep our self-discipline in control.

Are you always down? Do you feel down in the dumps about something that has happened? Do you feel stressed from making a bad decision? Do you feel you just can't do anything right anymore? Thinking positive and learn new management skill in how to think and listen to self-talk.

Ask yourself if someone keeps repeating negative things like "you can't do this", "you'll never get that far in life" or "you tried it this way, don't try again." You'd get mad and tell them to back off and leave you alone right? I know I would be very angry and not want to be around them anymore.

Get started and get rid of the negative things by telling your thoughts that your tired of the way things are being done. Be positive and change by taking control and learning how to manage the negative thoughts that are running through your head.

Whenever you start thinking, negative thoughts stop and listen to what they are saying. Next, take a deep breath and talk out loud to your inner self; speaking soft and low so it isn't a shock to your system and just say "I'm tired of listening to this and I'm going to be positive that I will and can manage myself in the proper manor.

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It will take awhile to learn how to manage your self-talk to be positive because your brain is already programmed to thinking negative things. You've been hearing all these "I can't do it" and "if I hadn't or could;" so long it will take some time to see and learn how to change these to being positive thoughts.

You've come along way to realizing that you need to learn new management skill in how you think. Now it's time to use your new learn skill and know when and how to use them.

Practice everyday on changing your thoughts to be positive ones by repeating them repeatedly. Don't expect to see a difference in your attitude right away. Don't expect to see new changes in your behaviors right away either. It will take time and confidence that you can do it.

Don't be afraid of making mistakes as you try new thinking skills. We all make mistakes but can learn from them. Making mistakes tells us to thinking differently next time to make it go right.

Never expect to be perfect, because no one is. We all need to learn new skills everyday to keep our brains active and motivated in order to learn new things.

If you want you, does some research on positive thinking and self-talk just take some time out for yourself and go to the library or get online. You'll find that there is a lot of information out for you to read; CD's are available to help you learn positive thinking in self-talk as well.

Reading will give you more ideas and information on how to make your life change around to being positive.

Reducing Risks in Self Talk and Positive Exercise

We can consider physical workouts to see how it can benefit us in many ways. Yet, we still need to consider exercises for the brain so that it can benefit too. While physical exercise will encourage the brain when you apply self-talk and positive thinking it will increase your mental and physical health even further.

Let's review exercise first to see what we can get from working out the muscles and joints.

Exercise is a great way to reduce risks of strokes, heart disease, and diabetes, and high-blood pressure, high cholesterol and so on. Working out often will help, since it strengthens the bones, cartilage, spinal column, nervous system, muscles and joints. Joints when flexibility will promote blood flow so that it goes to the brain freely. The tissues and cells also work properly when you exercise. This means that every time you build your muscles you brain benefits too.

Exercise includes cardio workouts, aerobics, strength training, and resistance training, and isometric and so forth. One of the recent exercise routines is the Pilate's plan. The machines and equipment will assist you with sculpting the body, yet you are not harming the joints. In fact, when you workout you should avoid overloading the joints. The joints are powerful instruments we have and when these joints are overworked, it could cause serious problems to incur.

Exercise will promote good health. Exercise prevents the muscles and joints from feeling stiff. When the muscles and joints are stiff, it opens the doors to inflammation, swelling, pain and other arthritic symptoms. When the joints and muscles are not working properly, it affects the central nervous system. The central nervous system rests, sending living cells information that channels messages through and from neurotransmitters on to the brain and spinal column. If this area is interrupted, you are opening the door to some serious problems in the future.

Now that you have an overall idea how exercise can help you, check out how self-talk and positive brain exercises can benefit you too.

In fact, the central nervous system from failure to exercise, it affects the two hemispheres of the brain that divide and channel to the spinal cord. What happens is the four lobes are affected. These lobes include the frontal, parietal, temporal and the occipital lobe. When failure to exercise starts affecting the muscles and joints, the tissues, cells and central nervous system is affected, which also targets the brain? Now we see issues incurring, since the lobes contain our personality, intellectual works, motor speech, sensations, sensory integrated communications, spatial, vision, taste, smell, speech, and our capacity to hear.

Break it down:

When you self-talk and think positive, it effects these hemispheres in a good way. What happens is the brain starts building new cells, which replaces dying cells. Each time you feed your mind positive food and then work out with self-talk, you are building motor speech, sensations, intellectual, personality, communication, vision, spatial, smell, speech, taste, and so on.

This is the process of working out the mind. When you work out the mind, it will reward you in many ways. Yet, if you combine exercise, i.e. physical exercise with brain workouts you will live even healthier.

Now that you have an overview, sit and talk with you to get the ball in motion.

Self-talk:

I will start exercising today. I have the power within me to start working out my mind and body today. I will not slack. Each day that I awake, I will practice self-talk, positive thinking and working toward a healthier body.

Removing Obstacles with Positive self image Talk and Positive Thinking

I in earnest don't surmise there is everybody in a logical order that has in fact withstood life's challenges without enduring stress, despite how rich this person may be.

Life is ever changing, and with the current complexities going on in Iraq, it outwardly loads*. Millions of persons each day are struggling for new ways to reduce stress and to remove difficulties out of their way to prevail.

The best way to avoid tension is making sure you get plenty of peace. One of the best methods and means to move stress and save your mental caliber is exercising daily. Go for a walk; commute your bike around the block. This will help you to rest breathe easy at night.

If you are adversity, financial situations there are solutions to the problem. I realize humanity out there who are suffering financial difficulties and cannot work still you can rest. If you sustain the Internet, Many programs allow you to research are programs that you can signal up free and additional programs that offer free websites and free fame. Make change! Hired gun writer's jobs are available online as well; research.

Take the barriers out of your way by finding a job that you can do devoid of causing your health additional violence for secondary income, outside of writing.

Obstacles are big if you continue to create mountains.

Violence is proven to deteriorate health and a person's well-being. Thrust is spontaneous, psychological, and physical change, which is way a person who is predicting may be sustaining mental fracas that are not surfacing. It's time to sit down and evaluate your brain. Look at your situation and see if you can find a solution. See if you can locate the problem and alleviate it. In other words, evaluate your Gordian knot and find a solution to the issues that are causing you problems. This is titled self-analyze: self-talk.

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Sometimes writers are stressed for they may perch in an environment that does not offer opportunities, or at most, potential that meets their education and skills. It's ok to proposition. You might not be capable of to move today, but plan to move to a better location in time.

Counselors have proven that bright artificial runway approach lights can enhance your mood if you bear with from environmental brave change. I keep Christmas, illuminations, and florescent lights in my edifice year round.

Concert music is one more new wrinkle of relieving stress. It's a proven fact that people often make allowance stress because their desires are clouded and they fail to move the fog out of their way.

Reconciliation will also help reduce stress when disincentives are creating problems. Take an hour or two out of your day to lie down and meditate. Don't worry. Sufficient for each year day: If you are a parent to children, I strongly advise, take some time for yourself to reduce stress. Spin-off* can cause a lot of stress unfortunately.

Encumbrances may become overwhelming if you don't take time out to play. I don't care how old you are. Watch a movie. Take a walk, visits friends. Companionable activity helps irregularly you are feeling dismayed.

Are the people around you driving you crazy? The wisest solution for this issue is finding friends that will offer something to your personality rather than customarily take from it.

Are the common people around you driving you crazy? The wisest solution for this theory is finding friends that order offer something to your personality rather than consistently take from it. Think self-talk and push them out of the way.

The obstacles listed beyond can contribute to stress. Move them!

Self discipline in positive thinking and self talk

Building up self-discipline is sometimes hard to do. We all need discipline in order to be successful with all the challenges and problems with just daily life. Build up your self-discipline with positive thinking and self-talk.

In order to be successful, we need to be strong and use our positive thinking skills to keep our self-discipline in control. We need to be in control of our lives in order to succeed in the world today. Learn to stay in control with self-discipline by thinking positive.

If we are thinking negative things all the time like “this isn’t going to work” or “if I hadn’t done this it would never have been this way” Be positive and say, “this is going to work” or “I’ll have to manage and do it differently next time.” When you tell yourself this aloud, it is telling your brain positive things that it needs to hear in order to overcome the negative thoughts.

We have to like ourselves to be successful in life. Self-discipline with positive thinking can help us to become the person we want to be by making goals. Write down your goals that you want and work hard by thinking positive and telling yourself that you can and will reach the pot of gold at the end of the rainbow.

As you reach each goal, reward yourself by doing something special. Think positive what you’d like after reaching each goal. For instance if you want to stop smoking set a date like six months then take a shopping trip and then at the end of the first year take a vacation. You’ll save a lot of money as well as becoming healthier so the vacation at the end of a year you’ll have the money and feel better about your health too.

Positive thinking and self-talk is needed to manage your self-discipline. If you’re positive that you’re going to lose weight, you need self-discipline to move from the table when you’ve had enough to eat. Self-discipline will tell you not to eat anymore; enough is enough.

You can change the way you think by putting some effort into the situation. Make a list of the changes you want to make to build up your self-discipline. Be positive when writing the list out by saying; “I can lose 10 pounds” or “I will stop smoking.”

Keep telling yourself aloud that you can and will do something. Be in control and reprogram your brain to think positive instead of negative. You have to overpower the negative thoughts that are telling you to eat that last piece of cake so it doesn't mold. Your brain will soon become positive thinking and tell you that you don't want that piece of cake. Your self-discipline will be telling you to leave the cake for someone else that hasn't had any.

Take control of your self-discipline with positive thinking before it takes over you. Without self-discipline your health will drop, you'll make poor decisions, or your self-esteem will decrease dramatically.

Being in control will help you prevent diseases like heart and lung disease or cancer. Stay healthier and happy when you develop a strong self-discipline for yourself and those around you.

Vow to join the self-confidence-talk process now* and move your inner child to practical thinking before to improve your overall health. It is front-page* to improve your preteen now so that you can live a productive life through self-discipline you have developed from self-talk. Your inner child often has dark spots, which you can connect with to learn self-discipline through self-talk practices.

Self Talk and Positive Resources in the Subliminal Mind

Our personality tendency is a blend of our emotional cavities, beliefs, influential epidemic, mind-set* and perceptions. All straightaway factors concertedly generate the concept of that person as well as his manners. As the way of perceiving this is a smash part of making up one's personality. This is the innermost impression that can also be as effectual in influencing one's personality as in the conscious food from results.

A person that observes a motion picture for model will learn something at diverse levels. The film's message may become conscious to that person in an identified approach. Yet the colors scheme harmoniously engaged in that motion picture, its sound track, and the graphical terminal attuned as well as the cinematography itself may have selected subconscious or subliminal upshot on this person.

Many programs allocate to you research tools that may direct to a huge section of attainments from that motion picture, which maybe the subliminal in nature.

Humankind, which believes, and acts as activists in Self-assurance Talk concepts affirm that many alterations could crop up after scrutiny of any such motion picture or viewing a natural-based scene or something of the genus are unpaid to the subliminally learned abstractions. If concluded by correct edifice, Positive self-images and Talk can even fracture and assist the social order with civilizing themselves as individuals.

In the mod* era, the praise commercialism products have agreed over more than one alternative in promoting these products, which assist consumers in subconscious learning. Yet, what they missed is that self-talk does the same as these tapes, still the products are helpers that can promote self-talk.

The attorneys of Inner strength Talk accept as true that hoi polloi* can progress their qualities by enforcing them to listen to some designed successions of sounds in addition to musical relaxing sounds as a technique.

These sworn by testers are governmental believers that body politics* can enhance their manners by tapping into the subliminal mind. These marketers are making headway in their efforts since they have made the municipal opine that the stuff, which is portent to enhance a person's personality tendencies by self-conscious learning practices, is a gnarly* one. Notwithstanding the other municipal grade schools of thought that will not reckon on in it, unmoving, the negotiating of the products border to Self Talk and self-improvement of your personality by employing self-talk in fact over other alternatives.

Those members that have introduced alternatives indirectly now send instruments that claim actually to impress and to be capable of skyrocketing* our personalities and does not have a contentious uncertainty.

Some proletariats believe that speculation within the joints stuff was not worthy of and have not perplexed currency to the errant praise commercial product sellers. These other believers take the public to think that CDs are the programs they have purchased and are second-hand to Self Talk purposes, i.e. helpers to this self-therapy approach.

According to these venders and creators, some of the subliminal learning tools can assist with managing mood swings, smoking, drug addictions, etc, yet they fail to tell you that using innate skills can have the same effects. In fact, you can use self-talk practices and even combine them with role-play and receive above the results that most of these by-products will give you.

Before you spend money on marketing tools to stop smoking, lose weight, etc, sit down and challenge your innate abilities to control your mind, which includes tapping into the subliminal or subconscious mind to find the tools that could lead you to success. You have options, use them rather than let them burn down on the kettle.

Self Talk the Right Stuff in Positive Thinking

Self-talk is a therapeutic practice that benefits us in many ways. Self-talk in short is mentally talking to self. You discuss with you things that you may say to yourself, such as negative or possible thoughts.

Self-talk is the process of adhering to self-therapy. When you talk with you, you self-fertilize by using words and thoughts to describe who you are. You work accordingly to your own admissions freely to possess particular qualities or behaviors that benefit you in a positive way.

Self-talk is complacency with self. You recurrently mentor or mention your personal achievements and display self-satisfied taken of these traits. During self-talk you may become ill at ease at times. You may feel intensely and awkwardly aware of your failures or shortcomings when in the presence of others especially and may believe others are noticing your behaviors. If you are self-conscious, you may feel extremely conscious of your impressions made by others and have a propensity to act in a way that reinforces these impressions. You want to avoid this and develop positive thinking, taking them in tenure with all its features and power mandatory to function of your own accord. Rather than perceiving your personality as someone else may see it, you want to perceive you in your own light.

Self-talk then is the start of becoming the person that recognizes self.

If you struggle with self-talk practices, you may benefit from some of the subliminal CDs online. These items can encourage you to take part in recognizing the true you.

How to find Self-help guides:

You will be able to get the reviews of the people on line. Those people who have already used the products are the best source to know whether the thing works according to its description or not. Although the websites are the best sources to gain much knowledge about the required stuff, not all the websites are dependable enough to be considered authentic.

Many websites can add user comments on their own just to enhance the sales. To avoid this you need to know which of the companies are actually making it big in the market and what the actual reviews are.

If you want some really good stuff for your self, another idea is to ask for the psychologist's advice. These people are dealing with the theory at all the times. As a result these people have to be the best informed about the Self Talk aids being used by people. Another way out is to find the right advice through the books.

As the topic is still an on going debate, no source can be considered authentic enough. These two sources along with the search through internet can be considered enough to make a purchase decision. Whenever you want to buy some new stuff for yourself, you must complete your homework first. Especially if you want to get some stuff like Self Talk aid, you need to work on it first.

As it has been a debate for past so many years, the psychologists have been paying more attention towards this topic lately. There are many researches being conducted in the field of Self Talk lately. Many universities of the world are currently involved in some kind of research related to this field of psychology. Not all of the people believe that this type of learning exists. Some of the people are doing their researches to prove that the Self Talk exists while others are trying to prove that the Self Talk does not exist. What ever is the reason, as the topic is a hot debate for the past many years; the psychologists are trying to resolve this issue once for all.

Setting Up Your Stop Smoking Program in Self Talk and Positive Reflections

Smoking is a nasty habit. Not only does your mate kiss an ashtray, your insides start to turn black gradually and the arteries will harden. Smoking is something we want to avoid at all costs. Therefore, we have to learn how to set up our stop smoking program through self-talk and positive reflections.

Self-talk is an effective self-therapy strategy that trains the conscious and unconscious mind to either cease or start doing something. Self-talk enables you to adjust your behaviors for the better.

Self-talk involves cognitions, which you will learn to endorse and identify your maladaptive and to challenge your illogical thinking. In addition, you learn to challenge irrational emotions and thoughts. You learn to challenge your attitudes. This will help you to readapt your lifestyle so that you can succeed.

Self-talk allows you to readapt your behaviors. You learn to identify with you by relying on feedback.

Your maladaptive manners you will learn to identify by recognizing consequences that emerge from your decisions.

Self-talk guides you to self-control. Self-talk will encourage to master your senses and take control of your life by saying, I feel better when I do not smoke and tobacco is not my commander, rather I am the master of my will to do or not to do something that could cause me harm.

Self-talk involves positive use of feelings. When you learn to identify your feelings it intensifies you will to accept these feelings. You have a deeper awareness and learn to take responsibility of your actions.

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Self-talk gives you new insight. You gain encouragement by understanding the underneath reasons behind your actions. The dynamics and assumptions you gain insight of will help you explore your subconscious mind by finding new cognitions and motivation. Your behaviors you will review, as well as your attitudes, beliefs, feelings, etc.

As you move along likely, you will find causes behind why you smoke. This will help you by allowing you to accept. Once you accept you will find willpower to stop.

Using affirmatives, self-talk and at times role-play you can adjust your life by making new changes. Changes you will see in a new light. Rather than think of changes as a burden you will feel a boost in development to new adaptive abilities, skills, cognitions, behaviors, etc. you will find it easier to deal with friends, family or other folks around you.

Once you see ways to make changes. Start reinforcing these changes by self-talking your way through the processes. Use positive underpinning choices regarding your behavioral patterns. You will see your cognitions in view.

Using reinforcers move to challenge resistance. Use resistance in a way that you can conquer the impediments to improve and change effectively.

Now start to resolve the problems within your relationships. Start building a level functioning coalition and move to reconcile the ruptures. Contend with your dependency to rely on tobacco and then discover and determine these disturbances.

You will not find it easy at first to stop smoking. Yet if you work at it and continue positive self-talk in time you will find it easier to stop. The first step is discovering the cause, move to effect and challenge the obstacles so that you can remove them.

Once you complete your therapy start moving along with your objectives, and begin implementing new ideas so that you can find ways to remove these nasty habits. Take time to gain structure in your life and then remove any inconsistencies when they come along. Challenge your issues and set goals. Set goals to stop smoking. Give yourself a timeline to stop. Creating a plan to make it happen

Stay Healthier with Positive Thinking and Self Talk

All of us need to feel healthy and happy in our daily lives in order to feel content with our selves. Positive thinking and self-talk will help us become content and help keep us in a better and healthy future.

If you like your intimate self, then odds will be that you do not need to work to impenetrable lengths at becoming a more appealing and choice personality. People who are well off in their own skin are not the clan who seek to develop or adjust their personalities.

We need to exercise each and every day in order to stay healthy. By exercising we can improve your self-esteem, confidence, help prevent diseases, and it helps to keep our weight in control as well.

I know you've probably been on a million diets and nothing works or tried every exercise program that comes out. You are still 10 pounds over weight and you have no energy to do anything. The cloths you grew out of are still hanging in the closet that hasn't been worn all winter because they are too small. Start now and think positive telling yourself that we can get back into those cloths or you will succeed at this new exercise program you want to get started with.

Make some goals like how much weight you want and will lose in the next 6 months. Tell yourself that in six months you'll drop a size in cloths. Don't think negative and say you'll never see the day come.

By positive thinking and self-talk, you can do anything you want to do with a little hard work and changes in your life style. Create a list of goals is the first step and don't look back once you've started working on them. Keep pushing yourself to reach the end of the rainbow.

Start an exercise program today and set a certain time aside just for you. Don't let yourself tell you that you don't have time this is negative thinking. Tell yourself that you can find time to do for yourself.

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Watch what you're eating. For sure, don't let your inner self say that it isn't possible you already failed twice or more times. You can do it just watch how much and what you eat. Be sure to get all the vitamins in that you need in order to exercise and stay healthy.

Think positive and tell yourself that you're going to eat right so you can do your exercise program. Staying healthy is a way of life and gives you the happiness you deserve.

Stay healthy by stop smoking. Tell yourself that you don't need cigarettes to be happy and content. I know your inner feeling are thinking positive because it wants a cigarette but don't listen stop smoking to be healthier and it will save you money for that new outfit you've been wanting.

Positive thinking and self-talk can do a lot for you and your health. It can help prevent many diseases like cancer, high cholesterol, high blood pressure, and help to prevent many other thinks as well.

Depression can be caused from not thinking positive. Your mind will tell you that you have no energy, to stay in bed all day or the house cleaning can wait until tomorrow. Don't let depression take over your life. Stay in touch with yourself and use your self-power in thinking positive. It is much the same effect as is had when a bosom buddy* gives us a sincere compliment about some manner of our character; not fastidious are we content to hear this, but we become more responsive of this gratifying eminence and it helps us to make an unconscious completion to put it forward more.

Subliminal Discoveries through Positive Self Talk Practices

Maybe we don't come to know about that subliminal parts of learning just then, but the thing we have embedded in the mind this way will remain with us. Our witty minds are actively working to methodize all these perceptions in a way, which makes us more knowledgeable and well rounded due to our letters. Thus, every item that is learned by our brain at a subliminal self or positive self-talk is recorded by it and all this recording and activity of our brain develops our personality.

Those who believe in learning also believe that the Self Talk can have lots and many effects on us. Self-Talk has a power of changing and enhancing our personalities. Personality of a person is a mix of his or her emotions, beliefs, views and perceptions. All these factors collectively generate the attitude of that person as well as the behavior. Now as the perceptions are an important part of making up our personality, the subliminal perceptions can also be as effective in shaping our personality as the subconscious or conscious ones.

A person who watches a movie for example will learn something at the subconscious level. The movie's message will be understood by the person in a known manner. But the colors used in the movie, the sound tracks, the graphics used as well as the cinematography may have some subliminal effect on that person.

There may be a huge part of the learning from that movie which may be subliminal in nature. The people who believe and advocate the Self Talk concept believe that many changes that occur in a person after viewing any such movie or viewing a natural scene or some thing of the sort are due to the subliminally learned perceptions. If done by proper planning, the Self Talk practices can help people improve themselves as a person.

In the current era, the advertisers have used more than one option to promote the products, which help you in subliminal learning. The advocates of Self Talk believe that people can improve their personalities by listening to some special sequences of sounds and music as well

as many such techniques. The advertisers are making all the efforts they can to make the public believe that the stuff, which is said to improve your personality by Self Talk, is a good one. Although the other school of thought does not believe in it, still, the sales of the products related to Self Talk and improvement in your personality by using them are great.

Whether these instruments are actually impressive enough to be able to improve our personality or not is a debatable question. Some people think that their experience with the related stuff was not worth it and they have just lost money to the deceptive advertisers. The others think that the CDs and the Soft wares they have bought and used for Self Talk purpose are very effective. They are good to listen to and are effective enough to bring a positive change in the personality of the user in very few days. Some people claim that the Self Talk aids have helped them control their mood swings.

Whenever we talk about any thing there always are good or bad things attached to it. There may not be as much advantages of Self Talk as the advertisers claim. Nevertheless, there may be few good effects this type of learning can create in a personality.

What suits us the best is to make best use of what learning aids are available. This you can do only by following all the instructions closely which have been given to you for using that particular Self Talk equipment. By doing so, your chances of getting the best out of this experience will be more.

Success with Positive Thinking and Self Talk

We all want to succeed in the world whether it is in health or life in general. Without positive thinking and self-talk, we won't be able to get ahead and succeed in anything.

Negative thinking will get us nowhere in life. We need to learn to stop listening to our subconscious before it has a chance to take over and rule us.

Our subconscious picks up negative thoughts from things it has heard and embeds it into our brain. If someone has told you that you can't do something, or you fail once why try again. These are just a couple of things that we have all heard one time or another.

Changing our way of thinking isn't easy to do; so we have to think positive and tell yourself with self-talk that we can change. Keep repeating it so you can overpower the negative thoughts and change them.

Changing your thinking to be positive will take a while because our subconscious is always in the way with negative thoughts that no way are going to help us change how we think if we let them. Telling yourself that you're going to change on how you feel about yourself or your job by repeating it repeatedly will over rule and win.

Think positive and you can use self-talk to get you anywhere you want to go in the future to success. Success is a lot of work for most of us and when you keep telling yourself that you can succeed you will go ahead and meet your dream before long.

Writing will help us succeed in the future by making and setting goals. Writing will relieve stress that keeps us from doing many things in our lives. Stress will take over and control us just as our subconscious will.

Relieve some unwanted stress with the goals you have for the future by writing them down. Thinking negative thoughts cause stress and stress runs our bodies down causing depression. Don't let stress and negative thoughts take control.

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Start today on relieving stress and thinking positive to success. There is success out there for all of us when we tell ourselves we can get to the pot of gold at the end by making changes in our lives.

To relieve the stress we have to make changes. If your goal is to lose weight, you have to relieve the stress by not think negative things and change your diet. You want to change your thinking and diet so that it harmonizes. Exercise to lose weight is making changes in our lives by telling ourselves that we will find the time to exercise three times a week to help get rid of unwanted weight. Exercise will help to relieve stress by taking time for you to reach the goal of losing weight. When you make these changes that is thinking positive that you will succeed.

Success is all in the positive thinking and self talk that we can change the way we think and do things. We can relieve stress that is cause from the changes in order to succeed.

Now work with me:

I want to lose weight. I am willing to put forth the effort to lose five pounds in the next couple of weeks. I plan to exercise, diet and use self-talk to start thinking positive and to lose the weight I desire to lose. I will not fail, since I am confident that I can lose this weight in a timely manner. I do not expect more from me than I can manage.

Male Mentality in regard to Law of Attraction

Summary: In the human race, there are five types of alpha males. Women are attracted to one of these five types thus allowing procreation to continue.

Interactions between the males species has always been with the survival philosophy of "survival of the fittest." The male that survives is chosen based on strong breed This is especially true in animal pack societies, in which the alpha male would be the only one among the pack. His job would be to get all the females pregnant so the species could continue to live.

Alpha males in the Animal Kingdom

The male human species look upon this situation strangely with a hint of pensiveness. what would it be like to be the top king of the gang? To be the one who procreates to survive. However, those males do not understand that the alpha male becomes this title not by a birthright but by proving time and again that he is the strongest and the most intelligent to survive. Yet, should another male challenge the alpha male to a duel, then the alpha male must fight in order to keep his back. Should he decline, it will be removed from him. This is to ensure that the species indeed continue to exists because the alpha male is likely to rear strong children.

This is good for the animal kingdom but what does this do for the human race. How do the two relate. In fact, there are alpha males in the human race. Yet the criteria for these alpha males are set differently than those in the animal kingdom. These are five categories of alphas in the human race. They are: the powerful alpha, intellectual alpha, military alpha, bad boy alpha and the artistic alpha

Definitions of the Four Alpha Males -

In the powerful alpha, it is the man who has the greatest and most power. This holds true with their community, family and friends as well as their business. Women who are engrossed to this

type of alpha are looking at business tycoons, politicians and possibly even royalty. It's because woman want these positions and the power that the position brings to it.

Intellectual Alpha - Men who are smart on any topics or subjects. These men are likely to go through school to get their PhDs and are likely to save the world. Where these males can be found in their offices and work places along with their counterparts...their mates.

Military alpha - these are the men women tend to love. Women love men in uniform because they have "power", have an adventurous sense as well as a job that can be brought and talked about although the phrase, "that's classified" would be a mood killer. Their mates know that the military alpha will be out of country a good part of the time so bonding is never very big.

The bad boy alpha can take on many forms. He can be of military Special Forces or with black ops. He can have a dappled past and one criminal element that may have a price on his head. He may not strike about conversations and talk a lot but he assumes the woman he is with will know what he wants or needs.

The artistic alpha would be the type to sell drawings in museums but have his showings somewhere exotic. This type of male is of the romantic side and women will be adorned by this alpha.

Do the males you know fit into one of these five categories? Every woman has wanted to date at least one of them. As the military marines' saying goes, "the few, the proud, we're the alpha males."

Law of Attraction - Study of how different cultures react on dating

Summary: When two people are attracted to one another, it should not matter how their culture views it but it does. Time should be taken to study a person's background to avoid complications later on.

When a person attracts the attention of the one that have an interest in, it's only half the battle. Now that this interest has been piqued, where do you go from here?

Since the world is one big melting pot with the many different cultures in it, it is not simple to ask the love of your life or rather that affection that melts your heart and keeps you sane, for supper and drinks. There are many different rules on dating since there are many diverse cultures. While asking someone out could be simple, this often times not the case because any violations of differing cultures can make you a person of distaste and be ridiculed in the eyes of the one person who you wish to impress most.

Many, if not most, individuals comprehend that not all the societies have identical views on relationships between a man and a woman. This means typically any minor infractions in the relationship are bound to go unnoticed. Yet, it is still important to understand the guidelines in your mate's culture. The people of the United States have, to a great extent, looser view on dating positions than those held by other countries.

America's view on Dating -

In America, physical touching is allowed on the very first date...although only hand holding and kissing at the end of the night is expected so long as both parties are interested in doing so. Should this not be the case of both parties, then the date would be long, boring and rather uneventful.

Eastern World views on dating -

In the Eastern and Asian countries, including Korea and Japan, dating may be allowed but unlike Americans, public shows of affection and physical interaction are scowled at. In many cases, kissing and hand holding may not be at ease for the folks of this area. This is especially true if they are in front of strangers.

In other parts of the world, dating is not done at all. In fact, it is discouraged. Should a man and woman like each other, it is anticipated that their ultimate solution or goal would be to get married. Every step should be done with marriage being the ultimate realization of the goal.

Arranged marriages in other cultures -

Yet, there are still several cultures where members determine who will date who from another family. It is under the assumption that who they choose will take the time to get to know the other and will join in on family events. Doing otherwise is thought of as rude and insulting. In other cultures though, joining on the family gatherings should not be done until marriage is established.

There is no doubt, there are pitfalls when trying to form a bond across cultural dividers. If a person wants to date someone outside their culture, they should take the time to study how the person's courtship works. This is to avoid any issues that could arise.

How the Human Body works with the Law of Attraction

Summary: Visualization positive aspects of one's life can bring about good things or good feelings. Thus the Law of Attraction fits again. Athletes use it see a win and make their mind and body ready for the big finish.

Financial freedom? This is a success many people try to obtain. For many people, the Law of Attraction has worked for them. It has also helped them obtain fuller lives through enhanced affairs. This law, the Law of Attraction, can indeed have an effect of the body.

First, think of how this law works. Whether you realize it or not, the human body is made up of energy that is either positive or negative. This factor depends on whether the person wants to think more on the positive aspects of life or the negative ones. Life is made up of both good and bad experiences, which makes us grow.

These good and bad factors affect not only the person it happens to but others as well. Should you want only positive energy, then focusing only on the good aspects on life is what you need to do. A good way to use this Law of Attraction process is by visualization.

Competitors employ a technique called Visual Motor Rehearsal to see what potential actions will hold. This practice is a Law of Attraction. Let's take the example of hooking them up to a monitor and have them practice the event on their mind. It would show that the athlete's muscles obeying their thoughts although the muscles weren't being actively used. When the actual competition occurred, the athletes are much prepared for the event as if they were doing the practicing all along. This is a form of Law of Attraction.

With this type of law, being able to feel the realism of plans and imaginings coming true is pretty nice. Using visualization during the Law of Attraction, it can help with any physical task you will begin or undertake.

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Should you be thinking about climbing Mt. Fuji, using the Law of Attraction to see it occurring and then believing it, makes you think it can happen. Positive feelings envelop the person about the accomplishment about to be taken and then it comes back to you as positive energy.

It can also be used for healing. Medicine, when needed, should be used. It thought that by using the Law of Attraction that medication can be facilitated greatly when it is used with positive energy or positive thoughts.

Remember the placebo effect? That health or behavior improvement is not attributed to medicine or treatment. That should prove that positive thinking does have an effect on one's well being. If a person feels good about medicine they have to take, the more likely they are to be healed by said medication. This occurs even when the medicine is a sugar pill or a scientific formula used to cure or aid illnesses.

Not to say that some diseases need medicine and treatments. It is these people who need medication to survive a disease or live with a disease that often times get depressed or even discouraged. So long as these folks remain positive and have a positive outlook, then there is an improved likelihood of survival.

Half of using this Law of Attraction is seeing in the mind the course of being well. If you come to believe you are getting better, than it will be so. Remember to try and dwell on the happy or positive side of life and surround yourself with positive thinking and a positive atmosphere. Be around things you enjoy thus keeping up the focus of positive energy.

Law of Attraction - Raising your Attraction Potential

Summary - For those who wish to meet Mr. or Miss Right, there are five steps to follow to guarantee a life of happiness and not loneliness. You need to look your best as much as you can.

It is clear what the law of attraction is all about: to choose a mate best suited by their skill to endure although it is not their only factor when determining the human match. It leaves great deal for leeway for those people have not found the niche with associates of the opposite sex. Yet there are five techniques that can be used to exponentially increase the impending attraction.

Attraction tip #1 - Dressing for Success - It is easy to forget that over the lessons of the day, the way a person presents themselves will determine how others' opinions of them will help or hinder in finding a mate.. It is important that people take pride in themselves. Remember the old saying... first impressions are everything. There is no second chance to make an impression. A person forms their opinion of you based on how you look, not what matters on the inside. Select attire that are relaxed but fit you well and in style plus colors that are gratifying to the person. Anyone can create a optimistic feeling to those of the opposite sex.

If you feel like you need a little help in this area, a sales clerk at a retail-clothing store can help in selecting clothing that is just right for a person. Many have been in the industry for a long time so they are pleased to lend their experience in putting their customers in clothing that suits them and putting their foot in the doorway of attraction. This also helps them in getting customers to return to their shop.

Attraction Tip #2 - Get a Hobby - With today's busy lifestyle, most of it revolving around work. Not many people have a hobby anymore, with them focusing all their time on work. Work does not give us an enormous deal of time to talk with other people. But getting a hobby increases those chances dramatically. It shows others that you have something other than work in your life. You don't want to be remembered as a workaholic.

Attraction Tip #3 - Keep Up on Current Events - This provides excellent communication interaction between people. You can be in a group and know what people are talking about if you keep up on the current events. You do not want to be the only one not chiming in on the important details.

Attraction Tip #4 - Smile - If you are smiling it means you are self confident and do not mind if opposite sex members come to meet you or you them. It doesn't mean you aren't shy, but you are confident in yourself. Smiling will naturally get people curious about whom you are and ask questions.

Attraction Tip #5 - Find unknown but not uncomfortable situations - This can serve as two parts for the attraction. It opens a person to situations that normally felt weird to be in and gets the person to meet other people. Having someone show the ropes of your present area shows in a helpful way your willingness to adapt.

Using the tricks of the trade means you won't be alone for long. Do not expect results right away because beauty is not only skin deep, it is also on the outside. You must have a wonderful personality to match the beauty to the outside

Books give Law of Attraction background and concept

Summary: It seems as if Law of Attraction is everywhere people turn. Several authors decided to lay out that kind for those who do not understand the law and its concept.

It seems that the "Law of Attraction" had concepts that have been around for centuries with several authors exploring the concepts and writing about them. Currently, many books on the "law of Attraction" have been written. Discussed below are the more prominent and featured books published.

Hicks' Law of Attraction

Ester and Jerry Hicks wrote a book simply named "Law of Attraction". The two were inspired by what they call is a spirit who tells them that they need to instruct people to getting by they want just by believing. The book Law of Attraction is based on the practicalities and the principles of the Law of Attraction. If you read the book, you should have a greater understanding of how things turn out to be. It is then you will understand that the role you play is making the events around you too.

However, this book is not for everyone due to the religious theme it has in it. Yet, if you want to see how the Law of Attraction is applied, this is a good back to read.

Both Ester and Jerry Hicks have written several books on this law. One book is called "The Amazing Power of Deliberant Intent." The book is finding and having about balance in your life. The concept Emotional Guidance System is used in this book to explain on how keeping your life on track while using the Law of Attraction.

One early book entitled "Ask and It is Given" and is a practical exercise in creating and achieving the life you want. The book has a 22-step process outlined that helps you use the law that will help you along the way.

Byrne law of attraction book

Author Rhonda Byrne also wrote a book on the law of attraction. She centered her book on the knowledge of the principles being handed down over time. The book focuses on certain people, past and present.

Those involved in the current thinking of Law of Attraction argue about how its progression works. Those people advise why it works and what it has done for their lives, good and bad.

Losier's newer book on the Law of Attraction

Michael J. Losier currently had a new book published about the law. Its title is "Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't Want." He talks quite a bit about positive and negative vibrations. The book is laid out in a step by step format.

Taylor focuses on Law of Attraction

Another author named Sandra Anne Taylor discusses how the law can work in the aspect of the love life. Her book is titled, "Secrets of Attraction: The Universal Law of Love, Sex and Romance." She stresses how love is not a feeling but rather energy. She talks about of personal energy fields which affect the way people will perceive or see someone. This field, she said, changes or influences how people act when they are around other people. The principle behind the thought was to change how the energy is around people; in turn, changing the person's love life too.

There are still numerous books out on the topic of Law of Attraction. By going to the library and looking them up or finding them on the Internet, maybe on Amazon.com or other bookstore sites. Reading these books could change your life.

Law of Attraction: Getting what you want with Power Thinking

Summary: By thinking long and hard on what we want, the law goes that we can get it, good or bad. Although some situations this does not apply to, most of them it will.

Certainly by now you have heard of the Law of Attraction even if you aren't that interested in new age ideas. The theory behind the whole idea is people can have the desire they wish for as long as they think very long and hard about it. All up to the point where they can feel it and see it although it is not there yet. It must be said though even if you develop into what you like, you take the bad with the good.

Whether you like it or whether you don't, the Law of Attraction will work. It has always been that way and it will always be the way it is until there is no more wishing, praying, feelings or beliefs, than the idea will survive. Everything you do leaves a spot in space and the same goes with our feelings and our wishes. The Law of Attraction does exist just like the sun rises in the east and sets in the west. Some people consider thing that cannot be proved or have an explanation behind it is considered faith or miracles or even something that was meant to happen. This Law of Attraction studies behind the "it was meant to happen belief."

This Law of Attraction will bound to teach you that should you think of something that you want positively, it will occur. Yet, if you think negatively, then bad things are bound to happen. Although bad things can happen that aren't bound to the law though most of the time it is. Case in point... you are scared that you be robbed when you are walking. This thought is every day. Eventually one day this will be the actual case.

But there are cases where the regulation cannot apply. For example, a baby/toddler who has been abused cannot begin to understand what is happening to them and do not have the capability to say, I wish this would happen to me.

Think for a moment about your setting as a comic strip that is created every time you flip the pages in the book. This means you, your own being and self, is responsible for the environment that has been created around you. You are the one holding the strings while the people and the

events surrounding you are your puppets. Is this the way you anticipated your life? Just change the way it turns out, if it is not the way you want things to be.

Every being has the ability to change what they do not like about their surroundings. No one can create it for you, so you need to do it for yourself if you do not like it. Course there those that wanted something to occur to you despite your not wanting it to. It does not mean you did anything wrong or could not change it to your advantage, it was just not to be the way you wanted it.

So when it's time to get out of your boring lifestyle since you no longer care for it, only pure positive thinking is the way to go. By changing your lifestyle and your way of thinking can you truly be living your reverie. Do not forget your brain, it is a great tool to use with our abilities.

Law of Attraction - How the Human Race chooses their mates

Summary: When a mate chooses their partner, they look for specific ideals that follow for what they look for in the future. Mates often choose people who they think are perfect for them on a whim but then realize it is not the way it is.

The procedure of deciding a mate is not done entirely on physical traits: their strengths, their courage and their ability to hunt and provide for the family. It is those principles that can be applied to many cases in the human world. Yet, since our minds are much more urbanized than those of the animal kingdom, we, as humans, do take other things into account when choosing our lifetime mates.

While the practice of mate choosing is based upon the ability to provide is a very important thing, the capacity in the human world is not to be judged in the capability to go out hunting and for wild animals; it is based on the ability to meet all their responsibilities that the female counterpart expects. The expectations of your future should persuade you in the amount of accountability your mate has. If you wish to retire at an early age, then you need a mate who is willing to work and forfeit for the goal not someone who wants to goof off and work until they die.

However, if you wish to establish a family right off, then you need to prefer a mate who is keen to carry out their part in the home responsibility and put future job advancements on hold. Children are a necessary responsibility and one person should not handle it alone. Should you be a free spirit, then finding a free spirit such as yourself is priority number one. You need to find someone who has the same viewpoints as yourself. Whatever the situation, you need to find a mate who is willing to hold up their end of the deal when it comes to your future together. Should you find a mate that is unwilling to decide their path can be fine in the beginning, the strain it puts on the relationship can kill it altogether especially if the worry is on the financial end.

Another thing to consider is common interest. Opposites do attract sometimes but it is better to have a mate who has many key standards and interests in common than those that do not. It is likely the relationship would have a

superior chance of surviving that way. It does not mean you need to have an identical twin in this case because if there were no difference, what would be there to talk about? While you need to have some of the same activities, there does not need to be a stalemate in the relationship either. Do not forget that a common picture of the future is important. A common path is needed because while attraction is fine in the very beginning, in the end it is going to fail if the male and female do not agree on the future of what they want.

This choosing of a mate should not be lightly done. An incorrect chose can lead to melancholy for all parties concerned. Carefully review your chose in mates and decide who would be better for you in the long term.

Laws of Attraction - Non-Alpha Males Competing with the Alpha Male for Female Counterparts

Summary: A non-alpha male can compete with an Alpha male but remembering several simple steps including being a gentleman. They must also remember that woman don't want someone who proposes immediately because she likes to take her time and figure things out before leaping into anything.

Throughout the years, the female of any group is fascinated by an alpha male that she hopes will let her bear his offspring - where the offspring have an opportunity to survive in the big, bad world that they will be brought into and raised in. These females are not in the hunt for a relationship that is meaningful and long-term. All they are looking for is quick interlude then have the privilege of bearing a child. The alpha male, is lucky in this regard, since he has a gang and while he must protect them all, he does not provide them all individual attention of himself.

This does ring true to the alpha male human. The alpha male is extremely loyal to those people he chooses to defend and will go out of his way to not hurt them; but he was also not give them his heart. A female of captures and pins down the alpha male is truly a rare woman. Since there are many other "fish in the sea" who are seeking more than what the alpha male can offer, it would be indeed these fishes that will defeat the alpha male's grasp on the female he has chosen to set his sights upon.

A non-alpha male must remember that when he goes into a relationship, he needs to be going in as if he is looking for a everlasting mate but not expecting one either. This means do not propose on the second date, no matter if the woman you want to propose to is the woman of your dreams. A woman who chooses to be with a non-alpha male will go into any relationship cautiously and eyes wide open. She will look to see what the man she has chosen has to offer. He will need to provide her with a sheltered financial future (this can easily be done by going to college and setting a realistic ten-year plan in your twenties.) She will also look for emotional security that she would be lacking in the alpha male. The man who is not an alpha male should not be with a woman if he feels he cannot give himself to a situation that is going to matter. He will need to keep things light and be friends with the female that way he would not get a bad reputation with female acquaintances.

Remember if you are not an alpha male, you may have to fight to get where you want. While you are without the advantage, you do have resources at your disposal. Take advantage of a situation where the female sees you at your best, if it is possible. If not, try to establish that. Women love confident men.

Things not to do:

- * Stutter
- * Drool
- * Spill Your Drink
- * Say anything that resembles a pick-up or come-on line

Things to do:

- * Smile (naturally of course)
- * Talk in the normal tone of voice
- * Look at her in the eye
- * Start the conversation. (If this seems to be a problem, pick out something in your environment that you find yourself in.)
- * Walk her to her car at the end of the night
- * Get her phone number
- * Most importantly, call her!

Following these guidelines and allowing a relationship to grow between you and your female counterpart can be based on common interest and respect. Before you know it, she can look at you and say "Alpha who?"

Law of Attraction - Get what you want from it

Summary: When someone wants to believe in something and use it for positive good things come from the Law of Attraction. If you want it to arrive on certain terms, then you expect too much and don't really believe in its power.

It seems so simple for a number of people to get what they want with the Law of Attraction while others try with no luck during the process. Many wonder why this is so when there is actually fine motives why people have problems with using the Law of Attraction.

The most common problem and answer is you expect instantaneous gratification when you ask for something. This is not how the Law of Attraction is meant to work. You need to realize that merely sending out positive energy surrounds the object you wish for. You need to trust in the Law of Attraction to send it back to you in the time it wants to.

Patience is a virtue. It is noted that you may spend time drumming your foot and wonder when the Law of Attraction will work for you. When you do this, it means you are not believing in the law and what it can do for you. Basically, you are testing the waters to see what comes of it.

It also seems that you are expecting your reward by certain expectations and methods. Case in point - when you request for money, you expect someone to hand it to you. For the Law of Attraction, it can work in another way. Such as a bill that was wrong that ended up with a credit so instead of paying on said bill, you get extra money for that month in your pocket.

Remember that you may have an idea on how to make extra money and so long as you believe in it and have positive energy surrounding the idea, leave it up to the Law of Attraction to help you see the project through.

Another common mistake that people have is the fact they put too much importance based upon what they see. They will quit believing if they feel that the Law of Attraction is not effective for them. People get aggravated and become a gathering of negative energy that overflows into other aspects of their life.

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The issue really is that many people really do understand the law and the science behind it. Any external evidence has no effect on them whatsoever. This is due to having a total conviction and hope that the law is working and has been all along. What happens in the beginning, they feel, is what happens from the bad energy of before.

The law says that any positive thoughts while believing will have fruition when it is time in the future. It is this outlook for the person who has mastered the law. That person will deem the outcome should they believe in the procedure.

A person could have problems with the Law of Attraction if they look upon the past has being so limited. They may have strong emotions or ties that seem too hard to overcome or are too immense to have, or in return just be too much.

When these feelings come up, it changes the energy you wish to send out. Law of Attraction writers and lecturers have come up with ways to be rid of such emotions. The methods devised will permit the person to rid the baggage and copious use the Law of Attraction.

If used properly, the Law of Attraction will work to see what you want is what you get. This is easy and not so easy at the same time. All a person needs to do is think and change how they imagine and experience about things. Come to appreciate the Law of Attraction and it can be made to work for you.

Scientific study of male and female interactions

Summary: No doubt Science has come a long way in studying both humans and animals. It seems that both kingdom of species have the ability to procreate in order to survive. Perhaps a clock that keeps them from total extinction. Do pheromones play a part in choosing of mates. Perhaps even more than the need to survive it would seem.

what is it behind the attraction for men to women and women to men? What is it about the individual that makes them irresistible to their opposite counterpart? There is a number of factors that needs to be considered; yet let's look at the core of the predicament: the Science of Attraction.

The main component that allows for mate selection seems to lie in the evolutionary need for the species to continue. There is no doubt that in animal species, the strong is chosen to carry on the reproduction process because it is likely they would produce strong or stronger offspring. Weak members are never chosen in the animal kingdom because of the need to survive. If weak members were chosen to procreate, it is likely their children would be weak as well, possibly not surviving into adulthood thus this would end the species.

Primarily, males and females that battled and proved themselves strongest attracted mates more often. Then, they would choose from the strongest from those. Mother Nature's circle of life would indeed go on, with genes often ensuring their children were given ample opportunity in the very beginning of their lives. No different from males and females of the human race search out those people of the healthiest and physically fit types. It is they who can survive physically in the environment.

Set aside those of strongest and survivalist, pheromones play a big part in attracting mates. What are pheromones? Pheromones are chemically secreted molecules that are produced and carried through an airborne route, which causes a great deal of sexual response in animals (including humans, too.) An animal carries the belief that the pheromone allowed the animal to choose a mate based up its ability to produce offspring with a strong immune system.

Up until recently, it was thought the human race had lost the pheromone ability to attract a mate. However, research into how much of a role pheromones play on the human race is not available. All of it is in the matter of speculation. So with this being the case, is the human race no different from their animal kingdom when it comes to avoiding extinction

It all seems that scientific evidence pertaining to the human attraction to one another lies in the ability to produce strong children. It seems that pheromones offer the child the greatest possible combinations of immune systems that will ensure their well being. A physical attraction guarantees the child will have the physically best chance to survive in their adulthood. All this supports the theory of survival of the fittest.

The Law of Attraction Challenges – Believing in the Impossible

Summary: There are four powers and challenges in believing in the Law of Attraction. It is not hard to get what we want, it says, so long as we take the time to believe in it and don't set ground rules on the law.

Have you ever speculated what it would be like to have a million dollars in your wallet? Perhaps you are inquisitive to know what would happen if you had no health issues. You could daily activity without pain constantly being in the way. Looking at others who have your luck makes you wish you had it. Well, what are you doing then? If you want to be rich but have no money, you can still be rich. If you want to be healthy but are sicker than a dog or if you are single and want to find your mate, you can do all these things.

Does this seem like a very impossible task? It is called Laws of Attraction and it is available to all human beings, young and old. We all have the capabilities as humans to get what we desire in life. We see, think, feel and most time act on those from time to time. The Law of Attraction key is that we are aware of the powers we have and that will give us even more power to make things great in our lives.

Four things in the Law of Attraction for power -

Thinking - We all think. We know we do. That is what we do most of the day. Some of it can be considered mundane or even silly. We can think about how we want to be as opposed to what we are. For example, if you want to be rich, think that you are.

Feeling - Very closely related to thoughts. When you imagine, you do feel. So when you experience things you will begin to reflect even more. If you can convince yourself that what you desire deeply, you can nearly feel it... there is a good chance that it can and will happen. Case in point, if you want to be attractive, act like a stud. If you want to be wealthy, act like a king.

Visualizing - Suppose you take a glass full of Coke out onto white carpet repeatedly. Inevitably, the Coke will drop onto the carpet. You just know it'll happen. If you can see it in your mind, eventually the idea will happen in reality. So if you can visualize the bad thing, why not do it for good things as well. If you want to be successful, go into the room and be a confident, outgoing person. Do anything you can to be that successful person.

Acting - Live the life you want and it will happen and that is no lie. Use common sense though when it comes to certain things. Do not break the law to get what you want. It is okay to think you are a affluent gentleman, but to fritter money you do not have, defeats the purpose.

It may seem implausible but what do you have to lose? The four steps make it sound easy but is that all it really takes. Just believing in it. Try it and if it does not seem like it is working, then too bad...however, should it do work... These are the challenges facing those who want more than what they have. You must believe that what you want will come to you even if it is in a time frame you did not set.

The Consequences in the Law of Attraction

Summary: It's wise for people to understand that not every consequence is bad but choices have to be made carefully to avoid those negative consequence. This is another law of attraction.

Every adult knows that when you have an action, you end up with a reaction. With every move we make, we end up with some kind of consequence. However, adults need to teach children that everything has a consequence.

Yet, not all consequences are bad. A good consequence is flowers growing when it rains and then the sun comes out. This is a positive consequence.

However, a negative consequence can be when a person is out in public drinking alcohol and then gets behind the wheel of a car and driving it. This can come with a very high price... either with an accident or getting caught by police and going to jail.

This holds true when you talk about the law of attraction. If a person follows the law, then it is supposed to lead to gratification and maybe even happiness. But there is always a price to pay when you break the law.

Only when you break this law, it is not as simple as going to jail or doing community service. This breakage of the law will follow you for the reminder of your life. Some of the law breaking-negative consequence is listed below.

- * You will grow old, perhaps fat, bald and alone
- * You could have a Hell's Angel gang after you for the rest of your life
- * You'll find yourself married, raising a family and living in a small town, all after you get married after only two dates.
- * You'll be unemployed
- * You'll be in jail
- * You may have an unhappy wife or husband stalking you
- * You could be the king or queen of a barren island

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- * You may tell tales of your humiliation to family and friends
- * You won't be invited to Happy Hour on Fridays anymore
- * No more office party invitations
- * You could be sleeping in the barn rather than a house
- * Your pride could be broken where you walk with your head in shame and not up high
- * You can never look your friends in the eye again
- * Old friends will never be friends of the future as it is just too weird
- * You could be in love with someone but never get the feeling returned
- * Strange men and women will be calling your home all the time, at all hours
- * Strange packages will be on your doorstep every day
- * Your kids could end up hating you
- * You could be at the business end of a pink slip or a gun.

Of course, these are extreme situations where you may or may not find yourself at. Although the possibility does exist, one wrong step does not mean all bad things will happen to you from that point on.

It is imperative that people weight their choices carefully when it comes to things of importance. For your see... the law of attraction can go either way: it is either a positive or negative consequences.

Understanding the Law of Attraction - Examples behind the concept

Summary: The Law of Attraction has people crossing the boundaries because what could be may not always be. Just because you wish for something does not make it so. This new concept is accepted widely in the scientific community.

The Law of Attraction - it's a recent concept that the scientific community is finally acknowledging that exists. Yet, most of society does not see it that way since it is fairly new. So how do we get one see that the Law of Attraction is real? How can we convince one person to see that what you want and what you get are two separate things?

The Power of Wishing & the Law of Attraction

The first thing to do is to imagine something you terribly want. Something you know could not ever happen. Imagine yourself with what you want, touching it and feeling it. Then should everything go well and the way you want, then your dreams should come true.

Despite the power of wishing, you need to be realistic. Case in point with wanting dessert after supper, just because you wish you could have dessert after your supper, does not always make it so.

Society nowadays is a lot more cautious especially with fraud cases becoming more and more frequent and people being more aware of them. No wonder it is getting harder and harder to prove that the Law of Attraction is what the person experienced.

Law of Attraction tests

How can we test the Law of Attraction so it is easy to understand? Let us try this experiment. It is simple and require things easily found in a household. Take a small bit of carpet and a glass of grape juice. Can you see where this is heading? The idea is to fill a glass full of grape juice...indeed to the very tip and walk across the "white" carpet without spilling a single drop.

If you do not happen to have carpeting, then it would be irrelevant to try the experiment. There is another people can try. Even if you have never played golf, try playing it for this idea. Find a hole that already has water in it. The idea is to hit the ball over the danger. Imagine the ball going over the hole as you hit the ball with the golf club. What was the end result? Did your ball go into the water?

If you decided to do the two experiments and it did not go the way you wanted, then you were probably asking for it. You, more than likely, thought in the back of your mind about not spilling the glass of grape juice or doing a good golf shot. These were only two things in the mass of other signals we do not think of because they happen often. Imagine all the things we miss just because of this oversight?

Remember, the Law of Attraction is giving us what we asked for. In both of these "examples", they fell into the negative side instead of the positive one because a bad result came out in each one.

If one person is convinced about the Law of Attraction being real, then that is one less person to convince and one more to convince others. If you understand the Law of Attraction, then you might be on your way to create a more happier lifestyle. If not though, then it means it will only be faith, nothing more. Yet, most scientists understand it is the law that something does happen.

An overview on the Laws of Attraction

Summary: Supply and demand is used throughout more than just economics. It can also be used when describing Laws of Attraction in the animal kingdom as well with human species.

For every game played in life it does have its rules. Soccer - you cannot use your hands. Poker - you can't look at your opponents' hand. Scrabble - no looking in the dictionary trying to find words to use. Each rule set forth is considered as if it were set in stone. However, rules do have conditions that can be broken.

It should be said that the game of dating is done an identical ways. To capture that interest of the person you so desire, there are certain guidelines that you must follow. On top of that, there are rules for once you captures set person's attention. These rules may seem iron clad but again, rules were meant to be broken. It is bad when a man is not proverbial with these rules regarding the Laws of Attraction since a violation of them can lead them to loneliness, shame and despair. Not all rules are written down for the viewing public; some are just general common sense knowledge, others are known by the individual themselves. Those who try and enter the scene will need to be educated on each of the games' rules before they decide they want anything more to do with that person.

The Laws of Attraction are founded on supply and demand. When there are plenty of mates (fish in the sea) available, then an individual, based up the supply and demand, is allowed to be picky and choosy on what they want from a person. Should their be a low mate supply, the demand is going to be high and the law allows for more leeway. If a mate cannot be found than the species would eventually become extinct. This becomes the last man on earth philosophy. Be assured should you be the last man on earth, any woman would be glad to have you.

The supply and demand theory is seen throughout every bit of life. One area do not have exclusively. It can be seen in the animal and insect kingdom, among birds, fish and bees. Every species has a meticulous set of rules it adheres to when they judge their mate and rules to those exceptions.

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For the animal kingdom it is a general need of mates, as is understood by the supply and demand theory. In the human species, there is the majority of Earth's surface that bend for the laws of human attraction, which are not so stringent, that require the abolition of the species.

The other series of articles that follows will touch on an assortment of laws of attraction and how to get around them. Each article can stand alone for those who wish to join in the core but the articles together serve as a guide to circumvent even the most complex conditions to attract the ideal mate.

Relationships strengthened with the help of the Law of Attraction

Summary: With this Law of Attraction, people who see themselves with someone of their own harmony will have the person they wish for. Using the law, you can find all the happiness in the world as long as you believe in it all.

It has been believed many times that the Laws of Attraction can patent itself when it comes to the matters of wealth, happiness and health. Having a meaningful relationship is part of the pleasure that is felt. The relationships can be of love, family or even simple relationships. The Laws of Attraction affect each one of them.

Whether you are knowingly using the Laws of Attraction in your life, it is always working in your life. A person is always placing vibrations out in the universe thus collecting like energies that will and do come back to them.

It is when you intentionally use the Laws of Attraction that you must focus on what you fancy. Afterward, these encouraging items arrive to you. What becomes important is what you put your attention to the most and when you put all importance into that one thing, you begin to get excited about it. The excitement turns into a greater power than any drummed up by simply saying again and again what you are wanting. This Law of Attraction works the same way in relations as well.

The Law of Attraction can help people find that one person most special to them and bring the mate to the person through this law. You need to first determine what type of mate you want. Make a list if need be and write down your strengths and the strengths that you are looking for. Also, write down the joys you would love to share with your special someone.

Once you have that more concrete list and idea of what you are looking for then the universe, according to the Law of Attraction, will bring you the mate you have been waiting for. Of course, all this will ensue through a series of frequencies. You send out what you want, that pulsation goes out and gathers other frequencies you may like. In other simple terms, your matches.

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It is usually a matter of moments before two people meet because their frequencies were vibrating at the same time. Thus the Law of Attraction is at work. Always follow your instincts and if you have the urge to do something else on a whim, do it. It could be on your meet your perfect mate.

Letting the Law of Attraction do the work is best in this case. Repeatedly to confirm in your mind that the person you are seeking for does, in fact, exist. You must remember to believe in that person. If you draw attention and overall excitement to it, then things will happen. You have to believe it will.

In the theory of matching, it does work well with other relationships. If you put energy and time toward an individual in your life, then that energy can be for them or against them. This depends on the amount of power you send them and what type. In return, you will get a matched frequency and get the consequence you expected. This is called the Law of Attraction.

With the Law of Attraction, should you be feeling down, it will provide you with a person with an even despair. As you both fall down deeper into despair, then you will be deciding if the law is better working against you or for you and you will choose for you in most cases. Find ways to vibrate in positive efforts. You should be able to reinforce and elongate friendships like never before with this being the case.

Laws of Attraction in the Matter of Appearance

Summary: How one dresses is a matter of the pride they take in themselves. If you dress sloppily, you are likely to be regarded as such. Take pride in yourself so other people will too.

Do you wake up, get a shower and wonder what you are going to wear? Do you spend more than an hour getting ready so you can look good when you go outside or are you one of these people who throw on whatever you can, not caring about the thoughts of others? Did you know that what you wear matters?

When others meet you for the very first time, how you appear to them tells them much about you. It also tells them if they want to be friends with you or move on. What you wear says many things about you and about who you desire to be?

Creating a positive initial impression with a clean and neat appearance is a very important part of meeting someone. Slobs do not attract people around them. It tells people that you have no desire for the regards of yourself or anyone else who you may come into contact with.

Remember that members of the opposite sex are attracted to those people who believe to be on top of "food chain". This is metaphorically speaking, of course. Course no one is going to think this way if you cannot do things for yourself without assistance.

Appearance of Clothing

Clothes should be clean, neat and properly fitting so the image you present to others is one as if you care about yourself as well as your belongings and the people around you. It is rare to care about yourself and not others around you but it is quite easy to care for others and not yourself.

This does not mean you should spend a fortune on clothing, jewelry, make-up and anything else that would make you spend more than what is necessary. Plus you do not need to spend more than three hours getting all spruced up. Let the essence of yourself shine through without getting overly done. Even when you look like that, it can tell people that you are trying too hard. Be yourself but look good doing it.

What kind of clothing should you wear? Ask for help.

If you do not know what your essence...remember that for most people, wearing jeans and sweatshirts or t-shirts are comfortable, every-day clothing. Much more comfortable than wearing dress clothes. You must understand that just because you choose comfortably clothing over dress clothing, does not mean you care less about yourself and how you appear to others.

If you are hesitant about the taste of your clothing, there are people out there who can help you. People can go to sales clerk, especially those in retail clothing, who are qualified to have a good eye for what does and does not look good on people. Most people do not know what looks good on them even though they think it does. A common misconception which is why it is always good to have a friend go shopping with you. A second opinion is always best when buying clothing. With sales clerks, they know if they help their customers buy nice clothing, that the customer is likely to come back.

You must remember that a second impression never happens and that first impression is everything. If you make a negative impression from the get-go, it can be very damaging. Try to look your best even if you run out to get something from the grocery store. If you put your best foot forward, you are likely to be remembered for someone who takes pride in themselves.

Getting things from positive vibes according to Laws of Attraction

Summary: According to the Laws of Attraction, it is not difficult to obtain the things you wish for so long as you believe in them to make it so. People's mindset, it says, often keep them from obtaining what they want if they don't believe in it.

Try to imagine if you had all the money you might need and want and never have the need to want for it again. Next imagine if you had immense affairs with everyone you knew and are in a wonderful state of well being. Again, imagine you spending your life in perfect harmony and in complete peace. Should you carry out the Laws of Attraction, it is said you will get these things and more so long as you believe it will be so.

The first thing to do is to perform the Law of Attraction and embrace the feeling of appreciation. Be thankful and grateful for all that you have and center on only the superior things in life. Doing so will bring positive sentiments according to the law.

Now those positive feelings will turn themselves into positive energy, thus according to the Laws of Attraction it is supposed to be. It is when you send out the positive energy that you are to see good things return back to you through this law. For example, you are holding onto a luck charm, say for instance, a bent penny, by concentrating on those positive things it reminds you to be appreciative every time you touch it or see it.

Be aware of the thoughts you have according to the Laws of Attraction. Many people go through their days with flitting thoughts going in and out. Of course, many people pay little attention to this detail. Should you be conscious on the Laws of Attraction, then you can monitor them thoughts on a certain degree level. You can eventually get a feel for where your thoughts are headed. Do they lead down a negative path? If so, using the Laws of Attraction can change that.

You should, before much else; figure out what it is that you want. These things do not need to be things that are easy to get but rather things that can be attainable with a little bit of hard work. Going for your dreams shouldn't be a hard thing. Example: the universe will not give a different exertion to give you something fantastic in return. Thus the Laws of Attraction applies to supply them.

Perhaps you really don't know what you want. You have been told over and over again No, you can't have that that you pretty much have stopped wanting it. Yet, it is time to do some soul searching and find out what you could get through those Laws of Attraction that is going to please you. Go through magazines, head out to showroom floors and look at model houses. Who knows? Maybe some ideas will start popping out at you. Yet, the Laws of Attraction do not work this way. It works to remember that all you need is to trust that the good thing will happen and leave the rest up to the universe.

If you know the Laws of Attraction, it can alter your life. It takes certain mindsets to work within these laws but mastering it is never hard, even if it seems like it is. All you need is a bit of patience, time and above all else... faith.

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