

DYNAMIC TRANSFORMATION

USING THE LAW OF ATTRACTION FOR PERSONAL AND PROFESSIONAL SUCCESS

DISCOVER THE SIX STEPS TO RELEASING YOUR INNER POWER

Powerful tips and tools to attract success, happiness and prosperity.

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LAW OF ATTRACTION PRACTITIONER

Dynamic Transformation

Using the Law of Attraction For Personal and Professional Success

Discover the Six Steps to Releasing Your Inner Power

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Other references on the Law of Attraction

Ester Hicks	http://www.abraham-hicks.com
Wayne Dyer	http://www.drwaynedyer.com
Michael Losier	http://www.lawofattractionbook.com
The Secret	http://www.thesecret.tv
What the Bleep Do We Know?	http://www.whatthebleep.com

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Chapter 1

ATTRACT YOUR IDEAL LIFE

"You attract to your life whatever you give energy, attention, and focus to, whether wanted or unwanted."

~ Michael Losier, author
The Law of Attraction

The Law of Attraction states that what you focus on you attract into your life. Are you attracting what you want or what you don't want? If you want to attract your ideal life, try this program for each goal you have.

1. **Decide what you want.** Get clear about your goal, know what you want to achieve, and by when. Write out your statement of desire and repeat it out load every morning and evening. Ex: I want to earn $100,000 by December 31, 2007 selling my information products. Then focus all your thoughts, feelings, and energy on your goal and not on your current circumstances or on any obstacles that arise. Keep your attention fixed on the goal.
2. **Visualize and feel the outcome.** Close your eyes and picture your results; feel how you will feel when you have what you desire. Use your imagination to see, feel, and sense your ideal life. As you see and feel your desire, you are raising your vibration to create an external match for your internal picture. This is how the law of attraction works.
3. **Expect it will happen.** Write your goal, affirm it out loud, visualize it, then let it go. Imagine it is already happening and you don't need to hold onto the desire. This opens the space to receive what you want into your life.
4. **Allow it to occur.** You need to believe your ideal life is possible.

Are you attracting what you want . . .?

You need to be open to having what you want, even if you've never had it before, even if you aren't sure it's possible. Suspend rational belief based on the past, and open up to a brighter future. As you open up to allowing the results in your life, you are releasing and doubt, and placing your desires in trust that they will manifest through the law of attraction. Remove any resistance and allow all good to flow to you.

5. **Offer gratitude.** When you give thanks and appreciation before the manifestation of your desire, you are in effect acting as if it's already come to you. Actually, it already has come to you, at least in your imagination. All you desire already exists, so when you offer gratitude you are just accepting it to appear in your present time from where it already exists.

If these ideas are new to you, just try them on and see how they feel. As you begin to see results, you will gain confidence in knowing you can attract your ideal life. To read more articles on the Law of Attraction and how to apply it to all aspects of your life, visit: http://www.endorsesuccess.com/articles.html

Law of Attraction is Universal, and every person is affected by it. And it is always true that what I think and what I feel and what I get are always a match, and there is not a person on the planet that did not know that when they were born, and there is not a person on the planet that would not benefit by knowing it.

~ Abraham, channeled by Esther Hicks

Chapter 2

THE VIBRATION OF SUCCESS

"Success is not so much what we have as it is what we are."

~ Jim Rohn

Most people, when they think of success, generally envision setting a goal and doing certain activities to achieve that goal. In other words, a series of external actions that will lead them to success. However, success does not always result directly from performing certain actions, and when it doesn't, we may be puzzled as to why we didn't achieve the goal. Did we do something wrong? Should we have taken different actions? Was the goal too far fetched?

The truth is that success is first an inside job before it can be a result on the outside. For optimum success, therefore, we need to take on the **Vibration of Success**. Read a complete article on The Vibration of Success. What does that mean? Vibration is energy, and the energy you hold in your thoughts and feelings on the inside attracts to you like results on the outside. You are continually giving off vibrations of energy when you think and feel. If you hold an inner vibration of lack and loss, you'll attract lack and loss in your physical world. Therefore, if you raise up your vibrational energy to one of abundance and success, you'll attract that in your life—in all areas. That is, if you think positively, and hold positive thoughts and expectations about the outcome of your goal, you are not only more likely to achieve that goal, but to attract it to you.

So, if you're feeling excited, enthusiastic, happy, joyful, loving, appreciative, abundant, prosperous, and peaceful, you will be giving

off positive vibrations. If, on the other hand, you are feeling bored, anxious, worried, depressed, lonely, disappointed, frustrated, hurt, angry, resentful, guilty, or stressed , then you are giving off negative vibrations.

When you notice your mind veering off course, or focusing on the negative, gently tell yourself to come back to the positive focus. If you find obstacles or distractions in your path, focus on finding solutions—get support, call a coach, just take action! Some tools you can use to stay positive and in the vibration of success include affirmations, visualization, meditation, reading books, listening to CDs, attending seminars and working with a coach. Read more about Holding The Vision

Science has shown everything is energy, including the material world. When you focus your thoughts on what you want to achieve or create, that energy attracts those results to you. Your inner thoughts, self-talk, feelings, and overall attitude create an energy that acts as a magnet to bring into your life material results that match the energy of your inner world. So it is crucial that you become aware of your internal energy field. What are you saying to yourself? Is your mind organized or unfocused? Are you clear about your goals or are you doubtful? Do you know why you want what you want or have you taken on other people's desires as your own?

The Law of Attraction states that the universe responds to whatever vibration you are putting out, by

When you focus your thoughts on what you want to achieve or create, that energy attracts those results to you.

giving you more of whatever you are vibrating. It doesn't care whether it is good for you or harmful, it simply responds to your vibration. This is a universal law that works for everyone: that which you focus your energy on you attract to you. The easiest way to attract what you want—success—is to focus your energy vibrations on the positive outcome and not on obstacles, distractions or failure.

You've heard the expression: Be careful what you wish for—you may just get it! Well that shouldn't be a warning, but a promise. For if you hold high vibrations of what you truly want, and stay clear, positive, and focused in your thoughts, self-talk, and feelings—you just may get what you want. The **Vibration of Success** will attract to you all the success you want.

To learn more about Vibrational Energy, listen to an audio file by visiting: http://www.endorsesuccess.com/audio.html

*The **Law of Attraction** says, "That which is like unto itself is drawn." Vibrations are always matched. So, as you experience the contrast which inspires the new desire, this new desire, whether it is a strong one or a soft one, is summoning unto itself proportionately. And as it summons, it is always answered. It is the basis of our Universe: When it is asked, it is always given. Humans think they are asking with their words, or even with their action, and sometimes you are, but the Universe is not responding to your words or your action. The Universe is responding to your vibrational calling.*

~ Abraham, channeled by Esther Hicks

Chapter 3

SET YOUR INTENTIONS EVERY DAY

"Intention is a force in the universe and everything and everyone is connected to this invisible force."

~ Wayne Dyer, author
The Power of Intention

Energy and information exist everywhere in the universe and are strongly influenced by intention. When you set an intention, it triggers a transformation of energy that draws what you desire to you. When you set an intention, you are focused on achieving a goal—that which you intend is what you get. Intentions are stronger than affirmations; they are clear desires you feel a certainty about. You are not vague or unclear about what you want or how you want your day to go. It's more than just wishful or positive thinking. It's being on purpose with a drive and passion! The energy of your intention is what allows your request to manifest.

Set your intention in the morning on how you want your day to go. Before you arise, state your intentions: I intend to have a day that is peaceful and productive. I intend to make two sales to new clients and complete three projects. I intend to get to bed by 11:00 p.m. feeling contented and successful.

According to author Wayne Dyer, "Intention is a force in the universe that allows the act of creation to take place." Therefore part of setting

You need to believe your ideal life is possible.

your intention is to let go after you've stated it, to allow it to come to you. The act of letting go is detaching from the outcome, for as you are certain of your intention, you need to release it so the energy can flow back to you in your receptive state. Letting go or detaching is a subtle action; yet you will know when you have released it because your need is gone and replaced by a calm certainty.

Set intentions every day for every area of your life. Get clear about what you want, state your intention, release it to the universe, and watch your magical day unfold. To get more support in learning how to set intentions, consider these powerful classes at: http://www.endorsesuccess.com/classes.html

When you set an intention, it triggers a transformation of energy . . .

Chapter 4

HOLD THE VISION

"My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment."

~ Oprah Winfrey

There are various steps to creating, attracting and manifesting your desires. Initially, you need to be crystal clear about what you want. Then you can use various methods and disciplines to bring your desires into your life. Affirmations, visualization, journaling, positive self-talk and raising your vibrational energy are all tools you can use to draw to you your highest goals and visions. Read more about Holding the Vision

While knowing what you want and asking for it are essential to manifesting, so is holding the vision. You may say affirmations every morning then go about the rest of the day doubting your words. Or you might focus on too many goals at once and lose your focus and clarity on the most important ones.

How can you more effectively hold the vision? By cleaning house! That is, cleaning the house of your mind. Just as you delete old files from your computer to make more space and clear the clutter, so do you need to clean the thoughts and beliefs from your mind that do not support your vision.

One of the most effective ways to do that is through meditation. You don't need to have a mantra, although it does increase effectiveness, you don't need to sit cross-legged and you don't need to climb into a cave! Meditation can be done any time, anywhere—it's a totally portable tool that calms, quiets and focuses your mind so you can be more creative in attracting your goals and dreams.

If you're totally new to this practice, start by meditating each morning

for five minutes and increase the time or frequency as you get more comfortable with it. The easiest way to begin is to find a comfortable, quiet location where you won't be disturbed. Then close your eyes and breathe slowly and deeply focusing only on your breath. Let any thoughts that arise—and there will be many—float away on a cloud or a river. It's okay to notice the thoughts, just don't spend any time with them.

After five minutes, read your major goals or just your goals for that day.

When you focus on what you want to create with a clear, quiet mind, you have all the power of your mind working for rather than against you. What you will find is that your days begin more peacefully and you will carry that calm throughout the day. And you will see your desires coming to you effortlessly! There are wonderful programs that assist you in holding the vision to create, attract and manifest your desires at: http://www.energyofthemind.com/programs.html

Affirmations, visualization,
journaling, positive self-talk
and raising your vibrational energy
are all tools you can use to draw to you
your highest goals and visions.

Chapter 5

LIVING IN ABUNDANCE

Abundance is not something we acquire. It is something we tune into.

~ Wayne Dyer

The world is an abundant place and every living being has access to that abundance. Why is it then that it appears some people have more abundance than others?

First, it is because we all define abundance differently. To some it is measured in material terms—how much money and possessions they have in their world. To others abundance is more intangible—these people measure it in how much love, health and happiness they have.

Once you define what abundance is to you, you can start living in abundance. Ultimately you will be much more satisfied if you broaden your definition to include both inner and outer rewards as the key to living an abundant life. Read an article on The Journey From Where you Are to Where You Want to Be.

One of the secret ingredients to living in abundance is to be in a constant state of gratitude. When you are grateful for whatever you have—even if it doesn't look like abundance yet—more will come your way. A grateful attitude is an attractor for more of what you are grateful for.

So if you want more material abundance, be grateful for what you now have. Take care of your car, your clothes and your home as if they are prized possessions, and more

A grateful attitude is an attractor for more of what you are grateful for.

and better will come your way. If you desire more abundance in your health, take care of your body by eating healthy foods, exercising and practicing healthy thoughts, and your body will grow into greater health.

Having an abundance consciousness and a grateful heart, that is, feeling abundant and living in abundance with what you have now, will allow you to open up to even greater abundance, if that is what you desire. There is no lack in this universe, and abundance is available to all—for the asking. Find useful products that can help you live in greater abundance in all areas of your life at: http://www.energyofthemind.com/products.html

Your most precious, valued possessions and your greatest powers are invisible and intangible. No one can take them. You, and you alone, can give them. You will receive abundance for your giving.

~ W. Clement Stone

Chapter 6

BRINGING SPIRIT INTO YOUR WORK AND LIFE

"The true way to render ourselves happy is to love our work and find in it our pleasure."

~ Francoise De Motteville

Many of us claim to have a spiritual path and for most that consists of going to a place of worship once a week. For others it might be reading spiritual literature and starting the day with an affirmation, meditation or inspiring quote. Still others practice various rituals that might occur daily or on specific religious holidays.

Yet, how often do you integrate what you believe and what you consider to be spiritual into your daily life? If you're like some people, you probably answered, "not very often." It seems that some people isolate their spiritual beliefs and spiritual practices from the rest of their life and work. Can you even imagine how your life and work would be different, how our world would be different if Spirit was part of everything we did?

What does it mean to bring Spirit into your work and your life? Initially, each of us has to define what spirituality means. For some it means adhering to ancient religious customs and beliefs, while for others spirituality is a way of being, a belief that we are truly spiritual beings living in a human form. That encompasses the belief that we are more than just physical, but that we exist on other energy levels. Each religious organization has further definitions as to what that means specifically. Click here to read more

Next, in order to bring spirituality into your life, you would bring some of the energy you experience when you practice your particular path into everything you do. Here are some suggestions as to what actions you can take and what benefits you will derive. Feel free to come up with

your own ideas and try them out to see if they make a difference in your work, your life and the life of everyone around you.

1. **Focus on your inner being** – We are so outer focused in our work and our lives that we often forget we each have a rich inner life. You know that world—the one that provides you with crazy dreams, wild fantasies and deep thoughts. Find whatever way works best for you to take 5 minutes every hour to quiet your mind and focus inward. You will bring a greater sense of peace and focus to all you do.

2. **Stay in the moment** – We tend to spend a lot of time thinking about the past and the future, but the truth is that the present is the only real time. Remembering to gently nudge your thoughts back to the here and now whenever you find your mind wandering will give you a much better appreciation of what you are experiencing in each moment. Affirmations, which are statements of truth expressed in the present tense, are a practical device to bring you back to the NOW. For a great affirmation program go to: http://www.energyofthemind.com/products.html

3. **Listen to your inner guidance** – We all have hits of intuition or gut feelings from time to time. However, that inner voice gets stronger the more you listen to it and acknowledge it. Wouldn't it be great to tap into it for inspiration, creativity and getting through tough challenges? It's like having your own inner search engine that taps into the inline Internet rather than the online one. Since we are all connected spiritually, our inner resources are unlimited.

4. **Tune into the peaceful center** – We each have a deep core of peace within, beneath the outer chaos of our professional and personal lives. It is a place where we exist as human beings rather than human doings. In that quiet pool is the essence of who we truly are, where we get a glimpse of our true nature. Tap into that pool when life gets crazy by quieting the mind in

whatever way works best for you, and come out refreshed.

5. **Develop a regular practice or tool** – You might be more comfortable writing in a journal than meditating, but having some practice or tool you can use to connect with the deeper, quieter part of you is helpful. Suppose you are stressed during your work day and have to deal with a seeming insurmountable problem or make a huge decision. Find someplace quiet, pull out your journal and write until a solution surfaces. The more you practice, the easier it will get and you will always be amazed at what wisdom emerges from your unconscious mind.

6. **Get clear on your values** – Many of us write out our goals, our values, our purpose or our personal and business missions, and then put the lists away. Take these lists—or if you haven't compiled them, do so—and put them where you can look at them every day. Living from your values and your purpose in your work and your life is one of the best ways to bring who you truly are and what you stand for into everything you do.
   Read more about Getting Clear

I hope you have been inspired by these ideas and are ready to make TODAY the day you bring Spirit into your work and your life for a richer, more rewarding experience in everything you do! You will find great services that can help you achieve more results in your life and attract the success you deserve at: http://www.endorsesuccess.com/services.html.

"We make a living by what we get,
but we make a life by what we give."
~ Winston Churchill

ABOUT THE AUTHOR

Cheryl Vallejos
Professional Business Leader, Coach and Consultant



Cheryl Vallejos is CEO and President of Prime Leaders, where she works with business and personal clients who wish to advance their careers, meet business and personal goals, and start or expand their business. She is a professional speaker, certified professional business coach and consultant, and an author. She provides a leadership community for business professionals who want to advance their careers.

Cheryl was a medical service director for 108 providers in Arizona where she supervised and worked with hundreds of employees and managers. Her dynamic leadership moved the company forward by increasing profits, developing team peak performance, and acquiring the competitive edge in technology. Cheryl recognizes the core of work place challenges and she makes that important connection with an audience, client, or company.

Cheryl has more than 22 years of organizational business management experience where she improved operational development and staff accountability, and company profits soared. She was the first female store manager in the state of New Mexico for a large grocery chain--even though she was warned by many that it couldn't be done.

Combining extensive business management experience with her highly regarded talent as a certified coach, Cheryl inspires and guides her clients to new levels. She is also certified in Communication and Professional Behavioral and Value Assessments, which is a pioneering approach to developing a result-oriented team.

Cheryl has successfully started, owned and operated 3 businesses as well as
authoring the books I*njecting the Juice into Leadership, Having Time on Your Side, Low Carb Leadership* and *Budgeting for Current Times.*

Other Resources

Energy of the Mind
Attracting Success, Joy and Happiness Effortlessly!
http://www.EnergyoftheMind.com
Outrageous Success through the Law of Attraction

Your Energy Field
The Interactive Aura Program Seeing Your Energy Fields
http://www.Yourenergyfield.com
A Key to Understanding the Inner Causes to Outer Symptoms
Taking Your Inner Power to Create Outer Success

Endorse Success, L.L.C.
Certified Business Coach and Consultant
http://www.EndorseSuccess.com
Creating the Wealth You Want in the Time You Have

Prime Leaders Community
International Community for Leaders
http://www.PrimeLeaders.com
Awaken and Crystallize the Vision of Tomorrow's Leaders

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MAGNET TO SUCCESS

Using the Law of Attraction

Dynamic 12-Step E-learning Program
to Attract Success and Abundance

Click here to sign up and change your life!

After you complete this *12-Step E-learning Program*, you can expect:

* To become more of a magnetic to attract to success and happiness in your life
* Greater appreciation for yourself and your greatest gifts
* Understanding of the two missing ingredients from the beginner level of the Law of Attraction
* Routine positive thinking which will attract more positive energy and success
* Vibrational energy going out to the Universe to bring you more of what you want
* Attraction to abundance instead of scarcity
* Clarity on vision as you attract what you want most
* To live an inspired (in Spirit) life

Click here to read the **Benefits** of signing up

Here's what you get with this *3-month E-learning Program*:

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* Tools and exercises to help you live in abundance each day of your life
* The 4 step process that is key to attracting success and joy
* An audio each week so you can either read or listen to the information
* Reference material to assist in the learning process

Cost: **$49.95**

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