



# Law of Attraction Cleansing And The Law Of Attraction

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## Cleansing and The Law of Attraction

Before we go into the main body of this article, I want to make one thing absolutely clear. Universal Laws work 24 hours a day. The Law of Attraction works 24 hours a day – period. There is no such thing as “The law of attraction doesn’t work for me.” It IS working, but not in the way that your ego self wants it to work.

There’s the rub, as they say.

Who exactly is the “I” who is asking for health, wealth and love from the universe? Theorists and psychologists down the ages have split the mind into 2 or 3 parts – the first is the conscious “I” – the one that feels all the emotions and quite often, feels tossed around by them as well. Then there is the subconscious (or unconscious) self. “Still waters run deep” is an expression that fits the bill quite nicely here. We can take a look at the analogy of the duck on the pond. On the surface, the duck seems to glide effortlessly across the water – what we don’t see are the feet busy paddling away to give it its motion across the lake. It’s the hidden depths that we don’t see that is often the real powerhouse of events in life. If only life were that simple, perhaps? The reality is that the subconscious self carries out its actions on autopilot, the way it is conditioned to act and think. When you learn that we only use 5% to 10% of the mind in a conscious manner, then the remainder is the domain of the subconscious. What I really want to do here is to give you some idea as to the depths within each of you. You are far more than your conscious thoughts!

What of the third part? Many have called this one’s “higher self” or “universal mind” or “god” or “the divine” etc. And all of them are correct – they are all a representation of a force bigger than all of us, to which we are connected through mind, through thoughts, spirit, soul, call it what you may. There is a life force in the universe, to which we are all connected and also, which calls the tune and pulls the strings in the exact way you ask it to. It is connected to each of you through your subconscious self.

Whilst the subconscious self can communicate directly with the divine, the universe, the conscious mind can only connect through the subconscious. There is also a time delay with this process, thankfully, or can you imagine the chaos that would befall everyone if each thought instantly became manifest in the material world? This is why it is left to the subconscious to convey your wishes, your hopes, your dreams, etc, to the universe

and not your conscious mind. Your conscious mind does influence the subconscious mind, however.

Again, there's the rub...

This brings us back to the opening paragraph. All through your life, your conscious mind has been passing responsibility over to the autopilot, your subconscious self. It's like when you learn to drive a car, ride a bike or play a musical instrument. You repeat things many times until your subconscious picks up on the idea and then takes over for you. Can you see how this process works? The repetition is key. It is the compounding of thought upon thought that makes the subconscious aware of what you are doing and so you set up your own internal programming. Sometimes the programming is effortless to achieve and other times it seems to take an age to teach it what you want it to "learn". When you enjoy something, it is easy to learn, right? Or when you are motivated enough, you learn something much faster. Your emotions and motivation all play a big part. These emotions and motivations can be positive or negative – and the choice has always been yours.

All through your life you have been doing this. From infancy through childhood, adolescence and adulthood, you have conditioned your subconscious self in how to react to different situations, to different stimuli. **Always remember, it is not what happens to you that matters to your subconscious but how you react to it.** It's how you react to all around you that is passed to your autopilot. If you react the same way over a period of time, guess what? Your subconscious takes over and does the reacting for you! So, your first reaction from childhood began the process – whether this is fair or unfair is not really an issue. The issue is, you are responsible for how you react to a situation. It is how you have been conditioned to react. Or, more accurately, it is how you have conditioned your subconscious to react.

Can this be reversed? Of course it can. You are a limitless being! But, it will take motivation and effort on your behalf to change habits of a lifetime. If those habits are negative, they can be removed by positive thoughts and actions. A positive thought is far more powerful than a negative one.

Ok, we've seen how your autopilot has been conditioned. We can see how responses can be automatic. If you respond in the same way to anything, very soon you build an internal belief system, that says "I'll never be able to do that" or "Nothing good ever happens to me" and guess what? Your subconscious passes that directly to the universal mind. The law of attraction gives you what you believe you will get – it's as simple as that. When you say that "the Law of Attraction didn't work for me", it's because your subconscious has that belief which you programmed into yourself. Albeit, unwittingly, it is there.

This is where cleansing is so important. It is often the “missing secret” and certainly the part that people do not hear or listen to, when they first hear about the law of attraction. It is important to cleanse yourself of all those belief systems that actually limit all you can achieve. If you have these beliefs, it is necessary to let go of all those systems before you can truly believe in your own unlimited potential.

A positive thought is much more powerful than a negative one – and how does a positive thought make you feel? Does it make you feel happy? Good? Of course it does. Can you make yourself happy? Sure you can. Put in your mind a happy event in your life – relive the emotion; play your favourite music; go do whatever it is that makes you happy and full of love and gratitude. These positive emotions cleanse your inner self – they begin the new conditioning of the subconscious mind so that it begins to think that it’s ok to be happy, and then that it’s great to be happy! Then it passes this information to the universe. The universe says “your wish is my command” and good things begin to happen to you to make you happy.

Still waters run deep, I said, earlier. Sometimes it is even forgotten events that were the prime determinants of an automatic response and its consequential belief system – so how do you cleanse these? Before the “how”, it’s necessary again to explain the “why”. These belief systems that are so ingrained are often the most difficult to recognise. It is only when you begin to look at everything you say and do, that you realise they come from a belief system that is not accurate, or no longer valid. Until these are cleansed and released, they will trip you up whenever you want to put a conscious request to the universe via your subconscious. Only when you are free of the limiting belief systems are you truly able to glide effortlessly across the lake and receive all that you wish for. How to cleanse? There are many techniques across the internet. I can tell you what worked for me. It is in the cleansing of the “chakra” points of the body. Without going into detail here, the most important element is in the visualisation part of the process. I’ll cover the “letting go” technique that I used for letting go of every negative emotional event, every guilt that I ever felt and every self-blame that I heaped upon myself from my earliest memory in life.

As with all visualisation techniques, it is important that you find somewhere comfortable, quiet and where you won’t be disturbed for up to 30 minutes, whilst you go through this process. And do it every day until you feel a difference within. I can promise you, you WILL know when it has worked! It will feel like a great weight is lifted from you and you feel like you can fly! You will have an immense feeling of gratitude which you can then use to fuel the visualisations to bring into your life your heart's desires. But first, do the cleansing - you've waited this long, no harm in waiting another week or 2 weeks or so, for however long it takes - just do it.

Sit comfortably. Do not cross your legs and allow your arms to rest on the arms of the chair, or on the surface of the sofa, bed or whatever - do not clasp your hands together.

Each muscle must be allowed to relax. First imagine a protective bubble is all around you - sometimes a soft warm pink bubble is the easiest, or white if you have trouble with pink, and then focus on one foot, then the ankle, then the calf, the thigh, then the other side. Imagine the muscles relaxing as you do this. Do the same for each arm, then the torso, then the neck and all the muscles in your face. When you are completely relaxed, focus your mind on someone you want to forgive, someone whom you feel was not nice to you, or you to them. Focus on an unhappy event, feel the emotions, feel the effect it has had on your life. Then personalise it. Imagine the feeling take shape in human form or outline. Externalise it. Visualise a river flowing by. Walk with this form or shape to the river. Visualise a boat. Watch as this shape boards the boat. Watch as this boat leaves the shore taking the negative emotional experience with it and affirm to yourself "I release you to your greater good." Repeat this to yourself as the boat sails further into the distance, becoming ever smaller. Repeat it until the boat has disappeared, never to return.

Focus on an area near to your heart. Visualise a heart flower, for example, a rose with its buds clasped firmly shut. Mentally unwrap each petal of this pink or red flower with the words "I open myself to love". Repeat this again and again until you see the bright red heart of the flower and see a light rush out to hit your protective bubble and spread all around you, saying "let this light be a beacon to all that will share love with me". When you have done this, collapse the bubble around you, and slowly ease yourself back into your environment again. This can be quite an emotional experience, so you may need time to compose yourself, after each visualisation. Only you will know how deep your belief systems are that need to be cleansed.

As I have said, this only one of many techniques, but it is a very powerful one. I guarantee, when you have removed all the negative belief systems, in whatever way you are comfortable with, you will then have more powerful positive visualisation techniques available to you, to send your wish list out to the universe. The important thing is to believe you have already got them, when you send out the wish list, and feel the sense of gratitude as deeply as you possibly can, for receiving them. Then you will discover that the law of attraction works 24/7.

One man has unlocked the secret to the law of attraction and brought in **£50million**:



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