



# Law of Attraction

## How Can I Use The Law Of Attraction?

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I think most people know what the law of attraction is and there are many sources of information that tell you what you have to do to use it. But, still there seems to be something missing - so maybe the question needs to be re-phrased? Better to ask: what are the steps I need to take to find success through the law of attraction - then "an idiot's guide to the law of attraction" or "the law of attraction for beginners" could be a bestseller!

People tell you to accept responsibility for all the things that happen in your life. Ok how do you do that? This is probably not an easy thing to do when you've been taught since childhood that it's 90% what happens to you and 10% how you react to it, when the reverse is actually true! This is usually the biggest hurdle to get over, before you can start reaping the benefits of the law of attraction.

Here's one way of helping you work through all the things that have happened to you in your life. Make a list of all the big things that have happened. Make one list for all the good things and one list for all the bad things. Go back over the good list. What were you feeling at the time all these good things were happening for you? What sort of mindset did you have? I very much suspect that you were feeling pretty positive when those things happened. Go over the bad list. Ask yourself the same question again. What was your mindset around the times these "bad" things came into your life? I suspect you may have had a bit of a negative outlook when these things happened. So, when you were feeling good, good things happened. When you were down, bad things happened, right?

What does this tell you? It shows you that the law of attraction has been working just fine! When you were feeling good you attracted good things. When you were feeling down, you attracted negative things into your life. Does this begin to show that maybe it's time you began to accept some responsibility for what you attract into your life?

Time to get that pen and paper again. What things in your life do you want to have? Do you want a new house, new love, new job, new car? Make a list of them. Better still - go online and get some images of your heart's desire from the internet - print them out - pin them to a board. Put them where you are going to see them to constantly remind you what you want to attract into your life. You are putting out to the universe your wish list! You have to live this, day in and day out. Make it so that this is all your mind thinks about but be very specific about what you want. If you wish for something vague, guess what you are attracting...? The universe just isn't going to understand your list! Make your wish and let the Universe take care of it. Imagine the Universe as Mr Fixit. You don't need to know how you are going to get it - you just know you will. The moment you start to think about the how, doubt creeps in and when doubt is on your mind, you can watch your dream disappear in a puff of smoke. You have to believe!

How are you going to make yourself believe so convincingly that the universe will take note? Act and feel that it is about to happen, or that it has already happened, but hasn't reached you yet. Confidence in your future is going to make a big difference here if you want to attract all your heart can desire into your life. Start thinking about all the things that could go wrong or stop you getting them and hey, the universe says "Your wish is my command" and you stop yourself from getting them. Be positive in all you do.

Still too hard for you? Still difficult to accept that your dreams can become real? Ok, here's what to do. Go over your wish list again and write more statements to reinforce the list. Let's say that you want a new car. Write out "millions of people get a new car every day". You know that this is true. It is something you believe. It is something your subconscious can believe. Once you can believe this, it is a smaller step to believe that you can have a new car too. You want a new house? Ok, write out the same thing again, but put house in the sentence and replace the car. You want a new love in your life? "People all over the world are finding the dream person of their life, sharing love and living together in great happiness". You know this is true. What's more, your subconscious will also know this is true. Again, it's just a small step to believe that this can happen for you!

What you're doing here is putting the light on in the darkness. Light will always eliminate the darkness. If you have residual doubts, these are sending negative energies out into the universe. When you turn the light of truth on these doubts, they disappear. As they disappear, the more confident you will feel. The more confident you feel, the more positive energy you are sending out into the universe. If you carry on with the doubts, you can be sure that your subconscious will tell the universe it doesn't believe it will get it... and the universe duly obliges and you remain with doubts that the law of attraction works. You have to put on the light and get rid of all the doubt, before you attract the positive things into your life.

When you make your lists, when you read them several times a day, feel good about it! Don't do it because you "have" to do it. Don't do it as if it is hard work. Put energy into it - positive energy! Just before you do this exercise, relax yourself - find a quiet place where you are not going to be disturbed for several minutes. Focus on a happy event in your life. Use that focus of energy when you repeat your list out loud and believe that it is coming your way, just like that happy event of the past. The more you do this, the sooner your dreams will start coming true.

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



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