Turning DREAMS Into REALITY



Change your Mindset & Effortlessly Achieve your Dreams

YUVAL TABIB

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First and foremost, this book is dedicated with great love, appreciation and gratitude to my mother, Leah, and to my late father, Yizhak, who educated me to walk the straight path and taught me unconditional love.

Above all, I am grateful to God for all He gives me with His grace!

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“Change your thoughts and you change your world.”

- Norman Vincent

Introduction

We all want a happier life, relationships built on mutual understanding and honesty, a successful career, more money and abundance in all areas of life. **This life changing book will help you fulfill all of your heart's desires by implementing a few simple the rules and remembering to** believe in yourself. In this book I present an overall review of the mystery of the universe and how you can turn your life into paradise on Earth.

The world is not lacking miserable, frustrated, annoyed, resentful people, in horrible economic conditions – the result of their own doing! As you read this book, you will understand in depth why this happens and how you can very easily create the reality you've always dreamed of. Change will come faster than you think; by working with conscious awareness, good will, faith, persistence and taking action through the Law of Attraction which I explain in detail later on.

You've probably asked yourself: "Why is this happening to me and why is my life like this?" or "What is the real purpose of my life?" Or you have said to yourself, "I'm doing my job, investing in my studies and relationships, but nothing is working out the way I want. I deserve more." And you may feel like you're standing still.

Many of us get up in the morning, go to work or school, and return home frustrated, annoyed and unsatisfied. We live like we're on a conveyor belt, without faith, without soul and without loving what we're doing. Why? The common answer is "Because that's life. You have to work hard in order to survive." This is an attitude that can be changed. Life can be simple. If you follow the rules in this book and apply them, your life will most definitely change in positive ways.

Throughout this book you will be made aware of secrets, acquire tools, and receive clear guidelines on how to properly take action according to the Law of Attraction. You'll learn how to manifest anything you want in all areas of life and achieve all goals you set for yourself. As long as you are patient, everything

will materialize for you. You'll become calmer, more appreciative of your surroundings, more patient on the road, towards your coworkers, at home, and in general. Most importantly, you will be able to recreate your path, make it happier and richer. You'll be able to design your life as you desire, to fulfill dreams , improve your finances, relationships, career, and anything else you desire.

This book was designed to be user-friendly and is mostly based on my personal experience, my clients, and the people closest to me, who have changed their lives in a variety of areas. These lines were written for anyone who wants to take action, to make an immediate change in their life, without exhausting themselves with detailed and complicated explanations.

Laws of the Universe

1. **Law of Divine Unity** - The first of these 12 laws explains that we live in a world where everything is connected to ‘the everything’ and that our patterns of behavior influence, to a certain extent, other people and the entire expanse of the universe.
2. **Law of Vibration** - This is a law that says that everything is in motion, vibrating and projecting energy. What defines our vibrational frequencies are thoughts, words, and actions**.**
3. **Law of Action** - According to this law, we must take action in order to actualize ourselves in this world, and we must act in ways that support our thoughts, words, and emotions.
4. **Law of Correspondence** - The Law of Correspondence teaches that our external world is a direct reflection of our internal world; therefore we must know to have control of our thoughts, words, and emotions.
5. **Law of Cause and Effect** - This means that for each action there is a reaction and that each thing that happens to us does not happen by chance. We reap what we sow, for better or for worse. Everything that occurs is a direct result of our behavior.
6. **Law of Compensation** - This law is a continuation of the Law of Cause and Effect and it says that each gift, inheritance or large sum of money that we receive during our lives is a direct result of our behavior in the past.
7. **Law of Attraction** - This is one of the most central and important laws and is the most famous of the 12 laws. It essentially means that a certain frequency attracts a similar frequency. Our vibration attracts vibrations that are similar. For example, a person who usually thinks negatively will broadcast an energetic frequency at a low level, and will therefore attract life situations that match this frequency.

8. **Law of Perpetual Transmutation of Energy** - This is a particularly significant law and it determines that we all have the power that is required to make change in our lives. And through the understanding of the laws of the universe, we can implement the principles and the desired change in our lives.
9. **Law of Relativity** - This law determines that despite all of the difficulties we meet and despite all of the tests we go through in our lives, we must look at it all in a positive perspective. There is light at the end of the tunnel and that is where we must direct our gaze – not towards the darkness, where there are far worse situations.
10. **Law of Polarity** - The law of polarity determines that we have the power to transform negative thoughts and to reverse them by focusing on their complete reversal and therefore change the existing situation into a positive situation.
11. **Law of Rhythm** - This law determines that everything is vibrating and has a cycle. This is the reason for example that the laws of nature remain permanent while change in nature is constant. The cycle cannot be broken, but the outcome of every turn of the wheel can be changed.
12. **Law of Gender** - This law explains that each thing in nature has two sides, masculine and feminine, yin and yang. We must find the balance between the two energies if we want to live peacefully and happily.

What Is the Law of Attraction?

The Law of Attraction was summed up in one sentence by Tony Robbins: “Where the focus goes, the energy flows.” It allows you to attract whatever you focus on. The law of attraction is always working because there is no other option. It’s a physical law that many people aren’t aware of at all. Everything you broadcast, like feelings, thoughts, and words, will draw into your life the same things, through similar or identical situations. In other words, ‘like attracts like.’

The Law of Attraction has been explained through Quantum physics and you don’t need to be a physicist to implement it. But the more you know about how the law works, the easier it will be for you to implement this wonderful tool and the change your life.

It is my intention to instill faith in you and prove to you that almost everything that happens and exists in our lives is physics. I will briefly discuss the basics of how the law works scientifically and how science discusses this law on a spiritual level as well. I don’t mean religious faith, rather the existence of a higher force that science defines as a force that cannot be explained. Each religion gives the universe its own name, we call it - God; science calls it - ‘the universe.’ I would like to emphasize the point again, the Law of Attraction and the way in which you invite possibilities into your life are physical and mental processes that science has proven and is not an unexplainable mystical or religious journey.

Belief in this law requires understanding a few general rules of physics and familiarity with the ways in which our brains work. Once you understand this, you will be able to apply the law easily and with pleasure. At the beginning you will start to feel changes occurring in your life and you’ll receive a few ‘treats’ from the universe to arouse more motivation to keep going.

The Law of Attraction shapes your life whether you are aware of it or not. Look at your life and everything that you have: a career, a relationship, income, your health. You attracted all this into your life, you thought of all this; nothing was

created in your life by chance. It’s all a result of your thoughts.

Many people are skeptical of the Law of Attraction, but those who have persisted with it have discovered a whole new world. Henry Ford said, “Whether you think you can, or you think you can’t – you’re right.” Meaning, you will get exactly what you believe in, because there is no other option. **You are the sum of your thoughts!!**

There’s been a lot of talk about positive thinking; a difficult task to implement, especially today with all the negative information flooding social networks. This flood does not benefit our subconscious mind and negatively impacts the way in which we behave. People who have negative thoughts don’t understand why bad things keep happening to them over and over again. People lose their jobs, friends become distant from them and they generally feel uneasy or sad. They have a tendency to blame everyone else when the only one to blame is themselves. Through their thoughts, feelings and words, they shape their current reality. The Law of Attraction tells us explicitly: we attract into our lives whatever we focus our attention on, it must happen. The condition is to know the rules that dictate the power of attraction and live by them; then we will be able to achieve anything and gain from everything.

The Law of Attraction in the Eyes of Science

The best way to describe how science relates to the Law of Attraction is through Quantum physics, which is fascinating and amazing. I won't delve too deeply into Quantum physics, but I will explain what is relevant to the Law of Attraction.

According to science, all matter in the universe is made up of atoms; meaning us, our environment, the objects around us like the table next to you, the chair, the cell phone, etc. Everything is made up of the same material. Everything is vibrating and broadcasting energy at different frequencies.

If we break ourselves down completely, first we reach tissue, then cells, then molecules, and if we keep going, we reach atoms and subatomic particles. The density of atoms and their rapid vibration allows us to see matter and feel it with our five senses. According to Quantum physics, the particles in the atom contain a space that occupies 0.01% of its volume. Inside the nucleus of the atom are protons and neutrons attached to each other and held together by the strong nuclear force. If we go deeper into neutrons and protons, we find particles called 'quarks,' which are held by smaller particles called 'gluons ' which carry the strong nuclear force. Surrounding the neutrons and protons is the nucleus of the atom with the enormous speed of the electrons. There are many more particles but right now, I will only refer to the main particles in the atom. If atoms are 99.99% empty space, what does that say about us and the rest of the universe? **It means that we are less than 0.01% matter and the rest is empty space.** Meaning, **we, and everything around us, are energy.**

"Everything in the entire cosmos is nothing but a huge vibrating ball of interconnected infinite energy which has the ability to communicate into infinity with no regard for space and time. This energy joins together to create form based individual thought and intention!"

Charles Green – ET Yoga 2012 and Beyond: The True Nature of Reality; Sue Stone – Love Life, Live Life

Our energy transmits vibrations at various frequencies that are invisible to the human eye - this has all been proven by Quantum theory. So, how do we feel touch if we are 99.99% empty space? Science explains that what we feel when we touch something are electromagnetic fields that arise from our contact with the object. Meaning, there is an energetic resistance that we interpret as contact. For example, when you are sitting on a chair, you are actually floating at a height of one hundred-millionth of a centimeter above the chair - above the atoms that the chair is made of.

Our vibration creates frequencies that attract matching frequencies. For example, let's say that you want to listen to a certain radio station broadcast at a frequency of 91.3. If you adjust the dial to 90 FM, you won't receive the station you want, only if you adjust the dial to exactly 91.3 FM. It's the same in life. You receive according to the frequency that you transmit. These can be good situations or not.

This law has always worked, from childhood to today, whether we are aware of it or not. Now, after sharpening our awareness of the Law of Attraction and the way it works, we can use it to our advantage.

The universe will always respond to the energy you broadcast, for better and for worse!

Quantum physics has proven that your thoughts, beliefs and perceptions concerning any and every event, condition or circumstances, determine how your life experience will unfold in the physical world."

Chuck Danes –The 7 Hidden Keys to Conscious Creation

The Power of Thought

Humans think 65,000-70,000 thoughts a day! 90% of these are thoughts that we have already thought in the recent past, some of them are new and most of them are negative. Thoughts are an incomprehensibly powerful source of energy. The thoughts we think and the words we say shape our personalities. You can design your life as you desire; it all depends on you or, more precisely, on your thoughts. We all want a more successful career, better health, a better house, a new car, a perfect marriage or harmonious family life. All of these things and more, are achievable. Actually, anything is possible. It's possible that you've tried to apply the Law of Attraction in the past, based on what you've read on the Internet or heard from friends, and you didn't see the results you'd hoped for. There are many reasons for this, namely lack of tools on how to implement the law and lack of persistence. People believe that by thinking about a higher salary, and following a few rules, their boss will suddenly give them a raise.

People's lack of awareness of the law makes them think that it is a matter of religion. A few years ago, I posted something about the Law of Attraction on Facebook. Shortly after my sister sent me a message wondering if I had decided to become devout. As we've already established, the Law of Attraction is not something religious or mystical. It belongs to the world of physics, even though science cannot explain how human beings' vibration can create circumstances and events and how thoughts translate into physical matter. One of the rules of the Law of Attraction is to never question how and why it works. Think only about how to manifest your dream and the universe will do the work for you…

Understanding the frequencies of our brain will help you apply the Law of Attraction and utilize the tools presented in this book. The brain's activities are divided into five frequencies: delta, theta, alpha, beta and gamma. These electric frequencies are measured in hertz units (Hz). Delta is the lowest frequency (up to 4 Hz) and is characterized by deep sleep and low brain activity. After that comes theta frequency (4-7.5 Hz) which mostly appears in light sleep or meditation. The third one on the list is alpha frequency (7.5-14 Hz) which is broadcast while

awake but calm. Beta frequency (14-40 Hz) is the frequency we manage our daily life with, and at the end of the list is gamma frequency above 40 Hz, which mostly appears when we are really focused, in a good mood, with a sense of well-being.

Thoughts broadcast frequencies. For example: If a person thinks negatively, he broadcasts frequencies that merge with frequencies at the same level. An angry driver on the road will always attract more situations that make him an angry driver on the road. Alternatively, if a person always complains about his debt, he shouldn't be surprised if he sees his debt grow. People who complain about how bad other people are shouldn't be surprised if they continue to attract more bad people into their life. Your behavior towards situations and people match the quality of your life and how your life looks. When a person is speaking or thinking negatively about someone else, it causes the brain to quickly release a stress hormone to the blood stream (cortisol) and it weakens the immune system. As a result, illnesses can develop and unanticipated difficult events can result. It is very important to avoid gossiping and spreading libel whether it is among friends or on social media. In the end, you're harming yourself.

Japanese researcher Masaru Emoto conducted a famous experiment on changes in the molecular structure of water. He discovered that the energy generated by the vibration from human thoughts, words, and emotions, affects the molecular structure of water. He took bottles and filled them with tap water. On each bottle he wrote different words such as anger, love, thank you, etc. After that he froze the bottles and looked at the molecules under a microscope. The results showed that the molecules of the frozen water in a bottle that was blessed with words of love were in beautiful, symmetrical shapes, like snowflakes. In the other bottle, that was cursed - the water molecules were murky and undefined. Some people disagreed with this experiment but, as of today, there have been a lot more experiments like this, whether in laboratories or as hobbies. There was even an experiment conducted on cooked rice that was stored in jars for a month. Each jar had a label on it with different emotions, blessings and curses, like on Emoto's bottles of water. The results weren't surprising. The jar of rice that had negative words, showed signs of mold, while the rice that had the word love on it remained as it was.

The physiological influence that thoughts and words have on our bodies is no

longer a secret. If the human body is made up of 70% water, consider what a negative thought or negative talk can do to our body.

Be careful with your thoughts and treat others as you would want to be treated!

The Subconscious Mind

The subconscious mind is an endless storehouse that stores and operates according to all our memories, events and experiences from the distant past up until now. The subconscious mind is responsible for the involuntary systems in the body, such as breathing, heart rate, blood pressure regulation and more. It is the subconscious mind that is responsible for the implementation of all our thoughts and beliefs. Everything thought in the conscious mind slowly flows through a filter to the subconscious mind and to its memory banks. It doesn't matter what thought goes through your conscious mind, the subconscious mind always receives it in the end, and it doesn't have the ability to differentiate between fact and fiction. The subconscious mind receives everything, and it operates based on the information it receives from thoughts and words. The subconscious mind doesn't understand jokes. If you constantly say, "I have no money," even jokingly, your subconscious mind will operate according to what you said. How you behave, what you eat, television programs you watch, desires for certain things, all come from your subconscious mind.

Then what shapes your subconscious mind? Everything you've been exposed to in the past and up to the present. Your subconscious mind saves everything you have been exposed to since the day you were born. It is an infinite memory bank which operates according to the data that you've entered into it. **The result is your current reality.**

The subconscious mind is much stronger than the conscious mind and it operates according to all of your experiences and beliefs. Almost every action you take in life is run by it. Free will is an illusion. About 2%-4% of the time, you decide what you want, while the other 96%-98% of the time, your subconscious mind decides for you.

Your subconscious mind knows only one tense; the present. Your awareness, meaning your conscious mind, can think in terms of past and future. So, it is important to talk to your subconscious mind in present tense, like: "Now, I have…," "I am succeeding…," "I feel…"

According to the Law of Attraction, the language of your subconscious mind is emotional. According to the emotions we broadcast, the subconscious mind will know how to tell if something is important or if it's negligible and should be ignored. Your subconscious mind is the one that helps you achieve your goals and with its help you can achieve anything, if you only knew how to talk to it and how to program it. It is the tool with which you connect to the universe. Your heart has no less of a significant role, which I will expand on later.

Everything you have in life today is what your subconscious mind formed for you according to how you programed it to, consciously or unconsciously. When we tell the subconscious mind what we want to achieve in life, it works without stopping in order to achieve what we want. In order to actualize yourself in life, you must understand that everything is energy and vibration. Your vibration broadcasts frequencies. As soon as you feel and want something, you plant a seed in the subconscious mind and, through proper work on yourself, while applying the Law of Attraction, this seed will sprout and turn into a reality.

But, the subconscious mind is not able to distinguish between reality and imagination. We must learn to use this this to our benefit. Here is an example: scientists decided to do an experiment. They gathered a group of runners and connected them to a device which measured the electrical signals from their muscles. They were told to just imagine themselves running. The result was amazing. The same muscles that are responsible for running transmitted the same electrical signals that are transmitted while running!

Imagine that you are biting into a slice of lemon and sucking the juice out of it. You'll surely feel how your mouth filled up with saliva. How does this happen? How does a thought about something create a physical response like producing saliva? Let me remind you, your subconscious mind cannot distinguish between reality and imagination. Hypnosis, for example, works on the subconscious mind. The hypnotist plants whatever he wants you to believe. For example, if he tells you that you have a snake on your leg, you will believe it.

Many children are exposed daily to violent content on television, on the computer, on their cell phones, etc. All of this is photographed by the brain and goes straight to the subconscious mind. When these children grow up, people don't understand how they could become violent and rude people. One of the ways to stop this is to distance your children from this kind of content. Songs

played on the radio with negative messages can also do us harm without us even noticing. Music can be a wonderful thing, but it can also have a negative influence on our health. Our subconscious mind receives the negative messages even when the program is just playing in the background, and it influences our behavior later on. Our thoughts shape us. We must pay attention to what we are thinking!

People who speak negatively about other people don’t realize the physical damage that they are causing to themselves!

Emotional Scale and Frequencies

The higher you are situated on the emotional scale (shown on the next page), the higher your frequency will be and the more easily your aspirations in life will be fulfilled. Don’t expect your frequency to be situated high on the scale if you usually experience feelings of jealousy, anger, vengeance, etc. and then are suddenly imbued with a sense of faith or optimism for a short time. Use this scale and try to climb the emotional ladder, one step at a time.

Remember that your heart is the greatest generator of electromagnetic energy in your body. Each beat of the heart emits an electromagnetic wave one thousand times stronger than brainwaves. Whoever has fed this electromagnetic field for many years with negative thoughts and negative feelings should not expect to clean it up in one day. It requires work and persistence – to think and feel positively for at least a few weeks in order to be nourished by the new and to clean out the old.

Once you adjust your emotions from the top of the scale over time, you will feel positive change in your life within a few days and it will increase over time.

EMOTIONAL SCALE

1	Freedom/joy/love
2	Desire/peace
3	Excitement/happiness
4	Faith/optimism
5	Hope/appreciation
6	Satisfaction/willingness
7	Boredom/idleness
8	Pessimism/impatience
9	Pride/disappointment
10	Frustration/doubt
11	Worry/guilt
12	Defeatism/mental fatigue
13	Shame/vengeance
14	Hatred/rage/jealousy
15	Lack of confidence/unappreciation
16	Sorrow/fear/depression

Emotions Influence the Organs of the Body

In the chapter that dealt with the subconscious mind, I briefly discussed the influence that thoughts and emotions have on our body on a physical level.

The most common signs felt in the body due to negative emotions are: back and neck problems, difficulties sleeping, sexual dysfunction, headaches, digestive and respiratory problems.

Each group of emotions has an area in the body and a specific organ that the emotions focus on and attack.

Worry, anxiety, mistrust affect the digestive system and metabolism, the spleen, the stomach and the pancreas. Over-worrying affects your focus and your tranquility and, as a result, causes the quality of sleep to decrease, which harms your health.

Fear and stress affect the ears, kidneys, bladder, and cause nervous system disorders. Having too much tension causes an increase in cholesterol and blood pressure levels. Tension causes emotional problems and symptoms can be expressed in headaches, insomnia, irritability, muscle aches - especially in the upper back and neck. Fear causes you to lose your confidence and faith in yourself. Morality and happiness levels are also harmed.

Anger, frustration, jealousy mainly affect the liver, gallbladder, eyes, and cause high cholesterol. Anger causes the brain to release the stress hormone cortisol into the blood stream, which weakens the immune system over time. Jealousy has a severe impact on your brain, which leads to depression, tension and anxiety.

Depression affects mostly the lungs, the skin, and the large intestine. Depression causes constipation and difficulties breathing. Researchers have proven that depression is likely to harm skin tissue or even cause a low oxygen level in the blood.

Hatred and impatience affect the bowels and the heart and can cause heart

palpitations, chest pain and high blood pressure. They also cause liver and gallbladder damage due to negative thoughts that solidify the molecules of these regions.

Sorrow and sadness weaken the lungs, which can cause shortness of breath and fatigue and can lead to asthma attacks or bronchial issues.

Conclusion

I’m sure that after having read about the effect that your emotions have on your physical condition you’ll start to develop awareness and want to gain control of your negative feelings, even though it is a process that doesn’t happen overnight. You need perseverance and awareness of your thoughts at any given moment until you can manage to shift into positive patterns of behavior.

It is clear to everyone that our health is influenced by genetics, lifestyle, etc. But the relationship between emotions and the body is crucial and cab sabotage your day, whether at work, in relationships, or in interpersonal communication, etc.

PRACTICAL TOOLS FOR APPLYING THE LAW OF ATTRACTION



Gratitude

One of the most important elements in applying the Law of Attraction is gratitude. Many people look at what they don't have, what they are lacking; their debts, instead of being thankful for what they do have. I once had a client who was also a good friend of mine. He used to constantly complain about the apartment he lived in, about the neighbors, about the small rooms in his apartment and about the area he lived in. To my astonishment, I even heard him refer to his apartment as "shitty". His dream was to move with his wife into a house.

Since I was already aware of the harm he was doing to his future self, I explained to him that he must appreciate what he has in the present and be grateful, even if it isn't perfect in his eyes. Since he was unfortunately lacking the spiritual depth, it was necessary for him to learn the sacred value of gratitude. We didn't see each other often for a while, but I would bump into his younger brother and get updates. Indeed, my friend had moved into the house he had dreamed of but lived there for only ten months before he was forced to sell the house due to his stormy divorce. The money he got from selling the house went the bank to pay off the mortgage and he gave the rest of it to his wife under the terms of their divorce agreement. Today he lives in a two-room rental apartment not far from his old apartment; the same one he'd complained about so much. I began sending him messages through his brother and as he began to articulate his desires and become a more positive person, more grateful for what he has and less focused on what he doesn't have, things began to turn around for him.

Learn to be grateful, appreciate what you have and don't emphasize what you don't have. Even the poorest person has something to be grateful for. When you are grateful for what you have, you come closer with your energy to the universe /God. The more grateful we are for the things we have, the more we receive. Gratitude raises the level of energy within you.

Gratitude can apply to anything. Your house: think about it, there are millions of

people in the world without a roof over their heads, and you do have one. Your car: not everyone has one. Your family, your health, your children, your money, your work, your livelihood; for everything. Even gratitude for your body!! Learn to be grateful that you're healthy and fully equipped with two hands and two legs. Be grateful that you have an abundance of food; there are people who look for food in garbage bins. Learn to be grateful that you have eyes that see and you are reading this book right now. Gratitude is a powerful tool for achieving your goals and a very important part of applying the Law of Attraction.

A person who isn't grateful for what he has is not worthy of receiving what he wishes from the universe.

A person who looks at what he doesn't have and doesn't know how to appreciate what he does have, may encounter more loss and increasing poverty. You, with your own thoughts, created this situation. You are the director, screenwriter, and set designer of the movie of your life. Negativity vibrates at a low frequency. If you talk, think and complain about your bad credit, you'll receive even worse credit and more debt! If you talk about it less, you'll be less exposed to these low frequencies. Most people are at a low frequency when they are angry, frustrated and ungrateful for what they have and complain about what they don't have.

Actions

Think of things you are grateful for. Begin with your health all the way to your car. It can be anything that serves you on a daily basis or something that makes you happy. Make a list of 5-10 things. Express your gratitude for them aloud twice a day; in the morning when you wake up and, in the evening, before you go to bed. If, for some reason, you cannot say them aloud, simply think about them in your heart with a lot of intention and feeling or say them at another time when it is more comfortable for you. You can also write them down on a piece of paper. After a few days, you will already start to feel the change; your subconscious mind will start to understand that you are focusing on what you have in your life and not on what you don't have, and you will be rewarded accordingly.

The following are a few examples

- "I am grateful for my health."

- “I am grateful for my children.”
- “I am grateful for my job.”
- “I am grateful for my income.”
- “I am grateful for the car that I have.”
- “I am grateful for the food in my house.”
- “I am grateful for my body that is whole and healthy and strong.”

You can say thank you for anything. Also, say thank you for the ten dollars in your bank account. Because ten dollars is equivalent to one million dollars in terms of the frequency they transmit!

An important tip: Also add to your list of things to be grateful for the things you have requested from the universe that you haven’t received yet! **For example, if you asked for a certain amount of money or the job you’ve always dreamed of, say thank you for it as if you’ve already received it**. You’ll discover that in this gratitude is tremendous power to hasten the achievement of what you requested from the universe.

Be grateful for what you have and you’ll receive more of it, complain about what you don’t have and you’ll receive more of that.

Meditation

I'm just like everyone else. I've not always been in the best mood. I've had ups and downs and, if I am being honest more downs than ups. One of things that bothered me the most was being alone. On my own, I would start to think dark thoughts, start feeling sorry for myself and get myself into a loop of negative energy. My mind would turn over thoughts like, "What is the purpose of my life? Why am I alive?" or "How is a guy like me alone every evening?" These weren't suicidal thoughts, God forbid, but they were enough to make me feel bad, to say the least. One of the tools that helped me to relax, focus and deal with stressful situations is meditation.

At first I found it difficult to reach a completely meditative state. But later it got easier, because I practiced daily. In addition to having many health benefits, meditation is a very powerful tool for summoning your requests from the universe. Meditation is a bridge between your conscious mind and your subconscious mind. To remind you, as long as there is a gap between what your conscious mind thinks and the information that flows through your subconscious mind, the more difficult you will find it to apply the Law of Attraction. So it is very important to synchronize the two parts of your mind. Daily meditation practice significantly contributes to this. In the initial stages, you may have a hard time reaching maximum focus, but that improves over time. See it like a muscle in your body; to reach the desired strength, you must exercise it until it gets stronger. Our mind is also like that. You must exercise it to reach a state of concentration, tranquility, and the ability to look inside.

There are many videos on the Internet that you can use for guided meditation. They will help you during the initial stages. Later, you'll already be able to do it alone with relaxing music or even without it. There are infinite ways and methods of doing meditation, achieving concentration and tapping into your internal world. You will find the methods that suit you best. The most important thing is that in the initial stage you achieve tranquility through breathing and muscle relaxation exercises. In the second stage, you enter a state in which you visualize what you've asked from the universe as if it already exists, while

combining emotions and as many active senses as possible.

Visualization

Another important tool for creating reality is visualization. Visualization helps you focus on the goal that you set for yourself and helps you to develop feelings about your goal throughout the day. Effective visualization creates mental pictures in your mind through sounds, smells, tastes and other sensations.

Up until three years ago, when my process was still in its infancy and I hadn't yet crossed the threshold to working with my first client, I would visualize myself driving a Lexus, the car of my dreams. I would visualize the picture down to the small details: the smell of the car, the feel of the steering wheel, the sound of the engine, and every little detail in the interior of the car. I would almost physically feel the experience of driving my dream car. Also, when I drove in my old Nissan, I would visualize (with my eyes open, of course) that I am driving a Lexus. Even when at the beginning I heard internal voices that said "Calm down and stop fooling yourself", I didn't pay attention to them and I continued visualizing every chance I got. Two months had passed since I started practicing visualization, and here's what happened: I used to teach a dance class in a small town called Ganei Tikvah every Thursday. Since I wanted to skip traffic on the main road, I would take a shortcut through the prestigious neighborhoods of Savyon. I always looked admiringly at the houses and cars parked next to them. One evening, while I was driving slowly through the neighborhood, I caught a glimpse of a Lexus with a 'for sale' sign on it. It was the exact car that I visualized! I immediately pulled over and wrote down the car owner's phone number, with hopes that he wouldn't ask for an excessive price, given my limited budget. The next day, I called him. He sounded decent and relaxed. To my surprise, he was asking for a price that was significantly lower than the market price, due to a sudden move abroad. I jumped on the deal like I'd found treasure. The next day, after completing all of the procedures involved in purchasing a car, it was mine! I was beside myself with joy. The car was exactly what I had visualized and summoned in my mind. This was another strong affirmation that my reality is constructed by the power of my thoughts

and I was filled with great admiration for the precise fulfillment of things. While I was still sitting in the car, I closed my eyes and I knew that the time had come to intensify my practice of summoning my reality. I had plenty more goals to achieve.

Now that you are aware of the power of the tool of visualization, let's look at how it works and how you can summon to your life whatever you wish for it.

The stage before visualization is to determine a goal and to create a clear picture of it. To help you to effectively visualize, write down a summary of the goal that you're setting for yourself and next to it write down how you would feel if you were to achieve it. Perhaps you'd feel joy, satisfaction, pleasure from others being happy for you, excitement, etc.

Before visualizations, it's best to be in a state of total relaxation. When we are in a state of total relaxation, your brain is in alpha state. Breathe deeply for a few moments until you feel calm and relaxed.

While visualizing, it is important that you feel that you already have what you are requesting from the universe. As mentioned, it could be that in the beginning, you have a hard time seeing and visualizing. But the more you work on it, the more you develop stronger abilities. Try to see a clear picture of what you requested from the universe. For example, if you asked for a specific sum of money, see yourself as someone who has already received it and visualize the **final result**. Think about what you would do with that sum of money, what it would give you in life; maybe a vacation, things that you wanted to buy but couldn't before, the house or car of your dreams. Combine feeling and excitement, see the little details, visualize how your family members are happy for you. Write a screenplay in your mind and include emotions.

For visualizations regarding relationships, find a quiet place or do it in bed before going to sleep. For the visualization to have a strong effect, you must see all of the details and use all five senses. Try to feel the touch of the other person, their smell, maybe he or she smells good to you. Feel your hug, kiss, and hear the sounds of your laughter. Maybe you are having a romantic meal right now. How does the food taste? What are you talking about? What are you drinking? What are the background noises in the restaurant? Note that the more details you visualize, the more effective the visualization will be. In order to strengthen the

feeling, rest your hands on your heart during visualization and try to focus on the feeling that arises from it. Try to feel your heart area and the emotions that emerge from there.

You must feel that what you desire is already within your grasp.

Remember, emotion is the engine of the power of attraction. It is that which gives meaning to your goal. When there is deep emotional connection to the goal, it endows it with tremendous power, into realms you have never experienced. Without emotion, your desires have no fuel. Emotions have deep impact on the subconscious mind, so they must play a large role in the visualization process.

Autosuggestion

Autosuggestion is an additional tool that helps us change behavioral patterns and achieve goals. It is meant to change our feelings and shift beliefs (paradigms). While a paradigm cannot be totally erased, it can be altered.

Autosuggestion is done through repeating certain phrases in order to strengthen our belief in ourselves, or something that we want to strengthen in ourselves. For example, a person who wants to be in a relationship and suffers from lack of self-esteem, would want to say the following sentence: “I value myself and people are attracted to me”, or “I attract good and loving people.”.

Autosuggestion is a powerful practice and is very simple to perform. Not only can it change our ways of thinking and behaving, it can also affect the human body on a physical level. For years, scientists have studied the effect of the brain on the human body and discovered that a person has the ability to heal himself just through thoughts and autosuggestion. All of our organs are controlled by the nervous system, which is controlled by the brain. Each individual cell and organ and all of their functions are controlled by the brain. So, clearly each positive or negative thought that affects the nervous system, which is connected to the entire body, will eventually affect how we feel physically, how we function and our overall health. The clear conclusion is that it is better to focus on how good our health is instead of complaining about it all of the time - this practice is good for our bodies.

The key to the phrases is that they must be short, clear, positive and have a sharp message. That’s how they will more easily seep into our subconscious mind. Some people like to say them in the afternoon or evening but the best and most effective time to implant a message is in the morning, when you wake and the brain is in alpha state. It is also effective to do this exercise before going to sleep because our subconscious mind works almost in full drive for first three hours after we fall asleep.

The messages we implant in the subconscious mind in the morning, right after we wake up, affect us the entire day, so it is equally important to begin the day

with positive thoughts and sayings. For example, wake up to a song we love and it’s quite possible that it will play in our heads throughout the day. The brain records and registers everything, so it is not recommended to wake up to a song with negative messages or to the news, which can deliver negative messages. Try to keep in mind that negativity works on a low frequency and is like poison dripping into the subconscious mind!

Positive Affirmations

Affirmations are an integral part of my daily routine. They shape and have shaped for my new patterns of behavior. In the past, I used to check my bank account at least once a day, if not more, even though I had very little money in it. This kind of behavior causes the opposite to occur; it blocks the energy of abundance.

I began saying two affirmations; in the morning and in the evening before bed. “I am generous with my money and share, because I know that there is enough for everyone” and “I am a rich man and am living a life of abundance.”. After about three weeks of making these two affirmations, a change occurred. Suddenly, I wasn’t that interested in my bank account and each expense was taken care of without a guilty conscience. I began to understand the power of the affirmations, and that they had broken the paradigms in even more areas of my life.

Affirmations are the number one tool for helping us to apply the Law of Attraction. When most of our thoughts are negative and create undesirable realities for us, we should train our thinking to be more positive. Throughout the day and throughout life, you make affirmations you aren’t even aware of. All of the thoughts you have and the words you say are affirmations that have designed your life to this point.

All of the thoughts you’ve thought and all of the words you’ve said since you were children, have created limiting beliefs and blockages that have delayed and are delaying your progress in life. Positive affirmations that are properly formulated will have a powerful effect on your behavioral patterns and change your current reality.

Actions

Pick a phrase that has a clear message, which expresses your desire. Choose the statement that you connect to most.

Examples of Positive Affirmations about Health

- “I am grateful and thankful that I feel wonderful.”
- “I feel that my body is balanced, strong and healthy.”
- “I feel like I have a lot of energy.”
- “I am fit and in shape.”
- “I feel that each and every cell in my body knows how to perfectly heal itself.”

Examples of Positive Affirmations about Relationships

- “I attract sensitive and good-hearted people.”
- “I attract loving people.”
- “I attract people who are considerate of me.”
- “I value myself and other people value me.”
- “I am in a relationship that is effortlessly evolving.”
- “I am loved.”

Examples of Positive Affirmations about Money

- “I make a large amount of money.”
- “I am worthy of the prosperity and the money that is destined for me.”
- “I feel like money flows easily into my life.”

Additional affirmations on the topic of money are listed in the chapter ‘Money’.

Lay or sit comfortably. Rest one hand on the other and both of them on your chest. Keep in mind that your heart transmits energy that is more than a thousand times stronger than the subconscious mind, therefore say the affirmation with intentions from the heart.

Become relaxed through breathing deeply. There are a variety of breathing methods and techniques, but the 4-7-8 method really helped me reach focus:

Breathe in for 4 counts.
Hold your breath for 7 .
Exhale and count to 8.
If you find this difficult simply inhale and exhale slowly.

Do this a few times. This technique can be used for meditation and also

throughout the day to create a sense of well-being, release stress and raise your vibration.

During the second stage, after you feel relaxed, close your eyes and say aloud the affirmations that you have chosen. Repeat 10 to 15 times each, with emotion and intention. If, for some reason, you are unable to say them aloud, say them in your heart and then write them down, though it is obviously most effective to say them aloud. Another option is to say the affirmations in front of the mirror, looking into your own eyes.

Do this twice a day, in the morning and at night , for **a minimum of 21 days**. The effect the affirmations have on your behavior and how you feel happens gradually. Therefore, it is important to do this exercise consistently for a minimum of 21 days or until you feel sense a shift.

It is important to be careful with the words you use. Use words that have positive energy; compliment others, smile and completely avoid gossiping, cursing, expressions of jealousy, complaints or talk about what is lacking, not even as a joke! Your subconscious mind does not distinguish between something that is said as a joke or seriously; everything is registered, recorded and influences our life! Our thoughts connect to our emotions, beliefs, and actions and materialize in the physical world.

Summary

- The phrases must be short and clear.
- It is more effective to say the affirmations in the morning when you wake and at night before you go to sleep.
- You should repeat the phrases 10 to 15 times **with as much emotion as possible.**
- Visualizing the goal while saying the affirmation strengthens its effect.
- The effect of the affirmations on behavioral patterns usually starts after 21 days.
- In order to succeed with affirmations, you must rid yourself of doubt and believe.
- You can write down your affirmations.

Vision Board

A vision board, as its name suggests depicts your desires visually. It is a picture of what would like to achieve through the Law of Attraction. Seeing your desires affects your subconscious mind in a very potent way.

Creating a vision board is simple and fun. The objective is to make a visual presentation of pictures and phrases that reinforce the way you want your life to be. Think about what you would like to achieve; regarding your career, health, relationships, perhaps a dream vacation or artistic aspiration. Use any source to collect pictures and sentences that reflect your aspirations and hang glue them to the board. Write empowering phrases about yourself. Attach pictures of your dream house; a car you desire, even the amount of money that you've dreamed would be in your bank account. For example, "I'm so happy that my salary is now___" and fill in the amount you want. The vision board can contain a variety of goals in a number of areas.

Place the board somewhere that you can see it continuously or at least a few times a day. You can make a vision board on your laptop or iPod or even on your cell phone. But the best and most powerful thing is a vision board that is hung on a wall.

A vision board will provide inspiration and advance you towards your goal, if you are clear about them. You must feel good, so try to feel this way when you are looking at the vision board. Recognize that you already have what you want. Go over each picture and focus on it for a few seconds. Close your eyes and again let your visualization and your emotions work as though you are already there. Enjoy the process and smile to yourself. Don't do it unless you want to, because after all, the Law of Attraction is something pleasurable and shouldn't be forced. You don't need to dedicate a lot of time looking at the board, a few minutes twice a day in the morning and the evening is enough. Remember not to become too attached to the vision board, it is only meant to remind you of your goals.

How to Avoid Excessive Desire

Excessive desire is one of the crucial factors that prevent people from achieving their goals in work, money, relationships, or any other goal.! According to the laws of physics, everything in nature has two sides, like yin and yang, male and female, and we must find the perfect balance between these two energies. Therefore, if a person expresses excessive desire towards his goal balancing forces will enter the equation and prevent the realization of the goal or, if it is realized, it won't last for very long.

Set your goal, then create intention and desire. Desire's role is complete the moment you chose a goal. Only the intention remains, and it will accompany you until you realize it. **Intention** creates all of the activity in the universe. Intention is a natural process that flows quietly, knowing that the goal is achievable. When the milk runs out and you need to go to the supermarket to buy more, it's natural for you to go buy more. The pursuit of fulfilling your goal should be natural to you, like going to the supermarket to buy milk. You obviously need to take actions in that direction, but not with excessive desire and not overenthusiastically. You should approach the objective that you set in exactly the same way. In order to prevent these physical balancing forces from interfering with the realization of goals, you will have to proceed peacefully and perform actions in the direction of the goal without becoming obsessive. Stay relaxed and you will see that achieving your objective is simple and pleasurable.

Subliminal Messages

Subliminal messages are signs or messages that penetrate a person's mind without them knowing. The conscious mind doesn't hear them but the subconscious mind does. Since you can't hear the messages and or see the signs, you aren't able to create resistance and over time the subconscious will receive the messages and begin to create change in your behavior.

How can subliminal messages help us to apply the Law of Attraction?

The Law of Attraction has the power to materialize your thoughts, beliefs and feelings. Many people fail to achieve what they want because occur primarily they are working from the conscious mind and not in the subconscious mind. The moment that conscious thoughts are not synchronized with the thoughts that have been fixed in the subconscious mind, it will be next to impossible to implement the law.

Subliminal messages can be a tool to synchronize between the conscious and the subconscious mind. You can access audio tracks of subliminal messages according to the topic that you want to be influenced in your subconscious. You can listen to these audio tracks when you are sleeping or doing daily activities at home or outside. Listen to them as much as possible throughout the day, every day. How much time passes before it starts to have an effect? The amount of time it takes for it to have an effect depends on the depth of the beliefs and barriers stored in your subconscious. Generally speaking, you could start to feel a change after 21 days. Be patient, listening to a subliminal message once or twice will not lead to change. You must be persistent. You can combine these subliminal messages with affirmations and meditation.

The Law of Attraction -
THE TEN COMMANDMENTS

1. Your subconscious mind is a direct line that connects you to the universe/God.
2. Know that everything at your disposal in this world is the fruit of your thoughts and your choices.
3. Always remember that you are positive energy and your thoughts will help you achieve your goals.
4. Avoid frustration each step of the way - think positively, feel positively and make choices from a positive approach. Everything you've chosen will be built around you and results will not be long in coming. It all depends on you!
5. Be strong and love yourself with all your heart. Love other people and be compassionate to your surroundings, the way you would want to be treated. It all starts with you!
6. Dream, visualize, and feel your desires because your goal in life is to fulfill yourself.
7. Remember that there is no good or bad in the world, good luck or bad luck. You determine which world to live in.
8. Don't be obsessive about your goals and about the material world, so as to prevent resistance.
9. Never ever doubt the Law of Attraction. Every bit of doubt will distance you from achieving your goals.
10. Persistence is the key to success - never think about when and how the desired moment will come in which you'll get what you asked for. Focus only on yourself and on achieving your goals.

MONEY



Money

How did I manage to gain control of the financial snowball that threatened to destroy every bit of happiness in my life?

I hope this personal story will assist you in dealing with money. I'm sure that many of you will identify with it because, after all, we all want more abundance in our lives.

For years I would complain about how my expenses were particularly high; income taxes, social security payments, etc. I felt like it was as though the whole world is plotting against me for no reason at all. One day, I got a parking ticket in a spot where parking was allowed, but due to a slight deviation of a few centimeters from the entrance of a house, the traffic officer chose to write me a ticket. Over time, I was confronted situations that I would typically not give much significance to, but they were increasing; as if the world was trying to tell me something. My response was to be frustrated and angry, but I had no idea that it could be solved.

One evening, a good friend of mine came to visit. He noticed that I was lacking vitality. I wasn't a depressed or sad person, on the contrary, I was loved and accepted and usually full of joy. But, at that time, I was feeling lonely and frustrated. He asked me if I was okay, and I told him that I was a bit grumpy lately.

He opened my laptop and showed me an interesting lecture on the topic of consciousness. At first, I didn't understand how it related to me, but I told myself to go with the flow, what did I have to lose? Five minutes later I was glued to the computer screen as though I were watching a thriller movie. The clip was so powerful, such a turning point, that it completely changed my life. The next day, I started reading books related to creating reality through thoughts. I investigated the subject through an endless number of sources and tried to understand how and why it works. I would study day and night, and was soon applying the principles to myself and those closest to me. I continued investigating the subject on a physical level, on a quantum level, and learned about a philosophy called

Reality Transurfing developed the astrophysicist Vadim Zeland. I was repeatedly amazed to discover that we, and only we, are responsible for creating everything that happens to us in our lives. What amazed me is that it's all based on physics. Of all the sources of information I had at my disposal, I decided to concentrate on the most powerful materials, that were, in my view, the most effective.

From the day my friend showed me that fascinating lecture, I decided to stop complaining and speaking negatively about my life! Not only that, if I were to receive a bill, I would happily pay it, without negative emotions. As evidence, it is no wonder that not only did the pace of which I was receiving fines, debts and things of this sort become dramatically reduced, but I also 'suddenly' started to receive credits from various sources. For example, because I was a dance instructor, I was eligible to receive unemployment payments during the summer months when none of the dance studios were operating. I usually received very small amounts of money, and one time I even received a notice that I was required to return approximately $2000, with the claim that they had miscalculated and overpaid me. This time I decided not to get infuriated and not to complain. I sent a letter to the National Insurance Institute with hopes of reducing the amount owed and the result was that the debt was not only reduced, it was completely wiped clean! Considering that it was a time in my life when the troubles and debts were arriving in bundles, I saw this as a miracle. This is one example among many in which I learned to apply and leverage the Law of Attraction in favor of my bank account balance.

With the help of the Law of Attraction, you can achieve wealth, good health, a good relationship, and anything you've dreamed of, that you thought was not possible for yourself. In this chapter, I focus on various techniques so that you can achieve what you want quickly. It's important that I point out that only persistence over time (21 days or more) brings results, and more importantly, the moment you start to apply the Law of Attraction, you will immediately receive 'treats' from the universe, meaning serenity, patience, love for those around you, etc.

If you know and concentrate on exactly what you want and turn your focus to them, you will achieve what you want because there is no other option, it works!

The universe always, and I mean always, gives us what we want, but we must act according to the Law of Attraction.

There is no limit in the universe to the level of wealth or the amount of money you can desire or request. It all depends on the level of faith and patience that you have for the amount of money you desire and how it matches your abilities to convince your subconscious mind that this goal is realistic for you. As we know, abundance is not only money, but also a house, harmony in the family, love, quality of life, a car, and anything else that makes you happy.

Before you start to get to work according to the Law of Attraction, you should know that the action is simple, even *really* simple, and that there is no need to be stressed. It is also important to know that your connection with the universe/God is through your subconscious mind and that you will attract to your life exactly what you believe and transmit through your thoughts, feelings and expectations.

The universe matches our thoughts, feelings and beliefs – in other words, it matches the frequency that we transmit.

Money Equals Energy

Our energy and the frequency we transmit are a result of:

- **Thoughts**
- **Beliefs**
- **Emotions**
- **Speech**
- **Actions**

About a year ago, a client came to me for a series of meetings. Her only goal was to make more money. I told her that it's impossible. She glared at me and said, "How can that be? Didn't you say that it's possible to achieve anything through the Law of Attraction?" I replied that anything is possible but not in the state of mind that she is in and not with her attitude towards situations in life.

I explained to her that she must first work on her negative emotions - to raise her vibration and to change her behavioral patterns regarding money and her life in general. I provided her with tools that she could use to change her negative attitude, that is, to avoid negative thoughts as much as possible, to be grateful for what that she has in life, to stop complaining and to respond positively even in negative situations. I taught her different ways in which she could raise her vibration.

Two weeks later, she came back to me, glowing. I could feel the change she had gone through the second she walked through the door. She was standing up straight, smiling and glowing with joy. It was a dramatic change. We talked a little about the process she had gone through, and only then could we turn to the main purpose for why she had come to me - to summon a higher salary. She had the right tools in her pocket, and from the many years I had known her, I knew she was a person endowed with perseverance and determination. The results came quickly; her relationship with her coworkers and her boss had improved. About a month later, she was called into her boss's office and he told her the news: she would be moving into her own private office. Not long afterward, she

was called again to the boss's office and this time he told her that her request for a raise had been approved, perhaps not exactly the amount she had hoped for, but pretty close.

Throughout the entire day, we transmit frequencies by which we receive situations, have experiences, and meet people that match the frequency that we are transmitting. Look at yourself for a moment and think about how many times you heard or said to yourself, "I don't have any money" or "I'm not worthy of such an amount of money" or "I earn what I deserve." Some of you even heard your parents say more than once the phrases "money doesn't grow on trees" or "rich people are greedy." Each of these beliefs are fixed in your subconscious mind and create barriers to economic prosperity.

Every person has the possibility to achieve and earn any amount of money that he or she wants. If you earn $25,000 a year and you would like to make more, let's say $60,000 a year, you will succeed, as long as you know how to raise your vibration to the frequency that money transmits and treat it like energy rather than an existential need.

In order to rise to the frequency of money, you'll have to change your attitude in a few situations. For example: if you express dissatisfaction, complain and grumble when you are asked to pay payments, fines or bills, you express an **attitude of lack** and you transmit a low frequency. This frequency draws and attracts more lack into your life. In other words, different unexpected payments will continue to appear in your life; like fines or bills, whose sums will only increase or at least won't *de*crease. The moment you realize that money is energy and nothing but energy, it will be easier for you to change your behavioral patter and feelings towards money, and your frequency will also change accordingly. Try to react calmly and relaxed towards any payment of a fine or bill, even if you need to pretend. React optimistically and with a smile, avoid feeling frustration, anger or deprivation. Relate to money as though it's energy, and not as a material resource.

As long as you feel deprived and frustrated by the payments you must make, the more you will receive! As long as you express a positive approach towards any amount of money that you have or that you must part with, even if it is a tiny sum, the more you will enjoy a decrease in expenses and money will start flowing to you more easily.

Your relationship to money must be like any other relationship you have in your life. Think about it. If you want to receive love, and you know how to transmit these frequencies, you'll receive love in return. It's the same with money. Money is an energy that vibrates and transmits frequency, like anything else in the universe. The key to the abundance that you will have later on is to know how to love money, to appreciate money, to treat it with respect and to be grateful for any amount you have.

Barriers to Money

When I was a child, I didn't have the means and abundance that children have today. I always heard my parents say phrases like, "We need to save for a rainy day." This phrase doesn't necessarily have a bad message in it, but they would also say phrases like, "If you want money, you'll have to work hard for it!" The message I absorbed is that money is a difficult resource to obtain and you must strain and work hard for it. It took me a long time to understand that if I think that money is difficult to obtain, then that will be a self-fulfilling belief. I remember the first time the 'walls of the paradigm' in my mind started to crack. When I experienced for the first time in my life that money could come easily, mistaken thought patterns and childhood assertations around money started to dissolve. My father, may he rest in peace, wanted me to be an aerodynamic engineer; I had studied it in high school and I also dealt with it in the military. Even back then I knew it wasn't for me. I knew that I wouldn't be able to sit for ten or more hours in the same place, with the same people, and the same salary. I would feel like a robot. So, I turned to where my heart pulled me, to the world of dance. In the world of dance, you don't make a lot of money, especially as a dancer, though when I started to teach dance, I realized that for one dance lesson I could make six times what an average company employee makes. I could make do with teaching for 3-4 hours, three times a week, and my monthly salary was no less than that of an average engineer or even of an aerodynamics engineer. This was the first time I began to understand that money can come relatively easily without special effort, if you only know how to change your perspective towards it.

Sometimes people do not understand why, despite the correct actions they take to implement the Law of Attraction, they do not feel an economic change in their situation. The reason is there are barriers that stop the energy and the right frequency. The barriers can stem from their feelings, negative opinions that they have formed as a result of exposure to messages about money such as "money doesn't grow on the trees" or "money is the source of all evil" and so on. A person's physical condition can also have an effect or even create a destructive

relationship they get trapped in. Thus, it is very important to make sure that all other areas of your life are functioning properly: relationships, mental/physical condition, family, etc.

Money, like energy, needs to flow. If you have money, don't zealously save it. This doesn't mean that you should spend it excessively and break into your savings. What I mean is be generous with yourself and others. Let some of your savings go, treat yourself or other people and allow this energy to flow. If you have money and you are holding on to it tightly, it's reasonable to assume that you are blocking the flow of money to you. For example, if you have the financial means to dress in new clothes and you still wear the same worn out clothes or worn out shoes, you are acting in opposition to the flow of energy. If you have the financial means, know how to let go and pamper yourself and your loved ones. That's how you will enable the energy of money to flow and not get stuck.

As mentioned, the frequency of money is a high frequency and to reach this high frequency, you must be happy with what you are doing. If you love what you are doing, money will flow to you more easily. Most people who love what they do have a lot more money in their pocket than those who don't. Therefore, it is very important that you love what you do and, if not, seek out other challenges in your life, the kind that will get you excited and make you work with a smile and a sense of satisfaction. A person who is frustrated by his work, whether he is a paid employee or self-employed, cannot be vibrating at a high enough frequency to enable money to flow into his life.

In order to raise my vibration, I usually visit the park near my house, to connect to nature and meditate or, alternatively, engage in sports. I feel amazing afterwards. Feeling like this means I am vibrating on a high frequency.

Below are a few actions to help you raise your vibration and a few actions to avoid that lower your vibration.

Actions for raising vibration

1. Forgive others and know how to forgive yourself.
2. Encourage yourself all day long.
3. Hug someone, a friend, a family member, a pet. Hugs raise vibration.

4. Eat healthy food! Fruits and vegetables.
5. Spend time in nature.
6. Be happy and do things that are good for your soul, like sports, hobbies, etc.
7. Be consistently thankful for what you have in life.
8. Drink a lot of water, take showers, spend time next to water.
9. Meditate.
10. Listen to music that is at 432 Hz and 528 Hz.

Actions to avoid

1. Avoid television programs that have negative messages, especially the news.
2. Avoid listening to music that has negative messages.
3. Avoid being around people who are frustrated, aggravated, and broadcast lack (a low frequency).
4. Stop complaining and speaking poorly of other people.
5. Avoid drugs, alcohol, and processed food.
6. Stop being jealous of others. Jealousy brings frequency down. Encourage others instead of being jealous of them.

Ask and Believe

Having faith and intention are absolutely necessary for manifesting what you want. For faith and intention to assimilate well, it is important to understand the law in depth. The laws of the universe do not indicate how much money you must make or what to do with it; they give you the opportunity to choose the life you want. You can be rich or you can live day to day. The choice is yours and yours alone.

People ask themselves, “If this law is as simple as they say it is, then why aren’t most people in the world rich instead of poor?” The answer is very simple. It’s because people do not believe in themselves and in their ability. Most of them think that their situation is a divine decree and they just accept it. Some people are familiar with the Law of Attraction but they have never tried to apply it or haven’t applied it properly.

All our lives we are taught to work hard, to fight hard and to eat dirt on our way to achieving a goal. This is a reality that is unnecessary. We’ve received a gift - the possibility to create and manifest anything that comes to mind – if we knew how to. It’s even written in the Bible that God created man to do good unto him. He gave us the ability to create our reality. Therefore a person must take responsibility for the reality of his or her life. You have the ability to receive anything and everything. For this purpose, there are Laws of Attraction. I call them - ‘manufacturer’s instructions’.

Ingrain within yourself a strong belief that you are able and capable. Cast out doubt from your heart, and aim for your goals peacefully, calmly and confidently. Avoid broadcasting stress or disappointment, so as not to create opposing energy that could ruin your efforts. The results will not take long to arrive. You’ll see that whatever you ask for will come and be a part of your life.

The universe doesn’t respond to words themselves, rather to the vibration that they transmit, to what you are feeling. Therefore, to create the right vibration and frequency, you must have faith along the way in what the universe is about to give you. Your faith must match your desires. You can’t ask for something from

the universe and not believe 100% that you will in fact get it. In other words, as soon as the mind and the heart are in agreement, synchronized and of one opinion about the goal, know that you are on the right path.

Sometimes, even when faith is strong, doubt may still form. To prevent doubts, you must aim for your goal. Having intention will decrease balance forces that could disrupt achieving your goal.

Our quality of life is measured according to our thoughts, our beliefs, the words we say and our actions.

Emotion

As said before, emotion plays an important role in the process; it's the fuel of the Law of Attraction. If you are asking for an amount of money to come into your life, your request immediately enters into a production process regardless of whether the Law of Attraction was applied or not. Your role is to attract the money to you, like ordering a package through the mail. Once your order is received, they immediately start preparing it for you. You just need to get a 'delivery truck' to bring it to you quickly and safely. The 'delivery truck' is a metaphor for the Law of Attraction. The Law of Attraction is only what brings you the amount of money you asked for; it doesn't worry about how the universe produces it for you.

When you choose an amount of money, be specific about the amount that you want. Afterwards, focus on the final result, meaning what this amount will fulfill for you.

Actions

1. Write down any amount that you want to receive, a half a million, 100 thousand or 50 thousand… **Any realistic amount that you believe you are worthy of receiving and that your subconscious can believe is attainable.**
2. Look at this amount at least twice a day and feel what you would do with this amount if it were in your bank account right now. You would almost definitely get really excited and feel butterflies in your stomach. This is the feeling that you need to feel when you are meditating. As was said, emotion is the fuel for the truck that delivers and manifests your request. In the beginning you may have difficulty developing emotion, but don't worry, it will come over time. Even if you fake the excitement or emotion, remember that you subconscious doesn't differentiate between fake excitement and real excitement. Perhaps your rational mind will initially respond with a smirk, but the important thing is that the subconscious believes it and eventually the conscious mind will too. This

is what's known as synchronicity. A small tip: Place your hands over your heart while you are visualizing, it will help you develop a stronger feeling. Define the exact amount of money that you want. Don't forget that you are connecting with a universe that can give you money through a number of channels. You can earn this amount at work or you could suddenly get an offer that will channel in the amount that you asked for. You can even come up with a special idea that will generate the amount you dreamed of. Don't define for yourself or for the universe a deadline for receiving the money. That only pushes your wish further away from you. Be patient; let the universe do the work to fulfill your request at the right time and place. Don't occupy yourself with the question of when you will receive what you are asking for. It's very important to remove jealousy from your heart. Jealousy transmits a very low frequency. If you see friends or family members get a nice sum of money or succeed in something great be happy for them with all your heart. Just enjoy the process; it's a pleasant process that makes you a better and more loving person.

3. In the morning when you get up and at night before you go to sleep, after having calmed yourself with a few deep breaths, visualize what you are doing with the money that you received. Visualize yourself actualizing all that you dreamed of doing and experience how it feels. See yourself in your imagination with the money in your bank account, buying the car you've always wanted. Visualize yourself driving the car. Activate all five senses and imagine the smell of the new car and the wind blowing through the window. Try to see in your imagination all of the small details; what the dashboard looks like, the gear shift, and so on. Also do this with other aspirations that you want to fulfill with the money: buying a house, going on a vacation, etc. Imagine all the details and illustrate them as much as possible. **Visualize the final result.**

4. **Affirmations** - Choose 3-5 affirmations from the list later in this chapter. Memorize them, so that at the end of visualization you can say them aloud in the same way that was explained in previous chapters. Notice that towards the end of visualization, when your emotion is at its peak, is the best time to say the affirmations. State them with full intention while you are visualizing your desires. Making affirmations will not be

affective in any subject if you don’t combine it with emotion and whole-hearted intention. Reminder: the heart transmits electromagnetic waves that are a thousand times stronger than brain waves.

5. **Persistence** - To get results, it is very important to be persistent during the process. The main reason that people fail at applying the Law of Attraction is lack of patience and persistence. So, be calm and trust in the universe.

Money affirmations

- “I am creating a large amount of money in my life.”
- “I am worthy of prosperity and the money that is meant for me.”
- “I feel that money flows easily into my life.”
- “I always receive more money than I spend.”
- “I am grateful and happy that money comes to me in amounts that are increasing and from various sources.”
- “I feel comfortable with a large amount of money.”
- “I am generous and share with my money because I know that there is enough for everyone.”
- “I am a money magnet.”
- “I am a rich man/woman of the universe and I live a life of abundance.”
- “I live peacefully with a lot of money.”
- “I receive money happily and without end.”
- “I have the power to attract money.”
- “My bank account is expanding day by day.”
- “I am grateful that now I am rich and happy.”
- “I create wealth easily and without effort.”
- “I am receiving abundance and prosperity into my life right now.”

If you change the way you look at your life, it will start to change in that same way.

Feel Rich, Be Rich

You receive what you feel. You don't have to actually be rich in order to create the feeling of being rich. The following are some suggestions that will help your subconscious mind believe and accept that you are already rich.

I always urge people to go to places that transmit wealth and power. Go to car dealerships and sit in the car that you really want. Sit in a luxurious lobby and feel the atmosphere surrounding a rich person. Go to a fancy restaurant, and if you don't have the money for a fancy meal, order a cup of coffee or a small dish only just to get a sense of the wealthy atmosphere. Read prestigious magazines and look in the financial in order feel like an important person. You can use experiences that you gathered during visualization. Since the subconscious does not differentiate between reality and imagination, whatever you do will be registered by the subconscious as actual reality. If you haven't understood up to this point what the role of the Law of Attraction is, go back to the chapter that discusses the subconscious mind.

Over the years, I've met many people having a beer at the local bar. Sometimes their depressed behavior was a testimony to their consciousness of lacking, which is transmitted at a low frequency. They were good people, I really appreciated them and it was hard for me to cut myself off from them. Luckily, I am strong enough to not allow myself to be influenced by these people or absorb their low vibrations.

If you want to be rich, avoid spending time with people who broadcast lack and distress. They are broadcasting energy and low frequencies that can poorly influence a person who isn't mentally strong enough. If you find yourself among these kind of people, try to change the subject when they talk about their distress or what they lack. Connect with people who have achieved their goals and draw inspiration from them. These people transmit a high frequency and this frequency will have a good influence on you.

An important thing I have learned in life is to keep quiet and not tell anyone about my future plans because this would lead them to create all kinds of

obstacles for me to consider. Avoid telling people what you're doing and what you're aspiring to do, because "The blessing is found only in something that is hidden from the eye."

Acquire the behavior patterns of wealthy people, and, as you already understand, you do not have to be rich in order to convey a feeling of abundance.

"A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness."

-Albert Einstein

Learn to Receive

All our lives, we've been taught to give and receive. We've all heard and learned that it's important to give in order to receive. That's true, but sometimes receiving something specific is interpreted publicly as a sort of neediness or weakness, something that's against the Law of Attraction.

I've often been in situations that I am offered certain things that I don't really need. For example, my dear mother always makes sure that I leave her house with my hands full. In the past, I would refuse some of the things because I didn't need them, but today I accept everything and I am grateful for it.

According to the Law of Attraction, the meaning of accepting a certain thing or money demonstrates your ability to receive. If a person is unable to receive something from another person it is interpreted as a lack of desire and ability to receive, and the universe will act accordingly.

Learning to receive includes acting out the scenario described below, despite the embarrassment it evokes. About two years ago, I was walking on the promenade with my girlfriend at that time, not far from my house, when I suddenly noticed a penny laying on the edge of the sidewalk. What would you do if you saw a penny on the edge of the sidewalk? Would you go over and pick it up? It is safe to assume that most people wouldn't pick it up. What a mistake! The laws of the universe don't differentiate between a penny and a quarter of a million dollars; they are all the same frequency. Therefore, if you don't pick up these pennies, it will be interpreted by the universe as you lacking appreciation for money! To prove to the universe that you are worthy of receiving money from it in the future, pick up any amount of money and even the smallest amounts and be thankful for them with all your heart. It will prove to the universe that you are worthy of receiving money from it in the future. As you've already imagined, I went over and picked up the penny from the edge of the sidewalk despite the astonished look on my girlfriend's face, who immediately demanded an explanation…

You've probably refused receiving many times out of being polite or because

you didn’t feel comfortable with it. Receive with love and gratitude anything that is offered to you, whether it’s money, an invitation to go to a restaurant or anything else. From this point on, learn to say yes and to be grateful. In order to be ready to receive from the universe, you must agree to accept anything as long as it is not a bribe, an illegal offer, or a negative proposition. If receiving is hard for you, you’ll need to work on it, and even practice it. It isn’t greedy to accept money or other things. Being greedy is when in addition to your own money, you also want other people’s money.

Many people ask me if each person on the face of the planet were to apply the Law of Attraction and want prosperity and abundance for him or herself, would there be enough for everyone. The answer is: Obviously! There is enough money and enough of everything else for everyone. There is no shortage in the universe.

Remember that you are connecting with the energy of the universe and it will always respond positively. If you are at the right frequency, you will always receive that you desire. The Law of Attraction will answer you request in two ways, the first way - if you are at the right frequency and are performing the rules of attraction, your request will be fulfilled immediately. The other way - your request will not be fulfilled due to failure in the application the Law of Attraction or it will be delayed until you are at the right frequency and are in sync with the frequency of your request.

Summary

In the morning when you get up and at night before you go to bed, practice visualization for 10-20 minutes. Towards the end of your visualization, state the affirmations that you chose with strong feeling and intention. Finally, be thankful for what you have in your life. If you find that it’s hard to practice visualization for 10-20 minutes, just know that even five minutes will do the job, as long as you are using the proper technique; combining the five senses and emotion. You can change the order too, and give thanks when you get up in the morning and then immediately practice meditation and visualization and finally say the affirmations in front of a mirror or in bed.

*

If you do what you’ve always done, you’ll get what you’ve always gotten.

- Tony Robbins

RELATIONSHIPS



Relationships

A large portion of this chapter was written with a ‘bleeding heart’ because there is no one out there who has made every possible mistake in relationships quite like I have. There is no one who has broken the sacred balance and blamed everyone else but himself quite like I have. I’m going to start with one of the most prominent examples, among many, that will illustrate for you what to avoid, and I will continue with explanations on what you should do in order to manifest a healthy relationship or to strengthen an already existing relationship.

A few years ago, I met a beautiful woman who was a lot younger than me. The love between us blossomed and everything flowed easily, just like in fairytales. We had a stable relationship and I had no concerns or complaints until… until someone majorly disrupted the balance. Tormenting thoughts started to arise in my mind… Is she cheating on me? Why isn’t she answering my calls? Who is she spending time with when I’m not with her? As well as other fears and concerns of ‘what if the worst is happening?’. As expected, the worst did happen. I simply caused it to happen. I had created the movie of my life with my own fears and concerns. I disrupted the balance in that I didn’t let go and I demanded explanations for everything.

We don’t always receive from the universe what we are thinking about, but we do receive our own reflection from the universe. To become involved in a relationship, it isn’t enough to just ask for it or visualize it like you’ve learned to this point, you also have to feel the experience of the presence of a relationship and only from this feeling will you be able to attract to your life the one you want.

We all want the perfect person and we all think that our other half is out there somewhere on the planet and it is ‘in the hands of destiny’ to bring us together. There are people who have delayed getting into a relationship with sayings like “it’s fate” or “I have no luck with relationships”. By this time, it is probably clear to you that you and your thoughts hold the reins and that you have the ability to attract to your life what you think, who you are; namely, your

reflection. If you have not succeeded to call the right person into your life, you need to do deeper self-work.

Many people focus on their immediate surroundings in an attempt to change it and to force their opinions on it, whether it’s in a relationship or it’s with other people who live with them. The more you get involved and try to change other people, the more you will attract undesirable situations, which is a kind of endless loop. Instead of that, you must focus on yourself and on your desire to change your approach. Only working on yourself, at the level of your thoughts will put an end to this loop.

People who try to change the other person instead of checking themselves cause the destruction of the relationship short term and long term. It’s okay to talk about things that bother you in the relationship, but don’t force your opinion and try to change the character of your partner. It’s useless. As I mentioned, everything in nature needs balance. The moment the balance is disrupted, problems start emerging. When one person disrupts the balance through exaggerated demands of the other person or by creating conditions for continuing the relationship, balancing forces will immediately come into play that separate the couple or make the relationship run aground. See your surroundings as a part of yourself. What you see is your creation. Everything that happens to you is an external expression of your internal reality. You created it yourself. By taking a step towards forgiving when dealing with a negative situation, you’re not forgiving the person who hurt you; you are forgiving yourself and allowing yourself to heal, to prosper and to create positive situations in your life. Learn lessons from the problems that arise in your life and don’t intensify them.

Limiting Beliefs

Many people have experienced certain situations in relationships that create unpleasant residues. These residues lead to the formation of limiting beliefs about the other person or the relationship. The frustration that accumulates is expressed through limiting beliefs like “It’s better to be alone than…” or “All men/women are the same.” We project our anger and frustration onto the other person. Only he/she is to blame and we are ‘perfect.’ I remember how I was frustrated by previous relationships and which negative emotions I would broadcast to my surroundings. It’s no wonder I found myself alone for a long time. I received exactly what I had said: “It’s better to be alone than in a romantic relationship.” Even though I so badly wanted one, I didn’t understand why I wasn’t finding a serious relationship. The same limiting beliefs that I had implanted in my subconscious created a behavioral pattern that pushed any relationship away from me. Over the years, I was able to overcome that limiting belief with the help of the tools that I am providing in this book.

People expect to attract healthy relationships that are right for them, while they are immersed in negative thoughts or holding onto prejudices that feed on the past. People who don’t cleanse themselves of the prejudices and limiting beliefs that are rooted inside of them, shouldn’t expect to find a healthy relationship. What in fact will they find? They’ll find a relationship that reflects their self. Perhaps at the beginning everything will flow splendidly, but later on all of the residues will surface and the relationship will become a failure - a foretold failure.

The trauma your subconscious mind absorbed in relationships throughout life, such as betrayal, lack of appreciation, abuse, or anything else significant, engrains its mark on the character of your current or future relationship. For example, if a man who was cheated on by his partner gets into a new relationship, he will always be worried that it could happen to him again. Until he cleanses himself of this limiting belief that everyone is a cheater, he won’t be able to be relaxed, have peace of mind or trust his partner. And by the way, he shouldn’t be surprised if it happens to him again. After all, he is thinking about it

all the time and it’s what he is broadcasting to the universe with a lot of concerns and emotion. Until you learn how to put your ego aside and let go, you will not be able to progress, especially not in relationships, where everyone wants to be right. The moment you rid yourself of the ‘poison’ that is fixed in your head, you will be able to attract into your life a healthy and pleasant relationship.

During arguments, there are two choices. One is to bang your head on the wall, meaning blame the other person, to be right at all cost, to cause tension, and disconnect. Then throughout the night, to endlessly think about the situation, feel tense and irritated for the next few days, causing your brain to release a stress hormone to the blood stream that weakens the immune system, and so on. The other option is to tone down the ego and to tell the other person that he or she is right, in order to instantly eliminate all of the tension and anger. Each person should consider whether they should let the ego run them or not.

If you are in a relationship, don’t try to change the other person. This approach won’t work. I don’t ever remember actually succeeding to impose my opinion on my partner during an argument. I always thought that I was right and my partner is to blame. Instead, make a change in your approach - change your thoughts and behavior patterns in a more positive direction. You’ll see that the relationship will reach a new level or will end, because the universe will direct you to a better place that matches the high frequency you are now in. In any case you will benefit from it.

*****

“When the power of love overcomes the love of power, the world will know peace.”

- Jimmy Hendrix

Self-Love

I never had a problem loving myself. I always knew that if I don't love myself, other people won't love me and people around me will treat me according to how I feel about myself. Therefore, I was never ashamed to compliment myself in front of the mirror. Now I chuckle when I remember how I would look in the mirror and say things like, "Hey Yuval, you look like a million bucks," or "You're so hot!!" In my youth, I wasn't aware that this was an affirmation that served as another brick in the building of my self-confidence. One of the most important things that you have to understand and apply is to know how to love yourself. Most of you know this. It's no secret that that it's important to love and appreciate yourself. But there is a difference between knowing and applying. This section provides tools to help you successfully apply affirmations. When that happens, the way will be paved not only for normal relationships, but also for the right choices, such as a healthy diet, which I expand on later.

I won't get into psychological explanations, but a lack of self-appreciation or self-love could stem from things that relate to our distant past or experiences we've had.

Self-love is sometimes interpreted as something egotistical, but that is not actually true at all. **Egoists take care of themselves at the expense of others, while a person who loves him or herself knows how to love other people.**

People who don't love or value themselves shouldn't expect other people to love and value them. Let's recall for a moment the story about my friend who didn't know how to be grateful for his apartment and later he got what was coming to him. He treated his surroundings with a lack of appreciation. He was also judgmental and critical of himself. It's no wonder that I'm the only one who managed to tolerate him and over time. And his wife… she's now his ex-wife. If a person is in a place that he's not satisfied with, he'll have a hard time attracting a healthy and compatible relationship. Not only that, a person like that, who is focused on negative feelings about himself, is always transmitting to the universe a negative energy and a low frequency. Accordingly, he will be

confronted with negative situations that match the frequency that he is broadcasting.

For example, a person who thinks that he doesn't look good or won't be successful in a relationship will attract into his life situations that match the negative frequency that he is broadcasting. In addition, people with a low level of self-love could possibly degenerate to having self-destructive and aggressive behavior and depression - behaviors that actually stop them from self-actualization.

Actions

Through a few simple techniques, we can empower ourselves, our inner feeling and as a result, our behavioral pattern. To get other people to love you, you must love yourself. **Make the decision that you already love yourself and say it aloud.** Choose 3-5 empowering phrases from the list below; find a quiet place, breathe deeply to relax and release tension from the body. Place your hands over your heart and feel from that area. Say each phrase at least ten times, while you are combining feeling and intention with your whole heart for what you are saying.

It's reasonable to assume that it will be hard at first to accept what you're saying, which is totally fine, but over time you will start to see and feel a change.

Just like you believed what people said to you over the years and it caused you to be self-destructive, can now believe that the phrases you say to yourself will do the same thing, only from the positive perspective. Do this for 21 days, in the morning and at night before bed. You will start feeling the change within yourself towards yourself and also in those around you towards you.

Remember, only persistence will bring results. Try to enjoy the process – persistence always pays off.

The world is a mirror that reflects your relationship to it. If you turn your back on the world, the world will turn its back on you. If you fight the world, the world will fight back. The moment you finish the battle, it's over!

Here are a few examples of empowering phrases that you could use:

- "I love myself as I am."

- “I accept myself as I am.”
- “I am confident in the person I have become.”
- “Every day I focus on my inner strength.”
- “Life brings me enjoyable situations.”
- “I love myself and I deserve goodness in my life.”
- “I am an emotionally strong person.”
- “I love and respect who I am.”
- “I am whole with my appearance.”
- “I fill myself with positive thoughts.”
- “I attract beauty to my life.”
- “I am healthy and happy.”
- “I am free of negative thoughts.”
- “I love every limb of my body.”
- “I see the true beauty that’s in me.”
- “I think positive thoughts about myself and others.”
- “I love the person that I see each day in the mirror.”
- “I believe in myself 100 percent.”
- “I am worthy of seeing myself as beautiful inside and out.”
- “I am equipped with all of the willpower that I need.”

The key to being happy in a relationship is first and foremost to be happy with yourself and to feel good with yourself. Among other things that personally help me to feel good is to be in and to live in a clean and inviting environment. Don’t expect to draw a relationship to your life if your home is a dirty mess. I assume that you wouldn’t feel comfortable with yourself if someone were to come into a home like that.

Manifesting a Relationship Through the Law of Attraction

About two years ago, a woman that I didn't know contacted me. It turns out that I had given her my phone number on a dating app. I had forgotten all about it, but after a short conversation I realized who it was. After about five minutes, I said to her honestly, "You sound like a good person, but you're not for me"… I won't delve into the details of the conversation with you in this chapter, I'll just focus on the bottom line - she wanted too much, to say the least. You could hear in her voice that she'd be willing to get married right away. That alarmed me. The disrupted balance that she was broadcasting was so strong it was to the point that I felt the need to volunteer my services to her and I offered her help over the phone any time she likes at no cost. We spoke for hours and we communicated through text messages. I pointed out all of the mistakes she is making in her search for a relationship. I made a plan of action for her that was customized to her desires.

Over the course of a month, she learned to use all of the tools that I provided her with exceptional persistence. She knew how to dream about the man of her dreams and to visualize him. She stated affirmations that I had customized for her and most importantly, she didn't demonstrate excess desire, as in the past. She wanted a man that would not only be a partner in life but also in her business; a man who wanted children and is, of course, good looking. About a month later, it happened. She found exactly who she was looking for and who she had visualized, down to the smallest detail.

Here is a portion of the letter that I received from her, after she gave me her permission.

> *"I thought to myself: "Wow, that really would be a dream". There was another friend who told me a while ago: You need someone who will take care of your productions. So I started to visualize how my man offers me his hand and helps me down from the stage at the end of the play. I saw the way he escorts me to performances every night and how he comes home and tells me that he booked performances for me in important places and I jump into his arms and kiss him.*
>
> *I mostly visualized my man around my productions because it was easier for me that way. I really*

started to wander around like I was hypnotized, letting go of everything. My piano students even started to drop off because I was focusing on the man that I visualized and for a few months already I hadn't wanted to teach anymore. Not because I wasn't a good teacher, it just seemed like a natural part of the process. I could take care of money, but it was like I was wrapped in an enchanted cloak that foretells a new life. Something will come. Worst case scenario, I could move back in with my parents for some time until my play picks up momentum.

Then I decided to do what you said: to not go on dating sites and to let go! The truth is, I was starting to go crazy from the dating and was almost addicted to it. I felt like my flow was stuck and it used up many hours of my time. I said to myself, I am taking a break for a month to discover myself. A month just for me. I'm not going out on any dates. I'm just going to live in my own bubble and feel like I am living with a husband and that I already have everything I've dreamed of. Suddenly, after I let go, guys started to try to get in touch with me nonstop!!! One of them sent me a picture of a performance hall and a short video of himself as producer, which is what I had visualized. Just like you told me to do!!

I want to thank you!!

Truth be told, there is no way of knowing what the future holds. And I'm not even thinking about the future at the moment. I am just enjoying loving him and enjoying the way I am blossoming. Everyone says we have to play games with guys. But I'm not good at the games and never have been. Whenever I was real and direct, that always worked best. I said to him: 'Since I met you, no man stands a chance. I realized that just loving you makes me feel wonderful.'

If it were not for your guidance, I could've sunk into negative thoughts and not believed that a man like him would want to be exclusive with me. I chose to trust him and I agreed to be exclusively his :) And who knows about the future, but the present feels so amazing. It is so wonderful to love all day long, to create out of love and to feel happy, no matter what tomorrow holds. I will continue to think positively, everything will continue to be magical and my play will also be successful just like I visualize it …

Thank you again, Yuval, for all of your help, positive energy and good intentions. May all of your wishes come true and may your book become an international bestseller."

Actions

1. Get a pen and paper and describe, down to the smallest detail, the partner you want. Write down each of the qualities that he or she has, even height, hair color, a sense of humor, how he or she dresses, and anything else that comes to mind. One thing to leave open is are the facial details. Don't illustrate the face; leave that to the universe to choose.
2. Close your eyes, take a few deep breaths, and relax your body. Visualize yourself with the person you now described with your own handwriting. Visualize yourself walking together in nature, traveling on a vacation, making love, kissing, hugging, laughing, and any other pleasure that comes to mind. Try to feel it as much as possible. Focus on your heart

area - emotion plays a very important role here in the process of creating your request.

3. You should act and feel as though you already received the relationship that you dream of. Make space in your closet for your future partner's clothes. Buy another toothbrush. When you eat dinner, set another place next to you at the table. Always visualize that another person is at home with you and act accordingly. What you're doing is creating a future reality for yourself.
4. Do this every day, in the morning and at night before bed for at least three weeks and according to all of the rules of visualization that were explained in the 'Practical Tools for Applying the Law of Attraction' chapter. Don't sink into thoughts and occupy yourself with questions like 'When will he or she arrive? How? Why?' Simply let go in order to not activate the forces of balance. **It's important that you understand that only focusing on the goal will bring results, so be patient.**
5. For strengthening the power of attraction, positive affirmations should be incorporated during the day or at the final stage of visualization. You can also write them on a piece of paper and read them aloud. Choose 3-5 positive affirmations that speak to you or create some yourself, based on how you feel. Say these affirmations aloud to yourself while your eyes are closed and repeat them 10-15 times each for 21 days. Try to combine emotion when you are saying them. While stating the affirmations, you can visualize the partner that you illustrated to intensify emotion and to hasten the power of attraction. It will take your subconscious 21 days to recognize it, believe it and act on it.

You can also record yourself saying these phrases and listen to it repeat in your headphones before you fall asleep. Even if you fall asleep, it's okay, the subconscious still listens to the messages for three hours after you've fallen asleep.

Relationship affirmations

- "I am attracting the perfect partner for me."
- "I trust in the universe that it will find the perfect partner for me."

- “I am grateful for the abundance of love in my life.”
- “I am broadcasting the frequency of love.”
- “I am broadcasting unconditional love.”
- “I love the feeling of being loved.”
- “I attract love and a relationships into my life effortlessly.”
- “As much as I am attracted to someone, they are attracted to me more.”
- “I am a love magnet.”
- “I welcome love with open arms.”
- “I know that my twin soul is on his/her way to me.”
- “My heart is always open to love.”
- “Each day that passes I feel the love of my life is closer to me than ever.”
- “I am worthy of real and honest love.”
- “Each day that passes my subconscious mind attracts the perfect partner to my life.”

Remember, you cannot force your will on another person through the Law of Attraction!

Circle of Energy

This exercise is not a requirement. You can combine it with the other actions or do it separately. Of course, the combination of actions increases the level of the power of attraction.

To perform this exercise, you will need an imaginary circle with a diameter of one meter or more. You can also draw a circle on poster board and stick it to the floor with some adhesive tape so it won't move around.

Stand outside the circle and place one hand on the other and make a sort of funnel with your hands. Bring your hands to two centimeters from your mouth until you can feel your breath.

Say a few positive affirmations of your choice (2-5 phrases) into your hands. After you've said the empowering phrases, do a throwing motion with your hands into the circle in front of you.

Step into the circle and with your eyes closed and your hands over your heart, feel the energetic power that is in the circle. Visualize this powerful energy as white light that is washing you from your head to your feet and continuing into the earth, radiating from the crown of your head to the universe.

At this moment, your requests are going through a creation process in the universe and you are on your way to receiving them.

Stay in the circle for as long as seems right to you and know that at that moment your request is on its way to turning into reality.

Do this once a day at a time that's best for you, when you are calm and relaxed. And don't forget to be grateful to the universe that your request was answered.

Summary

- You will always consciously or unconsciously receive the result of your reflection in the eyes of the universe. It is therefore very important that you love yourself, and as a result you will also love others.

- Be willing to let things go and put your ego aside for a moment.
- Be open and understanding even if you don’t agree with everything the other person is saying.
- Accept the fact that other people also have an opinion, just like you have one. Don’t try to impose your opinion on him or her, just as you wouldn’t want others to impose their opinions on you.
- If you are still searching for the relationship of your dreams, think about one thing - be exactly like you would expect the other person to be, not in visual terms, of course, rather in terms of the various positive character traits that you would want to see in the other person, like giving, forgiving, letting go of the ego, understanding, etc. You will find that once you adopt these qualities, you transmit the frequency of love and you will receive exactly the same thing from the universe.

Improving Existing Relationships

Relationships can be exhausting and very frustrating. Who, like me, has experienced this in the past? Many couples focus on the negative qualities of the partners and have a hard time seeing the positive qualities. Therefore, one tries to change the other. Adopting the rule of focusing on the cup being half full in a relationship will enhance the love and connection between the couple. When a relationship is destructive and fundamentally frustrating, it's better to not insist on staying in it and trying to fix it. Only use the Law of Attraction in relationships that are worth investing in, which have the potential to recover and improve.

Say the affirmations and do visualization according to how it was previously explained in the book. You can also create your own affirmations.

Affirmations for improving relationships (unmarried)

- "I am grateful and happy about the amazing relationship that I have."
- "I feel my relationship is getting stronger by the day."
- "I am in love with my partner."
- "The love between my partner and I is blossoming by the day."
- "My partner and I communicate with understanding and patience."

Affirmations for married couples

- "I'm happy that my marriage is full of love and joy."
- "The love between my wife/husband and I has grown by the day."
- "I feel the love that my wife/husband has for me every time we are together."
- "I am married and I love my wonderful wife/husband."
- "My wife/husband and I enjoy every moment that we are together."

Visualization

Try to remember the good times and the exciting moments you have shared with

each other. Visualize them with your eyes closed. Try to focus on a particular moment in which you felt in loving and unified. Use all five of your senses. You can also say the affirmations during visualization to strengthen the effect of the visualization. It's important that you enjoy the visualization and sail to the faraway places in your imagination and in any positive direction that it takes you.

Do this every day, even twice a day, for no less than 21 days until you start to see and feel the change.

*

"The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them."

- Thomas Merton

CAREER AND BUSINESS



Career and Business

The holiest of holies is to know how to read situations properly and to respond accordingly, to respect people and to love them, as they are a part of all that is connected to success in life, and specifically in business.

This chapter contains a tool box to help you respond to various situations.

You have already begun to understand the principles of the Law of Attraction; that your entire life and everything that happens in your life are the outcome of your thoughts and that you must ‘think about what you’re thinking’ and give consideration to the words that you say. It’s hard at first; changing everything instilled in us from the beginning of life demands a huge effort. With time this mindset will become part of your lifestyle, and you will reap magnificent rewards.

Employees

Employees are the lion’s share of the world’s labor force. They are subject to the whims of managers, perform various instructions and tasks, and receive their salary each month with the hope that they’ll get paid on time. Some employees enjoy their jobs, interacting with the other employees and are treated well by their superiors. But there are people who don’t enjoy their jobs for an array of reasons and sometimes it only takes one event or interaction to disrupt a person’s sense of well-being and satisfaction in the workplace.

Sometimes, people encounter a negative attitude from their colleagues or supervisors. This can create an atmosphere full of negative energy which leads to burnout, frustration, and alienation at the workplace.

It’s clear that employees who are humiliated by those around them cannot just place the blame on others because ‘it takes two to tango.’ The reality you experience in your personal life and at your workplace results from your thoughts and what you focus on! Even if you’re sure that the other side is to blame, know that you also play a part in the outcome!

Throughout my life, I’ve danced in various dance groups in my country and abroad. I’ve met patronizing and egotistical people. Sometimes negative energy would run rampant and this led to me outbursts and power struggles that lost all proportion. The situation just continued getting worse. I became a living nightmare and I didn’t enjoy being around other people and especially people at my work place. Had I already been exposed to the information I am sharing in this book, my entire life would have been different.

Sometimes we encounter a lack of constructive communication or behavior that is unacceptable to us. Our immediate impulse is to respond to the other person in the same way - to prove that we’re right or to teach him a lesson for raising his voice or treating us with disrespect. We want to blame the other side for what is happening to us, and to complain about them to our friends, at home, to our partner and to whoever else will listen. This is how we perpetuate the negative energy and get locked in a frequency that is similar to the things we complain

about.

I remember when I was the lead dancer in a senior ballet company and thought that I was entitled to special treatment - after all, I am the soloist in the group. Not only did I not receive special treatment, but if I made any mistakes, I was severely reprimanded just like everyone else. I thought to myself, ‘they better not mess with me. How dare they raise their voices at me?’ I started to fake injuries, and over time my superiors grew suspicious that I was on a slowdown strike.

Negative scripts started to run through my mind. I wanted to clear out my locker and run away. ‘Fate’ determined the outcome. I didn’t need to run away because I was called into the manager’s office and received a letter of dismissal!

How you think and behave starts a snowball effect, which accelerates until you have no choice but to leave your job. Not only that, if you don’t change your thought patterns and the way you talk to people, you probably won’t survive or enjoy your new workplace. You must internalize that repeated complaints about a salary that is too low for you, that your colleagues’ have a bad attitude, or that your boss’s treatment of you is humiliating, you are creating your current reality!

You must see your job as an opportunity to raise yourself spiritually and a place where you will be given opportunities to improve yourself.

Before you respond to a colleague or a superior who turns to you with accusations, stop and think for a moment. Think about the damage you would be doing to yourself on a vibrational level and about the future implications destined for you according to the Law of Attraction if you were to try to prove you are in the right.

We all have the instinct to go to the offense; to defend our honor. But having a thought of restraint over the negative consequences will help us maintain positive energy and high frequency.

The next time you encounter an unpleasant situation, stop for a moment, put your ego aside, smile, try to be calm and answer quietly and patiently. You’ll see that at the same time the other person will gradually start to relax. If you made a mistake, then it’s appropriate to apologize, nothing bad will happen to you. On the contrary – you will simply stop attracting situations like that from the

universe in the future. Over time, you'll see that the more you are in control of your thoughts and responses, the more the number of unpleasant situations will decrease until they've reached almost zero! It all depends on you. No doubt, it's not easy for people who are used to responding aggressively to start to restrain and control themselves, but the moment you succeed and overcome your natural impulses, you'll see that you'll benefit from it. You'll raise your vibration, which will bring a significant improvement to how you feel in all areas of your life.

Actions

In order to take the right action, you must get really clear about exactly what you want. Take a moment for yourself, sink into thought and describe, down to the smallest detail, what it is that you want. Answer questions like: Do you want to stay at your current job? Should you change where you work? Do you want a promotion? What is your dream job? How many days a week do you want to work? Do you want to work from home or in an office? How much money do you want to make? Do you want to be self-employed or an employee?

The moment you provide your subconscious mind with a clear and precise picture, it will be easier to fulfill your dreams. Write down your vision on a piece of paper, hang it in a visible place, perhaps on your vision board. Make sure to be precise about your goals, down to the smallest detail, including the amount of money you want to make. Be complete with your choice, whether it's a promotion at work, a raise in your salary, changing jobs, or getting the job you've dreamed of for so long.

Twice a day, in the morning and at night before bed, do the following actions:

1. Choose 3-5 affirmations from the list below or create your own list of affirmations that you connect to.
2. After doing the necessary breathing and becoming relaxed, at ease, and clear of thoughts, that is, at the point just before entering meditation, say each of the phrases you chose 10-15 times aloud. While you are saying the phrases, visualize the job or position you desire. Try to incorporate emotions while you say the phrases.
3. After saying each phrase 10-15 times, breathe deeply for about five

minutes, until you relax even further. Visualize what you wrote down, then continue to write a script in your mind, combined with emotions and using the five senses. Notice that emotions play the most important role in each one of your attempts to manifest things from the universe, whether it's a relationship, money, or work. **Emotion is the fuel of the Law of Attraction.** Let me remind you that the Law of Attraction is like the 'delivery truck' that brings you the package from the universe. It starts the moment you've asked for something, before you've even started taking action! It is immediately registered and put into the production process at the 'post office,' meaning - the universe. Now you must insure that what you wished for will be fulfilled; meaning make one of the 'delivery trucks' bring you the 'package.' That's where emotion comes in. Without it, the truck will never move and your wish can not be fulfilled!

4. Open your eyes and be grateful for all that you have, as discussed in the chapter that discusses 'gratitude.' When expressing your gratitude, integrate the phrase, "I am grateful for my job/new position at___" Customize your phrase of gratitude to match what you asked for from the universe; just don't forget to speak in the present tense, as if it is already happening. The language of the subconscious mind is in present tense only. It doesn't recognize any other time.

5. You can record yourself saying all of these phrases and listen to them with headphones. Do this after meditating. If it is hard for you to fall asleep to the sound of the recording, you can also listen to it for 30 minutes to an hour before going to sleep.

6. Remember, **behave and feel throughout the day like someone who has gotten the job or salary or anything else that he or she wants. This behavior will make it easier for the universe to fulfill your goal for you.**

7. Take action. It is clear to you that if you sit idly by, the job will not come to you. You must do at least one action every day to advance yourself towards the goal. Whether it is a search on the Internet, sending a resume, etc.

8. Persistence, persistence, persistence!!! As mentioned already many times, the main cause of failure to apply the Law of Attraction is a lack of persistence. Therefore, it is very important to persist. It makes no difference in which area you use the Law of Attraction, persistence is what brings results.
9. Cast out worry from your heart, be relaxed and let go of thoughts and worries about when, how and where your goal will be fulfilled. Over time, the universe will make sure to lead you to situations, encounters or events that bring you towards the fulfillment of your goal.

Remember, let go of all expectations, because for every expectation there is disappointment, and disappointment transmits negative emotions. Part of the disengagement process is to know how not to have expectations, then you won't be putting pressure on the universe, which enables it to march with you more easily towards your goal.

Affirmations for employees

- "I receive job offers nonstop."
- "The job I am waiting for is on its way."
- "I succeed at everything I do."
- "I have amazing job offers."
- "Amazing job opportunities easily show up in my life."
- "I create my life's work."
- "I am fulfilling all of my aspirations and desires."
- "With each breath I take, I feel that I am worthy of my life's work."
- "My subconscious mind is synchronized with the universe regarding my life's work."
- "I am supported by the universe in all that is related to my dreams."
- "Faith in myself is getting stronger by the day."
- "I am actualizing my life's work."
- "I easily attract the positions I want to me."
- "I attract opportunities to my life non-stop."
- "I find that it's easy to attract to my life everything I need."
- "My beliefs manifest reality for me."
- "I am choosing to be motivated and confident."

- “I am a person who never gives up.”
- “I believe in myself with complete faith.”
- “It is easy for me to stay focused on my goals.”
- “I think positively and only positively.”
- “I set goals for myself and I stick to them.”
- “I am a success magnet.”
- “I am focused on turning my life into a success story.”
- “I feel like I am achieving my goals.”

Self Employed

For many years I would visit the neighborhood grocery store on a daily basis. That grocery store had been serving that neighborhood since even before I moved in. Everyone knows everyone there; like a big family. The problem was that the ‘heads of the family,’ meaning the grocery store owners, would change every year and a half or so. Over the course of 12 years, the grocery store had changed ownership no less than seven times! I didn’t give it much thought and I didn’t stop to consider the reasons for this ‘serial’ turnover. As long as I could buy cottage cheese, rice cakes, and olives right next door , I was okay with hit. As of today, the current owner has held the store for more than eight years! A real world record! I’ve recently started to ponder the reason why he has managed to maintain ownership for so long, despite his predecessors who hadn’t managed to survive for more than two years. In light of my in-depth investigation in consciousness and awareness, I didn’t need more than five minutes to realize the reason. The grocery store owner is unknowingly applying the Law of Attraction.

One of the most important things with the Law of Attraction, which brings what you want into manifestation, is your desire. According to the Law of Attraction, you will receive all that you desire, but sometimes desire is not enough and action is required. I am intentionally using the word ‘desire’ and not words like ‘want’ and ‘thinking,’ as we all have thoughts and things we want and they aren’t always fulfilled. The word ‘desire’ also implies will and emotion, which is of course the fuel for the Law of Attraction!

Independent business owners or those who want to open any size of business must set clear goals for themselves. Without a precise outline of the goals, chances are that the business will fail or in the best case, remain at the same level of income more or less. Ask yourself exactly what you want and what you aspire to reach. Set a **clear goal** so that the Law of Attraction will work in your favor.

Many business owners keep doing the same thing and this keeps them in their current condition or sometimes even makes their situation worse. They form

sentences in their minds that create blockage. Phrases like “I might have wanted to open a business, but I don’t have any money” or “I am not ready to open a new business right now” or “I don’t believe that I can increase my income to be more than it already is” create a limiting belief in their minds that is self-fulfilling. Their subconscious mind makes sure to give them what they said.

I conducted a short survey in which I checked to see if small business owners have an economic aspiration or a defined objective. For most, the answer I received was “What do I need that for? That’s all nonsense” or “I don’t believe that it’s possible.” From here is it clear why they are stuck or aren’t succeeding to break through to abundance and prosperity. Their subconscious mind is being fed with these phrases and is making sure that they remain right where they are.

Obviously, if I were to ask everyone if they aspire to make more money, the absolute majority would say that they do. Yet, with so many limiting beliefs, it is safe to assume that they won’t succeed to leverage their business and bring in more profit. If you look at successful business owners who advance their business, or the neighborhood grocer that managed to get established where everyone else failed, you’ll surely learn something from them, even though they’re not extremely wealthy or a CEO.

You can learn which actions they took that made their business prosper. You can talk with them, understand their way of thinking and draw inspiration from them. I’m sure you’ll discover that they believe in themselves, are willing to take risks and invest their money because they are sure that there will be compensation from it. Their strong faith that they will succeed is what brought them to the place they are now and to the place that you would like to reach.

If you imitate the way successful business people think, and learn to think like them, you’ll see the day soon arrive that you’ll also feel a change in your life. When I say ‘think’ I don’t mean to imitate exactly the way they operate, rather to receive inspiration from them. Each person should choose what to take on and interpret things according to his or her own goals, based on his or her own intuition.

No harm will be done if people start saying phrases like “My aspirations are to make more money” or “I want to promote my business.” You don’t have to phrase it exactly like that, but the direction must be positive. Even if you’re

having a hard time believing yourself when you are saying these phrases, they will seep into your subconscious mind over time and it will drive you to change your behavioral patterns and your way of speaking, and it will act to manifest that which you've requested. If you direct your thoughts to what you *do* want, and not to what you *don't* want, you'll see that the universe will bring you new situations, occurrences, people, and circumstances to help you to reach your goal.

The actions in this chapter are similar to those in the Employees chapter, so they will be presented briefly with some alterations for those who are Self Employed.

Remember, it's not enough to only have desire, you must also have faith and intention. Above all, it is important that you know that you are going to receive from the universe what you want. When I say "know," what I mean is that you must be totally confident in yourself.

Actions

At the first stage, before anything that you want to manifest in your life, you'll need to clear your subconscious mind of the limiting beliefs that you've had. You'll succeed to manifest only if you know how to transmit the right frequency and matches your requests. The positive affirmations that are presented here will help you clear any limiting beliefs that have been ingrained in you and will make you change the behavioral patterns into those that will have a positive impact on your business.

Chose a clear goal and do the actions that are listed in the subchapter 'Employees.'

Affirmations for Self-Employed

- "I attract a lot of clients to my business thanks to my positive approach.**"**
- "I am always open to criticism."
- "My business is growing and prospering by the day."
- "I am fulfilling the goals that I set for myself."
- "I am confident in myself and confident in the universe that is manifesting my desires."
- "I see myself succeeding at any objective I set for myself."
- "I am grateful for every client that comes to my business."

- “I am grateful for every project that I receive.”
- “I am grateful to the universe that it manifests my every desire.”
- “I love my business.”
- “I have all that I need to succeed in my business.”
- “I see my business flourishing and prospering in the future.”
- “I am equipped with all that I need to succeed in my new business.”
- “I have strong faith in myself and I know that I will exceed at anything I do.”
- “I meet my clients’ expectations.”
- “I succeed in everything I do.”
- “Success is a part of me.”
- “I am a successful person and I am living a life of abundance.”
- “I am a successful idea magnet.”
- “I know what I want, therefore I am succeeding.”
- “I succeeding in everything I am doing.”
- “I am a client magnet.”

How to Expand Your Clientele

While I was writing these lines in the book, a client contacted me asking for help. He told me that his business is not taking off and he has almost no new clients. Having already known each other for years, I did not have to dig deep into his mind to see if there was any kind of limiting belief hiding in his subconscious mind. I did know that he was over-protective of his clients and afraid of his competitors. I asked him to remove this limiting belief of being afraid of his competitors through affirmations that were customized specifically for him. I also asked him to do a small experiment two weeks later. I asked him to send a client of his to his competitor if he was unable to fit that client into his schedule. When he heard the idea, he almost fainted. But after some convincing, he agreed to try.

A few days later not only did he receive compliments from his clients for the way he behaved towards his competitor, but also the number of clients started to grow. The attitude towards clients must be the same as it is towards money; they are both forms of energy and they both need to flow in order to grow.

Money kept in the bank without purpose blocks energy and prevents more money from coming in. The same goes for clients: if you hold onto them tightly and are afraid of letting them go, this transmits as distress and lack, which can decrease the number of clients.

Encouragement has a positive impact on the manifestation of our desires.

There are endless techniques, websites, and various systems on how to increase clientele. Many techniques focus more on the practical and operational side. Many techniques may be effective. **But attracting clients according to the Law of Attraction can be much easier, and it doesn't require financial resources or a change in the composition of the organization and operations. With it, we simply change our thought patterns and accept what we feel.**

Working with clients can be an unpleasant experience, to say the least. Clients can be annoying, loud and audacious, and impatient. This behavior makes you

feel bothered and frustrated. Most of you also express these feelings and complain about it, something that is known to attract more of the same thing. If you have enough clients and you're not interested in gaining more, stop complaining about them so that you will attract better interactions with your clients.

How can you increase the number of clients in your business?

In order to attract more customers, you must focus on the character of the clients that you do like and not on the character of the clients that you don't like. Sound simple? Well, it's not so simple because most people have a limiting belief that's actually from the recent past, from clients you would have preferred not having at your business. Meaning, almost everyone has some sort of negative thought or opinion about clients ingrained in their subconscious mind. This is a thought that causes you to broadcast frequencies that can push clients away, decrease the number of clients or, in the worst case, stop the flow of clients all together. Who would you blame? Of course, the clients, the wind, the rain, the government, the municipality and whoever else… just not yourself!

Action 1

Take a piece of paper and a pen and divide the paper into two sections. On the left side, write: "These are the clients I don't want" and on the other side write "These are the clients I do want." Whatever you write on the positive side; write the exact opposite on the negative side and vice versa. For example, if you wrote on the positive side, "I want clients who are kind," on the negative side write "I don't want rude clients." If you wrote on the negative side, "I don't want clients that don't have any money," on the positive side write," I want customers that have money," and so on.

This teaches you that even a negative thought can be turned into a positive thought, if you decide that that's what you want. Tear the sheet of paper in half and throw the half that has the negative qualities away and focus only on the list of positive clients; the ones that you want. Try to stay focused on this list and recite it to yourself from time to time. Try to avoid thinking or talking about clients' negative qualities, even if you really want to. Try to take on this habit and you'll see that over time the desired change will start to occur.

Tony Robbins says: "80 percent of success is due to psychology—mindset,

beliefs, and emotions—and only 20 percent is due to strategy—the specific steps needed to accomplish a result." Business owners invest 80 percent in the technical and operational side of the business but not in the mindset and psychological side. Change your thought pattern, your speech and your behavior and invest more in your mindset.

Never, I mean never broadcast disappointment over a client who left you for your competitor. More so, if you want more clients for your business, encourage your competitors because there is, after all, endless abundance in the universe.

You are now equipped with the tools and basic knowledge of how the Law of Attraction works. Try to apply it and influence the number of clients you want. Choose a realistic number of clients you aspire to reach over the course of a month. Write it down and set it as a goal to reach. Use your vision board and visualization. Think about it, feel it and use the basic principles of the Law of Attraction and the tools that you acquired in previous chapters. Take on a new thought pattern, a positive thought pattern. And don't let negative thoughts ruin or prevent you from reaching the goal you set. Remember, it's neither fate nor luck that determines it for you. Only you do!

Action 2

- **Intention** - Steer your thoughts in a positive direction. Neutralize negative thoughts or any other negative influence; focus on what you do want and not on what you don't want.
- **Goal** - Choose a clear goal that you are aspiring to - a greater number of clients or a higher profit turnover. Write it on a piece of paper. Hang it on your vision board, if you have one. **Think about it and talk about it all the time**, but calmly, without pressure or obsession.
- **Visualize** - Visualize yourself reaching the goal according to the visualization techniques that were explained in previous chapters. While you are visualizing, try to feel the emotions you'd have if you were to reach your goal. Meaning, try to experience the emotion of the achievement in the present. Remember that throughout the day you must behave and feel like someone who has already achieved his or her goal. Do not broadcast distress, anger or frustration. The more you stay calm and relaxed, you'll see over the course of the next few weeks your goal

will start to take form.

- **Take action** - Do not hesitate to contact people or groups relevant to your business. Don’t immediately reject offers without giving them a chance, and make sure to follow your heart. The universe will already lead you on the right path despite what seem to be obstacles.
- **Encourage** - Encourage your competitors by rooting for them and complimenting them and don’t be over protective of your clients. Let them go and allow the energy to flow freely. There is enough abundance in the universe for everyone.
- **Let go** - Allow the universe to bring you what you want at the time and place that it sees fit.

Remember, you should feel good and happy, as though you have already achieved your goal.

You can’t connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. Steve Jobs

HEALTH



Health

“Worrying is praying for something you don’t want. So stop worrying.”

- Bhagavan Das

There is a strong connection between health and creation. An unhealthy person cannot create his or her dreams. An unhealthy person transmits a low frequency, which is a condition that makes it difficult to create positive things. Each illness stems from factors in a person’s way of life; excessive consumption of processed foods, drugs and alcohol, stress, obesity, etc. Now, even modern medicine admits that a person himself is the number one cause of his own illnesses. However, people are not aware of the causes of illness.

People live under constant stress, worry, disturbing thoughts, burnout, and a fast and stressful pace of life. Each of these things are a source of different illnesses, such as: heart disease, nervous system disorders, autoimmune illnesses, the development of cancer cells, asthma, menstrual disorders, irritable bowel syndrome, intestinal disorders, etc.

Worry and hate are two of the most destructive emotions to the human body. These two emotions cause the brain to release large amounts of the stress hormone cortisol secreted from the adrenal gland. Continuous stress also dramatically harms immune system functions, making us vulnerable to colds, various infections, and unexplainable stomach aches. However, we don’t typically make the connection between the illness and the emotional state that we were in a few days earlier. Worrying is not useful and it doesn’t help us deal with the difficulty that we are worrying about at the time. The moment you stop worrying or at least significantly reduce the amount you worry, the level of negative incidences also significantly decreases.

Do you have a problem in life? No?

Then why worry?

Do you have a problem in life? Yes?

Can you do something about it? Yes?

Then why worry? Do you have a problem in life? Yes?

Can you do something about it? No?

Then why worry?

- Gaur Gopal Das

Hatred is the most destructive emotion to the body, to the point that it can cause irreversible damage. Also, emotions like: worry, bitterness, anger, impatience, unkindness, criticism attack your body without end! Your brain is connected to the nervous system and to every cell and organ in the body. The moment you feel these emotions, your brain sends signals to the cells and organs that weaken them and impair their functioning. Have you ever stopped to think about your way of thinking? Have you ever thought about which negative emotions you are feeling and broadcasting? You take care of yourself, make sure that the house and car are clean, but what about the most important thing of all, the mind? This is the thing that can prevent you from getting most of the illnesses you suffered in the past or are suffering from right now. It's clear to us all that genetics do have an influence on our health, but we have no control over that. However, over our emotions, thoughts and words, we do have control!

You cannot maintain a healthy body if you broadcast negative emotions and suffering through behavioral patterns that attack your body without end. We've learned that words can be destructive - you surely remember how words affected the water molecules (in the subchapter 'The power of thought').

Therefore, it is important to think before speaking. Sometimes people say to themselves and others around them, both jokingly and seriously, "My life is shit," "I don't deserve to be alive," "I'm a loser," "I'm already sick of everything," "I feel like dying." These people are not aware of the fact that words and thoughts have tremendous power and it doesn't matter if they are said jokingly or seriously. The subconscious mind takes it all in. Many illnesses could be prevented if we just pay attention to the way we think and feel. Many of you are aware of your nutrition; you work-out at the gym, don't drink alcohol, don't smoke and still don't understand how you get struck with different illnesses, whether minor or severe.

Self-Healing - Helpful Tools

The following lines are dedicated to an amazing thing that happened with the most important person in my life, my mother.

When my mother was nearly 81 years old, she was pretty lucid and functioning very well for her age. Since I started working in the field of consciousness and awareness, I would visit her at her home on a regular basis and I would teach her how conscious thought works scientifically. I taught my mother mental awareness. If you think that she had a hard time understanding it, you're mistaken; she understood it better than people at least 40 years younger than her. She benefited from these lessons. She had been suffering from swollen legs for a few months. The diagnosis was that her kidneys or heart failure were causing it. She was told that it was a chronic condition and that she would have to deal with it for the rest of her life. But I didn't give up and I proposed that she practice self-healing through affirmations. I taught her how to effectively say the affirmations so that it would work quickly and heal her. I also asked her to stop focusing on the problem and to stop talking about it in order to not empower it.

Not even two weeks had passed and like magic the swelling in her legs had disappeared! There is no need to put into words just how happy she was, and how excited I was. I felt proud to have succeeded in providing her some relief from the pain.

Focusing on an illness and its symptoms will have a bad effect on the healing process. That doesn't mean that you should avoid talking about the illness at all or that you should totally ignore it. **Try not to declare that you have an illness each time someone asks how you are doing**, because there is a difference between thinking, talking, and complaining about it all the time and avoiding placing the focus on it. Extreme focus affects our body on the level of health. A person who catches a cold and mentions it every chance he or she gets, will worsen his or her condition and the cold could develop into something more complicated. Remember, if you focus on an illness, you make it worse. In place of that, focus on the amazing feeling you will have on the day you get better.

That way you will be able to significantly shorten the length of the illness. **Instead of saying "I am sick," say "I am in recovery."** The way you speak about your body has enormous influence.

There are people who develop fears of illnesses, so they spend most of their time researching illnesses on the Internet or watching health programs on television. These kinds of people tend to develop illnesses more than people who focus on good health and positive thinking. Our body is programmed to heal itself of all illness, if we were to only know how to use the most powerful tool for healing that we have - our mind. We all know the wide variety of information on self-healing, and there are also a lot of methods for it - there isn't enough room on the page to describe them all here, but the main message, that is, the ability to understand the effect of thought and emotion on the body, will be presented in this chapter.

According to the Law of Attraction, we can attract good health from the universe. You can combine meditation, visualization, positive affirmations, subliminal messages, and autosuggestion.

It is important to note that everything written in this chapter is not meant to replace professional consultation with a doctor or an alternative to medicinal treatment of illness symptoms.

Actions

1. Optimism

Scientific researchers have proven that the immune system of optimistic people is much stronger than that of pessimistic people. Optimists always believe that they will overcome any obstacle in life and they always see the cup as half full in every situation in life. Pessimists, however, will always see the difficulty in everything. Optimists know how to deal with crises and stressful situations and they recover quicker from various illnesses. Cleansing the mind of negative thoughts makes people more optimistic. A person who lacks purpose in his or her life is likely to be on the pessimistic side. So, it is important to set a clear goal that defines your aspirations in life as well as creating real intention that will more definitely lead you towards your goal.

2. Meditation

According to studies that have been conducted in recent years, 75% - 98% of

mental and physical illnesses are a result of our thoughts and emotions. Only 2% - 25% of human diseases, whether physical or emotional, stem from our environment, lifestyle and genetics. Meditation not only causes physical relaxation of the body, but there is also a mental and emotional release. Meditation improves your strength and concentration and your ability to withstand daily stress. It improves the mood and reduces the risk of heart disease and stroke. In addition, studies have shown that meditation can slow the aging of cells in the human body and strengthen the immune system. These studies have also clarified that there is a clear connection between a person's emotional state and morbidity. People who were under emotional stress and constant pressure got significantly sicker than people who were relaxed. Try to close your eyes for a few moments and detach from your thoughts. Take a few deep breaths and relax your body. Let your mind rest a little. Over time, you'll see that it will be easier for you to do it and the time you spend meditating will increase. Learn about different meditation techniques and choose one you connect with. Do it once or twice a day, and you'll feel a huge change in the way you function.

3. Laughter

The sentence "laughter is good for your health" wasn't said for no reason. There are numerous scientific studies that prove that people who have a sense of humor and laugh a lot are healthier than people who don't laugh often. People who laugh a lot lower the level of the stress hormones in their blood (cortisol, adrenalin, noradrenalin), which reduces the level of anxiety and the degree of stress that affect your body. Also, decreasing the production of stress hormones causes the immune system to be stronger. Laughter releases endorphins that can provide relief from chronic pain and make you feel better. It's known that even a forced laughter causes the same result because the mind does not differentiate between real laughter and fake laughter. Laughter also protects your heart. It increases blood flow and improves blood vessel function, which reduce the risk of heart attack and other problems in the blood vessels.

4. Nutrition

You're obviously aware of the important contribution nutrition makes to your health, therefore pay attention to your menu. Stop eating processed foods immediately. Processed foods contain additives that are not good for your health: sugar, salt, preservatives, and harmful types of fats and oils. Be careful buying 'healthy food' packaged in cans, containers, or bottles. Eat more fruits and

vegetables that contain nutritional fiber and reduce the number of products with white flour and white sugar. The food you eat becomes a part of you.

5. Physical activity

There is no need to elaborate on the benefits of physical activity. Physical activity encourages endorphin production and causes the brain to release them into the blood stream and thus improve our mood. Physical activity decreases depression, anxiety and risk of chronic illness. It increases our energy throughout the day, strengthens our bones and muscles and contributes to our cardiovascular health. Physical activity improves our brain functions, our memory and thinking, relieves chronic pain, and improves the quality of our sleep, sexual performance, and pleasure. There are so many things and the list just goes on.

6. Sleep

People who don’t get enough sleep have a relatively low level of energy and vibration. They are also not focused and have a tendency to be irritable. Lack of sleep also has other effects on people, some are emotional and some are physiological. A body that suffers from lack of sleep may respond by producing increased levels of the stress hormone (cortisol). Haven’t you noticed that when you’re tired it is hard for you to remember things? Your brain signals to you when it doesn’t get enough sleep. Good sleep will reduce your blood pressure, help you to maintain your weight, encourage a better mood (high frequency) and maintain good cardiovascular health.

7. Positive thinking

I won’t go into detail here about the benefits of positive thinking because they’ve already been made clear. But since positive thinking plays an important role, I will finish by mentioning this topic again, which is mentioned thorough out this book and especially at the beginning in the subchapter ‘Your emotions and their influence on the organs of the body.’

Self-Healing through Affirmations

Optimistic people are healthier. One of the more prominent health benefits of optimism is having a healthier heart. Affirmations will cause you to change your attitude and feelings towards the specific topic that you are making affirmations about. Following this change in attitude, your feelings also change and lead you to different behavioral patterns.

Affirmations for self-healing and general health affirmations can have a very significant influence on your health, as long as you know how to use them properly. Repeating these chosen phrases has the power to make you stronger and healthier by permeating from the conscious to the subconscious mind.

Actions

Choose 2-5 the affirmations that you connect with from the list below.

At first, repeat the affirmations aloud, more for awareness than for your subconscious mind. After you say them aloud, whisper them so that they can be absorbed by the subconscious mind.

The best time to say the affirmations is in the morning when you wake up or at night before you go to bed. Close your eyes, take a couple of deep breaths, and detach from any thoughts running through your mind. Say the affirmations with emotion and intention and try to feel and see the final result.

Repeat these affirmations every day, even throughout the day. Simply in front of the mirror, look into your eyes and say these affirmations while combining emotion and intention.

If you have pain or a problem in a certain area of your body, you can always create affirmations to address your health issue. For example, if you are experiencing back pain, you can combine affirmations like, “my back feels great and with each day that passes it gets better and better” or “my back is quickly and easily healing itself.” Be creative and form affirmations that you can connect to and are customized to your specific issue. If you generally feel well, you can

always maintain and improve your health condition through the affirmations that are listed below or create customized affirmations for yourself.

Health Affirmations and Self-healing

- “My eye sight is improving by the day.”
- “I am grateful for my healthy body.”
- “Each cell in my body is healthy and radiating good health.”
- “My immune system is very strong and it can cope with all kinds of bacteria and viruses.”
- “My body is healing with each breath I take.”
- “My body is at the peak of health right now.”
- “I love my body and everything that is in it.”
- “My body is healing itself quickly and easily.”
- “I am grateful for my healthy body.”
- “I am choosing happiness and good health in my life.”
- “I have a healthy mind and body.”
- “I am grateful for my healthy heart.”
- “I eat healthy and nutritious food.”
- “My mind has the ability to heal my body.”
- “I see myself surrounded by healing energy.”
- “My body is in a constant state of renewal.”
- “I am sending love to each and every cell in my body.”
- “Each and every cell in my body is strong and will repel any intruder.”
- “I am demonstrating perfect health through making wise decisions.”
- “Each part of my body is performing its tasks with ease and efficiency.”
- “I am choosing to be healthy and happy.”
- “I am becoming healthier with each passing day.”

“A sound mind in a sound body, is a short, but full description of a happy state in this World.”

- John Locke

Weight Loss through the Law of Attraction

About six months before writing this book, a client came to me who had been suffering from depression, irritability, and obesity. The most important thing to her was that she lose at least 20 lbs. I told her that it isn't possible as long as her mental issue was not solved. She didn't understand what I was talking about, "What do my depression and irritability have to do with losing weight?" she asked impatiently. After she calmed down, I explained to her what you are going to read about further on in this chapter. She decided to come to me secretly, without her husband knowing, lest he think she's cheating on him. She visited my home once a week for a month for sessions that were two hours each. Since this woman had a spiritual character and could understand in depth what was required of her, the process with her was quick and easy and within a short time her mental state improved immeasurably. From there, we went on to the process of losing weight. You'd probably like to know if she succeeded to lose 20 lbs. The answer is that she did and she didn't. She didn't because she hadn't lost 20 lbs. She did because she lost 15 lbs. in the time that she had allotted herself.

The following are methods for losing weight according to the Law of Attraction:

As you already know, the Law of Attraction can be summed up in terms of frequencies. You attract to your life that which matches the frequency you broadcast, with your words, thoughts or feelings. To apply the Law of Attraction to lose weight, you must adjust your frequency to the frequency of your ideal body or weight. Meaning, decide which body you want and adjust your frequency to it.

How do we adjust our frequency to the frequency of the ideal body?

By taking just a few steps, you will succeed in reaching your goal. You just have to be persistent. It's important that you feel good about yourself during the entire process. The same way you would feel afterwards.

First of all, learn to love yourself and be happy for the sake of a successful process. The following example will show you how important it is that you feel good when you start such a process. Can you guess what would happen if your house had been built without a foundation? It's safe to assume that it would collapse pretty quickly. It's the same here with the foundations you have before you start the process. If you have negative feelings about yourself, it's safe to assume that the entire process will be doomed to failure. Therefore, there's no point in getting started before you've learned to love and accept yourself just as you are. Say a few affirmations twice a day, for a minimum of 21 days, which are mentioned and explained in the subchapter 'Self-love' in the in the 'Relationships' chapters. When you start to notice a change in your attitude towards yourself, only then should you get into the process of losing weight.

It's very important to love and accept yourself, just as you are right now, before you begin the process in Section 1.

1. **Affirmations** related to weight loss. Affirmations alone will not lose the extra weight, but they will lead you to the kind of change in your behavioral patterns that will make you move towards reaching your goal. Choose a few of the affirmations that you like and say them in the same way that is explained in the chapter 'Self-healing through affirmations.' Remember, only reprogramming the subconscious mind will create other behavioral patterns that will more easily lead you to achieving your goal.
2. **Find a photo** of the ideal body you desire. It can be a photo of you when you were younger or even a photo that isn't of you. Position it so that it's your head on the body in the photo. Hang the picture on your vision board or any other place that it will stand out. You could even have it on the lock screen of your cellphone or the screen saver on your computer.
3. **Visualize** with your eyes closed, the feeling and the compliments that people around you are giving you. Do it twice a day, for 10 - 15 minutes each time, after meditation or in any place that you are relaxed. Enjoy the entire process. Feel your positive emotions; happiness, joy, pleasure, love, security, gratitude. Draw inspiration from the photo that you hung on the vision board or that you put on the screen of your cellphone or computer.

4. **Focus - the Law of Attraction determines that you receive what you are focusing on.** Focusing on fat, types of food and calories is a negative focus, because you are focusing on the problem and not on the solution and you will therefore receive more of it. **Instead of focusing on things you need to give up, focus on things that you are going to gain as a result of losing weight.** Think about how you're changing your lifestyle and not about your diet. in order to adjust yourself energetically to the goal that you desire, you need to think and act like a thin person. Stop focusing on your weight, and instead, focus on the positive reasons for losing weight and be happy with your current body weight. That will make it easier for you to lose the weight.

5. **Subconscious mind -** People don't understand why they gain weight after they already managed to lose a few pounds. The reason lies in the subconscious. **Your subconscious mind is programmed to maintain your current weight for the sake of physical survival.** Therefore, reprogramming the subconscious mind and bringing it to a condition in which it will adopt for itself new directives is very important. Affirmations and autosuggestion are two very helpful actions.

6. **Talk and think** with positive energy about the reasons for losing weight. For example, instead of saying, "…so that I'll stop being so tired," say, "…to be more energized." Don't say," I'm losing weight because all this extra fat is uncomfortable for me," say, "I am losing weight so I can feel better." Instead of saying, "I am losing weight because I feel limited and heavy when I move," say, "I am losing weight because I want to feel light when I run." **Think thin and be thin**.

7. **Gratitude -** Gratitude has an important role in you becoming happier and more grateful about your world. **Learn to be grateful for your body** and each limb and organ. This helps you to improve your sense of self-worth and the process of losing weight.

8. **Let go -** do these actions the best you can: affirmations, visualization, and everything mentioned above; detach yourself from the outcome. Don't think about it too much throughout the day. Avoid weighing yourself every day and being impatient.

Any pressure you project onto your desires causes balance forces to prevent you from reaching your goal.

Affirmations for losing weight

- “I believe in myself.”
- “I am ready to lose weight.”
- “It is so easy to lose weight.”
- “I will achieve my goals and nothing will stop me.”
- “I enjoy losing weight and achieving my goals.”
- “I accept myself just as I am.”
- “Losing weight is natural for me.”
- “I get thinner day to day.”
- “I feel that my appetite for fatty food is disappearing from day to day.”
- “I believe in my ability to change my eating habits to being healthier.”
- “I feel that I am shedding weight from my body with each passing moment.”
- “I am grateful for my body and all it does for me.”
- “I have the power to easily control my weight by eating healthily.”
- “I am achieving my goals and maintaining my desired weight.”
- “I have more of a desire to eat only healthy food.”
- “I can do it, I’m doing it, my body is losing weight right now.”
- “I love and accept myself.”
- “I am making sure to live a healthy lifestyle.”
- “I am stronger than any excuse.”
- “I am choosing to do physical activity every day.”
- “I look and feel great.”

Summary

- Love yourself just as you are right now.
- Focus on the final result and not on the causes of weight gain.
- Practice visualization at least twice a day according to the rules.
- Think and speak positively about your goal.
- Be grateful for your body every day.
- Let go and detach from this activity throughout the day and minimize thinking about your goal in order to not create balancing forces.

However, you must act towards the goal calmly and with intention.

Eating Disorders

Eating disorders are mainly related to a poor mental state that is expressed through irregular eating habits and serious concern about body weight and shape. Anorexia and bulimia are of the most common eating disorders. Next on the list is over-eating, meaning a lack of control over the amounts of food a person consumes. These kind of eating habits cause extreme weight gain, and also result in various health issues like diabetes, heart disease, and vascular disorders.

Eating disorders are often associated with low self-esteem, so most solutions need to focus on the cognitive aspect of working on the conscious and subconscious minds.

To solve the eating issue, you first need to learn to love yourself just as you are. You can get help from the chapter ‘Relationships,’ in the subchapter ‘Self-love’ where there are explanations and ways of taking action that will help you deal with your self-esteem. The moment you learn to love yourself as you are, the easier it will be to solve your eating issues. For the Law of Attraction to be utilized in your favor, you must first set a goal to focus on what you do want and not on what you don’t want.

For example, don’t say, “I don’t want to eat a lot,” or, “I don’t want to suffer from an eating disorder.” Say to yourself, “I am totally recovering and I feel wonderful,” or, “I am eating in a proper and controlled manner.” When you word your goal, don’t say things like “eating disorder” and don’t use words like, “I don’t want…” **Be positive in your attitude and always phrase your affirmations in the present tense.**

Actions

Write your vision on a piece of paper in the present tense, down to the smallest details. Describe the feeling you would have after you achieve the goal you set for yourself. Be generous with the details and create a kind of story to make you feel good each time you read it.

Read your vision aloud to yourself twice a day with a lot of **emotion** while you are experiencing what you wrote, and feel the wonderful feeling of being at that point in time in your life.

Visualize at least twice a day, whether it is in the morning when you get up or at night before you go to sleep. Do this as with any of the visualizations you've learned.

Create your own affirmations or use the affirmations I list later, and say them in the way that has already been explained.

As you already know, **emotions** are the language of the universe. Therefore, I am emphasizing the importance of positive emotions and the need to live as though you've already achieved your goal. Also, **remember to be grateful that you've recovered, even if you haven't achieved your goal yet.**

Now start to **take action**. Receive inspiration from other people who have succeeded. Do at least one action a day that will bring you closer to your goal, and remember that the universe is behind you and will lead you towards your goal as long as you have faith in it and project patience.

Affirmations for eating disorders

- "I am grateful that I have gone back to healthy nutrition."
- "I feel better and stronger than ever."
- "Eating healthily and orderly comes naturally to me."
- "From this day on, I am eating healthily and orderly."
- "I feel wonderful and stronger than ever when I eat healthily and orderly."
- "I am determined to eat healthily and properly from this day forward."
- "I am very successfully fulfilling the goals I set for myself."

Quit Smoking through the Law of Attraction

There is no chapter that is better than this one to tell you about myself … My name is Yuval and I was a heavy smoker… I have been asked dozens of times, “You were a dancer and a smoker?” “Doesn’t it make it hard to dance?” people would ask in astonishment. The road to quitting smoking was fraught with endless hardship and suffering. I tried to quit smoking through many techniques, from nicotine patches to programs of all sorts. Sometimes I even succeeded, but only for a short time. This chapter presents the exact technique I used to completely quit this foul habit.

I’m sure that if you are a smoker you’ve probably tried to quit before. Everyone who smokes wants to quit, even those who claim they don’t. A lot of people try the patch or drugs. Only a few manage to quit and overcome it. There is a clear explanation for this - none of these people had the ability or the willpower that is necessary to quit. This behavioral pattern, deeply rooted in the subconscious mind, can be changed through the Law of Attraction because everything begins and ends with whatever our behavior designs. The Law of Attraction helps you to change the way you think and assists you in quitting smoking easily, but not cold turkey. By doing it in steps and then over time it will happen on its own.

Actions

1. Choose a reason and a goal

Choose a reason why you should quit. The reason can be anything: starting with the odor that emanates from you after you smoke - the disgust people have when they smell your breath, the coughing at night or when you wake up in the morning, the financial expense, and the reason of reasons - the fear of future illness. As soon as you focus on a clear reason, you will be able to look at yourself and see what your life looks without cigarettes.

After you choose a reason, form a picture of it in your mind. For example, if it is related to the smell of your breath, form a picture in which you are kissing your partner without being worried about repulsing him or her.

Now choose a goal. The goal can be setting a deadline for quitting smoking or

what you will do with the money you save or whatever comes to mind.

2. Affirmations

Quitting smoking is an attempt to change the paradigm that has been with you for so many years - to change this foul behavioral pattern. Now you want to be clean of nicotine. Affirmations are a significant part of the process of quitting smoking because they influence your subconscious mind. After reciting affirmations over time, your subconscious mind will start to internalize the message that the affirmations are delivering and it will cause you to change your smoking habits. As a result of that, you will gradually quit smoking altogether.

As with any visualization, it is best to start with a few affirmations that you repeat, according to what you have learned in previous chapters. You can choose 3-5 phrases to say to yourself aloud, followed by the visualization of the reason that you chose for quitting smoking. Say each affirmation 10-15 times aloud with emotion and visualization of the reason.

Visualization

Do visualization in the morning when you get up or at night before going to bed. You can also do it during the day if it's not possible first thing in the morning.

Take a few deep breaths, try to disconnect from all thoughts that are bothering you. Calm and relax your body. Visualize the reason that you chose and create a movie out of it. Use all five of your senses. For example, if your reason for quitting smoking is because of a chronic cough , you could visualize a situation in which you get up in the morning and you can suddenly breathe deeply without coughing.

Visualize yourself winning. Visualize people around you clapping for you. Visualize that from now on the smell of cigarettes won't be on your breath or your fingers and that your sense of smell will become sharper. Visualize a pleasant aroma that suddenly becomes stronger. Visualize that the dependence on cigarettes disappears and you are set free. Visualize the money you save as a result of quitting smoking, and how your fingers and teeth are no longer yellow from the nicotine. Visualize your health getting better day by day and your surroundings are clean, no longer dirtied by ashtrays and cigarette butts. Visualize yourself happy and proud of yourself.

Combine emotion and smile to yourself while you are visualizing. The more details you include in the visualization, the more effective it will be.

Say the affirmations towards the end of visualization. Do this 5-10 minutes each day for 21 days.

Affirmations for quitting smoking

- "I am free of this addiction and I am very happy."
- "I am calm because I beat this bad habit."
- "I am keeping my organs clean and healthy from now on."
- "From this day on, I am only doing things that are good for my health."
- "Freedom from nicotine provides me with health and energy.

- “My sense of smell and taste is getting stronger by the day.”
- “Since I quit, the wrinkles on my face are disappearing from day to day.”
- “Quitting this habit has made me happy.”
- “I feel like I am now a free and happy person.”
- “I feel healthier with each passing day.”
- “I am now living a life free of any addiction.”
- “From this day on, I am only doing things that are good for my body.”
- “Each day, I see how my body is getting stronger.”
- “My mental state is improving day by day.”
- “I now feel very proud that I am no longer addicted.”
- “Each organ and limb in my body is grateful to me for quitting.”
- “I am breathing clean air 24 hours a day.”
- “I have tremendous will power to overcome this addiction.”
- “I smell wonderful all day long.”

“*Whether you think you can or think you can’t, you’re right.”*

- Henry Ford

ADDITIONAL USES OF THE LAW OF ATTRACTION



Additional Uses of the Law of Attraction

Until now, this book has dealt with the main areas in which the Law of Attraction can help you. As you've already realized, the techniques for achieving goals in all of the areas are pretty similar. After understanding the principles in depth and which mistakes to avoid, you can use the Law of Attraction in any area of your life, starting with improving your persona, getting a message from a loved one, changing daily situations and even achieving goals like significantly increasing your chances of winning the lottery, meeting a loving partner, getting married and raising a family.

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The reason you want every single thing that you want, is because you think you feel really good when you get there. But, if you don't feel really good on your way there, you can't get there.

- Abraham Hicks

How You Can Receive a Text Message from a Specific Person

I used this technique to receive a message from the owner of a dance studio where I always dreamed of teaching because of the high salary and the quality of the students. The action that lead to receiving the desired message from the studio owner took just over two weeks, though the meeting we had following the message didn't actually yield the expected result, because the contract they wanted me to sign wasn't right for me. There's no magic here, it's all the laws of Quantum physics. Any error in thought, behavior, and emotion can ruin your process.

Wouldn't you want to receive a text message from a person you love or a family member you haven't heard from in a long time? Or perhaps from someone connected to a financial venture you're interested in? Taking advantage of the Law of Attraction can help you receive a positive message from a friend of the past. It is only possible after you've understood the principles of the Law of Attraction in depth.

The first step is to believe that it is possible. You cannot manifest something through the Law of Attraction if you don't believe in the process. The second step you need to successfully implement the action, is that you must become stable on the right frequency. You must make sure you are in high spirits and feel generally good, without anger or heavy residue from a difficult day you may have had.

Actions

1. Find a calm and quiet place, sit comfortably and close your eyes. Take deep breaths in order to calm and quiet the noise in your mind. Do this for three minutes. Try to not think about anything, just relax and release in your body.
2. Hold your cellphone in one hand and with closed eyes and visualize the sound of the incoming message notification and the name of the person

that you want to receive the message from. Try to see in your imagination the name of the person you want and allow emotion to well up in you. Visualize the content of the message with **two words** and see these two words clearly in your imagination. Smile to yourself and be full of joy. The more you combine emotions while you are doing this, the quicker the process will be. Do this for a minimum of two minutes.

3. As always, when you are done, let go! Detach from the outcome. Don’t check your phone every few minutes to see if you got a message. Simply forget about it and continue with your routine.
4. Do this once a day for a week or more. If you do all of the actions in a precise manner, there’s nothing stopping that desired message from arriving sooner than expected.

How to Attract a Specific Person into Your Life

I must admit that I've tried this only one time in the realm of romantic relationships. It took me one month to carry out the actions I describe below, until the long-awaited encounter with my ex-girlfriend manifested. Even though our renewed unity didn't last very long, at least I got to be with her for two and a half ecstatic weeks. In the 'Relationships' chapter, I wrote about the successful story in which the same principle was applied by a client of mine in which it took one month for her to attract her partner to her life. For anyone who is asking if it really is possible, the answer is yes, you can definitely attract a specific person into your life with great success. Follow the instructions precisely for a minimum of 21 days and the universe will place you in situations that will lead you to 'coincidentally' meet the person that you wanted or it will lead you to a situation that will lead to a series of situations that will bring the encounter. Follow the instructions, be patient and most of all, be calm and relaxed and don't broadcast impatience.

Actions

1. **Change your approach and focus on the goal -** if you used to focus on the negative qualities of the other person, you must from now on focus on that person's positive qualities and think only about them. Focus only on the things that made you feel good when you were with that person and not on the bad things that made you break up. The moment you have the slightest bit of doubt or focus on a negative aspect of that person, you transmit an unclear energy that will not help you to actualize the Law of Attraction.
2. **Be honest with yourself** - check in with yourself to see if you have any limiting beliefs about relationships. For example, what do you think about a couple who got married? Have you had unpleasant experiences in previous relationships? Strengthen your image of yourself - cleanse your thoughts of any negative view of yourself, lack of self-love, lack of self-confidence, and negative beliefs about yourself.

3. **Visualize and feel** - visualize how you'll feel when you meet the person that you so badly wanted. Try to remember the first time you met and all of the nice things that you did together. Form a story that will excite you and write it down. Visualize the emotion you'll feel after you have already gotten the person that you wanted. Visualize how your life together will be and the things that you love to do together like hiking, watching movies, hugging and kissing. Form a clear and precise picture in your imagination. **The more you transmit outwards the emotions of having already gotten then specific person, the more likely it is that you'll reunite and get back together**.

4. **Make space -** Also here, like in the chapter that dealt with relationships, you'll need to make physical space for the specific person that you desire. Make room in the closet for another person, sleep on one side of the bed and put another pillow on the empty side. Behave as though someone else is living with you in the house.

5. **Be patient -** Be patient and don't transmit pressure to the universe and don't have any doubt that the universe will bring you your request with perfect timing. In most cases, if you do the actions correctly, you will receive the person that you requested. But if you don't get him or her, you will get someone who is even better for you. **Remember, nothing happens by coincidence. Everything happens in your favor**, so be patient and have faith and watch how everything works out for the best.

6. **Let go:** this is the most important part. Knowing how to let go is one of the most difficult things to do. When I say let go, I mean detach yourself from the outcome and continue with your life as though the person that you wanted is already with you. The moment you transmit the energy of an urgent need or despair, you are holding onto your request tightly and not releasing it to the universe. Go out with friends, meet people, focus on your career, continue with your routine and don't torture yourself with thoughts that life without that specific person isn't worth it, rather on the contrary.

Summary

- Cleanse yourself of limiting thoughts and beliefs about the person that you desire.
- Get rid of doubt and pressure. Be confident.
- Do the actions consistently.
- Most important: Enjoy yourself, get excited by the process and have faith that the universe is going to soon deliver your request.

Winning the Lottery Through the Law of Attraction

People are curious to know if I've won significant amounts of money in the lottery or if I've hit the jackpot through the Law of Attraction. To maintain financial privacy, I cannot give you a clear answer about winning or not and how much. What I can tell you is that winning is possible!!!

One of the most common questions regarding the Law of Attraction is "Can I win the lottery through the Law of Attraction?" The answer is pretty simple; you can achieve anything through the Law of Attraction, even winning the lottery. The question is asked, why have many people who have tried to win the lottery through the Law of Attraction not succeeded? I will answer with a series of questions; how did those people react when they checked their tickets and saw that they didn't win? Did they believe deep down inside that they could win large sums of money? Which limiting thoughts and beliefs did they have around money and the lottery in general? What did they hear from other people about the lottery? Did they have patience or were they broadcasting stress and disappointment to the universe? Where they consistent through the entire process? Did they only want to win the lottery or to become rich at any cost? There are an endless amount of questions and answers that would attest to mistaken behavior.

The universe doesn't differentiate between a dream of a new house, a luxurious vehicle, a trip around the world or winning the lottery. The universe doesn't have eyes or ears, it runs on emotions. Remember the following sentence:

You don't receive what you want, you receive what you are. I will go in depth into the meaning and implications of this sentence.

As explained in the chapter 'Money,' money is an energy that is broadcasting on high frequencies. Therefore, to reach these high frequencies, you must raise your own frequency. People ask me, "and what happens if I am having a bad day or I am at a low frequency? Won't everything get ruined and I'll have to start over?" The answer is unequivocally no! You will just be in a status of 'pending,' like pressing pause on the television remote.

As with anything you are trying to achieve through the Law of Attraction, also here you'll need to use the tools of visualization, affirmations, etc. Just be sure to do the actions and the rest of the instructions that I describe before you begin. It's best to remove all barriers, to be free of mistakes that are likely to make you fail at achieving your goal. Read this chapter more than once and then start to apply the rules.

Common mistakes

1. **Lack of patience -** A lack of patience is one of the most common mistakes when it comes to applying the Law of Attractions. A lot of people lose patience at an early stage of the process and expect to win right here and now. This technique doesn't work like that. You didn't win? You can be relaxed, broadcast comfort and faith in the universe that it will grant you your request at the time that's right for you. Don't broadcast disappointment or anger; these emotions immediately push you away from your request. Doubt is your number one enemy, never doubt the Law of Attraction or your ability to win significant amounts of money in the lottery. The smallest doubt will push you away from your prize.
2. **It's not just statistics -** When it comes to the lottery, statistics and the Law of Attraction do not go together. Filling out a lottery ticket from statistical calculations is doomed to failure. The universe doesn't work according to statistical calculations, so your approach will have to change. It's enough to fill out and submit only one ticket. Submitting multiple tickets broadcasts excessive desire and desperation to win, which transmits negative energy. Remember that the universe runs on energy and not on statistics. In the end, your vibration is the determining factor.
3. **Be supportive -** Be supportive of those who did win and do it with all your heart! Any kind of display of jealousy of the people who won will immediately lower your frequency and we already know what results from that. There is endless abundance in the universe and there is more than enough for you too.
4. **Wrong focus -** One of the most common mistakes that people make is

that they pin point the source that they want to receive abundance from. Allow the universe to bring you the wealth that you desire from whatever source it deems fit. Money is energy and it can flow to you from a number of different channels, through a deal that you made, through an inheritance, a generous gift and even through winning an impressive sum through the lottery. It is all about abundance and abundance is what you need to focus on. I believe that it is not right to restrict the universe by specifying where you want the abundance to come from. There's no need to specify the day, time, and place for receiving your requests. Let the universe decide when, where, and how much. The universe knows how to deliver your wishes with perfect timing.

5. **Thoughts and beliefs -** thoughts and beliefs are the most negative barriers that prevent many people from winning the lottery or large sums of money from various sources. There is an explanation on how to remove the barriers to achieve the money and how to raise your vibration to the frequency of money. Cleanse your thoughts of any limiting belief that you've had about money. Remember that your thoughts, feelings and words create the frequency that the universe receives in the end, and accordingly, you receive what you broadcast.

Most people who play the lottery don't really believe they will win. Why? It's because their mind is full of phrases that were said to them in the past like, "You have no chance of winning," or, "the chances that you'll win are very slim," or, "it's a shame to waste money on it." It's no wonder they never won. So, cleanse these thoughts as soon as possible through affirmations and thoughts of abundance. It could be that in the subconscious mind of people who today do believe with total faith that they can earn large sums of money, there are still negative and limiting beliefs that they must get rid of. One of the ways is to declare to yourself a few times aloud: "I am now allowing myself to be a wealthy person and to live a life of abundance" or "I allow and permit myself to win the jackpot in the lottery." It sounds simple but it's very important. Your subconscious mind will hear and accept what you've said. You must consider and internalize that money is basically an energy that is eternal.

Actions

1. **Intention and abundance -** ask for abundance and feel abundant. Don't ask to win the lottery because a specific request like that will block other paths from which you will receive money from the universe. For example, if you need to win the lottery so that you can buy a car, a house, a dream vacation or anything else, focus on these things and not on winning the lottery. Focus on the **final result**, meaning how you will spend the jackpot money.

2. **Visualization -** When you visualize, focus on things the abundance can get you. Visualize yourself driving in your dream car or in the house you've always wanted to live in and all the luxuries you have not allowed yourself to have until now. And I emphasize, focus on **the final result**. Incorporate a lot of emotion into the visualization, like has already been mentioned in previous chapters. Do this twice a day in the morning when you get up and at night before you go to bed.

3. **A vision -** Get a piece of paper and write on it all of your life goals in the present tense. Don't use phrases like "I want," rather say "I have" or "I am." State the amount of money you want to make without explicitly mentioning from which source the money will come. Let the universe decide that. Write down what you want to buy and where you would like to live now. State anything that comes to mind. Read this at least once a day.

4. **Frequency -** money vibrates at a high frequency (happiness, love, joy, etc.), so try to keep as high a frequency as possible throughout the day. In the chapter 'Money' there are different ways presented that you can use to maintain and raise your frequency. Be as happy as you can within the reality of your life, and if you can't, then create a reality that you can be happy in by feeling good with yourself, loving others, being positive and feeling positive. Be appreciative and learn to be grateful for everything you have. Release emotions like resentment, anger, jealousy, gossip, worries, complaints about lack of money, and so forth. As mentioned, all of these emotions bring down frequency, so try to broadcast them as little as possible, if at all.

5. **Gratitude -** as mentioned in this book, the frequency of a penny and the frequency of a million dollars is the same. So, even if you won a few

dollars, you should be grateful for it and broadcast to the universe the emotion as though you won a million dollars. Let me remind you, the universe doesn't have ears or eyes. It understands emotions and what you are broadcasting. So, intensify your feelings of gratitude, not only for winning a few dollars, but also for anything that was given to you as a gift and leverage this for feeling abundant and intensifying the emotion. Even if you found a dime on the street, pick it up and thank the universe. Remember, you thanking the universe signifies the abundance that was sent to you more than getting the dime itself.

6. **Persistence -** play the lottery once or twice a week, one ticket each time. Be persistent and always play when you are at a high frequency and with positive energy and not from a place of crisis or despair. Approach the lottery counter feeling like you've already hit the jackpot and buying the ticket is only a 'rubber stamp'… **Write your full name on the back of the ticket** and remember, you're already rich, broadcast that feeling to the universe and don't show signs of disappointment or despair if you don't win. Be persistent and it will come.

7. **Broadcast abundance -** when people are told to broadcast abundance, they ask, "From where do I have money to 'act like' a rich person right now?" Well, you don't have to be rich in order to broadcast abundance. At the beginning of the chapter, I wrote: "You don't receive what you want, you receive what you are." From here, it is on us to broadcast to the universe this sense of abundance. You can broadcast abundance to the universe without even spending a penny. How do we do this?

Here are a few examples:

Let's say you are sitting at a café with that specific person and at the end, he or she offers to pay the bill. Thank him or her with a smile and after you say goodbye, also thank the universe and get excited over the abundance that you received, even if it was just a cup of coffee! Since the universe is nourished by emotions, try to develop the emotion of gratitude and joy over the abundance you've received. It should be this way any time someone buys you something or gives you a present. Leverage even a discount that you get in a store for creating the emotions of abundance and be grateful for it.

Be careful what you say throughout the day regarding money. Don't say things like, "I don't have any money" or "I have bad credit" and don't talk about your debt. Try as much as possible not to check your account balance on a daily basis and especially not on your credit card. Don't be too obsessive about your bank account, especially if you have bad credit. Read the 'Money' chapter again and the subchapter 'Feel Rich, Be Rich' and try to broadcast as little lacking to the universe as is possible.

1. **Emotions -** emotions is the name of the game. Emotions are the fuel that creates your reality. Whatever you feel throughout the day is the reality that you attract to your life, so it is very important that you feel good with yourself. Don't expect to win significant amounts of money if your emotions are negative. Don't go to buy a lottery ticket when you are angry or tense. Go with a smile and positive energy all the time! Don't expect to win the lottery if a half an hour before you bought the ticket you were at a high frequency but throughout the day you had been angry, negative and complaining about how broke you are. **When you choose the numbers, go with your intuition.**
2. **Let go and detach -** this is the most important part! Did you buy a lottery ticket? Great, now let go. Let go of thinking about it. If it is the winning ticket, put it aside, don't count the days until the winning numbers are drawn and don't rush to check if you've won. Forget about it for a week, two weeks, even a month! This behavior is very important for not broadcasting to the universe emotions of neediness and desperation causing balance forces to come and distance you from your goal.

I emphasize:

- To win the lottery, it is very important to broadcast abundance and wealth to the universe, and not neediness. Focus on the emotion that you are wealthy and full of abundance.
- Make sure to detach yourself from the condition of your bank account. I don't mean avoid checking urgent or routine financial matters. I mean don't be obsessive over your debt and bad credit, which will make you broadcast to the universe the opposite emotion.

Abundance affirmations

Say the affirmations aloud in the same way that was explained to you and don't forget to combine a lot of emotions, intentions and visualization while you are saying them.

- "I am creating a large amount of money in my life."
- "I am worthy of prosperity and the money that is meant for me."
- "I feel that money flows easily into my life."
- "I always receive more money than I spend."
- "I am grateful for the money that comes to me from a variety of sources."
- "I feel comfortable with a large amount of money."
- "I am generous and I am sharing my money with others because I know that there is enough for everyone."
- "I am a money magnet."
- "I am a rich man/woman of the universe and I live a life of abundance."
- "I am a lucky man/woman of the universe."
- "Each day that passes gets better and better."
- "I am allowing myself to make a lot of money in my life."

Summary

- Remember, your thoughts in your conscious mind and your intentions in your subconscious mind must match.
- Let go of limiting beliefs, negative thoughts and negative talk about money.
- Be patient because in the end, the patience will pay off.
- Feel and speak about abundance and avoid thoughts and speech about lacking. Remember that everything runs on emotions, so you need to feel like you have already won. Play the lottery for the fun of it and enjoy the game.
- Be persistent and broadcast a high frequency most of the time.
- Be supportive of the people who have won and don't be jealous of them.
- Lastly, detach and let go of your thoughts and wondering if you won or not and be relaxed through the entire process.

Signs That the Law of Attraction Is Working for You

Many people who apply the Law of Attraction sometimes feel really frustrated by a lack of results. It's obvious that what they're doing is pushing them further from what they want, because frustration and lack of patience result in the opposite of what is desired.

The process of the Law of Attraction works gradually. It doesn't happen overnight. From the moment you plant the seed, it takes time for it to sprout and bear fruit. You must be patient. If after a month you don't see or feel a change, or you don't identify with the signs described further on, it could be that you are not properly doing all of the actions required.

The universe makes sure to send us signs through 'angel numbers' which are number sequences (the descriptions are listed in the next subchapter) or through other ways. The universe is trying to tell us through these angel numbers that we must be patient, that our wish is about to turn to a reality or it is trying to make us aware of what we should be doing in order to actualize ourselves. These signs are meant to keep us on the right track. It is important to pay attention to them and to take the message that the universe is sending you seriously.

Signs the Law of Attraction is working for you:

- **You feel better**

When you feel better, it means that you are becoming synchronized with the frequency of the topic that you want to fulfill. Feeling better can be expressed in a few different ways, for example: things that bothered you in the past become marginal and don't bother you anymore. You are calmer and more composed when reacting to situations. You smile for no reason and you even sometimes shed tears of happiness. You feel like you have purpose in life. Your thinking becomes more optimistic and as a result of this your feelings change. You better handle difficult situations, and you have a tendency to see the cup half full. You are simply in a higher state of consciousness.

- **You have a feeling that it’s about to happen**

You have a strong internal feeling that it is about to happen. This feeling translates as you being sure of yourself in everything you do throughout the day. You suddenly start to feel like stress is a thing of the past - peace and serenity prevail.

- **Unexpected obstacles suddenly arise**

In this process of your spiritual empowerment, just before you reach the final stage, obstacles start to pop up. Their purpose is to challenge you at the last stage before your wishes are fulfilled. They can be a sudden, inexplicable decrease in your salary, failing to complete a task that you wanted to do well, things that are suddenly not going the way you wanted them to. This is the stage in which you must be strong and not give up on the principles you have adopted for yourself. Remember, the universe tests you, so you must be aware of this and not lose control or, God forbid, have doubts about the Law of Attraction. Even the tiniest doubt puts you right back to the beginning.

- **You begin to see numerical sequences**

We call numerical sequences ‘angel numbers.’ Later, I give the meanings of each numerical sequence and what you can understand from them. Two of the strongest numerical sequences are ‘888’ and ‘777.’ If you start to see the numerical sequence 11:11 or 111, know that you are very close to your goal and **should be aware of your thought processes**. The universe is coming to tell you that everything you are thinking right now can turn into reality, so beware of negative thoughts. Also, the numerical sequences: 555, 444, 222, 33, 22, 55 and so on… they could appear on things like license plates, the time on your digital clock, street signs, billboards and all kinds of places. Make sure to thank the universe and your angels as soon as you see these numbers and know that your request of the universe really is just around the corner.

- **You think about a specific person and that person suddenly calls you**

Has it ever happened to you that you’ve gotten a phone call, text message or email from someone you were just thinking about? Or maybe you bump into

them face to face? Or you were about to say something and someone else says it right before you?

All of these things are signs that your intuition has reached another level and that you are at a higher frequency than before.

- **You are conscious of your thoughts and your words**

You've started to notice your thoughts and the way you are speaking. You are careful not to gossip and offend others. You've become more forgiving of the people closest to you and people in general. You get along with people better than in the past and people want to be around you.

- **Milestones**

Milestones are part of the path that leads you to fulfilling your desires. Milestones can appear as specific people or situations that lead you towards your goal. Things will come to you at the right time and will help you reach the goal you set for yourself.

Angel Numbers

From the moment each of us are born, a guardian angel is bound to us whose role is to protect us, watch over us and guide us on our life path. Angels are energy constructs created by the universe/the Creator serving as its messengers. I have been helped by them many times. The last time was when I had reached a crossroads in my life. I wasn't sure if I should continue to work at my current job or if I should make a change in my career path and do I what I am doing now. I closed my eyes and asked aloud, "My angels, give me a sign about what I should do…" Throughout the rest of the day, I began receiving numerical sequences like 555, which told me that I should abandon situations that no longer serve me, and the sequence 999 that told me about the end of a period in my life – that I should make space in my life for new things. For some of you it probably seems strange to ask for help from an invisible entity, but you'll never know how powerful it is until you try it for yourself.

Since numbers are a universal language, they are one of the ways that angels communicate with us - each sequence with its own meaning. Why do angels communicate with us through numbers and not by speaking? The answer is pretty simple - angels are pure and are on a particularly high frequency, while we humans are wrapped in barriers and limiting beliefs and at a low frequency relative to angels. This gap prevents us from communicating with, hearing, and seeing them. We do this once we've reached a spiritual level free from limiting beliefs or barriers.

Angels transcend barriers that separate them from us through numbers and signs. They get our attention any way they can, so that we will see the messages they are trying to give us.

The following is a list of the short meanings of each number. When each number appears two or three times, the meaning of the number intensifies.

Angel number meanings

1

The number one symbolizes leadership, motivation, unity, intuition, organization, praise, and joy. The angels are asking you to be more focused on your heart's desires and to pay attention to your thoughts. The number 1 encourages you to move forward and to take on challenges, new beginnings and projects with an optimistic, positive attitude.

2

The number two symbolizes traits of intuition, love and relationships, adaptation and harmony. The angels are asking you to trust them and to know that everything you have asked for is on its way to you, so be patient and trust in the universe. Also, the angels want to see you sticking to the goal you have set for yourself and collaborating with others.

3

The number three symbolizes traits of humor, creativity, freedom of action, and also spiritual, economic, and emotional growth. You should know that the angels are trying to get your attention, so you'll use your creative talents to actualize your abilities and to help others in all areas of life. Be happy and optimistic because only in this way will you be fully expressed.

4

The number four symbolizes the traits of loyalty, conservativism, hard work, integrity, self-control, inner wisdom and security. The angels are giving you love, support, and encouragement directly to fulfill yourself. Know that angels are near and helping you reach your goal.

5

The number five symbolizes talent, telepathy, curiosity, magnetism, pleasure, and joy. The angels are asking you to look positively at the changes in your life and to be optimistic about the future. Use your unique abilities along the way to achieve your goals.

6

The number six symbolizes harmony, domestic life, family life, helping others, caring for others, care and beauty. The angels are encouraging you to be more empathetic and loving towards yourself and the people in your life. Also, trust in the universe regarding your material needs. This will all be fulfilled as long as

you know how to help yourself and others.

7

The number seven symbolizes the traits of mysticism, inner wisdom, understanding others, healing, modesty, respect, faith and spirituality. When the number seven appears in your life, know that the angels are telling you that you are on the right track. They are encouraging you to continue on your path to fulfilling your purpose.

8

The number eight symbolizes the traits of security, money, wealth, stability, reliability, and efficiency. There is a positive message from the angels in the number eight to stay optimistic and to listen to your intuition. It tells you that financial abundance is on its way to you and that you must be grateful for what you have in life.

9

The number nine symbolizes the traits of spiritual enlightenment, serving people, self-sacrifice, generosity, a strong personality, and loyalty. The number nine is a message from the angels that the time has come to finish a stage in life and to detach from whatever no longer serves you: work, relationships, and so on. You have all that you need and the time has come to act.

11

The number eleven symbolizes traits of high energy, creativity, excitement, self-expression, and mysticism. When the number eleven appears in your life, the angels are sending you a message that you must keep your thoughts in line with your goals and release any doubt. The number eleven is encouraging you to provide inspiration to people through your natural ability and inner intuition.

22

When this number regularly appears in your life, know that the angels are sending you a message to be patient. Your requests have been accepted and they are on their way to you, so keep working and know that your dreams are becoming reality.

33

This number is a message from the angels that a positive change in your life is about to happen and that you are on the edge of a great breakthrough. It is telling you something good about your future. The angels are telling you that now is the time to take action and turn towards new horizons, and that you will have spiritual support in every risk you take.

44

This number is a message from your angels that your bond with them and with the universe is very strong at the moment and that you should continue on the path that you are progressing on. Only determination will lead you to success. Know that you are receiving as much support and encouragement from the angels as you'll need along the way. Pay attention to your inner wisdom and intuition and know that your bond with the angels is very strong at this moment.

55

This number is a message from the angels for you to know to let go and release what is no longer serving you and to prepare for a great change that will happen in your life in the future. Do not hesitate to take risks because the angels are always with you and at the end of the journey you will come out of it stronger despite all of the difficulties. Be sure that the change taking place in your life is a positive change that will lead to new beginnings.

66

The number sixty-six is mostly connected to topics that are related to family, relationships, justice, and love. If you've had problems in your family or relationships, know that the angels are sending you love and support and are doing everything they can in order to solve the problem. This number symbolizes abundance and optimism and it has a strong message of love and healing. Also, this number is telling you that you must be more sensitive and understanding towards the people around you and especially your relatives. Remember that you must find harmony in your family and let go of anything that causes damage to your family unit.

77

If you regularly see the number seventy-seven, know that the angels are sending you the message that you are energetically matching your desires and that soon

you will see your desires manifest. As long as you maintain balance between your spiritual world and your material world, know that your success is just around the corner. Also, you must focus on your spiritual growth, maintain positive thinking, and serve as an example for others.

88

This spiritual number symbolizes that you are on the edge of spiritual and financial abundance. The angels are sending you the message that all of your financial worries will soon disappear and that stability and abundance will take their place. You can be sure that all of your hard work has paid off in the end. Know that the angels are proud of you right now and that now is the time for you to enjoy a bit of freedom and to help the people who need you. Know for sure that your angels are helping you to make the right decision any time problems or worries related to achieving your goals come up.

99

This number is a message from the angels that one phase of life is about to end and a new phase is about to develop for you. Don’t worry, the change that occurs with be positive. Let go of the old and the inefficient for the sake of new opportunities. Do not fear developing spiritually and know that the angels are by your side the entire way and will help you reach your goals with great ease. The number ninety-nine shows that you have the strength and desire to greatly succeed and that the time has come to follow your dreams. Remove worry from your heart because the angels are behind you and supporting you whenever you need it.

111

The message from the angels is that you are on the right path and that you are at a high flow of energy. Your thoughts will soon turn to reality, so pay attention to your thoughts, think positive and neutralize negative thoughts.

222

With this number, the angels are giving you a soothing message that your goals are about to come be fulfilled. Everything is happening in your favor and you must continue doing the outstanding work that you are doing and that you will soon be picking the fruits of your labor.

333

This powerful number is a message that you have strong divine protection and that the angels are close to you at this time. Use your spiritual talents to help others. Be clear about choosing your goals and know that the angels are working together with you for the fulfillment of your goals.

444

The message is that you are on the path of spiritual awakening. This is a sign that you are getting closer to synchronizing with creation and that you are exactly where you should be in life. Trust that the angels are by your side and are ready to help you whenever they are asked to.

555

This is a sign that many changes are happening in all areas of your life and that you must know that these changes are positive. Go with the flow and let go of old doubts. If you are scared, do not hesitate to ask for help from the angels. Let go of the old and whatever is no longer serving you and make new space.

666

This is a message that you must focus more on spiritual life and less on materialism. Pay attention to what your inner voice is saying, nurture your spirituality and get back on the right track. The purpose of this number is to gently warn you to go back to focusing on love, joy, and less on the material.

777

The number 777 is considered to be a divine number, so the message is that you have reached the highest spiritual level. You are perfectly synchronizing with the universe and all of your goals are manifesting. You are one with your goals. Stay focused and balanced, continue the good work and know that you are on the right path and that you will soon be picking the fruits of your labor.

888

This is a message that is related to abundance, prosperity and the material world and that you will soon be able to experience the abundance that you’ve so wished for. Many people believe that this number brings the good fortune of abundance, happiness and wealth. Pay attention to the opportunities that happen

along your way and know that the universe is giving you financial abundance and many offers that will bring you to prosperity and growth.

999

This number symbolizes that things are coming to an end and this is the end of a cycle. Clear space in your life for new things; allow abundance and rejuvenation to come into your life. Release any negative belief, thought, or emotion in order to enter the new cycle in life when you are clean and pure.

000

This is a sign that you are one with the Creator and that you have the ability to achieve anything you want. You are in perfect harmony with your higher self. Seeing 000 regularly indicates the amazing power and enormous potential you have for achieving anything. Remember that your energy is strong at this stage, so stay positive.

Common Mistakes in Practicing the Law of Attraction

I often hear about people who fail to apply the Law of Attraction and repeatedly try but don't get results. Sometimes the mistakes can be very minor and corrected immediately. **Pay attention; make sure you are not making even one of the mistakes described below.**

- **Focusing only on yourself**

A person who wants abundance from the universe and is focused only on himself without noticing the people around him will not receive anything from the universe. A person who only takes care of himself and focuses on his own desire to fill what's lacking will broadcast the opposite energy to the universe. In the subchapter 'How to Expand Your Clientele,' I mention the importance of encouraging competition, and I give the example of my friend who was overprotective of his clients and afraid of his competitors. The moment he learned to encourage them and let go, his clientele base started to gradually expand.

- **Setting timeframes for the universe**

The Law of Attraction is not something fulfilled immediately and it is good that it's that way because otherwise there would be total chaos in the world. One of the reasons, if not a main reason, that people don't succeed to apply the Law of Attraction is because of the impatience and urgency that overtakes them. Instead of being grateful, calm, enjoying the process and living with the knowledge that what they want is about to manifest, they take opposing actions and immediately push their request further away. The universe has its own pattern of behavior. Only it knows how to satisfy your desires at the time that it sees fit and it will always be at the right timing. So be relaxed, broadcast calm confidence to the universe. Remember, don't expect to receive the fruits of the seed that you planted after a short time.

- **Lack of gratitude**

Most people don't fully understand the significance of gratitude. Gratitude is like fuel for the universe to fulfill your desires. A person who doesn't know how to be grateful for what he has in life is not suited to receive in return. Gratitude can change your entire life. It doesn't matter how lucky you are or what you've achieved in life, you can always find something to be grateful for. It could be for the roof over your head, for the money you have (even if it's only a little bit), love, friends, parents, food, having a whole and healthy body, that you can see, read this book, etc.… Make sure to be grateful for what you have in life, whether it's in the morning when you get up or in the evening before you go to bed. Also, throughout the day, you can be grateful with any opportunity you get. Do it with all of your heart and as much as possible. There is no such thing as too much or the right amount of gratitude, simply do it often, whenever you can.

- **Choosing goals that are too big in the beginning**

When a person who has only just started applying the Law of Attraction in his life and the belief that it does in fact work has not yet formed inside of him, he cannot start with grandiose requests. It's important to start by asking for small things, like small sums of money, open parking spaces, an invite to a cup of coffee. First of all, form inside yourself the belief that it works and only after you've formed an inner belief and you've cleansed yourself of any doubt can you go on to larger requests.

- **The wrong wording of your request**

Another big mistake that people make is regarding the wording of their request to the universe. The wording needs to include only positive words, for example: a person who wants love and says a sentence like, "I want love because I am alone," is not phrasing it correctly. The moment he adds the word "alone," he will remain alone. Another example: A person who wants money and says wrongly, "I want money because I'm broke," the addition of the word 'broke' only confirms that he's broke, so he will continue to be 'broke.' Avoid adding undesirable additions to sentences such as "Once I..." or "When..." or "Because I don't want to…" Be clear and direct, without any negative additions. Choose positive phrases, word them in the present tense, and make sure to believe in

them.

- **Over attachment to your desires**

I've discussed this topic a lot because of its significance. Here I reiterate the disadvantage of extreme, obsessive focus on your desires that is likely to cause useless tension and frustration and likely delay their fulfillment. Focus on visualization, meditation, and affirmations twice a day. Throughout the day, when you think about your request, do it with positive emotions and calmly, without frustration, and let go of stressful or desirous feelings, to receive your request immediately. Try to focus on your inner work and enjoy the process.

- **Happiness here and now**

People have a tendency to say, "I will be happy once the universe brings me my request," or "I'll be happy once I get a large sum of money." As written in previous chapters, people who ask for any sum of money from the universe must feel happy, as though they've already gotten what they wanted. It's also like this for relationships, career and so on. You have to feel happy now. Some people claim, and rightfully so, "it's hard for me to feel happy when I don't have what I want." No one asked you to press a button and suddenly become happy. The right way is to train your mind and try to seek out situations in your life that make you happy. You have learned how to raise your vibration. Give yourself an order and say, "**I am choosing to be happy now.**" Believe it, say it with emotion! Your mind is like a muscle, train it to visualize and to feel and over time you will see results.

- **Inconsistency**

Only consistently acting towards the goals you set for yourself will bring you to your fulfillment. Don't just sit on the couch, one leg over the other, asking for a million dollars to lead to a messenger to knock at your door with a briefcase full of cash. You have to take steps that match your desires and the universe will already lead you down the path towards your goal. For example, if you requested a specific job from the universe, then go out and look for a job, send out resumes, go to meetings, look on the Internet, all while applying the Law of Attraction. Also for a relationship; go out to meet people, connect with people

on dating sites or through friends or at the neighborhood café or pub.

See the things that you want as already yours. Know that they will come to you at need. Then let them come. Don't fret and worry about them. Don't think about your lack of them. Think of them as yours, as belonging to you, as already in your possession.

- Robert Collier

20 *STEPS* to *SUCCESS*

I RECOMMEND YOU PRINT THIS OUT AND PLACE IT SOMEWHERE CLEARLY VISIBLE TO YOU.

1. First of all, choose a goal that excites you. If you don’t have one, find one!!! Precisely define what you want, and see it as a requirement that you are burning with desire at the start of the path. Don’t think about how your dream will be fulfilled, just take action!!
2. Surround yourself with aspiring and successful people and make sure to develop relationships with serious people who are imbued with faith like you. Participate in enriching events and workshops. You can succeed if you are surrounded by people whose aspirations are similar to your own. People who fail are surrounded by people who doubt their abilities.
3. Strive for precision and clarity of your goal. Focus on what’s important—your goal—and disregard the old - the things that no longer serve you and drain your energy.
4. Be one hundred percent active each day. Be efficient and strive for excellence. Know that you’ve given your best at the end of each day.
5. Give value to your product - make it glorious in the eyes of others. It doesn’t matter what you’re selling: consultations, a book, an item or a type of service. Make sure you are selling a product that give value and benefit to others.
6. Be proud of your product! Talk about it with pride and with the knowledge that it’s the best there is! Remember, the words you speak have great power and that what you say determines the extent of your success. Speak optimistically and with a positive connotation. Strive for progression and never have doubt in your success.
7. Don’t think about money… If you focus on your goal, the money will come.
8. Neutralize the background noise in your mind and don’t allow your ego

to divert you from your goal. The voices in your mind will always doubt your methods and abilities. Ignore them and continue with confidence towards your dream.

9. Stay away from ‘energy vampires.’ These people lack empathy; they think that the whole world revolves around them and that only they are entitled to anything. This makes you feel tired, annoyed, bored and packed with an array of negative thoughts in your mind.
10. Learn as much as you can, as deeply as you can, especially in your profession. Read books (all of the successful people I know read books regularly).
11. Don’t be afraid of failure. If you want to be a successful person, don’t let failures break you. Let them turn you into a stronger person!
12. Think big, be big. Successful people think big, mediocre people think mediocre and so on…
13. Don’t allow your moods to stop you (the ego is the obstacle to success).
14. Consistently focus on the final goal. Hold it at the center of your attention and think about it all the time!
15. Be consistently positive and neutralize your negative thoughts by transforming them into positive thoughts. (99% of your life is formed by thoughts).
16. Don’t compare yourself to others! Each time you compare yourself to another, excess energy will be stolen from you and divert you from your goal.
17. Be a better person and broadcast positive energy. Make sure to be respectful, loving, and radiating joy and happiness to everyone around you. This energy will come back to you even more. Go in the spirit of “Love thy neighbor as thyself.”
18. Appreciate the success of others and encourage them with all your heart. Encouragement and appreciation for others will reward you even more.
19. Be grateful each morning and each night for what you have in your life.

After 21 days, you'll see wonders.

20. And finally, be consistently happy and feel good when you think about your final goal. Even if it's hard for you to feel wonderful when your dream has not yet been fulfilled, know that applying the rules and maintaining a good feeling along the way will surely cause your dream to be fulfilled.

It will happen, it's the law!

CONCLUSION



Conclusion

The proper application of the Law of Attraction requires practice and consistency; therefore, **I recommend you read this book more than once, so you'll understand the Law of Attraction and succeed at applying it**. The Law of Attraction has always existed, it wasn't discovered yesterday. It's been around since the time of the Ancient Greeks, early Christians and Native Americans. Buddha even said:

*

"All that we are is the result of what we have thought, the mind is everything - what we think we will become."

There have been many books written about the Law of Attraction. **This book is unique because it was written in a clear, fluent and comprehensive manner so that you can apply the laws more easily.**

The Law of Attraction has been researched by scientists and studied by intellectuals for decades. To this day, some of the facts and processes of forming a thought and turning it into physical material are not understood and are interpreted as a higher force.

T**he Law of Attraction works**!!!
So, implement and take action now!

*

Only those who will risk going too far can possibly find out how far one can go."

- T.S. Eliot

Thank you for reading this book. I would like to offer you individual guidance in order to achieve the goals of your choice. I will personally show you how to apply the Law of Attraction and will customize a program designed specifically for you.

Contact me to schedule a meeting:

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About the Author

Yuval Tabib is a personal consultant, lecturer and developer of PMCR (Physical Magnet Create Reality). The method adopts evidence from quantum physics and thus shows that each of us can create the reality he wants with thoughts. In his lectures and personal processes, Yuval shows his clients that with the basic understanding how the process works, we all can transform our lives from one end to another in all fields.

Yuval accompanies clients, personally, from the first meeting to the last, in order to ensure that the implementation is accurate and free from mistakes until their goals are achieved. Yuval is considered by many to be a mentor when it comes to changing patterns of behavior and their influence on daily reality.

Message from the Author

One evening a dear friend popped over. He immediately noticed that I was out of sorts and seemed to have lost my zest for life. I wasn't the depressed type, just the opposite. I was well liked and full of life. But, for some reason, during that time, I felt alone and frustrated. He decided to show me something and invited me to listen to a lecture about consciousness. At the beginning I didn't follow, but I allowed myself to keep an open mind. Who knows? What do I have to lose? After a few minutes, I was mesmerized, as if I were watching a thriller. The movie he showed me changed my take on life completely. The next day I began reading more about how we create reality with our thoughts. I researched the topic by reading endless sources and I began applying the systems to my life and sharing what I was learning with people close to me. I went on to study the subject from the point of view of physics and Quantum physics.

With time, I began to comprehend that our entire life is created by us and that this process is entirely physical. It has nothing to do with mystics or religion. I gathered the most significant information, that which reflects my personal beliefs, and would like to share them with you. My hope is that you, too, can quickly and effortlessly become the screenwriters and directors of your own lives.

If you enjoyed this book, please don't forget to leave a review on Amazon! It only takes a minute. I highly appreciate your input.