

The Law Of Attraction:
3 Easy Steps To Attract More
Of What You Want In Your Life!

by

Helene Laurence

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What is the Law of Attraction?

We hear it mentioned just about everywhere as it is the latest buzz word. It's the "BIG SECRET" that's really no secret at all and not really the newest craze. It has been around since time immemorial. The Law of Attraction is a Universal Law just like gravity. And just like we know that a rock dropped from a cliff will fall, we can know the simple "Truths" about the Law of Attraction. As you come to know these "Truths", these laws, you will have the Key that unlocks the vaults of your deepest desires and you can have your heart's desires.

What is this Secret? It's really pretty simple. "Thoughts are Things" and "Like Attracts Like". Yes, that's it. You get what you think about, whether wanted or unwanted. This is an important distinction because we are always "creating". The question to ask is "am I creating consciously or unconsciously"? If you are not manifesting what you want in your life, then perhaps you are not consciously creating. So, the key is to consciously create what you want.

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How can you do this?

In the early 1900's, Wallace D Wattles wrote a book called "The Science of Getting Rich". His book led Rhonda Byrne down a long and winding path that culminated in the production of the movie phenomenon called "The Secret".

In the words of Wallace D. Wattles,

"The ownership of money and property comes as a result of doing things in a certain way. Those who do things in this certain way, whether on purpose or accidentally, get rich. Those who do not do things in this certain way, no matter how hard they work or how able they are, remain poor. It is a natural law that like causes always produce like effects. Therefore, any man or woman who learns to do things in this certain way will infallibly get rich."

"The Science of Getting Rich" by Wattles is about teaching us how to do things in this "certain" way to become rich. I propose we substitute the word "Rich" for "Abundance". Abundance is a great word full of life, purpose and fullness. It encompasses all the things we hold dear in our lives. So, when we use the word "abundance", it can interchangeably mean wealth, health, happiness, joy, peace, love, family, passion, our vocation, contribution, personal excellence, spiritual goals and whatever it is you desire.

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So, if the key is to do things in a certain way to have “Abundance”, then what is that certain way and how can you consciously create what you want?

Here are 3 Easy Steps to Creating what you desire.

(1) Thoughts  (2) Feelings  (3) Actions

“Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your destiny.”

Frank Outlaw

STEP 1 – YOUR THOUGHTS!

MOST IMPORTANT!! – DECIDE WHAT YOU WANT

Often times, people who unconsciously create their reality do so more from a lack of clearly defining what they want. Many times, when people are asked, “what do you want?”, they respond with something like, “Well, I don’t want ...”. It is extremely important to define not only what you want but to do so in a way that is moving you towards your goals (wants) rather than away from something you do not like (don’t want).

WHAT DO YOU WANT?

WHAT ARE YOUR GOALS?

WHAT ARE YOUR OUTCOMES?

WHAT ARE YOUR INTENTIONS?

What are you **PASSIONATE** about? Take time to sit down and really think about what you want in one or more areas of your life. Brainstorm and just write freely without any judgment. Write, write, write. Get it all down. Make a list of what you want to **BE**, **DO** and **HAVE** in these areas. You will revise the list later and wittle it down to that which you are most passionate about. This is important because how you feel about these things will be a determining factor in the attracting of them.

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Think about these areas:

Personally – Weight, Happiness, Joy, Family

Health – Weight, Energy Levels

Financially – Career, Income

Relationships

Contribution – Causes you believe in

Spiritually

Travel

Stuff – Car, House, Toys

It's important to be as specific as possible because “Thoughts are Things” and remember, you will get what you ask for.

So rather than say, “I want a car”. Ask for the new BMW 740IL in brown, fully loaded with a handsome driver named “Sven”.
Get the idea?

Be clear. Use words that convey images, colors, sounds, movement, specific amounts, smells, flavors, textures, appearances, visuals, etc.

STATE WHAT YOU WANT IN THE POSITIVE

State your desires in “wants” vs. “don’t wants”. There is a big difference between what you want and what you don’t want. And the Universe will respond to what you say. Since the Universe does not distinguish between a negative and positive statement, saying, “I want to earn 6 figures annually” means 6 figures and saying, “I don’t want the salary I make now” means you want the salary you make now. So be very conscious of how you language your requests.

Can you hear the difference in these 2 statements and how each will lead to a different outcome? --- “I don’t want to work here for another 5 years!” VS. “I want my own home-based business in the next 5 years”.

It is also important to state desires that are in your control. Wanting “your spouse to change” is not in your control.

Your most important work is done in this first step. Defining what you want clearly sets the stage for the outcomes you can expect.

STEP 2 – YOUR FEELINGS

ASK FOR WHAT YOU WANT

ALIGN YOUR THOUGHTS USING CREATIVE VISUALIZATION

Use Creative Visualization to align your feelings with your thoughts. Step into the image, feel the movement of the car, smell the leather, taste the hot coffee you are drinking as you drive the scenic, panoramic highway of your choice. Hear that awesome song in the background that makes your heart sing with joy. Really be fully involved in your stated desire.

Creative visualization helps you to create a state that is so aligned with what you want that it feels GREAT!

Your feelings about your thoughts are what help you align with your stated goals. Who will you be when you attain this goal? How will it feel? What will you do? Who will be around you? Where will you be spending your time and with who?

This alignment helps connect you to the quantum soup of the creative forces of the Universe. This is the place where you connect to passion, excitement, joy and utter contentment! In this place, you literally become an attraction magnet for the things you want and now you have the Law of Attraction working for you.

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To ask for what you want is to make a connection to what you want. A very deep, passionate, emotional, “feelings” based connection. What you want must matter. The things on your list from #1 must make you giddy, joyous and feel like a kid in the candy store. Give meaning to the things you desire because in this meaning is the feeling place you need to connect to.

Revisit your list. Did you pick things that you knew were easy to achieve? Things that do not require a stretch. These are goals that are not easy to be passionate about. Your goals and desires must evoke some sense of tingling in your veins. They must stretch you just a bit so in the achieving of them is great passion and joy. Don't pick such small goals that you are taking the easy way out.

BE  DO  HAVE

The Law of Attraction doesn't give you what you want, it gives you what you are paying attention to. Energy flows where attention goes. The Law of Attraction always takes you literally. So if you want a new career but are always upset about your current job, then your focus is on your current unwanted job and that's what you'll get. You will always get more of what you are resonating with.

You have to “Be” what you want first to attract the situation you want. Your state of “BE”ing always comes before the “HAVE”ing.

Most of us think, I'll "DO", so I'll "HAVE", then I'll BE happy. It's the other way around. BE, then DO, and then you'll HAVE. A properly aligned state of Being makes you an attracting magnet for the things you want because it allows the Law of Attraction to go to work for you. Remember, energy flows where attention goes.

It's important to give your attention daily to the things that you want. You must give a conscious focus here because otherwise, what can happen is that other thoughts will create your unplanned and undesired life. We are constantly bombarded with images, thoughts and beliefs from the media, our family, friends, co-workers and these thoughts can take over if you are not consciously creating ones which match your thoughts to your desires.

Spend 10 minutes or more a day consciously given attention to what you want. Use creative visualization during this time to align your thoughts with your desires. Really get into it. Feel it. Be it. Claim it. It's yours! Even spending many short intervals throughout the day will help. Studies have proven that just 17 seconds of focused attention on your desires will yield amazing results. How many 17 second intervals in a day are you willing to take to make your dreams come true?

“Whatever you are giving Your attention to causes you to
Emit a vibrational frequency, and The vibrations that you offer equal
Your asking, which equals your Point of Attraction.”

Abraham

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PRACTICE GRATITUDE EVERY DAY

Be grateful now in advance, as if your dreams already exist, because on a quantum level, they do. The Universe is a system of energy and energetically it does not know the difference between the “reality” you see with your physical eyes and the “reality” you see with your Visualizations and Gratitude.

Think of the Universe as a big toy store. Everything you could possibly imagine is there for you to have. In fact, if you can imagine it, it exists. Nothing is too outrageous to have. Imagine you have just uncovered Aladdin’s Lamp and go shopping.

Be Grateful in advance every single day. Place your attention on what you want and be grateful for it. If you already have your desires, how grateful would you “BE”? Being grateful for the things you have now puts you in a state of acceptance which through the Law of Attraction and vibration, brings more of the same vibration.

STEP 3 – ACTION

This is the least important step because once you start “BEING” the things you want, you will be amazed to find that you will know what to do automatically. These actions put you more in alignment with your desires, which then attracts more of what you want and so on until literally, a natural course of action followed by more action occurs, moving you in the direction of your dreams.

When you are really clear about what you want in Step 1, this leads to a natural state of excitement and you want to move into action right away. From this aligned state of being, it follows that you take action that is more efficient in moving you in the direction of your dreams. Remember, your focus must match your dreams and desires.

SUMMARY

The Law of Attraction is a Universal Law that is available to everyone. Use these 3 simple steps to align your thoughts, feelings and actions and have fun creating the life you desire.

LAW OF ATTRACTION QUOTES

“For whatsoever a man soweth, that shall he also reap.”
Gallatians 6:7

“And all things, whatsoever ye shall ask in prayer,
believing, ye shall receive.”
Matthew 21:22

"As a man thinks in his heart, so is he."
Proverbs 23:7

“Our Life is what our thoughts make it”
Marcus Aurelius, Roman Philosopher
Never think that God’s delays are God’s denials.
Hold on, Hold fast, Hold out. Patience is genius.
Comte Georges Louis Leclerc de Buffon

"Until one is committed there is hesitating, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans. That the moment one definitely commits oneself, Providence moves, too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance which no man could have dreamed would have come his way."
John Wolfgang Goethe

"What you resist persists."
Carl Jung 1875-1961

"All power is from within and is therefore under our control"
Robert Collier 1885-1950

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"Whether you think you can or can't either way you are right."
Henry Ford 1863-1947

"Follow your bliss and the universe will open doors
for you where there were only walls"
Joseph Campbell 1904-1987

"Imagination is everything.
It is the preview of life's coming attractions."
Albert Einstein

"Life is a mirror of your consistent thoughts."
Napoleon Hill author of "Think and Grow Rich"

"Our minds become magnetized with the dominating thoughts
we hold in our minds and these magnets attract to us the forces,
the people, the circumstances of life which harmonize
with the nature of our dominating thoughts."
Napoleon Hill author of "Think and Grow Rich"

"We become what we think about" is no "secret" at all
and that's what makes it so strange"
Earl Nightengale

"You create your own universe as you go along."
Winston Churchill, 1874-1965, England

"All that we are is a result of what we have thought."
Buddha

"As a man thinketh in his heart, so he is."
James Allen, 1864-1912, British Philosophical Writer

“There is a thinking substance from which all things are made,
And which in its original state, permeates, penetrates,
And fills the interspaces of the Universe.
A thought in this substance produces
The thing that is imagined by the thought.
A person can form things in their thoughts,
and by impressing their thought upon formless substance
can cause the thing they think about to be created!”
Wallace Wattles, “The Science of Getting Rich”

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Visit: www.HarmonicBookstore.com

To purchase these books and DVD.

The Secret DVD Movie

The Law of Attraction by Esther Hicks

Ask and it is Given by Esther Hicks

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To receive these LAW OF ATTRACTION books FREE!

Think and Grow Rich by Napoleon Hill

The Science of Getting Rich by Wallace Wattles

As a man Thinketh by James Allen

The Edinburgh Lectures by Thomas Troward

Acres of Diamonds by Russell H. Conwell

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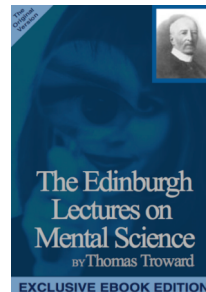
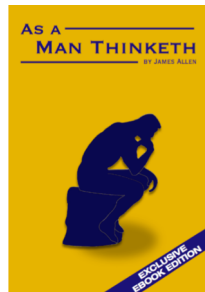
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ABOUT THE AUTHOR: HELENE LAURENCE



Helene Laurence is the co-founder of www.HarmonicLiving.com, a website dedicated to providing Products and Resources for Living in Harmony. Helene created this website to share products and resources that have made a difference in her life and the lives of her clients, friends, family and loved ones. Here you will find Helene's favorite products, teachers, resources and links which have added value to her Journey and are consistent with her philosophy of Living in Harmony!

Harmonic Living is a concept that just makes sense to Helene. How do we live in harmony ... with ourselves, with each other and within the world around us? Harmonic Living is more than radiant health and vibrant living. It's also about love, our relationships, wealth, abundance, contribution, personal & spiritual growth, success, happiness, joy, peace of mind and a deep connection to the world around us ... and our place in it. It's about all the aspects of our lives, which synergistically make us who we are.

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