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An All Important Holistic Guide

Understanding The All Important Big Picture.

Table Of Contents

Foreword

Chapter 1:
Imagination

Chapter 2:
Desire and Manifesting

Chapter 3:
Belief and Deserving

Chapter 4:
Opportunity

Chapter 5:
Co-creation

Wrapping Up

Foreword

All people are surrounded by a thought atmosphere. . . Through this force we're either drawing in or forcing back. Like draws in like and...we draw in exactly what we are in mind.

The law of attraction, or what I refer to as resonance manifestation, is the principle by which you draw into your life that which is in vibrational alignment with your awareness; your thoughts, feelings, opinions and attitudes, whether you're mindful of them or not.

This is why the starting point on the road to successfully and deliberately manifesting your desires is to become aware of the thoughts and feelings that are producing your experience and to take responsibility for your reality.

Accepting responsibility for your life without judgment is both empowering and liberating. When you understand that you're the source not subject of your existence, you are able to modify it.

Further more, when you realize that you're always backed up by an all-loving, intelligent universe that you're ever united with, you'll be able to allow and engage co-creation where synchronicities and serendipities burst, "hows" are magically taken care of and issues in your life seamlessly woven into a tapestry of dreams come true.

The law of attraction is the power of like attracting like and the means by which you magnetically materialize that which you center your attention upon and are in energetic balance with.

To apply the law of attraction successfully you will be required to become conscious of what's happening inside. You need to be aware of the thoughts, feelings, beliefs and attitudes that are what's creating the boundaries of your experience.

You're a marvelous manifesting machine producing your reality in every moment.

It is not possible to not create.

The trick is to become aware of how you do so.

For this, realizing the nature of reality, the law of attraction and the “greater picture” around manifestation is of value.

The law of attraction is an absolute. It doesn't single out, it simply is. This implies it can work both for and versus you.

To draw in what you want into your life you need to line up your heart and mind to the final result of your wishes, the juicy positive ideas and beliefs which palpably resonate and act as a magnet to those very goals.

In my exploration of manifesting and the law of attraction I have identified some key insights that have aided me to understand its nature and workings and engage it entirely in my favor.

A few of these are explored here.

Chapter 1:

Imagination

Synopsis

What is now proven was at one time only imagined.



Thoughts

Your imagination is a gateway to the possible and a bridge to your unconscious mind. It's the limitless palate with which you craft your world and a built-in key to manifesting your hopes. Your subconscious mind doesn't recognize the deviation between what is genuine and what is imaginary.

Your imagination is your preview of life's coming attraction.

When envisioning your desire, engage your imagination by using all of your senses. Imagine not only the visualizations, but also the sounds, textures, smells and tastes of your dreams coming true.

Even more significantly, think of the feelings of the outcome you look for as these contain the strongest magnetic force for drawing in your desires. How you feel about what you imagine will decide whether you'll successfully draw it in or not.

Feelings are the language that talks to the Divine Matrix (the Universe). Feel as if your goal is completed and your prayer is already responded.

If you envision your dream car but are consumed with feelings of defeat for not having it, doubtfulness about ever manifesting it, guiltiness about deserving it, or jealousy at your friend for already having it, you'll trigger the law of attraction against you instead of for you and re-enforce the absence instead of existence of that car in your life.

Your feelings are mighty indicators of what's going on internally and point to beliefs and attitudes that may need changing or adjusting.

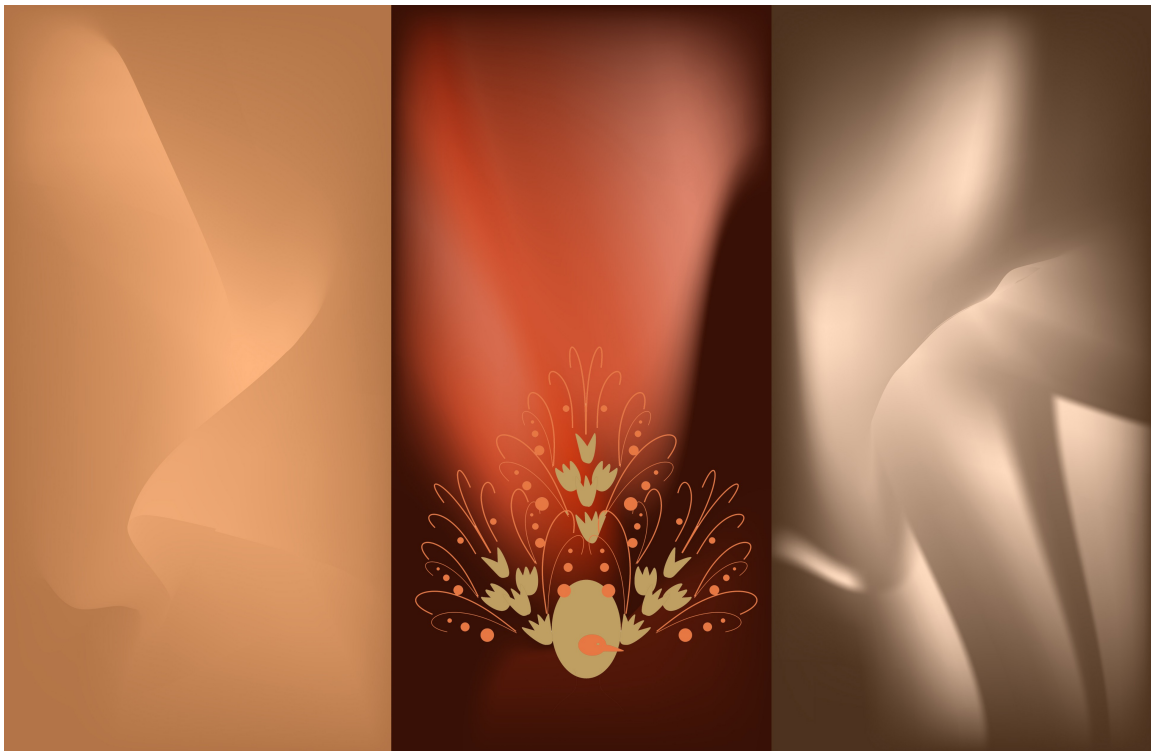
Your feelings are integral to successful manifestation. They're the words of your unconscious mind and the energetic conductors that provide shape to your experience, actively drawing in, driving back and producing the substance of life that's your reality.

You are able to begin immediately to feel healthy.

You can start to feel prosperous. You can start to feel the love that is circling you, even if its not there and what will happen is the universe will correspond to the nature of your song.

The universe will correspond to the nature of that internal feeling and manifest it because that is the way you feel.

These feelings are conductors that provide shape to your experience, actively drawing in, driving back and producing the substance of life that's your reality.



Chapter 2:

Desire and Manifesting

Synopsis

*Desire is the beginning point of all accomplishment, not a hope, not a wish,
but a great throbbing desire which surpasses everything.*



Do It Right

Desire breaths life into your dreams and fuels your imagination and anticipation.

As you connect with your desire, your imagination, as well as all the favorable thoughts and beliefs about your goal, are lit. To connect with the desire you've got for your goal, merely ask yourself *“Why do I wish for this?”*

As you answer the whys, your passions and emotions flurry and your imagination streams.

Enquiring why also aids you in acquiring clear on the intent behind your goal and how realistic your goal is for you, also what the greater purposes and hoped results of your goal are (what you wish your goal to give you). It can be an uncovering exercise.

Some of the times what we believe we desire can be a product of the consensus, of what other people desire for us, of what we believe we “had better” have, of what our ego believes will satisfy us, or of our rationalizations rather than our heart's desires.

If questioning why you desire your goal does not get you jazzed up, you might prefer to question how much you really desire it.

Future Causation

A different tool for adjusting your heart and mind to the final result of your wants is what I call Future Causation. Basically, time and space are an illusion. The future you want already exists. Rather than attempting to guess what that future will be like from your present, go to that bright future and see it for real.

This has been among the most profound methods I've practiced. The insights I've encountered in linking to a wanted future in this way have passed beyond the boundaries of my present imagination or what I'd have consciously planned.

I've been gifted with information and states of being that have been way “[outside the box](#)” and have altered me and my reality in the present.

This is why I address it as the future causation because it can immediately and radically change your current state of vibration by the force of vibrancy. Connecting to that future produces a bridge to that future and acts as a portal for its manifestation in your world.

Your future is always shaping your present. The good news is you are able to decide the future you wish to influence you and allow it to alter you right now.

Manifesting is a powerful way for engaging future causation and will set the law of attraction in motion to manifest it effortlessly into your life.

Rehearse your future on a regular basis. What sort of conclusions would that future have you make, how would they think, feel and be? What answers would they discover, successes create, challenges defeated and so on?

Apply a '[future view](#)' when reaching conclusions, arranging goals or addressing challenges. What would that future you, the cured, gifted, loving, successful self that you're becoming, believe, feel and be? Tie in to that future and permit it to have voice in your world today in the views, beliefs and actions you decide.

[Make the Space](#)

For your desire to land in your reality you are required to produce the space and be prepared for it. What requires to be done on a practical, emotional and mental level for you to be set for this reality?

Get ready by thinking ahead and making the necessary steps towards your goal.

What new resources, contacts and skills could you require? What new postures and opinions?

[Think from your future and behave accordingly.](#)

A different way to make space in your life for your ambitions is to clean out the clutter.

This can be done on a physical and virtual level such as cleaning out your closets, organizing your papers and filing, discarding old garments and so forth, but it can also be done on emotional and mental levels.

What human, concern, bitterness, wrath or loss are you grasping that could be let go of?

If you're desiring a new relationship for instance, is there an ex-partner you have not quite relinquished yet, or a quality about them or that relationship that in your heart you have not yet given up?

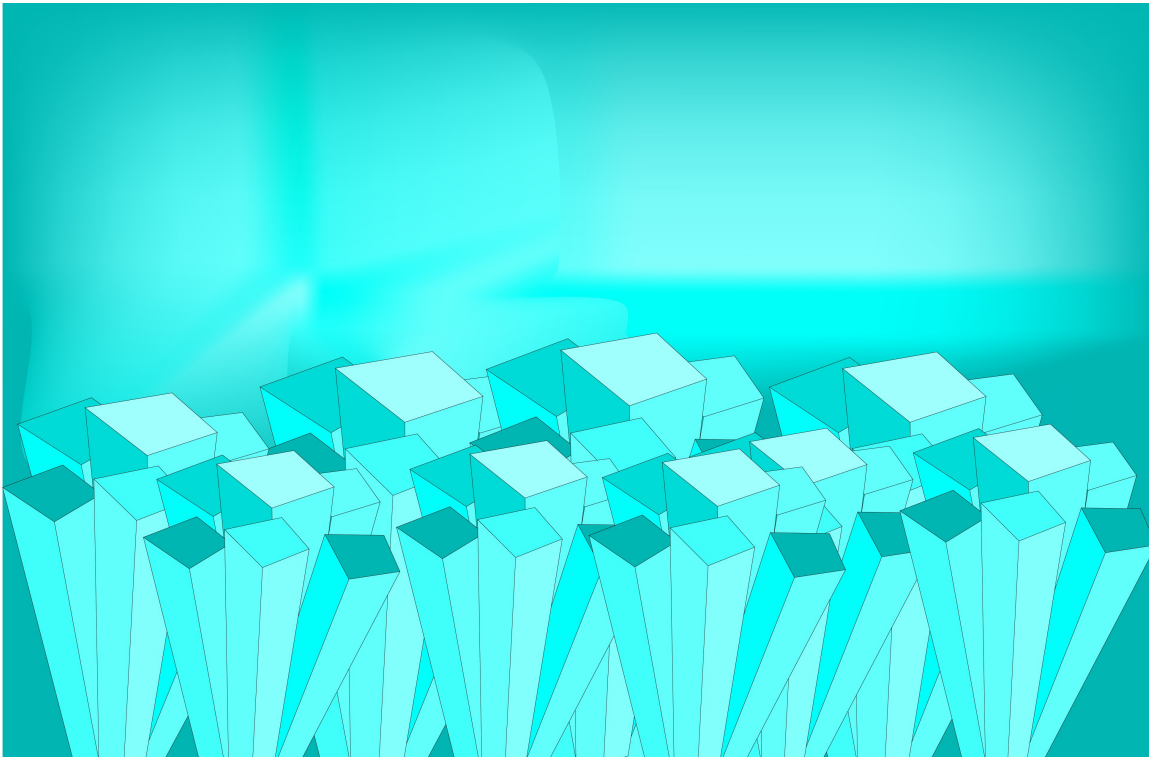
What ever you are grasping from your past is what you are bringing into your present reality.

Chapter 3:

Belief and Deserving

Synopsis

An opinion is presuming something to be true, to be a reality. An opinion isn't stimulated, it's produced by choice. An opinion about a thing's being isn't the same as its existence.



Perception

To successfully draw in your hopes it's crucial that your feelings are congruent with them. If, for instance, you desire a happy loving relationship but bear negative feelings about the opposite sex, love, or yourself for that matter, you will produce counter results.

Beliefs are constructed during an early age and at other key periods in your life. They can be formed and molded by family, peers, society and media, and a large number you may not even be aware of.

Opinions are not the truth, but merely a perception and toleration of such. What's great about opinions is that you can alter them and pick out the ones that accommodate you and back up your imagination and dreams.

Whatever the mind can conceive and believe, it can accomplish.

A different key element to drawing in and allowing the realities you look for is a sense of worth. If you do not feel that you deserve the truth you want, you'll block its manifestation or undermine it once it arrives. Your sense of worth reflects your level of self-value and is meddled by guilt, dishonor, self-judgment and negative self-concepts.

Self-love and self-forgiveness always increase your sense of worth.

The fact is that you deserve wholly and utterly just by being alive. Once you acknowledge and awaken to your spiritual value, your inherent purity and worth and the true nature of your being, issues of worth are solved.

Chapter 4:

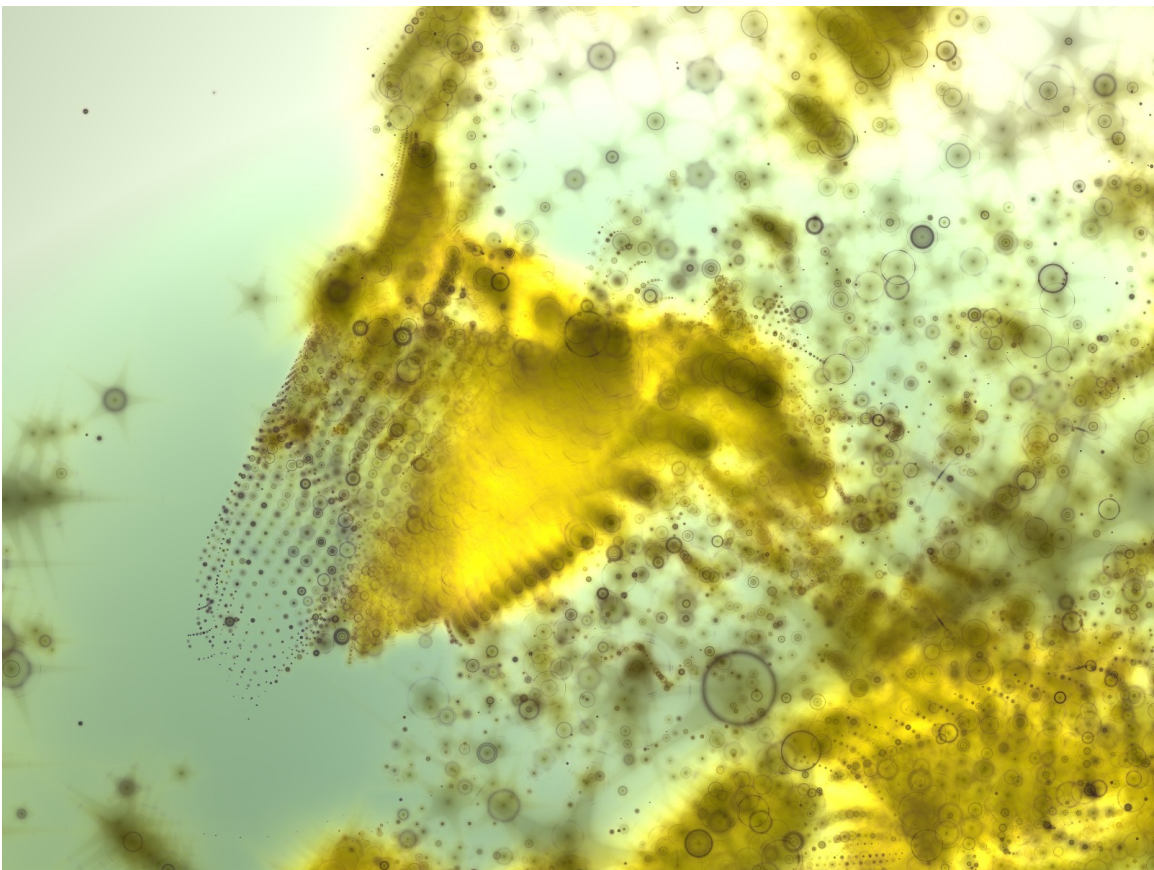
Opportunity

Synopsis

Occasionally what initially surfaces in your reality is a stepping stone that will take you to your destination instead of the goal itself.

It might not appear like what you were looking for or expecting but can be just what's required to bridge the gap to your ambitions and take you to where you would like to be.

Receptiveness and humility is important.



A Way To Get There

A stepping stone perhaps may be a person, challenge, insight or learning. It might possibly be a mending or an outcome that will help you fortify your character or purpose. It might be a chance for love, pleasure or happiness that will step-up our emotional vibration in a sense that's essential for you to draw in what you want.

It might even be a crisis of sorts from which you'll learn and develop. What might appear like a crisis at the time, a loss of employment or relationship for instance, might indeed bring gifts that ultimately serve the destiny, success and triumph you want and have elected.

The gifts of these situations or scenarios might not be clear at the moment but further down the line become evident as you retrospect and survey the situation with hindsight.

Have faith in the larger blossoming picture. The universe recognizes the most formal and honoring path to your dreams.

Every hardship, every failure, every grief bears with it the seed of a like or larger benefit.

When you work with the law of attraction chances will arrive, so it is crucial to make yourself available to them, acknowledge them when they unfold and act on them.

Every experience, every event, every link can have meaning and importance and serve as a stepping stone to take you to your goals.

The universe will organize all components of your life towards the symphony of your success if you're open and permit it.

Making yourself available for chances might mean stepping away from your current comfort zone, communication and sharing yourself, investigating, asking for help, sowing seeds, going out there, searching for resources and being proactive towards your goals.

The more poles you place into the stream of life, the more fish you get.

Living open to and pursuing the chances that develop is to fundamentally obtain the universe's resources that will span the gap between wherever you're at and wherever you would like to be.

This is a crucial step in maximizing the law of attraction.

It will enable you to take leaps and bounds in the direction of your success, or preferably, for your success to take leaps and bounds in your direction.

Once it comes to pursuing opportunity, use perceptiveness and listen to your beliefs and intuition and the inner dial of your senses.

I have discovered that unless something feels off it has always served as a chance. Occasionally that opportunity did not display itself until weeks, months or even years later. There can be a gift in every condition you undergo.

What's more, each chance can lead to a countless number of other opportunities and be a well-spring of additional resources.

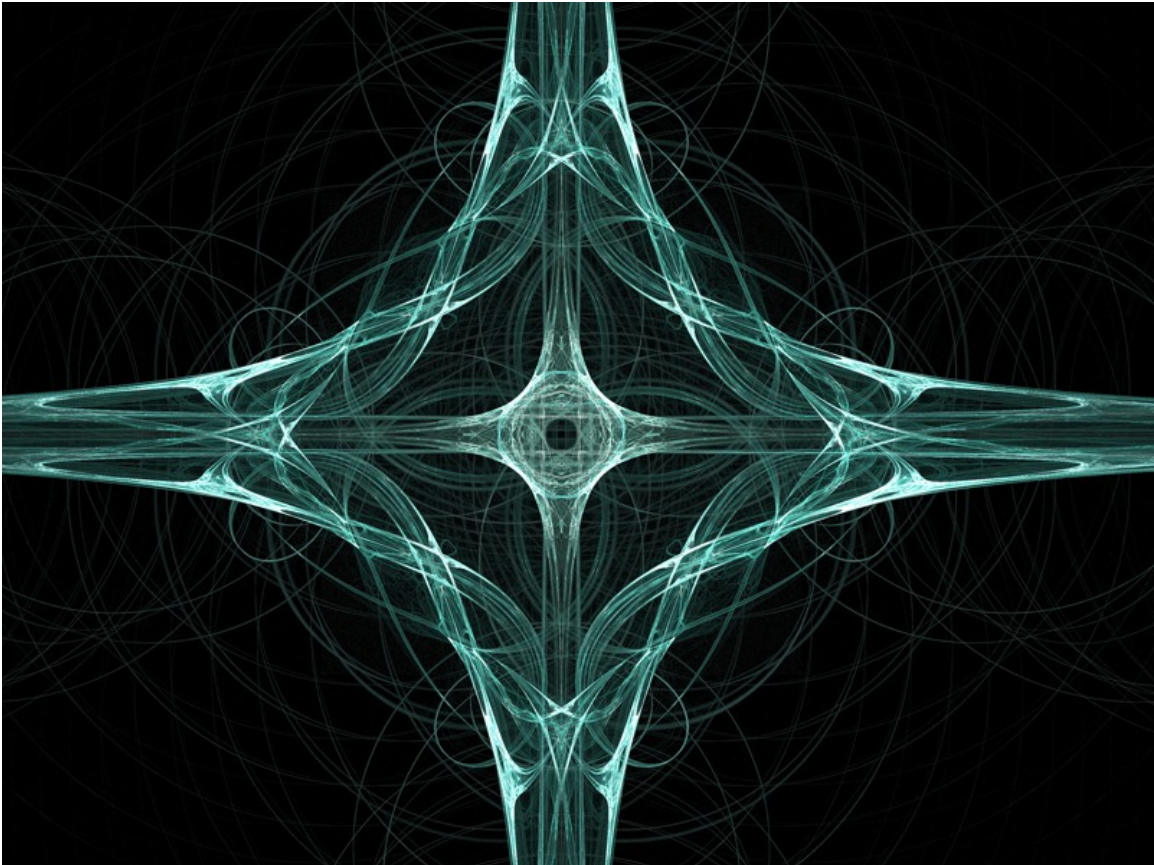
Chapter 5:

Co-creation

Synopsis

You contain free will and can sculpt your world in conformity with your hopes.

You both consciously and unconsciously make the world surrounding you, yet you're not unaccompanied in the process. You're a co-creator with the root of life, whatever name you hold for such.



Draw It To You

How do you pursue co-creation?

By asking and permitting, by deciding and obtaining, by being open to and relying in its workings. Seed your aims with your desire (your desire is the style in which you ask the universe for what you desire) and be open and willing to obtain their fruits in your world.

It is not a difficult task, although it does demand being clear - clear about what you desire, clear in your feelings that you will be able to accomplish it and clear in acknowledging that you deserve it (which, of course, you always do). You're the only one who can stand in your way. The universe always says yes.

Your world is a manifestation and extension of the entirety of your mind, a holograph of your awareness. It's also a platform and gateway with which the universe can convey with you via signs, signals and whispers in your daily life that serve as arrows and prods to guide and aid you on your way.

The more you acknowledge that you're forever linked up to an all-loving endlessly abundant source, the more you'll own the gifts.

Obtaining is so often the lacking element to success. Any blocks to obtaining are blocks to the facts you want. Rehearse obtaining in all fields of your life, whether it's compliments, presents, the experience of some other, the beauty of nature. When you appreciate something and are grateful for it, you obtain it.

Obtaining produces a gateway through which the universe may bring gifts into your life. It enables the magic of co-creation and the serendipitous possibilities beyond the boundaries of your imaginings.

The more you allow for yourself to obtain, the more graceful, swift and bountiful your attractiveness becomes.

Obtaining is often looked upon as something you do in reaction to a gift, yet acquiring the willingness and power to receive, in and of itself, makes those very gifts appear in your reality. As the saying goes, when the receiver is ready the gift comes along. The universe is a haven where dreams come true.

All you desire is yours to obtain.

I emphasize receiving here as its more often neglected in the give-receive cycle. The value of passing on is far more acknowledged than that of receiving. They're intrinsically related and each opens you to the other.

The more you pass on, the more you take in, and the more you take in (from yourself, the universe or other people) the more you're capable to pass on.

Rehearse taking in during your daily life. Acknowledge when somebody gives you a complement and take note how you respond. Do you allow it in? Or do you attempt to block, deny or protest it?

Once you obtain good news, a success or the manifestation of something you want, recognize it, for you have received.

Touch base with what it feels like to obtain. Work it, rehearse it. Get familiar with and acquaint yourself with the energy of obtaining. Affirm your receptiveness and willingness to receive. Receiving is among the most powerful and graceful tools of manifestation.

By allowing for yourself to take in you will be able to allow in the love, miracles and successes the universe wants to give you every step of your journey.

Be mindful of any negative feelings you may have around. Maybe you consider receiving is selfish, feel you don't deserve to receive, or if you're a man maybe feel that receiving is something more for women.

Maybe you feel receiving would put you in a vulnerable position and therefore are afraid of it, or you concern losing a sense of control.

Recognize and be thankful for the love and goodness in your world and in your gratitude you'll open to receive it at an entirely new level in addition to inviting more of the same into your life.

As you open to obtain the gifts and bounty that are already in your life, you will become more open to take in new gifts, love and successes in your life.

A likely problem some people come across when they start to explore the law of attraction is a concern of their negative emotions and the corresponding negative outcomes they may draw in. Because of this they try to contain, deny or repress their beliefs, yet this just does not work.

This is the number one myth of the law of attraction. What we reject persists.

It's what we recognize and accept that we can naturally relinquish and release. What we deny doesn't disappear, and will unavoidably leak into our world in the circumstances, people and events we draw in.

Pent-up emotions warp our energy.

There are several methods today for expelling and transforming emotions. Outside resources such as music, beauty and exercise and internal resources - your feelings, selections, focus and imagination - can all be applied.

Pardon of self and other people is an unbelievably powerful way to expel and transform whole bunches of negative emotions. It's the ultimate mind-body-soul detox and can set you free you from toxic emotions and draining attachments.

Perceptiveness and gratitude are also very efficient in shifting your emotional resonance and freeing low vibrational states.

Feeling your beliefs is a quick way to eject them.

This does not imply indulging in them or handing them excessive attention if they don't help you, more it enables them to go through you and be verbalized. It takes more energy to stuff emotions down than to experience them.

Recognizing, consenting and feeling an emotion will enable its release.

Your feelings are powerful indicators of what's going on within.

Respect them and listen to what they're telling you about yourself, your life and your world and any corresponding thoughts and beliefs you may contain.

Wrapping Up

Feed your ambitions not your concerns. Feed your successes not your failures. Your ideas, beliefs and the focus with which you utilize them are directional. They're heading somewhere. If they feel good, so will be your destination.

If you're experiencing a especially challenging time, or there's an area of your life that's stimulating a high level of fear, concern or anxiety, or other negative feelings (anger, guilt, and so forth) as well as working to expel these feelings, there's a method you are able to use to assist in keeping your focus away from what you do not desire and adjusted to what you do, in addition to higher, positive vibrations.

For this, at the start of every day, pick either

- a) a goal/ambition you wish to make and manifest however large or small,
- b) or b) a person you greatly look up to and wish to adopt and acquire more of their qualities.

For raising focus you may also like to rehearse the following exercise. Try gazing at a fixed point in front of you for a time period without distraction (you may like to draw a dot on a piece of paper and adhere it to the wall, or use an existing focus point).

You are able to begin with a 30 second goal of maintaining your focus completely on this point. Try to keep your head clear and still in the process and direct all your attention on the focal point.

You'll be able to then step-up the length of time you keep your focus fixed on one point (say 1 minute, then 1 and a half minutes, and so forth). This is a great exercise for raising focus, stilling the mind and being present and in the now.

You'll be able to then take this exercise into all day by day routines and rehearse being fully present in your activities.

A different way to keep your focus aligned to what you want is to recognize and celebrate your successes.

Keep a success diary and note every event and circumstance that is a positive movement towards your goal, including internal qualitative experiences such as how happy and thankful you're feeling.

Recognizing your advancement increases your focus on the results you want and builds your belief and expectation.

Treat yourself for triumphs and accomplishments.